

times your plans, your hopes, your fears, your sorrows and your joys.

After that, but then only, take up the « Manual of devotion to Good St Anne » and read ; read either the considerations of one of the three *novenas* in honor of St Anne, or the considerations of any nine days of St Anne's *month*. You may likewise recite daily the short rosary of St. Anne, consisting of a *Pater* and five *Ave* repeated thrice : the first time in honor of Jesus ; the second in honor of Mary, and the third in honor of St Anne.

4. *Fasting and sacrifices*. — How edifying it is to see all the sacrifices made by St Ann's devotees, the better to obtain the granting of their prayers ! Fasts, abstinences, long journeys on foot, pilgrimages performed in silence, the gift of a valuable article, promises to give up some dangerous pleasure and how many other things !

Remember also, dear reader, that there are devils that cannot be cast out but by prayer and fasting. (Matthew, XVII, 20.)

5. *Alms*. — Do you wish to oblige God ? Give to the poor, His best friends ; give to St Anne's shrine for the decoration of the Basilica or the maintenance of devotion towards her.

Such are the chief devotional exercises that may be performed during a novena by the faithful who wish to secure St Anne's protection and favor. All this is very easy inasmuch as it consists merely in putting into practice the counsel given by the Archangel Raphael to Tobias. « Bless ye the God of heaven, give glory to Him in the sight of all that live because He hath showed his mercy to you. . . Prayer is good with fasting and alms more than to lay up treasures of gold. For alms delivereth from death and the same is that which purgeth away sins and maketh to find mercy and life everlasting. . . Because thou wast acceptable to God it was necessary that temptation should prove thee, and now the Lord hath sent me to heal thee. Bless ye God therefore and publish all His wonderful works. » (Tobias, Chap. XIII)