

Oh! let us ponder well all these things and resolve to take advantage of every opportunity of being blessed by God; for if all the blessings of holy people are so fruitful of good, how much more so will be that of Him, Who is the source of "all good"—the all-holy and all-powerful God.

Surely we shall be amply repaid for our efforts, when we kneel before the Master's throne and know, that besides gaining incalculable good for ourselves, we are giving pleasure to Him, whose "delight" is to "be with the children of men."

O Sacrament most holy! O Sacrament divine! All praise and all thanksgiving be every moment Thine!

A Fine Christian Soldier

Captain Rideau, a French officer killed in action, was a fine example of the Christian soldier. He read a passage from "The Imitation" every day. During January he walked long distances to hear Mass and to receive Communion. He had the happiness of receiving on the day before his death. One of his men, writing to the captain's son, said of the gallant officer: "What gave him his prestige with his men was the fact that he was in all things and everywhere a convinced Christian and acted as such. When we were resting in a village we saw him go to the church for all the services. God alone knew how many he drew to the practice of their duties by his example. One day, when one of our men was grievously wounded, our captain knelt down by his side and helped him to make an Act of Contrition."

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