

drownings and other unexpected and unprepared for accidents. Probably there would be fewer disasters did we not lay aside our Scapular. The Blessed Virgin promised that it would be "a safe-guard in danger" and it has proved itself such in many well-authenticated instances. Therefore prepare for emergencies. A spiritual book will likewise not be out of place in your valise. It may not be as spicy as that sweet little novel, but it will be a good antidote against the great amount of soul-poison so prevalent in public resorts.

Forty Years.

Holy Trinity parish, Pittsburg, had great reason to rejoice last month, when it celebrated the fortieth anniversary of its foundation. The Carmelite fathers have always found it a parish full of zeal, generosity and piety, virtues which will continue to flourish among a people so devoted to our blessed Lady of Mount Carmel.

A Novel Devotion.

"It is novel to see you Carmelites having so much external devotion to an old Testament Prophet." The speaker referred to St. Elias. It is right that we should honor the great Prophet, first because he is our founder and father. Hence, this month, his feast, the 20th, will, as usual, be kept with becoming solemnity. Secondly, it is becoming that we do our part to bring this saint before the world, for it will see just in what it is to-day wanting, namely, zeal for God's glory. We should pray fervently for the spirit of Elias.

Another July Devotion.

Let our thoughts this month be of the most Precious Blood. Let us, too, make some reparation for sin which tramples it under foot. And we should

be ever mindful of Mary, who, to again quote Father Faber, "sits upon her throne to magnify the Precious Blood. Her prayers dispense Its graces. Her holiness which enchants all heaven is the monument and trophy of the Precious Blood."

A Timely Suggestion.

The time is at hand for distant visits and excursions abroad. It is, alas! too a time of distraction and temptation. Let us be on our guard. We can only keep our souls untarnished by going forth in the same spirit as our divine mother when she visited her cousin St. Elizabeth. Let Mary be your model when you seek health and enjoyment at those resorts, where satan is bound to erect a grand stand. Take care that where the body finds life and enjoyment, your soul does not find death and misery.

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Bear in mind that the novena in preparation for the great Scapular-feast commences on July 7th.

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Do not forget the poor suffering souls in purgatory when you are piously endeavoring to gather the copious shower of plenary indulgences on July 16.

No sin can be small which is a great offence against a great God—against great majesty, a great authority, a great purity, a great justice, a great truth.

The greatest man is he who chooses right with the most invincible resolution; who resists the sorest temptation from within and without; who bears the heaviest burdens cheerfully; who is calmest in a storm and most fearless under menaces and frowns; whose reliance on truth, on virtue, and on God is most unflinching.