

still greater union, and in the Holy Eucharist that need was realised. When you approach the Holy Table do you always bear in mind the infinite love that God is manifesting toward you? The Host of your Communion is so frail and motionless, so small, so unresisting, yet nevertheless in It is hidden the living God, Jesus Christ, Body and Blood, Soul and Divinity.

Through the Holy Eucharist Jesus and the soul are united in the closest possible union. This union has no example on earth; men may love one another but their souls are ever separated. Heart can not melt into heart even when love is greatest. "He that eateth My Flesh and drinketh My Blood abideth in Me and I in Him," are the words of Our Savior, and to establish this ideal union so greatly beneficial to our soul, let us every day if possible, receive that Sacred Host, the Essence of Purity, that, washed in the Blood of the Lamb, we may be kept free from aught that might tarnish the beauty of our soul. Let the Communion of to-day be a Thanksgiving for the previous and a preparation for the next loving reunion, till we are admitted to the realms of the eternal kingdom where we shall enjoy a union lasting through the countless years of eternity.

O Sacred Host! O Precious Blood!

With zeal our hearts inflame  
Further to spread an ardent love  
For Thy Eucharistic reign.

MARGUERITE FELDMANN,  
COR, SEC'Y.

