

of evils, and yet with the Blessed Sacrament received frequently how good we can become even in a short time! Frequent worthy Communion and mortal sin cannot exist in the soul at one and the same time. We must give up one or the other.

Let us not only receive our Lord often but go often to the Church at other times to adore Him in the tabernacle. The late Sovereign Pontiff has made it the devotion of the day. It is the keynote of his great pontificate, and the people are following him. Let all grow more and more in fervor and love for the Blessed Sacrament of the altar and by partaking of it frequently grow in holiness and perfection in preparation for eternal life. —

In everything that St-Francis de Sales saw, — flowers, birds, paintings, splendid buildings, glorious scenery, snow-capped mountains, lakes, he found means of raising his soul to God and of helping others to do like-wise; this Bread of Angels, if we tried more earnestly to measure and to grasp the entire length and the breadth and the height and the depth of the wonderful and transcendent love of Jesus Christ. "It is true," says a noted ascetical writer, "you can elevate your heart to God and pray to Him everywhere; nevertheless it is a consoling and encouraging reflection that when you visit the Blessed Sacrament you find your Lord and Saviour there as a brother, Who feels and thinks and wept and rejoiced as you do with your poor and yet so richly gifted human heart."

"The divinity of Christ which is present in the Holy Eucharist is no other than that which you find everywhere — in heaven, on earth, and in the fields and woods of nature; but the sacred humanity of Christ, which is united to the divinity, you can enjoy only in the blessed moments of sweet and confidential intercourse before the tabernacle". This sacred humanity of Christ is for us the way, the truth, and the life. Our union with God is dependent upon the sacred humanity of Christ.

Christ, the God-Man, is our Mediator. Oh! let us kneel more frequently in adoration and contemplation before the tabernacle, and let us there pray more zealously and cry out from our hearts, that we may learn to know Him better and to love Him more and more.