

When receiving It we are reminded of the sufferings Jesus endured when shedding It ; we unite our affliction to His and its bitterness is mitigated. God reserves the greatest consolations for the afflicted. " Come to Me ; I will refresh you."

It is an abundant source of spiritual sweetness. You shall draw waters with joy out of the Saviour's fountains. (Is. XII. 8)

Of the Eucharistic Blood is said : " Wine cheereth the heart of man."

Communion gives a kind of ecstasy, a sleep on Jesus' Heart. Eat, O Friends and drink and be inebriated my dearly beloved. (Cant V. I) At the moment of communicating who has not experienced extraordinary sentiments, a holy exaltation, like a celestial inebriation. Who does not love to recall certain communions which have been the greatest happiness of life ? Holy and ineffable joys in which our tears of gratitude and love mingled with our Saviour's Blood. The soul hungers and thirsts for happiness ; she craves felicity from every passing object ; she grows weary, breathless, in her flight after happiness, she asks for drink ; the burning liquor which the world offers her does not quench her thirst.—Not thus is it with the divine beverage : " He that shall drink of the water that I shall give him, shall not thirst forever " (John IV 13).

Christ's Blood satisfies the soul ; along with the relish for Holy Communion, comes the conviction that it is the greatest joy of life ; no greater happiness could be gained ; it savors of Heaven.

(To be continued.)

THE MOUNT AND FLOWER OF THE PRECIOUS BLOOD.

A LEGEND OF THE SIERRAS.

By Harriet M. Skidmore (" Marie.")

Near the cloud-encircled summit
Of the wild Nevada range,