

violence, charity simple and as it were, natural — these are the fruits of the hidden life, nourished by the reception of Jesus Christ and the contemplation of the examples of His Eucharistic life.

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### ***"No Time", no Excuse.***

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"I would gladly do so," some one will say, "if I only had time." My answer is, first; your excuse is a bad one; you have no time, because you do not wish to have time. Whoever has the good-will finds time for Holy Communion. I wish, however, to remark at once that I am far from wishing to urge anyone to go to Holy Communion, if thereby he would be obliged to neglect the duties of his calling and position in life; but at the same time, I should like to point out that anyone who divides his time properly and makes a conscientious use of it, will always find that he can go to Holy Communion. It does not occupy much time! We waste hours in idle conversations, in eating and drinking; we even find time unhappily for sin; have we none at all for God? What we lack is not time, but good-will. Anyone who is in the habit of going to Mass on week days can make his preparation during Mass, and need spend only a quarter of an hour in thanksgiving, and even this quarter of an hour is not time wasted from his work, for it is a matter of common experience that we work better and with greater industry after going to Holy Communion.