## THE SENTINEL OF THE BLESSED SACRAMENT.

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From His broken Heart Divine,
Flowed the Blood and flowed the Water,
Like celestial wine.

Water of baptismal laver, Blessed Eucharistic Blood! Blood and Water of the Saviour's Sacramental flood!

By the Water, (saith Tertullian), God hath called us. Be it known, By the Blood, we have been chosen For His very own.

Blood and Water, we adore you, Gushing from Christ's wounded Heart. Saints and sinners both implore you, All your grace impart!

Eleanor C. Donnelly.