

The general intention of the League of the Sacred Heart for October is "Christian Generosity." As followers of Christ we should imitate the lesson of generosity which His Sacred Heart teaches us. He was so generous that He could not do more for us than He has done; He has given everything to us and gives to us Himself in the Most Holy Sacrament. By our Christian generosity we prove ourselves to be genuine children of God and true children of the Holy Church. We should be generous in all our ways—in keeping the Commandments, in loving God and our neighbor for God's sake. Narrowness and stinginess in character is hateful to all men, and a narrow-minded, shallow-hearted, long-faced piety is not the spirit of our Saviour. Our heart should be large and generous when it is a question of work for God and our neighbor. Love is the fulfillment of the Law. Nowadays, when there is much blindness, so much false doctrine disseminated daily by the sensational papers, so much immorality, so many wicked devices spoken of and even whispered into the ear of our youth, when even the sanctity of our families is often threatened by the perverse whisperings and gossiping of the worldly and materialistic, as Christians it is our duty to be generous. Fathers and mothers should be generous in raising their families in the fear of the Lord and teaching their children to be generous in all things noble, teaching them to love God and Holy Things. If we love God and His Holy Church, we shall then be generous, for love is the mother of generosity.

A RULE OF DAILY LIFE.

A generous Christian should begin his day with God.

1. When we awake in the morning we should bless ourselves and say, "Jesus, Mary and Joseph, I give you my heart and soul." Then offer up all your thoughts, words

and actions of the day through the Immaculate Heart of Mary to the Sacred Heart of Jesus.

2. Then kneel down and say, "O, My God, I adore Thee, I love Thee with all my heart. I thank Thee for all Thy blessings. I offer Thee all my thoughts, words and actions of the day."

3. Say three Hail Marys in honor of the purity of the Blessed Virgin Mary. If you have time say the Our Father, Hail Mary, the Apostles' Creed, etc.

During the day work diligently and avoid all sin and occasions of sin. Remember, God is everywhere. Life is too short. In temptations, say "Jesus, Mary, help me."

At night retire at a seasonable hour. Examine your conscience, make an act of Contrition and acts of Faith, Hope and Charity, say three Hail Marys in honor of the Purity of the Blessed Virgin. Say any other prayers you wish, especially the Holy Rosary and the Litany of the Blessed Virgin, and a little prayer to St. Joseph, the Patron of a Holy death. When you retire, think that some day, perhaps very soon, you must die. Kiss the Holy Scapular and say, "Jesus, Mary and Joseph, I commend my soul to you."

ST. TERESA—OCT. 15.

St. Teresa brings to our mind the thought of Prayer. She was the Saint of Prayer. She worked for years striving to pray perfectly and at last she lived in continuous prayer, contemplation and ecstasy with God. She shows how any one can pray properly, if he so wishes, and what a stringent obligation there is on all to pray and for those who are specially called to any perfect work, what an obligation on them to strive to pray perfectly.

St. Teresa tells us in "The Way of Perfection": "I say that it is very important—it is everything to have a strong and firm resolution not to stop till we arrive at the