

of His Bone, and Flesh of His Flesh”

Now, my reader, let me beg of you, as you value your soul, do not put off receiving the Holy Communion any longer. Do you find that by putting it off you become any more fit to receive it? If you knew you were not fit last year, have you been trying to become more fit this year? I am afraid with too many of us, we content ourselves with saying we are not fit, and nothing more. Now say something more for the future; say, “I am not fit, but I will receive the Holy Communion in order that I may be strengthened to fight harder against those things that make me so unfit.” - You know if you are ill, you do not wait till you are getting better before you take your medicine, why then will you do so with your soul, why will you withhold from it the very medicine—the only medicine that can preserve it from everlasting death? Pray to God the Holy Spirit that He will drive away all doubts and misgivings, and help you to prepare your heart to receive the Blessed Sacrament.

Take the last answer of the Catechism, and do what it bids you manfully.

Examine your past life: do not shrink from the task however hard it may be. Root up your sins one by one, pull down that wall of reserve, lay your sins at the Foot of the Cross, and beseech our Blessed Lord to wash them away in His Precious Blood. He has promised that, “Though your sins be as scarlet, they shall be white as snow; though they be red as crimson, they shall be as wool.”

And if you find in examining your

past life that there are sins and falls over which you cannot quiet your conscience, then do as your Prayer Book tells you in the Exhortation before the Holy Communion; go to one of God's Ministers and open your grief to him, that you may receive the benefit of absolution, together with ghostly counsel and advice. If you shrink from this, if you feel you do not know your clergyman enough, then ask the friend who gives you this to help you, he or she will tell the Clergyman about you.

Come then, I pray you, to that Food which is so freely offered you.

“None of those men which were bidden shall taste of my supper.”—*S. Luke* xiv. 16, 24.

How can we ever dare to hope to share in the “Marriage Supper of the Lamb,” (*Rev.* xix. 9) if we will not partake of the Sacrifice of the Lamb of God now?

THE NATIONAL SINNER.—He (King William III.) was also un-English, as in other things, in his strong propensity to ardent spirits, the distilling of which from malt he treacherously and mistakenly recommended the House of Lords to encourage, in a speech from the throne, as a means of raising a revenue for his wars. Queen Elizabeth had, more patriotically, forbidden their distillation, except in small quantities for medicinal purposes. Thus, by precept, and by practical example of himself and his Dutch followers, was the foundation laid of a demoralizing indulgence in ardent spirits,—“fire water,”—which has gone on increasing ever since, and proved a national curse.—*PALIN'S History of the Church of England.*