

to His feet? Who among us is not burdened from day to day with crosses and cares, with trials and troubles in the spiritual or temporal order, or in both? Business anxieties, financial difficulties, unsuccessful projects, accumulating debts, household vexations, family worries, exhausting physical or mental labor, coldness and indifference and neglect from those we love most fondly, — does not some such burden often leave us ailing in body, heavy at heart, depressed in spirit? Why not, then, accept the invitation lovingly proffered to us from every tabernacle around us, «Come to Me all you that labor and are heavy laden, and I will refresh you»?

Are we weak and fainting from interior struggles with our spirirual enemies, with the world, the flesh, or the devil, or, haply, with the combined forces of all three? Is the strength with which we have been keeping our latest good resolutions palpably waning? Have the stormwinds of passion lashed us until the waves of temptations threaten to engulf our souls? Why not seek the actual presence of that Divine Master who, now as of old, is ever ready at the cry of His disciples to calm the tempest and bid the waves be still?

Nor can the advice frequently to visit the Blessed Sacrament be justly styled the advocacy of a standard of piety too exalted for the ordinary, everyday Catholic, and suitable only for priest and monks and nuns. The practice on the part of any Catholic, is only a natural, consistent outcome of a living faith, a genuine belief that the divine Occupant of the tabernacle is none other than He who, nineteen hundred years ago, wrought the redemption of mankind, — the identical Man-God, Jesus Christ, who healed the sick, gave sight to the blind and speech to the dumb.

To seek in our need this most loving of all friends is simply an exercise of our Catholic common-sense; and that He is thus sought by laity as well as clergy is proved by daily experience in Catholic cities, on both sides of the Atlantic, where thousands of men and women rise superior to human respect and display on this point the moral courage of acting upon their convictions. Do we always act on ours in this matter of frequently visiting our best Friend?