

aspirations from time to time during the day, for instance; "Sacred Heart of Jesus grant that I may ever love Thee more and more," "Oh, My Mother impress upon my heart the remembrance of my Saviour." "Blessed be the most pure, the most holy, the most Immaculate Conception of the ever glorious Virgin, Mother of God."

2nd. In the morning and evening they will recite the Hail Mary three times in honor of the Blessed Virgin, to obtain the virtue of purity.

3rd. Every day, if possible, they will say the beads, which they will look upon as a sacred duty to be offered to the Mother of God.

4th. Once each month they will make the way of the Cross together.

5th. Once each month they will go to Communion for the intention of the Society, and beseech our Lord to bless it.