

tion, and sin.

Let us recall to mind what was the conduct of St. Francis of Assisium, St. Philip Neri, St. Theresa, St. Magdalene of Pazzi, and the Blessed Margaret, on that subject.

Ah! like those seraphic souls, let us be convinced that we cannot cause more joy to the heart of Jesus than by receiving Him, and with fruit, in the blessed sacrament. Moreover, is it not in accordance with the spirit of our vocation?

The dispositions necessary for frequent communion are—the state of grace—the only condition absolutely indispensable—the will to correct venial sins, and a true desire to receive the body of our Lord.

Imperfect, weak, infirm, I shall approach to the holy table as often as I can, and by nourishing myself with beauty, goodness and purity itself in that holy sacrament, my soul shall become beautiful, good, and pure, and will merit favor in the eyes of the Lord.

BROTHER PHILIPPE.

### The first hour to God

**T**HOMAS MORE, chancellor of England, who confessed to martyrdom the Catholic faith showed himself faithful in attending holy mass every day: He said: "I give to God the first hour of the day; the rest belongs to the king, or to those who claim my services."

### An act of faith

The colonel d'Armonville, de Guiscard, (Oise) during his last sickness, had just received the last sacraments; the ceremony over, he rises on his couch, takes his hat and sword near his bed and asks for his coat. Those near him, believing him delirious, requested him to keep quiet, but he persisted in his idea: "It is the least said he, that when my God gratifies me with the honor of coming to my home that I should escort Him to the door."

He effectively dressed and escorted, sword in hand, to the door of the street, the priest who had brought him the Holy Viaticum and Extreme-Unction.