

made a study of that interesting epoch tells us that this custom was universally observed in all families.

This pious habit does not interfere with our other duties. On the contrary, it renders our conscience more peaceful, our heart more joyous, and our will more determined to accomplish its duty. While stationed at Laghonnat, the famous General de Sonis, of whom Gallifert said : " No one knew better than he how to command and how to obey, " never missed his daily Mass. A member of his staff says : " Every morning at half-past-six or seven, the General goes to Mass, I always accompany him, but we go in silence."

Ozanam writes : " The best way to economize time, is to lose half-an-hour every morning at Mass. What sources of temptation does it not cut off from the rest of the day, this half-hour conscientiously lost.

La Rochejaquelin expressing this same thought in his military language says : " When I do not assist at my daily Mass, I am always more or less unruly that day."

Rev. F. Eymard says : " If you assist at Mass every day, it will fill your life with happiness. All your duties will be better performed, and your soul stronger to carry your daily cross."

Ah ! if the souls in Purgatory could return. What sacrifices would they not make to assist at one Mass. If we really understood the excellence of the Holy Sacrifice, the advantages, the profit to be derived therefrom, we would not miss a single day without assisting at Holy Mass.

Seek to mingle gentleness in all your rebukes ; bear with the infirmities of others ; make allowances for constitutional frailties ; never say harsh things if kind things will do as well.

Were there anything better or fairer on earth than gentleness, Jesus Christ would have taught it to us ; and yet he has given us only two lessons to learn of him — meekness and humility of heart.

