

like that of electricity, can be used for many varied purposes. If our hearts, for example, need to be cleansed from the dust of sin, the best means for effecting this is Communion; if our hearts are hot with uncontrolled passions, nothing will cool and quiet them like Communion; if the soul's powers should be directed toward the rooting out of some particular blemish or defect, the current can be applied most advantageously for doing this at Communion. That light for the intellect, warmth for the heart, and strength for the will that we call divine grace and by the help of which all our good deeds are done, all our kind words suggested and all our holy thoughts inspired, is nowhere imparted more abundantly than at Communion. But just as electricity is now in daily use everywhere, Communion should be as widely and as often used for illuminating, warming and strengthening the heart.

If Holy Communion, then, is the Bread of the poor, let them eat it daily; if Holy Communion is the solace of the sorrowing, let them receive it daily; if Holy Communion is the strength of the weak, let them gain it daily; if Holy Communion is the light of the perplexed, let them seek it daily; if Holy Communion is the health of the sick, let them enjoy it daily. But is not the soul of each and every one of us always either poor, or sorrowful, or weak, or sick, or perplexed? Then we should all eat every day of the Bread that fails not.

W. DWIGHT S. J.

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Jesus is the lover to whom the little ones would rush and cling, if parents did not prevent them.

*Teacher.*

And yet, poor parents, to suppress frequent Communion from education is to banish morality.

*Dom Bosco.*

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