

Sanctitatis hostiam.

Patris, Nati pium Flamen,
Vitorum medicamen,
Fessis esto sublevamen,
Mœstis consolatio.

Castus amor et honestus,
Æstus ardens, sed modestus,
Quos urit ardor incestus
Tua sanet unctio.

Vox non sono designata,
Vox subtilis, vox privata,
Vox beatis inspirata,
O vox dulcis, O vox grata,
Sona nostris mentibus!

Lux dispellens falsitatem,
Lux inducens veritatem,
Vitam atque sanitatem
Et æternam claritatem
Nobis confer omnibus.
Amen.

Dear Spirit of the Father and the Son! Thou remedy of sin! Be to the wearied help, and to the sorrowing consolation! O chaste and beautiful love! O burning, yet purest love! May thine unction heal the wound of seething lust.

O soundless voice! Voice mysterious and still! Voice whispered in the faithful ear! O voice most sweet and dear! Speak to our souls! O lie-dispelling light! Grant to each and all of us thy servants life, and health, and brightness everlasting.

Amen.

From the Maxims of St. Philip Neri



It is generally better to give the body rather too much food than rather too little; for the too much can be easily subtracted, but when a man has injured his constitution by the too little, it is not so easy to get right again.

The devil has a crafty custom of sometimes urging spiritual persons to penances and mortifications, in order that by going indiscreet lengths in this way, they may so weaken themselves as to be unable to attend to good works of greater importance; or be so intimidated by the sickliness they have brought upon themselves as to abandon their customary devotions, and at last turn their backs on the service of God.