

tinued fastings) stretched over more than a hundred years; and the many instances of the green old age attained by vegetarians, such as Sir Isaac Pitman, the inventor of phonography, and by the Carthusian monks, who never eat flesh meat. It is recorded that when the Holy See was administered from Avignon, one of the Popes gave unsolicited permission to the monks of the Grand Chartreuse at Paris to use flesh meat in cases of illness. A deputation was at once sent by them to Avignon, praying the Pope to allow them to retain the rigorous practice of their ancient constitution. The deputation consisted of twenty-seven monks. The youngest of them was eighty years old; several of them had reached the patriarchal age of ninety-five; and all were hale and hearty. At sight of these veterans against the flesh, the Pope at once granted their request, and allowed their constitution to remain unaltered. Curiously enough, the officers of two leading insurance companies (Mr. Langton, of the "National Mutual," and Mr. Leslie Parks, of the "Colonial Mutual,") writing in 1893, found that the period of the general depression was accompanied by a remarkable diminution in the death-rate of the insured; a singular fact, perhaps not wholly unconnected with the retrenchment of many luxuries that was necessitated by diminished incomes.

Dieting—a medical fast, which (like the ecclesiastical) restricts both the *kind* and *quantity* of food—has long been recognised as a curative agent in various forms of disease. The Lenten and other fasts of the Church have been strongly commended to healthy persons, on hygienic grounds, by such distinguished physicians as Dr. Descurret (*Médecine des Passions*, pp. 37, 165, 284); Dr. Virring, of Louvain University; Dr. Zacchia (*Questioni Medico-Legali*); the noted Paris physician, Dr. Hecquet (*du Carême*); Dr. Cohausen, of Trèves (*Reflexions on the Encyclical of Benedict xiv., De Jejunio*); Drs. Baumer, Linaud, Lemery (*Traité des Aliments*). In one of the numbers of the *North American Review* for 1897, Dr. Charles W. Purdy treats of "Popular Errors of Living." In the very forefront of those "errors" he places "excessive meat eating," which, he says, "ages a man more quickly than any other excess except alcoholism." He regards the Lenten fast as a blessing, viewing it, of course, solely from the medical standpoint. The much discussed work recently published by the Protestant physician, G. S. Kieth M.D. (*A Plea for a Simpler Life*, London, A. and C. Black, 1895) is a complete justification of the wisdom of the Catholic Church in limiting the quality or quantity of food which her children may take on particular days of the week and at given seasons of the year.

Diocesan News.

DIOCESE OF CHRISTCHURCH.

(From our own correspondent.)

THE reports which are abroad in connection with the Very Rev. Father Cummings, V.G., and the transfer of the Rev. Father Le Menant des Chesnais to Christchurch are incorrect. On the return, however, of the Right Rev. Dr. Grimes to the diocese, very probably the Vicar-General will go to Europe for several months for the benefit of his health unless it greatly improves in the meantime.

On Wednesday last the Rev. Father Bogue went to Ashburton to assist the Rev. Father O'Donnell with the solemnities during Holy Week. On the same day the Rev. Fathers Barry and Mangan (C.S.S.R.) arrived in Christchurch, and they will hold a triduum in the Pro-Cathedral preparatory to Easter. In obedience to a call from their superiors, the Rev. Father Bingham, who was in this city during the week, has left for Ireland, and the Rev. Father Burke, who was in Christchurch a little over four years ago, has gone to England.

(From our TIMARU correspondent.)

On Thursday last a solemn dirge and *Requiem* Mass were sung for the repose of the soul of Mr James Tubman, of Ballinamore, County Leitrim, Ireland, and father of our devoted Father John Tubman, of Timaru. Such a number of ecclesiastics never before assembled together in our church. There were present in the sanctuary the Rev. Father Cummings, Vicar-general, who presided at the Office; the Very Rev. Dean Mackay (Oamaru), who celebrated the *Requiem* Mass; Fathers Foley (Leeston) and Regnault (Waimate) acting as deacon and sub-deacon respectively; Father Bowers (Geraldine), Master of Ceremonies; the Very Rev. Father Le Menant des Chesnais (Temuka); Fathers Marnane (Christchurch), O'Connell (Waimate), Perkins, McDonnell, and Tubman. The church, which was draped in mourning, was taxed to its utmost by a crowded congregation anxious to show their sympathy and respect for Father Tubman, and to assist at the solemn Offices of the day. Dean Mackay and Father O'Connell were the Chanters, and the rendering of the *Requiem* Mass by the choir, assisted by the Marist Brothers and the boarders of the Convent of the Sacred Heart, was most devotional and impressive. Miss McGuinness presided at the organ. After the Absolutions the Very Rev. Father Cummings, V.G., preached from the text, "Blessed are they who die in the Lord, for they shall rest from their labours." The preacher said: They were gathered to-day in this House of God and around His holy altar to pray for refreshment, light and peace for the soul of Mr. James Tubman, father of their devoted pastor. It afforded him much pleasure to travel so far to show his esteem for the pastor of Timaru and give him at least a small token of sympathy in his recent bereavement; to perceive from North Canterbury to the extreme south of the diocese and beyond it, even from Oamaru, such expressions of sympathy which must necessarily solace the heart of their pastor. The Vicar-General said Mr. James Tubman exemplified in his life the qualities marked out by St. Paul: *Justus ex fide vivit*. His

life was one of solid and edifying faith. His sincere ambition was that his children should be gifted by God with a religious or ecclesiastical vocation. Of his family of eight children two are priests—Father Thomas Tubman, P.P., of Virginia City, Nevada, and Father John Tubman, the respected pastor of Timaru. After quoting the text, "The death of the wicked is very evil, the Lord will redeem the souls of his servants" (Ps. 33), the preacher drew a striking contrast between the death of the sinner and that of the just. The Spirit of God has revealed to us only one way of preparing for death, and that is by a good and holy life. At the advanced age of 82 Mr. James Tubman received the message of the Angel of Death, and, filled with the consolation of a well spent life, he was able to exclaim with the Psalmist: "I am rejoiced with the things that are told me. I shall go into the house of the Lord, my God, and dwell with him for ever." He prayed through life that the Kingdom of God might come, and it has arrived. The slave rejoices when the hand of his deliverer strikes away his fetters, throws open wide his prison gate, and sends him forth to liberty and life. The mariner rejoices when a fair wind brings him through unknown seas into a haven of peace and rest. The Very Rev. preacher continued with an eloquent description of the human being's last vision of this life and of the soul's first contact with eternity. He exhorted his hearers to imitate the life of Mr. Tubman. He directed words of solemn and earnest exhortation to the children of the congregation—to be true and steadfast in the practice of their religion, so as to realise the fulfilment of his text: "Blessed are they who die in the Lord, for they shall rest from their labours."

The "Dead March in Saul" was played as a dismissal, and concluded one of the most impressive and solemn ceremonies witnessed in the church of the Sacred Heart at Timaru. On Palm Sunday the Rev. Father Tubman expressed his sincere thanks to the reverend fathers, who had assembled at much inconvenience to assist at the *Requiem* Mass on Tuesday last, also to the congregation for their practical sympathy with him in attending the solemn ceremonies in such large numbers.

(From our GREYMOUTH correspondent.)

The following reached us just after we had gone to press for our last issue:—

The weather for St. Patrick's holiday was, unfortunately, very wet; consequently the attendance at the races was not large. However, those who attended were plentifully supplied with cash, nearly £6000 being put through the machine. Trotting races have also caught on here. The attendance at the Park in Greymouth, where the races are held, was, despite the weather, very large. Thus another means has been devised for easing the populace of their spare cash. Of these matches the least said the better, evidently the amount of money on the totalisator controls the running of the horses, and it is such an easy matter to make a horse break into a gallop, when a pull-up is the rule, that the stewards have difficulty in detecting crooked running though the circumstantial evidence of such taking place is very strong.

Many poor men who have travelled from other parts of the colony to Barrytown, in search of employment, have been grievously disappointed. It is well that it should be known that there are plenty of men residing in this district who cannot obtain employment; so it is useless strangers coming here looking for work.

There was a large attendance at High Mass on St. Patrick's Day which was celebrated by Father Carew. The panegyric on the saint was preached by Father Bingham. 'Tis an old story—the life and triumphs of the glorious apostle—but still how interesting when told by the gifted Redemptorist. In glowing language the reverend preacher spoke of the peaceful conversion of the Irish people, of their missionary zeal, their trials and sufferings for their Faith. Concluding, Father Bingham paid a high tribute to the Catholic laity of Australasia, who, though small in numbers, have accomplished such marvellous results. After finishing at Barrytown, where he is at present giving a mission, assisted by Father Malone, the reverend gentleman will leave for Canterbury.

If we may judge by Press reports there seems at last a desire on the part of the Conservative Government to mete out justice to Ireland. The Local Government Bill, which has received from all parties such unstinted praise, should remove much of the existing bitterness that has arisen from centuries of persecution. To get an idea of their persecution and unfair dealing, all should read that valuable work, the "Orange Society," which was reviewed a few months ago in your columns. In turning over the pages of this able exposure of a society that lives on bigotry, one is amazed at the depths of the villainy of these bigoted men. Indeed their practices would raise a blush on the "heathen Chinese." The Rev. Father Cleary deserves the thanks, not only of Catholics, but of all honest men who believe in toleration and fair play. As this work may be obtained for a trifle, it will, no doubt, be soon found on the bookshelves of every Catholic house.

[Our correspondent's account of the death of Mr P. Lynch appears elsewhere, under the heading "Obituary."]

ARCHDIOCESE OF WELLINGTON.

(From our own correspondent.)

April 2,

AMONG the improvements recently made at St. Mary's Convent, Hill street, is a new tennis court, which is highly appreciated by the pupils. The court is a fairly large one, and is as well appointed as any in the city. It was formally opened on St. Patrick's Day, and was accordingly called after the apostle of Ireland. On the opening day matches were played between the clubs representing the junior and senior pupils. Afternoon tea was dispensed to the pupils and their friends who were present, and altogether the ceremony was a very enjoyable function, and was a favourable augury of the