

payment. One candidate was initiated, and seven were proposed for membership.

The Very Rev. Father Clune, C.S.S.R., is this week conducting a Mission at Kaiapoi.

The Dominion Art Union, in aid of the Cathedral Fund, which has been promoted with considerable success by the Rev. Father O'Hare, is to be drawn this week.

News has been received here of the death at Geelong, Victoria, of Mrs. Kerley, sister of the Very. Rev. Father Mornane, of St. Mary's, Manchester street, and mother of the Rev. Father Kerley of this city. The deceased, who passed away on Sunday last, was seventy-eight years of age.—R.I.P.

Mainly addressing the children at the half-past nine o'clock Mass in the Cathedral on Sunday, the Rev. Dr. Kennedy discoursed most appropriately on the life and characteristics of St. Aloysius Gonzaga, patron of youth, whose feast day it was. The adult portion of the congregation, too, received from his remarks a fuller knowledge and much keener insight of the attributes of this striking example of holy purity.

The solemnity of the feast of St. John the Baptist, patron of the diocese, and also of his Lordship the Bishop, is to be observed in the Cathedral on next Sunday. A panegyric of the Saint will be preached after Vespers on the occasion by the Rev. Father Hills, S.M., Leeston.

The solemnity of Corpus Christi, patronal feast of the Cathedral, was observed on Sunday last with impressive ceremonies. Owing to the recent inclement weather and the sodden nature of the surroundings, the intended outdoor procession of the Blessed Sacrament, which when possible is such a feature in the celebration of Corpus Christi here, had to be abandoned, and the procession took place within the Cathedral. The procession was composed as follows:—Cross-bearer and Acolytes, Guard of Honour of the Sacred Heart with banner, Children of Mary with banner, the Sacred Heart Confraternity, and other girls Confraternities with banners of Blessed Chancel and St. Philomena, the boys with banners of St. Aloysius and St. Joseph, flower girls and banner of the Infant Jesus, the canopy, and the H.A.C.B. Society with the green banner of St. Patrick. At the front and rear of the canopy were carried two splendid outdoor processional lanterns recently procured from Europe, and used for the first time. A pleasing feature of the procession was the inclusion of a number of the little orphan children from Nazareth House. Solemn benediction of the Blessed Sacrament terminated the services of the day, at which the congregations had been uniformly large.

Timaru

(From Our Own Correspondent.)

June 22.

His Lordship Bishop Grimes made a visitation of Fairlie and Albury on Sunday, June 14, Pleasant Point on the following Thursday, and Temuka yesterday. His Lordship administered the Sacrament of Confirmation at the last-mentioned place.

Owing to the unfavourable weather the usual procession of Corpus Christi, which was to have been held in the Convent Grounds on Thursday last, had to be postponed till Sunday. This delay necessitated a double preparation, but the devotion of the good Sisters was more than equal to the emergency, and the always beautiful grounds looked their very best on Sunday afternoon. The route taken by the procession, round the south side of the grounds, then a wide sweep of the front lawn, and back to the chapel by the eastern door, was splendidly decorated with garlands of flowers, and marked off by lines of ribbons. At intervals wayside shrines were erected with devotional and artistic effect. By the time the procession started from the chapel there must have been upwards of a thousand people on the grounds. After the cross-bearer marched the school boys, under the charge of the Marist Brothers, then the school girls, next the pupils of the Convent, and then the Blessed Sacrament borne under a canopy by Rev. Father Tubman. The Sisters of the Sacred Heart followed, and then the general congregation. One halt was made at a temporary altar erected at the main entrance of the building, and the concluding portion of the Benediction service was gone through. Here the scene was most impressive. The members of the Sacred Heart parish are privileged at being allowed to take part in such an exhibition of piety and faith.

HEALTH PAPERS

(By Dr. J. P. HASTINGS, DUNEDIN)

III.—Diet.

'What should I eat?' How often have we asked ourselves this question! How often has the answer been veiled in obscurity; yet the true solution is simple. Perhaps we have just read some learned treatise upholding the pre-eminence of a special diet; perchance we are determined, after reading the article, to follow the advice of the writer. This may be to the effect that for breakfast we take an onion, for luncheon a roll of bread, and for dinner some uncooked meat and vegetables. We are at the time enamored with the pleasing novelty of the new idea; strongly we seek to convince our friends of the many advantages derived from following the new regime. Constant dropping will wear away a stone, and such is the fate of the would-be diet reformer. Everywhere he meets with opposition, and gradually he comes back again to his normal state. To-day we are solemnly assured that to eat meat is to invite disease; to-morrow some would-be prophet foretells the distant day when everyone will consume much more meat than at present. On the subject of diet many people are confirmed faddists. They are always discovering some new indigestible article.

Much of the benefit derived from special diets is due to the mental effect. The individual is possessed with the idea that the altered culinary arrangements are sure to do an immense amount of good. Probably he first obtained this impression from some article or handbook on the subject, in which he may have read of several individuals who were greatly benefited by this particular diet. The writer has treated his subject well, and the reader is much impressed. Soon the great power of suggestion dominates his mind. In the light of such knowledge can we wonder at the number of so-called 'rational diets' which of late years have been offered to a credulous people. I will now give my own opinions upon this important subject. Whatever foods are wholesome and nourishing should form the basis of our diet scheme. Thus, we logically condemn such an exclusive dietary as vegetarianism. In a climate like that of New Zealand a mixed diet of proteid, fat, and carbohydrate is best. The proteid is the part of our food which goes to build up our muscles; it is the most important constituent of the food. Fat and carbohydrate (starch and sugar) are the source of our energy and heat. Bulk for bulk fat has twice as much heating power as sugar or starch. Among vegetables, peas contain the most proteid. Peas are very nourishing, and their comparative indigestibility is their only disadvantage. Oatmeal, flour, fish, cheese, and milk are very valuable foods. Porridge and milk, followed by bread and butter, make a sustaining meal. Many people cannot digest cheese; frequently this is because they do not chew it sufficiently. Meat is a dear food; at the same expenditure of money one can get more nutrition from peas, flour, fish, and milk. 'Well-done' meat is not so easy to digest as 'under-done'. We should beware of taking too much of any one kind of food; moderation is the secret of success. It is notorious that excessive feeding is detrimental to good health. Innumerable diseases, affecting the stomach, liver, intestines, and heart, may be so induced. Other things being equal, the abstemious eater will live longer and enjoy better health than his over-fed brother. Long-livers are usually light eaters. A good example of this was the late Pope Leo XIII. When working hard we naturally require more food than when resting. It is true that most of us eat too much and excessive eating does more harm than excessive drinking.

This brings us to the subject of alcohol. Scientifically considered alcohol is a food.—It is not, however, a necessity of life; it is one of the luxuries. In moderation it harms no one. If taken with food it helps digestion, but the healthy stomach should not require any such aid. Impure alcohol is very injurious to the system. In some cases of sickness spirits may be of considerable assistance to the doctor.

The following is approximately the diet scale followed by Dr. Keith, a Scottish physician:—Breakfast—A cup of tea, 2 to 3 ounces of bread with butter and marmalade, and 1½ ounces of fish. Lunch—A cup of cocoa or tumbler of milk, 2 to 3 ounces of bread with butter and marmalade; sometimes he takes a little fruit. Tea at 4 p.m.—One cup and a biscuit. Dinner at 7 p.m.—Vegetable or fish soup, 3 ounces of fish with a few vegetables, or 1 to 2 ounces of meat, and some fruit. To this limited diet he attributes his good health, activity, and old age.

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