

that element for Baptism, so He blessed bread and sanctified wine, in extraordinary miracles, to prepare them as matter for the Adorable Eucharist in which, under the symbols of Bread and Wine, we receive His Body and Blood. How mysteriously, too, the blood and water were seen to flow from His wounded side, after His death upon the Cross; for by the Water of Baptism we are incorporated with Christ's Mystic Body, the Church, and by the Blood of the Eucharist, with His natural Body! * This is the Baptism of which He spoke to Nicodemus when He said: 'Amen, Amen, I say to thee, unless a man be born again of Water and of the Holy Ghost, he cannot enter into the Kingdom of God.'—(John iii. 5.) This is the Eucharist of which He said to the Jews: 'Amen, Amen, I say unto you, except you eat the Flesh of the Son of Man, and drink his Blood you shall not have life in you.'—(Ib. vi. 54.)

We next meet with Water at Jacob's Well, where our wearied Redeemer sat and thirsted for the conversion of the Samaritans. And not only do we read of the Water of the well, but of that 'Living Water' which it typified, and which Jesus promised to those who would ask him. 'Whosoever drinketh of this water shall thirst again; but he that shall drink of the water that I will give him, shall not thirst for ever. But the water that I will give him shall become in him a fountain of water springing up into life everlasting.' (Id. iv., 12, 14.) This was the water of grace and redemption, whose efficacy was derived from Christ's passion, and whose joyful streams were announced by the Prophet: 'Behold God is my Saviour, I will deal confidently and will not fear, because the Lord is my strength and my praise, and he is become my salvation. You shall draw waters with joy out of the Saviour's fountain.' (Isaiah xii. 2, 3.) That Saviour's fountain was His wounded heart, from whence gushed forth this tide of joy through His

* This water is the token by which is to be discovered the Supper Room in which the Pasch of His Body and Blood is to be instituted. 'And he sendeth two of his Disciples and saith to them go ye into the City and there shall meet you a man carrying a pitcher of water, follow him, and whithersoever he shall go in, say to the master of the house, the master saith where is my refectory, where I may eat the Pasch with my disciples. And he will show you a large dining-room furnished: and there prepare ye for us.'—(Mark xiv. 13, 15.)