

THE FOUNDATION OF CIVIL LIBERTY

The announcement that the field of Runnymede, the historic spot where the Magna Charta was signed, was to be sold at auction...

This historic field which commemorates the act which stands for the foundation of civil liberty has come to represent a principle, the right of the people to resist the alienation of their lands by usurpation...

The presence of Cardinal Langton, at Runnymede and of St. Hugh of Lincoln whose name is appended to the copy of the Charter preserved in Lincoln Cathedral, is symbolic of the care the Church has always exercised for the civil liberties of mankind...

There never was real danger that the meadow so rich in historical associations, and dedicated to the liberties of the people would be appropriated by private interests. But the indignation that has been aroused at the proposed sale of Runnymede has served to call attention to the principle for which it stands...

FORMULARIES OF CATHOLIC ORIGIN

London, September 26.—One of the most remarkable developments among the non-episcopal Protestants of Great Britain during recent years has been the decided movement on their part to adopt certain external formularies or conventions which are distinctly Catholic in origin.

The N. C. W. C. Correspondent was travelling in Scotland, and, stopping off at a remote and lonely station in the Highlands, was surprised to find on the edge of the little village a beautiful stone church in excellent Gothic style that had every appearance of being a Catholic church, even to the cross on the gables.

The altar was unfurnished with either cross or candlesticks, and on first appearance it seemed that the church might be one of the moderate Scottish Episcopalians. But it turned out to be a Presbyterian place of worship.

In Edinburgh itself there is one Presbyterian clergyman who has an altar in his church, furnished with a cross, candlesticks and vases of flowers. He celebrates the holy communion according to the rites of the Anglican Church.

As even the use of an organ was looked upon as sheer idolatry by the more stern of the older Presbyterians, these changes signify a great deal in the development towards a regular church order.

The deliberations of this assembly interested nobody but the Methodists themselves; but it is certainly the first time in history that a conclave of Protestant Dissenters has taken upon itself the title of Ecumenical.

A Man is as Old As His Arteries

Importance of Keeping Our Blood Pressure Down

An applicant for life insurance had just returned from a visit to the medical examiner. "I'm afraid," he told a friend, "that my high blood pressure will tell against me and that I shall be refused a policy."

This man had noted the extreme care of the physician in ascertaining his blood pressure and for the first time, its vital importance had been borne home to him.

If the great truth which had been unfolded to this man, alas, too late, could be learned by millions of others, what a priceless boon it would be. For every man, and especially all those around the forty mark or over, should bear in mind the menace to his health when Blood Pressure rises very high, say anywhere above 150.

You are probably aware that the condition of the arteries regulates your Blood Pressure, and the lower this pressure the easier it is for the heart to pump the blood through the different parts of the body. Therefore it is necessary to long life that we should aim to keep our arteries as young as possible.

High Blood Pressure is attributed to many causes, and occurs earlier in life in persons of sedentary habits or those with indoor occupations, who have confined themselves too closely to business for continuous years—in most cases from Constipation, or continually taking laxatives or cathartics of different kinds in an effort to keep the system regular.

The best means of keeping the system in perfect working order, reducing the Blood Pressure and preventing hardening of the arteries lies in taking plenty of outdoor exercise, long walks in the open, golfing, horseback riding or other mild exercises, and keeping the system regulated at all times. Avoid taking laxatives in any form, as they diminish the vitality.

Internal bathing by means of the J. B. L. Cascade has done more to prolong life and keep active business men and women up to the 100% standard of efficiency than any other means known. Its occasional use perfectly cleanses the intestines and keeps them clean, so that the blood circulating through these parts once every 24 hours does not become contaminated and is not allowed to poison the system.

An interesting instance is the case of a wholesale grocer in north-western Ontario, at present 86 years of age, who personally directs his large business every day from his home desk. He has been a user of the J. B. L. Cascade now for years, and tells his many friends that internal bathing is alone responsible for his wonderful health and energy at this age.

If you want to live longer and always be fit and free from the many ills which are liable to creep on us as years advance, learn more about this important subject. Write to Dr. Charles A. Tyrrell, 454 Tyrrell Building, 123 College Street, Toronto, and you will receive a 64-page book, called "The What, the Why, the Way of Internal Bathing," free of charge, if you mention having read this article in THE CATHOLIC RECORD.

Over half a million bright, intelligent Canadians and Americans who use the J. B. L. Cascade are very enthusiastic on internal bathing, and if you want to regain your health and keep it, write for this booklet while it is on your mind, and you will learn a great deal more to your advantage regarding this important subject.

A SOUL'S EXPERIENCE In a recently published record of his soul's experiences entitled "Rebuilding a Lost Faith by an American Agnostic, the anonymous author pays this tribute to the Catholic Church in which he finally found peace and rest. "When I am asked," he writes, "what I have found within the Catholic Church superior to all that Protestantism gave me, I find that language is inadequate to express it. One thinks of the familiar metaphor of a stained glass window in a vast cathedral. Seen from without by day this seems an unintelligible mass of dusky glass. Viewed from within, however, it reveals a beautiful design where sacred story glows resplendently in form and color. So it is with the Church of Rome. One must enter it to understand its sanctity and charm. When I

reflect upon that Church's long unbroken continuity, extending back to the very days of the Apostles; when I recall her grand inspiring traditions, her sacraments, her immemorial language, her changeless creed, her noble ritual, her stately ceremonies, her priceless works of art, her wondrous unity of doctrine, her ancient prayers, her matchless organization, her Apostolic authority, her splendid roll of saints and martyrs, reaching up like Jacob's ladder, uniting Heaven and earth; when I reflect upon the intercession for us of those Saints and Martyrs, enhanced by the petitions of the Blessed Mother of Our Lord; and last but not least, when I consider the abiding Presence of the Saviour on her altars, I feel that this One, Holy, Apostolic Church, has given me certainty for doubt, order for confusion, sunlight for darkness, and substance for shadow. It is the Bread of Life and the wine of the soul, instead of the unsatisfying husks; the father's welcome with the ring and the robe instead of the weary exile in the wilderness of doubt. It is true, the prodigal must retrace the homeward road, and even enter the doorway of the mansion on his knees, but within, what a recompense!"—The Pilot.

OBITUARY

JAMES MAHER

The solemn obsequies of the late James Maher were held in St. Peter's Cathedral, Peterboro, on Wednesday, Sept. 28th.

Requiem Mass was sung by Rev. Father Maher, (grandson of deceased). In the sanctuary were His Lordship Bishop O'Brien, Rev. Father P. McGuire, Rev. Father Cantillan, Rev. Father Powers, Rev. Father McCauley, Rev. Father Guiry and Rev. Father P. Costello.

The deceased was in his eighty-first year, the eldest of twelve of a family. In his earliest years he resided in Lindsay and was a pioneer railroad man, being for over thirty years in employment of Grand Trunk. Six years ago he retired to the House of Providence and his residence there has been one continual preparation for a happy death, surrounded by the good Sisters of St. Joseph who remained by his bedside day and night. His wife died some thirteen years ago; he is survived by one daughter, Mother M. Juliana, Killaloe convent, and three sons, Wm. J. of Detroit, M. J. of Peterboro and T. J. of Chatsworth.

The funeral was held from the residence of his son M. J. Maher, 372 Rubidge St., by C. P. R. to Lindsay and buried in family plot. The pall bearers were Senator McHugh, Thos Brady, Thos. Connolly, J. R. O'Neill, M. Cough and N. Brady.

He was one of the old school—a man of exceptional qualities of heart, honest and conscientious, and a staunch and pious Catholic. His unstinted devotion to his home and family, his quiet and patient disposition endeared him to the religious of the community and the inmates of the house. The exemplary life led will always live in the hearts of those he left to mourn him. R. I. P.

ANNOUNCEMENT

Mr. and Mrs. Bernard O'Neill, Erinville, announce the engagement of their daughter, Sarah Anne, to Mr. William John Ryan, Ottawa, son of Mrs. Julia Ryan, Douglas. The marriage to take place the latter part of this month.

MARRIAGE

DESJARDINS-BOND.—At Toronto, on Sept. 19, by the Rev. Father McMahon, Ethel Gwendoline, daughter of Mr. and Mrs. Thos. Bond of Dunnville, to Chas. G. Desjardins, son of Mr. and Mrs. Wm. Desjardins of Picton.

DIED

WILDER.—Died at Detroit, Mich., on Sept. 16, 1921, John Wilder, of Wellington, Ont., aged fifty-one years. May his soul rest in peace.

COFFEY.—Died at Brighton, Ont., on June 11th, 1921, Elizabeth Tait, beloved wife of Wm Coffey, aged sixty years. May her soul rest in peace.

DOUGHERTY.—In Ridgeway on Sept. 4, 1921, Mrs. Julia Dougherty, sister of the late Mrs. J. Brosnahan, in her eighty-sixth year. May her soul rest in peace.

MOTHERSILL.—At her late residence 233 Kendal ave., Oshawa, on May 21, 1921, Mary Ellen Stapleton, beloved wife of Edward Mothersill. May her soul rest in peace.

GILGOLY.—In Lindsay on July 7th, 1921, Edmund Patrick Gilgoly, last of the five sons of James Gilgoly. He was an uncle of Father Vincent Gilgoly and Father Gerard Mesinger, also of the late Rev. Sister Echebrea of Loretto Abbey, Toronto. He left to mourn his loss one son, James of Chicago, and his two sisters Isabella and Mary Ann of St. Lawrence Street, Lindsay, Ont. May his soul rest in peace.

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