

Nothing Modern About Workings of Vitamins

"Knowledge of the vitamins is not modern," Dr. Ruth F. Wadsworth writes in Colliers. "It is as old as prisons and sailing vessels; older than Columbus and probably contemporary with Noah. It is only the name which is new."

"We owe the rather boring systematization of the vitamins—their classification and naming as Vitamin A, B, C, D, E, F and G—to the experimental method which has crept upon medicine in the last 40 years."

"How the Lemniscians arrived at the knowledge that lemons would prevent scurvy I don't know. I think it is probable that they stumbled onto that fact because lemons were easy to carry and to keep and could be given in the form of juice to the sailors, without a lot of fuss. Our present day knowledge tells us that scurvy is caused by a lack of vitamin C, which is found in lemons and lemons and lemons and apples and bananas."

To serve the servants of My Master in my victory and my honor. St. Ignatius Loyola

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ST. PATRICK'S CATHEDRAL RADIO HOUR

(Continued from Page Two)

no one worthy of the great God, our Sacrifice and High Priest, if he has not beforehand presented himself a living and holy sacrifice to the Lord, and rendered to Him a reasonable, acceptable service; if he has not previously offered to God a sacrifice of praise and a contrite heart, the only gifts required of us by the Giver of all good gifts: how could I have dared to offer to Him the visible sacrifice, the figure of great mysteries? How could I have ventured to bear the name and dignity of a priest, before sacrificing my hands with good works, before accustoming my eyes to regard created things in the proper manner, in admiration of the Creator and not to the ruin of the creature?"

St. Chrysostom in the year 407, gives many explanations pertaining to the sacrifice of the Eucharist. "The Holy Ghost, he states, is the priest of priest, and the priest of priest. He teaches that on the Cross and on every altar, the sacrifice of the Holy Spirit is one and the same—the divine Lamb, Jesus Christ. An important testimony relative to Mass is that of the dead is this: that he states that the sacrifice of the Eucharist is not in vain that the Apostles pronounced that at the Eucharist, the departed should be remembered. The Mass that therefrom comes would merit great profit and advantage. For it is all the congregation and the assembly of priests who, with the great sacrifice, are gathered at the altar, why should we not propitiate God by praying in their behalf? This is to be understood of only those who have died in the faith."

A Unanimous Sentiment. Now turn to the Fathers of the West and give ear to the sacred sentiment and doctrine which existed among them. St. Ambrose, in 387, reads the litany. His letter to Cyprian is a classic. We quote only this principal passage: "If Jesus Christ, our Lord and God, is Himself the High Priest of God the Father, and if He first offered Himself as a sacrifice, commanding the same to be offered, commemorating Him, then in fact that priestly office takes the place of Christ, who institutes what Christ has done, and then offers to God the Father a true and perfect sacrifice, only which He offers the sacrifice in such a manner as he sees that Christ Himself offered it." St. Ambrose, in 397, expresses himself concisely and forcibly. He writes: "If only an angel would stand at our side and render himself visible, when we are burning incense at the altar, when we are celebrating the sacrifice! For you may not doubt that angels are present, when Christ is there, when Christ is being sacrificed. Again, he writes: "We priests imitate Him, as our right, by offering the sacrifice for the faithful. Although we are poor in merits, we become worthy of veneration by the sacrifice. Although at present we do not behold Christ celebrating, it is still He Himself who is being sacrificed upon earth, when Christ's body is offered up. Yes, He offers Himself visibly by us, His servants, since His word sanctifies the sacrifice that is being offered."

St. Augustine, in 430, from Africa writes these words: "Abraham was then, in truth, blessed by Melchisedech, who was a priest of the Most High God; of the altar, many remarkable things are written in the Epistle to the Hebrews. Then appeared for the first time the sacrifice which is at present offered by Christians throughout the world, and by which is accomplished that which long after this event was said by the Prophet to Christ, who had not yet appeared in the flesh: 'Thou art a priest forever, according to the order of Melchisedech. Can any one still doubt of whom this was said, now when there is nowhere a priesthood and sacrifice according to the order of Aaron, and when everywhere sacrifice is offered through the High Priest Christ, prefigured by Melchisedech?'"

Pope Leo the Great. Pope St. Leo the Great, in 461, has this to say of our sacrifice: "Jesus firmly persevering in His decree, and undaunted in the execution of the will of His Father, brought to an end the Old Testament and founded the new. For as the disciples sat with Him at table, to partake of the table, and in the same room were deliberating in the Court of Calphas, in what manner to kill Him, Christ instituted the Sacrament of His Body and Blood, and instructed them as to what kind of victim should be offered to God." These are but a few of the passages taken from the works of some of the Fathers. I can only believe that if I were to talk every day for a year that I could exhaust the testimony which they supply from the first century on. But sufficient has been given you to whet your appetite and arouse your curiosity to delve further into this patristic lore.

Ancient documents and monuments of ecclesiastical history further enhance our proof of Eucharistic sacrifice. And in the Eastern and Western liturgies there exists a vast wealth of information and directions as regards the Mass and its offering for men. Remember, indeed, when you are perusing them that they go back to Apostolic days. All these formularies agree perfectly in essentials, so that they represent in their whole contents the Eucharistic celebration as the true sacrifice of the Immaculate Lamb, Jesus Christ. St. James, St. Cyril and St. Basil of different rites and countries all testify that the faith and the sacrifice which they had practiced and received are that of the first Christians, the faith of antiquity. And what they believed and practiced is our inheritance even this very hour. It is not something which has grown up in the course of the ages, but which has an unbroken chain with Jesus Christ at its beginning, and He will be at the end.

Rev. Daniel McGillucuddy, C.M., Returns to His Duties in China After Needed Rest in America

Visited in Rochester Several Months Ago, and Has Number of Friends in This City and Vicinity—On His Way to Kiangsi.

The Rev. Daniel McGillucuddy, C.M., of Glens Falls, veteran missionary to China, who has been in America for the past six months for a needed rest, is on his way back to China now. He will return to Kiangsi where he will work under the direction of the Rt. Rev. John A. O'Shea, C.M., Bishop of Kanchow. Father McGillucuddy spent several days in Rochester some time ago, visiting friends, among them the Rev. Leo C. Mooney, Diocesan Director of the Society for the Propagation of the Faith. Father McGillucuddy is a frat cousin of Dr. D. P. McMillin of Glens Falls, widely known throughout the State in K of C circles.

Father McGillucuddy is one of the pioneer group of five Vincentian priests and four secularians who left Glens Falls, N.Y., for Shanghai, July 11, 1921, and after a rigorous Mission of Thanksgiving, the mission was undertaken on the body of the Miraculous Medal. The American Vincentians took over the section of China at the outset of Pope Benedict XV, as the French Vincentians, because of lack of priests, were not able to meet the demands of the extensive territory.

Work of the American Vincentians in China has proved wonderfully successful. According to Father McGillucuddy, an average of 1000 conversions a year have been the fruits of their labors.

Though we may not imitate the saints in all things, yet there are several things to which we may, for example, their attitude, their silence, their humility, and other like things which would not kill us. True friendship is a plant of slow growth, and must undergo and withstand the shocks of adversity before it is entitled to the appellation—Washington. A man which they believe in and profess, but who will dare against the faith of Jesus Christ as found in the Church today, when it comes from such sources of antiquity? This is the Catholic Church of which I am a humble member, and one of her priests, and it is in the Church that every morning as a result of the commission and power entrusted to offer sacrifice for the living and the dead, that I stand, as does every other priest throughout the world, at the same altar with the same bread and chalice in my consecrated hands and bring about the renewal in a mystical manner of the same sacrifice offered by Christ in Jerusalem 1800 years ago and testified to, by those Fathers and their memorials in art, writing or word.

I love my country, her hills and dales, I love the cause for which she stands; but I love my God first, for from Him I came, and unto Him I give the grace, as to you, my dear friends, to live and die a true Eucharistic priest and Christian.

How to Make Old Spun White Beards Fireproof

It is not easy to find a substitute for cotton-wool, but it is not difficult to make cotton-wool fireproof. Dissolve an ounce and a half of potassium in hot water and soak the wool in it. Then dry the wool and put it out again. Cotton-wool treated in this way will smoulder, but not flame.

Even tissue paper can be made quite safe by dipping it in a solution of ammonium sulphate, boracic acid, and water. It must be dipped quickly and dried at once. Canvas of similar material used for stage decoration may be fireproofed by a solution of ammonium sulphate, boracic acid, and water. Take four ounces of each and use two quarts of water to make a liquid about as thick as the paste. Then spread it on the fabric with a brush.

Five U. S. Communities Are Named Christmas

CHRISTMAS is the most popular of communities in the United States. There are communities named Christmas in Ohio county, Kentucky; Adams county, Kentucky; Madison county, Tennessee; and Roanoke county, Tennessee. There is a Christmas town in Lincoln county, Maine, and a Christmas in Lincoln county, Maine, and a Christmas in Lincoln county, Maine.

Study of the Allen family tree found in the Allen family tree in Allen county, New York, another in Northampton county, Massachusetts, and a St. Nicholas in North Carolina. In South Carolina, in the Allen family tree.

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