

7. The following two indulgences do not pre-suppose the wearing of the Scapular, so that anyone can gain them, to wit: Persons who receive the sacraments and visit a Carmelite church, praying there according to the intention of the Holy Father, may gain a plenary indulgence, (1) once a month on a Wednesday of their own choice, and (2) once a year on any day they choose. Of the other indulgences, as it appears to me, those who wear the Scapular without being members of the Confraternity gain only a plenary indulgence, (1) on the day of their reception, (2) on the 16th of July (toties-quoties—see explanation in the July number of *THE REVIEW*) and (3) in the hour of death. All the other indulgences suppose membership of the Confraternity.

8. The one condition for gaining all the plenary indulgences, as well as those granted for visits to the Carmelite churches, is prayer according to the intention of the Pope. No special prayers are prescribed, consequently it is left to the choice of everyone what prayers he wishes to say. Five Paters and Aves are considered sufficient.

9. The following is a list of the plenary and partial indulgences:

*A. Plenary.*—(1) on the day of reception; (2) on the Feast of the Scapular, July 16th, (toties quoties); (3) on any Sunday of the month when one visits at the monthly devotions, (with procession) of the Confraternity. Those who cannot assist at these devotions gain the same indulgence by a visit to the church of the confraternity. If they cannot do this the indulgence may be gained by reciting the "Little Office of the B. V. M.," or fifty Our Fathers and Hail Marys; (4) at the hour of death, by invoking the holy name of Jesus, at least in their heart; (5) by visiting the church of the order on the feasts of the Immaculate Conception, Christmas, the Purification, the Annunciation, the Visitation, the Nativity of the B. V. M., and the Assumption; (6) also on the following days: January 1st, February 4th, March 19th,

Holy Thursday, Easter, the Patronage of St. Joseph (3rd Sunday after Easter) and the Ascension, May 5th, 16th and 25th, June 14th, July 20th and 26th, August 7th and 27th, Sunday within the Octave of the Assumption, October 15th, November 24th, December 25th and at Forty Hours devotion.

*B. Partial.*—5 years and 5 quarantines as often as one, with a light, accompanies the most blessed Sacrament to the sick and prays for the sick. 3 years and 3 quarantines, as often as one, after receiving Holy Communion on the feasts of the Blessed Virgin, visits a church of the Confraternity which does not belong to the order. 300 days for abstaining from flesh and meat on Wednesdays and Saturdays. 100 days for reciting the Little Office of the B. V. M. 100 days for those who assist at masses, devotions and sermons of the Confraternity. 100 days for every corporal or spiritual work of mercy. 40 days for those who say 7 Our Fathers and Hail Marys, in honor of the 7 joys of the B.V.M.

*C. Stations.*—Those who pray in a Carmelite church on the days given below gain the indulgence of the Stations (churches) of Rome:

Christmas at the Third Mass, Plenary Indulgence. Maunday Thursday, Plenary Indulgence. Easter Sunday, Plenary Indulgence. Ascension Thursday, Plenary Indulgence. New Year's Day, 30 years and 30 quarantines. Epiphany, 30 years and 30 quarantines. Septuagesima, 30 years and 30 quarantines. Sexagesima, 30 years and 30 quarantines. Quinquagesima, 30 years and 30 quarantines. Ash Wednesday, 15 years and 15 quarantines. Everyday from Ash Wednesday till Low Sunday, 10 years and 10 quarantines. Palm Sunday, 25 years and 25 quarantines. Good Friday, 30 years and 30 quarantines. Holy Saturday, Easter Sunday, feast of St. Mark, each, 30 years and 30 quarantines. On each of the Rogation-days, 30 years and