

prehends Upper Canada, viz.—that of eating flesh-meat on the Saturdays between Christmas and the purification.

We earnestly request our Clergy to be careful and particular in explaining to their congregations the obligation and the efficacy of fasting, to inform them of the practice and discipline of the primitive Church upon this subject, when the faithful were allowed but one meal a day, and that after sunset; they should convince them that it is of little avail to deprive the body of its customary food, if they allow the soul to be contaminated by sin, or to mortify the body if they fail to nourish the soul by additional prayers, alms-deeds, and other works of charity, and that those whose state of health and laborious occupations do not allow them to fast or abstain from flesh-meat, may easily abstain from swearing, lying, drinking, and frequenting taverns.

Section 8th.

OF THE SACRAMENTS.

THE SACRAMENTS OF BAPTISM AND CONFIRMATION.—Great pains should be taken by the pastors to induce the faithful to bring their children to the laver of regeneration as soon after they are born as possible; and the use and signification of the ceremonies used in the administration of Baptism ought to be carefully explained to them, which is strictly prescribed by the Council of Trent. The Clergy of this Diocese must pay particular attention to find out whether any of the congregation converted to the faith has not been duly baptized according to the form established by Christ, and practised in the Catholic Church since the time of the Apostles: and if they find reasonable grounds to doubt that he has received this Sacrament, they are to re-baptize them at least *sub conditione*. There is a greater necessity for this caution, as there are many of our fellow-subjects in this Province that deny the necessity of Baptism, and therefore are indifferent about it; and some who even neglect it altogether. Baptism should be administered only in the church (except in cases of necessity), and none should be admitted as God-fathers, but such as are regular in their conduct and comply with their religious duties.