

N. B.—The Catholic church commands all her children, upon Sundays and holidays, to be present at the great Eucharistic sacrifice, which we call the Mass, and to rest from servile work on those days, and keep them holy. 2dly. She commands them to abstain from flesh on all days of fasting and abstinence; and on fasting days, to eat but one meal. 3dly. She commands them to confess their sins to their pastors, at least once a year.

4thly. She commands them to receive the blessed Sacrament at least once a year, and that at Easter, viz: between Palm Sunday inclusively and the Sunday after Easter, also inclusively, unless otherwise directed by the Bishop or Confessor.

The fourth council of *Lateran*, *Can.* 21, ordains, "that every one of the faithful of both sexes, after they come to the years of discretion, shall, in private, faithfully confess all their sins, at least once a year, to their own pastor, and take care to fulfil, to the best of their power, the penance enjoined them; receiving reverently, at least at Easter, the sacrament of the Eucharist, unless, perhaps, by the counsel of their pastor, for some reasonable cause, they judge it proper to abstain from it for a time; otherwise, let them be excluded from the church while living, and when they die, be deprived of Christian burial."

MANNER OF BAPTIZING A CHILD IN DANGER OF DEATH, BY LAY PERSONS.

Take natural or common water, pour it on the head of the child, and while you are pouring it say the following words: *I baptize thee in the name of the Father, and of the Son, and of the Holy Ghost.*

THE CHRISTIAN'S DAILY EXERCISE OF MORNING AND NIGHT PRAYER.

Rising from bed, make the sign ✝ of the cross, saying, "In the name of the Father, and of the Son, and of the Holy Ghost, Amen."—and offer yourself to God—then dressing yourself, modestly, acknowledge the goodness of God, who gives you this day to labour in it, for the salvation of your soul; and consider this day may be your last. When dressed, place yourself in the presence of God, in a respectful posture, on bended knees, and blessing yourself, adore him with the most profound respect; give him thanks for his benefits to you, especially for having watched over you during the night; and join with all the angels and saints in blessing and praising his holy name.

Afterwards recollect yourself, if you have offended God during the night, and what were the sins you committed the day before; and with an humble and contrite heart, begging God's forgiveness of them and of all past transgressions, firmly resolve not to offend him any more, and earnestly beg his assistance, to spend the present day in his love and service, and to guard you particularly against your predominant passions, and those vices, temptations, and failings, to which you find yourself most addicted.

Then offering to God your body and soul, with all your thoughts, words, and actions; and begging his blessing on them, devoutly recite the acts of faith, hope, and charity, the Lord's Prayer, the Hail Mary, the Apostle's Creed, and whatever other prayers you

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