

in the tabernacle, and recite, with devotion, the prayers before communion, especially acts of faith, hope, charity and contrition.

Q. How should you approach the altar rails?

A. With great respect, with my hands joined, and my eyes cast down.

Q. What should you do when the Priest holds up the host at the "Domine non sum dignus," &c.?

A. I should, with a lively faith, and profound humility, adore Jesus Christ, and strike my breast three times, saying, "Lord, I am not worthy that thou shouldst enter under my roof, speak but the word and my soul shall be healed."

Q. What should you do at the altar rails, when about to receive?

A. I should hold the communion cloth upon my hands, to prevent any particles from falling to the ground, with my head raised, my eyes cast down, my mouth conveniently open, and my tongue resting upon my lower lip.

Q. What should you do if the host sticks to the roof of your mouth?

A. I should quietly let it moisten, then