

—immediately after the First Sunday in Lent,—in Whitsun-week,—immediately after the 14th of September,—immediately after the Third Sunday of Advent.

4. THE VIGILS OF CERTAIN FEASTS: viz., of Whitsunday, of the Assumption, of All-Saints, and of Christmas.

N. B.—When a fasting-day falls upon a Sunday, it is kept on the Saturday before. To fast consists in abstaining from flesh-meat, and eating only one full meal in the day, which must not be before noon. Besides this, a collation or light refreshment is allowed in the evening. All who have completed their twenty-first year are obliged to observe the fasts of the Church until the age of sixty, unless exempted for some legitimate cause.

In the above-mentioned dioceses of New Orleans, St. Louis, &c., &c., the Friday of the Ember-days is the only Friday in Advent on which there is an obligation to fast.

### Days of Abstinence.

1. THE SUNDAYS IN LENT.

2. ALL FRIDAYS, except when Christmas falls upon a Friday.

3. ALL SATURDAYS, except those Saturdays which fall between the 25th of December and the 2d of February inclusively. Dispensation, however, to eat flesh-meat on all Saturdays "not restricted by a fast," was granted by his Holiness Pope Gregory XVI. to the faithful of the United States for the space of twenty years from 1840.

N. B.—A day of abstinence is that on which we are not allowed to eat flesh-meat. All who have attained to the age of reason are obliged to observe these days.