

sacrament at least once a year, and that at Easter, viz : between Palm-Sunday and Low-Sunday.

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."

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

RISE 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 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,

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