

3rd. The Vigils, on which a fast is commanded.  
4th. Ash Wednesday and the three following days.  
5th. Every Wednesday, Friday, and Saturday of the first five weeks of Lent.

6th. Palm Sunday and the six days of Holy Week.

7th. Every Wednesday and Friday in Advent.

By the same Indults the Holy See allows the use of flesh-meat:

1st. On all the Sundays of Lent except Palm Sunday.

2nd. On all the Mondays, Tuesdays, and Thursdays in the 1st, 2nd, 3rd, 4th and 5th weeks of Lent; but under the conditions that flesh-meat be used at one meal only, and forbidding to make use of fish with flesh at the same meal.

3rd. On the Saturdays throughout the year, except those of Lent and others to which a fast of obligation is attached.

4th. On St. Mark's day, unless it should fall on a Friday, and the three Rogation days.

The solemnization of marriage is forbidden from the first Sunday of Advent till the Epiphany inclusively, and from Ash Wednesday till Low Sunday also inclusively.

#### 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.*

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