

And for the avoiding of all ambiguities, such person shall subscribe in this form and order of words, setting down both his Christian and surname, viz: I. N. N., do willingly, and *ex animo*, subscribe to these three Articles above mentioned, and to all things that are contained in them.

"And if any Bishop shall ordain any, except he shall first have so subscribed, he shall be suspended from giving of Orders for the space of twelve months."

In "the Ordering of Priests," the Bishop asks the person to be ordained—"Will you give your faithful diligence always so to minister the doctrine and sacraments, and the *discipline* of Christ, as the Lord hath commanded, *and as this Church and realm* hath received the same?" &c. To which he answers—"I will do so by the help of the Lord."

The Book of Common Prayer appoints the following days and seasons "of fasting, or abstinence:"

1. The forty days of Lent.
2. The Ember days at the four seasons.
3. The three Rogation days.
4. All the Fridays in the year except Christmas day.

The 35th Article says: "The Second Book of Homilies, the several titles whereof we have joined under this Article, doth contain a *godly* and *wholesome doctrine* * * * * as doth the former Book "of Homilies," &c. One of "the titles," here mentioned, is "of good works, first, of fasting,"—and in this Homily it is declared, not only that "the authority which Christ himself used (in respect of fasting) be left to the Church," but that "to abstain from certain meats, at certain times, not because the meats are evil, but be-