## SECOND PRECEPT OF THE CHURCH.

## TO FAST AND ABSTAIN ON THE DAYS APPOINTED.

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'We give thanks to Thee, O Holy Lord, Father Almighty, Eternal God, who by this bodily fast extinguishest our vices, elevatest our understanding, and bestowest on us virtue and its rewards.' (From the Preface in the Mass for the Lenten Season.)

MEANING

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Doctrinal ... keeping from—anything whatever, food, amusement, etc.

Doctrinal ... keeping from the use of fleshment on certain days; but not changing in any way the number of meals.
                                       The Church commands it for certain grave and salutary purposes, and binds all who have come to the use of reason.

In the Old Testament God commanded Adam to abstain from one kind of fruit.

Noah to eat meat with blood.

In the Old Testament God forbade The Jews to eat certain meat, as pork, hare, crow, etc. Daniel, the Seven Machabees.
           AUTHORITY
                                     In the Old Testament God forbade The Jews to eat certain meat, as pork, hare, crow, etc. Daniel, the Se Samuel to take wine.

In the New Testament the Apostles forbade the eating of any food that had been used in pagan worship.
                                                                                   Our own evil inclinations and humors become more disposed to evil by indulgence in eating and
                                                                                  drinking.
To check them, it is useful and often necessary, to weaken the body.
                                        To mortify the flesh
                                    To check them, it is useful and often necessary, to weaken the body.

Fleshmeat is very feeding and strengthening. Keeping from it weakens the body, and so the passions.

We like good food, and fleshmeat: to keep from it, is to check our inclinations and control them.

Every act of denying our humors is a pain or punishment to us—a penance.

Every act which costs us pain or trouble, or a penitential act, merits grace and glory, and is satisfactory to God.

Every Friday

through love of our Lord, Who suffered for us, and satisfied for our sins, on Good Friday.

The Sundays in Lent; and all fasting days, unless leave be given to eat meat on them.
              MOTIVES
                 DAYS
                                     a mortal sin, every time we eat meat wilfully, except it be a mere trifle—Cooks, who taste food which they are preparing,
                GUILT
                                                   commit no sin.
                                     a remal sin, if we take only a trifling quantity.
                                                            in taking only one full meal in the twenty-four hours, and that not till about midday; in this is the cessence of fasting.

In keeping from fleshmeat on those days.
             MEANING
                                       The Church of God commanding it, according to the teaching and example of our Lord and the Apostles.

Matt. ix. 15. 'The bridegroom shall be taken away, and then they shall fast.' He Himself fasted forty days,

Matt. vi. 17. 'When thou fastest, appear not to men to fast, but to thy Father.'
          AUTHORITY
                                                             v. The Apostles fasted before giving Paul and Barnabas their mission; and before ordaining priests, to be taken not earlier than about midday.
                                       Acts xii.-xiv.
                                                              a collation, or small supper, of not more than eight ounces, in the evening; the order or dinner and collation
                                                             may be inverted.
custom allows something to drink, and about two ounces of bread without butter, as a slight breakfast.
          CONDITIONS ... One meal
                                                             Drinks, unless very feeding, do not break the fast, and a trifle of bread for health's sake is not forbidden. Fish is never allowed at the same meal with fleshmeat on fasting days.
                                                              All who have reached the age of twenty-one years, until they have arrived at sixty years.
                                                         Who are not excused for some just cause.
                                        Subjects
                                                            It is a mortal sin and breaks the fast to take a second full meal.

It is a mortal sin and breaks the fast to take, in the morning as much as in the evening collation.

to take at various times, food equal altogether to the collation.

Small quantities of food, at other than the fixed times.

It is a venial sin to take forbidden kinds of food in small quantities at collation. As to flesh or eggs it more easily becomes mortal.

If once the fast is broken mortally, the precept ceases for that day, and there can be no further sin of fast-
          OBLIGATION
                                        Latent
                                                            breaking that day

If a person cannot fast on one meal, he is still bound to abstain; and vice versa.
                                             If a person certainly cannot fast or abstain, he is exempted if there be any doubt, he must ask his confessor for a despensation and it is better and more becoming to ask in all cases.
                                     Despen- \
                                                               he sack, delicate: women in childbirth or nursing; those engaged in works of great charity.
                                                            the poor, who seldom can get a meal of any kind.
were and children against the violent will of the father,
              EXCUSES
                                        Ina-
                                              bility
                                                         persons in public institutions; soldiers, sailors, etc.

physical—those who are ordinarily considered laborers, workmen, artizans, or any one having great bodily labor intellectual | teachers, clergy, etc, who cannot keep their health, or do their duty satisfactorily, even though the exhaustion be as much mental as physical.
                                                                                                                                                                                                       From Carr's Lamp of the Word.
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LENTEN DISPENSATIONS.

FOR THE DIOCESE OF AUCKLAND.

In virtue of the Indult granted for ten years to the Bishops of Australasia by the Holy Father Pope Leo XIII., November 18th, 1898.

The Bishops of New Zealand, in Synod assembled decree that as far as possible, uniformity in the law of fasting according to the precept of the Church be observed.—Acts and Decrees, Provincial Synod.

a. Fasting and abstinence dispensed on all Sunday

b. At dinner, on all days of Lent, excepting Wednesdays and Fridays, Ember Saturday and the Monday of Holy Week, the use of flesh meat is allowed.

At the morning and evening repast, excepting Ash Wednesday and Good Friday, butter, milk, cheese, lard and dripping are

allowed in moderate quantity.

d. At dinner also, excepting Ash Wednesday and Good Friday, eggs, butter milk, cheese, land, and dripping may be used.

By special privilege of the Holy See the fast is dispensed on St. Patrick's Day. When St. Patrick's Day falls on a Friday, or one of the Ember days, the abstinence must be observed.

The time for fulfilling the Easter duty begins on Ash Wednesday, and ends on July 6th, the octave day of the Feast of SS. Peter and Paul.

Given at Bishop's House, Ponsonby, Anckland, ♣ GEO. M. LENIHAN.

Bishop of Auckland.

The McCormick Harvesting Machine Company built and sold 213,629 machines in the season of 1899. This is the greatest sale of harvesting machines ever made by one company.—.\*\*.

Did you ever read *Helen's Babies*, and do you remember the delightful enthusiasm of little Toddy when he got at the internal workings of somebody's watch and wanted to see 'the wheels go round'? And does it occur to you that wheels occupy a pretty important part in cycles? We have realised this fact, and as an evidence of the attention given the subject, want you to examine the latest Sterling chain, chainless, and free wheels. Built like a watch. New shipment just landed. Morrow, Ba-sett, and Co.—. watch. Co.—.\*.

Tussicura, the wonderful cough remedy-sold by all chemists and grocers.-

Wanted, about 50 clerks to help read testimonials re Tussicurs. Sole manufacturer, S. J. Evans, 2s 6d.—,\*\*.

The Grand Prix was the highest award obtainable at the Paris Exhibition, and the McCormick Harvesting Machine Company, of Chicago, secured this coveted honor, and not only this but they obtained more special prizes than all other competitors. Such a tribute to the worth of the McCormick machines is proof positive of their excellence. Messrs. Morrow, Bassett and Co., Christchurch, Ashburton, and Dunedin, are the agents for the Company's manufactures in New Zealand.—.\*\*