

SECOND PRECEPT OF THE CHURCH.

TO FAST AND ABSTAIN ON THE DAYS APPOINTED.

'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.)

Table with 5 main sections: Abstinence, Fasting, MEANING, AUTHORITY, CONDITIONS, OBLIGATION, EXCUSALS. Each section contains detailed text explaining the precept, including biblical references and practical instructions.

From Carr's Lamp of the Word.

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.
c. 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, lard, 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, Auckland,
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, Bassett, and Co.—*.*.*

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

Wanted, about 50 clerks to help read testimonials re Tussicura. 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.—*.*.*