

Level- Not Flat-Headed.

The true Notre Dame man is characteristically level-headed; that is part of his upbringing. There are no sorority sisters to impress at Notre Dame, so it will not be necessary for you to burn down a frat house tonight if a national championship comes again to Notre Dame. Flat-heads can find many ways to be silly. The fellow who loses his head over a little thing like a national championship doesn't belong at N.D. He lacks the poise we expect of Notre Dame men.

How To Make The Novena.

Receive Holy Communion in honor of the Blessed Virgin these nine days, and say some prayer each day in honor of the Blessed Virgin. The Litany of the Blessed Virgin is suggested; you may choose the rosary or some other prayer instead.

The Cure For Impurity.

As stated yesterday, the grace of God is essential to the protection of the virtue of purity. The chief means of grace are the Sacraments and prayer. Additional means are suggested in the pamphlet, Perseverance.

The victim of this sin is quite subject to discouragement. If he wants to see, for his encouragement, what daily Communion has done to rid fellow-students of this vice, let him read the little pamphlet, Frequent Communion for Freshmen. The Religious Surveys of the past eight years have carried hundreds of stories of the conquest of impurity; the pamphlet mentioned has a good collection of them that came in a Survey of several years ago.

Spiritual advice from a priest is a great help in the battle, as hundreds of students have testified. If you want help; ask a priest for it in confession, or go to his room for a good talk. An interview outside of confession is a powerful help, and for these reasons:

1. It requires a positive act of the will on the part of the penitent, and every act of the will aids this great faculty to develop;
2. It throws light on a vice that thrives in darkness;
3. It makes the fight appear much less formidable;
4. A lengthy discussion gives an opportunity to correct many false impressions which hinder the penitent through auto-suggestion.

Such a discussion is an exhilarating experience. No penitent should refrain from it through the false fear that the priest will form a bad impression of him. The only impression the priest retains from such an interview is that the penitent is sure to make good in life, because he has the very manly qualities of courage and honesty.

Advent.

This season of penance begins tomorrow. The Church has kindly dispensed us from the fast and abstinence she used to require of her children, but not from the duty of doing some sort of penance in preparation for the great feast of Christmas. See what you can do for yourself, and the birth of Christ will mean more to you if you stick to the resolutions you make.

Prayers.

Harold O'Keefe continues in serious condition with pneumonia; no visitors are allowed. Father Boyle, C.S.C., of St. Thomas College, lost his mother a few days ago. The father of Wm. Donelan, '29, was buried yesterday. Four special intentions.