Mass Sund., of Holy Family (p. 127); 2d Coll., 1st Sund. after Epiph. (p. 130) University of Notre Dame Religious Bulletin January 11, 1936 3d Coll., of Epiphany, p 123. Mass Mond., of Octave of E-piphany (p. 133). Only one Collect.

Hear The University Physician.

Doctor McMeel cautions you on four points:

- 1. Whenever you have a sore throat, call to see him at once,
- 2. Visit him immediately if you are bothered by any kind of skin irritation;
- 3. Don't doctor yourself for "cramps" or for any kind of pain in your abdomen. Above all, don't take a laxative. Go see the Doctor!
- 4. Wear a hat or a cap, these days, and keep your feet dry. You'll thus help prevent sinus trouble, colds, rheumatism, etc.

For Better Use Of The Missal.

"I was interested in your announcements a few Sundays ago regarding the use of the Missal," writes A Student. "During my vacation I thought about what you said and decided you might be interested in having a reaction from the other side of the rail."

"I have been using the Missal for nearly two-and-a-half years, and Mass doesn't seem complete without it. It's almost impossible to concentrate on the meaning of the Mass without having a Missal for a guide. To use a Rosary, or merely read the Ordinary of the Mass out of a prayer book, doesn't seem to fill the bill.

"But there are several things which discourage students from using the Missal. (1) You said one of the priests is going to give special instructions; that's great, because when the men try to use the Missal without knowing enough about it, they become discouraged before they begin and give it up.

- "(2) Another thing that makes it difficult at first is the fact that the translations, no matter what language they are in, are all longer than the Latin, and it is almost impossible to keep up with the priest, especially during the Offertory and Communion prayers and during the propers. Just about the only time that one can keep pace is on Sunday when Mass is sung over in the church. Would the priests go just a little more slowly than is necessary, for the sake of us Missal-users?
- "(3) Another thing: during the week many times the Mass that the priest says is not exactly the one called for in the Missal, especially during the last weeks of Pentecost and during Lent and Advent, and the Black Masses are hard to follow. For instance, if the Missal calls for three orations, and the priest says only one, it means that the man using the Missal is behind. If there were a notice sublished a day ahead of time, either on the hall bulletin boards or in the Religious Bulletin, stating what the orations would be for the following day, it would help the men keep up their interest."
- Point 1. Father Marr, rector of Walsh Hall, is now organizing informal classes in the Mass and in the use of the Missal. He will give instructions in his own hall chapel on certain evenings at eight o'clock. See him personally for more definite arrangements. We will be able to make announcements as to the days and hours of these meetings as soon as we know how many are interested.
- Point 2. Your request on behalf of Missal-users is hereby submitted to the priests on the campus.
- Point 3. Hereafter we shall gladly publish in each day's Bulletin the particular Mass to be said the following morning. Then Black Masses are to be said, we cannot, however, tell you whether there will be one or three orations. That depends upon the intention for which the priest is to say the Mass. --And, by the way, thanks for your helpful letter!

PRAYERS: Ill, friend of Mark Finocchioro; recuperating, mother of Joe Moore, (Corby).