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Settle Down, Ye Freshmen.

"College, isn't it all so wonderful?" seems to be the general gasp of the wide-eyed freshmen as they float from "sessions" to movies, to golf, to entertainments, to "pep" meetings, to dances, to football games. We've been told that you freshmen are up "in the air" so we think it best to tell you to come down to earth; down to study and serious things, to your education for which your parents are paying. Exams are coming in mid-semester and again in late January. If you get pink slips, then it's the clink for you. If your roommate's radio or friends interfere, you know him well enough now to sit down with him and arrange a schedule of quiet and also freedom from disturbance or visits of his friends.

Final proof that the freshmen haven't settled down is given in recent communion records which do show trends. The figures in the freshmen halls show certainly that the freshmen have not settled down to Daily Communion with a thoughtful preparation and thanksgiving, a previewing of the day with Christ, of what you are here for and pledging to Him a faithful day of good work, good recreation, good companionship and good example. Do that now and you will be ready for any exam.

The first semester of adjustment is the hardest for a freshman, and can give you a poor start. But if you start every day with Christ, you won't have to worry in your sophomore, junior or senior year about making up scholastic deficiencies or in later life about deficiencies in your character due to emotional mal-adjustment.

Loosen Up.

Some students on the campus want to help their older brothers, those graduates who conduct the House of Hospitality in town which helps poor brothers of Christ, transient poor who need lodging or food for a few days. The House of Hospitality lodges and feeds about 50 - 70 men daily, men of any and all creeds, races and colors, especially those who are unable to secure state relief.

Over the week-end electricity and gas were turned off due to unpaid bills. Cold food is bad enough, but eaten in the dark is worse. The Bulletin helped out with \$10.00, a professor and some Sorinites with \$4.00 more. Can you kick in when student canvassers come around tonight for your older brothers who are taking care of and living with these brothers of Christ? You can't out-do Christ in generosity. Try it - and see!

Heads Up.

A letter, quoted in part below shows what you Pre-Meds should aim for. You should use every opportunity now so that you will be more than a mere doctor. You need more than intellectual development. Get exercise, - especially you sophomore Pre-Meds who have a heavy schedule - and participate fully in the religious program, Benedictions, everything. Any time you give to Christ now, He will repay you a thousand fold later. Yours is a profession dear to Him; keep close to Him now. Develop now the selflessness that is required of a doctor who is imbued with the ideal of ministering to other's pain instead of self-gain.

"During the years of my confinement at the hospital I have met and been under the care of many young internes and resident physicians who are graduates of Notre Dame, among them _____ and _____, and they certainly have measured up to the standards of what you frequently refer to as 'Notre Dame gentlemen' - they are just that! When I studied at Columbia University before my illness, I met John _____, another fine example of Notre Dame alumnus."