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THE ATHLETE.

I was anemic and he pitied me
Because I could not take brisk exercise,
He said men ought to train consistently
Or they were bound to weaken and capsize;
He worked at golf and tennis every day
And sandwiched lots of handball in between,
He lifted weights, took walks and played croquet
To keep his body hard and strong and lean.

Well, he's been in his grave these 30 years
In spite of all his exercise, and I
Who was the butt of all his taunts and jeers
Am still around and feeling pretty spry;
My cough grows worse perhaps as I grow old
But he'd sure give a lot to have my cold. (T.E.B.)

Exercise Every Day.

The poet does not advise you to give up exercise entirely. His lines suggest a prudent amount of physical tuning up. Set aside on your study schedule a limited amount of time for exercise three or four times a week. It's a foolish mistake to skip this item. Engineers, chemists and students of the professions deceive themselves when they claim their work consumes all their time. Exercise is important for ridding the body of poisons. A game of basketball, handball, a swim or a walk relieves tension. Periodic exercise prepares the brain for better work. It's virtue to care for the body. Don't kid yourself about this matter.

A Freshman Makes A Promise.

It struck me just last night - that I must get to work and stop using God's name irreverently. It came like a flash when the missionary got up there in the pulpit and asked the fellows to say the Divine Praises in reparation for blasphemy. I'm going to do something about this. I've been a fool to think that profanity made me manly. Christ never used it, and He was the real man. I'd like to make a promise, Christ. Every time I receive Holy Communion I shall ask you for the grace to control my tongue. And when I fall, even indeliberately, I'll say "Bless be God" or "My Jesus, mercy".

Express Your Gratitude.

Your girl sends you candy. You say "Thanks" - well, you should.
Your mother sends you extra cash. You say "Thanks" - well, you should.
Your pal does a good turn for you. You say "Thanks" - well, you should.
Our Lady gets a favor for you. You say "Thanks" - well, you should.
The priest in the confessional helps you save your soul. You say "Thanks" - well, you should.

Any Good Novels To Give To The Sick Navy Men?

The V-7 trainees in sick bay (student infirmary to you) will appreciate any Best Sellers you wish to give to the library now being built up for them. Leave your offerings with any of the Prefects of Religion.

PRAYERS: (deceased) correction - the mother of M. Emmett Walter, '14 died recently, not his wife as stated in the Bulletin of Sept. 14; father of Fr. Mendez, C.S.C.; father of Jack Coleman (Dil) (3rd Anniv); friend of Bernard Schroeck (Sor). 2 S. I.