



THE CRIBBER

How To Cure Impurity

Never live in mortal sin: Every sin brings a weakness to the will. The more sins one commits the more weak the will becomes. He who really wants to overcome his bad habit, whether it is impurity or any other vice, will therefore hurry to counteract this effect of sin.

An act of contrition restores in great measure the steadiness needed by the soul. An act of perfect contrition moves God to forgive the sinner, even before he goes to confession. When God sees contrition He returns to the soul not only with mercy, but with strength. Immediate sorrow after a fall is most important. It is not wise for the sinner to wait until his night-prayer time or confession day to make his act of perfect contrition. The person who wishes to check his habits must form the practice of expressing his sorrow on the scene of his fall. The sinner who returns quickly to God by an act of sorrow is making progress.

Discipline your body: A pampered body is one that becomes an easy prey to impurity. Avoid slovenly positions when sitting down. Deny yourself occasionally something you like to eat or drink. Never avoid these duties that require physical exertion; for example, pick up clothing and other articles you drop in your room; don't leave the work for someone else.

Discipline your mind: Give your wild thoughts an inch and they will take a mile. Idleness is still the devil's workshop. Avoid daydreaming. When you need not occupy your mind with your work, take up some hobby or form of recreation. Sin enters the soul through the door of the mind. Keep yourself occupied and thereby weaken the power of evil thoughts and desires.

Take the prescribed medicine: Impurity, as well as any other habit of sin, is a disease of the soul. It cannot be cured by a simple hope that matters will be better. Action must be joined to determination -- namely, the action of taking the medicine God offers for a soul-cure. Contact with Christ's pure body has a way of quieting passion. That contact comes through the reception of Holy Communion. Frequent Communion brings greater control to the soul. He who says he wants to get better and yet remains away from Holy Communion is like the pneumonia patient who says he wants to get well, but refuses to take the necessary penicillin. Holy Communion uproots impurity of all kinds.

Never quit: Hell can be defined as the place where sinners who were quitters go. With God the sinner who keeps trying will reach Heaven. The road back to God is rugged the first mile, but after that things become far easier.

PHIL MAITINO OF CAVANAUGH HALL AND BUFFALO WHO LEFT HERE IN OCTOBER BECAUSE OF HEALTH DIED YESTERDAY AT HOME. PRAY FOR HIM AT MASS AND COMMUNION TOMORROW.