

Every day at 4:45 p.m. in the Lady Chapel -- Public Recitation of Rosary.

University of Notre Dame
Religious Bulletin
October 7, 1957

Family Rosary in the halls at the time specified by the rector.

The Lost Art Of Hiking

Recently we heard a young mother proudly proclaim: "See, Baby is learning to walk!" But a cynical friend replied: "Do you think it worthwhile to teach him? Practically nobody walks nowadays."

It's the truth. So much has the distaste for walking gripped the present generation that in another few million years, if Darwin was right, legs will disappear through atrophy. Inroads have been made even here at Notre Dame -- the east-side residents no longer walk across the campus for their meals!

Walking is a tradition at the University; it goes back even to the days when "he-men" eschewed the nickel trolley ride to South Bend, in favor of a walk. And walking, remember, is a fine thing for the mind, the nerves, the heart, the blood, and for the liver. A hike in the country freshens ideals as well as complexions. The city is sordid in more ways than one cares to mention. Out in Los Angeles people find it difficult to breathe; and their eyes smart and burn. In the country you get closer to God's work -- and that's good.

Anyone can thumb a ride; but it takes a he-man to walk. Walk through the campus, around the lakes; walk out to Rockne's grave near the Old Council Oak where the Indians used to sit in solemn session. Walk to Niles, or to old Fort St. Joseph, where the Spanish, the British, the French, and the American flags flew long before you disturbed downtown South Bend. Walk up to the deserted village of Bertrand and see all the Irish names in the old French cemetery; or over to the portage where LaSalle and the early missionaries used to travel in order to get to the Kankakee river.

Why mention this? Because young people ought to take lots of exercise, and because temptations are increased by loafing, by idle chatter, by sluggish day-dreaming. They are decreased by sound exercise in the fresh air, particularly by cross-country hikes.

The Evening Mass at 5:10

Today, we start the evening Mass in Sacred Heart Church at 5:10. This Mass is intended primarily for the faculty, for office workers at the University, and for Off-Campus students -- people who find it difficult to attend daily Mass at any other time. It is not intended as an encouragement for you to sleep late in the mornings, or ignore the Masses in your hall chapels. The Holy Father's purpose is to provide Mass for people who find it difficult to come at any other time.

Tonight at 7:30: Father John O'Brien begins his Class for Inquirers at the Fatima Retreat House which is located opposite the entrance to St. Mary's College. It's for Non-Catholics among the students, faculty, and residents of the area. If anyone has asked you questions concerning the Faith, here's their chance for correct answers!

BLOOD, BLOOD! We need two blood donors immediately. Drop in tonight at the Prefect of Religion's office at 117 Dillon. Only those aged 21 are eligible for donating blood on this particular occasion.

PRAYERS REQUESTED - Deceased; (recently) father of Peter Barnes of Dillon; grandmother of Tom Reichert; cousin of Joe Lechman of Keenan; Thomas Gorman, '38; Brother Claver, CSC; mother of Prof. Thomas Bergin (Commerce); grandmother of Ron Sable, '57; brother of Paul Trainor, O-C. Ill: Jim Simon, '58 (now in medical school); friend of Tom McNeil, (O-C); Mrs. Gratton Stanford (donor of Stanford Hall); Frank R. Lockard, '19.