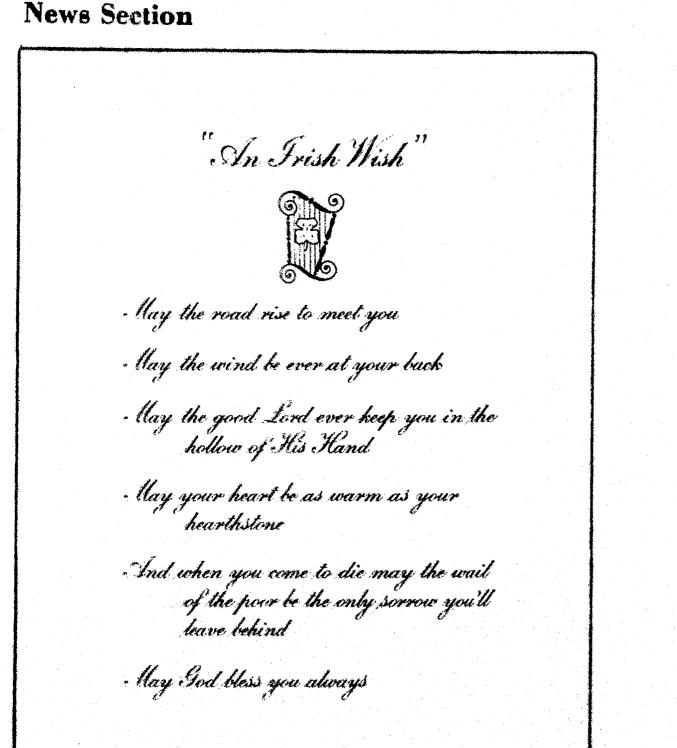


Wednesday, March 17, 1960

Vol. XXXIX, No. 60



• THE IRISH compare the wisdom of their ancient king, Cormac, to the wisdom of Solomon. So, from Cormac's little-known "Instructions to his son" we've chosen a few of those words of wisdom to direct to anyone who thinks it his duty to redesign South Bend or New York City tomorrow evening.



Notre Dame, Ind.

• THE MARRIAGE INSTITUTE will present Rev. A.H. Meloche at 7:30 this evening in Washington Hall. Father Meloche will speak on "Sanity and Sex".

• THE LEO XIII LENTEN LECTURES continue tomorrow evening in Room 104 O'Shaughnessy Hall. Time: 8:00 P.M. Speaker: Prof. William D'Antonio. Subject: THE POPULATION EXPLOSION. Sponsor: Y.C.S.

## What Is Worst for the Body of Man?

"O Cormac, grandson of Conn," said Carbery, "what is the worst for the body of man?"

"Not hard to tell," said Cormac. "Sitting too long, lying too long, long standing, lifting heavy things exerting one's self beyond one's strength, running too much, leaping too much, frequent falls, sleeping with one's leg over the bed-rail, gazing at glowing embers, wax, beestings, new ale, bull flesh, curdles, dry food, bog water, rising too early, ccld, sun, hunger, drinking too much, eating too much, sleeping too much, sinning too much, grief, running up a height, shouting against the wind, drying one's self by a fire, summer-dew, winter-dew, beating ashes, swimming on a full stomach, sleeping on one's back, foolish romping."



• TOMORROW, Morrissey, St Edward's, and Breen-Phillips residents promise to keep the Lady Chapel filled. And, Friday it will be the residents of Cavanaugh, Farley, and Zahm. Exposition begins at Noon.

• PRAYERS. <u>Deceased</u>: Grandmother of Brian Tuohy of Howard; greataunt of Fritz Frommeyer of Badin; aunt of John Gagnon, Off-campus; grandmother of Neil Drozeski of Zahm; Rev. Walter Golatka, S.M. <u>Ill</u>: Father of Tom Greene of Sorin; Prof. John Sheehan of the Economics Dept.; grandmother of John and Jerome Donlon of Howard.



TOMORROW, everybody--Irishmen as well as the less fortunate of us who aren't Irish-will be "wearin' the green". But, in doing so, let's hope we imitate the Irish in more ways than just "wearin' the green". The



Irish have been called "quaint"; they've been called "fanatic". Why? Because, to the Irish nothing seems too trivial or too great to be the subject of prayer.

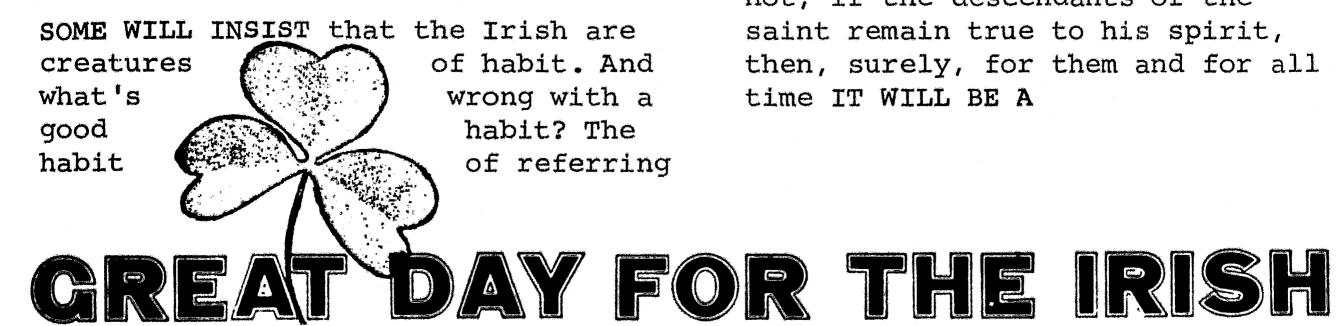
THE IRISH are convinced that He who marks the sparrow's fall is as much concerned about them. It seems only natural to them to say, "Pray I'll make the grades," "Pray the snow'll stop," Pray for the missions". "God small things to God might well be the salvation of one's soul.

AS WE PAUSE IN OUR LENTEN OBSER-VANCES to celebrate the feast of St Patrick, let's remember that St Patrick drew his strength from prayer and penance. His practices of mortification were many. And if you should chance to pause in front of Dillon Chapel's window shrine to St Patrick tomorrow, pray that you might capture the spirit of the great Saint. Speaking of his success, the Saint wrote in his <u>Confession</u> this memorable passage:

## "It was not

any grace in me, but God Who conquered in me, and He resisted them all, so that I came to the heathen of Ireland to preach the Gospel and to bear insults from unbelievers, to hear the reproach of my going abroad and to endure many persecutions even unto bonds, the while I was surrendering my liberty as a man of free condition for the profit of others. And if I should be found worthy, I am ready to give my life for His Name's sake unfalteringly and gladly, and there (in Ireland) I desire to spend it until I die, if our Lord should grant it to me."

bless" is the accepted way of parting company. Plans for the future are always conditioned by "Please God". On the first stroke of the Angelus, the Sign of the Cross is made. So too when passing a church. To comments on the weather, they add a "thank God".



WHETHER ST PATRICK'S request to be allowed to judge the Irish people on the last day be granted or not, if the descendants of the saint remain true to his spirit, then, surely, for them and for all time IT WILL BE A