

RELIGIOUS BULLETIN

Sept. 18, 1924.

MORTIFICATION

Of the flesh:

1. Cut down on smoking, or cut it out.
2. Eat to live; don't live to eat:
 - a) partake sparingly of fascinating foods and more copiously of the coarser viands--gluttony respects quality as much as quantity.
 - b) don't fuss over the dish to make sure you are getting the worst of it. Let your mortification be modest.
 - c) eschew strong drink: even Noe, who prepared a hundred years against water, was not prepared against wine.
3. Use your eyes discreetly and modestly:

"If thy right eye scandalize thee, pluck it out and cast it from thee. For it is expedient for thee that one of thy members perish, rather than that thy whole body be cast into hell."---
Matthew, V.29.

"The light of thy body is thy eye....If then the light that is in thee be darkness: the darkness itself how great shall it be!"--- Matthew, VI, 22-23

4. Have an ear for the glory of God and the good name of your neighbor.

"He that stoppeth his ear against the cry of the poor shall also cry himself and not be heard."
Prov., XXI, 13.

5. Be faithful to your daily duties, the more irksome the better. No army of sluggards ever won a war. Be a glutton for punishment.

Of the spirit:

1. Control your tongue in meekness, humility, modesty and truth. "He that keepeth his mouth and tongue keepeth his soul from distress." ---Prov. XXII, 28
2. Read for the good of your soul, not for vicious curiosity. "I have read twenty novels in college, and I wish to goodness I hadn't read most of them." ---a junior of last year.
3. Accept affections willingly, in the spirit of the Cross. "If any man will come after me, let him deny himself, and take up his cross daily and follow me."

Luke. IX. 23.

4. Develop cheerfulness:
 - a) Smile, cost what it may;
 - b) Love your fellow-man, for all his folly;
 - c) Don't be a "crab".
5. Keep your heart clean and warm.
"Out of the fulness of the heart the mouth speaketh."---
6. Love the things God loves.
"If our heart reprehend us, God is greater than our heart and knoweth all things. Dearly beloved, if our heart do not reprehend us, we have confidence towards God." --- I John, III, 20-21.

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