

Prayers.

Tom Lieb asks prayers for a sister-in-law who is undergoing a serious operation. Gilbert Schaefer was called home yesterday by a report that his sister was dying. Three students ask prayers for sick relatives, and one for a deceased person.

Fathers' Day.

Tomorrow is the feast of the Solemnity of St. Joseph, which we have chosen as Father's Day. Offer your Holy Communion for your father tomorrow: show the world you are proud of him. If you want to send him a spiritual bouquet and have not made the Novena you can send it on a promise.

The Eucharistic Congress.

The Novena for the success of the Eucharistic Congress will begin Thursday. Notre Dame is interested in anything affecting the Blessed Sacrament. Let us pray.

Vs. Temptation.

Questions on the best means to overcome temptation are frequent in the questionnaires. From the questionnaires the following points have been gathered, giving the experience of the students with their own temptations. The most frequent suggestion, as one would expect, is daily Communion. Next in importance come these two points: 1. A positive desire to be good; 2. The backbone to stand punishment. Particular helps may be classified as follows:

1. Companionship:
  - a. Avoid bad companions, girls and boys;
  - b. Choose inspirational companions.
2. Occupation:
 

Keep busy; keep the mind active and the body tired; study hard.
3. Meditation:
 

Think of the goodness of God and the base ingratitude of sin;  
 Think of your mother, your sister, your girl;  
 Think of the eternity of hell;  
 Think of the temporal punishment of sin;  
 Think of the good, clean people you know.
4. Vocal prayer:
 

The Hail Mary and favorite aspirations.
5. Self-control:
 

Control senses, appetites, thoughts.
6. Ideals:
 

There is no growth without them.
7. Consultation:
 

A wise friend can keep you from much evil.

"I think of the purity of my mother, and the thought of sin fills me with horror."

"I find help in admiration for the strong men I find myself among."

"The best way to overcome temptation is to keep praying. When the storm has passed a wonderful feeling comes over me."

"Absolutely get away from them, no matter what it costs. It pays."

"Little talks with God once in a while. There's nothing like them."