

Help Yourself to the Religious Survey.

If there are no Surveys on the mail table in your hall, please go to the second floor of the Ave Maria building and get an armload. If you want to mail out a copy, you will find envelopes at the pamphlet rack. They are mailed from this office to the archbishops and bishops of the United States and Canada, to all the Catholic colleges and high schools for men and women, to the Catholic chaplains at the secular universities, and the pastors of the parishes in the following dioceses: Wheeling, Fort Wayne, Indianapolis, Nashville, Los Angeles, San Francisco, Springfield, Mass., Oklahoma, St. Louis, Seattle, Manchester, Alexandria, Denver, Fall River, and Gr. Rapids.

Low Ebb.

We are now at low ebb for the year in the matter of reception of the Sacraments. Some dropped off Tuesday after Monday's Bulletin on profanity; some more dropped off -- quite a few -- after Tuesday's on liquor. We do not know that there was any connection between the Bulletin and the figures. There may be. Some of the slack was taken up by patrons of St. Valentine who tried to get in ahead of the postman.

Daily Mass and Communion are the order of the day here during Lent. This is said for the benefit of the Freshmen. The others know it. There is no obligation, of course. In an article in the Ecclesiastical Review last summer it was stated that an ex-Notre Dame man in another Catholic university announced in class one day that it is compulsory at Notre Dame -- not that the faculty makes the students go, but that their friends do. And there is something in that, something healthy, by the way.

Here is a warning on the connection between low tide for pre-Lent and high tide for Ash Wednesday. If you put off your confession too long you may not make the grade. The wise thing for you to do is to go to confession now and be ready for next week. You certainly want to receive during the three days of Forty Hours: it would be a disgrace not to do so at Notre Dame.

Two Lost Selves.

Every complete man is equipped with two essential selves -- self control and self respect. If you have lost one or both of these you may be a shick but you're not a man.

Venial Sin and Daily Communion.

Every decent Catholic realizes that he can never have his soul too pure for the reception of Holy Communion; but for the encouragement of those who have a hard time fighting venial sin it is worth while to quote these words of Msgr. de Segur:

"It is not confession but Communion that has been established to blot out daily faults. It consumes them as fire consumes straw; fire does not consume stones nor iron; mortal sins are as stones and iron, and can only be crushed by the hammer of confession; straw represents those lighter faults which, alas! we commit daily, however sincere be our good will. Receive Communion without fear and with joy. Rest assured that you shall never annoy our good Lord by frequent, even daily, Communion."

Timidity.

If you have nerve enough to commit sin it seems strange not to have nerve enough to go to confession. If timidity holds you back the radical cure is to talk things over with a priest outside of confession.

Prayers.

Father McBride is ill in St. Joseph's Hospital. Add a special intention.