
Key to Purity.

Chastity is difficult, most difficult for the young. There are definite ways, however, of acquiring and protecting this virtue.

An Humble Attitude. Anyone, sinner or innocent, who thinks he has in himself, independently of God's grace, the power to be pure, is already on the way to a fall. Pagan philosophers gloried in their power and wisdom but tumbled into all sorts of sins. St. Paul writes of them (Rom. 1, 26), "For this cause, God delivered them up to shameful affections."

Confidence in God. Equally bad as pride, is lack of confidence in God's help. He who makes careful use of the opportunities for grace that God offers at Notre Dame, may infallibly count on victory. "And God is faithful, who will not suffer you to be tempted above that which you are able; but will make also with temptation issue, that you may be able to bear it." (I Cor. viii, 14).

Dangerous Occasions. Persons, places, or things that have in the past been strong influences to sin -- these are to be avoided; or, if it is impossible to avoid them, their evil influence must be somehow minimized. For advice, consult your Confessor.

Self-Discipline. An alert watch has to be kept over the senses, imagination, and memory. Licentious movies, loose conversations, suggestive books, unrestrained day-dreaming, while not always seriously sinful in themselves, nevertheless feed the fires of concupiscence. Every day the will should be exercised by some act of self-denial. Here again, consult your Confessor.

Daily Working Schedule. The unorganized day is a dissipated day. Idleness is its bane. And "An idle soul is the devil's workshop".

Quick Recourse to the Sacrament of Penance in case of a fall.

Fidelity to Daily Mass and Holy Communion, the two chief channels of God's grace, the all-important strength for battle, without which we can do nothing.

Devotion to Our Blessed Lady. Free from all stain of sin, her name breathes forth purity. She is no sooner devoutly invoked than temptation is defeated. Long ago St. Bernard formulated the secret of her power: "It is God's will that we should receive all graces through Mary", particularly the great grace of purity.

Novena for Purity.

The annual Novena of Notre Dame men to Our Blessed Lady starts next Friday morning and ends the morning after the Feast of the Immaculate Conception. Mark well the start - Friday morning, December 1st. Thanksgiving makes necessary the one-day delay.

Suggestions for the Novena: Go to Mass and Holy Communion every morning in honor of Mary; say the Litany of the Blessed Virgin every evening; if you do not already say three Hail Marys night and morning for purity, cultivate this habit for life during the nine days of this Novena; put in practise the points listed under the foregoing "Key to Purity".

PRAYERS: Deceased - the mother of Father Hargraf, C.S.C.; Anthony Camperlengo's grandmother; Paul Halbert's grandfather; Wm. Donahue's aunt; two friends of Mark Lonergan; a priest friend of Frank Hochreiter; the 20th anniversary of Leonard Cacciatoro's father. Ill - a friend of a student. Three special intentions.