
Hit The Deck.

How many of you have taken early rising as your lenten penance? There is something virile about it, something staunch. It's a thing that doesn't last all day, like avoiding cigarettes, it is good for your health, it aids your classes, it makes you alert, and like every penance, it shows you whether or not you can take it.

A large "dawn patrol" at 6:00 Mass these mornings would be a healthy sign. There are rumors that some 800 or so will answer the call for spring football practice this year. The candidates who contemplate this step could try many things less helpful than early rising as aids to training.

Water.

Los Angeles had 15 inches of rain on New Year's Day and none since. Central Arizona has had one rain since the 22nd of last July. The drought is severe this year, and the southwest is worried. There is little snow in the mountains, and unless relief comes soon there will be no trickles of snow water to fill the irrigation dams.

What a figure of the supernatural life! Left without water, the desert is a barren waste, producing nothing but cactus: "cursed is the earth in thy work... thorns and thistles shall it bring forth to thee." But give it water, and it is converted at once into a garden spot. Take the water away, and desolation returns.

The soul without the water of regeneration, in which a man is "born again" to the supernatural life, brings forth thorns and thistles. With Baptism it becomes a garden spot. More grace is supplied by the other sacraments, enabling the soul to bring forth worthy fruits, beautiful in the eyes of God, made worthy by Him of a reward above all riches. Take away the water of grace - as mortal sin does - and the soul returns to its desert, far worse, however, than before, for it is befouled now by man, whereas before it had the lure of every natural work of God.

If your soul has become a desert waste, perhaps even the hiding place of brigands, the Sacrament of Penance can make it once more a garden of delights. Such should it be during Lent. And if for forty days it brings forth fruits and flowers, the chance of its ever remaining good ground is increased, for the longer you remain in grace the harder it is to sin. Make the most of this Lent.

Widen Your Range of Life.

The more you know about your religion, the deeper can be your Catholic life, and the deeper your Catholic life, the better citizen you will be, both on earth and in heaven.

The following extract from the letter of an alumnus may do you some good:

"In a daily Religious Bulletin towards the end of 1926 you wrote: 'Four years is too short for Notre Dame to do much with some of the material it is offered.' I still have the copy of the Bulletin - I have read it many times since 1926. Your conclusion was about right. Notre Dame would have needed twelve years to work me over. It has taken that long for me to get to the point where I admit it. I think, however, that twelve years is enough. I am going to try hard to be a daily communicant."

Learn that lesson a little earlier if you can, and deepen your Catholic life this Lent by spiritual reading. Try the pamphlet rack. Ask for further suggestions if you want them.

PRAYERS: Dr. John Staunton, of the faculty last year, has returned from Rome to New York for an operation on his eyes. A friend ill. Three special intentions.