

University of Notre Dame  
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Ten Commandments for College Men.

Here are ten commandments, (with some annotations) given by President Walter S. Athearn of Oklahoma City University to his Freshmen:

1. "Make your college work your main business." President Athearn will pardon a modification, for Notre Dame men, of his first commandment. The main business here at Notre Dame is religious life, or the sum total of the relationships that a boy consciously establishes with his God. Next in importance comes college work. College work performed with the proper intention can be made one of those relationships. There are others, however, and some more necessary, such as the frequentation of the Sacraments, and prayer. Understood thus, college work is only part of the whole religious life and is, therefore, secondary to the whole. Experience shows at Notre Dame that the proper observance of this order of importance improves, instead of cheapens, the quality of college work performed.
2. "Live within your income." Gambling, unregulated drinking, the desire to be a big shot with the girl-friend and the gang--these are common causes of extravagance. Watch them!
3. "Budget your time." Last year 720 Notre Dame students were asked in the questionnaire, "Considering the expenses of your education, plus the money value of your own time, how much in dollars and cents does loafing cost you each day? each year?" About 34 percent of the students declined to answer. Among the 66 percent who did reply, eight confessed that loafing cost them at least \$10 a day; 48 estimated that wasting time cost them anywhere from \$4 to \$8 a day; 75 put the cost between \$1 and \$4 a day, and 101 dropped something less than a dollar a day by loafing. One student estimated that loafing cost him \$10,000 a year. From these facts you see the urgency of budgeting your time in college, of working every day according to a planned schedule.
4. "Choose your intimate friends carefully." Your associates form you before you can form them. If they are clean-minded, clean-spoken, moral, religious, if they try to develop tastes for good literature, for painting, architecture, music, for cultural things, soon you will do likewise. If they are coarse, crude, lazy, ignorant, filthy, irreligious, watch out!
5. "Guard your health." Provide in your daily schedule for a reasonable amount of physical exercise, if possible outdoors, every day. Eat slowly.
6. "Be democratic." It is easy here, part of the spirit of Notre Dame. Snobs, high-hatters, soon feel out of place on this campus. But "democratic" spirit doesn't mean slovenly appearance or slovenly speech.
7. "Acquire the marks of a cultured man." Look back to the note on commandment No. 4. "Culture" is not an artificial pose, not a matter of "putting on the dog." Catholic culture is the consistent, Catholic attitude towards life as a whole.
8. "Keep the home fires burning by writing to parents." Enough said.
9. "Cultivate a religious life." Keep yourself in the state of grace. Offer all your actions to God at the start of the day. Make your actions worthy of your high offering.
10. "Learn to act in a crowd in harmony with resolutions made in solitude." Act according to the resolutions you make at Holy Communion or at Adoration. To dominate over life according to right principles is to be a strong character.