

Mass 6:20 Tues.
Main Church, for
Mrs. Boland; request
of Faculty Club.

University of Notre Dame
Religious Bulletin
October 29, 1934

Gaps for Tuesday:
9:30-10; 11-11:30;
11:30-12; 12-12:30;
3:30-4; 4:30-5:00.

For Mental Health and Growth.

Here are ten habits suggested by a college text book on mental hygiene:

1. Enjoy your routine work day by day. Reduce daily-recurring, routine duties to a definite time and place. Thus it will become a habit to take care of these duties, almost unconsciously, without worrying or warming up. Keep yourself busy, and work according to a daily schedule. The busy man finds joy in accomplishment; the sluggard whines and groans and gripes through the little that he does.
2. Take care of your health. Eat and drink slowly and moderately. Pass up most sugary and greasy foods. Exercise, preferably at some game in the open, every day. Get eight hours sleep every night.
3. Enjoy the company of others. Don't yield to the temptation to isolate yourself and to play the lone wolf. Ordinarily the tendency indicates that nobody thinks as highly of you as you think of yourself.
4. Develop a taste for music, art, literature, and the like. The child in every man needs at times desirable means of escape into the reality of unreality. And the escapes suggested are highly cultural and helpful to full growth. They make you a wide-awake dreamer.
5. Be psychically hard rather than psychically soft. Don't be a slave to praise, appreciation, the sympathy of others. Don't magnify your own difficulties and smother yourself in self-pity.
6. Be objective--more interested in the ideas and activities of the world about you than in your own thoughts and difficulties and dreams. Don't be the kind of dreamer who never wakes up.
7. Aim to be generally cheerful and self confident. Some people habitually see the doughnut, others always see the hole.
8. Be quick to admit your own mistakes, slow to blame others. It is, if nothing more, a short-cut to learning.
9. See that the enjoyment of life's highest pleasures is contingent upon the performance of duty. Perfection in any science or art, and the rewards which accompany that perfection, come through hard labor and self-discipline.
10. Don't abuse your religious and moral convictions and the dictates of your own conscience. It is for a Catholic, at its minimum, to live habitually in the state of grace. That is the Catholic's way to internal peace, even in the midst of external chaos.

Last month, in France, at the famous shrine of Our Lady of Lourdes, 100,000 people, from 20 nations, gathered to storm Heaven for peace. For two hours 14 bishops distributed Holy Communion to 30,000 ex-soldiers. Thus in faith Catholics take up through Jesus and Mary where peace and disarmament conferences, and the League of Nations, seem to have failed. Are you discouraged in your effort to accomplish some worthy purpose in your life? Try daily Communion and morning and night prayers in honor of Mary.

PRAYERS: Deceased, friend of Don Hennessy (St. Ed's.); mother of Paul Brokhege '28. Ill, friend of Dick Casper (Dillon); --hospital reports Gilbert Behrens (Dillon) very seriously ill--; friend of Wm. McNamara (Freshman); brother of Jim O'Hara (Morrissey); mother of Francis O'Connor (Corby); mother of Joe Argus (Corby).