

Try to fill up the gaps in
May adoration. Our Lord
must not be left alone.

University of Notre Dame
Religious Bulletin
May 6, 1935.

Gaps for Tues., May 7:
10:30-11; 12-12:30 (O).
Blank cards at Dillon P.R.

Youth and Chastity--I.

A new book on the subject by Doctor Thamer Toth, Professor of the University of Budapest, is replete with valuable suggestions about the virtue of the month of May. The following is a digest of one of the chapters of the work.

My dear young man, were your nature ever so fiery, were the instinctive clamorings of your desires ever so forcible, setting upon you like bounding wolves and with the ferocity of tigers, they will not triumph over you if you elect not to become their slave, if your character continues firm and if the current of your life stream, the will, be strong enough to assert itself against opposing currents.

What then, you ask, am I to do to insure myself of a pure life always? When people wish to safeguard valuable things from robbers, they put them in a safe. The greater their value, the stronger the safe.

Your greatest treasure is the purity of your soul. Build an impregnable wall around this treasure and install every safety device to protect it from robbers. Guard your thoughts, words, glances, actions. Avoid the first false step, because the first is easily followed by the second and by a tenth also. Your future life may depend upon your struggle now.

The Clean Mind.

Cleanliness is necessary for the life of the body: clean rooms, clean air, clean clothing, clean food. Purity of thought is the pre-requisite for your soul's purity.

A steeple jack starts to clean a high building at the top. Set out for purity of life, first, in your thoughts. You are either wholly pure--even in your thoughts--or you will fall sooner or later. There is no middle course.

If you do not divert your attention from the first immodest thoughts you are an easy prey. Others will come and they will come in greater numbers.

In order that you may not become scrupulous on the point of impure thoughts, remember this; we are responsible for our thoughts only from the moment we become conscious of them, not before. Once you recognize the presence of an impure thought, act quickly.

Endeavor to occupy your mind with other subjects. Turn your mind to any other thought, and you will find that the sinful ones will depart as soon as your mind drifts to harmless associations. Take up some interesting reading. Exercise, study, pray. There is no need to become upset; keep your composure.

Don't engage in a direct fight with bad thought, not even with the intention of battling them into submission. Rather turn your back on them by directing your mind to occupy itself with something else.

Dogs will often inconvenience a stranger the longer if he shows nervous concern. When he passes along with superior indifference they will leave him alone and run off by themselves.

Don't worry about the number of temptations that you may have. Frequency of temptations does not necessarily indicate guilt. Everything depends upon the will, whether it yields or struggles bravely.

PRAYERS; Deceased, sister of Sister Stanislava; aunt of Charles Morris; aunt of Charlie Norraw. Ill, George Keenan; friend of Joe Duggan; Dick Bauman. 6 sp. ints.