

Gaps for Wed., May 15:
9:30-10:00; 11:30-12;
12-12:30(0); 3:30-4(0);
5:30-6:30.

University of Notre Dame
Religious Bulletin
May 14, 1935

The Mass That Matters!

A Junior received last week the following paragraphs from a non-Catholic who is seriously considering entrance into the Church. The gentleman for many years was a pilot on the Mississippi river.

"As you doubtless know, I have been a more or less regular attendant at Mass for more than two years. As a result, I am living a better life than I have ever lived since my boyhood days. I have for more than a year been able to suppress the animal that has always been a large part of me, and for the first time in my life I can say I think clean thoughts. For all of this I thank the Lord and the Catholic Church.

"It is hard for me to explain just how much it means to be privileged to attend divine services on the hill. During my years spent piloting steam boats on the Father of Waters there were nights when I stood alone in the pilot house with my hands on the wheel, and my mind a million miles away. Then I felt the presence of God--in the stars above me, in the water beneath me, along the timber-covered islands and shore line. He was everywhere!

"I feel that way when I enter the doors of St. Peter's. To me the priest is not just a man clothed in robes saying Mass. He is an unreal personage representing God. It is that feeling I guess that makes it almost impossible to talk things over with a priest."

Respect for the priest, deep insight into the meaning of the Mass, reverent realization of the presence of God,--how do you compare on these important points with the Freemason who wrote the foregoing paragraphs?

It is apparent that the Mass is drawing him--against heavy obstacles--ever closer to God. Can you really afford to pass up the Mass?

Does Overwork Kill?

As exams come closer there will be more and more worry and extra work. Which will do the greater harm?

Dr. J. W. Barton, in his newspaper column, "Your Health," assures the fearful that it is worry, and not work, that is to be avoided. Says the Doctor:

"What is true is that one can worry, fret, strain, be over-anxious to such an extent that the various organs of the body--heart, stomach, nerves, ductless glands, liver and the other organs--cannot do their work properly and one or more of them, by not doing their work properly, disarrange the various working processes of the body."

Relax!

To break strain, learn the art--not of loafing--of relaxation. "The whole idea," Dr. Barton continues, "is to relax every time it is possible, if only for a few minutes at a time." Break up each hour of your study time with five minutes' relaxation.

Scientists claim that careful measurements of blood pressure, heart rate and temperature show that well-placed relaxation has about 80 per cent the value of sleep.

Bishop's Novena.

Watch for announcements in tomorrow's bulletin.

PRAYERS: Ill, mother of Max Marek (Lyons); sister of Dick McCutcheon. 3 sp. ints.