

Remember: (1) Fill up the gaps in Adoration!(2) Do your bit towards the Bishop's...

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...Bouquet! (3) Give a quarter to help out the Pamphlet Rack deficit!

Youth and Chastity--VI.

What an energetic toiler is the rushing mountain stream! It bores itself under the earth, pulverizes the rocks, digs, broadens, deepens its bed. It has not a moment's rest.

On the mountain it is clear as crystal, tinted now a vivid blue, now green, in keeping with the caprices of the weather. There is not a trace of murkiness in it.

When, however, in its course it descends to the leisurely plains where everything is easy-going, where there is little to do, it flattens out and becomes turbid and sluggish. It goes on to join the river, but sometimes coming to a depression in the land, its flow ceases and the former limpid, fresh water becomes part of a reedy, vermin-infested, ill-smelling marshland.

Never Be Idle!

Inactivity, stagnation is a sign of death in nature. It is also a promoter of corruption in the spiritual life.

As long as a young man works sedulously, boring, blasting his way through the rocks which obstruct his life path, as long as he digs steadfastly and cuts out the bed of a bright future, his spiritual life, too, can easily remain pure.

But the danger of a fall is close where youthful vitality, not engaged in earnest work, stagnates lethargically in a bog of boredom and indolence. Ovid, the Latin poet, concludes, not without good reason, that "Immorality thrives in indolence."

Be on your guard, especially during vacation time, when not only the skin may be tanned by the sun but the soul may easily be blackened by moral indecency.

People doing nothing learn to do wrong. The devil is ever busy providing his own type of occupation for the unoccupied. One who cannot keep active will be set upon by impure thoughts. And thought breeds desire, desire prompts actions, and actions become misdeeds.

Keep Active!

See to it, then, that you always have something to do. Have a hobby--music, the study of languages, drawing, painting. Go in for sports. Make it your rule to tire yourself out every day. A vigorous, hardened body, inured to privations and occupying itself with its daily activities, has an extremely good chance against inordinate desires.

Summary.

In your struggle to be chaste, remember that prayer and the sacraments are your greatest aid. "Without Me you can do nothing." "I can do all things in Him who strengtheneth me." To cooperate with God's help: be choosy about your companions, about shows, books, conversations. Maintain a manly, chivalrous attitude towards women--remembering that chivalry consists chiefly in protecting women from any unworthy desire or action on your part. Battle to keep your mind pure by resisting the first beginnings of impure thoughts and suggestions. Discipline your will by daily acts of self-denial. Never be idle!

(The series of Bulletins on "Youth and Chastity" has been taken from a book of that title, written by Dr. Toth, Professor at the University of Budapest. The book is published by the Garden City Press, Toronto.)

PRAYERS: Deceased, father of Paul Kennedy; wife of Frank McCarthy, ex-'25. Ill, Joe Thornborg; Charley Modugno; Ed Dunn; Joan Slavin. Seven special intentions.