

Novena for Exams starts to-
morrow! Get in names of non-
Catholic relatives & friends
for Unity Octave.

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Take It Easy!

The following advice can be prudently handed on to you--with exams only a few days a-way. It may help the intense boys who really need it. Those who don't need it cannot afford to take it easy anyway.

Restful Attention.

"You are tense. You cannot rid yourself of the plague. You want relief at once. What can we do for you? First of all, learn to work easily, to cultivate the habit of restful attention.

"Last year I spent an evening with a man to whom it was my duty to report conditions of the country affecting one of his many businesses. He is a man who has earned enormous wealth. He uses his energies with extraordinary economy. As I began my report, he slumped into an easy chair, closed his eyes and dropped his head upon his chest. He seemed to be in a stupor. I spoke for perhaps 40 minutes, during which time he gave no sign of life. As I finished he came to in a flash, asked a few questions, and within three or four minutes shaped his final judgment on the whole matter. To do this he had relaxed utterly, cutting off as many irrelevant stimuli as possible, closing his eyes to give his ears right of way. He was entirely submissive and what I had to say found a free path to everything in his memory that related to it."

Stretch!

"Most of us do not stretch enough. Imitate the cat, which does it with ease and grace. Turn the toes downward, stiffen the arms above the head and straighten the fingers. Stretch until it hurts, literally. Stand up and stretch after every half hour of close eye work. Walk around. Get fresh air if you can. Hold the arm out straight with one set of muscles while you try to pull it back to the shoulder with the opposing muscles. If you are troubled with eye tensions that do not seem to be accompanied by faulty vision, the tensions may be brought on by over-smoking. For, in many people, nicotine seems seriously to narcotize the small muscles of the eyes, hampering them especially in close work. Other factors may lead to similar symptoms, so don't be disappointed if cutting out smoking helps you little. At least the experiment is worth trying."

Cure For Fear.

"Some of our most upsetting tensions are caused by fear; and the most devastating fears are fears of the unknown. To be aware of a peril but not to understand it throws the human body into a supreme tension and panic. The very instant you know what the menace is, you begin to ease up. This points to a simple rule. Whenever you find yourself worrying, fearful, and tense, stop short and ask yourself: 'Well, just what am I worrying about? Of what am I afraid?' And cast about for the correct answer. Then your troubles will be half over. For the very act of seeking the answer itself reduces your tensions somewhat.

"Having analyzed the factors that lead to your fears, you can begin to plan intelligently. As soon as you do this, you cease to be frightened. Knowing what to do next breaks down fear. It dissolves fear tensions and frees the muscles for adaptive behavior. When wrestling with a difficult situation that is sure to continue for long, learn to break it down into units of 24 hours each. Then deal with each day's task, forgetting utterly the scores or hundreds of days beyond tomorrow. Stop trying to solve the entire problem at once.....It is one of the soundest rules of mental health ever laid down." (---From Walter B. Pitkin's book, "Take It Easy," as condensed in The Reader's Digest for January, 1936.)

PRAYERS: (deceased) friend of Phil Hosterman (Alumni). Ill, Bill Smith, captain of football team, convalescing from operation in hospital, Rochester, Minn.; K. C. Lattimer (O.C.); Peter Kern (How.); Lyle Russell (Dillon); Dan Blair (Dillon); Jack Benedict (Dillon); Ed Upton's (Ly.) mother; Ed Grogan's (Bad.) uncle; Mrs. Christopher Hollis' mother. Three special intentions.