

FOUND: Cabrol Sunday
Missal, black rosary
in brown leather case.
LOST: Seguin's beads.
NOVENA: sixth day....

University of Notre Dame
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December 4, 1939

Insomnia.

LOST: fountain pen....
name is on it. (R.I.P.)
grandmother, Leo Shields;
friend, Bill Ford (Fr.).
Very ill: Walt Sweeney.

"Insomnia," says a psychologist, "may be an imprisoned idea trying to break into your consciousness. Or it may be pickled herring just before bedtime."

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Whatever its cause, insomnia means you're having a tough time getting to sleep. Don't let insomnia get you. It's a foolish disease and it shouldn't find place in the life of a busy student.

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If you do your work thoroughly day by day and make room for adequate physical exercise, you're going to be tired enough to fall off to sleep in no time when the lights are turned out.

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There are other causes besides an imprisoned idea trying to break into consciousness and pickled herring before bedtime. There's worry over nothing, there's worry sometimes about bad thoughts; there may be the anguish and ache of a sinful conscience. But these things can all be easily avoided. Never let a worry trouble you more than twenty-four hours. Get it off your chest. Go show yourself to the priest.

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Chief immediate cause of this time-wasting, sleep-robbing sickness is worry. And perhaps the chief worry of youth, struggling for self-mastery and the virtue of chastity, is how to keep sin, ever pressing, beyond the circle of striking distance.

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St. Paul had an experience which is valuable on this point, for it shows youth the way-- the way not to worry. He complained to our Lord of "a sting of the flesh" and three times he begged Christ to relieve him of this heavy burden. But Christ refused with these short words: "My grace is

sufficient for thee." From this you should learn, first, that your problem is not peculiar to you. Even the great St. Paul was troubled by concupiscence! Secondly, you shouldn't worry: Christ's grace is sufficient for you.

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But here's an important point: grace is not the same thing as miracle. You've got to meet grace half-way. You've got to do everything reasonable on the natural plane before you can expect Christ's grace, on the supernatural, to be sufficient.

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It is easy to understand why the careless student should suffer insomnia. If he reads questionable literature, engages in low conversation and evil jokes, does not guard his eyes nor attempt to control his imagination and memory, bad thoughts will naturally keep him awake and cause him spiritual distress. And as long as he continues his "carelessness," there will be no mystery in answering his question: "I go to Communion frequently, but why don't I improve?"

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St. Paul had what it takes to make grace sufficient. He said: "I chastise my body and bring it into subjection; lest perhaps when I have preached to others, I myself should become a castaway." Facing the problem squarely, he acknowledged the sting of the flesh and chastized himself: he was tough on his body, he allowed himself no habits of softness. ("Let not these things so much as be named among you.")

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You will have no trouble with insomnia coming from concupiscence if you trust Christ as Paul did, live a vigorous, positive life and, against the pagan mentality, freely indulge in self-denial and self-control.

PRAYERS: (Deceased) mother of Bill (Ly) & John (FP) Heizelman; Rev. Angus MacDougall CSC
friend of Lou Caruso (Cav); grandfather of Bill Shea (Bro); grandmother of Frank Gabre-
ski (Car); (14th anniv.) father of Aug Stuhldreher (Z); (4th anniv.) father of Tom (Ly)
and Mike (Z) Comerford; Chas. McDermott; (Ill) G. Morrissey & J. Goodman (CC); sister of
Russ Kurts; Wells Robison '34; thanksgiving to R.V.M.; special intention, Ed Helman, '34.