
Only 18 Days of School Left.

Many of you made a good start last Friday on the Novena in honor of Our Lady for Purity. Then Friday's dance and Saturday's late sleeping took its toll.

When you do sleep in, remember the late Communion facilities in Cavanaugh and Howard until 9:15 and in Dillon until noon.

Settle down, now, spiritually and scholastically for the last mile. Go to Communion daily. Offer up your classwork to Christ as part of your thanksgiving.

From Notre Dame Men Themselves.

The following personal experiences with Holy Communion have been submitted by Notre Dame students of years gone by. What it meant to them it can mean to you.

Clean Thoughts.

"Before I started daily Communion I was tormented daily with impure thoughts. They have decreased decidedly since I began the practice."

"Frequent Communion has done me a world of good. It lessens my temptations and strengthens me to resist them. It has made me overcome profanity, too."

"I feel that I have gotten far more out of this year than if I had not received Communion every day. My thoughts are much cleaner and it is easier to work. Daily Communion is one of the best things Notre Dame offers."

"Frequent Communion has made it easier for me to raise my thoughts to God. This elevation of mind makes sin repugnant. I have been much impressed by the fact that at Notre Dame the best athletes and best students are all frequent communicants."

Peace of Soul.

"Through daily Communion my conscience is always at peace and consequently I am almost always in a good humor."

"If I do not receive Holy Communion every morning now, I feel that I am neglecting a duty. I find that through frequent Communion I can get on better, have a clearer mind, can study better, can withstand temptations and can get more enjoyment out of life."

"Frequent Communion has made my conscience more sensitive and I do not worry over things now as before. I never think of the past, or rarely do, and I am as close to perfect happiness as possible. I think that it is due to frequent Communion."

"When discouraged or disheartened I instinctively turn to Holy Communion as practically my only relief."

"I don't know why, but on the days I receive Holy Communion I feel much better and seem more pleased with the world. It makes my conscience clearer and I guess this is the reason for my feeling better and doing better work."

NOTE: 1. Volunteer canvassers for Adoration wanted; leave names with Pref. of Rel.
2. Don't bite on rumors. See top title.

PRAYERS. Dec: Uncle of Vince Bernard (Al), Ill: Mother of Mr. Bernard Flynn, C.S.C.; Father of Lou Kurtz (Ly); Friend of K. Timmermann; Mr. J. O'Brien, C.S.C.; Mother of Jack Utz (Cav). 5 Special Intentions.