
Get Rid of Hangovers.

Some years ago a Commencement visitor, one of the most distinguished luminaries of his chosen profession in the United States today, was studying the faces of the students as they looked up at him in Washington Hall. Turning to one of the priests, he asked: "What is there in the faces of these young men that I have not seen before in college groups? It is a spiritual quality, and it is new to me. I love young men; I like their companionship; I delight in studying them. Every year I address the students of several of the large eastern universities. Notre Dame has shown me something new. What is it?"

He was told about daily Communion. Although he was not a Catholic, he has a Catholic spirit, and he flashed the answer: "It's the grace of the Sacraments."

You'll never be young again. Spend your precious youth in the state of grace and you'll never regret these days. It will take years for you really to appreciate what they will mean in your life, but you'll draw dividends on them long before that.

The Commencement speaker would get a shock if he were to look at some of you these days. He would see many gloomy faces, worried faces. He couldn't be told truthfully that all of them were due to lack of sleep on vacation.

Tell a Priest About It.

If your vacation was not all that it should have been, don't bother to tell your chums about it. They can't give you absolution. Tell it in confession.

Some might foolishly tell their chums with the usual boasting and exaggeration--and add one more sin.

Tell it to a priest--tonight, and go to bed in peace.

Away With Sadness.

The saints knew the true source of happiness; union with God in the state of grace, constant nourishment at the fountain of life and spiritual joy--Christ at Mass and Communion--plus an energetic and faithful performance of the duties of their state of life.

The saints, cheery persons, had plenty to say about gloomy Christians and sadness. Listen to these, for example:

St. Alphonsus: "Sadness is the pest of devotion and a source of a thousand faults. The saints, even amidst torments and persecutions, did not know what it was to be sad. And why? Because they were united to the divine will."

St. Francis of Assisi: "Spiritual joy is the surest defense against the thousand traps of the devil."

St. Teresa of Avila: "From sorry-faced saints, O Lord, deliver us."

Lost.

A priest visiting the campus lost a sum of money just after cashing a check at the Treasurer's Office. It was probably lost somewhere in or behind the Main Building. If found, please return to the Prefect of Religion office.

PRAYERS: (deceased) grandmother of Brother Melaric, C.S.C.; mother of Francis Bon '26. Ill, Dr. Robert Zeis '30; father of Bill Gagan (Wal.). Sixteen special intentions.