

Senior Mass Sun.  
at 9:45. Fr. F.  
Cavanaugh speaks.

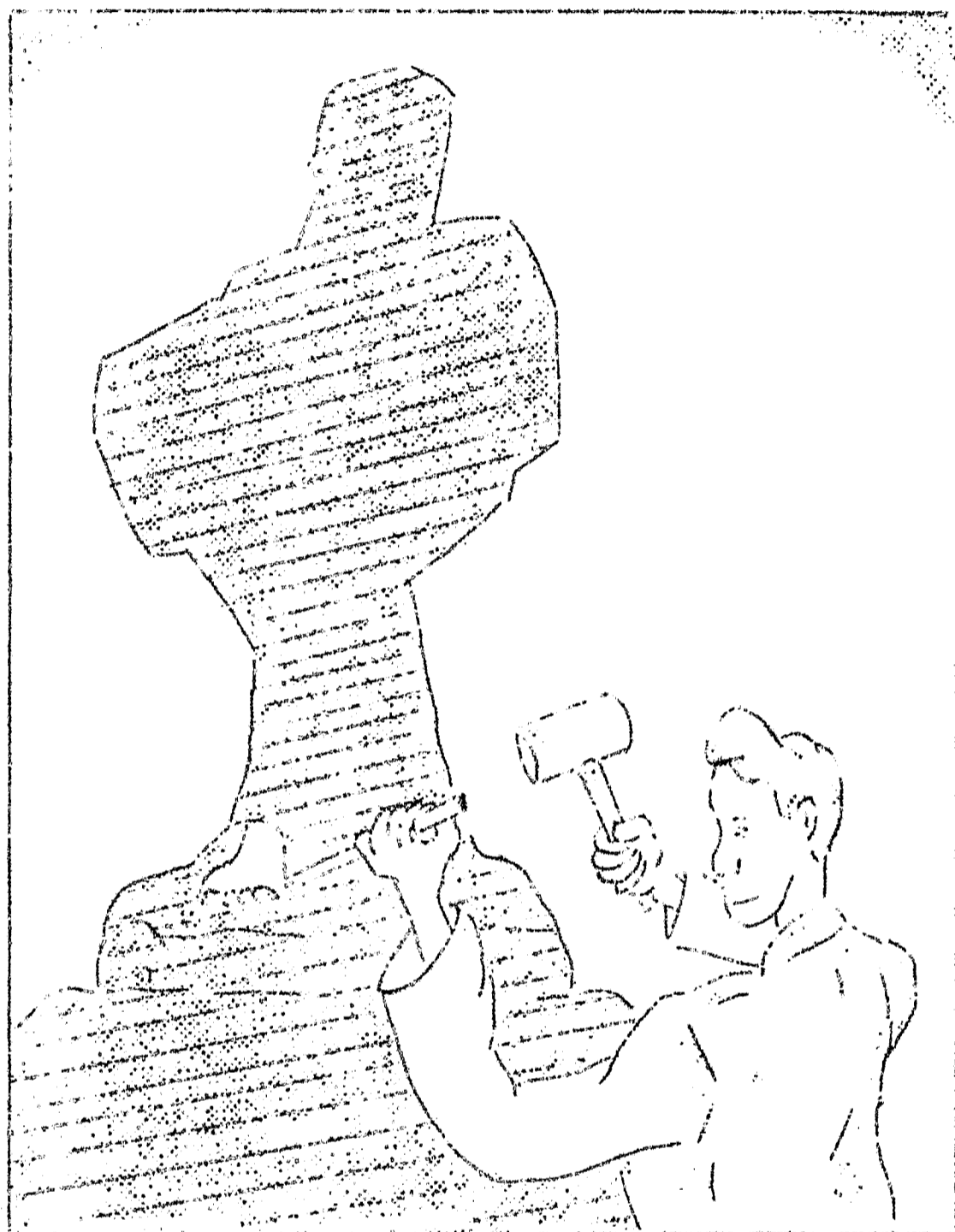
University of Notre Dame  
Religious Bulletin  
March 7, 1941

Get set! Happy  
Marriage Novena  
begins Tuesday.

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A Scientist Speaks.

Are you discouraged? Moody? Mediocre? Colorless? Half-living? The remedy? Dr. Alexis Carrel, world-famed scientist, gives you a remedy. In Reader's Digest for September he gives you a recipe for courage, energy, true joy of living, particularly adopted to the scholastic, religious and physical facilities for Notre Dame men.

"Morality, too, demands discipline. Moral beauty is a rare but very striking phenomenon. It confers upon those who possess it an inexplicable energy, a conspicuous charm, a commanding power. How is this power attained?"



"Let me tell you of a student friend of mine. Idealistic, ambitious, and believing the Christian Saints were the most highly vitalized sources of moral energy, he chose as his pattern St. Aloysius, patron saint of the students. Emulating Aloysius, he practiced self-dedication, arduous study and ascetic control. Rigorously he exercised his total faculties, strengthening them by daily use.

"Small consistent gains were hammered into lasting virtues until at last something of the spiritual grandeur of St. Aloysius entered this young man, shines through him, influences his life and those about him.

"Self-conquest is not easy. Yet once acquired it brings to the individual the true joy of living. Those who have experienced the magnificence of this feeling are no longer content with a continuous round of puerile and vapid pleasures."

To develop that self-conquest with its energy, charm and power, you can well start with purity; cut out of your life impure conversation and reading; cut out of your life all forms of impurity, and you carve off great hunks of lazy, selfish "I".

You'll uncover energy, too, the energy of unselfishness because you'll cut out sloth and soft living. You'll develop charm, too; because the nobility of a masculine purity does allure, attract and impress. You'll develop commanding power because you will, above all else, be master of yourself.

You will be living the Divine Life of Christ in the state of grace; and did you ever in your life hear of anyone with more energy, charm or power than He? You can be saying with St. Paul: "I live, now, not I, but Christ liveth in me."

"Boogie-Woogie."

The source of spiritual energy for self-conquest should be Christ in daily Mass and Communion. Getting up early is hard, sure; but don't trade the spiritual energy received from Christ in the Mass and the Eucharist for a few minutes extra sleep on Mondays or Saturdays or the day after a "boogie-woogie" jam session as some sophomores did this week. Then, too, there are Masses in Dillon, 7:10; How. & Cav., 7:20. PRAYERS. Deceased: Father of Fr. Craddick (Anniv.); Father of Frank Chapman (Bad.); Father of John Monahan, '40; Father James French, C.S.C.; James Keeley. 4 Sp. Int.