

University of Notre Dame
Religious Bulletin
January 8, 1942

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Health Department.

Don't let this cold snap keep you curled up in your rooms.

There's a tendency in this weather to gang up in rooms inhaling blue smoke into your lungs and for some, blue stories into your souls. Both are bad for your health - and if you're responsible for the sins of another, it's doubly bad, cursed by Christ.

Get some exercise. Skating is fine; or use the Rockne. A good sweat will loosen you up, will help to relieve any tension, will stir you up to get at the books and prepare for those exams.

This Matter of Dates.

About these times and in such sessions in smoke-filled rooms there often rises the question, "What is permissible on dates?"

Some, due to ignorance, or possibly to stubborn bad will, uphold many of the liberties encouraged by a wacky and licentious world, a world that in its pride has made such a mess out of sex, purity, and marriage.

You fortunately don't have to take your teaching from a crazy world and its pitiable trial and error method.

Your questions are solved by that God Who not only created sex and marriage; but also left an infallible teacher to guide and help you in the use of sex, in developing the strengthening virtue of purity and in preparing for a happy marriage. For God destined sex to be used only in marriage.

And outside of marriage, any sexual pleasure alone or with others that is deliberately and directly willed or desired is grievously sinful because all use and enjoyment of sex is limited to the marriage state.

All your various questions and situations are covered by that general statement. That does not mean, of course, that all kisses or embraces are sinful. There are those in which real love, self-control and respect for each other as "temples of the Holy Ghost" prevent any selfish arousal of passion by either.

Purity and obedience to God's law may not be easy for some but find, if you can, a better prayer for or guarantee of a happy marriage; and that is the dream of every one of you, isn't it?

If you want a fuller discussion for the reasons of, and a positive treatment of, purity read the back of your Eucharistic Calendar, "Instructions on the Sixth Commandment," by Bishop O'Hara.

If you want a more detailed treatment of what is forbidden, then secure at the racks one of the pamphlets, "Frank Youth Quizzes on Sex" (published by Radio Replies, St. Paul, Minn.); and you'll find they are frank, franker and more detailed than the Bulletin can be.

If still in a quandary ask any priest in or out of the confessional.

It's Not Too Late.

The Christmas Grib erected by Brother Beniface in the Lady Chapel, Main Church is worthy of a visit - and a prayer to the Christ Child.

PRAYERS: (deceased) father of Bud Weber ex '30; father of Bro. Leander. Ill, wife of Joe Boland, (former coach) emer; Sr. Mary Monica O.P. (Summer School). 7 S. I.