



START LENT

with the gun!

TOMORROW!

"Thou Art Dust."

After death you will become -- dust. The priest will remind you of that future when he places ashes on your forehead tomorrow. "Memento, homo, quia pulvis es et in pulverem reverteris." (Remember, man, that thou art dust and unto dust thou shalt return.)

When you accept the ashes on your forehead, you profess to God and to those around you that you are going to do penance and improve in virtue during Lent.

Lent is but a few hours away. Make up your program of penance now.

What Are You Going To Do For Lent?

1. Mass and Holy Communion. In the Mass Our Blessed Lord makes reparation for us and with us. In Holy Communion He transforms us into more virtuous sons of God. Lent is the special time for penance and improvement, so Mass and Communion ought to be your chief Lenten practice.
2. The Beads. Say five decades of the rosary every day. If you drop into your hall chapel or the church at a determined time every day, like after dinner, you will not find it difficult to say the beads daily.
3. A Daily Visit to the Church. There will be Adoration in the Lady Chapel every day during Lent, starting tomorrow. Adorers are needed for tomorrow.
4. Benediction. There will be Benediction every day during Lent, at 5:00 P.M. The ten minutes you spend with Christ at the close of a busy day of work will refresh you.
5. Avoid the Occasion of Sin. Sin is responsible for the existence of Lent. Run from danger whether it comes in the form of books, shows, companions or day-dreaming.

You Must Deny Yourself.

1. Intoxicants. Lent is a splendid opportunity for one to repair past intemperance.
2. Tobacco. At least modify its use. Smoke only after meals. Or give up cigarettes and confine yourself to your pipe.
3. Off-campus shows.
4. Excessive sleep. Keep away from the bed during the day. Or if you must revive yourself, then limit the time of your repose. Set the alarm.
5. Profanity and vulgarity. This is a "must." Clean up your speech.

PRAYERS: (Ill) brother of Jerry Farron (Dil), serious: Joe McCabe. '32 (Rochester, N.Y.)