

Tonight: Sign up for Lent-
en Adoration: a half-hour
at your convenience.

University of Notre Dame
Religious Bulletin

February 27, 1957
Just How Tough Are You?

Tomorrow: The Holy Hour in
Sacred Heart Church at 4:45.
Coming up: First Friday.

Anyone who really wants to get tough has to start somewhere. Sometimes you spot a mis-guided individual destroying property, or stealing. Or you may find an anti-social problem-child bullying the helpless, lollypop set; or displaying temper tantrums. But are they really tough? Not at all.

The really "tough" boys are tough on themselves. One excellent example is the athlete. His day is filled with self-denial, obedience, and hard work.

Another excellent example is the Catholic gentleman -- that's right. You have to be tough with human nature if ever you ascend to the stature of a Catholic gentleman. No namby-pamby, no softy, no flabby, spineless, or self-indulgent student is tough.

Why? Because he's selfish. And let's not confuse the tough fellow with the selfish individual who is neither tough nor manly. It takes discipline, and will-power, and self-denial, and Christian ideals, and charity to be tough -- really tough!

Do Girls Go For Them?

They should, because they are safest with the really "tough" fellow -- the fellow who knows that manliness includes strength of character as much as bulging biceps. He knows that lack of self-control is a sign of weakness; he has learned to discipline a human nature that rebels at self-denial -- that craves ease, and comfort, and luxury. For the really "tough" fellow, his passions are servants -- not masters. It takes a "tough" man to respect a girl friend, and to prove to her that he is manly. He even remembers that God is everywhere, sees everything; and that while darkness may hide him from people, it cannot hide him from God.

No Room For Sissies

This is why you've never heard of a saint who was a sissy. He couldn't be -- not and get the job done of mastering human nature. And today he's a saint only because he was tough enough to persevere in that struggle of conquering his own frailties.

There never was a saint who didn't have on his hands the same fight as you have. Original Sin had the same effects on him as on you. In his frail humanity he carried the same seeds of decay as you do -- the darkened intellect, the weakened will, and seven fierce passions that insisted on running the show that was his life. But he got tough with himself. He took the pattern mapped out by God and moulded his life accordingly. That's why he's a saint today.

Next week we start Lent -- a time of penance and self-denial -- a time to test will power and perseverance, a time to find out who's tough, and who's a phony.

It's a great time to find out just how tough you really are, or want to be!

Anyone who really wants to get tough has to start somewhere. The most important, and the most difficult starting point is with yourself. And Lent's the time to do it.

This is the chance you have to discover just how tough you really are, or can be, or really want to be. Remember, only the rugged need apply.

PRAYERS - Deceased: mother of Carlos, '50 and Brother Wilbert, '44, Leveling; father of John Abbate of Badin. Ill: friend of Larry Hammel of Alumni; son of Prof. Ronald O'Neill (Commerce); Mrs. Joseph Gallagher. Three special intentions.