'Adoration periods, in the quiet near Christ, are times to think honestly and to shape exalted ideals. One half-hour of adoration, well spent, may change the course of your whole life.

Here is a subject to occupy you for one of the periods that you have chosen: Whose standards direct my life, Christ's, or the world's?

The worldly man thinks he must be informed more or less about everything. He can't be a dud. He has to read dangerous and forbidden literature, see smutty movies, be a "regular" fellow in every kind of company, in order to keep up with the times.

He ignores the inspired wisdom of St. Paul: "I would have you to be wise in good and simple in evil."

The worldly man in practice acts as if honor, fame, and the goods he can get in this world matter most of all.

He refuses to think of the admonition of Christ: "What shall it profit a man if he gain the whole world and suffer the loss of his soul?"

The worldly man seeks happiness in food, drink, sleep, applause, in good-fellowship, amativeness, and amusement.

He ignores the forebodings of his own conscience and the promise of Jesus Christ: "I am the way, and the truth, and the life." "There is a way," says the inspired Book of Proverbs, "which seemeth just to a man, but the ends thereof lead to death."

The worldly man believes that the sure way to unhappiness is by self-discipline. He is only concerned with a good time, with avoiding trouble and effort.

He ignores the invitation of Christ: "If you will come after Me, take up your cross daily and follow Me."

Like an ostrich that buries its head in the sand, the worldly man tries to forget the hereafter, refuses to think upon the existence of Hell and of the possibilities of his landing there.

Christ, on the other hand, would have us think often of the hereafter and of Hell. Describing the Last Judgment, for example, He pictures the final separation of the good from the wicked, to whom He will say: "Depart from Me, ye cursed, into everlasting fire which was prepared for the devil and his angels."

Christ's standards lead to Heaven and to eternal happiness. The world's standards lead to Hell and to eternal punishment.

Let that thought sink well into your soul during your periods of Adoration.

Off-Campus Volunteers.

On account of dinner few students on the campus can choose the half-hour period between 12 and 12:30. Will off-campus volunteers try to fill in the gap? Blank cards are available at the Prefect of Religion's Office, 117 Dillon Hall. PRAYERS: Docosad, Wm., Coughlan, Ill., mother of Dan J. O'Neil '25; friend of Roy Barron, Two special intentions.