For Mental Health and Growth.

Here are ten habits suggested by a college text book on mental hygiene:

1. Enjoy your routine work day by day. Reduce daily-recurring, routine duties to a definite time and place. Thus it will become a habit to take care of those duties, almost unconsciously, without worrying or warming up. Keep yourself busy, and work according to a daily schedule. The busy man finds joy in accomplishment; the sluggard grumbles and gripes through the little that he does.

2. Take care of your health. Eat and drink slowly and moderately. Pass up most sugary and greasy foods. Exercise, preferably at some game in the open, every day. Get eight hours sleep every night.

3. Enjoy the company of others. Don’t yield to the temptation to isolate yourself and to play the lone wolf. Ordinarily the tendency indicates that nobody thinks as highly of you as you think of yourself.

4. Develop a taste for music, art, literature, and the like. The child in every man needs at times desirable means of escape into the reality of unreality. And the escape suggested are highly cultural and helpful to full growth. They make you a wide-awake dreamer.

5. Bo psychically hard rather than psychically soft. Don’t be a slave to praise, appreciation, the sympathy of others. Don’t magnify your own difficulties and smother yourself in self-pity.

6. Bo objective—more interested in the ideas and activities of the world about you than in your own thoughts and difficulties and dreams. Don’t be the kind of dreamer who never wakes up.

7. Aim to be generally cheerful and self-confident. Some people habitually see the doughnut, others always see the hole.

8. Be quick to admit your own mistakes, slow to blame others. It is, if nothing more, a shortcut to learning.

9. See that the enjoyment of life’s highest pleasures is contingent upon the performance of duty. Perfection in any science or art, and the rewards which accompany that perfection, come through hard labor and self-discipline.

10. Don’t abuse your religious and moral convictions and the dictates of your own conscience. It is for a Catholic, at its minimum, to live habitually in the state of grace. That is the Catholic’s way to internal peace, even in the midst of external chaos.

Last month, in France, at the famous shrine of Our Lady of Lourdes, 100,000 people, from 20 nations, gathered to storm Heaven for peace. For two hours 16 bishops distributed Holy Communion to 30,000 ex-soldiers. Thus in faith Catholics take up through Jesus and Mary where peace and disarmament conferences, and the League of Nations, seem to have failed. Are you discouraged in your effort to accomplish some worthy purpose in your life? Try daily Communion and morning and night prayers in honor of Mary.

PRAYERS: Deceased, friend of Don Homassy (St. Ides); mother of Paul Brookes 86. Ill, friend of Dick Casper (Dillon); hospital reports Gilbert Behrens (Dillon) very seriously ill—; friend of Ms. McKenney (Freshman); brother of Jim O’Hara (Morriss); mother of Frank O’Connor (Corby); mother of Joe Argus (Corby).