A non-Catholic friend, somewhat disenchanted, described the Sign of the Cross he had witnessed as "a scratch on the sternum." Are you guilty or not? — In like manner, do you pay attention to prayers before and after meals (and class) or not? What of your morning and night-prayers? The deadening effect of routine can be overcome only by thought. Live humanly—not like an animal.

Time and again, in the accounts of the saints' lives, as found in the second nocturns of the Breviary, the priest finds these words: "pilis parentibus natus—born of devoted parents." — Perhaps (probably) one reason America, in three hundred years, has been so slow raising saints to the altar is that there have not been enough examples of "pilis parentibus natus." Not to judge the past, but only our times, this is certainly true because (a) too many parents are deliberately spacing births, kowtowing to propaganda slogans, and are (b) squandering their parental affections on puppies and goldfish, and the latest automobiles bought by installment. It is up to this generation to see that America's future children are born of devoted parents.

There are exceptions, of course, and one of them is the daughter and parents of the Galgani family. Read the background and the holy life of Saint Gemma in Father Alcyon McDonough's pamphlet concerning this "gem of Christ." SIGN Press, Union City, NJ.

The new series, referred to in Tuesday's Bulletin, will cover certain doctrinal bases of the Christian life: the nature of man, his destiny, his means of attaining it, grace, merit and glory. — Only an intellectual and cultural approach to religion will produce lasting conviction and sanctity. This kind of approach is utterly necessary if college men are to live a life of integral Christianity. It is sheer stupidity to walk from Holy Communion into a classroom—and cheat. One is only half a Christian who makes his Adoration half-hours and proceeds to delight in off-color stories. There is the logic in being a gentleman in the Chapel and then throwing buns around the refectory? Failure to correlate the natural and supernatural virtues; failure to understand that the supernatural means, literally, "above the natural," "resting upon it" is behind the following question, "Why don't college men live integral Christianity?"

Father Gerald Fitzgerald, C.S.C., known very well as "Father Page" has found the time, the he is superior of the Seminary of Our Lady of Holy Cross in North Easton, Massachusetts, to edit and publish THE LETTERS OF FATHER PAGE. (Longmans) Here is an appropriate sample:

"Slip an 'r' into May and you have Mary. Slip the Rosary into your daily life and your May will be truly Mary's. Bind yourself to your Mother, musing on the mysteries of her life and His life, while the beads slip through your fingers. Some day someone will place them in your stiffened fingers—let it not be a mockery of the truth. Devotion to one's Mother is not for a day, a month, a year, nay not even for a life, but forever. May you love your Mother as nearly as possible as Jesus did, and may she bring you to Him when Life's little drama is done."

To settle any doubt, since the question has arisen in a bull-session: If one reads a book which he knows to be on the Index by name, and if he further knows that an excommunication is attached to its reading and he still goes ahead, he does incur the excommunication and special faculties are needed by the priest to absolve him. — Brush up on the Bulletin of January 22, 1940. If you've mislaid your own copy, you may look it up in the files in the Dillon pamphlet rack. — And, by the way, there are many books which it is sinful to read, even though they are not on the Index. The Natural Law and Conscience forbid a student to feed himself the kind of trash which riles up the passions and places him in an occasion of sin.