The doctrine of our incorporation in Christ shows us the heights to which God calls us in adopting us as His children. The example of Christ shows us a way lowly enough to follow. His great commandment of love simplifies the complexity of life and fires with eternal value the duties of each day. The cross that He asks us to bear is less burdensome than the toil and frustration with which the world rewards her devotees.

It is all so beautiful, so simple, so exclusively important. And yet — it is too beautiful, too lofty for an ordinary sinner. Solicited by sin from within and without, wearied by the endless struggle, chilled by the coldness of prayer, he can hope only for God's mercy on his cowardice and find some substitute for peace in low ideals. So speaks the devil of discouragement.

Will you credit the father of lies? Or will you give the homage of life in faith to Him Who said, "They that are in health need not the physician but they that are ill; I am not come to call the just, but sinners."

What more can you need for your homage to God than Calvary placed in your hands and hearts in Holy Mass? Therein you can adequately adore God's Majesty, superabundantly placate His Justice, worthily thank His Goodness, petition Omnipotence with unfailing efficacy.

Refuge of Sinners.

What more can you need for your strength than the Food of Heaven? True food of the soul, it sustains by warding off the death of mortal sin; repairs the weakness induced by daily effort; builds up to an ever more zestful maturity; delights with the foretaste of heaven. And all this — not the reward of saints, but the refuge of sinners.

"Except you eat of the flesh of the Son of Man, and drink His blood, you shall not have life in you." St. John, vi:54.

Vacation Tip.

34,000 people
killed last year
in smash-ups.

Drive carefully!

The state of grace —

Leave in it,
Stay in it.
Come back with joy.

NOTE — Please remember in your prayers Monsignor John T. O'Connell, deceased. An outstanding, scholarly and zealous priest of Toledo, he was long a devoted friend of Notre Dame and the recipient of an honorary degree, LL. D., in 1906.

PRAYERS. Deceased: Grandmother of Richard Leon (B-P); Anniv, father of Bob McCafferty (Mor); Aunt of Wm. O'Connor (B-P). Ill: Mother of J. Shafransky (Sor). 4 Sp. I.