TOMORROW IS THE LAST DAY for picking up official nomination forms for Upper Class Hall senators, presidents, and councilors. There is here an excellent opportunity for service. And yet, so often, only one or two will contend for the office.

FRIDAY IS THE FIRST FRIDAY OF THE MONTH. It affords an opportunity for renewing your devotion to the Sacred Heart of Jesus. And for this reason we suggest the following reminder be clipped and slipped under your desk blotter.

DAILY DEVOTION TO THE SACRED HEART OF JESUS

FRIDAY — Adore and imitate the SINLESSNESS and APPROACHABLENESS of the Sacred Heart:
1. By repressing every appearance of repugnance or weariness;
2. Living in the State of Grace every moment of the day;
3. Showing an interest in your neighbor's work and family.
ASPIRATION: Sacred Heart of Jesus, protect our families. (300 days)

SATURDAY — Adore and imitate the FIDELITY and GENEROSITY of the Sacred Heart:
1. By keeping one's promises;
2. Undergoing sacrifices for the success of an undertaking;
3. Expressing gratitude to friends for their favors.
ASPIRATION: Sacred Heart of Jesus, I give myself to Thee through Mary. (300 days)

SUNDAY — Adore and imitate the CHARITY and ZEAL of the Sacred Heart:
1. By overlooking the faults of others and praising the virtues of the absent;
2. Refraining from the least offensive word or action;
3. Encouraging, aiding and instructing others.
ASPIRATION: All for Thee, Most Sacred Heart of Jesus. (300 days indulgence each time)

MONDAY — Adore and imitate the OBEDIENCE and HUMILITY of the Sacred Heart:
1. By promptly obeying the call of duty;
2. Not offering excuses when corrected;
3. A reverential attitude towards parents and superiors.
ASPIRATION: Jesus, meek and humble of heart, make my heart like unto Thine. (500 days)

TUESDAY — Adore and imitate the PRAYERFULNESS and MERCY of the Sacred Heart:
1. By offering acts of mortification in reparation for profanity and impurity;
2. Forgetting wrongs and being sympathetic towards those in trouble and sickness;
3. Repeating aspirations and ejaculations at work.
ASPIRATION: Sweet Heart of Jesus, I implore that I may love Thee more and more. (300 days)

WEDNESDAY — Adore and imitate the PATIENCE and PEACEFULNESS of the Sacred Heart:
1. By being gentle in word and manner when annoyed or hurried;
2. Accepting all misfortune and blessings as God's Holy Will;
3. Often recalling God's love for you.
ASPIRATION: Sacred Heart of Jesus, I place my trust in Thee. (300 days)

THURSDAY — Adore and imitate the DETACHMENT and SINCERITY of the Sacred Heart:
1. By daily acts of mortification in preparation for proficiency and impurity;
2. Indifference to honor and praise;
3. Avoiding sham and double-dealing.
ASPIRATION: Most Sacred Heart of Jesus, have mercy on us. (500 days)

OF ALL THE SACRAMENTALS in the Church the Rosary is without doubt one of the most richly indulged. Devotion to the Rosary began with St Dominic, the sainted founder of the Dominicans. Our Blessed Mother appeared to him holding a Rosary in her hands, taught him how to say it—then ordered him to preach it to the world.

FROM THAT DAY—until this—the Rosary has become almost an integral part of Catholic devotional life. It is second only to devotion to the Mass and Holy Communion.

A ROSARY CRUSADE conquered the Albigensian heresy, the Mohammedans at Lepanto, the Huguenots at La Rochelle, the Turks at Vienna and also at Temesvar. Today it is being prayed throughout the world to conquer the advance of communism which threatens every civilized nation.

AT LOURDES, during each of the eighteen apparitions, Our Lady carried the Rosary and together with Bernadette recited it. And she recommended this practice to the world. At Fatima, six times Our Lady appeared to the three shepherd children and said, "You must say the Rosary every day, and say it properly....Pray, pray much, and make sacrifices for sinners. Many souls go to hell because there are none to make sacrifices and to pray for them.

....If my requests are not heard....Russia will spread its errors throughout the world, promoting wars and persecutions of the Church.

....But in the end, my Immaculate Heart will triumph, the Holy Father will consecrate Russia to me; that country will be converted and some time of peace will be conceded to the world."

THE ROSARY is not only a weapon against the enemies of the Church, but a weapon against the enemies of your soul. Mary is the Refuge of Sinners, the Comforter of the Afflicted, Mother Most Pure, and Queen of Heaven. What more powerful advocate have you than Mary? Live with your Rosary. And in time of temptation have your Rosary near so that you can say a fervent "Hail Mary". If you do, you'll have it when you need it most, at the hour of your death.

FRIDAY, in addition to being the First Friday, is also the Feast of the Most Holy Rosary. What could be a better time to renew your resolve to pray the Rosary daily? If you've lost your Rosary, get one at the Bookstore or at the Pamphlet Room in Dillon.

Queen of the Most Holy Rosary! Pray for Us.