
Famous Psychologist Returns To Religion.

The Reader's Digest for June carries the condensation of a book entitled, "The Return to Religion," by Dr. Henry C. Link (early in his career, an agnostic), Director of the Psychological Service Center, New York City. Dr. Link's inadequate concept of religion, and the source of his new allegiance to a church, are hardly satisfactory to the Catholic. Nevertheless, in these days of sex emphasis and psychoanalysis, such paragraphs as the following seem surprisingly sane and refreshing:

"..the whole trend of modern, scientific psychology is toward the emphasis on work, on doing things, as the road to happiness, and away from the emphasis on thinking, or self-analysis. There was a time when practitioners on the fringes of psychology believed that in a year of daily discussions of the libido, a mother or father complex, suppressed desires and inhibitions, the sufferer could talk himself into a cure. But today, rather than 'Know thyself,' the phrase Behave Yourself epitomizes the findings of modern psychology. A good personality is achieved by practice, not by introspection...The betterism, Behave yourself, so far as its psychological significance goes, might just as well have been the New Testament saying: 'Faith without works is dead.'"

Dr. Link illustrates his central principle by a descent to cases: to that of an attractive young girl, who could make friends but couldn't keep them; to a young professor, who had avoided indoor games and outdoor sports, societies and clubs, even the church, that he might concentrate on his studies. The professor grew so nervous that it was almost impossible for him to meet his classes. Dr. Link proceeds:

"The frequency of such cases gradually forced into my consciousness one of the great sayings of the New Testament: 'For whosoever will save his life shall lose it; and whosoever will lose his life for my sake shall find it.' The application to the many cases like the two I have described is obvious. The common element in these cases was the fact that these individuals' governing principle in life had been to do those things they liked to do and avoid those they disliked doing. The result was that they liked to do less and less, and in the end, even the things they most enjoyed became as gall and wormwood."

"No discovery of modern psychology is, in my opinion, so important as its scientific proof of the necessity of self-sacrifice to self-realization. By nature, the individual is selfish, and inclined to follow his immediate impulses...this road leads to introversion, to emotional instability, to intellectual futility, to maladjustment, to unhappiness. It requires religion, something higher than the individual, to overcome the selfish impulses of the natural man and lead him to a more successful life."

"The child upon whom the existence of God, as a supreme arbiter of good and evil, has been impressed early in life, has already acquired the basic motive in developing good habits. The basis for his actions instead of being one of likes and dislikes, becomes one of right and wrong. He might like to disobey his mother but he knows that it is wrong...He might not like to be unselfish with his playmates, but he knows that he should."

"Character and unselfish personality and the many good habits they involve are far more important than the details of sex...."

"Jesus Christ, the great exponent of the unselfish life, was an extrovert to a degree which few can hope to achieve....He was highly aggressive in making social contacts....He was quick to see others' points of view...His energies and inspiration were being constantly converted into useful deeds and contacts with a wide variety of people. 'My meat is to do the will of Him that sent me,' he said. This was Christ's principle of living which, in essence, is the psychological criterion of an active, out-flowing, and a holy life."

PRAYERS: (deceased) father of Ed Cronin (Carr). Ill, wife of John Lemmer, '18; Fr. Ray Grant, S.J.; sister of Hubert Kirenman (Lyons); uncle of Art Chadwick (Corin); Sr. Louis Crystal (Howard); Sr. Reniti, C.S.C.; mother of John Koenigshoff (Dil). 6 sp. ints.