

Mass Tuesday of St.
John of the Cross,
p. 1057.

University of Notre Dame
Religious Bulletin
November 23, 1936.

Deceased, Sr. Bernardine,
cousin of Fr. Burke, C.S.C.;
father of Gerald Hunt (Car.)

Watch Your Step!

The following note, written in a feminine hand and dated November 13, tells of the personal disaster that excessive alcoholism can bring into a young man's life:

"Your students' prayers are especially requested that a good young Catholic man will have the light and the will power to commit himself to the state hospital for the cure of alcoholism. Thank you, and God save your boys from the same fate."

"Ah," you say, "why remind me of the evils of drinking? I take a few drinks now and then, but I don't intend to become a 'victim.'"

Well, this much can be said: most so-called victims started like you by taking only a few drinks now and then. There was no thought at first of becoming a victim. Drinking was merely a way of having a good time.

The victim at first probably didn't even like the taste of liquor. But he found that liquor pepped him up, freed him from inhibitions, made him the life of the party. Soon an evening without liquor became dull and meaningless.

Then his so-called moderate drinking turned gradually into frequent tipsy nights. But he kept on convincing himself that drinking was no problem for him. He would quit when he wanted to, very soon. But quitting, when he tried it, seemed a big job for his will power. He postponed the quitting. And he kept on postponing it.

Listen, drinking is a terrible danger for any Notre Dame student. Cowardice, rather than prudence, makes you minimize the danger.

Here at Notre Dame the disciplinary penalties (which fall upon you and your family) are too severe to risk. You might not be theologically drunk, remember, and still draw suspension or expulsion. For this reason alone, you should decide to give up drinking at least while you are at school.

Students with unformed minds and wills are inclined to think that drinking makes them big shots in the estimation of their fellow-students. Drinking makes them good company and all that. For this reason many boys who don't want to drink do so out of weakness or human respect.

Drinking is one of the most prolific sources of sin. Many a boy has started on his road to Hell by taking "just a few" drinks with other boys less conscientious than himself.

If you have been "socially" drunk (i.e., under the influence of liquor in the estimation of sober observers) within the last year, better sign the pledge.

If, whenever you want to have a "good time" your mind turns to drink, better sign the pledge.

You don't have to sign the pledge for life. Make it at first for a month or two, say until the first of the year.

Then see if by the first of the year you won't decide to renew your pledge for a much longer period--even for life.

And, by the way, your Religious Survey is now being printed and will soon be in your hands. Read in that Survey how Notre Dame students of 1935-36 advise their younger brothers on the use of intoxicating liquor.

PRAYERS: (deceased) mother of a friend of Charles Metzger (Dill.); grandmother of Paul Kluding (Badin); Fr. A.A. Finnerty, uncle of Morrie Quinn (Alum.). Ill, father of A. Jarrett (Dill.); aunt of C. Wassell (StEd's.); Jim Snyder (Lorr.), appendectomy.