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Face The Facts

There are many people like the man looking at himself in the mirror. They wish they were **built** along different lines; they wish they were someone else, someone better. All they do is wish they never act, and as a consequence, they never change.

People who hope without taking any action are not truly hoping. A real Act of Hope goes like this: "I have a firm confidence...that by making good use of thy grace I shall possess Thee (God) eternally in the next". God goes into action only after He sees the needy man go down on his knees.

Certainly the man who is chained down by impurity needs God to release him. Wishful thinking never made a man pure. To stand by and hope that all will be well in time is foolhardy and fatal. There must be action in the way of prayer and the reception of the Sacraments of Confession and Holy Communion, and the occasion of sin must be avoided. If the sinner thinks he can win his battle alone, then he becomes proud, and God refuses to help those filled with pride. But where God **hears** even the beginning of a prayer for help, He comes to the rescue with all His power and mercy.

Another type of wishful thinking is often done by the young person with a serious problem. He thinks he can solve it by himself. The truth is that very few real difficult cases are ever solved by the individual alone. He needs the cooperation and experience of others. On the campus, the priest in the confessional or in his room usually brings the answer to troubled souls.

ACTS ABOUT ALCHOL

"Yale University has originated the movement for treating alcoholism in public clinics, and some of the facts found out in these clinics were recorded by Charles Stevenson in Nation's Business. It has been proved, for instance, that all functions take place at lower efficiency even after the smallest dose of alcohol. If you feel less tired after drinking, you simply are benumbed. Actually your muscular output drops. Tests twenty per cent: show that on two ounces of liquor the average subject's error in reasoning jumps 20%; on a half pint it jumps sixty-seven per cent.

"The clinic doctors insist that no matter how sure you may be that liquor stimulates you, it does not. Alcohol is related chemically to ether. It acts first by deadening the nerves of the brain to relieve physical and mental tension. If some people seem clearer-headed after a drink, this is only because they are **so tense and self-conscious** that, without a sedative, they are inhibited. Even small amounts of alcohol impair efficiency. Though one motorist can drive safely with enough liquor in him to put another atop a lamp post, the experts caution everyone to avoid the steering wheel for at least an hour after taking two ounces of whiskey and two hours after four ounces.

"The one hour postponement after a two-ounce consumption may seem rigorous, but people behind the man behind the ~~wheel~~, and people who make an act of contrition at road crossings will feel more secure when they know the wheel man does not feel the stimulation of even a teaspoonful." (Ave Maris).