

University of Notre Dame  
Religious Bulletin  
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In Need.

Joe Sullivan needs you, 2600 of you, to pray hard for him, to get up and go to Mass and to Holy Communion, to visit the Grotto, for his quick and complete recovery. You certainly need not be told more than that. Two other students, John Pettingill of Corby, and Ed Kirby of Sorin, are doing better, but they, too, should have a place in your daily prayers. Don't neglect them.

Never has a generation of Notre Dame students failed to rally in a spiritual way when one of their own seriously needed help. That Catholic charity seems, in fact, to be the most essential part of the Notre Dame spirit.

Back in 1920, for instance, when George Gipp lay ill for days in St. Joseph's Hospital the students literally stormed the chapels. And when Notre Dame men of today know that they must pray, and pray hard, for a fellow like Joe Sullivan--and for the others who are sick--they will come through.

Get going tomorrow morning. Join in the Novena for the Sick, which is being made in honor of Our Lady of Lourdes. The feast of the Apparitions at Lourdes is February 11, but you may continue on until the 13th to complete the necessary days of your novena.

Alcohol.

During the last week 46 more, after having thought it over, signed the pledge. Others who are still thinking will welcome the following analysis of the drink question by Oskar Diethelm, M.D., Assistant Professor of Psychiatry, Johns Hopkins University:

"The moody person may drink to cheer himself and use alcohol to overcome periods of slight depression and discouragement. Such a person is in the beginning a spree drinker, usually developing later into a steady alcoholic. Shy and self-conscious people drink to attain social ease. The lonely, socially mal-adjusted person tries in this way to forget his longing for acceptance and understanding by others, which he feels unable to achieve. We often find drinking as a direct reaction to life situations, in an effort to forget disappointment and failure.

"There are others who rely on alcohol to produce the necessary encouragement and push and a feeling of intellectual stimulation. This, however, does not mean better intellectual performance. Intellectual fatigue starts sooner with alcohol than without and there is less persistence in pursuing a goal as well as a definite decrease in efficiency. Due to his cheerful and elated mood, such a person believes in his increased efficiency, while in reality his efficiency is decreased. His subjective sensation of fatigue is diminished and he therefore erroneously believes in his increased endurance.

"Anyone who resorts to alcohol for any of the above reasons is in danger of becoming addicted to its use. After he has received relief and help from alcohol a few times he will resort to it again instead of trying to adjust his difficulties or to try to find out what can be done about them. After a while such a person does not have the courage or the strength to face reality without the help of alcohol.....and the gradually increasing habit-formation (addiction) with accompanying decline of the personality is overlooked until it has reached an obvious degree, where help is too late."

If you have courage to think honestly about the liquor question in relation to your own personality and to your future life, you may decide to sign the pledge this week. Think it over.

PRAYERS: Deceased, father of Jack Barber (Alumni); grandmother of Frank Maxwell (Corby). Ill, John McGinnis ex'35, in sanitorium; brother of John Busichio (Corby); father of George Ball (Howard); uncle of Frank Weldon (Corby); friend of student. Five special intentions.