

MASS Tuesday, Dedication
of St. Michael, p. 997.
--Ill, Mrs. Wm. Archambault.

University of Notre Dame
Religious Bulletin
September 28, 1936

Ill, Rich Schager's (O.C.)
father; Al Schwartz's aunt;
Bob Schmelzle's (Wal.) brother.

Alibi-ography.

"One of the fellows shouted, 'Let's go, sissy', and I went."....."I only had one or two; honestly, it must have been my stomach."....."Oh, how will my mother and father ever stand the disgrace!"....."I'm a good fellow at heart; I just didn't think."

These (and a hundred others) are the parting alibis of young men who tried to avoid discipline. One of the greatest failures of history thus describes the mental attitude that eventually rides to ruin:

"I forgot that every little action of the common day makes or unmakes character and that therefore what one has done in the secret chamber one has some day to cry aloud on the housetop. I ceased to be lord over myself. I allowed pleasure to dominate me...and I ended in horrible disgrace."

Most men are part-anarchistic at heart. They want to do as they please--retire and get up when the whim hits them; work when "inspired," loaf when lazy. Rules seem petty, needless, irksome.

Powerful Argument For "Petty" Discipline.

But read what the famous Dr. Alexis Carrel has to say about discipline in his best-selling book, "Man, The Unknown":

"Rougher conditions of existence and more responsibility would restore man's moral energy and audacity. More virile habits should be substituted for the uniformity and softness of life in schools. The adaptation of the individual to discipline determines definite changes in the nervous system, the endocrine glands, and the mind. The organism thus acquires a better integration, greater vigor, and more ability to overcome the difficulties of existence.

"Man naturally tends toward the satisfaction of his appetites, such as a craving for alcohol, speed and ceaseless change. But he degenerates when he satisfies these appetites completely. He must, then, accustom himself to dominate his hunger, his sexual impulses, his laziness, his fondness for alcohol, his need of sleep.

"Modern man sleeps too much or not enough. He does not easily adapt himself in this respect. It is useful to accustom oneself to remain awake when one wants to sleep. The struggle against sleep sets in motion organic apparatuses whose strength develops by exercise. It also calls for an effort of the will. This effort, together with many others, has been suppressed by modern habits.

".....Cinemas, concerts, radios, automobiles and athletics are no substitute for intelligent work. Two essential conditions for the progress of the individual are relative isolation and discipline...One has the power of refusing to go to certain cinemas, to listen to radio programs, to read certain newspapers or books. But it is chiefly through intellectual and moral discipline, and the rejection of the habits of the herd, that we can reconstruct ourselves....All physiological and mental functions are improved by work. The more the muscle works, the more it develops. Activity strengthens it instead of wearing it out. Like muscles and organs, intelligence and moral sense atrophy for want of exercise. Effort is indispensable to the optimum development of the individual."

The disciplinary rules of the University of Notre Dame--against intoxicants, for rising and retiring, for study, etc.,--have been formed after nearly a century of dealings with young men of your age. If you're smart, you'll keep those rules!

PRAYERS: (deceased) Mr. Martin (Newburgh, N.Y.); friend of Tom Pulger (Morr.). Ill, Frances Sweeney; Mr. & Mrs. Fred Wellington; Thomas Ferrarini (Fresh.); Roland Seeley.