

Anniversary of death of  
Bishop Smith tomorrow; of  
Eugene Kelly on the 26th.  
Remember them.

University of Notre Dame  
Religious Bulletin  
December 16, 1936.

Remember especially Father  
Carey, ill, in your prayers  
during the holidays. --FRI. &  
SAT., FAST AND ABSTINENCE DAYS.

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One Develops Personality.

Dr. Henry Link, Director of the Psychological Service Center, New York City, is studying this curious thing, "personality." By the word, Dr. Link means, not personality in the sense of Scholastic philosophers, but rather, "the extent to which one is able to interest and influence other people"--personality in the colloquial sense. These points on personality, according to him, stand out:

A range and variety of acquired skills are necessary to personality. "The full use of one's physical energies during the day seems to be one of the basic factors in acquiring an effective personality." Those who take part in competitive games, those who belong to orchestras, bands, glee clubs, debating societies, have a strong advantage.

The habit of remembering and repeating good stories, of introducing people to each other, of going around with a group of friends rather than with a single one, of paying compliments to people, of refraining from so-called frank criticism of other people, of trying to meet people, of serving on committees--all these contribute to a high P.Q. (Personality Quotient.)

"Discipline emerges as the underlying factor in developing a good personality." Those who do what they please, as they please, usually have an inferior personality. Those who do many things they do not like to do, and do them because they are right and necessary develop a higher P.Q.

Those who manifest a low P.Q. are often tired and don't feel like doing anything; the less they do the less they feel like doing. "They say 'I can't do this' or 'I'm no good at that,' giving up easily some activity in which they should be acquiring skill." Such ones are inclined to sulk and lose their temper when things don't suit them. They interrupt conversations, criticize others, and resent criticism of themselves.

Those who work for their money rank higher than those who receive allowances. The Gimme Children tend to have a definitely lower P.Q. Going to bed at a regular hour helps, it seems, to develop personality--maybe because of the discipline involved.

The foregoing facts Dr. Link has drawn from surveys and tests that he has made. He concludes his interesting article ("Personality Can be Acquired," which is summarized in the December Reader's Digest) with this thought-provoking paragraph:

"The solution of this paradox--a growing intellect and a stationary or shrinking personality--is the most important problem confronting our educational system. For upon its solution depends individual happiness."

If you hope to do much on earth for God, for your neighbor, or yourself, you had better develop this power of interesting and influencing others. Without it your style will be painfully cramped. The foregoing hints from Dr. Link can mean much to you.

Another Christmas Tip.

Buy "Think and Pray" by Father McSorley (Longmans, December 1936). The Ecclesiastical Reviewer says this: "Anyone who first buys this book for his own sanctification and then buys more copies for Christmas presents will do more for Catholic Action than is accomplished by the reams of speeches on that subject."

M e r r y   C h r i s t m a s   t o   y o u   a n d   y o u r   f a m i l i e s !

PRAYERS: (deceased) friend of Bunny Veeneman (Cav.). Ill, Jim Corcoran (St. Ed's); mother of Paul Locher (Walsh); friend of R. Dubreske (Brown.); aunt of George O'Neil (Carroll). Three special intentions.