

Instructions for Confirmation, Thursday evening, 6:30 at Howard Hall Chapel.

University of Notre Dame  
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Catechisms may be secured at Prefect of Religion's offices.

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Natural Reasons Against Tippling.

"It makes me forget all worries and feel grand."....."I wanted a little fun after the week's work."....."The girl friend thinks I'm cute and become the life of the party when I get that way."

So? Effect; that's what men and women are after when they take alcohol to excess. They seek in alcohol an escape from hardships, from one or another kind of anxiety. Sometimes it's studies, again it's stock-coverages, or the wife's health, or the husbands late hours.

People look for a hide-out from shattered ambitions, from moral failures, from slow promotion in business; from disappointments inflicted by other people and from the crueler disappointments inflicted by themselves.

Sometimes they look for an escape merely from their own social incompetence. Poor things! They want to be bright and gay among their friends but feel self-conscious and inferior until they have had their bracers.

The bare fact is that alcohol taken in excess serves none of these purposes. Whatever the difficulty, it remains to be faced; alcohol may remove tape gum but it won't remove difficulties. And the user of intoxicants is far less able to face trouble the morning after than he was early the night before. No?

All that alcohol brings is cowardly easement, loss of consciousness about one's responsibility, sweet temporary hallucinations of excessive ability and strength.

Let's not kid ourselves about the so-called "lifts" of alcohol. In social gatherings excessive users of alcohol are not funny nor cute. They are positive bores, disgusting nuisances to everyone in a party who retains self-respect.

According to Dr. Haven Emerson, in an address early this month to the American Public Health Association, alcohol, in doses of whatever size, improves in no respect one's resistance to the common cold or to pneumonia. It does not prevent tuberculosis, nor has it any part in the present-day, successful treatment of tuberculosis.

Habitual users of intoxicants (even in moderation) are, on the contrary, particularly susceptible to diseases of the respiratory tract. And, according to Dr. Emerson, they stand poorly shocks that come from accidents and from surgery.

Alcohol, he further points out, doesn't pep men up to higher efficiency. Doses too small even to develop any appreciable outward effect cause definite inferiority of performance in those occupations wherein reflexes of eye, ear, hand, and foot must insure personal safety in factories and on highways. The alcohol in one bottle of beer or in one cocktail is sufficient to cause a delay of five to ten per cent in the normal reactions of the driver of a motor car. And this "drugged" condition of the driver lasts, according to verified experiments, for a couple of hours.

If we are ever to cut down on automobile tragedies, the man at the wheel must learn (as the locomotive engineer learned forty years ago) that beer and whisky make him a murderous menace on the highways. Are you listening?

Don't drink just because it's being done. Don't take intoxicants at all unless you can handle them with extreme moderation. Still listening? If you seriously think over the drink question, you won't feel unreasonable or queer if you become a total abstainer.

PRAYERS: (deceased) father of Sister Amadeus. Ill, uncle of Bob Hamilton; brother of Matt Merkle (St.Eds.); father of Martin McGinnis (Howard). 5 special intentions.