

Boys Town benefits  
\$54,84 so far. Re-  
port of donations....

University of Notre Dame  
Religious Bulletin  
October 25, 1938

.... as soon as space  
permits. Meantime  
fund remains open.

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"My Word To Freshmen."

by Dr. Ray Wilbur, President of Stanford.

"We are born with impulses and emotions that uncontrolled would carry us frequently to disgrace and disease. We are tempted many times.

"Based on a study of a lot of abnormal people, many normal persons seem to think that self-indulgence makes character, creates respect in others and develops health. Nothing could be farther from the truth. The wise young person is the one who can learn by the experiences of others. Those who have to try everything once are sure to be damaged in the process. It is not common sense to be foolish.

"Youth faces danger willingly but intelligence and observation should show us that a sane, wholesome and useful life inside of a living body requires the same kind of protections for it that we place about our automobiles so that they will operate efficiently and properly.

"Each young person must face one question that has been before most young people throughout human history. Human beings long ago discovered certain drugs and chemicals, among them a group that are known as narcotics and anaesthetics. These include alcohol, ether, gasoline, cocaine, opium, and others. One of the long, hard struggles of mankind has been to master these valuable agents. Each has its proper place. Administered and used by experts, they are great servants. Misused and self-administered they often lead to bad habits and degradation. They have the unfortunate quality of clouding personality or uncovering human attributes that are normally held under control.

"The principal difficulty with the use of alcohol is that its effect upon a person involves others. When one person is no longer able to manage himself, others must manage him. When families are involved, others suffer from the effects of the drug. Society as a whole must pay the full price for any misuse of these chemical substances that materially affect the central nervous system, consciousness and personal responsibility.

"I realize that there is much publicity about alcohol but there is also a great deal of intellectual shallowness in meeting the social questions involved. Sad as it may seem, in spite of great literature, music, fine plays, sports and family life, we have a lot of people with empty minds that are never comfortable unless they are filled up with alcohol. There have always been such people and no doubt there will continue to be, but youth in making their choice certainly ought to strive for the thing that is strong instead of that which is weak. One hates to be what is called goody-goody but one can do the sensible thing without feeling that way about it.

"I have often noticed that those who are the most careless in their habits have been the first to praise those who take good care of themselves, such as the members of the football squad who obey training rules. I am convinced, too, that many of our boys and girls today boast of breaches of conduct, and pose as rather devilish in order to show people that they have grown up and are quite worldly. In their hearts and in their real attitudes towards themselves and in most of their conduct they are decent, sane and thinking of a future career full of interest and noble action.

"My suggestion then to you is to look these questions right in the eye and not allow yourselves to be fooled by those about you. Have the courage not to join in unless you wish to do so. No one can make you drink unless you want to. You must do your own swallowing.

"Manage yourself in that way which leaves no regrets and no scars, and life will give you self-satisfaction, comfort and happiness." (The Allied Youth, for October.)