

University of Notre Dame
Religious Bulletin
February 12, 1942

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Join the Torchlight Parade 7:15 Tonight.

The Carnival means a return to that old and famous N.D. tradition of entertainment and self-amusement on the campus. That was one of the promoters' objects.

The other is to raise money for various War Charities, among them for services to our own Notre Dame men - and that can easily include you, yourself, later.

The boys, with the generous cooperation of campus clubs and organizations, have provided games and entertainment to fit every taste and every purse.

To prove it, they want you to come over - and come in - free.

For Juniors, Confidential.

Fortunately, this isn't true of the whole class, but too many in Dillon and St. Ed's seem to have severe hang-overs of "sophomoritis". It shows up especially in Communion attendance, generally low during the year. Let's take two notable and recent instances. With 240 students in Dillon, and 130 in St. Ed's, consider these figures:

Communions	First Friday	Dillon	85	St. Ed's	49
Communions	Our Lady of Lourdes	Dillon	66	St. Ed's	33

Some who need the reminder most may not like the resurrection of the question of "sophomoritis" among the juniors. Makes them mad, they say. That's good, we say, if it makes them think and be honest, honest with themselves especially, and about what they face in the future.

If you have a better diagnosis or reason, drop in, with or without guns, and let your friend, the Prefect of Religion, on the first floor of Dillon, know about it.

"It Must Be Something You Ate."

In the South Bend Tribune we read of a nutritionist who says that vitamins can lower the divorce rate. She goes on to say that Vitamin B₁ can cure nervous disorders, bad dispositions and a tendency to quarrel. "Courage," she said, "has always been considered a mental quality, but scientists now know that cowardice, bad dispositions and a general no-goodness result directly from a deficiency of thiamine in the diet."

That sounds very scientific and learned, but we haven't heard that the State of Nevada has outlawed nutritionists to aid Reno's divorce mill.

If these claims of science were true, how would you account for the varied characters and temperaments here, all having the same diet at Mr. Connolly's eating palace?

We'll admit, however, that quarrelsomeness, cowardice, bad-dispositions and "general no-goodness" can result from an improper diet, but they are not due primarily to a lack of chemicals. Those bad qualities are an outgrowth of one's soul and character, and the greatest diet to produce the opposite qualities is that given by Him Who is the Bread of Life, Who is the model of courage, charity and nobility.

Just look around and find a daily Communicant who makes a thoughtful preparation and thanksgiving and yet shows cowardice, bad-dispositions, and "general no-goodness".

Courage, charity and nobility come, not from chemicals, but from the Body and Blood of Him Who showed courage, charity and nobility in dying for us. The proof is all around you.

PRAYERS: (Deceased) mother of Bro. Marie, C.S.C.. Ill, friend of Albert Orzechowski, '35; father of Bro. Aquinas, C.S.C.; grandmother of G. Allen (Rad). Ten Spec. Int.