
On Drinking

Social Drinker

"The normal or so-called 'social drinker' is the ordinary citizen who uses alcohol occasionally and carefully and as a social gesture or sign of conviviality. He is always under control, never gets beyond the 'mellow' stage and, of course, has never gotten into difficulty because of its use. . . Practically everyone starts out as a 'social drinker', for no person of average intelligence wants to become a drunkard."

Abnormal Drinker

"The transition from 'normal' to abnormal drinking is an insidious one, and the danger zone is entered when a person begins to need alcohol to help him face the reality of his everyday life."

Signs Indicating Abnormal Drinking

1. An increase in the amount of alcohol used.
2. The need of alcohol during the day.
3. Taking a few quick drinks upon leaving for a social or business function to be better able to meet the situation.
4. Any kind of solitary drinking.
5. Interference with work or duty due to alcoholic indulgence.
(The potential alcoholic recognizes these signs, but he does not believe they were meant for him. He sees difficulties for others, yet rationalizes his own drinking.)

Sizing Up The Alcoholic

"For the most part alcoholics are super-sensitive individuals who are unable to stand the buffeting and strains of everyday life. They are inclined to be aggressive, opinionated and to have a pretty high regard for their own capabilities which they rarely risk in open competition. They are constantly in fear of a 'raw deal' and fear that their talents are not appreciated by the stodgy, inimical people who surround them or who are their superiors. . ."

A Rule For Drinkers

"From time to time the drinker should ask himself whether or not he is able to give up alcoholic indulgence at will. If he cannot, it is time to seek help." (More tomorrow from the article of F.J. Braceland, M.D. published in the Ecclesiastical Review, Dec. 1941.)

Novena to Mary and the Holy Father.

The Silver Jubilee of the Episcopal consecration of Pope Pius XII falls on May 13, 1942. Notre Dame will remember the Holy Father in the Novena to Mary and by a Spiritual Bouquet. A solicitor will call at your room tonight, if he has not done so already, to take your prayer-offerings: Masses heard, Communion, Visits to the Grotto, Rosaries, Periods of Adoration. The Novena to Mary begins Friday. During these nine days you can fulfill your pledge for the Pope as well as for your mother - for whom this Novena is also intended.

PRAYERS: (Deceased) Uncle of Father John Lane, C.S.C.; brother of Frank Traynor '37; cousin of George Burns (Cav). (Ill) Joe Foltz (Bro). Twelve special intentions.