

Novena Devotions tonight
at 6:45.

University of Notre Dame
Religious Bulletin
April 4, 1952

Plan to make Holy Week a
HOLY . . . WEEK.

"Use The Brains You Have."

The Catholic Digest (April) condenses from This Week an article by a John E. Gibson, which will be of interest to seniors. Among the many questions asked, here are a few. . . with the answers:

ARE THE MAJORITY OF THE NATION'S MOST INTELLIGENT MEN COLLEGE GRADUATES? Definitely not. During the last war, more than 10 million men were given intelligence tests by the army. Of the men who scored in Grade 1, 75% were not college graduates and 2 million men in the two top zones of intelligence had never gone beyond high school.

DO BEAUTY AND BRAINS TEND TO GO HAND IN HAND? Beautiful but dumb is a gross libel. Investigators at Columbia and Temple universities came out with similar findings, namely, that boys with the most brains were the best looking, and the high-IQ girls the most beautiful. (Study your mirror; take a second look at your girl's picture.)

DOES LACK OF FRESH AIR AND ADEQUATE EXERCISE AFFECT YOUR ABILITY TO THINK? Yes. Tests show that to work well your brain cells must have a steady and plentiful supply of oxygen. And your thinking apparatus depends for its oxygen supply on: 1) your respiration (shallow breathing does not give your brain a break); 2) circulation of blood (if your circulation is sluggish your intelligence cannot function at peak efficiency); 3) sufficient oxygen in the air you breathe (your mental faculties do not operate well in an extremely stuffy room or at high altitudes, where the oxygen content of the air is low). . . To keep your brain functioning at top efficiency cultivate a posture that permits you to breathe properly. Exercise enough to insure good circulation of blood.

ARE LAWYERS AND BUSINESS EXECUTIVES MORE INTELLIGENT THAN TRUCK DRIVERS AND BOILER-MAKERS? A surprising percentage of them are not. Of the 10 million men whose intelligence was tested by the War Department, lawyers ranked close to the top in mental ability. But 9% of the boilermakers were found to be at least as smart as the attorneys. And 25% of the men who were truck drivers in civilian life were of higher intelligence than 25% of the business executives.

CAN YOU INCREASE YOUR INTELLIGENCE? Most authorities agree that there is little we can do to increase our basic mental capacities. But there is a terrifically important corollary: we can increase our ability to use those capacities effectively. A person of average intelligence who knows how to use his brains will accomplish far more than a man in the higher IQ brackets who doesn't. . . Give your intelligence as much as possible to work with. . . A good education is valuable, not because it will put any more brains in your head, but because it will enable you better to use the gray matter you have. . . You must use your brains, not just occasionally (cramming for exams), but consistently.

Sexational Literature.

Whatever enslaves the soul to the body tends to weaken the powers of mind and will. When lust sets in as a habit, according to St. Thomas, deterioration of the mind begins: "When the lower powers of the soul are strongly moved towards their objects, the higher powers are hindered and disordered in their acts. . . Reason and the will are seriously disordered by lust." It affects reason in four ways: blindness of mind, rashness, thoughtlessness, inconstancy of character. Sexational literature is the devil's stimulant that keeps the imagination in a constant state of excitement. But sex is really no problem for those who love their souls more than their bodies, and prefer clean food for their minds instead of garbage.

Prayers: (deceased) father of Joe Higgins (Far); brother of Brother Cosmas, C.S.C. Ill, Doctor Olney, South Bend.