

St. Dunstan's Red and White

Subscription, 75 cents a year..... Payable in advance

VOL. XXIX.

MAY, 1938

NO. 3

Staff

Editor-in-Chief..... John A. MacDonald, '38
Assistant Editor..... Somerled Trainor, '39

Associate Editors

Exchanges..... Charles McQuaid, '39
Alumni..... Lawrence Landrigan, '39
Chronicle..... Willard O'Brien, '38
Athletics..... Augustine E. Kelly, '38
Nonsense Avenue..... Fred Howatt, '39
Vernon McGuigan, '38

Contributing Editors

Jean J. Bedard, '38 Thomas Holland, '40
Ronald MacNeill, '39 P. Francis MacDonald, '41

Business Manager

Charles Trainor, '38

Assistant Business Managers

John Sullivan, '39 James Higgins, '39

Editorial

Only the Certain Can Smile

(This editorial has been received from the Rev. Daniel A. Ford, S.J., with the request that it be published in *Red and White*. It is an appeal for a more widespread attendance at Catholic Student Conventions).

The driver who really knows his car sits at the wheel with a confidence that comes close to alert relaxation.

The aviator with 10,000 hours in the air handles his plane in an almost off-hand familiarity.

The speaker who knows his subject faces the audience calmly—but for that matter so does the animal trainer



St. Dunstan's Red and White Staff - 1937-38

2nd Row :	P. F. MacDonald, (Con. Editor)	Fred Howatt, (Humor)	V. McGuigan, (Humor)	Ron. MacNeill, (Con. Editor)	J. J. Bedard, (Con. Editor)	John Sullivan, (Asst. Bus. Mgr.)
	J. Higgins, (Asst. Bus. Mgr.)	A. Kelly, (Athletics)	T. Holland, (Con. Editor)	L. Landrigan, (Alumni)		
Front Row :	C. McQuaid, (Exchanges)	Charles Trainor, (Bus. Manager)	John A. MacDonald, (Editor-in-Chief)	S. Trainor, (Asst. Editor)	Willard C'Brien, (Chronicle)	

who knows all the temperamental quirks of the lions and leopards in the cage.

The great pianist sits down to the piano . . . the great scientist enters on an experiment . . . the famous surgeon begins the difficult operation . . . the brilliant student who has studied, glances over the examination questions . . . the champion tennis player walks onto the court . . . with CONFIDENCE.

Which is just a way of saying that the man or woman who knows his field faces life with assurance. The man who is certain can smile.

Now even the least experienced young man or woman knows that one phase of life that a Catholic is going to have to face constantly is his Catholicity. He faces faith in his own soul. He faces the practices of faith in his own life. He faces the difficulties against faith from the world around him. And he has two courses open to him: He can know his religion thoroughly, and smile at life; he can fail to know his religion, and go through life with endless spiritual jitters. For the inexperienced driver, the amateur aviator, the unaccustomed speaker, the novice at the piano, the student who didn't study, the dub with the racket or golf clubs, the Catholic who doesn't know what his faith is all about . . . these are the people who are afraid and timid and who dodge the problems that rise straight out of ignorance.

Well, our modern Catholic Student wants to face life bravely and beat it easily. He wants to step out of the amateur class. He is not satisfied to be "just fair" while around him are other young people who in their lines are superlative. He claims to be a leader; he wants to be a leader.

So this brief message is straight to the Catholic Student who wants to lead !

You see, he can lead. He can be "tops" in a world that badly needs leaders who know what they are talking about, can plan programs that are bound to succeed, and can take others along with them to success. He can lead, as the Holy Father has asked him to, even in matters religious.

The young man or woman worth considering does not want to stumble through life as an ignorant and apologetic Catholic. He or she wants to be certain, because being certain he can smile confidently in the depths of his own soul and at the problems which life presents.

That is why the cream off the top of Catholic youth will be meeting in our great Conventions. No alert young Catholic needs to be told what these Conventions are. From 1928 on, they have been the outstanding experiences of those thousands of young men and women who have attended them. They have been unforgettable days of activity and companionship that sent their participants home more sure than ever of their religion, prouder than ever of their faith, stronger than ever in their determination to lead for Christ and to Christ.

Literary "D's"

Almost without exception the editors of *Red and White* in the past were forced to complain of the inactivity and lethargy of students in contributing to the college magazine. We have no complaints to make this year, for material has been plentiful and of good quality. The students co-operated loyally and generously with the editors in preparation of *Red and White*. We thank you sincerely, fellow-students, and hope that this same active interest will always be given in the preparation of your magazine.

In choosing the winners of Literary "D's" we have tried to give credit where it is most deserved. We feel that more of these awards were earned through the meritorious service of some students, but regret that financial considerations restrict the number allotted to three.

Besides the graduating members of the staff the following have received pins:

For short stories.....	Augustine J. Campbell, '40
For articles.....	James McInnis, '41
For essays.....	Frank O'Connor, '41

Value of Physical and Military Training

The constant striving towards perfection which is our aim in this life involves the concurrent development of moral, mental and physical faculties to produce the well-balanced man—the man of sound character, alert intelligence and healthy physique. Although last in the order of importance the development of the physical faculties merits far more consideration than it receives in schools and colleges to-day.

Perhaps in ancient times the value of exercise and proper care of the body was more fully recognized than it is in our "enlightened age." The words of Plato are evidence of this as he says: "The conduct of a man in his exercise is a very important test of his character; and those who establish a system of education and gymnastic are not actuated by the purpose of applying the one to the improvement of the soul and the other to that of the body. They introduce both mainly for the sake of the soul." Without healthy conditions of body, then, the development of the mental and moral faculties may be seriously retarded and sometimes precluded.

Since healthy physical growth is important to mental growth, students of schools and colleges should receive ample opportunity for regular organized play under trained leadership. This would offset some of the habits of bodily sloth and the aversion to recreation to which some become addicted even in the prime of life. Although we have good facilities and there is sufficient time allotted for athletics at St. Dunstan's, all do not take part in the games, and many of those who do, participate only irregularly. A definite course in physical training and hygiene would be beneficial, particularly for the younger students entering in the high school.

In this, as in many other forms of collegiate work, we on this side of the Atlantic lag behind the European countries. In a recent speech commenting on this tendency, Mr. F. M. Van Wagner, assistant director of physical education at McGill University, raised the following pertinent question: "The urge in some of these countries may be to prepare for defense, but if physical fitness is desirable in times of war is it not equally desirable in times of peace?"

Cadet training is also a valuable aid to proper physical development. A correct stance, a proper method of walking and a better coordination of mental and physical faculties are some of the chief benefits to be derived. The realization that one acts unconsciously in the proper manner is of great benefit in conquering the self-consciousness which accompanies the awkwardness of youth.

Qualities of leadership and the development of character are other traits acquired through such training. That one who can command a group of men on the field can also provide leadership with the same ease in civil life is seen from the number of army men who are doing this successfully in every walk of life. Character is developed through

discipline which implies the training of the will. This is something against which the modern mind rebels and its lack is the cause of many false theories held by present-day youth. Fortunately, in colleges such as ours, the merit of this training is fully recognized, and, often noted by those of other creeds. Such observation prompted Mr. John Erskine, noted American writer, to remark that "Only in military schools and in the Catholic schools do the students receive the necessary character training."

Critics of the street corner, the armchair, and unfortunately, sometimes from the ill-informed of the campus, will endeavor to point out that cadet training is wrong. From a true conception of the state, obtained through an elementary knowledge of ethics and sociology, one sees clearly that, in order to attain its end, the State has certain definite rights and duties, as "the establishment of and direction of schools intended to prepare for certain civic duties and especially for military service" (Encyclical on the Christian Education of Youth). Since it has the duty to conserve and protect it has the right to assume control of such—even to conscript. In the province of Quebec, where this duty is fully realized, during the past year there were more cadets in training than in the rest of the provinces together.

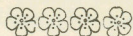
An improved system of physical and cadet training may soon be established in our college. It is to be hoped that students will realize the benefits to be derived from such training and will cooperate readily in this work.

In Conclusion

Once again the dead-line for *Red and White* has slipped around. Typewritten departments, essays and articles lie stacked in readiness for the printer. Our final message alone remains unfinished, and it is with a feeling of regret that we prepare it:

Honored with the responsibility of editing the Nineteen thirty-eight publications of our college magazine we have done our best to equal the success of our predecessors. We tried to have variety in the magazine, to have it well balanced, instructive and entertaining. A new department, the Soph Frosh Corner, was introduced and it met with such approval that we feel it should be continued. Whether or not our efforts have been successful rests on the judgment of the readers.

Before closing, a word of gratitude. We warmly extend thanks to the faculty for careful and experienced advice; to the members of the Staff for loyal service and co-operation; to the various contributors who have generously provided us with material; to the advertisers; to the willing and unselfish typists; and last, but not least, to our patient printer who awaits the conclusion of this message. Farewell!



Examinations are an involved problem. Certainly it is not right to place the student under complete subjection to the whim of one man per class. Neither are our examinations a test of appreciation, and is that not the important thing? It is interesting to note that many other universities have discarded term examinations in favor of more effective methods.—*The Sheaf*.

A college student is one who enters his Alma Mater as a Freshman dressed in green, and emerges as a Senior in black. The immediate process of decay is known as a college education.—*The Gateway*.

Life is one fool thing after another, and love is two fool things after each other.—*King's College Record*.

