

wracked body.

It is to counteract the tendency to starve the body in order to feed the mind, that school authorities throughout this country have instituted physical as well as mental training among students.

The value of athletics in an institution is incalculable. Between classes and lecture, when there is nothing to occupy the students' mind, the temptations are manifold. If he is of a studious nature there is always the danger of excessive sedentary life, if he be not of a studiously bent there are many worthless things to attract an idle mind. If he be of a weak constitution, disease and its consequence soon follow; if he be more robust although he may stave them off for a long time the results in the end are the same. Then too the athletic field furnishes the place where students of all classes and all walks of life meet on a common ground. It is the place where superabundance of youthful enthusiasm is gotten rid of. This athletic activity has increased the mental activity of many students and only the ignorant few now look upon the athlete as either a roughneck or a dumbbell. I like to think of "Whizzer" White, the outstanding athlete in 1938 and also one of the outstanding students in the country. He is only one of many

cases of this type too numerous to mention.

Here at St. Augustine's last year, of the 27 young men who were on the honor roll, over 75 per cent were athletes. The town and student riots which once characterized every college town are a thing of the past. We must agree with an eminent college president who said, "The athletic field and gymnasium does more to restore and maintain order among a group of students than all of the rules and regulations of the administration combined."

I like to reflect on the life of Walter Arthur Gordon, a young man of color who is and has been for a long time assistant coach at the University of California. The story of his life; how he overcame prejudices and held jobs never before held by a Negro reads like an Horatio Alger story. His position is unique; he is a well known figure in the Pacific Coast Conference. A quotation on a set of bookends of Coach Andy Smith, the man who gave him his first chance, is full of the fight, determination and "never die" spirit which now characterizes the athletic programs of schools and colleges throughout this country, reads: "God and the world loves a fighter, not the man who lies down bravely to die, but the man who fights like the devil to live."

The Tyranny of the Semester Hour

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If one should ask the typical college student what he is taking, his reply would probably be, "sixteen hours." Hours, credits, points these are the things which seem to count in our present educational

system. We think we have made progress in our higher education now that Greek and Mathematics are not prerequisites for a college degree; but many are not at all certain that hours and points a-