

The Guilfordian

GUILFORD COLLEGE, N. C.

PUBLISHED WEEKLY

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THE GUILFORDIAN
Guilford College, N. C.

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CALENDAR.

Wednesday, 7 p. m.: Sophomore class meeting; Girls' Glee Club practice; 7.30 p. m., Literary Club.

Thursday, 7 p. m.: Y. M. and Y. W. C. A. meetings; boys' chorus practice.

Friday, 7 p. m.: Literary Societies.

Saturday, 7.30 p. m.: Lecture, Count Tolstoi, Prof. Anscombe.

Sunday: Religious service.

Monday, 7 p. m.: Chorus practice.

Tuesday, 7 p. m.: Junior class meeting.

Wednesday, 7 p. m.: Freshman class meeting; Science Club.

FRESH AIR AND SOCIAL LIFE.

Our friends the germs do not like fresh air. Life out of doors as a preventive and cure for all diseases is coming into increased use as a therapeutic measure. Guilford's situation enables us to take unusual advantage of this—the best and cheapest of all medicines. The influenza has done us at least one service. It has forced us to hold two of our recent social events, not within the dusty confines of narrow rooms, but under the open sky by the light of blazing campfires. Here in the utter freedom of our movements the body gained a renewed strength. Here, far removed from any suggestion of our daily tasks, the mind could experience a perfect relaxation. The anxiety over the perfect adjustment of necktie or ribbon was replaced by the glorious liberty of old clothes. The tiresome formalities so often associated with the otherwise simple process of eating perished like germs in the open air. Why envy those who go to the mountains or seashore in search of pleasure when around Guilford there are as beautiful spots as can be found anywhere waiting for us to enjoy them and asking from us nothing in return.

We suggest that more of Guilford's social affairs be held out of doors. The weather need make little difference. Colds are not caused by cold air but by germs which ride on the dust particles in closed rooms. The spot where the barbecue was held is one of the most beautiful around Guilford. While the pig was roasting last Saturday some of the cook's assistants busied themselves with the task of putting the grounds in good shape for future affairs.

Two rustic benches were built. The cedars were trimmed around their bases and the ground was cleared up generally. A good stove for outdoor cooking could be easily built. Sunday school classes, societies, cabinets, boards, committees and other groups or organizations wishing to celebrate should make use of the grounds. They will find it much better than standing in a prosaic room nibbling at a cake and trying to make conversation.

One more essential improvement and the spot would be ideal. If the boys would carry through this fall the proposition inaugurated last year of repairing the old dam breast then our camp supper grounds would repose by the side of a lake. One good hard Saturday's work would do the job. Exercise is always more pleasant when there is something to show for it at the end of the day. If the present student body could create a lake it would not only make a permanent monument to itself but it would have a skating pond, swimming hole, fish preserve and a stretch of water for boating free from submarines and other perils of the deep. While the girls probably could not dig they could cheer from the side lines and furnish the refreshments. Why not try something which will be worth while and which will still further increase the growing desire at Guilford for the out of doors.

SPIRIT AND MIND DISCUSSED AT Y. M. C. A.

The regular meeting last Thursday evening was led by Berry Lee White and Joe White. The leaders spoke about two sides of the "Y" triangle, spirit and mind.

Berry Lee opened the meeting by reading the 22nd chapter of Prov. He then spoke briefly on the spirit of the "Y" work. "A good name is rather to be chosen than great riches," said the leader. We should take Christ into our lives and remember the words He said, "Behold I stand at the door and knock. If any man hear my voice and open the door, I will come in and sup with him, and he with me." Wood has no power to cling to a magnet yet steel does. If we listen to the proper voice we will be as the steel, attracted toward the Great Magnet which is Christ. God loves us all in the same way, but the reason some people are drawn closer to God is because they respond to Him.

If we take Christ into our lives, we will live true lives, we will not be shoddy workers. We will be as the chain the old blacksmith made which held the ship so safely in time of storm. The thing each and every one of us should strive for is a good name, and if we live lives worthy of a good name we will be consistent Christians.

Joe White then spoke of the mind. Physiologically it is the best protected part of us. Since we are given such a vital organ we are supposed to use it.

But the brain can't do its best if the body is weak or neglected. It is in a true sense the operator of the body. The mind is developed by usage. Don't use your mind for a hat-rack only. We go to public school, high school, and college to develop the mind. Intelligence is essential for moulding character and that is the object of a college train-

ing. Study while you are here. You owe it to yourself first, then to your teachers and the folks at home.

As I have said, "use your mind." Loafing during study hours is an abominable sin. It has truly been said that the idle mind is the devil's workshop. Hence the industrious mind never goes wrong.

"What doth it profit a man if he gains the whole world and loses his own soul." The same can be said of the mind. To be a true Christian we must possess intelligence. To grasp the fundamentals of Christian living, it is necessary to be mentally awake. In fact we must not only be a man in spirit and body but mind as well.

It is unfortunate that Stafford, who had been selected to discuss the body, was unable to be present, but his talk will probably be heard later.

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