

DISCIPLINE

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properly disciplining the mind. The matter of discipline enters into every phase of life, and those who are wise will studiously avoid permitting anything to enter their lives at school or throughout their career to make them miserable. Fear kills hope; worry and anxiety crush confidence, ruin the power to concentrate on any given subject, and really paralyzes achievement.

Young people, while you are forming character, forming your lives, discipline yourselves against fear and worry, dominate your environment. Our greatest enemies live in our brain only, in our imagination, in our wrong ideas of life. We should be conquerors instead of slaves, and there is no slavery comparable to a conviction that makes us cowards. Foolish ignorance mars the happiness of a lot of people who think there is something that is always working against them and trying to harm them.

Cut out these erroneous feelings whenever you feel the presence of this foe. Discipline yourselves and overcome this greatest enemy, called fear, and let it not gain control of your imagination, for that is all that fear and worry amount to; they are just imagination, so let nothing prevent you from getting the most out of your lives.

ATHLETIC NOTES

Our baseball squad is now cut down to eighteen men and they are having stiff workouts daily. Due to the good weather during the past three weeks the men have rounded into shape hurriedly and have overcome the early season soreness with very little of the rubbers' attention.

With Jacob Atkins, catcher; Bill Minthorne, first base; Alphas Norwest, second base; Charles Buchert, third base; and Dandro George at short; the infield is stronger than it has been for a good many years. Each man plays his position like a veteran. All were varsity men last year but Norwest. Last season second base was our weak spot, but Norwest plugs up that hole to perfection with a good arm, fine peg and lots of speed. He also handles the stick well. While DePoe, our star center on the basketball team, and Audette are so good that they keep Norwest traveling at top speed to stay in the lead. DePoe is also making a strong bid for the first sacker's job. With his height he would make an ideal first baseman, for he fields ground balls well, but is just a little weak at the bat.

With "slathers" of outfielders it will be easy to find three men to take care of the outfield position. At present Brendible, Abraham, and Alexander look a little like the best bets, but do not have a monopoly

on the jobs because of the many others working out each night.

Our pitching staff is the unknown quantity and will probably remain so till the first battle of the season. George Phinney, a right-hander, and Thomas Claplanhoo, a southpaw, look good right now, but the real test will come with the first game. Both have a fast ball with plenty of stuff on it, but Phinney has considerable control which gives him the advantage over Claplanhoo who still has a little difficulty in locating the plate.

Mr. Bent, athletic manager, is now busy with the schedule. It is very likely that our first games will be played with O. A. C. and the University of Oregon teams. As yet the schedule is not completed though many games are definitely arranged.

ACADEMIC NOTES

The Salem High School students brought in their grade cards on Wednesday morning for the fourth period; only two more six-week periods left in this semester. On account of two incomplete grades, the highest rating cannot be determined, however, the honor will fall to Wallace Morgan, Lawrence Davis or Frank Sookum James.

The classroom gives the teacher the ideal opportunity for instilling right ideas of courtesy. A clean floor, pupils attentive while the teacher gives necessary instruction, the habit of saying the right thing when one pupil must pass in front of another, make lasting impressions on the mind of a child who is forming his ideals of right conduct.

In teachers' meeting last Wednesday morning Miss McDowell discussed the chapter on Physiology and Hygiene. If Miss McDowell could be said to have a pet subject, we feel sure this is it. Last May seventy of her pupils took the state examination in this subject without one failure. Miss Connolly discussed the chapter on penmanship; Miss Connolly has taken special courses in penmanship and handled her subject splendidly. The teachers requested that Mrs. Brickell be invited to discuss the chapter on Home Economics, and Mr. Turner the chapter on agriculture, at the next regular meeting, April 11.

In the pupils' essays on "How I can Improve my Home" one beautiful sentiment is expressed: In each essay, through the medium of various forms of expression, is woven the thought, "There's no place like home," and several pupils declared they could not write on the subject because they grew so homesick no thoughts would come except an intense longing to see the old home and the dear ones it sheltered. However, these were the boys and girls who painted the most vivid pictures of home conditions and gave the best descriptions of the improvements they will make this summer. If in accomplishing the immediate purpose of the contest, a deeper, tenderer regard for the home is instilled, it will not be possible to measure the results attained in working out this project.