

GUIDANCE AND GOOD MANNERS FOR
CATHOLIC YOUTH - No. 2.

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GOING TO

High School
for Adolescents

by
Anne C. Treacy

ADX 5649

I'M GOING TO HIGH SCHOOL

**GUIDANCE AND GOOD MANNERS FOR
CATHOLIC YOUTH—No. 2**

By
Anne C. Tracey

"Learn of Me,
For I am the Way, the Truth,
and the Life."

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THE REAL MEANING OF GOOD MANNERS

A VERY kindly priest used to excuse the mistakes in etiquette which he noted in children by saying, "Well, it's not so much the *manners* but the *manner* that counts." He used to point out that if a cultured Chinese gentleman were to call on us immediately after arriving from China his manners would be all wrong as judged by our standards. But his *manner* would be *perfect*, courteous, serious, respectful.

Keep in mind that we may forget which fork to use at a formal banquet, and in our nervousness we may forget the right thing to say when introducing people. But if the manner is that of a lady or gentleman with a truly kind heart, nobody will think the less of us.

Many have perfected their *manners* but they cannot hide the hurried, indifferent *manner* of their greeting. Many never make a mistake in form but their manner lacks warm sympathy for others. With whom would you rather live, the man of perfect manners who really cares nothing for you, or the sincere friend who occasionally slips on a rule of manners?

Perfect manners can be learned by a selfish, smart person with nothing but contempt for his fellows. But the kindly manner, the royal manner, the kingly manner that bespeaks a warm heart can come only from a true man and a true lady.

And how can one become a true gentleman, a true lady? How can one learn to treat everyone—the rude, the noisy, the impolite, the irritating, as well as the pleasant person—how can we learn to treat every person with good manners, a kindly manner, yes, with love? The answer is known to you. The Catholic boy and girl know that they must love their fellow men because in them they see Christ. This is the true spirit of Catholic manners.

St. Thomas, Patron of Studies

AT the foot of the Cross in his dimly-lit Dominican cell, young Thomas Aquinas knelt in fervent prayer before his Crucified Lord. Early in life, he had learned that every problem could be solved by bringing it to the Source of all knowledge. It was beneath the crucifix in his room that he found Light in darkness, Joy in sorrow, and Calm where there had been trouble and difficulty.

Thomas was a big, shy, industrious boy who preferred to remain in the background. His fellow students, unaware that he was far more brilliant than the brightest in the room, poked fun at him, and sneeringly called him the "dumb ox." It wasn't long before they realized their error; for as the years went by, his intellectual gifts won for him the acclaim of the whole world. Today, he is considered the greatest thinker of the thirteenth century.

In the Cross and in his love for the Holy Eucharist, Thomas drew inspiration and strength for his most difficult tasks. Every boy and girl is bound to meet many obstacles in school and in their association with teachers and fellow students. If they would learn, like St. Thomas, to go straight to the Cross for inspiration and to the Holy Eucharist for strength, their difficulties would soon disappear.

"Learn of Me, for I am the Way, the Truth, and the Life" is the Great Teacher's invitation to all who seek a solution to the problems of life. Thomas followed the recommendation of the Master, and today, he is the patron saint of students. Following his example of work and prayer, thousands of boys and girls have found the secret to a successful and happy life.

1. The Real Meaning of School

The art of being well-mannered is one of the most important accomplishments of school days.

Cardinal Newman tells us that a gentleman is one "who never knowingly inflicts pain." A true gentleman or lady

is not necessarily one who is born to a title or riches, for the rich as well as the poor must learn the art of being well-mannered.

Manners are acquired. Every thought, word, and action by which an individual could offend others must be guarded. At home and in school, there are numerous daily contacts with parents, teachers, brothers, sisters, and classmates which require great skill so as not to give offense to anyone. A selfish person is inconsiderate of the feelings of others, and can never be considered well-mannered. A gentleman or lady is always kind, respectful, and generous. This is the secret of winning friends and of leading a successful and happy life.

Your School

"There's my school!" exclaimed Billy with an air of pride, as dad drove past Cathedral School one Sunday afternoon. "What do you mean," teased his sister, Joan, "your school?" "Oh, you know what I mean," said Billy. "You're jealous, because your school hasn't the spirit we have at Cathedral!" Dad tactfully changes the subject, for he had heard the children argue this point for the hundredth time.

Dad, however, understood Billy's pride in his school, and he was secretly delighted with the boy's enthusiasm for it. For this boy of thirteen, there was great affection and esteem for his school. It was a real bond of friendship!

Other boys, like Billy, would battle for its fame on the football field and in all athletic contests. These same boys would carry its ideals through life to uphold its teachings, traditions, and principles.

LIVING IN A GROUP. School was actually Billy's second home. It was here that he learned to live in a group and to mingle with students and teachers. He soon realized that consideration for the feelings of others was important, especially in a group composed of girls and boys who were striving to become educated ladies and gentlemen.

Billy was one of the most popular boys in school. He

understood that in a large group rules and regulations were necessary to avoid disputes and friction. His classmates elected him to the school council, and he was active in many clubs. Never "bossy," he had a kind word and a smile for all, especially for those who were younger, or somewhat new and shy. The boys and girls he met in school formed a small group in comparison to the larger society of the world in which he would soon take his place. But he was following the rules and learning the lessons of co-operation and consideration which were to make him a valuable part of society when he left school.

A CATHOLIC EDUCATION. Boys and girls who have the opportunity of going to a Catholic school can never be too grateful to their parents and to their Church for this great privilege. No one can dispute the fact that a Catholic education which trains the mind, the soul, and the body is the best form of education. For this reason, as a Catholic student, you are expected to excel in courtesy, truth, and courage. Frequently, persons outside your religion are apt and even eager to condemn your Church and your school for the conduct of even one student who is not very representative of the group.

A student of a parochial school must be not only a gentleman, but a Catholic gentleman. He is kind and considerate not only because he finds these qualities in others, but because they are Christlike virtues. He will manifest a higher respect for law and be a better citizen, because he knows that all authority comes from God. If the boys and girls who are graduated from our schools uphold the ideals of Catholic gentlemen and Catholic ladies, the world will not ask why we need Catholic schools!

Your Teacher

It is generally known that in China, the land of gentle manners, the relationship between pupils and teacher is one of real family spirit. The teacher considers his pupils, not as parts of an assembly line, but as his children. That is the

true relationship that should mark the association of teacher and pupil.

“Here is my daughter, Jane,” said Mrs. Jerome, presenting her to Sister Mary Grace. “Teach her whatever she must know to get along successfully in life, and develop her character so that she will lead a worthwhile and happy life.” In accepting Jane, Sister assumed the obligation of a parent while Jane was under her care. With this obligation came the duty to enrich Jane’s mind and the right to discipline Jane if she needed correction. As for Jane, she realized the need for developing her mind, and for acquiring those virtues which would ennoble her character. Both teacher and student were bound by an unwritten contract to fulfill their obligations.

A NOBLE VOCATION. “Go and teach” was the command the Divine Teacher gave His Apostles. In the centuries that followed, thousands of young boys and girls, every year, all over the world, have joined the Priesthood and the teaching Sisterhoods and Brotherhoods. The Great Teacher loved children, and His religious followers in the classroom have dedicated their lives, in imitation of their Master, to the teaching of youth.

The life and destiny of every child is precious to the heart of a teacher. The Priest, Sister, or Brother seeks no other reward than the best efforts of their students; their greatest happiness is the joy of seeing them lead virtuous lives.

GETTING ACQUAINTED. The average boy or girl, who doesn’t expect special privileges, soon realizes that teachers are quite human! They enjoy being greeted cordially and respectfully. They are willing to help you in your difficulties, even though it requires their valuable hours after school. Teachers appreciate your confidence, enjoy talking to you, and are always willing to offer you advice and sympathy in your problems and difficulties. Make a real friend of your teacher, and you will find how interesting your school can be.

The title of *Father, Brother, or Sister* is a noble one! Your teachers willingly give up many of the privileges and the joys of life to acquire it. Use it graciously and respectfully and treat those who bear it with consideration and respect. Religious teachers dedicate their lives to Christ in an effort to become God's gentlemen and gentlewomen.

Your teachers follow a religious rule of life and endeavor to perfect themselves in all the virtues. Your daily association with them should be an inspiration and encouragement to you to lead better lives. It is difficult to imagine a boy or girl who would be bold or defiant to one of God's representatives or who would lie or try to deceive one of them. Only a spoiled child would be rude or discourteous to his teacher. These are defects of character unworthy of a Christian gentleman or lady.

THE "STRICT" TEACHER. Have you ever heard a schoolmate say, "What a strict teacher we have! She gives us too much homework and too much studying to do!" Can you picture a class where the teacher was easy and the students did as they pleased? You would soon become dissatisfied, for in a classroom without order or discipline, the students would find it impossible to learn anything.

In later years, boys and girls will cherish the memory of a "strict" teacher; not strict in the sense of being cruel, but a teacher who required work and silence during class hours. During recess, or even occasionally in class, a strict teacher will relax and join in the humor of a funny situation. But a sensible pupil will realize that a teacher must maintain order in a classroom to accomplish anything worthwhile.

Your Classmates

BE FRIENDLY. Your school is a small world in which you live the greater part of the day with the same companions and teachers. The ability to develop friends during your school days will be of value to you throughout life. Go out of your way to make friends and to be well liked by everyone.

Sally doesn't have to do Mary's homework, but she can assist her if she needs a little help. Be ever ready to do favors for others, but don't let them take advantage of your kindness. It is polite to pay attention to a classmate who is reciting a lesson. You will want the same courtesy when you are called upon to recite.

Be modest about your talents and don't act important with others who may not be as gifted as you. Kindness and modesty develop real friends, but snobbishness will keep people away from you. Carry a smile and a kind word for those pupils in the lower grades. Don't try to make them take orders from you.

If you will learn to develop real friends during your school days, you will have acquired the art of making friends throughout life!

CHOOSE WISELY. It is a well-known saying that you are known by the friends you choose. If you are always seen in the company of rude, ill-mannered boys or girls, you will be judged accordingly. If your companions are gay and lightheaded students who are indifferent to school work, people will judge that you, too, are thoughtless and frivolous. Choose companions whose personality and good manners will make your friendship sincere and worthwhile.

Be careful not to select for your friends those who are vulgar in speech or in their actions. Choose those whom you admire for their character and conduct and whom your parents will be glad to welcome at home.

2. How to Study

You can eliminate half your difficulty in school by learning how to study. Knowing how to study lends skill to a student and assures progress in his work.

Bill was always a worry to his parents and teachers! He was considered a day-dreamer. Never in any serious trouble, he just managed to avoid complete failure in school. His only ambition was to forget school, to graduate, and get a job.

Bill left school at a time when he didn't have a serious thought in the world! Unambitious, untrained to study, unskilled in every way, he sought a job, almost any kind of a job. Day after day, he met with discouragement, for he actually had nothing to offer any employer.

Time rolled on and Bill secured a job in a factory. It lasted but two weeks. His employer soon found out that Bill didn't care to work and, particularly, didn't know how to work. He moved from job to job, never fitting in anywhere. Bill drifted through life a failure, realizing all too late that success depends greatly on knowing *how* to work—a skill he could have acquired early in school.

Conditions for Study

From the feeble light of a log fire and the glow from an oil lamp, Lincoln and Edison learned early in life the priceless habit of study. Handicapped by poor lighting and a scarcity of books, these boys nevertheless devoted several hours to study each day to improve their minds.

The average boy or girl today has the advantage of modern school buildings and expert teachers. They come from excellent homes where parents are only too anxious to aid their children in securing a good education. Within a short distance libraries and museums contain vast treasures of information. All of these opportunities for gaining knowledge are a challenge to the child who is interested and knows how to study.

GOOD HEALTH IS IMPORTANT. No one can study effectively if his body is not in first-class condition. A pupil must have plenty of sleep so that his mind is keen and alert. Parties and shows during the week are out of place, for they do not mix well with lessons. While you attend school, your biggest job is to acquire an education, knowing that this opportunity comes only once!

Get as much exercise as you can on the playground, for this will keep you physically strong and your mind active. If you are physically weak or undernourished, your ability

to do mental work will be lessened. Eat a hearty breakfast to start the day off right. Eat regularly, avoid too many "sweets," and at the principal meal eat a certain amount of spinach, carrots, and other vegetables. Fruits and fruit dishes are preferable to pies or cake after a regular meal.

Don't be afraid to wear glasses if you need them! If you can't see from a distance or if your eyes twitch nervously, or if reading gives you a headache, see your doctor; eye trouble, unless corrected, may spoil your chances for success in school and in business.

THE PLACE FOR STUDY. A quiet atmosphere is important for worthwhile study. In class, in the study hall, and at home, you must work in an atmosphere of quiet and with as few interruptions as possible. A few moments of attentive study each day are worth more than hours of study when you are constantly distracted.

In order to study at home, select a place free from interference: your own room, if you have one, or any place where the family is not around to disturb you will be satisfactory. Your study room should be in a quiet place where you have a good supply of paper, pens, ink, blotters, and everything necessary for work. And, remember, you can't study with a radio blaring or where the telephone is constantly ringing.

A room that is too warm or too cold is uncomfortable for studying. A temperature of seventy degrees is satisfactory for the average person. Make sure that you have sufficient light and that it comes from above and somewhat behind you. Light from over the left shoulder is ideal for reading purposes. All of these conditions increase your efficiency as a student.

ORGANIZE YOUR TIME. Mary and John have been star students through all their years at school. They have a certain time for work and a set time for play. They also have a plan of study. First of all, nothing interferes with their specific time for studying at home. After that they

arrange a few hours for fun, sports, and social activities. This plan enables them to be not only first-rate students, but leaders in athletics and social affairs as well. It also gives them confidence and a certain satisfaction in knowing that they are using their time profitably.

Knowing "How to Study"

1. **PROMPTNESS.** Begin work without losing five or ten minutes. Immediate action is half the battle won! Have your homework assignments in a little notebook; paper, pen and reference books should be handy in order to start promptly.

2. **REVIEW.** Recall what points the teacher emphasized. Review the lesson and then work the problems or answer the questions. The review will give you the important relation between the explanation and the problems you must solve.

3. **ENERGY.** Work consistently. Don't day-dream. If you catch yourself slipping, get back "in the groove." You will be amazed at how much you can accomplish in a few minutes of real work.

4. **MASTERY.** Don't be satisfied with anything less than perfection! Get the right answer, not any answer.

If you are studying a lesson, read it carefully, picking out important words and sentences. These will serve as key connections to the thought of the entire lesson. Mastery will come with several reviews of key impressions.

5. **TESTING.** Check yourself! If you think you know the lesson, test yourself with certain questions on the reading covered.

6. **INDEPENDENCE.** Do the work yourself! Don't lean upon sister or brother or your parents for aid. If you acquire something by yourself, it will remain with you longer than if someone else assists you.

7. **MEMORY.** Try to know a lesson as a whole. Read it and then recite it to yourself. Don't merely read it over and over. If you have a long lesson or poem, try to break the material into smaller sections. After these are studied,

they can be joined and even a long poem can then be recited as a whole.

Never memorize a lesson unless you are told to do so. It is more important to understand its meaning than to memorize it and be able to recite it without understanding its meaning.

8. AMBITION. Work to be perfect! Don't work to avoid punishment or merely to pass. Try to do everything well! If you are not considered brilliant, do your work as well as you can. Try to *master* what you have studied.

A Golden Opportunity

While you still attend school, you have a golden opportunity to acquire correct habits of study and work. If you leave school and have not learned how to analyze and organize your work, or have not the skill to tackle a job thoroughly, you have missed one of the most important lessons in school.

Great industrial leaders attained fame through their clear thinking ability; outstanding generals in the history of the world were noted for their plans of strategy; and the success of every great man can be traced to his power of vision, his organization of work, and his mastery of the situation.

The school boy or girl who is not afraid to work, who knows how to organize his lessons, and is willing to spend a few hours of intense study each day, is building a solid foundation for a successful and happy future.

3. School Spirit

School spirit is the union of mind between teacher and student; it is a combination of their efforts to uphold the ideals of the school.

Dawn was slowly stealing across the Notre Dame campus. From halls and dormitories on this brisk autumn morning, students, huddled in overcoats and jackets, were

hurrying in the direction of the University chapel. It was the big day of the Notre Dame-Southern California football game.

The "Fighting Irish" could always be counted on to uphold the athletic prowess and gallantry which made the name of Notre Dame famous throughout the nation. But that morning in Our Lady's chapel, the entire football team, together with a great number of the student body, kneeling at the Communion rail, were upholding far greater ideals of Christian conduct than the world at large ever dreamed of. This constituted the real school spirit of Notre Dame!

When the "Fighting Irish" met the Trojans that afternoon before thirty-five thousand howling fans, they exhibited a brand of football which had made their name feared throughout the world of sports. These two teams were the outstanding giants of the football scene; but Notre Dame was never more brilliant than that afternoon when it triumphed over the Trojans by a score of 27-6. With this victory there came the most coveted honor of the year, an invitation to the Rose Bowl game.

To the thousands of fans, many of whom were not even alumni of the school, the courage and gentlemanly conduct of Notre Dame's fighting team represented the ideal in school spirit. They were proud to recognize and applaud a school that turned out such fighting gentlemen. Only a few, however, knew the secret of the real spirit of Notre Dame—that spirit composed of gallantry, studiousness, and religious sincerity which formed the heart and soul of the real men of Notre Dame.

What Is School Spirit?

THE SPIRIT OF STUDY. The most important element in school spirit is an enthusiasm for learning. A school is misnamed if its students do not strive to excel in their studies; lazy pupils waste the time of teachers and their fellow classmates. To excel in any subject requires constant effort; it is a pupil's first responsibility. True school spirit exists when pupils are attentive in class and faithful in doing the

work assigned to them. Success awaits those students who make the best use of their time in school.

A school's efficiency is frequently judged by the quiet and order which prevail in the corridors and in the classrooms. A visitor's impression of a school will be favorable if he observes a businesslike atmosphere throughout the school. He will not think too highly of a school if he is brushed off his feet in the rush that follows class dismissal. Cheers, loud talking, and laughing detract from the studious atmosphere of a school.

A SPIRIT OF CO-OPERATION. A fine example of school co-operation is "Happy" Nelson. He insists on everyone pulling together for the good of the school. He encourages his classmates to join the teams, to participate in class and school parties, plays and musical activities, and to support every interest of the class or the school.

"Happy" is a member of the school council and arranges for the maintenance of order in the halls, cafeteria, and auditorium. He is willing to do his part to make a success of the scrap paper drive and the Mission Crusade; he collects Thanksgiving baskets for the poor; and joins in all the activities sponsored by the school. It is boys like "Happy" Nelson who learn the meaning of co-operation at school that is so essential to leadership and good citizenship in life.

A SPIRIT OF COURTESY. There are many occasions for practicing courtesy in school. In class and in the corridors, in the cafeteria and in the auditorium, you have an opportunity to prove that you are considerate of others' feelings. It is very easy to develop bad habits when you are always surrounded by the same companions. You can't afford to be less courteous and considerate at school than you are at home.

A school where the spirit of courtesy flourishes, where students greet one another with ease and friendliness, and where at least the elementary rules of politeness are observed can well be proud of its school spirit. This spirit produces ladies and gentlemen truly worthy of our Catholic schools.

A CATHOLIC SPIRIT. The life of St. Francis de Sales should be an inspiration to all who aspire to be Christian gentlemen. It is related that a certain Monsignor complained to St. Francis that he showed him too many marks of honor and respect. St. Francis simply replied, "but, Monsignor, do you make no account of Jesus Christ Whom I honor in your person?" This should be your motive in even the smallest act of kindness and courtesy.

Every Catholic child should strive to attain higher ideals than mere courtesy and good manners. These qualities should spring from an inner desire to be kind and considerate for the love of God. This makes a virtue of our human acts of goodness because we see in our fellow students brothers and sisters of the Christ Child Himself.

Your school should enjoy a very high reputation not only for the courtesy of its students but especially for their religious conduct. Frequent attendance at the Holy Sacrifice of the Mass, regular reception of the Sacraments, and daily visits to chapel or the nearby church should be part of your school spirit and tradition.

People will judge a Catholic school by the conduct of its students. They expect Catholic children to be more honest, more considerate of the property of people, more truthful, and more careful of their language than those boys and girls who do not receive the advantages of a religious education. People will learn to respect you and have a high regard for Catholic schools when they witness the effect of religion in the conduct of Catholic children.

School Regulations

ORDER. Every school, no matter how small must have rules of order for the safety of the entire school. Every student must learn to keep to the right in the corridors and follow the rules for going up or down stairs. There must be no loitering in the hallways or on the stairs for it is a hindrance to traffic and can frequently be the cause of serious disaster. West Point students are told that winning battles requires organized and co-ordinated effort on

the part of the entire force and this can be attained only with orderly troops.

When students enter industry or business, they will find that order is a most important rule for production and the safety of workers. In school every student must be alert for drills and follow the rules of walking in silence until each one reaches his destination. It requires that impatient Tom keep in his place and await the signal until class is dismissed. It restrains Betty from breaking away from a line of traffic and bumping into several people in order to make a bus on time. Rules of order are for the protection of everyone; they protect the life of a fellow student when fire or danger threatens, and they impart to a group a sense of security and safety.

CLEANLINESS. Benjamin Franklin considered cleanliness one of the most important virtues in life. He advised people to "tolerate no uncleanness in body, clothing, or habitation." Pupils, particularly, must share with one another the responsibility of keeping their classroom and the surroundings of their school clean. Any boy or girl who is attentive to personal cleanliness will also be careful to preserve the neatness and general good appearance of the school.

Perhaps no place reflects the manners of a student body so effectively as the cleanliness of the lavatory. Anyone who is guilty of writing on the walls or on the doors is not worthy of associating with decent people.

Every student must learn to co-operate in order to keep the school immaculately clean. Papers and waste material should be dropped into the receptacles placed for them. This will keep unsightly paper, apple cores, and strings from littering the classroom floors, the corridors, the cafeteria, and the walks on the outside of school.

Another important rule of cleanliness is to return things after you have used them. Put a chair back in place, return trays to the special table or counter in the cafeteria, and place art and science materials in their proper closets or drawers.

The most important rule to remember is to keep your desk in order. Don't pile the inside of your desk with waste paper and comic magazines. You should likewise see that waste paper is not scattered under and around your desk. The appearance of every classroom and of the school premises depends upon the co-operation and pride of every student in the school.

ON THE WAY HOME. It is often said that your manners are an open book in which people read what you are on the inside. Discourteous students bring discredit to themselves and to their school by their misconduct after school hours.

Loud talking, yelling, pushing, and quarreling in the streets when school is dismissed make a bad impression on persons who observe you. On street cars, trains, and buses, students disgrace their school uniforms when they crowd and push grown-ups, neglect to offer their seats to elderly persons, or cause annoyance to the individuals in charge of buses and street cars. The conduct of only a few rowdy students can harm beyond measure the good reputation of a school.

Your school spirit should never be better than when you are on your way home from school. Practice your good manners on the street, in stores, at the theater, and on street cars and buses; courtesy and good manners are really genuine when practiced always and not just when the eyes of teachers and parents are upon you.

HEAR YE, HEAR YE!

By a majority of some 100,000 pupils, one of our large city school systems adopted the following Code of Behavior:

1. I will never knowingly, by word or deed, injure anyone's person, feelings, or property in any manner.
2. I will always respect the religious beliefs of others as I will respect my own.

3. I will show courtesy to other people at all times, particularly to my elders.

4. I will abide by the laws and regulations of my school and community.

5. I will be honest with myself and others and I will practice cleanliness of mind and body at all times.

4. Sports and Health

To learn the value of courage and endurance, to play fair and courteously, to learn how to accept victory or defeat—these are important in living a good life.

Knute Rockne, famous Notre Dame coach, frequently said that the finest gentlemen he knew had developed their character and manners on the playgrounds and in athletic competition. Any boy or girl who plays on teams and learns how to play according to the rules of the game is preparing to be a useful and popular member of society—courageous, sincere, friendly, and courteous.

YOUR HEALTH. Millions of American men and women attribute their good health, speed, balance, poise, and general physical well-being to the games they played in youth. Sunshine and out-of-doors sports help to develop fine and healthy-looking boys and girls. Regular and daily exercise in the gymnasium or on the playground is necessary for every growing boy or girl who wishes to remain healthy.

Do you stand awkwardly, bend your head and shoulders while walking, bite your fingernails, or display other nervous habits? If so, you are in need of exercise to develop good posture and to attain self-possession. You can correct your defects by being aware of them and trying to improve your habits. An easy way to develop poise is to exercise in the gymnasium or to play baseball, volley ball, basketball, or football. These games will help to correct bad physical habits. Exercise builds strong fine bodies and helps to control muscles. It is also a means of using up that nervous

energy which some young people exert in chewing fingernails and drinking chocolate double malteds.

It is true that a good education is your chief purpose in attending school. However, some few students ruin their health by studying long hours and not taking sufficient exercise. Try to lead the class but don't neglect your health in reaching your goal. An ancient wise man stated this truth quite simply when he emphasized the importance of "a sound mind in a sound body." It is especially important that boys or girls who work too hard and play too little should take up some healthful form of recreation. There must be a proper balance between study and recreation.

FRIENDSHIP AND SPORTS. John and Jane who are members of class teams, as well as Bill and Barbara who play on the school teams, will discover that participation in games helps them to meet people and to form lasting friendships. The opportunity of associating with team members, of meeting the plays on opposing teams, or dealing with referees and scorekeepers provides important experiences which will be of great value in later life. The development of a winning and pleasing personality is the reward of those who learn the rules of true sportsmanship.

A GOOD WINNER. Oliver Wendell Holmes has given us this humorous but accurate description of the true sportsman:

"To brag little, to lose well
To crow gently, if in luck
To pay up, to own up
To shut up if beaten—
Are the virtues of a Sportsman."

"All the world loves a winner," and this is especially true of the boy or girl who knows how to win gracefully. Bill Smith may be the star halfback on St. Paul's football team, but if he boasts of his personal skill and doesn't give credit to his teammates, he will soon be unpopular with everyone.

No one likes a braggart. If Bill is an outstanding athlete and is also modest, he will be one of the best liked boys in school.

An athlete who is strong, clever, and courageous is admired by all; but he will be even more popular if he is also unselfish and considerate of others. A good winner never gloats over his rival, never "rubs it in." He realizes that anyone who boasts may soon be a failure; and instead of sympathy, he will receive nothing but scorn from his former friends.

A GOOD LOSER. Playing the game means that you must be a good loser as well as a good winner. If you lose a game, don't blame the umpire, a member of the team, or the coach. Everyone despises poor sportsmanship. Don't blame the loss on a weak ankle, a sore arm, or a poor decision. Silence is much better than a poor excuse. After a game, it is customary for the loser to congratulate the winner. That is the essence of true sportsmanship.

Hints on Playing the Game

Don't be a player who whines or demands special privileges.

Don't become excited and lose your temper.

Accept defeat without bitterness or malice.

Dishonesty is unworthy of real sportsmanship.

The loss of a game is not the end of all things.

Turn defeat into victory by being a good sport.

GRANDSTAND COURTESY. Strangely enough, the worst offenders against the code of good sportsmanship are frequently found among the spectators at a game. Rivalry never should be so intense that the fans feel they have a responsibility to settle the contest by fist fights or name calling during or after the game. Just as athletes must be courteous and careful of the reputation of the school, so, in like manner, must the fans and rooters do nothing to lessen the reputation of the school for sportsmanship.

The rooters should receive the opposing team with a welcome cheer and not with cat-calls, boos, and abuse. The conduct of the rooters at a game is a reflection on the school. Unfortunately, it is frequently necessary for the officials of schools to discontinue all contests when the rivalry develops bad feeling. Contests should promote friendly relationships among the students of rival schools and not be an occasion for bitter rivalry and bad manners. A serious offense is the marking and disfiguring of rival school buildings. This is a form of vandalism and rowdyism unworthy of any pupil.

Life Is a Game

These famous words of General Douglas MacArthur stress the importance of play for every boy and girl:

“On the fields of friendly strife are sown the seeds which, in other years, on other fields, will bear the fruits of victory.”

This quotation can well apply to Steve Crane. He was a star athlete at school. He neither smoked nor stayed out late; he had the makings of a true champion. He was modest, self-confident, honest, unselfish, and played the game according to the rules. He realized he had to play the game fairly or lose the friendship and respect of his schoolmates. Steve had learned the meaning of a gentleman.

When Steve left school, the qualities he had acquired were to be of great value to him. They taught him to be a better employee and a better citizen. He continued to follow the rules and regulations and accepted the decisions of those in charge. He was promoted from one position to another. In time, he became a great leader in business life, just as he had been an outstanding athlete and student at school. He had trained well and when the test came, he met it like a champion.

Steve never forgot that he was a Catholic gentleman. He discovered that religion and sports were very closely re-

lated. The Church, too, had its regulations and also an umpire to make decisions. Steve had learned early in life that every violation of a rule carried a penalty. By following the rules, success and happiness were assured.

Steve realized this important truth: the practice of religion required great courage, sportsmanship, and sacrifice, but success in this game was most important, for it brought the greatest reward of all—an eternal one.

5. Society in School

The art of getting along with everyone in school will be one of your most priceless possessions in later life.

Employment counselors whose life work is to help people secure jobs and keep them know well the reason why people lose jobs. What do you think it is: Lack of brains? Lack of "pull"? Lack of hard work? No. By far the most frequent cause for losing a job, according to the records of employment counselors is this: *Inability to get along with other workers!*

Your school offers you many opportunities of associating with schoolmates and teachers and of acquiring tact and consideration in dealing with them. John and Mary may lead quiet lives at home, but the daily unavoidable contacts in school present the problem of getting along smoothly with others. The basic rule to remember is this: *Each person is just a little different from his neighbor, and must be treated with individual respect and courtesy.*

Bill is a silent, studious boy; Joy is a lighthearted fun-loving girl. Bill is furious when some happy, thoughtless lad greets him with a slap on the back that almost knocks him off his feet. Joy is sad if she isn't surrounded by laughing companions. These are just two types of classmates whom you should try to understand. If you can learn to respect the personality of each, life will be much more pleasant and livable for everyone concerned.

RESPECT FOR ANOTHER. In a democracy, people learn to respect the rights of their fellow men. Whether an individual differs in race, religion, or color, our Constitution grants him certain rights which no one can take from him. Each one of us yearns for the esteem of his fellow man, and this desire imposes duties of respect as well as the right to the same treatment from others.

The sad tragedy of war is proof of what happens when a nation loses respect for the rights of other nations or for a certain group of its citizenry. This same hatred and enmity follow when individuals fail to respect the dignity of other fellow human beings.

As Catholics, we have a greater responsibility toward our neighbor. Our religion teaches us that we are all children of God, whether Negro, Jew, Protestant, or Catholic. We are all brothers and sisters under the common Fatherhood of God. We know that Christ died to have *all*, making no distinction in His love for mankind. Mankind is made up of just one human race—not of many races. Our conduct must reflect this belief. Consequently, we can never dislike another just because he is Irish, German, Scandinavian, Negro, Jew, or Protestant. We must avoid using nicknames which are objectionable to any particular class of persons.

LEARNING TO BE SOCIABLE. Frequently, you have heard classmates called *girl-crazy*, *girl-shy*, or *boy-crazy*. These terms are given to individuals who show too much interest or lack of interest in the opposite sex. There must be a sensible and cordial relationship between boys and girls. School friendships should not be confined to those of your own sex. Boys and girls should learn to be natural and friendly in one another's presence. Awkwardness or bashfulness is an indication of lack of social poise in the presence of the opposite sex.

Naturally, girls are attracted to boys who are neat and friendly and avoid boys who are careless in their appearance or rude in their manners. However, a boy should not

become over-interested in girls and try to impress them with his clothes or with his sleek hair encouraged by a daily oil shampoo. Be neat, but don't overdo it.

Are you shy in the presence of others? When boys and girls are gathered for a club meeting or a social dance, learn to mingle with as many as possible. Boys frequently form a little group of bystanders and refuse to be sociable. They like to be with the *gang*. This is rude at a mixed party where boys and girls should learn to mingle naturally and pleasantly. There is a time for boys to stick together, but it shouldn't be at a club meeting or at a social dance where the purpose is to develop a spirit of friendliness and fun.

SCHOOL SOCIALS. Try to attend school or parish dances. If you are invited, be glad of the opportunity to develop some social qualities. If you are seldom invited to school affairs, you had better examine yourself and find out what is wrong. Perhaps you are too silent, too rude, too awkward, or can't dance. Every boy and girl must learn to acquire early in life some of the qualities expected of gentlemen and ladies.

Learn to dance. You may never become a ballroom dancer, but try, at least, to develop a few simple steps. Move easily and as gracefully as possible around the dance floor without stepping on your partner's toes or bumping other couples who are dancing. Don't leave a girl stranded in the center of the dance floor after a dance, but see that she finds another partner. Introduce her to your friends. Dancing with the same partner continuously is not in good taste, particularly when you know most of the boys and girls at the dance.

True friendship between boys and girls rests on high ideals and good manners. While boys and girls are attending grammar and high schools, the relationship between them must be one of friendship and respect. Steady dating is *silly*. Occasional dances or shows may be in order on the high school level, but keeping steady company should not develop

until you have been graduated and your future is settled and financially secure.

LOOKING YOUR BEST. Dress simply and comfortably for school. Neatness is more important than expensive clothing to appear attractive. If you wear a school uniform, keep it in good condition. It should always be well pressed, clean, and spotless in appearance. When wearing a school uniform in public, be careful of your conduct; your actions or conversations will be a reflection on the reputation of your school.

It is always safe and time-saving to arrange your school clothes before you retire in the evening. Hair-breadth Harry, half-dressed and still munching on a breakfast roll as he hurries to school, is certainly not going to win the school's award for personal appearance.

A trim uniform, a clean face, sparkling teeth, and well-polished shoes will perform miracles in giving you a fresh, enthusiastic start for school.

Training for Leadership

SCHOOL ORGANIZATION. John has a right to look proud and happy in his school traffic uniform. He is developing splendid civic qualities when he acts as a safety officer in school. He has an important responsibility for he must protect the safety and lives of others. Because of this training, some day he may be called upon to take a greater responsibility in the affairs of the community in which he lives.

Every pupil should be concerned with the practical problems of school life. School is a form of democracy where pupils become a part of the school organization just as a citizen shares in his country's government. Some are chosen to hold office, to make decisions, and to see that they are carried out; others co-operate by obeying the school rules and accepting in good spirit the penalties for violating them. Democracy works to the interest of all.

JOINING A CLUB. Mary is a real "mixer"! She is a member of two or three clubs, for she enjoys being with people and sharing in their activities. Her principal interest is centered in *Our Lady's Sodality*, of which she is president. It is actually the center of her social life, for she is always planning little affairs to promote interest in the Sodality and in its mission. She is laying the foundation of a genuinely fine Catholic life.

Being a member of a club helps to develop your character and personality. For those who like music, the band and orchestra supply an excellent means for developing talent. No pupil will ever regret being a writer on the school newspaper staff or being a member of the debating or dramatic clubs. These activities develop real leadership for those who enjoy writing or speaking. Every pupil should make use of his talent in those clubs which will help most to develop his personality. By acquiring a skill in music, art, or public speaking, you will find your popularity increasing and your companionship greatly in demand.

PARLIAMENTARY RULES. There are certain rules which control the smooth running of any meeting. These rules of order may be summed up in what is generally called Parliamentary Law, and this determines the procedures to be followed in controlling the discussions of a group of persons in a meeting. It comprises the following simple rules:

1. There must be a definite order of business. It is usually as follows:

- a. Meeting called to order by chairman;
- b. Minutes of the preceding meeting are read;
- c. Report of committees;
- d. Unfinished business;
- e. New business;
- f. Meeting adjourned.

2. Courtesy and consideration for everyone must prevail. This principle gives everyone the opportunity of speaking without interruption after receiving permission

from the chairman. Whispering or any disturbance is out of order.

3. The rule of the majority is followed. Everyone is entitled to express himself before a vote is taken. When the vote is counted it is the duty of all to carry out the majority vote even though the decision is disagreeable to some.

These are the principal rules. There are other rules, such as making motions, method of electing officers, and various other minor regulations necessary for running an orderly meeting. Everyone should be familiar with at least the basic rules, for the ability to conduct a successful meeting and to participate intelligently in discussion is an important asset to success in life.

EXERCISES AND ACTIVITIES

LESSON I

TOPICS FOR DISCUSSION. Several pupils should volunteer to give a two-minute talk on each of the following statements:

Cardinal Newman tells us that a gentleman is one "who never knowingly inflicts pain."

Manners are acquired; the rich as well as the poor must learn the art of being well-mannered.

No one can dispute the fact that a Catholic education which trains the mind, the soul, and the body is the best form of education.

Choose sensible companions whose personality and good manners will make your friendship sincere and worthwhile.

YOUR CLASSROOM ACTIVITY

1. Use any thought in "Topics for Discussion" and develop a well-constructed paragraph. A committee will select the best paragraphs to include in a classroom *Courtesy Scrapbook*.

2. Let the class draw up a list of those qualities they admire in fellow classmates. A list of those qualities which make a student unpopular may also be drawn up.

MY COURTESY RESOLUTION

I shall always remember that a gentleman is one "who never knowingly inflicts pain."

LESSON II

TOPICS FOR DISCUSSION. Several pupils should volunteer to prepare a two-minute talk on each of the following statements:

While attending school, your biggest job is to get an education, and this opportunity comes only once!

A quiet atmosphere is important for worthwhile study;

you can't study with a radio blaring or where a telephone is constantly ringing.

You will be amazed at how much you can accomplish in a few minutes of real work.

The success of every great man can be traced to his power of vision, his organization of work, and his mastery of the situation.

YOUR CLASSROOM ACTIVITY

1. Use any thought in "Topics for Discussion" and develop a well-constructed paragraph. A committee will select the best paragraphs to include in a classroom *Courtesy Scrapbook*.

2. Let the class suggest the names of outstanding men and women in sports, business, politics, and war, who have been successful through organization and well-laid plans.

MY RESOLUTION

I shall plan to work in a quiet atmosphere, organizing my time so as to work efficiently.

LESSON III

TOPICS FOR DISCUSSION. Several pupils should volunteer to give a two-minute talk on each of the following statements:

St. Francis de Sales gives the motive of all acts of courtesy: "Do you make no account of Jesus Whom I honor in your person?"

Catholic children are expected to be more honest, more considerate of the property of others, more truthful, and more careful of their language than others who do not receive the advantages of a religious education.

Rules of order are for the protection of everyone.

Benjamin Franklin considered cleanliness one of the most important virtues.

YOUR CLASSROOM ACTIVITY

1. Use any thought in "Topics for Discussion" and develop a well-constructed paragraph. A committee

will select the best paragraphs to include in a classroom *Courtesy Scrapbook*.

2. Make a list on the blackboard of all the school regulations which safeguard the safety of the pupils.

MY RESOLUTION

I shall endeavor to increase my school spirit by observing more closely the rules of the school.

LESSON IV

TOPICS FOR DISCUSSION. Several pupils should volunteer to give two-minute talks on each of the following statements:

“On the fields of friendly strife are sown the seeds which, in other years, on other fields, will bear the fruits of victory.”

An athlete who is strong, clever, and courageous is admired by all; but he is all the more popular if he is modest and considerate as well.

Playing the game means that you must be a good loser as well as a good winner.

The conduct of athletes and of fans should reflect credit upon their school.

YOUR CLASSROOM ACTIVITY

1. Use any thought in “Topics for Discussion” and develop a well-constructed paragraph. A committee will select the best paragraphs to include in a classroom *Courtesy Scrapbook*.

2. The members of the class should make suggestions for improving the quality of its sportsmanship with a rival class in school.

MY RESOLUTION

I shall try to play the game fairly in every form of competition.

LESSON V

TOPICS FOR DISCUSSION. Several pupils should volunteer to give two-minute talks on each of the following statements:

Each person is just a little different from his neighbor, and must be treated with individual respect and courtesy.

When wearing a school uniform in public, be careful of your conduct; your actions and conversation will be a reflection on the reputation of your school.

A trim uniform, a clean face, sparkling teeth, and well-polished shoes will perform miracles in giving you a fresh, enthusiastic start for school.

Everyone should be familiar with the basic rules of Parliamentary Law; the ability to conduct a successful meeting and to participate intelligently in discussion is an important asset to success in life.

YOUR CLASSROOM ACTIVITY

1. Use any thought in "Topics for Discussion" and develop a well-constructed paragraph. A committee will select the best paragraphs to include in a classroom *Courtesy Scrapbook*.

2. Let the class conduct a meeting following the accepted rules of order. Practice electing officers, making a motion, taking a vote, and conducting the regular business of a meeting.

MY COURTESY RESOLUTION

I shall be a little more friendly to my school companions, particularly to those who are younger or slow in making friends.

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