

# Editorial . . .

THE GOLDEN DESIRE

Janice Smith, Gr. 11

The natives called it Frith, the Germans Fredn, the Romans Pax, the French Paix. But what do we call it? Listen . . . can you hear it? If you can't hear it, then maybe it looks like the rubble of London after a bombing, the hillside of a Vermont farm in the midst of summer, empty army barracks, or the expression on a mother's face after her son's graduation from university. It is a harmony, neutrality, tranquillity, an armistice, a cessation of war or hostilities. Yes, IT is Peace. Peace of the world, of nature, of mankind, of the inner-self. No matter what the language or the means of expression peace remains as the Golden Desire of man, woman, and child.

But what does peace really consist of? For thousands of years periods of war have alternated with periods of peace. In some situations equal time has been passed at both war and peace. At the termination of one of these periods a general or president would sign a peace treaty and from here on in there was to be freedom from disturbance. This was the physical aspect of peace — no guns, no blood, no fighting. But in order for peace to succeed it must go much farther than the mere act of disarmament. People must have an inner peace, an inner satisfaction in order to bring about a justified world peace. This emotional aspect of peace is the most important and necessary in any situation. If a person is at peace of mind he will therefore pass this feeling unto other people. A person possessed by hate will allow this plant of hate to grow into a blooming obsession until finally he has become so powerful that he has the multitudes following him. An example of such an incident might be the actions of Hitler during the second world war.

Peace has its necessities. A physical need and an emotional need. The physical need relatively simple compared to the more complex frustrating emotional need. When both of these are satisfied a perfect world results. Neither of these will ever, ever be satisfied.

Advocates of peace state that mankind naturally longs for this security and tranquillity; that the civilian flourishes in a peacetime.

Defenders of war claim that during a time of world uneasiness strength of character and manliness are created in an individual, much like the Spartans.

The Judeo-Christian concept of peace is found in the commandment, "Thou shalt not kill".

Whatever the stand taken on peace by any group it has always been the ideal of writers. It has been glorified, built up, praised through the ages. Peace is superior to war. Cicero summed it up this way, "I prefer the most unjust peace to the justest war that was ever waged."

This Golden Desire has been brought about and maintained in many different ways. In pioneer days the white flag of truce was accepted, the Indians smoked the peace pipe and in the East the offering of an olive branch was accepted. The wounds of man were soothed by turning swords into ploughshares in order to outlaw war.

The first real maintenance of peace came with the Christian Church, during the 30 years War a balance of power was used, after the 1st World War — the League of Nations, the 2nd World War — the United Nations. The United Nations was created more or less by necessity — with the atomic bomb as an outlet the whole world was in danger at any time.

Perhaps you might think of peace in an entirely different phase. The T.V. commercials do it up really good. You know the story of the young housewife who's madly cleaning away at her rug when all of a sudden she's overtaken by this intense headache. It's just about driving her crazy. She's going mad. What is she ever going to do? Then she remembers . . . the Bufferin. She trots off to the cabinet, takes a Bufferin and in all of 5 seconds she is the sweet generous housewife she was in the beginning, now at peace with herself. If only the World's problems could be solved by taking a Bufferin!

Peace is serious but happy, mysterious yet so simple, difficult to achieve yet so very easy to lose. Disraeli once said "Peace with honour"; Lamartine, "Peace at any price"; Cromwell, "Peace hath her victories, no less renown than war".

When we put these statements together we have accomplished a peace between English and French, White and Black, East and West. Our peace on earth must be worth living, it must be for all time. Are you at peace? Do you really want peace? If your answer is yes, then, in the words of President Kennedy, "Ask not what your country can do for you. Ask what you can do for your country."

# HIGH SCHOOL NEWS

## EDITOR'S MAIL

Uxbridge, Ontario, January 29th, 1965.

Dear Editor:

I would like to answer Alan Lee's letter concerning his personal views on Christmas and Easter Exams.

I don't disagree with him on all points but a few puzzle me and of course I have found other solutions.

In his first point he said most students cram the night before the exams and forget all the day after. This night-before cramming is a fact and who doesn't do it? However, not all can be learned in those few short hours and only those who know their work relatively well beforehand benefit. For those who haven't, failure is usually the result. You say that all is forgotten after an exam for those who cram. It may seem that way but actually isn't it a mental block that sets in just after the pressure is released? This is only temporary and actually only the most trifling details escape. That which is important and well-stressed in your mind will return very quickly if the need arises.

In your second point you say that too many students worry and as a result give up studying. These periods of pressure are good for all of us. They are necessary and prepare us for trying periods in our life to come. For those who give up, is this not a flaw in their character? They will never be able to carry themselves through a difficult time if they just give up.

You say that in the Tribune we do not cover the subject sufficiently. You are right, they do not cover all; but this is not their purpose. Spot-checking is the only way to test a student without having him or her sit down to write out every little point. How could a student pass by luck?

Lots of students can pick out exam questions but they are only successful if they know and understand the work well throughout and thus can pick out the emphatic points.

Your last point is a true fault. However, every system does have flaws. If a person has a bad day or misses an exam the teachers can sense this. They

are not blind to our class participation.

Your remedy for exams sounds very good. But is this plan not carried on in most schools anyway? It is in ours. We write class period tests at three to four week intervals in most subjects. But this is not enough. This would cut the subjects up into little areas and there would be no chance to link them together until June exams roll around. You yourself admit the irresponsibility of some students. Can't you see the disaster if September's work was disregarded until June?

The December and March exams are merely dress rehearsals for the big finals. Their results mean something to a student when they are written with blue or red ink as the case may be on a report card taken home for parental approval. The class tests do not produce the spur that some students seem to need. Your last point is not of my concern. Only your school official can alter the time when your exams are written. Usually both the teachers' and students' concerns are considered when this is being planned and the present "Exam times" which come almost at the same time for most schools is acceptable. When do you suggest — other than never? Last year we wrote both sets one week after Christmas and Easter holidays. What a horrible mix-up! Both teachers and students were unhappy.

I am a grade thirteen student at Uxbridge Secondary School. I enjoy your school news in the Tribune and congratulate you on the interesting variety of topics on which your editorials are written. You must have an interesting student body. Good Luck in the future!

Sincerely,  
"An Uxbridgeite"

Keeping a secret from some people is like trying to smuggle daylight past a rooster.

We like the story about little Kenny buying a ticket for an afternoon movie.

"Why aren't you in school?" the cashier asked.

"I don't have to go," was the answer. "I've got the measles."

## Dear Candy . . .

Dear Candy:

I really like this girl in a class behind me in school. She is very popular and I am afraid she wouldn't have an interest in me. Generally though I haven't been interested in girls before and I am too shy for my own good. How do I get rid of this and get her interested in me?  
Shy-rus.

Dear Shy:

If the girl you like is popular, chances are she attends many of the school functions. Join in extra-curricular activities, perhaps you excel in some sport. Attend dances, learn the latest dance crazes, don't concentrate on one girl and moon when she doesn't notice you. I'm sure there are lots of partners you can try out your new dance steps on, if you look. Last but not least, any girl will look twice at a boy who is well-dressed and neat. Who knows, perhaps that popular girl may think twice about you after all.

Dear Candy:

I am 17, good-looking, smart in school and I go out for sports as well. My problem is I can't get a date. Other guys I know who aren't nearly as good-looking as I, seem to be very popular. I have my licence and yet somehow no girls seem to have any interest in me. What's the matter? It isn't that I haven't tried.  
Dateless Cassanova.

Dear Dateless:

I suppose it never occurred to you that you are conceited? Your letter certainly points that way. You could take an interest in others — a genuine interest. Girls and boys are sure to lose an interest in anyone who considers himself foremost.

## GREEN RIVER

Pleased to hear that Mrs. A. Coakwell is able to leave the hospital and at the present is recuperating at the Rosebank Convalescent Nursing Home.

Mr. and Mrs. Donald Duncan of Brooklin had dinner on Sunday with their parents, Mr. and Mrs. Wm. Duncan.

Pleased to hear that little Keith Beelby is feeling much better following his recent operation.

Mr. and Mrs. R. Hamilton of Claremont had dinner on Saturday at the home of Ruth Hutchings.

Mr. and Mrs. R. Craig and family had a very pleasant surprise this past week when their cousins, Mr. and Mrs. Bert Walker of Stockton on Tees, England while on a Caribbean Tour stopped off in Toronto for a few days.

## MILITARY BAND AT S.D.H.S.

Alan Lee, Gr. 11 A

On Wednesday, Jan. 27th, the students of S.D.H.S. were fortunate to have the Band of the Royal Canadian Corps of Signals play during our assembly period. The colourful group was under the direction of Sgt. Major Perks and Sgt. Wainman was the Master of Ceremonies. During the hour-long concert, we heard everything from Latin American music to a composition of Civil War songs. Throughout the program, the entertainment was at its best and the band left a good impression of what music (outside of the Beatles) is really like.

The students showed their appreciation with much applause. It is hoped that the Student Council may be able to bring them back again.

## SKI CLUB NEWS

On Saturday, January 23, the S.D.H.S. made their first ski trip of the season. We left the school at 7 a.m. and proceeded to Newmarket where Newmarket High School Ski Club joined us. There was now a total of 46 skiers and 46 pairs of skis on a thirty seater bus. We overcame this obstacle and arrived at Beaver Valley at 10 a.m. — everything and everything intact. Conditions were excellent — all trails were open, and all tools working. Some new skiers were initiated in the sport and the more experienced ones furthered their "skill" and technique. At 4:30 everyone piled on the bus — no injuries, no one left behind. Due to a snow storm, it was a long trip home. But everyone was too busy singing along with the "ukes" and guitars. Everyone is ready for our next trip, which will be to Georgian Peaks on Feb. 19.

Miss I. Gray and Miss R. Hutchings had dinner on Sunday with Mr. and Mrs. Chas. Hutchings of Pickering.

Sorry to hear that Mrs. R. Nighswander is confined to the Scarborough Hospital. Mr. Gordon Duncan is in St. Michael's Hospital where he underwent an appendicitis operation.

There were three new members enrolled in the First Pack of the Brownies last week. The girls are Debbie Michell, Dorothy Mair and Judy Armstrong.

The Young People will meet at the home of Kenny Graham on Friday evening Feb. 5th at 7:30 p.m.

The Sunday School are having a skating party at Cedarona on Saturday evening Feb. 6th. Anyone wishing transportation please be at the Church by 7:15 p.m.

Miss Carol Lehman visited with Miss Cathy Rolands over the weekend.

# Winter Work Reduces Home Repair Expenses

The man who intends to repair or improve his home, for example, waits until spring because he does not believe it is possible to do the job in winter, or because he thinks it will be too cold for men to work.

Like everything else a house has a normal rate of deterioration which can be retarded only if proper maintenance is carried out. The homeowner who develops the habit of watching the points where trouble is most likely to occur protects his investment by checking the normal rate of deterioration.

By having repairs done in the winter he assures himself the highest possible return should he wish to sell his house in the spring.

By having minor repairs completed when they appear he prevents them developing into major repairs requiring the outlay of an increased amount of money.

Small repairs can certainly be done more quickly in the winter when there is a surplus of tradesmen seeking employment.

Another reason which should appeal to all good citizens is

that he provides employment for skilled craftsmen when it is needed most and in so doing decreases community welfare costs.

No matter how carefully a contractor builds a house certain minor defects can be expected to appear while the house is comparatively new. Normal settling can cause plaster hairline cracks and sticking doors and windows. Damp basements can be caused by foundation cracks, blocked drain tiles or condensation caused by moisture entering and condensing on cold wall surfaces or water pipes.

But whether the defect is a minor one or has developed into a major repair job the homeowner should call upon skilled tradesmen to carry out repairs as soon as possible.

And the best time to have these repairs attended to is during the winter. Skilled tradesmen are available, material is in plentiful supply and the providing of winter work reduces community welfare costs, which come out of the pockets of homeowners in this community.



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CHIROPRACTIC VIEWPOINT:  
**ARTHRITIS, THE GREAT CRIPPLER**  
(Part 1)  
For half a million years, arthritis has been the most widespread of chronic diseases. Primarily, it is an inflammation of one or more joints and involves the bone, cartilage, ligaments, muscles, and joint lining. Arthritis is one of the rheumatic diseases which also includes bursitis, myositis, and fibrositis.  
Rheumatoid arthritis is the common, crippling type found more often in women and usually in early middle life. It inflames and may destroy the joint linings, which leads to permanent deformity. There is also an involvement of the muscles, tendons and ligaments surrounding the joint. Pain and swelling is caused by the inflammation, while limitation of movement is produced by the associated muscle spasms and involvement of ligaments and tendons. While the symptoms may be confined to one or several joints, this condition is considered to be systemic in nature, with complex involvement of nervous and chemical control of body function.  
Osteoarthritis, also known as hypertrophic arthritis, is local, confined to one or closely related articulations, and most frequently occurs in middle or later years. The term "hypertrophic" describes the overgrowth and bony spur formations which may develop years after injury, years of stress, or poor mechanical alignment of a joint.

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