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THE *SLIGONIAN*

VOICE OF THE ASSOCIATED STUDENTS AND THE ALUMNI



for the "Book
of Golden
Memories"

VOLUME 25, NO. 10

February 21, 1940

Hermann Ficker Receives Rhodes Scholarship Award

Graduate of '39 Class
To Finish Doctorate
Requirements Next Year

Hermann Ficker, class of '39, recently received a Rhodes scholarship sufficient to enable him to finish his Ph.D. degree, he revealed in an interview.

Mr. Ficker graduated from Washington Missionary College in 1939 with a religion major and a history minor, and is now taking work at the American Graduate University in Washington, D. C., for a master's degree in modern European history. He said his doctorate would be in the same field.

The 32 Rhodes scholarships given in the entire United States are awarded on a basis of scholarship rating of at least A-, on leadership, and on character. The registrar's office, through Dr. W. J. McComb, gave the necessary letter for scholastic standing. Dr. L. A. Semmens vouched for Mr. Ficker's character, and records show he was SLIGONIAN circulation manager, twice Ministerial Seminar president, Foreign Mission Band leader, and active in both Sabbath school and Missionary Volunteer work, besides his leadership in the Laurel evangelistic effort of 1938.

"The award went farther back than college, however," Mr. Ficker said, "because at the end of high school I was offered a \$1,000 scholarship, which I was unable to accept." This offer, he continued, paved the way for his filing of the application blank for the Rhodes scholarship.

The scholarship is originally intended for use at either Oxford, since it is an English award, or at Harvard, but since Mr. Ficker already has taken work at the American Graduate University and his wife is in the Sanitarium nurses' training course, he secured permission to use the fund in Washington. If, however,

See FICKER, page three

Individual "Annual" Pictures To Be Finished By Feb. 29

A commercial photographer is taking portraits of all undergraduates for the "Book of Golden Memories" because of the photographic staff's lack of portrait equipment. Roberta Schneider, the editor, revealed.

This action was necessitated since both staff and students were mutually dissatisfied with most of the 60 portraits already taken. Franklin Schneider, of the photographic staff, explained. He said the photographer will be able to take large negatives and diminish the print to make clear pictures.

Although usually only one negative of each subject is being taken, the student is assured of a satisfactory picture. Martin Kemmerer, Annual financial adviser, promised, as the contract states only good prints will be accepted.

Equipment was set up in the faculty room February 15, and the photographer will continue to work every school day until the portraits are finished, stated

Students Will Use Radio Broadcast Idea For Benefit

College Orchestra,
Lee Everett of WMAL
Will Be Featured

The Students' Association, on Saturday evening, February 24, will present their benefit program as a radio broadcast, states Frances Penn, publicity secretary for the Association.

Lee Everett, "Old Sol" of Washington station WMAL, will preside as master of ceremonies. He is an announcer on the NBC network and is well-known in this vicinity. The program will be given from station WMC and will proceed with clockwork precision characteristic of radio.

The College orchestra, under the direction of Raymond Casey, will be the feature of the evening. It is to play such familiar pieces as "In a Bird Store," and Beethoven's "Fifth Symphony." The director anticipates an interesting and colorful entertainment.

An added attraction will be the Boys' Glee Club, Raymond Casey leading. It is to be their initial appearance this year and promises to be a grand success. The selections will include "Still, Still with Thee," and "Drink to Me Only with Thine Eyes."

The program was originally intended to go on the air, but owing to trouble in arranging the time, it is impossible.

The proceeds from the entertainment will be applied toward a future Students' Association project.

Tickets are on sale at both dormitories, or may be purchased from any of the Association officers. Four prizes, 1940 Annuals, will be given to those selling the most tickets.

The publicity secretary says, "This is something you do not want to miss. We have put much time on the preparation of this program, and we expect it to be an outstanding memory of the school year."

Health Service Work Aided By Increased Facilities This Year



Prof. Werline Passes 20-Year-Record Mark

In honor of his 20 years' continuous service at Washington Missionary College, students presented A. W. Werline, professor of history, with a leather briefcase on February 14.

Graduated from Union College in 1918, Professor Werline came immediately to Washington to be educational secretary. One and one-half years were given to this. In 1920, he was appointed professor of history at the College.

Professor Werline received the degree of Master of Arts from Columbia University in 1926, and will receive the degree of Doctor of Philosophy from the same institution.

Twenty years of service at the College have been under six different administrations. Professor Werline now serves on the Board of Trustees and the Executive Board, besides faculty committees.

Young Musicians Perform At Chapel

Friday morning, February 16, Raymond Casey, band and orchestra instructor of the College, presented an elementary school band from Falls Church, Virginia, in chapel.

Mr. Casey, in introducing the group, told the audience that last May only one or two of the children were able to read music, and that none were acquainted with the instruments which they now play. In view of this fact, the Washington Missionary College students were agreeably surprised, as was proved by the hearty applause given the young performers.

The first number, the "Italian Hymn," as a baritone solo with band accompaniment, was played by Margery Hess, a young lady scarcely larger than her instrument. Glenn Woodmansee, a trombone soloist who stood on his toes to reach seventh-position notes, captivated the audience with the "Old Home Down on the Farm" and "Carry Me Back to Old Virginny." A trumpet duet was "Drink to Me Only with Thine Eyes." The band concluded the presentation with "America."

See BAND, page three

Walter Gibson Elected President Of Senior Class

At a meeting with Dr. B. G. Wilkinson, president of the College, Dr. W. J. McComb, registrar of the College, and Professor E. C. Blue, the senior class adviser, on Friday, February 16, at noon, the degree seniors of 1940 chose Walter Gibson as class president. The first ballots cast gave a majority vote to Mr. Gibson.

Mr. Gibson is a Bible major, and is one of the leaders of a Theological department effort being held at Mt. Rainier, Md. He was graduated from Takoma Academy, as president of the class, and has taken all of his college work at Washington Missionary College. Members of the class hinted that they hoped "Walt" would find time to take some of them for a boat ride down the Potomac in his motor launch.

Other officers elected by the graduating class are, Ted Webster, vice-president, Frances Penn, secretary, Robert Hatt, treasurer, Otho Buckman, pastor.

Flag For Rostrum Bought By Students

The Students' Association of the College placed a new flag on the rostrum in the chapel on February 16. The flag is six feet by four feet, and is real silk taffeta with gold braid fringe and tassels. The eagle atop the pole has been re-gilded also.

William Wagner, sergeant-at-arms of the Association has been authorized to burn the old flag, according to law. Frances Penn, publicity secretary says, "No one seems to know just how old the old flag is, but it has been in the chapel a long time, and we are all pleased with the new one."

Halcyon Reception Typifies Gala Spirit Of South Hall

Though a near-blizzard was raging outside, the wiles of Dan Cupid and his assistants, the Halcyonites, were too much for the men of North Hall, and they fared forth to Central Hall at seven o'clock on the evening of February 14 for the Valentine's Day reception given in their honor. One look into the cozily decorated dining hall was enough to allay any fears that the Famous Fiftyites might have had, and when the waitresses served the delicious dinner, the evening's joy reached a new high.

Interspersed throughout the dinner hour was a speech by Marjorie Punches, Halcyon president, the reply by Jewell Peeke, president of the Famous Fifty, Dr. Wilkinson's usual witty remarks and a well-received address by Dr. T. W. Steen, dean of the College.

Preventive, Emergency, And Follow-Up Service Rendered To Students

The College Health Service has advanced this year in size, personnel, and services rendered, a recent report to the faculty stated, due to the increase voted by the Board last spring.

Most work done to date has been preventative, care of minor ailments, some follow-up checks, and a few emergency cases, Dr. Josephine Walworth-Furness College physician, said. Surgical cases regular treatment of major ailments and concentration on follow-ups have been impossible because the "hours" are crowded now with necessary minor cases, the report asserts.

Betterment of the entire Health Service department, made possible by the Board action, includes a regular one-and-one-half-hour daily physician's consultation time, two two-bed wards, and additional treatment-room equipment. Last year there was no school doctor and only one room available for hospitalization.

Preventative work begins with the physical examination given each student at his registration. Examinations are to eliminate any who are not physically able to carry a program of work and study, the report states, to improve the student's health by careful consultation, and to protect others from any transmissible disease. Those found unable to remain in school are given a program to fit them for future enrollment.

Charts are made, Dr. Walworth explained, showing each item of deficiency so that follow-up work may be done systematically. Tuberculin tests given to 554, for instance, she continued, led to 75 X-rays to date, and results reveal the school free from alarming cases.

Hospitalization for all students, rendered possible by the two wards, is

See HEALTH, page two

Following the meal, a short program was given from the attractively decorated stage, which had as a backdrop a large red heart. With Verna Dreas and Dicy Lou Grate, as Leap Years Present and Future, to announce the numbers, the assemblage was favored with duets, readings, skits, and a novelty human pipe organ number.

The last part of the entertainment was held in the basement of the Normal Building, where Jimmy Casey's band furnished the music for several marches, which were led by Professor S. W. Tymeson.

The general consensus of opinion in North Hall seems to be that the girls did a very good best to show the fellows a highly enjoyed Valentine's Day party.

THE SLIGONIAN

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Health Commandments

1. Honor your parents by having a physical examination every birthday; for an ounce of prevention is worth a ton of cure.
2. Honor your friends by taking a daily bath; for cleanliness is a part of godliness.
3. Honor your physician by avoiding patent medicines; for the most of these nostrums are humbugs.
4. Honor your stomach by having your teeth carefully examined by a dentist at regular intervals; for bad teeth are an abomination to the system.
5. Honor your digestion by being careful of your diet; for many a man digs his grave with his teeth.
6. Honor your lungs by breathing fresh air; for ventilation is a means of grace.
7. Honor your nerves by taking plenty of rest in sleep; for they who work all day and play all night promote the brevity of their lives by burning the candle at both ends.

* * * *

"Health is a reward which kindly nature gives us when we obey her laws."—Joseph French Johnson

* * * *

"Disease never comes uninvited. Then do not invite it by haphazard eating and drinking. Do not guess,—know. Know your body's needs, and provide for them. Each tiny cell of the body has the power of selection, and it waits for the nutritive stream to pass its doors from which it may supply its needs. What can it do when in that stream, the blood, it does not find the necessary elements?"—Martha W. Howe

* * * *

"To be in the pink of condition physically and mentally, and ready and willing to do anything that needs to be done is a great substitute for genius."—George H. Knox

* * * *

"Good health is hard to find after it is lost."—Selected.

* * * *

"It is the duty of every person, for his own sake, and for the sake of humanity, to inform himself in regard to the laws of life, and conscientiously to obey them. . . . We cannot be too often reminded that health does not depend on chance. It is a result of obedience to law."—Ministry of Healing, p. 128

* * * *

The personnel of the Health Service has proved that it is qualified not only to cope with all kinds of physical ailments, but also to give account for what it does—and in an interesting manner. Dr. Josephine Walworth-Furness and Miss Bess Ninaj, R.N., have cooperated splendidly in arranging this HEALTH SERVICE SPECIAL for your enjoyment and enlightenment.

In furnishing a *Sligonian* of this nature, we hope that the parents of Washington Missionary College students especially will be assured that splendid care is taken of their sons and daughters under all circumstances.—M. J. D.

Girls Buy Cooler For South Hall

Halcyonites have purchased a drinking fountain with part of the proceeds from their first-semester benefit program. The fountain, of General Electric make, will supply cold water the year around for South Hall.

L. G. Small, with the assistance of Carl Anderson, Edw. G. Heine, Alva Randall, and John Johnson, installed the cooler where the old porcelain fountain formerly stood.

The girls appropriated part of the money derived from their benefit program, "The Spirit of Halcyon," presented December 2, for the fountain, and the College paid the balance.

The new cooler will relieve the tension of the last couple of months of school and the summer months, according to general opinion in South Hall, because "a cold drink of water helps a lot on a hot day."

Health

Cont. from page one

made only in emergencies, for several purposes, Bess Ninaj, the school nurse, said: to speed recovery, to protect others, to prevent development of more serious conditions, and to provide proper care at reduced costs for those who otherwise might not be able to afford it.

No charge is made for the first three days of hospitalization for dormitory students or girls working through the Placement Service, the report revealed, but a charge of 50c per day is made after that. Community students may have the service for \$1.50 per day which includes medical and nursing care and meals. A total of 97 students were hospitalized for 286 days.

Periodic lectures on health education are being given in the dormitories.

Special arrangements with the Sanitarium and the College bacteriologist have resulted in reduction of costs for minor operations, the report stated, while the most urgent problems remain

Halcyon

By ANABELLE MILLS

● . . . And the wind blew, the rain came down, then the snow and rain traded places, and there was snow in abundance around Washington Missionary College. The wind gleefully tore around the corners of the buildings, sifting the snow in the most conspicuous places where we wished to put our silver-slipped feet. That was the scene which would have met the gaze of the moon had he ventured to peer out. But cupids, hearts and arrows dare the wildest storms, (or do they?) True to the spirit of Halcyon, the girls entertained the Famous Fifty Club.

● Helen Godwin happily entertained her mother during the past week.

● Naomi Hunt was pleasantly surprised at a party in honor of her birthday, February 9. Which also reminds one, Naomi claims to have at least five roommates since Marjorie Punches and Ruth Mitchell moved out into the hall. Luckily for Marjorie and Ruth, JoAnn and Naomi kindly took them in. Otherwise their sleeping facilities do not look too comfortable. Their mattresses are rolled up, the bedsprings are against the wall, and otherwise, with a few shoes, a couple of trinkets, a large amount of unrecognizable objects, one can almost view the progress of the plasterers in Ruth's room. We don't like to infer the wrong idea, but after having lived there four and one-half months, Marjorie and Ruth had to report that the plaster was off the ceiling. Now, was it an argument, or was it the roomers upstairs trying to get their accounting?

● First, spring is here, then it isn't, but did you hear the birds singing the other morning? It is rumored that it's "just around the corner." We have to work fast. Several of us have a few term papers between us and that corner.

● Helen Mead, from Brooklyn, New York, visited Frances Penn and Carol Hetzell over the last week end. That is, all but Sunday, which was spent visiting Shenandoah Valley Academy and the Endless Caverns.

● Ruth Klashka announced the other night, as she sat fondly holding a letter, "At last, a letter from home." She states that her folks were snowed in.

● Geraldine Kenny and Gracie Waterman were on the way to somewhere. Gracie beat down the steps by a "slide-away." She was indeed thankful to report that all bones, ligaments, and tendons were intact. Being a language major, she laughed in French that time.

Nature Study Shows Stars Now

Five planets are plainly visible beginning with February 23, according to Professor Laurence M. Ashley. He states that shortly after sunset then, Mercury can be seen near the horizon. Jupiter, Venus, Saturn, and Mars will follow above Mercury, in the order named. Saturn will be a considerable distance above Venus, says Professor Ashley. Uranus will be above these five planets but will require a telescope for locating.

Books on star study available in the college library are:

1. "The Stars in their Courses," by Sir James Jeans.
2. "How to Identify the Stars," by Willis I. Milham.
3. "Popular Guide to the Heavens," by Ball.
4. "Stars in their Seasons," a paper-bound guide to stars.

anemias and the defects of tonsils, eyes, and teeth.

"The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet."—Ministry of Healing, p. 295.

Lyceum Features Ethiopian Film

"By Caravan Through the Lost Kingdom" will be the subject of the lecture to be given by C. J. Albrecht, noted explorer, zoologist, photographer, and animal sculptor of the Field Museum of Natural History, Chicago, in Columbia Hall on Saturday evening, March 2. Albrecht's picture will depict the struggles and dangers of a year-long safari through Abyssinia, Kenya Colony, and Tanganyika. As a guest of Haile Selassie, Albrecht had an opportunity to photograph his golden treasures and to roam his palace grounds at will.

One of the most interesting and most danger-fraught of his experiences was the caravan trip across the plains and mountains toward the Southern Cross. Seventy camels and mules and 60 men were in desperate straits when the water supply ran low and the great cry for water went out. This danger was made worse by the presence of bandits, hostile tribes, and wild animals.

These motion pictures and slides of a caravan trek that cannot be repeated, show many places of Biblical interest and are certain to be of excellent quality, as Mr. Albrecht is the winner of first prize in an international outdoor photography contest.

Students Make Charts In Art Classes

Anne and Jean Meyers are making their own colored Bible worker's charts as a part of their Advanced Art course. The Meyers sisters are two of the 36 students who, according to T. K. Martin, professor of art, are doing "interesting" things in the four art classes.

At the present time the Normal Art class is making large, colored posters, says Professor Martin. The Commercial Art class is doing pen-and-ink drawings. If these drawings are done well, the professor adds, opportunity will be afforded the students to have them reproduced. Water-color works are being done in the College Art class. The advanced class may choose its own subject.

The Normal Art class meets from 1:00—2:30 every Tuesday afternoon. The other classes come in at 2:30 and all classes spend one-half hour studying art appreciation. During the year, they study approximately 200 masterpieces, learning the title of each of the pictures, the artist's name, and the school from which he came.

All classes will visit the Corcoran Art Gallery near the end of February to study many originals and good copies of others, stated Professor Martin. Later in the year, the classes will visit the National Art Gallery and the Freer Gallery of Art. In the spring, there will be an exhibit of students' work.

This and That

By ELEANOR RUE

◆ The Placement Service provides work for 111 girls. We are grateful for such a plan, which enables us to work our way through school, and we appreciate the capabilities and sympathetic understanding of our leader, Miss Maybelle Vandermark.

◆ Ladies of the College! What do you think of this plan of organizing committees to consider the matter of Christian principles of dress among us? Our committee, consisting of Eleanor Gainer, chairman, Gladys Thompson, Mable Abray, Elrone Hmelevsky, and Mary Ella Davis, will meet in the near future. We hope they bring in some good, practical reports.

◆ Appraisal blanks were sent out to our employers last month on which they were to grade us for quality, volume, and knowledge of work. We were also graded for attitudes toward our work and toward others. The returns were very interesting. They showed our girls to be far superior to others doing the same type of work. These reports are very helpful in showing up our weak points as well as the more favorable ones. These will be filed away for future reference.

◆ Miss Vandermark has an interesting map on the wall of her office. Step in and see it. It shows all the streets of Washington and suburbs. At approximately the right spot on certain streets a map tack is placed to represent a girl's home. This aids in locating the girls quickly. Different-colored map tacks are used to distinguish between groups. Red stands for those who are attending school, and living where they work. White is for nurses attending school. Blue is for the girls who are working full time in preparation for schoolwork next year. The last color, yellow, represents those who room outside.

◆ Everybody knows by this time what a lovely lounge we have. We want the College to know how much we appreciate having a place to enjoy ourselves, to visit and relax.

◆ Next club meeting plans will include a joint meeting with the Halcyonites. Sorry we couldn't make it a Valentine's party. Our "hearts" were in it, but we still have it to look forward to.

◆ Service is the aim of our girls. Next time I hope to get around to telling you the most popular vocations among us.

◆ Each day Student Placement business requires about 17 incoming calls and about 12 outgoing calls. There were approximately 221 interviews held last month, and an average of 1,700 miles was covered by the Placement car. This means approximately 57 miles a day.

See THIS AND THAT, page three

faculty philosophy



DR. WALWORTH-FURNESS

Whatever our philosophy, whatever our ambitions, whatever our education, whatever our ability, whatever our profession or calling we are all called to minister. We may minister to the rich, minister to the poor, minister to the self-satisfied, minister to the needy, minister to the well, minister to the sick, minister to the Christian, minister to the infidel. Yet and there is much to do right here and no ministering to one another. To minister is to serve. It is the best task the world offers because it is the task that was undertaken by the greatest Man who ever lived, and because it gave Him a passport to eternity.

"... leaving us an example that ye should follow in His steps."

"I came not to be ministered unto but to minister."

Takoma Academy Echoes

Personalities

TAKOMA ACADEMY ECHOES
Staff
EDITOR: Wilton White
ASSOCIATE EDITOR: Ruth Minesinger
SENIOR REPORTERS: Anita Britton, Wilton White
JUNIOR REPORTERS: Herbert Dennison, Betty Battenheiser
SOPHOMORE REPORTERS: Marjorie Benjamin, Jack Finch
FRESHMAN REPORTERS: Myrna Blue, Howard Munson

Box Social Held By Students

The Academy students gathered for a Box Social on Saturday evening, February 17, in the attractively decorated Normal Building recreation room. Even with the weather not at its best almost two-thirds of the students were present.

Under the red, white, and blue lights the "socialites" marched to the music of James Casey's Little Dutch Band.

Arthur Teesdale and Merrill Casey began the auctioning of the boxes, and soon spirit was running high. After the refreshments, another march climaxed the evening.

English IV Club Gives Party

On Tuesday evening, February 13, the English 4 Club met at the Review and Herald Cafeteria for a valentine party. Each person was supposed to bring some valentines to give to the different members of the club. After Clyde Barber, who acted as master of ceremonies, gave out the valentines, we were served refreshments, consisting of a banana split, cookies, and punch.

The following program was given during the evening:

Talk—Prescott Brown, vice-president
Reading "Abraham Lincoln"—Grace Booth

"Gettysburg Address" — Narcissa Snyder

Talk—Merle Casey, parliamentarian
Poem, "Our Valentine to You"—Ruth Shafer

Reading, "The Usual Way"—Anita Britton

Games—by all

The club spent a very pleasant evening and they are looking forward to another such occasion. —Grace Booth

"Without physical exercise, no one can have a sound constitution and vigorous health."—"Patriarchs and Prophets," p. 601.

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If any person has heard weird and strange sounds coming forth from the basement of Columbia Hall in the last few days, please don't be alarmed or frightened. It is only the members of the Academy Band trying out their instruments. The band was formed in the last week under the direction of Mr. Raymond Casey, leader of the Review and Herald Band. The 15 members are new, as well as the instruments, so you cannot expect very wonderful results at the start since they have had only one lesson. Perhaps if you would come around at the close of the school year, you would hear notes of a more harmonious quality.

Valentines Enjoyed By English I

It was February the 13th. That is supposed to be an unlucky number and I was beginning to believe it was, because I knew there was something I was supposed to do and I couldn't think of it. And then I remembered! The next day was Valentine's day and we were going to have a social in English class.

When one o'clock came the group came in dropping valentines in the decorative box Margaret Krauss and Doris Scott made for us.

Annella distributed questionnaires asking for our best friends, favorite sports, etc. Everyone enjoyed the valentines, especially the one Miss Davis gave us—made by someone called "Whitman"—I believe. Thank you, Miss Davis.

And another English class was history.

This and That

◆ Remember, girls, I need your co-operation in writing this column. Leave your news items and suggestions in the box provided in the lounge. This is your column. What would you like to see?

◆ Virginia Stewart, the president of our club, has provided some good times for us and planned interesting meetings. Thank you, "Ginny." At our last meeting we elected Charlotte Bowman as vice-president and Justine Bautik to assist Ethel West as assistant secretary.

◆ Interested in Progressive Class work? Certainly. We have some of our group joining others in the Academy library on Sabbath afternoons to work on various class requirements. I'm struggling to learn Matthew 5 myself. Why don't you join us?

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Rhea Thompson Surprised On Birthday

Rhea Thompson, at the Hospital, recuperating from recent burns, says that her birthday, February 8, was not unhappy. Her nurse, Miss Eunice Anderson, tells of Rhea's surprise and joy over receiving between 70 and 80 cards from students of the College for her birthday. On the morning of that day Rhea had said, "My birthday, and here am I." When the day had ended, she was heard to say that it had been a very pleasant one.

There were gifts of handkerchiefs and flowers. Relatives and nurses cheered her with ice cream and cake in the afternoon.

Rhea's doctor reports that she is making progress. Healing is as rapid as can be expected, he says. She is eating better, resting more comfortably the last three or four days, and her courage is good.

Ficker *Cont. from page one*
ever, conditions change somewhat, he hinted that he might take his doctor's work at Harvard.

Mr. Ficker will finish his master's degree in May, and after completing his doctorate requirements next year will probably return to South Africa to write the thesis, he said.

Cecil Rhodes, South African pioneer and founder of the scholarship fund, made the initial land grant to the denomination's Solusi mission station where Mr. Ficker was located before he came to the United States. The scholarship informed Mr. Ficker that he was the first Seventh-day Adventist ever to receive the award.

Pictures *Cont. from page one*
for pictures has been voted by the staff, Martin Kemmerer revealed, making the total cost of the book about \$1600.

Leland Shultz, an employee of the College Press, contracted for the Sanitarium and Academy pictures, and said he has taken approximately 20 informal Sanitarium shots and a dozen Academy group pictures.

Degree seniors voted to have their portraits done by a commercial photographer in Washington. There is no record as yet of the number taken.

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First Semester Honor Roll Announced

The following students are carrying a study load of 10 hours or more and have reached a grade-point average of 2.6 to 3.0 in the case of juniors and seniors, or 2.4 to 3.0 in the case of freshmen and sophomores.

Juniors and Seniors

Virginia Astwood
Margaret Cosby
Harold Lawhead
Edward Ney

Freshmen and Sophomores

Jeanne Andrews
Nora Atwell
Spencer Burrows
Ruth Christiansen
Harold French
Belva Gravatt
Gene Hackleman
Gordon Hadley
Alan Harmer
Edward Heine
David Hjartarson
Ruth Kroncke
Mary Lou Lee
Charles Luss
Wayne Mayes
Virginia Nichols
Cecil Paden
Ramira Steen
Gladys Robinson
Margaret Zettlemeyer

The grade-point average for the whole student body was 1.43. That of the young women of the College was slightly higher than that of the men, being 1.48 against the men's 1.39. The young men of North Hall exchanged places with the community men for the semester, and are now standing third place in scholastic attainment.

"The importance of regularity in the time for eating and sleeping should not be overlooked. Since the work of building up the body takes place during the hours of rest, it is essential, especially in youth, that sleep should be abundant and regular."—"Education," p. 205.

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A DAY IN THE HEALTH SERVICE

The Nurse's Angle

Tap, tap, a cautious knock on the door of Room 5 in Central Hall. "Good morning, Miss Ninaj, I didn't want to waken you, but—" and another day in the Health Service has begun.

Then in speedy succession follow temperatures, breakfasts, an ample supply of fruit juices for each of our bed patients, and treatments. The Zonalite and a nosepack for one, inhalations for others, as well as the famed footbaths and fomentations. It has been said that one is not a full-fledged student until he has experienced a "hot" footbath or a nosepack. Fortunately, the end seems to justify the means, or, as one patient recently said, "I feel so good when it stops, it's worth the hurt."

Time speeds on rapidly and everything should be done before the doctor arrives—but the phone rings, and frequent knocks at the door call for an injection of cold serum, a burn dressing, or an ultraviolet treatment for eczema of the hands or acne on the face or back. Then, too, there's the doctor's office with the sterilizer to be filled, instruments to be sterilized, and an ample supply of everything on hand to facilitate things during our rushed "consultation hour."

Here comes Dr. Walworth now with her cheery greeting to the lineup already awaiting her arrival.

By a mutual unvoiced understanding we find ourselves alone in her office before we turn the sign on the door to "Doctor is in; please be seated."

"I have the record book, Dr. Walworth."

"Fine. Let's go over the temperatures and call on our bed patients first. This looks good. We can discharge both of the boys. Do you think that this girl will cooperate with us if we let her go back to the dormitory? All right, then, we'll let her go. Now, let's see; these girls both came in last night. It sounds like typical flu, so it will probably be routine treatment for them and lots of fruit juices and rest. Now tell me who's waiting to see me."

"Send in the folks for tuberculin readings first; they'll just take a few seconds; then we'll remove the toenail. Perhaps you can be getting things ready for that. You may go ahead with the sinus treatment, and if you'll get the transilluminator and irrigation ready, that will come next. Do you know whether Eugenia has all the arrangements made for the X-rays for tomorrow? I guess I'll ring for her."

The consultation hour stretches to two hours and still we're moving along at a rapid pace, but a boil or a headache, hives or lack of appetite, a stomach pain or an application blank, each problem, great or small, receives its due consideration from our physician.

Late afternoon brings with it a quieting lull as a prelude to an evening of more clinical and bedside nursing, and the day in the Health Service draws to a close with anticipation of a night of uninterrupted sleep for your school nurse.

—Bess Ninaj

R = Refreshing H = Healthful

If it is *refreshing* salads and afternoon "pick-me-ups" you have been looking for—your search is ended! The *Review & Herald Cafeteria & Restaurant* offers your favorite salad prepared in our spotless kitchen from the choicest fruits and vegetables obtainable—REFRESHING & HEALTHFUL.

Adv. D.F.



(Top) Students waiting for the Doctor. The Doctor's in!

(Center) Fresh orange juice for patients. A clean bed waits for somebody.

(Bottom) Fomentations and a hot footbath. "A cup of cold water" refreshes when one is ill.

BY HERB WALLS

Pictures Prove It

Health Education Taught In Class

Health education, an important phase of college life, receives special emphasis in the Home Hygiene class, says Miss Bess Ninaj, school nurse.

This is a standard course authorized by the American Red Cross, she continued, and students receive practical instruction in home and community hygiene. Individual health receives first consideration, followed by health essentials and healthful community environments.

Among other things the student learns how to recognize certain symptoms, how to arrange the sickroom, how to bathe a baby, make a bed, use sickroom appliances to the greatest comfort of the patient, and apply hydrotherapy treatments.

Those completing the course satisfactorily receive certificates from the Red Cross.

New Equipment Adds To Efficiency

A new instrument for improving health of students has been added to Health Service equipment. It is a Twin Transilluminator, purchased from the National Electric Instrument Company of New York City.

This instrument is used by Dr. Walworth in transillumination of eyeball and pupil for getting a comparative picture of both sinuses. It is useful in antrum, frontal, and mastoid diagnosis.

The new location of Dr. Walworth's office is across the hall from the treatment room and has two windows that face most of the campus. Furnishings and equipment include a new congoletum rug, desk, filing cabinet, table for dressings, scales, screen, instrument table, instrument sterilizer, and a fully equipped examining table.

Cases Prove It

Very Robust, feeling miserable, ventured into the Health Service. He was found to have a pain in the abdomen, headaches, was languid, and was feeling tired. His temperature was found to be up slightly. The doctor examined him and by listening with a stethoscope found his chest sounds to be abnormal. Oncoming pneumonia was suspected, and the diagnosis was substantiated by sputum test at the College laboratory.

By a combination of hydrotherapy treatments and the new medication, sulfapyradine, the condition was averted.

By careful examination, laboratory tests such as urinalyses, blood counts, and metabolism tests, a few were found unfit for the strain of school. In most of these cases the individuals concerned were planning to carry a heavy work program in addition to their scholastic load.

A typical case was that of a tired, nervous, generally worn-out young woman whose blood count proved she was anemic. Her metabolism test showed marked lack of thyroid. Tuberculin test, urinalysis, and physical examination revealed nothing else significant. She was given a blood-building diet, and medications, and instructions on building her general health, emphasizing rest.

* * *

A certain group were more ambitious than their health would allow. The Health Service found it necessary to limit their programs in either school or work load, sometimes both. In some cases their type of employment was changed.

* * *

Diseased tonsils were discovered by physical examinations and students were encouraged to have them removed. Several were suffering frequent colds, sore

See CASES, column five

Students Find Cures In "Health Service"

Flu patients are becoming fewer, permitting the medical staff to have a slight breathing spell after a strenuous month, Dr. Walworth, staff physician, announces. The last flu patient left the Health Service today to return to his studies and work.

Vernon Pohle, victim of throat infection, also was permitted to leave after a week in the men's ward of the Health Service. He states that the service was excellent, but the week was not the most pleasant one.

Among those staying at the Health Service in the last three weeks are Erwin Hodde, Anne Parker, Mary Callicott, Rosa Mae Pease, Charles Hightower, and Woodrow Scott. Howard Johnson and Edwin MacArthur received treatment in their respective dormitories.

Cadet Corps Stresses Practical Training

The Medical Cadet Corps of the College is now starting on a new phase of study, reports Richard Hill, the corps' first sergeant. Classes meet in College Hall to discuss map reading, the use of gas masks, and to practice infantry drill.

The Cadet Corps is under the leadership of Lieutenant Willard P. McNeill. His assistant, Sergeant J. N. Kailer, supervises the classes and the drill work. The first sergeant, Richard Hill, is a student at the College.

The 23 boys in the class meet twice a week, Tuesday and Thursday afternoons, from 4:45 to 5:45.

"They have partially completed the study of the litter drill and infantry drill. Future training will include further study of the drills, putting map reading into practice, two long-distance marches, and skirmishing," said Richard Hill.

The Doctor's Angle

PREVENTION IS BETTER THAN CURE

If we could have every student do just three things, the health tone of the school would be above par, and then our health work would be practically all "prevention." There would not be the many students seeking for a "cure."

What are these three things?

1. EIGHT hours sleep per night—no less.
2. THREE meals every day, well-chosen.
3. Some OUTDOOR physical exercise.

In order to prevent "flu" and colds observe the following:

1. Juice of one-half lemon in one glass of water each morning.
2. Eat regularly, avoiding sweets and including plenty of fruit and coarse vegetables in your diet.
3. Regular daily attention to elimination of all body wastes.
4. Drink 8 glasses of water daily between meals.
5. Dress warm. This means well-covered extremities so there will be a regular and easy flow of blood to all parts of the body at all times.
6. Scrupulous hand hygiene—wash hands immediately before handling or eating any food.
7. Get eight or nine hours sleep daily and avoid excessive fatigue or worry.
8. Avoid crowds or people with colds or influenza symptoms.

—Dr. Walworth

New Equipment In Health Service

A new electric refrigerator is the latest addition during the second semester to the Health Service. In the refrigerator, vaccines, serums, fruit juices and food for patients are preserved.

This new piece of equipment was placed in the kitchenette, which is also new for the Health Service. In this room are shelves stocked with soup and other canned food for patients' use. An electric juicer, double boiler, and pots and pans are other new additions. Mrs. Montgomery donated goblets to the Health Service.

Another new piece of equipment for the Health Service, was designed by Mr. C. C. Pulver, business manager of the College. This fomentation tank, heated by electricity, complete with wringer has heated many a fomentation for flu patients.

The department keeps its own containers for laboratory specimens.

Bed capacity has been increased from two to five beds.

Cases Cont. from column three

throats, pimples, aching limbs. Members of the administrative faculty study the problem giving it special attention realizing that this is a defect which may lead to more serious problems.

With the cooperation of the Sanitarium a plan was worked out to reduce the cost to the minimum in a few outstanding cases. The laboratory tests were made at the College laboratory and the students were hospitalized in the health service. This was done to reduce the expense to the students.

Students will vouch for the fact that the results have been most gratifying.