

HEALTH WEEK

ISSUE

Barnard



Bulletin

Vol. XXX, No. 11

FRIDAY, DECEMBER 11, 1925

PRICE TEN CENTS

COLLEGE NEWSPAPER POLICY IS DISCUSSED

WOMENS INTER-COLLEGIATE NEWS ASSOCIATION MEETS

The willingness of the editorial and business board representatives of newspapers of thirteen independent women's colleges to cooperate in a consideration and proposed solution of a wide range of mutual and individual problems was evidenced at the 10th annual conference of the Women's Inter-collegiate News Association, held at Smith College, on Friday and Saturday, December 4 and 5. The general spirit of cooperation and the readiness of the colleges to help one another was most commendable, and definite resolutions were passed, but it is perhaps, regrettable that discussion was not concerned with larger and more vital policies, even if they seemed to border on the unsatisfactorily abstract.

It is interesting to note the decision of the 1922 Conference. It was that "the college newspaper should limit itself to student problems, its chief function should be to reflect the particular college where it is published." In 1923, Miss Freda Kirchwey, managing editor of the *Nation* addressed the conference held at Barnard that year, and she emphasized the fact that the paper in its attempt to print news which is interesting to the public, should bring in outside news in their relation to college. In 1924 a resolution was unanimously passed that the purpose of a college newspaper is not only to reflect college life but to stimulate and to influence college opinion by means of editorials, and in the selection of news. This definite progression in the policies of college newspapers since 1922 seemed definitely to fore-cast for this year's conference, a more tangible and definite development of

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TEA AND FASHION SHOW MARK HEALTH WEEK

In conjunction with Health Week a Fashion Show was given at the College Tea on Wednesday, December 9. The show was in the form of a musical skit which showed the differences between the old-fashioned costumes and the modern.

A young lady and her grandmother were shopping for a trousseau, and as the clothes were displayed, grandmother was shocked at the styles. The present day modes were shown to be healthier and more convenient for present day activities.

Dorothy Slocum was chairman of the tea and Marion Mansfield chairman of the show. The characters and mannequins were as follows: Leala Couroy, Dorothy Downey, Marie Dinkenspiel, Noel Stone and Madge Turner.

EDUCATION SHOULD TRAIN FOR PROBLEMS OF LIFE

DR. CHARLES LAMBERT, ADDRESSES ASSEMBLY

"The world is not interested in what we acquire, but how we make use of what we receive", said Dr. Charles Lambert, noted psychiatrist, in a talk on Mental Hygiene, at the college assembly on Tuesday, December 8. "It should be our aim," he said, "to turn our knowledge into something practical and contribute to the social group with which we are affiliated."

Believing that education is a training in which we prepare ourselves for problems in adult life, Dr. Lambert declared that more time should be devoted to self assertion. "There is still plenty of room in college for more extra-curricular activities. The person who devotes some part of his education to athletics, dramatics, or music will be happier than he who is timid and shrinks from all forms of self assertion," declared the speaker. Dr. Lambert believes that we will be able more adequately to meet the obligation of the social life and world responsibility, if we pay more attention to our reactions and assertions; in short to our physical and mental life.

Some of us according to Dr. Lambert never outgrow adolescence and attain our full mental capacities merely because we refuse to interest ourselves in something outside of our small sphere of life. He cited a case of a man who felt lost because his old mother had left him alone for two or three weeks. This man had no social interests, no world responsibility, and could not accustom himself to life without his mother. He had not yet outgrown the cradle.

"Most of the suffering of humanity," he declared, "comes not from the physical ailments, but from wanting something and not getting it. The mental anguish accompanying disease is the greatest source of human woe. A healthy mind," he said, "tends to make a healthy body, and the combination is the formula for a happy life."

NERVOUSNESS IS THE DISEASE OF OUR CIVILIZATION

By GULIELMA F. ALSOP

Each age, each civilization creates its pet diseases. As the good old claret and stout of England created the gouty toes and irascible gentlemen of fiction, so the rush and speed of America has created "The Nervous Wreck". The wide spread set of symptoms, creating the classical nervous picture, is rooted in the form and fabric of the civilization of this age.

To cure nervousness, one must, therefore, change the form of the prevalent civilization. This pre-

ZIMMERN ADDRESSES HISTORY AND POLITICS CLUBS ON BRITISH EMPIRE AND THE LEAGUE

EXPLAINS HOW BRITISH COLONIES COMPLICATE PROVISIONS OF LOCARNO TREATY

Dr. Mario Cosenza will speak on Petrarch under the auspices of the Italian Club.

FRIDAY, DEC. 11 at 4 O'Clock in the College Parlor THE COLLEGE IS INVITED.

EXERCISE—OLD STYLE

By DOROTHY NYE

Because of the picturesque difference of Grandmother's youthful days and our present generation, we are contrasting the extremes in dress, songs and some of the ideas expressed in Godey's LADY'S BOOK about education, exercise and sports.

Grandmother seems to feel that our present generation is entirely too self-sufficient, arrogant, worldly-wise, sensuous, mannish and caustic to possess any of the so-called womanly charms which were a part of her day and as I turned the pages of Godey's fashion books, I could well realize how she must feel. For instance, a short paragraph in the February issue of 1840 on "The Importance of Female Education," gives us an idea of the contrast. Within the last century great changes have occurred. Previously an intellectual woman was considered incompatible with the social affectations and virtues which give charm to society. Frequently persons who possessed intellectual greatness concealed it to escape the prejudices of the age. The fair sex were considered a submissive, timid, amiable and gentle race, guilty of a dreadful crime if they attempted to

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The League needs and depends upon Great Britain, and the British Empire cannot get on without the League, said Mr. Alfred Zimmern, chief of the staff on general affairs for the International Institute on Intellectual Co-operation, speaking on the subject, "The British Empire and the League" to a group of students composed of History majors and members of the History and Politics Club, in the College Parlor last Monday afternoon. This situation is the result of historic changes in the Empire and international relations which Mr. Zimmern traced.

The British Empire, it was his assertion, as a political unity has been more changed by the war than any other state with the exception of such only as have been actually destroyed or newly created. Many thought that under the great stress of the war the Empire would fall to pieces, but to the contrary it became much strengthened in its sentimental and constitutional bonds during the first two years of the war. During the later years, the war aims were being widely preached, and as one of them, the principle of self-determination came in for its share of publicity. A doctrine set up in this way, Mr. Zimmern pointed out, cannot be restricted in the scope of its application to any one area, such as Poland for example. Quite naturally it became reflected in the British Empire, so that in August 1917 Mr. Montague asserted that Great Britain's aim in India was not only to provide a good government but to prepare the country for self government at some future time.

(Continued on page 8)

TREASURE HUNT IS FEATURE OF HEALTH WEEK

Every noon during health week there was a treasure hunt, which carried out the idea of the day, and in which every class had a representative, as it took the form of competition between the classes. By way of beginning, the treasure hunters on Monday, December 6, were members of the faculty, Mr. Peardon, Mr. Peebles, and Mr. Marshall competing. As Monday was Food Day, the goal of the treasure hunt was the faculty lunch-room; and as Mr. Peardon won the hunt, he received as a prize a lunch gratis. Mr. Marshall, who lost, had to address those present. Virginia Lee managed the contest.

As Thursday, December 10 was Exercise Day, there was a walking contest in which the different classes

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The Barnard Bulletin

Published weekly throughout the College Year, except vacation and examination periods by the Students at Barnard College, in the interests of the Undergraduate Association.

Vol. XXX DECEMBER 11, 1925 No. 11

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Subscription—One Year\$2.00
Mailing Price\$2.25

Strictly in advance. Entered as second-class matter December 14, 1908, at the Post Office, New York, N. Y., under the Act of March 3, 1879. Acceptance for mailing at special rate of postage, provided for in Section 1103, Act of October 3, 1917, authorized November 12, 1918.

Address all communications to
BARNARD BULLETIN

Barnard College, Columbia University,
Broadway and 119th Street, New York

DEAN STRESSES HEALTH IN MIND AND BODY

A healthy mind—a healthy body: these we aim at in our college education. If Health Week can seize the attention of the students, make them think seriously about the best ways of attaining for themselves the greatest possible efficiency of body and mind, and—far more difficult—make them really act on these thoughts, it will do a great service.

Body and mind, we now know, react on each other. A body afflicted by unsuitable food, lack of sleep, lack of exercise, gives queer quirks to the mind, and make the world appear an abode of sombre gloom. On the other hand, a mind running in morbid channels affects the body, cripples its efficiency, even causes physical disease. But body and mind functioning normally together free our spirits for achievement and for healthy happiness: at such a sane balance we should aim in our college years.

V. C. GILDERSLEEVE.

HEALTH WEEK CHAIRMAN GIVES AIM OF CAMPAIGN

Health Week being over now we feel it our privilege to make a few post mortem remarks.

Those of you, therefore, who are strong enough to take notice, after the strenuous work of the week, will please take notice of the following. As we look around us we see the Health Week Committee in a rather dilapidated condition. They are exhausted, poor dears, by their efforts towards making the college more healthy. Is that the chairman of treasure hunt collapsed over her desk? Could it possibly be the posture committee sunk crumpled in the chair? Who has dark circles under her eyes—certainly no one

FROM THE SECOND BALCONY

Young Woodley

"Oh adolescence, sweet adolescence!" rings out the much sung refrain of the dramatist. We have been hearing its variations in *Merton of the Movies*, *Fata Morgana*, *Candida*, *The Poor Nut*, and now in *Young Woodley* the play by John van Druten. Its theme is a boy's first love, and that for a married woman older than himself, a problem of apparently eternal and universal aspects. It is in this case further characterized in that the boy is a prefect at a school in England, fond of poetry, and the lady, charming and beautiful—and also fond of poetry, is the wife of his schoolmaster, older, pedagogic, and quite unpoetic. Out of this situation the whole action evolves naturally and spontaneously.

One feels a certain gratitude to the playwright for his delightful choice of characters and their sane solution of their entanglement. *Young Woodley* acted by Glenn Hunter, is not, fortunately, what he might legitimately have been in the light of the many gruesome implications which today are collected under the protective cover-term, 'adolescent.' The married woman, played by Helen Gahagan, keeps our sympathy and understanding throughout, and especially at the end, we rejoice to see her do the unusual, and yet the sane thing. Her situation arouses irresistibly a comparison with that of the married woman in *Fata Morgana* and one needs must heave a sigh of relief at having been spared another vicarious experience similar to that of an interminable and painful seduction by Emily Stevens.

Of particular interest, is the glimpse of English school life afforded. There is the 'fag', the man of the world with his thorough knowledge of and many allusions to, the nature of mankind and its weaknesses; the school friendships; the tea-table with its familiar difficulties of handling conversation and tea-cups at the same time, and the terse, Englishy "Right you are's." Glenn Hunter and Helen Gahagan and the acting and direction throughout are all that could be wished for.

R. R.

connected with Health Week.

The Health Week Committee with its final effort (for this year at least) sighs out one last wish—Don't Forget What You Have Learned This Week! Our aim and ideal has been so to impress you with the rules, regulations and benefits of healthy living that you will not cast them aside, but will try to live by them.

If you have heard it said during the course of the week that three well balanced meals a day have a beneficial effect, that an occasional eight hours sleep a day is not unwise—take heed. If you have heard it rumored that a few sane, sensible rules of health will immeasurably improve your spirits—again take heed. Remember these things are as true next week as they were last week. Get the habit of being healthy and you'll soon be healthy in spite of yourself. It's a good habit and when next Health Week comes around you'll be strong enough to live through that strenuous time.

VIRGINIA LEE.

THE BEANERY
3011 Broadway



ODE TO A GRECIAN URGE

Way back in Mr. Plato's Time—
That era disconcerting—
The Greeks had queer ideas of crime,
They jailed poor folks for flirting.

And if a boy smiled at a girl
Or dared to wink discreetly,
He was sent up for life, forsooth,
And lost his "rep", completely.

Now Plato was a wise old bird,
Philosophy he vended;
And to the maids draped at his feet
Cosmology he tendered.

Oft to a "frail" on morning clear,
He'd call in terms laconic,
"Let's walk into the park, my dear,
We'll talk of things Platonic".

And people said as he strolled forth
So fervently orating,
"That's only Plato, he's all right,
He's merely cerebrating."

So if perchance he stole a kiss,
Or, by mistake, he hugged 'em,
The "cops" thought, "That's philosophy,"
And so they never jugged him.

**PASSE NEWS
Pre-Xmas gift**

"Briand presents Completed Cabinet to French President". (Returnable if unsatisfactory.)

"Tidal Wave Sweeps Two Italian Towns".
Water wave: not permanent.

New use for car—
"Bank Bandits Use Gun and Old Ford".
Were both loaded?

Employment agencies please copy—
"Walker to Return to Give Out Jobs".

Synthetic cement for curbing—
"Coolidge to Urge Drastic Coal Curb"
Query: Why not use a cheque-rain?

"Tests Suggest Sleep Is Only Intoxication".
News for anti-Volsted enthusiasts.

IMPORTANT LIBRARY NOTICE

Please note this change in the rule for reserving books. Usually books which are to be used over the week end are reserved on Friday. Next week this rule will be set aside temporarily and reserves for over the Christmas vacation may be made beginning **Thursday Morning December 18.**

Anyone who wishes to use books here in the library Friday afternoon or evening or Saturday morning must be sure to reserve such books before noon on Friday December 18. Books which are not reserved for use in the library at the times mentioned above may be taken home at any time after 12 o'clock on Friday if necessary.

The library will close at 12 o'clock on Saturday December 19 for the Christmas vacation and will open at the usual time Monday morning, January 4, 1926.

BERTHA L. ROCKWELL,
Librarian.

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That Everybody judges you a little by your Clothes,
A little by your Manners, and a little by your Voice;
But there are other Bases for a Future-Husband's choice.
Another Sad Condition which may keep you from your Goal
Is that Bosses do not love you for the Beauty of your Soul;
And an Economic Factor which you must not overlook
Is that Charm cannot be found between the Covers of a Book.
A Possible Employer, a Girl you'd like to know,
The Darling Man who rushed you at the Prom. a year ago
Would be a great deal more Impressed if you were not so Slack.
And never hunched your shoulders up, nor hollowed in your Back;
And never waddled like a Duck by turning out your Toes;
Nor thrust your Head out in a Mad Pursuance of your Nose;
Nor first were stiff enough to be the Backbone of the Nation,
And then were limp and lifeless with a Horrid Relaxation.
The Question of Appearance is important to you all,
You must not sit like Ramrods, and neither should you Sprawl;
But Paris Gowns and Voices like Silver Bells Subdued
Can't vitiate the Frightfulness of Tummies which Protrude.
A Thousand like Atrocities committed Every Day
All militate against you, and keep Success away.
I warn you now, Miss Barnard, She who Admiration wins
Includes Defective Posture in the Seven Deadly Sins.
WILHELMINA HASBROUCK.

IMPORTANT NOTICE

It is probable that the following course will be offered in the 2nd term, if approved by the Committee on Instruction and the Faculty:
ENGLISH 40—Poetry Studied as Fine Art—Professor Hubbard—2 points.
Thursday 3:10—4:50.
This course is intended primarily for freshmen.

This course is suggested as an elective to freshmen and sophomores who are interested in it and can be included in the 2nd term programs that are now being filed.
V. C. GILDERSLEEVE, Dean.

FRENCH CLUB PLAYS ARE REVIEWED

On Monday, December 4 at four o'clock in the Theater, La Societe Francaise informally entertained its members and many students from the college at large. Two modern comedies were presented and a monologue by Noel Stone.

The first play, "Poil de Carotte" by Jules Renard, is a little masterpiece often played in the Comedie Francaise. It is a sample of one of the modern trends in the theater, the presentation of "une tranche de vie." Renard, who had a predilection for this fragmentary and discontinuous form, describes here the trials of a red-headed child whose parents are unfortunately an unjust mother and an indifferent father. Poil looked and acted the part and thus gained the sympathy of the audience. Due to the nature of the play, there was, of course, little importance attached to action. However, had the players been more certain of their lines, there would have been a better chance for interpretation and an opportunity to insert a little more gesture and movement, thus relieving a tendency to monotony.

"L'Anglais tel qu'on le parle" is one of the more popular of Triston Bernard's plays. Characterized by a jubilation and mirth which make the impossible credible, an exactness for realistic detail, and a love of the logical, "reductio ad absurdum," it proved the more successful winner of the audience. By a few bold strokes, Hodgson was a particularly good portrayal.

As "La Societe Francaise" was not aiming at a perfect dramatic production, but rather for an informal entertainment and a presentation of a few bits of life in France, a minimum amount of attention was placed on scenery and costuming.

These two plays, and some delightful monologues by Noel Stone, provided an entertaining program, as amusing for the spectators as for the members of the cast.

R.J.F.

HEALTH WEEK EXHIBIT

To prove that it is possible to correlate the theories of good health with practical every-day living, is the purpose of the Health Week Exhibit. The Exhibit, which was held in the Conference Room, from December 7 to 12, showed graphically the improvements that have been made in public health. Corsets and petticoats are a thing of the past, according to a display of antiques. Food and shoe exhibits and health literature are also shown. Original posters attract the eye.

The committee in charge consists of Helen Burtis, Chairman, Edith Altmark, Shirley Armitage, Alison Bryant, Mary Campbell, and Ruth Torrey.

SCHOLARSHIPS

A few scholarships for the Spring Session will probably be vacated. Students in need of scholarship aid should file applications with the Dean's Secretary before January 8th.

V. C. GILDERSLEEVE,

THE DRAMA CLASS

Will Present Its
MIRACLE PLAYS
THURSDAY, DEC. 17 at 4:30
in the Theatre
THE COLLEGE IS INVITED.

FACULTY INTERVIEWED ON TREASURE HUNT

There were three particularly healthy looking professors on the Campus Tuesday. They were Mr. Peebles, Mr. Marshall and Mr. Peardon and the reason for their high spirits was the treasure hunt in which they had participated the day before.

Mr. Peardon felt that he had come safely through some crucial moments during the hunt despite his enjoyment and his victory. There was one terrible moment when he held a precarious position on the diving board and Mr. Peebles began to make him jump. Mr. Peardon could not decide at the moment whether he was going to obtain the water cress or a water bath. Another moment of intense anxiety, according to this hunter, occurred when the after luncheon speech was assigned. Fortunately his winning of the prize did not include a subsequent prize oration. In fact, said Mr. Peardon, he felt that his rival's speech was a remarkably fine one for some one else to make. In summing up his attitude Mr. Peardon remarked that he was glad he took part in the treasure hunt and will know better next time. The fears awakened by the expression were dissipated when he added that he had an important engagement next year—namely his participation in another treasure hunt. A parting comment was that his health outlook had been improved by watching Mr. Marshall's choice from the menu.

The effect of the hunt on Mr. Peebles was, he said, to make him depart from his rule of never giving any interviews for publication. As to his sensations during the experience, he declared, "With mingled feelings I commenced this treasure hunt. So the hunt began. In the tense situation that followed there were many moments of nerve racking strain. Never shall I forget the first glimpse of the tender white, woolly lamb, by the third course. It led to greater things—potatoes delicately strewn on the board walk and on the stairs, and finally a most delicious salad draped on the diving board. The most satisfactory sensation was my escape from winning the booby prize—the privilege of making an address to the assembled multitude on the intimate details of my health diet."

Mr. Marshall, who won this unsought for honor, felt no such reticence. He enjoyed giving a speech on how he keeps his figure, and admitted that it is because he never eats potatoes. To this same avoidance he attributed the fact that he did not win first prize. Mr. Marshall said he had that "day after" feeling that he had disgraced himself by overeating at the luncheon. All his impressions, in fact, seemed to have been confined to that part of the hunt. In connection with the luncheon he was reminded, he said of the old limerick:

"There was a young stude from Antig - u - a.
Said, 'Professor, my dear, what a pig - u - a.'
He replied, 'Young eighteen,
By that you must mean,
My manners, indeed, not my fig - u - a.'"

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CHRISTMAS

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GLEE CLUB TO SING XMAS CAROLS

The Glee Club will sing Christmas carols from different nations on Tuesday, December 15, at the Christmas Assembly. The college will join with the Glee Club in singing the more popular carols such as "God Rest You Merry, Gentlemen", "The First Nowell" and "Silent Night".

Some of the other carols on the program are; "Here a Torch, Jeanette-Isabella, an old Provencal Noell"; "Jesu, Thou Dear Babe Divine", a traditional cradle song from Hayti; Pietro Yon's "Gesu Bambino"; and "From Heaven High the Angels Come", a traditional 14th century carol.

Plans are being made to have a flutist from the Columbia Orchestra. Mr. Charles H. Doersam, Glee Club coach, will direct from the piano.

SING SONG PLANS MADE

Sing Song takes place on Wednesday, December 16, at 4 o'clock in Brinkerhoff Theatre. Excellent judges have been secured for this year; Miss Mary Dillon, Mr. Chas. H. Doersam, Coach of Barnard Glee Club, and Mr. Berrian Shutes, of the Columbia Music Department. There will be a special judge for cheers, Vernon Lohr, Columbia Cheer Leader.

A new feature will be songs by the Glee Club. And at the Christmas Sing Song Tea, to be held in the College Parlor, immediately following, Glee Club will sing again.

Won't you try and make Sing Song a success? Go to song practices, learn your songs and come out on Wednesday, December 16.

ASSEMBLY PROVIDES FOR JUNIOR MONTH EVENTS

On December 7, a meeting of the Representative Assembly was held in Room 304. In the absence of the Undergraduate Officers, the Assembly representative to Student Council, Dorothy Ashworth, presided.

Mirra Komarowsky, Barnard's Junior Month representative in 1925, urged that a new system be established whereby the Junior Month delegate might be in a better position to contribute to the college at large her experience gained during the previous summer. It was suggested that a number of Bulletin and a Senior Class meeting early in the year be devoted to this subject. It was voted that there be a Junior Month Tea, and that this, if successful, be recommended as an annual event. The Assembly also voted to appoint a committee to consider further plans for bringing Junior Month before the College.

Elizabeth Patterson, in explaining the attitude of the Eligibility Committee, pointed out the relation of the Honor Code and student responsibility to participation in extra curricular affairs, and urged the intelligent co-operation of the students in furthering the efforts of the committee.

Discussion of present eating arrangements was started. It was explained that the present method of separating the day students and dormitory students at noon, was necessitated by the arrangement of the budgets. Plans for altering this condition are to be considered.

The appointment of Dorothy Ashworth as Barnard delegate to the World Court Conference at Princeton was ratified by the Assembly.

STUDENT COUNCIL REPORT

At the meeting of Student Council on December 3 the results of the poll on smoking in the studies were announced by the class presidents. By a vote of the students there is to be no smoking in Even or Odd studies, and placards with this ruling have been placed in the two rooms.

The President read a letter from the Dean in acknowledgment of Student Council's recommendation that Dr. Alsop's office hours be extended. Miss Gildersleeve explained that she is now trying to secure all of the Doctor's time for the college, and was glad to have Student Council support this step.

Miss Turner announced that Dr. Griffin was now taking active measures to eliminate thieving in the college and that he appreciates Student Council's offer of cooperation in this matter. The President urged that all occurrences of theft be referred to Dr. Griffin immediately.

A letter from Margery Meyers petitioning a reconsideration of a decision by the Eligibility Committee was read. Student Council, after discussing the matter, was unable to find sufficient grounds to warrant overruling the decision and referred the matter to the Eligibility Committee.

Elizabeth Atkins and Dorothy Dowdney, who had been reported for disturbances in class appeared before the council. Miss Turner explained to them the serious effects of their behavior, and warned them not to repeat the offense.

The method of supervising Junior Show was discussed at some length. As Student Council is held responsible for the production by the Administration, it was decided to have an outline of the plans submitted to the Council for approval, and a committee consisting of Marion Paschal and Dorothy Miner was appointed to supervise the details.

The President urged the members of Student Council to attend the tea to be given by the Barnard College Club on December 8, and to consider whether or not it would be advisable to suggest an associate membership of undergraduates in the club. It was decided to invite Mrs. Florence Lowther the President of the Alumnae Association, to address the Representative Assembly on the subject. It was announced that all the absentees from the Compulsory Assembly had accounted to either Student Council or Miss Weeks.

The Council decided to ask Dean Gildersleeve to permit the exchange of students resulting from our Fellowship Drive to be effected through the bureau established for the purpose by the Confederation Internationale des Etudiants at Brussels.

Respectfully submitted,
DOROTHY MINER, Underg. Vice-Pres.

HONOR BOARD COMPLETE

The selection of the membership of Honor Board has now been completed and is as follows:

- Eleanor Antell 1926
- Marion Paschal 1926*
- Cora Du Bois 1927
- Helen Robinson 1927
- Margaret Ayars 1928
- Edith Wood 1928
- Elizabeth Hughes ... 1929
- Llewellyn Miller 1929

In February four of these members will retire, and their successors will be elected by the respective classes.

DOROTHY MINER, Ch. Honor Board

WERE YOU THERE?

We were frankly surprised and gratified at the way in which Barnard students responded to our ad in last week's "Bulletin"; but no more so than were they, when they saw our charming line of lingerie in pure silk Crepe de Chine and Duraweave Knit

AT FACTORY PRICES.

So if you were not among the many who visited our showrooms and made their selections last week, we are reminding you here that you are still welcome to inspect our merchandise, and take advantage of this unusual opportunity of buying lingerie at a surprisingly substantial saving.

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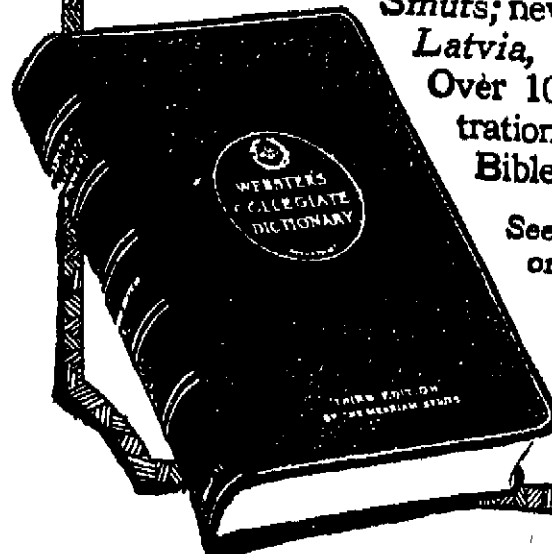
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EXERCISE OLD STYLE

(Continued from page 1)

cultivate their minds. These absurdities have somewhat changed,—an intellectual woman now is considered an ornament rather than a disgrace to society.

You will notice how often the word "female" meaning woman is used throughout the magazine. "Education suitable for the male is not calculated to render the female useful and amiable for society."

Vassar College seems to have made its greatest impression on the editors of Godey's LADY'S BOOK, because of its advanced and extreme ideas. The prospectus of Vassar Female College from Godey's LADY'S BOOK 1865 gives the following, "The intellectual course of study is to be ample but not crushing. A special school of physical training will be provided under the charge of a Lady Professor who will instruct in the arts of riding, flowergardening, boating and other physical accomplishments suitable for Ladies to acquire.

"The playgrounds are large and secluded, and the apparatus for such simple feminine sports as Archery, Croquet, Graus, Shuttle Cock, etc., will be supplied by the College. There will be a special course in the fine art of entertaining with suggestions for small talk, suitable for Kettle Drum, Routs, and banquets." And this was one of the first drastic steps taken toward overcoming the weakness of the female.

Croquet was one of the most popular and entertaining sports of the day, and our grandmothers tell us it was not played entirely for the love of the sport and the exercise derived from competing, as it afforded an excellent opportunity for a mild flirtation on the side.

In 1878, a paragraph on skating, tells us that this healthful and graceful exercise is well adapted for young ladies who have the courage to undertake to learn it; and if it induces them to put aside the novel or fancy work, and leave the hot fire by which they are spoiling their eyes and their complexions, to go out into the bracing winter air, it will have affected one good purpose.

Of course, young ladies will find plenty of instructors in this amusement, and like all things, practical suggestions are better than printed ones; few prettier sights can be seen than a party of ladies and gentlemen on a large piece of good ice performing a quadrille. There is grace in every motion and every muscle of the body is exercised.

About this same period a heated discussion was taking place in the fashionable magazine concerning the change from long skirts to short ones, and you probably can recall from pictures you have seen that the short skirt was one which just touched the floor, while the long skirt swept the floor from one to four feet in the rear of the elegant lady. What must Grandmother think when she sees how difficult it is for her Granddaughter to keep her skirt over her knees while she is sitting down? But, I wonder when Grandmother dreams of those days of her youth whether she honestly wouldn't have preferred our generation; with its intellectual freedom, the opportunity it gives

MISS ABBOTT GIVES RULES FOR HEALTH

"Eat, exercise and sleep" is the recommendation given by Miss Abbott for a healthy mind in a healthy body.

Miss Abbott's experience with the eating question within the last few years has been very satisfactory. "Now almost every girl eats some breakfast, even though it isn't very much. Our Barnard girls are ready to eat at any time of the day or night, so we have no worry about their appetites—but it is a pleasure to watch them stop before the menu and plan out a balanced meal. Is it Dr. Alsop's influence or a general sensible home training that has brought about this change?

"Exercise is not a hardship, but great fun, so why should girls avoid it? Even though the college life seems to take up every spare moment, a half hour for a brisk walk can certainly be spared. You see me playing tenackit. It may look easy, but it is really quite strenuous, and it makes the day go much more pleasantly..

'O wad some pow'r the giftie gae us

To see oursels as others see us' the day after a night spent in gossip and late studying. It has become a game with me to guess how much sleep a girl has had the night before. It is impossible to imagine the difference a few more hours' sleep will make in a girl's mental condition. With nine hours' sleep a girl is pretty sure to "put her plan across", whatever it may be. The remedy for most ills is sleep—and we cannot realize how much better we look with enough sleep!

"It is, then, eat, exercise and sleep—but especially sleep."

TREASURE HUNT IS A FEATURE OF HEALTH WEEK

(Continued from page 1)

competed. The mileages of the different classes were counted, and on Friday, December 11, at noon, a chart was posted on which the results were indicated. Anne Torpy managed the contest, and May Seeley, Jean Kent, Helen O'Brien, and Ruth Launberry were the Senior, Junior, Sophomore, and Freshman managers respectively.

women to compete honestly with men, in both work and play, and foremost, the positive viewpoint that women hold towards their physical and mental health, rather than the positively negative attitude which existed in Grandmother's day?

I grant Grandmother, we could learn from her, some of the finer graces of her generation but extreme competition in all phases of life have almost made these impossible. For instance could you imagine one of our boys and girls meeting each other on Broadway during the rush hour of the day, and having space to acknowledge each other with the extreme courtesy and flourish of the 18th century? Also can you picture the attention a fainting girl would receive at one of our Proms or fancy balls? Formerly a crowd of attentive gentlemen would gather about her. Now the fainting lady would probably be carried away as inconspicuously as possible by her girl friend.

Religious Notice

Dr. A. Wakefield Slaten

Sunday, 11 A. M. on

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7:45 P. M.

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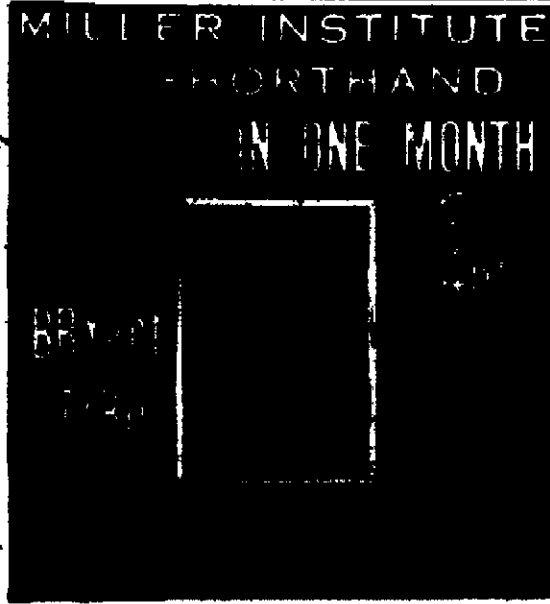


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A. A. NEWS

Swimming Meet

There is to be an interclass swimming meet at 4:30 today. The new system under which the meet is to be conducted is intended to arouse enthusiasm in all classes of swimmers. The contestants will score according to their abilities. Instead of having the fastest swimmer winning a race and the slowest swimmer losing, credits will be given according to the time in which they swim the distance. In a race the girls will be timed; those doing 20 yds. in 12 minutes will score 5 points, in 12 minutes to 15 minutes 3 points, and so on. All swimmers are urged to attend.

Basketball

The standing of the individual class teams and the standing of each class as a whole, in basketball is as follows:

These were the scores of the classes after the first series of games.

| CLASS | TOTAL |
|-------|-------|
| '26 | 205 |
| '27 | 245 |
| '28 | 225 |
| '29 | 225 |

After the second series of games the scores were as follows:

| CLASS | TOTAL |
|-------|-------|
| '26 | 210 |
| '27 | 210 |
| '28 | 195 |
| '29 | 225 |

WORLD COURT CONFERENCE TO BE HELD AT PRINCETON

D. Ashworth to Attend

John W. Davis, Dr. George E. Vincent, President of the Rockefeller Foundation, and Raymond B. Fosdick, former under-Secretary General of the League of Nations, will be the principal speakers at the National Collegiate World Court Conference to be held in Princeton Friday and Saturday, December 11 and 12. Mr. Davis will address the opening meeting of the Conference, while Dr. Vincent and Mr. Fosdick will speak at the second general gathering the following evening.

Among the prominent men who will lead discussion groups Saturday morning who have already accepted the invitation of the National Executive Committee are Dr. Henry van Dyke, Former Ambassador to the Netherlands; Roland S. Morris, former Ambassador to Japan; Norman Thomas, Director of the League of Industrial Democracy; Mary Woolley, President of Mt. Holyoke College; Herbert Adams Gibbons, noted war correspondent and author; and Ivy L. Lee, New York publicity expert.

The national character of the Conference is evidenced by the acceptances of such universities as Mills College, California; University of Michigan, Bates College, Maine; and the University of Texas. Dorothy Ashworth will represent Barnard.

It is to be one of the purposes of the Conference to form a permanent organization of American students for the purpose of discussing topics of current national import. The delegates will convene annually at institutions in various parts of the country for this purpose. Senator William Borah, Vice-President Dawes and Chief Justice William Howard Taft have heartily endorsed the Conference.

PROFESSOR OGBURN WRITES OF TRAVELS

The following are excerpts from letters sent by Professor Ogburn, who is on leave in Europe.

Venice, October 9, 1925

"This is our last night in Italy—we leave in the morning for Vienna (and the German Language). We came to Italy by accident as it were, not being on our program. But it has been lovely, and all new to me; so different from the Northern Countries. Mrs. Ogburn enjoyed Italy very much too. The first comfortable weather we've had—that is warm enough—was in Italy.

"Naples I think was the most different of anything we've seen. It was a living mediaevalism—such poverty, ignorance and superstition!—But most impressive of all to me was Pompeii. I don't know why I was so moved, but it was very impressive—to wander through the dead streets of this dead city, just as it was, and see the shops and apartments and houses—you could almost see the foot prints. It was decidedly the most real of any ruins we have seen. It was a bright sunny day, and to wander through this city that contained 40,000 was an opportunity.

"Rome was a sort of museum of history. But it certainly does vitalize history for one. It seems to stimulate a thousand questions as to causes—as to culture and original nature. Florence I felt I knew in a way because I was so familiar with the artists of that city, and Mrs. Ogburn had been there before, so it was like meeting old acquaintances. Venice is a strange show place. It was the first touch of the orient we have seen. How strange the architecture is—this Byzantine. I had never seen anything at all like it. St. Mark's Square is all that has been claimed for it. You can feel the magnificence of this great sea power of the middle ages with its connections with the Orient.

"The statistical meeting in Rome was very interesting. I met a dozen or so of these European statisticians, well enough to have some talks with them, and I picked up a better idea about what research they are doing. The meetings were so very different from ours—so much more elaborate on the hospitality side. There were five very elaborate receptions, one banquet, one auto-drive, and special car trips to Naples, Pompeii, and Ostia without a bit of cost to members and guests. The government of Italy furnished the money, I think. And it must have been quite a bit. Everything was royal. At the inaugural meeting and at the receptions by the government, there were hosts of attendants clothed in mediaeval costume, bright in color, with maces, halberds, etc. We were welcomed by high officials in what would correspond to the Senate Chamber at the Capitol in Washington. The next meeting is to be at Cairo and the Egyptian government is to send a free ship for the guests to France and Italy. In Italy, by the way, the professor seems to be much honored and appreciated. The meetings have a decidedly practical turn and are like a legislative body, or perhaps better, like our round table meetings at our societies. There were about 150 statisticians present, and from all over the world, Japan and Australia. I was indebted for

my invitation to Corrado Gini, editor of "Metron," and professor at the University of Padova. We of course saw and heard much of the Fascisti and Mussolini here. They are all-powerful—and everyone that we have met is in favor of them. They admit Mussolini has a private army and has silenced or suppressed all opposing newspapers and all freedom of speech. But they say he has done well in the achievements. Their influence is said to be waning, however, perhaps because the need is less. There seem to be no communists around now. They say when Mussolini goes, the Fascisti will go. It is hard to get good information because of the fact that we do not know the language and do not meet enough people.

"We have the children safely in the Ecole Nouvelle at Coppet, Switzerland. Reynolds writes 'back nice letters and says they are happy and pleased. It was quite an event getting them off and leaving them.

Paris, August 6, 1925

Since being abroad "I have become completely disorganized. I had a sort of a system in New York, but all that seems like a different world. I seem to be mostly 'fooling around' over here. I suppose I am not habituated to long vacationing.

"In so far as I have been putting forth any effort, I have been endeavoring to get acquainted with the French culture and the social sciences over here. . . . And on the whole I am gradually building up a fairly realistic picture of, social science and social conditions in France.

"I find there is not a single statistical machine at the Sorbonne, and the quantitative method has not been so very highly developed over here. . . . I spent a good part of a day at the office of the Statistique Generals, and got a pretty good idea of what they do and publish. They have a fine library built up from exchanges from different parts of the world."

"Needless to say, I have been enjoying Paris in other ways. I have seen much of the theaters, and other points of interest. Comparisons of customs and manners are certainly interesting. I seem to see it all against the background of social change. Most of the things admired and seen are suggestive of survivals. But since the successive stages theory of evolution has been exploded we have no positive assurance that the old world will go the way of the new. However, I think France will follow America in many ways. There is wonderfully little change, however, since I was here twenty years ago. Radio is rare. The movies developed only a little, jazz just beginning, they still dance the waltz as much as the fox-trot, bicycles everywhere, not nearly so many autos as in America, advertising just beginning, newspapers still small and varied, soft drinks are making a little headway. In the post office near my hotel they keep their money in a tin can."

Among the scientists Professor Ogburn has been meeting are Professors Ovalid, Meuss, Worms, Levy-Bruhl, Dr. Huber, Professor Lucien March. The last named is "now head of a new Institut de Statistique, financed by the Carnegie Corporation and he collects French data similar to that collected by the Harvard Business Service"

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COLLEGE NEWSPAPER POLICY IS DISCUSSED

(continued from page 1)

last year's resolution. It was proposed at the conference this year that the colleges of the Association should undertake to bring world issues of importance before their respective student bodies, and that they should, by a consolidation of the opinion of the various student bodies expressed through the news-sheets, make the student voice an important one in the large issues of the country. Although the ancient policy of confining the news to the activities within the college walls was decried as lacking vitality, the plan proposed apparently loomed as too great an undertaking to be practically considered.

A resolution "that the Association is to deal frankly after due consideration with issues which are to the interest of the student body in relation to public affairs, to faculty and administration, and with each other" was unanimously passed. It was a direct outcome of the problem of censorship which arose in one of these discussions, and the decision that college students are old enough and wise enough to write their own papers. The spirit of the clause "after due consideration" was projected upon the minds of the delegates by Mr. Frederick Allen of the Editorial Staff of Harper's Magazine who addressed the conference. No reporting should be made, Mr. Allen said, until the facts have been accurately obtained—and likewise editorial bursts into print without investigation, consultation, and complete, accurate knowledge of existing conditions, their Why's and Wherefore's should be taboo. In addition to accuracy Mr. Allen insisted that the interest element is vital in good reporting. Reporters should incorporate in their articles the tone and color that made the incident vital.

Mr. Douglas Haskell, editor-in-chief of the New Student, who addressed the conference also emphasized the dangers of rushing into print, and of laziness in ascertaining the actual conditions of affairs. That the college paper may be a molding factor in the college its editorial policies must be strong and influential. The editors must have a wealth of knowledge—of what is happening in the college; of how it evolved to its present condition; of the existing conditions in other colleges; of students' faculty's, dean's, opinion of existing conditions. In order to facilitate the editors' acquaintance with conditions in other colleges that they may make comparisons, it was agreed that the member colleges of the Association—Smith, Vassar, Wellesley, Barnard, Goucher, Hood, Wheaton, Wilson, Radcliffe, Connecticut, Mt. Holyoke, Hunter and Brown—would exchange their publications containing college rules and regulations.

Miss Katherine Knight of the advertising department of the Curtis Publishing Co. also addressed the conference. She outlined the typical publishing house as an interesting business concern, but as very sterile ground for literary aspirants. The business staff representatives and literary board representatives of the respective news-sheets conferred separately and discussed

MISS SPURGEON GIVES COPY OF HER BOOK TO BARNARD

Dr. Caroline F. E. Spurgeon, Professor of English Literature in the University of London, has presented to the Barnard College Library a copy of her monumental work, **Five Hundred Years of Chaucer Criticism and Allusion**, just published by the Cambridge University Press, England. She has been engaged on this book, off and on, for the past twenty-three years. The three stately volumes possess a special interest for Barnard because the work was finally completed by Professor Spurgeon here at our college, during one of her annual autumn visits to Dean Gildersleeve.

NERVOUSNESS IS DISEASE OF OUR CIVILIZATION

(Continued from page 1)

All such change permeating society starts with the individual. Each person must realize the disastrous effects, upon her own health and happiness, of too much rush, haste, speed, efficiency, worry. Each one must set herself resolutely to live the kind of life she believes to be the best kind of life, not merely the kind of existence in vogue in society, at the moment. There must be a change from quantity towards quality.

In the case of each student, this change necessitates the development of the power of self-direction. College gives each student an opportunity to learn how to put the best into her days. Without a sane, steady, sure, reliable basis of every day health, not upset by nervous crises, as the approach of an examination, no one can do her best. The forces that make for health are infallible. They inevitably work a sure cure, just as inevitable as food prevents starvation. The details of personal hygiene; insisting upon sufficient sleep, exercise out of doors, and leisure, as well as upon the best of food; will create an individual impervious to nervousness.

In many cases, adequate sleep is nine or ten hours a night, adequate exercise out of door is often two or three hours a day, leisure is never leisure if counted in minutes, and the eating of food should occupy at least one pleasurable hour a day. Such a health routine accomplishes its beneficial results in two ways; it will automatically cut down the number and amount of activities by leaving less time for them, and it will build a strong and resilient nervous system to carry buoyantly whatever is undertaken.

specific problems. Edith Blumberg and Harriet Wilinsky represented the literary board of the Bulletin and Bryna Mason and Pearl Friedman represented the Business Board.

Although the conference was primarily one of business, the members of the staff of the Smith College Weekly were most cordial hostesses. Saturday evening, after the conclusion of the business of the conference, the Delegates were entertained at the Annual Fall Production of the Smith Dramatic Association. "The Tragedy of Nan," by John Masefield, was excellently presented. It was quite a perfect performance.

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MRS. SANGER ADDRESSES SOCIAL PROBLEMS CLUB

Earl Hall was filled to its capacity, and many people were turned away on Thursday afternoon, December 3, when Margaret Sanger addressed the audience on the Necessity of Birth Control. Before introducing the speaker, Professor William Peperell Montague, who presided, remarked that Birth Control is essential to make parenthood voluntary, not accidental; and to regulate the population—one of the greatest causes of war.

Mrs. Sanger defined birth control as the conscious control of birth rate by scientific means. According to the Malthusian theory, the natural increase of population must be checked, and it is only logical to decrease the birth rate—rather than increase the death rate—the only other alternative.

No census has been taken on the subject, but it is quite obvious that poverty, disease, high percentage of infant and maternal mortality, slums, and various other evils are most usually the outcome of large families; and the small families bear the burdens of taxation and charity of the large ones.

In the United States last year, 200,000 infants died before one year old. Milk stations, visiting nurses, clinics—everything conceivable to reduce the mortality of infants is being done to-day, and they do succeed—but at a terrible cost, for the basic reason is one of ignorance. Year after year, these 200,000 mothers and fathers are kept ignorant—with the result of an additional 200,000 infants dying the following year.

Over-population is at the root of the problem of Child Labor; for in families where the children come too fast, they are necessarily forced to feed and clothe themselves. Until the population is regulated, there will never be peace between nations. Over-population seems to be the root of all evil.

In answer to the argument that birth control would bring about race suicide, Mrs. Sanger stated seven

MISS GODE ENTERTAINS

On Thursday, December 3, Miss Gode entertained the members of the German Club with a delightful informal talk on her own elementary school days, and on the Wandervogel Movement in Germany, which was the original of the present student movement there. The Club hopes to hear further on another occasion concerning today's youth movement in Germany, with which Miss Gode is intimately acquainted. Miss Gode's snapshots of the Youth Movement group lent direct interest.

JOURNAL CLUB MEETS

Failure to understand national customs, is one of the reasons for the antipathy between the Americans and Japanese of California, according to Professor Bogardus, visiting professor from the University of Southern California, who took part in the Journal Club discussion, held in the Conference Room, Wednesday, December 2. Professor Bogardus is making an intensive study of this racial question based largely on personal interviews with those who have actually had experience in the controversy.

American sociologists were discussed and classified by Mr. Jones, the 1925 Fellow of the Sociology Department of Columbia.

rules:

(1) No people who have transmissible diseases should have children.

(2) No women suffering from temporary disease should bear children.

(3) If normal parents produce subnormal children, they should have no more.

(4) There should be a space of at least three years between children.

(5) Maturity should be reached before motherhood.

(6) Parents should not have children they will not be able to support.

(7) Women should have no children until two years after marriage.

Birth Control is not a question to be generally decided upon, but one of individual application. The only solution to the problem is the establishment of scientific clinics where parents may come for advice (in existence in Holland and England). Mrs. Sanger concluded with the statement that women must be freed from the bondage of maternity before we can go forward to the emancipation of human races.

There will be a discussion on "Imperialism in the Orient" in Earl Hall on Thursday, December 17 at 4:10 P.M. The speakers will be Syud Hossain of India, editor of the "New Orient," Dr. Shatara of Syria, Dr. Herbert Adams Gibbons of Princeton University, and a Chinese speaker to be announced later. All Barnard students are invited to attend.

ZIMMERN DISCUSSES LEAGUE

(Continued from page 1)

Corresponding changes took place in the affairs of the dominions. In their pre-war status they were given practical independence in domestic matters but none in foreign. Mr. Zimmern believes that we have recently learned that the latter are vastly more important than the former. Since Great Britain's policy has been to grant her colonies anything they asked for, provided they asked hard enough, today her dominions have a certain amount of independence in foreign affairs.

It is this fact which brings out the importance of Locarno. The security pact pledges Great Britain to go to war for the protection of the Rhineland. This provision is not, however, backed by Canada or South Africa. In case of the necessary carrying out of this clause the British Empire would be destroyed, one part of it going to war and another keeping her peace. What Austen Chamberlain did, said Mr. Zimmern, was to bank the unity of the Empire on his faith in the ability of the League of Nations, working through the Locarno pact, to keep the peace.

Great Britain has been brought into the League for reasons of self-interest and idealism. On the first score, she is now strategically a part of Europe so that a union with the European nations is of necessity to her interest. She no longer maintains her nineteenth century supremacy over other nations; this was based on grounds which no longer hold good today—the supremacy of navy and industry, unchallenged rule over her colonies, and the non-union of the European countries. On the score of idealism, now that the last forms of tyranny in Europe have gone, there is no longer the opposition of political theories to separate England from the European nations.



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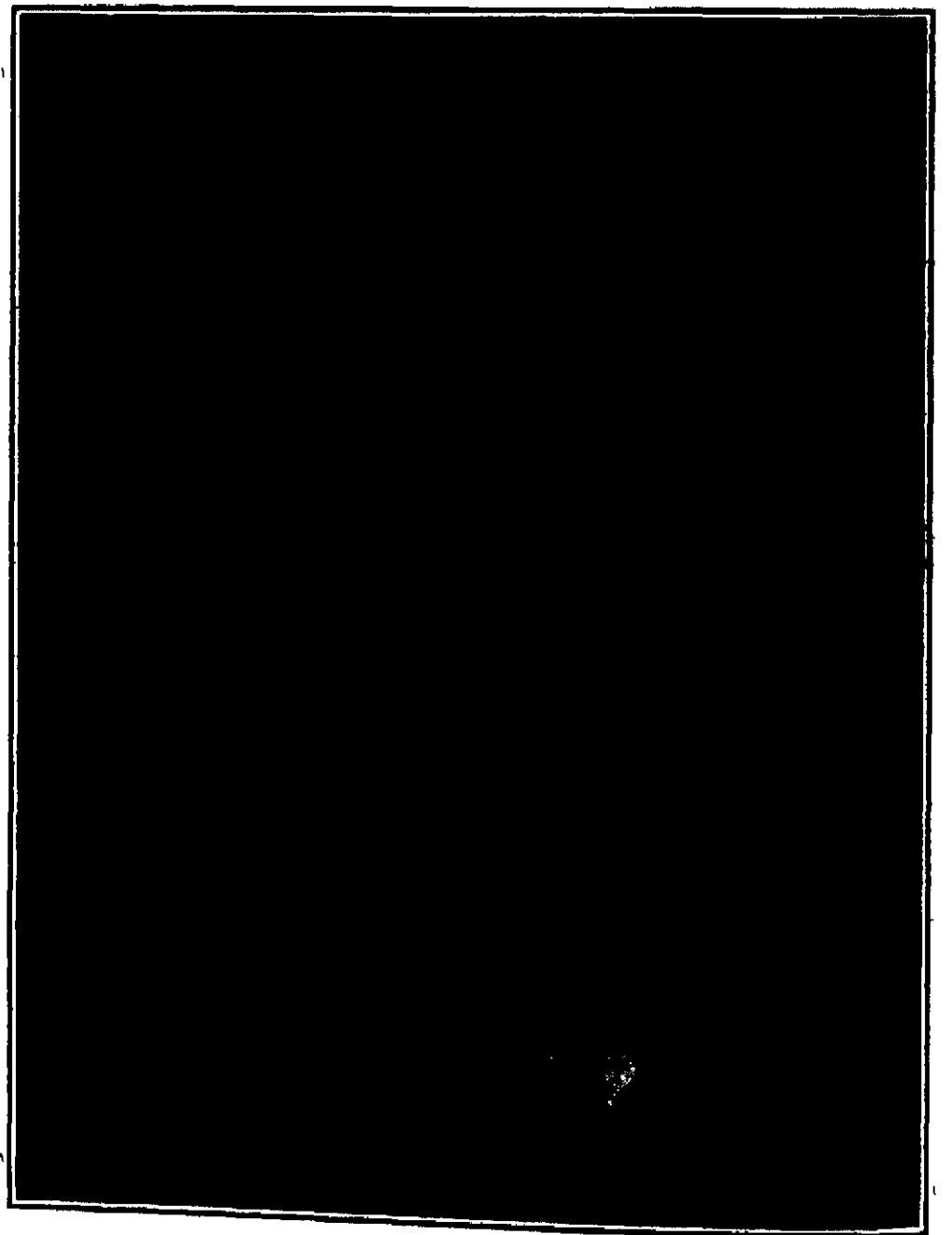
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