
Take Care Of Your Health--Mental and Physical.

Indian summer is over; no-foolin' winter is here. During the shut-in months--when you are tempted to take most of your recreation at the radio and movie--pay attention to your health.

Good health aids study, cuts down temptations to uncharity and unchastity, puts zest in life. Follow these simple rules suggested by medical men:

Wear a hat or a cap, these blustery days, and keep your feet dry. Thus you'll help prevent sinus trouble, colds and rheumatism.

If you suffer from a sore throat, or if you're bothered by any kind of skin irritation, see the university doctor at once.

Don't doctor yourself for cramps or for any kind of pains in your abdomen. Above all, don't take a laxative. See the doctor immediately.

Get outdoors to exercise in the fresh air and sunshine (if any) two hours a day. Work eight hours a day. Have a good time at both work and play.

Keep your room well ventilated especially while you are asleep. Sleep at least eight hours a night.

Eat plenty--but don't overeat--of wholesome, nutritious food.

Drink plenty of water every day.

Take care of your eyes. Read and study in good light, shaded or coming from over your shoulder so that it will not shine directly into your eyes.

Don't buy patent medicines. See a reputable physician whenever there is reason.

Take care of your mental health, too.

You want to amount to something, to have a standing among your fellowmen. That's a natural, cardinal craving among men.

If through laziness or lack of intelligent application or because of an undeveloped personality you are poorly estimated by your friends and acquaintances, certain difficulties are bound to result.

You may, for example, try to convince yourself that the good opinion of your fellows is not worthwhile and you will begin to be a cynic, disparaging your companions and their works and pomps. Or you may crawl into your shell and keep aloof, spending your time in asocial phantasies and day-dreaming trying thus to find your standing and prestige. Or you may begin to think that everybody is unfair and "down" on you.

All of these mental traits are unwholesome flights from reality. They have a single cause: misapplication of energy, or downright laziness. They have a single solution: say good-bye to the lazy streak, go to work and merit the standing among your fellows that deep in your heart you crave.

PRAYERS: (deceased) grandmother of Russell Harris (Mor.); father of Rudolph Crnkovic ('34); uncle of John Webster (Lyons). Ill, friend of Zanny Gedmin (Alumni); Rev. Nyles D. Kiley; daughter of Dr. Haley; George Belting ('34); Ellen Walsh; mother of Art Woods (Dillon); friend of Tom Morrison (Bro.). six special intentions.