
Health Hints.

1. If you wear a hat or cap, these wintry days, you will avoid much painful and annoying sinus trouble. After cool rainy days and stinging cold spells local hot-shots pound a path infirmary-wise with sore throats and stuffy noses. There used to be a saying here: "Better to be a live sissy than a dead he-man."
2. If you suffer "cramps", pains in the stomach or intestines see a doctor at once. DON'T TAKE A LAXATIVE. Get over to the infirmary, even though it's a midnight trek there. Inflammation of the vermiform appendix follows various behavior patterns. Normally an attack begins with nausea and vomiting, pains in the lower abdomen, which may or may not localize within the area to the right and below the umbilicus. If the appendix is retrocecal it will require expert prognosis.
3. Infections any place must be taken care of at once. Blood poisoning spreads rapidly. Don't horse around with earaches or inflamed swellings of the sebaceous gland (sty). In 1938 a freshman picked open his sty with a pin! Three days later he was dead--a fatal strep infection had set in.
4. Chills and fever may be the flu or may develop into pneumonia. Muffle coughs and sneezes to minimize spreading colds. A hacking cough should receive proper medication. Normal illnesses respond to proper care at the proper time and in the proper place. Ask for T. C. L.--that famous remedy your mother used so effectively when you were a kid. If T. C. L. doesn't work try calomel or anthelmintic.

Coppers For Koreans.

An upperclassman suggests ~~that~~ pennies be saved for the medical fund. Don't hand them in one at a time. . . . Fourth-floor Walsh turned in \$5.47; the office-ers in the Registrar's office contributed \$2.50; a Vetville student donated \$5.00. . . . Ambitious sophomores did a bang-up job in collecting your cast-offs. Good going.

On Profanity Again.

The habitual, irreverent misuse of the Holy Name shows two things regarding a man. First, his training has been such that those words are deeply imbedded in his mind, a point which is in his favor. Secondly, it shows that whereas the words themselves have become innately familiar to him, what they mean has not. Their sacred significance has been largely lost. Can slovenliness go so far in a university man as to affect the respect he owes to God? Can his indifference reach such a frigid state that outbursts of profanity leave him cold? unmoved?

For Timid Souls.

You have been around here long enough to seek advice in your spiritual problems. Every priest on this campus has been commissioned by Holy Orders to act as spiritual adviser to those who seek his help. Any priest to whom you go will be glad to help you. Here are several current worries afflicting college students today: the draft, religious vocation, "going steady", liquor-control, past confessions, weakening faith, difficulties in prayer, dumbness. Make use of your opportunities. Never again will you live in this kind of sacramental environment where you can receive the sacraments any hour of the day or night. But it's your soul. Save it your own way, if you will, but be certain your way is God's way and has divine sanctions.

Prayers: (deceased) aunt of Jim Connors and friend of Jim Doyle; mother of Prof. Robert Egry; Clyde Walsh, '21. Ill, father of Father Frank Gartland, CSC; Fred Miller's little daughter--serious eye operation; James Hearons (St. Ed's) operated for appendicitis wounded in Korean war--over 25,000. Special intentions -- 8.