

## How To Treat a Cold

This is the time of year that most of us are beset with that terrible thing—a cold. But the most exasperating thing is that we almost always don't know what to do for its treatment.

Treatment should be begun at the very first indication of a cold. What this should properly consist of depends in some degree upon the way the cold was contracted. For a cold taken by getting the feet wet and chilled, the best measure is an immediate hot foot bath. The cold was contracted through the feet, so it should be driven out through the feet. If the cold is the result of general exposure or due to contagion, the first step should be to cleanse the system. Next, a hot sweating bath of some kind should be taken. Let the patient sip water or lemonade as hot as can be borne during the course of his treatment. (The bath should be continued until a good perspiration is secured, and concluded by a vigorous cold rubbing to produce a good reaction. This relieves the internal content. Then patient should go to bed for twenty-four hours.)

It is well to drink as much water as possible. A gallon in the twenty-four hours is not too much. With a cold there is suppression of excretions, so the necessary thing is to get the eliminative processes working as actively as possible and rid the body of the poisons which are accumulating.

It is important to keep the food intake low for a few days. Fruit juices may well form the entire diet for a day or two. Foods rich in protein should be excluded from the dietary. Cereal and vegetable foods may be added gradually until the cure is complete.

—Bernice Palmer

## FEDERAL GOVERNMENT

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ment in the job.

5. "The recent report entitled, "Education for Public Administration in New York State" bears out wide opportunities in government employment within New York State. Within New York State there are approximately 500,000 persons on government payrolls employed by the following jurisdictions: Federal Government, 160,720; New York City, 168,616; New York State, 69,162; Other cities and counties, 110,195."

Quoting from this report State officials interpreted the problem this way: "A problem faced by the State is how to develop its personnel so that they will meet the increasing demands of the State for efficient, effective and economical services."

A step toward solving this problem involves the development of new methods of recruiting and training. The State, therefore, is emphasizing the recruitment of new personnel of ability immediately upon graduation from college and is attempting to provide greater educational facilities for all employees.

6. "Among the Liberal Arts majors which are considered especially desirable by personnel executives of government agencies and of business firms are the following: English, Social Science, Political Science and Government Service, History, Economics and Psychology."

## Alumni Notes

The Executive Board of the General Alumni Association met in the Alumni Lounge on January 12 to complete plans for the school year. There were interesting discussions on "College Athletics", "The National Alumni Meeting" and "Revitalizing Alumni Objectives".

The National Alumni Association will hold its annual meeting at the Elizabeth City State Teachers College on April 18-19. Representatives from Negro Colleges all over the United States will attend. This will be a great privilege for S.T.C. Alumni, as well as the College in general.

## WOMEN'S GLEE CLUB EXCELS

The Women's Glee Club is an excellent organization for young women who are not members of the Choir. By being in this group students are able to cultivate their voices so that they may become members of the College Choir. Those who have not studied music learn more of it. Others have the satisfaction that comes from belonging to a musical group.

The members of the Women's Glee Club sing well. Some day they will be the outstanding organization of which the College will be proud.

—Gladys Proctor

## CHOIR ENDS SERIES OF TRIPS

The Elizabeth City State Teachers College Choir with Miss Evelyn A. Johnson, director, and Miss Elizabeth Lambert, accompanist, ended a series of trips presenting the Christmas portion of Handel's Messiah, Sunday, January 20, when the group journeyed to the Pitt County Training School in Grimesland, North Carolina.

The first in the series was on December 9 at Bel Arthur. The following Sunday the program was presented at Scotland Neck, and on January 13 the Messiah was given in Windsor.

Mary Tillery.

## MY PROMISE TO YOU

My promise to you is to keep our love forever true,

And no matter what's in view please trust in me;

Just in me, dear, and I'll see you through.

Day after day, each more thrilling — I'll spend my life in fulfilling my promise to you.

My promise to you is to make your every wish come true;

Each time your arms enfold me, You hold me to my promise to you.

## I LOVE YOU

With all my heart and Soul,

I love you;

With all my heart and Soul,

I care for you;

You are the answer to my prayer.

Take all the world; take everything that I own,

And leave me just you, alone —

I only live a day to love you

With all my heart and Soul—

I'm yours..

—Selected.

They say you can't live on bread alone, but some fellows are trying on crust alone.

—The Gilcrafter

## Small-Town Quiz

Small towns have been the locale of some of the most dramatic occurrences in American History. To test your ability, see how well you are able to match these.

1. Independence, Mo.
  2. Fort Little Rock, Ark.
  3. Cooperstown, N. Y.
  4. Kitty Hawk, N. C.
  5. Montgomery, Ala.
  6. Utica, New York.
  7. Hadgenville, Kentucky.
  8. Appomattox, Va.
  9. Lexington, Mass.
  10. West Orange, N. J.
  11. Portsmouth, New Hampshire.
  12. Salem, Mass.
  13. Denison, Texas.
  14. Sauk Center, Minn.
- a. Birthplace of Gen. Douglas MacArthur.
  - b. Where the peace treaty was signed ending Russo-Japanese war.
  - c. Capital of the Confederacy.
  - d. Birthplace of General Eisenhower.
  - e. Where Lee surrendered to Grant.
  - f. Home town of President Truman.
  - g. Birthplace of "Abe" Lincoln.
  - h. Sinclair Lewis wrote *Main Street*.
  - i. Location of Baseball's "Hall of Fame."
  - j. Laboratories of Thomas A. Edison.
  - k. Location of first 5-10c store.
  - l. Where Paul Revere rode to warn patriot leaders.
  - m. Where the Wright Brothers made their first successful plane flight.
  - n. Where they used to "kill Witches".

## Answers:

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|----------|----------|
| a. — 2.  | h. — 14. |
| b. — 11. | i. — 3.  |
| c. — 6.  | j. — 10. |
| d. — 13. | k. — 5.  |
| e. — 8.  | l. — 9.  |
| f. — 1.  | m. — 4.  |
| g. — 7.  | n. — 12. |

## My Ambition

Other people have had several ambitions for me, none of which I prefer, for I have chosen that of a teacher. The teacher I wish to become is one who is instinctively-loved and admired by the entire student body, one who possesses such characteristics as a personal interest and kindly consideration for all of students—a pleasant voice, tact, poise aliveness and courteous manners. In order for me to acquire these qualities, I should set up certain standards for each day. First, I should carry myself in such a way as to gain the respect and admiration of my friends and other students, as well as members of the faculty. Secondly I should take an active part in extra-curricular activities in order to prove my ability to become a good and capable teacher. Thirdly, I should try to make myself available to help those who are in need. And one day when my name is placed on a schedule card, the student will immediately have the assured feeling of enjoying my particular class.

—Audrey Hailes

## Ears About The Campus

It seems as if the freshmen have taken the interest of the campus — for instance —

What do you think about a certain "baby face" freshman from Norfolk hitching a cute little nonchalant junior R. B. for a steady? She seems to just marvel at his center position on the basketball team!

Uncle Sam has claimed our well-known backfield star, but it seems as if one of "Miss Home-Coming's Attendants" hasn't forgotten him. I noticed a piece of jewelry around her neck recently.

It seems as if a well-known "Playboy" from Covington, Virginia, has settled down. Is it for good, or is it until the Spring Quarter?

Just a reminder to a certain helper in the dining hall. I understand that you are on the "J.V." team and you work, but I believe that you had better start putting in some canteen hours or you might lose your junior.

A stocky junior from Goldsboro has taken quite a fancy to a young freshman from South Mills. Will it stick or is it just a passing fancy?

Just a note to one of our outstanding seniors: Is H.P. one of the many to idle your time away until you leave next quarter, or is he a special?

A cute little cheerleader from Portsmouth seems to act quite settled now since her "beau" has been doing his P.T. Is it that they have marital problems on their minds?

Have you noticed a change in a certain junior boy from South Mills since his "cute little fancy" returned to Greenville as "Mrs. Bell"?

I feel quite honored to render congratulations to two seniors upon receiving engagement rings.

A petite sophomore wasn't "Homecoming Queen", but she's quite satisfied at being "Uddie's" queen. Right, huh, Uddie?

"Snow" doesn't seem to adhere to the territory around Symera hall now. Is it certain that a certain senior is preserving "Snow" in cold storage until spring? I'll see.

Did you know that "Lil Fuzzy" and "Teena" are very thick? Well, they are.

A certain "Scottie" from Portsmouth seems to have put quite a bit of sparkle in Dot's eyes. Have you noticed? Quite interesting, isn't it?

I'm certainly glad that "Hales" seems to be pleasing "Nits" this season. Maybe its love, but its rather cold to me.

Since "Spud" has become a junior, he thought it was best to change dormitories and move on up a little higher also. Right?

So long until next month.

Johnny handed the following note from his mother to the teacher one morning:

Dere Teacher: You keep tellin' my boy to breathe with his diafram. Maybe rich children has got diaframs, but how about when there father only make one dollar and fifty cents a day and has got five children to keep? First, its one thing, then its another, and now its diaframs. That's the worst yet.