

It Could Be Tougher!

If you Chowan students of 1960 think the rules and regulations at the college are tough now, just take a reading of these dillers from way back in 1915-16. After reading them, count your blessings and quit squawking about the liberalism of today.

1. The rising bell will ring at 7 a. m.; the first breakfast bell at 7:15; the second breakfast bell at 7:30.
2. Class work will begin at 8:30.
3. During the afternoon study hour from 2 p. m. to 4 p. m. and the evening study hour from 7 p. m., to 9:30 p. m. students must be in their own rooms.
4. From 2:30 p. m. to 4 p. m. on Sunday "meditation hour" will be observed and each student must be in her own room.
5. The retiring bell will ring at 10 p. m. From the ringing of this bell until the ringing of the rising bell, the house must be absolutely quiet.
6. Seniors may go calling in town once each week, all others on Monday afternoon in groups of two (A senior then was a four year student).
7. Seniors are allowed young men callers every Monday; Juniors twice a month; all other students once a month with permission from the Lady Principal and written permission from parents.
8. Students may go walking in groups of six on any day except Saturday and Sunday provided they do not go to the river or on the business side of the streets.
9. No student is allowed on the street on Saturday except in case of necessity.
10. The Lady Principal will give permission for going to the dress-makers.
11. Students must not stand on cars and talk to friends and relatives, the parlors are at their disposal for entertaining.
12. All students must be provided with high top shoes and long sleeve vest by the first of November and must wear them until the first of March. Overshoes and umbrellas must be provided for rainy days.
13. An unexcused tardy to meals and chapel will be counted an absence.
14. Four absences to meals are allowed during a month, if more than these are taken the student will be campus bound two weeks.

15. Cuts are allowed from meals Sunday night and Monday morning.
 16. Each student is allowed five cuts from church during the school year, if these are all taken no student will be excused from church.
 17. Students leaving the campus under any general privilege will leave their names in a box provided for same.
 18. Students are allowed to speak three times during a week for five minutes. When asking for permission a girl must leave her name with the House President.
 19. All students are allowed to go shopping Monday mornings from 10 to 12 o'clock in groups of two. (There were no classes on Monday).
 20. The library must be kept absolutely quiet at all times.
 21. On going to and from church students must not walk on the business side of the street.
 22. The telephone may be used by students from 1:30 p. m. to 2 p. m. and from 6:30 to 7 p. m. Not more than five minutes is allowed for conversation.
 23. Pianos must not be used in the main building or new building on Sunday. (New building was what is now the library)
 24. Those having the necessary permissions will be allowed four week-end visits to friends during the year.
 25. After concerts, lectures, etc., thirty minutes will be given before light bell is rung.
 26. All students must be on the campus before dark.
 27. No student is allowed to go driving on Sunday except with parents, brothers or sisters as chaperones. Students may go driving on all other days if properly chaperoned.
 28. Chafing dishes with alcohol burners may not be used in the college. A charge of five cents per hour will be made for the use of electric plates.
 29. Students are held responsible for the neatness and order of their rooms, which will be subject to frequent inspection.
 30. Students must not take food from the table.
 31. No one will be excused from any college duty on account of illness except when sick in the infirmary.
 32. No dancing is allowed.
- The above regulations were taken from a Hand-Book recently given to the college by an alumna, Mrs. W. D. White, Miss Alma Freeman, of Colerain.

But It Is Slower

Smoking Like Shooting Self, Noted Cancer Surgeon Warns



\$12.50 CHECK — Pictured above is Bea Edwards with an excited expression on her face after receiving a check for first prize in The Ahsokie Herald football contest. Out of 15 games she chose 14 winners, the other being an upset game.

ROANOKE (AP) — "Smoking is just like shooting yourself." Dr. Alton Ochsner, who has done more lung cancer surgery than any other living man, says: If you can't stop smoking you should have an X-ray every three months.

Dr. Ochsner who is from New Orleans' Ochsner Clinic and the Ochsner Foundation Hospital said in Roanoke he assumes that "everybody who smokes long enough—if something else doesn't get him first—will get lung cancer."

He was here Monday to address the 33rd annual spring congress of the Gill Memorial Eye, Ear and Throat Hospital and Foundation.

"Smoking is suicide," he said, mildly, at hotel Patrick Henry. Shooting is really better than smoking Dr. Ochsner contends. It's "quicker." Whereas death from lung cancer tends to be "... long ... expensive ... painful."

"I've never smoked." He said. "I'm afraid to."

He said: "We now have con-

clusive proof" of the link between smoking and lung cancer.

The sooner the smoker quits, the better, he said. "The damage is reversible." That is, your chances for survival soar immediately when you stop smoking.

But "one cigarette a day is enough" to keep you ripe for cancer, says the surgeon who regards himself as a southerner because he was born in South Dakota.

Forty thousand Americans die of lung cancer each year, he said.

Death from lung cancer was almost unknown until the mid-thirties. He puts the year at 1934, 20 years after 1914, the year he says Americans first began smoking heavily. Now lung cancer is the most frequent of all cancers.

This knowledge has caused only doctors to stop smoking, particularly therapeutic surgeons who conduct chest operations.

"It is frightening to me to think what will happen in another 10 or 15 years when our smoking habits catch up with us," Dr. Ochsner observed.

Right now it is catching up with women, who are increasingly heavy smokers, said the youthful, 64-year-old doctor.

He foresees the time when the production of tobacco might be regulated as is the growth of opium poppies today, and its use prescribed, exactly as with opium now.

What about quitting?

"The principal thing is being convinced."

How about switching to filters?

Filters are excellent if you snip off the tobacco and smoke filter only, the Tulane surgery professor reported.

Proud Father

One of the proudest men in the Roanoke-Chowan area this summer was The Rev. Oscar Creech, director of development at the college. The August issue of the READER'S DIGEST contained a four-page article relating the dramatic story of a new weapon against cancer. The man quoted in most of the article was Dr. Oscar Creech, Jr., Chairman of the Department of Surgery at Tulane University. Dr. Creech is one of the foremost men in America in his field.

When asked her opinion on how she likes Murfreesboro she said, "I think the town of Murfreesboro is beautiful; it is something like a dream and the college buildings are wonderful."

The food of Finland is like that of the United States, but is fixed in a different way. Her favorite food is summer soup, which is a mixture of spinach, peas, carrots, potatoes, and milk.

Dating is very similar to that of the United States, but instead of riding on dates in Finland, they walk.

Liisa said the thing that impresses her most is the kindness shown her and the friendliness between the students and teachers. "In Finland we have a large number of colleges and the teachers don't even know our names, just our numbers."

Two Foreign Students Like Chowan, U.S.A.

Chowan is fortunate this year to have two foreign students, one from Finland and the other from Thailand. Welcome Projit and Liisa to the campus of Chowan.

FROM THAILAND

On the second floor of the new dormitory there is the cutest little girl from Bangkok, Thailand, named Projit Pachimsawat.

Projit is 23-years-old and not very tall—only about five feet.

In August she arrived in San Francisco on an airplane with her sister-in-law. On the way over they made three stops—Hong Kong, Japan, and Hawaii. She came from there to Chowan.

Projit's older sister, Prime, who graduated from Chowan last June, brought her to Chowan to enroll. Upon her arrival she said the campus reminded her of her own country.

There are five boys and four girls in her family. Projit's 18-year-old sister makes her clothes—and how stylish they are.

Her father owns a sawmill in the northern part of Thailand. Projit hopes to help him with his business when she graduates.

Buddhism is her religion. The first Sunday here some Chowan girls took her to the Murfreesboro Baptist Church. When asked what she thought of the sermon she replied, "I understood very little, but he talked of God. It is good to go to church."

Projit says everyone here is so friendly and she likes Chowan just fine. She says, "The men are very handsome and nice, but dating is not the same as my custom. You see, in Thailand a boy cannot go out with a girl unless he knows the family well, and then he has to have their permission. When they do go out, another girl goes with them."



Thailand student, Projit, shakes hand with Finland student, Liisa—two campus favorites.

The music in her country is very similar to that in the United States. "Young and old," she says, "go to listen to music at the music halls on the weekends."

"The country here looks like my own, even the food is like ours. My favorites are chicken, beef, and ice cream."

Projit, a very interesting person, is studying liberal arts. If you haven't met her, you've missed a treat.

FROM FINLAND

Chowan is happy to have this year, Liisa Keski-Luopa from Keuruu, Central Finland. Keuruu is famous for its natural beauty, large lakes and forests.

Liisa applied for a scholarship to the United States and was interested in a school in the eastern part, because she believes this is the heart of the United States and people speak better English.



Visitors leaving the Old Columns Building