

LOCAL NOTES.

The foot ball team reports a pleasant trip to Roanoke, last week.

Dr. Howe will be off the Hill next week. It is a business proposition.

R. S. Stewart, '03, who has been visiting his people in South Carolina, will return today.

J. W. Cannon, of Concord, an old student of the University, spent several days here last week.

S. C. Chambers, Law '03, who passed the Supreme Court in August, was here last week.

The last issue of THE TAR HEEL failed to get out on time. The delay was caused by a defect in the engine that runs the press. The engine has been mended and after this, the paper will come out on time.

Frank Lee Foust, '03, who has been on the Geological Survey in Tennessee and Kentucky, returned to the "Hill" Monday morning.

Mr. A. M. Dixon, of Gastonia, is here visiting his brother, Mr. J. K. Dickson

Master John Starnes, of Asheville, arrived in the city last evening. He will spend several days with his brother, Brand Starnes.

Messrs. R. W. Herring, B. K. Lassiter, C. M. Carr, Evander McIver, R. P. and A. M. Noble made a quick trip to Durham Monday afternoon.

(Continued from 2nd page.)

means, but let it be general, not partial."

CONCERNING DIGESTION.

"If food is eaten rapidly or washed down by liquids it is difficult of digestion. One of the most common causes of indigestion is deficient circulation and heavy labor, mental or physical, following a hardy meal. Vigorous digestion and vigorous study cannot be done at the same time.

"People with indigestion usually have poor carriage of the body. They have forward necks, depressed chests and protuberant abdomens. These conditions hinder freedom of circulation. A good mode of treatment is the trunk movements, which produce abdominal circulation.

"Two more important points to be mentioned are, first, the securing of good carriage, and, second, the psychic factor. Merely muscular training will not produce erect carriage. Muscular exercises strengthen the muscles which hold the body erect, but the chief reliance must be upon the will of the individual. All exercise should be taken with body in best position. Keep spine in position by pressing neck back against the coat collar. A specific exercise is to lie on the floor, face downward, and raise the head and shoulders without aid of arms or hands.

"The psychic attitude of the

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subject needs attention. People with indigestion are apt to be discouraged and pessimistic. They tend to worry. Let them seek a cheerful atmosphere, especially at meal time. Laughter is an excellent prescription.

"No phase of physical training has excited such general interest in the press as have the various systems for building up muscular tissue. Methods are being advertised in current magazines; but better work can be done in the gymnasium than can be done by any correspondence system. The result of the gymnasium is prompt and definite, but that of the other is not. They only try to increase size of muscles. Increased size and strength developed by muscular strain do not increase the health and vitality of the individual. It is continued work in the gymnasium that will increase endurance, vitality and health.

"It is better to exercise one muscle or group of muscles at a time, as the exercise of so many requires more blood for stimulating changes than the body can sufficiently supply at one time."

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Pi Sigma (Secret).
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The Moot Court will convene every Saturday night.

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And they tell in a garland their loves and cares;

Each blossom that blooms in their garden
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* * * * *

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