

Member of Southern Inter-Collegiate News-paper Association; Member the North Carolina Collegate Association.

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FOOD.

Wherever there are people there is the problem of food. There is the problm of gtting it, and the problem of using it aright once it is acquired. The second is the one that concerns us. Every educational institution faces Every educational institution faces that question. What food restriction, if any, should we have?

Dean Stipe has received a most in-teresting questionaire from the Dean of Women at Stephens college, Colum-bia, Missouri. In order to show just what factors enter into the problem, it is given below: is given below:

1. Are your resident students re-quired to attend meals regularly?

2. What method, if any, do you use for checking meal absences?

3. Is a student free to go to public eating houses off campus for any meals? If so, under what conditions?

4. Are your students allowed to re-ceive food from home or elsewhere? Is there any restriction on such boxes? 5. Is there a shop under control or lease by the college, where students may buy additional food? If so, what kind of foods are on sale?

6. Is the between-meal eating one of your problems? If so, have you found any whole or partial solution to this difficulty which you can pass on?

Tound any whole or partial solution to this difficulty which you can pass on? Just what is the situation here? It is this: A large number of students frequent the drug stores and tea rooms daily, and eat, at very irregular intervals such indigestible and un-healthful foods as candies, sodas, pop-corn, etc., and when meal time comes, bringing with it the plainer foods, no-body is hungry. Then we complain of headaches and bad complexions, and the "terrible diet" we have, and va-rious other grievances, real and imag-inary. inary.

inary. In prep schools and junior colleges it is found necessary to have eating restrictions, but college students are supposed to have reached the age of discretion, and it is left up to us, with deplorable results. A body made weak by mal-nutrition is not able to effectively resist dis-ease germs. How many of those who rush to be vaccinated againts an epidemic will continue to eat unreas-onably? Your daily bill of fare is of utmost importance. utmost importance.

BY, OF, AN FOR THE STUDENTS.

Have you criticized our Student Gov-Have you criticized our Student Gov-ernment, its rules and actions? At some time during the year you have come face to face with some rule (or lack of some rule) that you would like changed. Make a note of these occa-sions and bring it to the Student Gov-ernment meetings to be held on Mon-day. Suggestions for amendments to be put into effect next year will then be in order, and if this is to be a gov-ernment of the students, by the stu-dents, and for the students, we must give this matter our thoughtful con-sideration.

ANNOUNCEMENTS. There will be golf practice on the There will be gon platting following days: Tuesday from 3 to 4:30 p. m. Wednesday from 3 to 4:30 p. m. Thursday from 3 to 3:30 p. m. Friday from 3 to 4:30 p. m.

Miss Foreman is to represent Salem Friday and Saturday at Greensboro, where the registrars of the seven col-leges in North Carolina which are members of the Southern Association will meet. The other colleges to be represented are the University, North Carolina College for Women, Wake Forest, Davidson, Trinity and Mere-dith. dith.

It is interesting to know that in working out high school records, it has been found that out of all the grades made by the seventeen girls who entered the freshman class from the Winston-Salem high school, only one was unsatisfactory. This speaks for itself. for itself.

Vassar undergraduates intend to make a study of their curriculum in the same way that the Barnard stu-dents did a few years ago. They in-tend to use the results partly as a basis for advice to students in making up their programs partly as a basis up their programs, partly as a basis for suggested changes in the curricu-

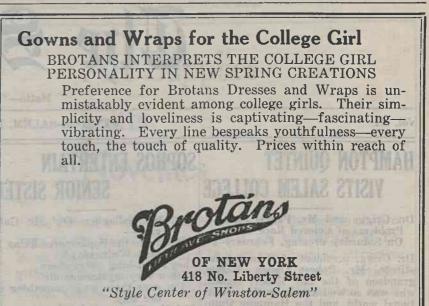
the summer.

### HAMPTON QUINTET VISITS SALEM

(Continued from page one) and sincere interpretation of the Word of God, without bitterness, or hate, or resentment of the lot of the

race race. The numbers rendered by the quin-tet were very beautiful and expressive and much enjoyed by the audience. These sonsgs were typical of the spon-taneous, free, and simple expression of the spirit of a race. They were at once amusing and inspiring, and showed, as nothing else could have, the inherent abilities and character of the negro. Some of the songs ren-dered were:





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