

The Salemite

"Sail on Salem"

Member of Southern Inter-Collegiate Newspaper Association; Member the North Carolina Colgate Association.

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FOOD.

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

Dean Stipe has received a most interesting questionnaire from the Dean of Women at Stephens college, Columbia, Missouri. In order to show just what factors enter into the problem, it is given below:

1. Are your resident students required 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 receive 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?

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 unhealthful foods as candies, sodas, popcorn, etc., and when meal time comes, bringing with it the plainer foods, nobody is hungry. Then we complain of headaches and bad complexions, and the "terrible diet" we have, and various other grievances, real and imaginary.

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 disease germs. How many of those who rush to be vaccinated against an epidemic will continue to eat unreasonably? Your daily bill of fare is of utmost importance.

BY, OF, AN FOR THE STUDENTS.

Have you criticized our Student Government, 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 occasions and bring it to the Student Government meetings to be held on Monday. Suggestions for amendments to be put into effect next year will then be in order, and if this is to be a government of the students, by the students, and for the students, we must give this matter our thoughtful consideration.

ANNOUNCEMENTS.

There will be golf practice on the 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 colleges 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 Meredith.

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.

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

Vassar will now give three to five hours credit for work in French taken at the University of Lausanne during 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.

The numbers rendered by the quintet were very beautiful and expressive and much enjoyed by the audience. These songs were typical of the spontaneous, 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 rendered were:

How I Long to See That Day, The Great Camp Meeting in the Promise Land, I'm a-Rolling Through an Unfriendly World, Down by the Riverside, Let My People Go, Couldn't Hear Nobody Pray, I Want-a Go to Heaven When I Die, Roll, Jordan, Roll, Keep Inchin' Along Like the Po' Inch Worm, and Swing Low, Sweet Chariot.

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