

LENT IS HERE

Lent is a season, religious and spiritual, which conforms to a most beneficent and beautiful ideal. Lent is our time of spring "housecleaning." Lent comes to us through the feasible, clear, clean results which follow observance of the Lenten season and manifest themselves into our individual character.

A desire to strengthen personal will has been shown in the self-denial camouflage which we apply to ourselves during Lent. We want to become stronger. We want to develop our abilities, our independence. And through this individual growth, we wish to become more God-conscious and more closely allied with pure strength and pure happiness.

But we do not want merely to deny ourselves of slight pleasures; we do not want to give up chewing gum for several weeks and then brazenly declare our perseverance and power of control. Such trivial denials are nondescript. They pass, and we pass with them. We shall not gain or improve ourselves by discarding practices that are so basically trite.

Rather should we hasten in this Lenten season to try honestly to give up weakness of character. What an opportunity we have to deny ourselves of shallow cheap traits. What an opportunity we are given to cultivate tolerance, truth, and charity.

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PAST EXPERIENCE IS A LESSON

*H. W. Beecher compares human life to road life, for both have their ups and downs. When looking ahead, one sees only hills one after the other without a break. Because it is hot and he and the horse are exhausted, to climb the hills seems impossible. Knowing, however, that he must at least get over the next hill, he proceeds and finds the valley pleasant and enjoyable. Suddenly he forgets about the many hills and quickens his pace until he reaches the highest point. There he stops and wonders what happened to the steep hills. He had thought that the road ahead was going to be hard and almost impossible, but as he advanced, he discovered that the road was good and pleasant.

*Troubles are the same way; man anticipates difficulties. But when he actually faces them, he realizes that the situation is not at all bad. He should take advantage of past experiences of this type, but no, he continues to make himself suffer from illusions. Man fails to learn the lesson from life that most of his anticipated troubles either do not materialize or are not impossible to bear. He makes a habit of looking for troubles and of complaining about nothing. What a shame that man is so stupid as not to profit from past experiences!

Saint Mary's girls react likewise to their school work and duties. They look at everything at once and wonder how teachers expect them to do so much. Knowing that they must do their best, however, they tackle their problems. Naturally, they can do only one thing at a time; therefore, they take their work part by part. (Don't all puzzles look hard at a glance?) Before they know it they are enjoying the work and are really accomplishing something. Within an unbelievably short time, they have completed the task they believed to be impossible simply because they have concentrated on one thing at a time and have not mingled the various pieces of work. This procedure has worked before and will work again.

*Paraphrased from "Troubles" by Beecher, *Leaves of Gold*.

FEELING OF DEPRESSION

What is this "feeling of depression" that many students talk about? Frequently this phrase is heard, casually spoken, yet often actually describing the individual's feelings.

Why do people feel this way? Sometimes a usually cheery person displays moody feelings. Everyone has days when she does not feel as well as usual, but some people feel depressed most of the time.

Much of the trouble lies within the individual. Accepting each day as routine or as a repetition of the day before can soon develop into complete boredom. Boredom is a chief cause of depression.

Participating in extracurricular activities is one of the best ways to overcome boredom, but no one needs to depend upon an organization for interest. Everyone comes into contact with many people each day. People are interesting. The most casual conversation can bring up appealing facts. By developing an interest in people, a person will grow in knowledge, interest, and friendship. Also each academic subject should offer an individual an open path to wider interests.

Any person who is interested in others and strives to make himself interesting to others will lose much of the feeling of depression. Many of the world's wisest men have remarked that if one smiles the world will smile back.

The prevalent feeling of depression among many students needs only a few conscious efforts by those persons to dispel them.

Second West Sensation Makes "Hall Of Fame"

The celebrities on Second West Wing have established this hall as the "Hall of Fame." They have quite a variety of talent with which they have made their way in the world.

One often finds Norville Plowden and Blanny Robertson, the world's most famous bopsters, jitterbugging to "I Don't Know." Honey Cocks and Cookie Tucker, the "Goodie Sisters," have just released a new hit recording of "How'd You Like To be a Pika?" (of State College, of course). Lane Harvey, who has just finished directing the sensational movie, "Where's Tommy," may be found lounging in her "boudoir." Her suitemate, Dewey Owens, the famous flag-pole sitter, will probably be practicing her profession on the bedpost. Rumors hint that she will have many new breathtaking acts for her audiences at her next performance. Penn Anthony and Margery Lindeman are busily working on their latest novel, a thriller called *Dr. Smedes Stalks At Midnight*. Hannah Weaver practices her new concerto constantly while Drew Smith and Frances Proctor, the notorious newspaper critics, look on with smiles of approval.

Sus-z Blades and Sally Hodges, the reknown comedians, and Renie White and Ann Pearson, their script writers, are always very busy arranging new skits for their Vaudeville Act. Last but not least are Page Cole and Nell Eley who have made their fortunes by manufacturing "Quiet Please" signs. They plan to retire in the spring.

All these celebrities extend a cordial invitation for you to come for a visit. Autographed pictures will be given away free.

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Lenten "Dictionary"

For the benefit of non-Episcopalians the BELLES is publishing a "dictionary" of terms explaining the meaning of Lent and many of the special days within the Lenten Season.

LENT: Lent is a season of forty days from Ash Wednesday until Easter, excluding Sundays, representing the forty days of Christ's temptation. The Lenten Season has been observed for many centuries in the Christian Church and has its past history to substantiate its value. Throughout the years, Christians have found it a valuable aid in Christian living. The idea behind Lent is the need for self-discipline. Whenever an individual strives for something, other things must be given up. The purpose of Lent is to provide a time for honest self-examination and such discipline as necessary to deepen one's spiritual life. It is a time for prayer, study, attention to service, and regular attendance at Holy Communion. The Church does not encourage giving up trivial things during Lent; instead it encourages self-discipline as the individual strives toward a goal of lasting improvement.

ASH WEDNESDAY: Ashe Wednesday is the first day of Lent. The day is called Ash Wednesday because long ago ashes were symbolic of repentance and were often used in the service on the first day of Lent.

PASSION SUNDAY: Passion Sunday is the second Sunday before Easter. It represents the beginning of the last weeks of Christ's life in Jerusalem, the abandonment of friends, and closing in of enemies. It is symbolic of the passion and suffering of Christ.

PALM SUNDAY: Palm Sunday commemorates the triumphal entry of Christ into Jerusalem. As He rode by the people spread palm branches beneath the feet of the animal He was riding.

MAUNDY THURSDAY: Maundy Thursday represents the last night before Christ's crucifixion. This was the night He spent with His disciples in the upper room where He instituted the Lord's Supper.

GOOD FRIDAY: Good Friday represents the crucifixion of Christ. It is a day of prayer and of the retelling of Christ's life and death.

EASTER DAY: Easter Day is the day after Lent on which the death of Good Friday is changed into life. It represents Christ's victory of life over death.