

green all the year round, make a beautiful decoration. A few days ago I counted fourteen different shades of colors on a small patch of trees on the campus. The trees are not only colorful but many are laden with fruits of all kinds that ripen in fall. It is very interesting, when fall comes to watch the squirrels and other animals busy at work, getting in their supplies of winter nuts and food. When fall begins, both fun and work begin. When one goes into the rural district, one is impressed by the ungathered grains, fruits and food of harvest time. Now is the time for crop shucking and quilting parties. During nut gathering time, children have much fun gathering nuts and taking long walks through the forest. In fall it is usually not too warm nor too cold but pleasant weather with deep blue skies. Probably the most noted day of fall is Thanksgiving day when you see the pumpkin pies ready for Thanksgiving dinner. It is in fall when everyone seems to join with nature in making the best of the last days before the long, cold winter. Keep your eyes open and do not miss any of the charm that fall gives us.

"When autumn leaves turn pink,  
Why don't you stop to think,  
Of all the many things to see  
That God has provided for you  
and me."

"SO PERISH THE ROSES" By A. Bell  
Reviewed by Thelma Gumbs

Students who spend their spare time reading would be missing a treat if they failed to read, "So Perish the Roses" by Bell. It centers around the life of Charles Lamb, the famous English writer. The time of the story is 1775-1834. Setting London, England. The story tells of Charles Lamb's birth in Crown Office Row in the Temple and of his life there until the death of his father's employer, Mr. Salt. It gives his experiences at Christ Hospital where he received most of his schooling and also met many life long friends such as Samuel T. Coleridge. He had to stop school at fourteen because of financial difficulties and was disqualified for a Christ Hospital Scholarship, which was given only to those who wanted to take the Holy Order, because of his stammering tongue.

The book gives an interesting account of Charles' and his sister's visits to his grandmother's and of his love affair. One of the sad events in the story is the murder of his mother by his sister who was insane.

The great kindness of Lamb is shown by his gentle care of his sister who never wholly recovered from her affliction.

Charles began writing in 1796 and continued throughout his life.

This is a very interesting book which relates the life of Charles Lamb from his birth to his death and it is well written. It is not in very small print and is written in simple English which should be easily understood. This story should be an inspiration to everyone, for it shows how Charles Lamb, in the face of difficulties which seemed impossible to overcome, became great. This book would give one many pleasant hours of reading and memories of Charles Lamb, whose life was crowded with so many interesting events.

HEALTHY LIVING By Eva Mae Greene

#### THE COMMON COLD

The common cold is the most frequent of all acute diseases. It is important for us to know that colds are contagious; that is, they can be transferred from one person to another. Colds are caused by germs. No one germ is responsible for producing them, however, they are caused by any one of a great number of germs, or by several different kinds or combinations. Colds of themselves are not fatal, but they pave the way by lowering body resistance for the entry such as, those causing influenza, pneumonia, and tuberculosis. It is estimated that the average person has from three to five colds a year.

Colds may be classified under two headings:

1. Chest colds, those in which the bronchi and lungs are involved.
2. The head colds, in which the mucous membrane of the mouth, nose, and throat are affected. Both types need careful treatment.

Some ways by which colds may be prevented are the following:

1. Get plenty of sleep.
2. Sleep in a well ventilated room.
3. Eat well balanced meals.
4. Wear sufficient clothing.
5. Get plenty of fresh air, sunshine, and exercise.
6. If you get wet or damp, change your clothing as soon as possible.
7. Don't put on half dry clothing.

The best defense against colds is the building up and maintaining of body resistance. Cold germs do not ordinarily thrive in healthy bodies. Most people know how to keep physically fit, but do not practice it. Carelessness causes us so much suffering, time, and money. If we use our handkerchief over our mouth when we cough or sneeze, we will do our part in protecting others against the disease.