

PHYSICAL HEALTH BASIS OF SUCCESS

Dr. Bertha Dymont Speaks to Y. W. on Body and Spirit

CAMPAIGN IS NECESSARY

Keep in Good Condition, Avoid the Blues, Advises Speaker

Physical well being is the basis for optimism, courage, energy, and all other qualities that form a foundation for future success, declared Dr. Bertha Stuart Dymont in speaking on the "Relation of Body and Spirit" at the regular Y. W. C. A. meeting Thursday. Since the war Americans have realized that they are not as physically perfect as supposed. Consequently health investigations have been made throughout the country, especially in the schools.

"I talk about good health all of the time, but have seen no results so I will have to continue to talk about it," said Dr. Stuart. There are several ways in which the college girl can insure her health. "Keep up to weight. You will smile at this because it is getting to be quite a fad around here" the speaker said, laughing. "The war brought this problem to my attention. Until that time we had never thought of weight unless a person was a living skeleton, it seemed funny." However during the war physicians said that no men should be sent overseas that were underweight, for it was these men that soon filled the hospitals.

"So when I came back from over there I started a weight campaign. You will find that you feel better." If the girls who have gained weight do not feel better it must be because their clothes are too tight, they don't get enough exercise, or else they do not have the proper amount of rest, declared Dr. Stuart. There usually is a reason.

Last year during exams 60 out of 77 girls lost from 10 to 12 pounds and they haven't recovered it yet. "Therefore," said Dr. Stuart, "start your studying now, don't cram, take care of yourselves. Keep your head clear and providing that you have studied at all during the term you will get through all right."

There is a close relation between the mental and physical condition, they are almost one. Dr. Stuart explained this by telling the girls of an interesting experiment in regard to the blues. When you have the blues, think back on all the sleep you have lost and you will probably find that you have lost quite a little, she said. When you are full of vitality and strength there is no such thing as the blues unless something terrible has happened. Optimism, cheerfulness and courage are attributes of a good physical condition.

This is a wonderful time for women to live in, for there are so many things they can do, but if she takes her place in the world she must have strength and vitality, added Dr. Stuart. This is an age of high tension, it demands a stable nervous system. To hold a good place in the business world for very long a woman must retain a good physical condition.

"I feel so seriously concerning this that I am continually nagging you, but I hope that others will take it seriously too" concluded Dr. Stuart.

HELENE KUYKENDALL AWARDED ART PRIZE

Lunette Design Will be Used on New Building

Helen Kuykendall was awarded the \$10 prize in the contest held in the design classes under Miss Helen Rhodes, for creating the most original and suitable design for a lunette to be used over the front doors of the new art building. Marion Ady and Wilhemina Beckstead received honorable mention.

The committee of art instructors which included Dean Lawrence, stated that they decided upon Miss Kuykendall's design because it showed originality of conception and fitness for the purpose and space.

Miss Kuykendall, who is a junior majoring in normal art, will execute her design during the spring term. It will be carried out in oil color on shellacked builder's board or canvass. The lunette design is a half-circle. It will occupy the outside space over the French doors, which is at present a solid red wall.

After the design is completed it will be shellacked so that the moisture will not spoil the colors. The lunette will not last indefinitely, however, because the materials will not be able to withstand the weather conditions.

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TICKETS GOING FAST FOR STUDENT DRAMA

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humor. The setting is in Arizona, at a cattle ranch, and the story is woven around a romance of the "wild and woolly west."

Bob Earl, director, reports that all the characters have taken hold of their parts in good shape, assuring the success of the first student body play of the year.

Although there are less than a half a dozen women in the play they are making up in quality for their lack in quantity. Dorothy Wootton and Ruth Griffin have been doing especially good work, as has the leading lady, Starr Norton. Janet West and Naomi Wilson are also doing some clever work.

Barney Garrett, Elmer Pendell, Don Davis, "Si" Simola, Nelson English and Bart Laughlin have shown exceptional ability in their parts, supporting in good shape the work of the leads.

John Houston, manager, reports that there are still a number of good seats left but that those wishing to buy them should "jazz it up."

The curtain will rise at 8:30 tonight, immediately following the basketball game. Order of the "O" men occupying box seats are requested to refrain from throwing peanuts at the actors.

The cast for "Arizona" is as follows: Colonel Bonham, Eleventh U. S. Cavalry—"Hank" Foster.

Henry Canby, owner of Araviapa Ranch—John Houston.

Sam Dong, a cook—Ray Dunn.

Mrs. Canby, wife of the rancher—Dorothy Wootton.

Estrella Bonham, Colonel's wife—Ruth Griffin.

Lena Kellar, a waitress—Janet West.

Lieutenant Denton, Eleventh United States Cavalry—Lyle Bartholomew.

Bonita Canby, Estrella's sister—Starr Norton.

Miss MacCullach, school teacher—Naomi Wilson.

Dr. Fenton, surgeon—Bart Laughlin.

Captain Hodgeman, Eleventh U. S. Cavalry—Boy Earl.

Tony Mostano, a vaquero—Arvol Simola.

Lieutenant Hallock—Don Davis.

Sergeant Kellar—Nelson English.

Lieutenant Young—Elmer Pendell.

Orderly—Claire Holdridge.

Soldiers—Edd Haney, Howard Winard, Paul Sayre and Earl Dickensheets.

SPRING FOOTBALL AT DEPAW.

Spring football at Depaw University will begin about March 15, and will continue for a month. The work at first will consist of lectures and diagrams on the theory of the game. This will be followed by practice in handling the ball, falling on the ball and tackling. Scrimmage will be held in the last week.

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MIKADO IS COLORFUL AND BIG PRODUCTION

Leading Parts To be Played By Professionals

When the "Mikado", famous Japanese comic opera, is produced at Guild hall next week, beginning Tuesday night it will be one of the biggest and most colorful productions ever attempted by a University cast. This is the opinion of a visiting dramatic critic who saw the rehearsal of the "Mikado" last night.

The reason for the exceptional worth of the affair is the fact that the leads will be played by persons of professional ability, who are known throughout the country for their work in dramatic and musical lines.

Madame Rose McGrew, head of the voice department of the school of music, has sung for many years in grand opera in the United States and in Europe. A. Fergus Reddie, of the dramatic department, who is playing the part of "Ko Ko" was on the professional stage for a number of years and is considered one of the leading dramatists of the north west. The "Mikado" will be played by Professor William Manford Michael, who is known for his work in public speaking and dramatics. Charlotte Banfield, who is known as one of the best actresses on the coast, will play "Pitti Sing."

The chorus is especially good, say the critics, and the costuming is pronounced "superb" by those who have looked over the great array of oriental costumes and scenery which has been gathered for the occasion. Norvell Thompson, who also has a part in the operetta, has been spending an unusually large amount of time and effort to make the "Mikado" the biggest thing that the University has ever seen.

The play will run all of next week, except Monday night. Tickets are on sale at Guild hall.

VARSITY SOCCERITES MEET EUGENE TODAY

(Continued from Page 1.)

Captain Ford of the Eugene team and Captain Staton of the varsity squad have agreed on free substitutions, which means that the game will frequently be enlivened by the addition of fresh men. The turf of Hayward is now in fine condition and the fact that several star players will be seen in action affords persons desiring to learn something about the great Scotch game a good opportunity of seeing a neat, and clever contest.

L. J. Frank, former soccer player at the University of Minnesota, will referee the game. Twenty-five minute halves will be played.

OREGON FAVORABLY KNOWN AT HARVARD

Anthony Jaureguy Writes Expressing Pleasure In Recent Events at the University.

Letters have been received by several members of the faculty in the past few weeks from Anthony Jaureguy, a former Oregon student, who is now a student in the graduate school of business administration at Harvard. Particularly in his letter to Earl Kilpatrick, director of the extension division, does he speak in a flattering manner of the University of Oregon.

After expressing his pleasure upon learning that Colin V. Dymont had become "Prime Minister," Mr. Jaureguy went on to say that Oregon students in the eastern college had come to the conclusion that the recent successes and adjustments experienced by the University had put her in an entirely different class.

A further bit of news for the older students, who, like Bob Earl, first enrolled some years ago, is the first that J. H. Jackson, one time instructor in the University school of commerce, is a member of the graduate school of commerce at Harvard. And he is, said Mr. Jaureguy, one of the most popular members of the Harvard faculty. Opal Whiteley, too, is causing Oregon folk "down east" to wonder a bit; and they are having quite a time to figure her out. They find it hard to connect the quiet little girl they knew on the University campus with the famous Opal of today.

BIG STADIUM PLANNED

Stanford To Have Bowl With 65,000 Seating Capacity.

Stanford University, March 4. (P. I. N. S.)—The amended plan for Stanford's proposed football stadium was approved at a recent meeting of the board of athletic control. The stadium will be of the embankment type and horseshoe in shape. Bleachers will be constructed on three sides, and the fourth will be graded to permit access to the bowl. The bleachers will comfortably seat 59,000 people, while the space for standing room will bring the total capacity to 65,000.

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