

Be Careful While Acquiring Suntan

By JOEY CHRYSTALL

When you decide to lie out on the sun porch for a few hours and get a tan, because it will look nice with your blond hair; or because you have a cold, you are apt to get involved with some rather terrific effects. It saves so much agony, and so much of your roommate's cold cream, if you only know what you're doing, and what the result is going to be.

A certain Dr. Rollier has been doing some work in Leysin, Switzerland, which illustrates the healing power in the sun. His most important rule is gradual exposure to the sun; sometimes a new patient does not receive a sun bath until ten days after he arrives. He must be acclimatized first. None of the patients, after receiving treatment for some time, have bronchitis, colds, or rheumatism.

Bad effects from the sun include sun burn, sun stroke, and skin cancer. It is very harmful to a person to be directly exposed to the sun for more than an hour, if he is not used to it. You can get around this rule by using sun

oil. There are sun oils which allow as little as eight per cent of the sun's rays to get through to you. If you have a mathematical mind, you would probably adore figuring out little problems like "You can stay in the sun four hours if your sun oil admits 25 per cent of sunlight." Other little warnings are:

1. If you're a blonde be more careful than if you're a brunette. Blondes can get awful sunburns.
2. If you're in the mountains, be careful. The sun has more power, or something, at high altitudes.
3. If you're at the beach, or a lake or river, be careful. Reduce the time you're in the sun 25 or 50 per cent.
4. Be careful.

In case you want to have concrete examples for your arithmetic problems, here is a list of the per cent of sun rays which various sun preparations allow to get to you:

Greasy type—	
Heliol	8
Richard Hudnut Oil	8
Noxzema Oil	35
Norwich Oil	37
Elizabeth Arden Oil	50
Greaseless type—	
Dorothy Gray	7
Uvitan	7
Harriet Hubbard Ayer Cream	9
Norwich Noil	10
Coty Lotion	15
Gaby	15
Noxzema Lotion	16
Nutan	45
Sunplexion	45
Frostilla	50
Sunshield	50

Lei Day in Hawaii

(Continued from page two)

teristic lei she wears and the color of her gown or holoku. This is a long, princess-line dress with a train.

Everyone wears a lei and many display their best in the contest in the city hall, where they are judged and awarded prizes. On the University of Hawaii campus the organizations conduct a contest of their own.

It is on the campus that the pageant takes place, in a beautiful natural amphitheater with terraced lawns and flowering trees and shrubs. The fame of the day has spread so far that many visitors from the mainland make an annual pilgrimage to witness it.

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Spring Spirit Flashes New Colors, Styles

Shirley Mulkey flashes along in a bright red jerkin to wake up the March sky; Grace Irvin studied in brown in her light and darker brown checked dress; Janet Straubel drifts along in a beige skirted dress with a red-orange top; Carol Boone wraps up in a green plaid coat—bright as spring spinach; Jean Sparrow's in the pink of condition in her rhubarb colored dress with the blue checks; Dorothy Koschmider shines at night when she clips her luminous gardenia in her hair — nice for a blackout or an Oregon dance; Allean Bechill frisked at Kay Kyser in a white dress with red trimming, over which she popped a red fitted coat. George Hart will never get mist in his frosty cellophane rainjacket; Ox Wilson's new brown shoes are a strapping discovery; Johnny Kahananui swaps cool cotton shirts for a smooth beige sweater—and Hawaii not? —Adele Say.

Coeds are chuckling over entrance requirements for canoeing instruction—One year of swimming instruction!

Spring Term Leaves Little Time For Picnics

By LOIS HULSER

With nearly thirty-five house dances and about a dozen school affairs on schedule, plus weekly desserts Betty Coed and Joe College are going to have to plan to make room for spring term picnics.

Fraternity pins will be planted all over the campus as upperclassmen pin their badges on new initiates at weekend initiation.

Fun, Etc.

Alpha Phis are entertaining delegates to the district convention of the sorority at the chapter house Friday evening at a radio dance with bridge for alumnae.

The Theta Chis are rolling back the rugs Friday night for their first radio dance of the term.

Thetas and Chi Psis changed dancing for skates last night when they had a skating party before their exchange dinner. Dance desserts last night included Phi Delta Theta-Alfa Chi Omega; Theta Chi-Alfa Delta Pi; Alpha Omicron Pi-Campbell co-op; Alpha Phi-Delta Upsilon; Kappa Kappa Gamma-Kappa Sigma; Pi Beta Phi-preference;

Alpha Tau Omega-Sigma Kappa; Susan Campbell-Sigma Alpha Epsilon; Canard club-Delta Delta Delta; Chi Omega-Sigma Phi Epsilon; Gamma Phi Beta-Phi Kappa Psi, and Hendricks hall-preference.

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