

IN PORTLAND'S SCHOOLS

Washington High.

By Marjory Hood.
THE June 15 class has at last decided on the type of amusement to be furnished the February 16 class. On Wednesday evening, December 29, a supper and dance will be given for the entire February class at the Home City Park clubhouse. Many stunts for the amusement of all will be given during the evening.

The February class play, "Stop Thief," given on the evenings of December 17 and 18, was a splendid success. The acting was certainly above the ordinary amateur work. The money received from the play will be spent in purchasing a class lens.

Tuesday morning an assembly was called for the purpose of advertising the class play. The program consisted of the February class, gave a very clever synopsis of the play, "Stop Thief." Claude Frohn, also of the February class, presented a play in more vivid style. Much enthusiasm was shown among the students.

Wednesday morning W. H. Boyer changed the program of songs. He led the school into grand opera, where they followed a little doubtfully at first, and then to old Irish songs. The Irish spirit was there to the very end. "The Irishman's Boy" was sung with as much spirit as any Irishman could wish for.

Harvey Brubaker, business manager of the Washington high school chamber of commerce, reported the financial success of the musical given last Friday morning for the benefit of charity. A little over a hundred dollars was cleared. He announced that the student knowing a business plan in need would be a member of the chamber of commerce to that effect.

Miss Sylvia Peterson, in charge of the club, has in charge of all activities. As soon as she donated something to the chamber of commerce, she was given a certificate. The student possessing the certificate to the "chamber of commerce" was given two passes to "stop thief" and was given some amusement among the students.

The Neakahi Literary society held a very interesting program Wednesday afternoon. The program consisted of a play, "The Golden Rule," given by Marian Weiss. The play was given by the ladies. The play was given by the ladies. The play was given by the ladies.

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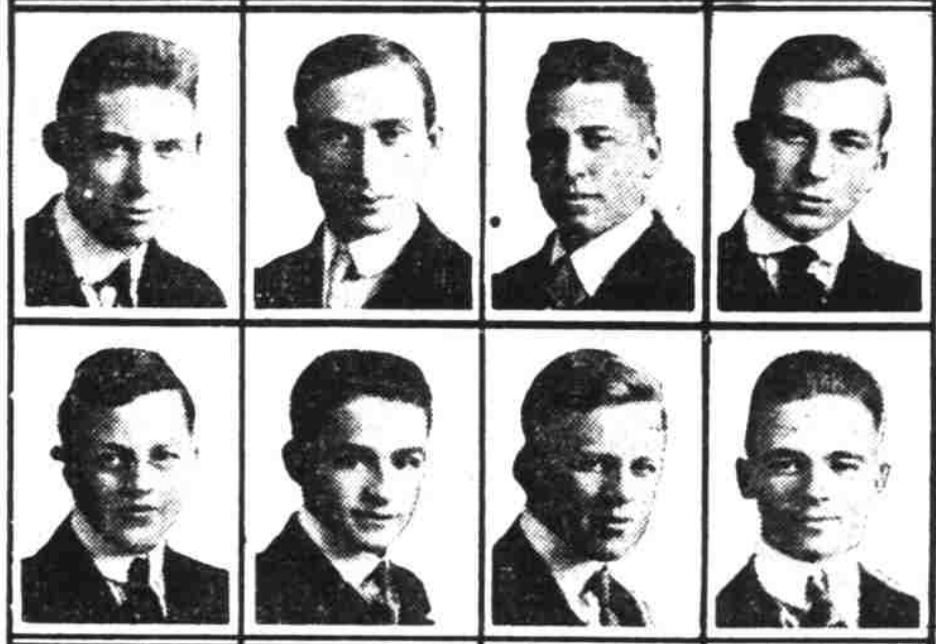
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WASHINGTON DEBATERS



Washington High school debaters. Above, left to right—Melville Pugh, George Walker, Russell Ballard, Eugene Vincent. Below, left to right—Bertrand Woods, Tom Felts, Theodore Peterson, Claud Frohn.

The interscholastic debate between Washington and Jefferson high schools was taken place Tuesday evening. Subject to be debated is "Resolved, That the Monroe doctrine should be abandoned." Washington's negative team, which debated at Jefferson, consisted of George Walker, Tom Felts and Bertrand Woods. The affirmative team, to debate at Washington, consists of Eugene Vincent, Russell Ballard and Melville Pugh. The two alternates are Theodore Peterson and Claud Frohn.

Washington is very anxious to win the Kerr silver debating cup. The cup has been in its possession twice, but was lost to Jefferson last year. If the cup is won again this year at Washington it will be theirs to keep for the laws governing its ownership are that it must be won three times by the same school before the possession is final.

The students' loan fund is being increased through the generous gifts of the faculty and students. The department has provided a success under the direction of Mrs. E. H. Spaulding.

Miss Iverson and students spent a very pleasant and profitable morning at the art museum Thursday. The class is deep in study of design based upon flower interpretation for ornamentation of dresses, bags, etc. The files by Ernest A. Barthelemy were most well as the examples of old textiles.

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In the first meeting the officers elected were: Rolfe Skulason, president; Frances Johnson, vice-president; William Miller, secretary. The object of the club is to prepare delegates for the interscholastic debate to be held early in 1916.

Benson Polytechnic (Girls)
By Minne Biblhausen.
Miss Laura Riley, instructor in domestic science, and her students made a expedition through the Pacific Coast Biscuit Co. on Friday, December 10.

Articles not disposed of at the school's Christmas bazaar have been placed on sale on the sixth floor of Meier & Frank's.

The senior class is planning an entertainment to be given at the Lincoln high school January 14.

Miss Wilson of the faculty and 12 of her students visited the Patton Home recently. They entertained the guests with a program consisting of recitations and musical numbers.

The students were the guests of the Symphony orchestra Friday at its rehearsal.

The lace department, an addition to the school this semester, has proved a success under the direction of Mrs. E. H. Spaulding.

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new cooking course met with the instructor, Miss Lewis. The class will meet every Monday from now on.

On Thursday afternoon, December 23, a Christmas program will be given by the pupils of the school. A candy sale will also be held by the Parent-Teacher association.

Glenhaven
As there is no church in the immediate neighborhood of Glenhaven school the community Christmas tree will be held at the school next Thursday. The school children will take part in a program of songs, plays and recitations. Many of the parents of the children will take some part in the program also.

The eighth and ninth grades of Glenhaven some time ago extended a challenge to any school in the city to meet them in a spelling match. No school accepted the challenge, but it is not too late for the pupils of Glenhaven to be ready at any time to meet any school.

Llewellyn
Some time ago Llewellyn school was awarded a prize by the city beautiful committee. The prize money was invested in a picture, "Roll on in Solomn Majesty."

Wednesday afternoon at the Parent-Teachers' association meeting the pupils of Mrs. Glenn's and Miss Nelson's rooms furnished the program.

Spelling so aroused the interest of the ninth grade pupils that on a regular basis with alternate teachers the fashioned spelling match was held between the ninth B classes.

Kerns
With the proceeds gained from an entertainment given by Kerns grammar school some time ago the school was able to purchase a stereopticon lantern and slides. The slides are all of an instructive nature and are to be used for school work.

The seventh grade girls' domestic science class has been serving 15 cent lunches to the teachers for the past two Fridays. The girls are getting very busy in the art of serving as well as cooking.

Capitol Hill.
The Capitol Hill home box for November included: Bessie Baxter, Hazel Purcell, Agnes McGuire, Wayne Kelly, Margaret Adams, Virginia Smith, Bessie Marshall, Grace Lathrop, Mildred Baxter, Lillian Steinbrick, Gertrude McGuire, Alice Sturman, Nellie Bell, Jessie Duncan and Alice Lathrop.

Highland.
The Highland soccer team defeated the Vernon boys last Wednesday afternoon by a score of 2 to 1.

Woodstock.
The glue club which was organized last week held a business meeting Wednesday afternoon.

High School Advantages.
The principals of the several high schools are visiting the different grade schools in their district to explain to the pupils in the eighth and ninth grades the courses offered by the high schools.

Good Health As a Business Asset

By Dr. Charles F. Thwing.

Modern life is dynamic, not static. It is largely, perhaps too largely, competitive. It spurs for the demands made on it and the demands which it makes, within two generations, have increased fourfold. The strain to which one is subjected is constant and mighty. The crises through which one passes are intense. The fit survive, the unfit perish.

For bearing up to the strain of this competitive struggle, for doing one's work in this day and world, for making one's self fit, good health is an absolute necessity. This is not a mere matter of the chair or bed, or of the modern executive, in business or politics. The business executive has been largely created in modern times—created by immense and complex industrial processes.

His rewards in money and in other satisfactions are large. For his service good health is a primary requisite. His success depends on soundness of judgment, on energy, on patience, on tact, and, above all else, on a certain staying power which must hold good and strong beneath all strains and in all crises.

Notice that the most outstanding railroad officers in America have large necks and heavy shoulders. The same characteristics are found in the members of the home or common good health, embodied in staying power, seems to spring from neck and chest.

One should have enough of health to burn and yet never burn it; enough of health to carry one over crises, and yet crises should never be courted; enough of health to stand the daily racket, and yet disturbance and annoyance should never be invited; enough of health to give an impression of reserve power, and never use up the reserve.

For evidence of any lack of good health one should be on the alert. Nervousness, undue anxiety and irritability are among the signs. "I must take a vacation," said my friend, "I get cross so easily. It is a happy condition when one's industrial and mercantile concerns are keenly alive to the physical soundness of their associates. Health is communal, and not simply an individual matter.

By proper food, enough and simple. By proper sleep, eight hours at least. By proper exercise, an hour a day at least in the open air in rapid walking or riding or of rest each week, a rest day which shall not mean lassitude and idleness, but downright change of one's thinking, doing and resting.

By an avocation carried on with one's vocation. Each vocation should help the vocation, the vocation the avocation. Some suggestions make the five-pointed star which stands over the grade of sound health.

OPEN AIR SCHOOL STORE



School pupils of a New York open air school, playing store.

State Teachers to Meet in Medford

Program For Three Days' Sessions

The Oregon State Teachers' association, western division, will hold its fifteenth annual session in Medford, Ore., December 27, 28 and 29 in conjunction with the annual meeting of the state of Jackson and Josephine counties.

The officers of the association are: H. H. Herdman, Portland, president; George Brisco, Ashland, first vice-president; W. R. Rutherford, Eugene, treasurer; W. M. Smith, Marion county, secretary.

The executive committee includes: J. A. Churchill, Salem; J. H. Ackerman, Monmouth; Emma C. Warren, Astoria; G. W. Hagg, McMinnville; E. Collins, Medford.

On the committee on reorganization are: H. D. Sheldon, chairman, Eugene; J. H. Ackerman, Monmouth; George Brisco, Ashland; W. R. Rutherford, Eugene; W. M. Smith, Marion county.

GENERAL ASSEMBLY.
High School Auditorium, Monday, December 27.
11:00, address of welcome, E. R. McElroy, Medford. 11:45, music. 1:30, business meeting. 4:45, music. 5:00, dinner. 7:00, address of the evening, "The Light of Evolution," Thomas M. Balliet, Ph. D.

Tuesday, December 28.
6:00, music. 9:15, address, "The Work and Ideology in Education," Thomas M. Balliet, Ph. D. 10:00, address, "The State of Art Education," President Carl G. Loney, Willamette university, Salem.

Tuesday, December 28.
6:00, music. 9:15, "Switzerland, Its Government, Its Military System," an illustrated address, Oregon Agricultural college, 2:30, music. 3:45, "Moral Education," Thomas M. Balliet, Ph. D.

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University and College News

Week's Campus Events

University of Oregon

University of Oregon, Eugene, Dec. 18.—Between the Christmas and New Years the University of Oregon also has a busy time. The first of the Christmas parties will be given on December 27. The following are the dates of the parties: December 27, 28, 29, 30, 31, 1915. The parties will be given at the University of Oregon. The parties will be given at the University of Oregon.

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