

Think

# UNIVERSITY OF DELAWARE REVIEW

Work

VOLUME 38

NEWARK, DELAWARE, MARCH 22, 1922

NUMBER 18

## GREAT LITERATURE AND PROHIBITION

Comfort for Those Who Draw  
"D's" and "E's"  
Consistently

The New York Times of a recent date carried the following interesting account of a conversation between Sir Arthur Quiller-Couch, the English novelist, and a well known educator:

Under enforced prohibition the United States will never produce a great literature, is the deduction that could be drawn from the controversy between the President of the Wesleyan conference and Sir Arthur Quiller-Couch, novelist, known as ("Q") and Professor of English at Cambridge, if one believes the latter's arguments.

The Wesleyan President asked, "Am I, because I am a teetotaler, cut off from understanding all that is good to understand in Swift or in some other writers? Is Shakespeare a closed book to me because I am a total abstainer?"

"Yes," answers Sir Arthur Quiller-Couch, "I do hold that the total abstainer is in the nature of things imperfectly equipped for high literature because high literature, both in its creation and its full enjoyment, demands total manhood of which a teetotal manhood is obviously a modification."

"I speak only of literature," proceeds "Q," because that, and not omniscience, is the one wordly business in which I can pretend to any competence but I might widen my position to a national one and ask what kind of civilization our one positively teetotal nation in Europe, the Turk, has." He then cites Turkish rule in Armenia, and mentions Russia as another example of prohibition. "My position," he says, "is that man is in the world to enjoy all that this world can give, so that he uses it temperately; that temptation to excess inheres in every pleasure, and that man's business is to understand this and regulate his life accordingly."

Quiller-Couch cites passages from Milton in praise of moderate indulgence in wine, and asks why "Christ gladdened the feast by turning water into wine?"

Finally he calls upon the Wesleyan President to name six great poets and six critics who have been total abstainers.

## Give Assistance to Starving Students

The Business Administration has turned over to the Student Council the sum of \$77.40 to be applied to the Russian Students' Relief Fund. This amount was saved in the Commons the three mornings that the breakfasts were dispensed with. The saving represents three hundred and eighty-seven meals figured at twenty cents each. Mr. Wilkinson also sent in a personal contribution of five dollars to be applied to this fund.

## PLANS OF THE BLUE HEN BOARD

Every Student to Have Personal Interest in Next Publication

Plans for the 1922-1923 Blue Hen have been practically completed by the Blue Hen Board and the work of collecting and organizing material has already begun. While several innovations and slight changes over former class books have been planned the next publication of college annuals.

will adhere to the general form

In outlining the book the board has tried to make it of such a nature that personal interest in it will be as widespread as possible. With this in mind it was decided that the personal write-up feature for members of the 1923 and 1924 classes would be reverted to and that some personal mention of every lower-classman would also be made. Thus a page will be devoted to each upper classman and a paragraph to every Freshman and Sophomore.

The Blue Hen will cover all college activities from September 1921 to March 1923. Thus, while the members of the present Senior class will not be given individual write-ups they will find a personal interest in the book in so far as they have participated in student body activities during their last year at Delaware and in general because they know and have been closely associated with the majority of the men who will receive personal mention.

In an interest to raise the calibre of subsequent Blue Hens and to assist later boards the present staff has appointed two men from the 1925 class to set in all meetings, that these men, as members of the next staff could through experience be able to guide the next board over many difficulties and facilitate its work. Next fall when the 1926 class has matriculated two members will be appointed from it. If this precedent is followed by all coming boards the standards of Blue Hens should increase measurably.

## Footlights Club To Give Play in May

Under the supervision and coaching of Mr. A. Blair, of the English Department, the Footlights Club is rehearsing for a play to be given in the early part of May. The play, a comedy in three acts, is Sir Arthur W. Pinero's "The Magistrate." It will be presented in the Newark Opera House and will probably run for two nights.

A large delegation of students attended the services at the Episcopal Church last Sunday to hear Dr. W. L. Bevan preach. Dr. Bevan took as his subject: "Non-church-goers."



PROF. RALPH B. HARRIS  
stresses influence of fraternities in address at Gamma Delta Rho banquet.

## GAMMA DELTA RHO FIRST ANNUAL BANQUET

Nearly a Hundred Guests at Function Given in Honor of Fathers

Gamma Delta Rho Fraternity gave its First Annual Banquet in the West Wing dining hall of Old College last Saturday evening. Nearly a hundred guests were in attendance. The function, although marked by great dignity and simplicity, was thoroughly enjoyed by everyone present. Given, as it was, in honor of the fathers of the members of the fraternity, the banquet was unique, in that it was the first affair of its kind ever given by any of the fraternities at the university. Kimmey's Orchestra, of Wilmington, supplied the music for the evening's entertainment, which commenced at 7 o'clock and terminated at 9.

(Continued on Page Four.)

## Senior Engineers On Inspection Tour

The senior mechanical and electrical engineers accompanied by Dean M. Van G. Smith, Professor George A. Koerber, Professor Carl S. Rankin, and Mr. W. Francis Lindell inspected the Delaware Plant of the Philadelphia Electric Company last Friday afternoon. In the evening a number of the party went out to the University of Pennsylvania, inspected the engineering laboratories, and attended the meeting of the Philadelphia Section of the American Society of Mechanical Engineers.

Mr. W. L. Saunders, President of the Ingersoll-Rand Company made the principal address. Mr. Saunders took for his subject, "Forty-six years out of College." The speaker told a number of his interesting experiences in engineering and urged that engineering students turn their attention to industrial work. Other speakers were Mr. D. Robert Yarnall, Professor Fernald, and the veteran civil engineering authority and author, Professor Trautwine. Motion pictures showing the combustion within a boiler furnace were shown by courtesy of the Sanford Riley Stoker Company.

## HONOR SYSTEM AND THE BOOK STORE

Book Store Operation Proves that Honor System Works, Says Manager

It is with great pleasure that I am able to say that the honor system as applied to the book store has been a complete success. We have heard the old argument, "Don't tempt the students any further than necessary." Surely no bolder temptation could be put in the hands of the students than the "open door" policy of the university book store. The well known improvised cash box on the radiator, the green book, the open candy case, and the books strewn at random offer a wonderful opportunity for petty thieving. But the students of Old Delaware have stood the test and the book store management desires to state that not a single loss has been noticed, or reported. We wish to congratulate the students on their wonderful response to the honor system. We could never go back to the old state of everything under lock and key. Now, for accounts. The administration says absolutely nothing on the books. Yes, we do have accounts but again we wish to report that the students, as soon as they are able to pay, "come thru" and settle every outstanding account. Long live the successful honor system that is now in vogue at the university.

W. S. Lilly, III.

## Williams Baseball Team Here Soon

Jack Coombs, former star pitcher of the Athletics, will bring his Williams College baseball team to Newark for its spring training. Arrangements have been made to accommodate the twenty-five men for a period of about a week or ten days.

Coach Shipley also intends to have his Martinsburg base ball team of the Blue Ridge League here during the same period.

With these two teams to practice with and against, Delaware should develop the best team of ball players it has ever put on the diamond. The Blue and Gold plays its first home game with Bowdoin on April 7th. After that a week will elapse before the "Blue Hen's Chicks" will play their double header with Pitt and Stevens on Frazer Field. During this week the Williams College and Martinsburg teams will be practicing here, and Delaware will have an extraordinary opportunity for training for the six home games which will be played in as many days commencing with April 14.

Professor Ralph B. Harris will leave for Chicago the last of March where he will finish the work required for the degree of Master of Arts at the University of Chicago.

Wallace Cook, captain of the university rifle team, is making arrangements for an inter-departmental rifle match.

## LITERARY SYMPOSIUM PEEPS AT PEPYS

Sam Pepys Visits the Faculty Club

19th (Lord's Day). The weather very fowle. Dined at home with my wife. Thereafter spent much time with my books, setting things and papers to rights. It being my pleasure to make me a book of news. But I think it will never be done. My wife to our neighbours to put a plaister on her back, she being sick of neuritis. Made myself fine with my new tie and pin, it being the gift of my wife. So by Main Street to the College, where Dr. Foster did read of my Diary, which pleased me exceedingly well. He is a most eloquent reader. I have not heard a neater talk for a great while, or more to my content, it being my diary he did read. Dr. Foster did read of my wife's maids and her picking of plain girls, whereat there was much mirth which did make me mad, so that I vowed not to go again to any reading. But I staid, fearing to lose any admiration, as my writing seemed to please the company mightily. I do reproach myself now, for having given up my Diary so soon, as it makes most pleasant reading. There was some talk of one, Mrs. Margot Asquith. She has written much and is talked of greatly, wherein is much mirth, but no great matter else. She has lately gone to America, where it is said she doth talk much foolishness, and is very bold, smoking of cigarettes, which is most unseemly in a woman. But indeed the women are much changed, and the men too, for that matter. There was good company. I did see a Major, a Physician, some College Professors, and an Editor, which pleased me well. Staid to drink of hot chocolate a new sweet drink, and very pleasant, and eat some cakes the best I ever yet tasted. So home and to bed.

S. Pepys.

## Bal Masque Tomorrow Night

The house has been sold out for the Varsity Club Ball. Friday is the big night, from nine until two. Alumni and students will be gay again in their second annual, and time will pass all too quickly. President Rothrock has been an efficient executive and he has the whole affair well-organized. It should be a great night. More power to it and to its descendants.

Dr. George A. Harter was confined to his bed several days last week, suffering from a severe cold bordering on pneumonia. His condition is now much improved and he hopes to be able to meet his classes again in a very short time.

Major Lathe B. Row has succeeded in establishing a rifle club at the Women's College. The details of organization have not as yet been worked out.



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## THE BASEBALL SEASON

Crossing bats with Georgetown University on March 31, the Blue and Gold begins the most ambitious baseball season in its history. From the time the umpire calls "Play Ball," on that date, until the final inning of the Johns Hopkins game, on May 27, Shipley's men will be on their toes to give the best that is in them. It will be a hard grind and there will be times when the men will feel inclined to throw the irksome but necessary discipline into the discard and "let loose."

From information at hand it is evident that Delaware will have a banner year. With eight letter men from last year's team and a wealth of promising new material, under the able tutelage of Burton Shipley, a crack team should result. But the Student Body should have a part in making the season a success. For even a winning team needs the backing of a loyal Student Body. And there are a thousand and one ways in which individual students can contribute to the success of the season. One of these is to assist in making the players themselves physically and mentally at ease. An answered telephone call, an errand done, a little help with bothersome lessons—all these help a lot.

The success of this baseball season means much to Delaware. The legitimate advertising accruing to a university which supports a successful athletic team is not to be sneered at. But more important still is the unifying effect upon alumni and students. Nothing typifies the living spirit of a university as does an athletic contest—a contest in which the whole university either directly or indirectly has a part. It is a thing which expresses the personality of a university. And that personality is either aemic or vigorous depending upon the success of the team and the support accorded it by the students.

We have the first-class ball players, we have the capable coach, and we have the stiff schedule. Have we the loyalty to back the team to the limit and to drive it thru a successful season? We have. And we shall express our loyalty in terms which can be measured.

\* \* \*

## A CAMPUS BEAUTIFUL—AGAIN—AND HARTER HALL

Our editorial of two weeks ago on beautifying the campus seems to have had little effect. At least we can note none. And we are more or less observant, not given to walking with our nose up in the air. A friend tells us that even Rome was not made in a day so we venture to again call the attention of the university family to the fact that action is needed to make our campus more attractive.

In our nightly rambles we have noted that the rooms in Harter Hall are being kept in a more orderly fashion but the general lack of attention to the lavatories and halls displeases us. It is easy to understand how a student living in a slovenly manner or in slovenly surroundings would throw a pop bottle or the remains of a midnight lunch out his dormitory window without experiencing a twitch of his conscience.

Only by action can we remove some of the ugly spots on our campus; only by advancing our standards of living can we remove the cause. Why not do both?

\* \* \*

## A BIT OF PHILOSOPHY

Only those are fit to live who do not fear to die; and none are fit to live who have shrunk from the joy of life and the duty of life. Both life and death are part of the same Great Adventure. Never yet was worthy adventure worthily carried thru by the man who put his personal safety first. Never yet was a country worth living in unless its sons and daughters were of that stern stuff which bade them die for it at need; and never yet was a country worth dying for unless its sons and daughters thought of life not as something concerned only with the selfish evanescence of the individual but as a link in the great chain of creation and causation, so that each person is seen in his true relations as an essential part of the whole, whose life must be made to serve the larger and continuing life of the whole.—Theodore Roosevelt.

\* \* \*

Stick to your triposes, grind at your mill, and don't try to set the universe in order until you have taken your bachelor's degree.—Sir Lelsie Stephen.

FIFTH ARTIST SERIES  
CONCERT PLEASURES

Baritone and Soprano Entertain Delightfully

The fifth entertainment of the Second Annual Artists Series, held in Wolf Hall Saturday evening last, was a decided success from the viewpoint of those who love vocal music. Mr. Frederick Wyatt, a baritone of repute and accomplishment, and Mrs. Frances DeWitt Babcock, a soprano of equal talent, sang and delightfully entertained for an hour and a half. Intermingled with the sterling quality of the two vocalists' singing was the work at the piano of Mr. John A. Thomas, Jr. His playing was a decided supplement to the success of the singers.

Many old and popular standard classic pieces were sung, some in French, some in Italian, but the majority in English. It is safe to say that few present knew what was being told when the suave modulations of French and Italian soared out over the audience, but certainly all appreciated the quality, and interest was not mitigated by the ignorance of the songs' significance. Mrs. Babcock charmed the music lovers with an old negro lullaby, "Mammy's Song." "Berceuse" by Godard, and "The Lass With the Delicate Air," by Dr. Arne, also sung by Mrs. Babcock, were loudly applauded. "La Thé," by Koechlin, and "Little David, Play on Your Harp," by Burleigh, were the outstanding selections from Mr. Wyatt's repertory.

TWO LECTURES AT  
ENGINEERS' MEETING

Get Information on Water-tube Boilers and Clay Pipe

Two illustrated lectures featured the monthly meeting of the local chapter of the American Association of Engineers held last Thursday evening in the Lounge of Old College.

Mr. William Bradford of the Edge Moor Iron Company told of the historical development of boilers up to the present day. He completely described the Edge Moor water-tube boiler and gave some figures concerning its operating characteristics. Joseph S. Lea, of the Eastern Clay Products Association told of the manufacture and use of vitrified clay pipe. Pictures showing the ancient Roman baths and the Babylonian sewage systems were shown and contrasted with our present day plumbing systems.

Announcement was made that the annual nomination of officers would take place at the first meeting in April and the election at the first meeting in May.

Thursday afternoon Mr. Bradford made an inspection of the engineering facilities of the university. He was also the guest of the chapter officers at dinner in the Commons. Other guests were: Dean M. Van G. Smith, Professor Howard Kent Preston, Professor Carl S. Rankin, and Professor L. Blumberg.

## Artist Series on April 8

The next Artist Series number will be held April 8 in Wolf Hall. Miss Sidney Thompson, a talented and entertaining elocutionist, will fulfill the program. This number of the Artist Series is the one that was postponed some time ago on account of the scarlet fever epidemic.

## MIRRORS OF OLD COLLEGE

By

An Old Gentleman With a Whisk Broom  
An Old Gentleman With a Fine-tooth Comb  
and Others

"Oh wad some power the giftie gie us  
To see oursel's as others see us!  
It wad from monie a blunder free us  
And foolish notion."

## "GOUCHER" JAKE

Here is a man, if you please! At least he was a man for three years and strange as it may seem, he has retrograded somewhat during the past two months. What is it? Two particular things, we believe. Too much cash and too much girl. Yet, things in general have not suffered so much.

William Franklin Pierce Jacobs! Handle enough for a king but too much handle for a person who emanates from Smyrna, Kent County, Delaware.

"Jake," we fondly call him. The Sobriquet is entirely satisfactory and appropos. He is "Jake."

There are weak points about this individual and there are strong points. The latter class predominates. He is an engineer. That means work. He is

business manager of the "Review." That means work. He is affiliated with the Engineering society in an official capacity. That means work. He is prominently associated by his friends with Goucher College, Baltimore, Md. That means as much work as the others combined. So "Jake" is a worker. He is a tried and true worker. He has worked so much that we are able to write about him in these columns.

"Jake" will make a big success in this world. Behind these glasses there comes a beam of "I'll get there." But, Oh! "Jake." Please start "getting there" first. Precocious youth! Allow not the girls (pronounced as "If it be a g-i-r-l")—forsooth, the girl, to confiscate, absolutely confiscate, so much of that time which should be devoted to the "I'll get there."

HEAR SOCIOLOGIST AT  
COMBINED CHAPEL

Dr. Litchtenberger Addresses Men and Women

At the first of the combined chapel exercises of the Men's and Women's Colleges, on Tuesday morning, Dr. James P. Litchtenberger of the University of Pennsylvania, gave a lecture on "The Scientific Attitude Toward Social Progress."

The purpose of his discussion was to show in a concrete way the modern, scientific attitude toward social problems. He accomplished this purpose by first showing that in the various sciences man has only been able to make progress after he approached them with the open

analytical mind. Man had first to learn to reason from effect to cause and from cause to effect before he made any progress.

Then Dr. Litchtenberger showed by concrete examples that the same kind of reasoning must be applied to social problems. There is no social evil without its own special cause or causes. The only logical way to remove social evils is to find the causes and remove them. In this manner only can social progress be made.

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By A. Traveller

"Oh! Nature's noblest gift—my grey goose quill!  
Slave of my thoughts, obedient to my will."

Fullerton L. Waldo, in the "Outlook" for March 1, writes on "Panting after Pepys." Waldo talks on old flutes and the Recorder family, with especial reference to Pepys and his musical accomplishments.

"The Outlook," be it noted, now goes to Shakespeare for the head-lines of its cartoon pages. One of the most apropos is that of March 15, in reference to the some-what discussed bonus bill; "Bate me some and I will pay you some and, as most debtors do, promise you infinitely." King Henry IV, Epilogue. Referring to the business revival, in the issue of February 22, there is this, "Gentlemen, let's look to our business. 'Othello, Act II, Scene 3. And over the picture of a page of the "Ten Year Naval Holiday Treaty," showing the signatures of American and British delegates ... is quoted, "It signs well, does it not?" Anthony and Cleopatra, Act IV, Scene 3.

President Angell of Yale, in the same issue, writes on "The Pilgrim Fathers; a Protest." A thoughtful, witty article. A painting of Edward Winslow, Governor of Plymouth Colony, is reproduced. We mention this because of the date painted at the top of the picture, which reminds us of a visit to the National Art Gallery in London. A masterly portrait of Rembrandt, painted by himself, hangs in one of the rooms. It is one of our favorites in that room. In the upper right hand corner of the canvas is Rembrandt's own signature and the date. To a fellow artist who has handled, in some sorts, a paint brush, there is a real thrill to be found in the sight of the painted letters and figures of Rembrandt's own hand. In one or two places, the paint seems to have half dried on the brush, and in drying left a tiny break in some letters.

Speaking of Diaries, Minerva, you remember Mark Twain's whimsical "Eve's Diary"? What would fair Eve have thought of Margot Asquith's appalling out-breaks? A well kept diary has its value. We cannot all be a Pepys or an Evelyn, but we all may write. "The thoughts of youth are long, long thoughts," and in after years these thoughts are apt to be strangely illuminating, if not entertaining.

Minerva, we have solved the Shakespeare-Bacon problem, or rather some one else has found the Truth at the Bottom of that Well of Mystery.

But our train is due in ten minutes.

**"Ag" Student****Speakers Declaim**

Much enthusiasm prevailed at the regular "Ag" Club meeting of last Tuesday night. The program consisted in brief addresses given by members of the "Ag" Club upon popular topics. Mr. Jefferson Houghland spoke very interestingly upon "Rural Social Conditions," seasoning his talk with a choice selection of persona anecdotes. Mr. Charles Woodward discussed the "Production of Poultry on the Peninsula." Mr. E. Herbert Pierce gave an account of personal experiences with the "Japanese Beetle" in New Jersey. Mr. Gilbert seemed to have emerged victorious after many encounters with the pestiferous little coleopterid.

A short business session was held, during which tickets for the "Ag" Benefit were distributed to the members.

**Sigma Nu Holds****House Party**

One of the social features of the past week-end was a house-party held at the Sigma Nu House, Saturday evening, March 18. The evening was occupied with card games and dancing. After this, refreshments were served. Those who attended were Margaret Case, Mildred Hobbs, Emma Dayett, Gertrude Rouse, Margaret Mitchell, Helen Gibbons, Helen Lucas, Florence Phillips, Eleanor Bradley, Eleanor Marshall, Alice Joyce, Charlotte Dayett, Eugene Rothrock. Patronesses were Mrs. Wilson and Miss Clark.

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who attended were W. S. Lilley 3d, R. R. Fletcher, A. D. Ayerst, J. G. Christfield, M. L. Draper, W. F. Harmer, J. E. Murphy, T. Collins, J. L. Crothers, H. S. Murphy, F. X. Lovell, J. A. Frear, W. M. Gilbert.

**Are You Educated?**

Dr. Nicholas Murray Butler, President of Columbia University, gives the following seven prerequisites of an educated man:

- 1 Correctness and precision in the use of English.
- 2 Refined and gentle manners.
- 3 Power of reflection.
- 4 Power of growth.
- 5 Sound standards of feeling and appreciation.
- 6 Ability to do efficiently without nervous agitation.
- 7 Power to marshal the

world's experience in at least one field and use it effectively for further constructive achievement.

How many seniors can honestly answer "yes" to six of these seven requisites?

Victor Jones, '09, helped to show the Senior Electricals and Mechanicals over the Delaware Power Plant of the Philadelphia Electric Company last Friday. He is in the Accident Prevention Department of this very large and modern corporation; and on the side, he finds time to act as secretary of the Philadelphia Delaware Alumni Chapter.

E. W. Loomis, '14, may be reached at 128 Linden Avenue, Glen Ridge, N. J. He is a salesman for the Westinghouse Electric & Manufacturing Co., New York City.

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Joseph Fairbanks, 21, spoke at the bi-weekly meeting of the Chi Rho Round Table Society last Tuesday night. We never knew that Joe was versed as he is in biblical lore—and his talk was interesting.

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## BIG SOUTHERN TRIP FOR BASEBALL TEAM

### Game a Day on Week's Journey

A week's southern trip is planned for the Blue Hen baseball team. A very interesting itinerary has been planned by Manager Draper and Coach Shipley. The trip will start March 31, when the squad will "hop off" for Washington, D. C. The first game will be played that afternoon at Georgetown. Immediately after this game the team will leave for Charlottesville, Virginia. Here will take place the second game—with University of Virginia, April first. At midnight the men will leave Charlottesville and go to Raleigh, North Carolina; here they will play North Carolina State. On the next day, April fourth, the team will hop over to Trinity, North Carolina, thirty miles away. Here they will play Trinity. The journey then will take them to Richmond where on the fifth day they will play Richmond University. On the sixth the team will cross bats with William and Mary at Williamsburg, Virginia. That evening they will jaunt over to Norfolk and there set sail for Baltimore. They will arrive in Newark at 9 a. m. April seventh and will play Bowdoin here in the afternoon.

Thirteen players, exclusive of the manager and coach, will make the trip. Individual suit rolls for each member of the team will be provided.

### Pan Hellenic Rifle

#### Match Ends Today

The inter-fraternity rifle match which began last Monday will end today. Each of the five fraternities has entered a team, which, in addition to the team from the non-fraternity men will make a total of six teams in the competition. No one team has the balance of shooting power, as the best shots are divided about equally among the different groups on the campus. Interest in the match is very keen and it is not expected that any team will have an easy time in winning.

Delaware succeeded in land-

ing third place in the Second Corps Area Match which ended on March 15th. Syracuse and Cornell were its only betterers. Winning third place, however, entitles the university to place a team in the National Intercollegiate Rifle Match for the championship of the country. The National Intercollegiate Match began on March 16th and will last for six weeks.

### Faculty Entertains

#### Senior Class

On Monday night, the Faculty entertained the members of the Senior Class in the rooms of the Faculty Club in Old College. Members of the Faculty forgot they were professors; Seniors forgot they were students; the bond of good-fellowship prevailed.

The deans of the three Schools were called upon to say a few words to the assembled guests. Dean E. L. Smith spoke of the conditions which the prospective graduates would have to cope with upon leaving college and upon the chances of the students to succeed in their chosen professions. Dean McCue, in similar vein, spoke of the personal qualities necessary for success in any field. Dean M. Van G. Smith gave an instructive, illustrated talk on the German long-range guns (Big Berthas) used during the recent war.

Coach Derby entertained with a sample of what he used to do on the vaudeville stage. Then guests and hosts amused themselves with cards and other indoor sports. Refreshments were served, and at a late, or early, hour a happy company took themselves home and to bed.

### Vitamines

(Continued from Last Week.)

Most fruits, roots, and tubers are low in this vitamine. Cereals and seeds are rather low and degerminated cereals and seeds are practically devoid of it. Lean meat is poorly supplied but the glandular organs, such as the heart, liver, kidneys, and pancreas are good sources. It should also be mentioned that cod-liver oil is especially rich in "A."

The "A" vitamine is quite resistant to heat and there is little danger of destroying it during ordinary cooking processes.

Water Soluble "B" is also necessary for growth and its absence results in the specific disease of beri beri. Besides beri beri, it seems to have much to do with the stimulation of the appetite and with the proper functioning of certain glands. Nervous diseases and intestinal disorders are frequently due to insufficient quantities of "B."

Water Soluble "B" is more widely distributed than "A." General milk, eggs, raw and cooked vegetables of all kinds, and the various fruits used commonly as food are the chief sources. Of the animal tissues, heart, kidney, brain, liver, and other glandular organs are good sources of supply. Bolted flour and polished rice are notable for their deficiency in "B," because the milling processes have removed the seed germ in which this vitamine is to be found in the cereals.

"B" is not as resistant to heat as the "A" vitamine, but it is probably not destroyed at the temperatures at which vegetables are ordinarily cooked. However, in order to avoid the destruction of "B," vegetables

should not be cooked longer than is really necessary. As alkali destroys this vitamine, baking soda should not be added to the cooking water.

The third vitamine is called "Water Soluble C" or the anti-scorbutic vitamine. When it is lacking, scurvy occurs, which probably many people have in mild form, manifested by languor and depression. Its richest sources are vegetables such as cabbage, swedes, turnips, lettuce, and water cress, and fruits such as lemons, oranges, raspberries and tomatoes. Certain of the vegetables such as potatoes have a substantial value in this respect, but meat and most prepared milks are low in anti-scorbutic values. The susceptibility of this vitamine to drying, heat, and alkali makes it necessary to scrutinize cooking methods carefully in order not to ruin a good source by a poor preparation of it for the table.

The ordinary diet in American homes consists largely of meat, bread, and potatoes. Such a diet is deficient in vitamins, these quality factors, which are so essential to the growth, health, and physical fitness of us all. We should supply them and can do so best by a liberal use of lacto-vegetable substances. The regular use of dairy products, green vegetables, and fruits will insure our health against vitamine deficiency diseases.

### GAMMA DELTA RHO FIRST ANNUAL BANQUET

(Continued from Page One.)

The West Wing dining room of Old College was beautifully decorated in crimson, blue and gold, the colors of the fraternity. Streamers of crimson and blue and gold hung in bright festoons above the diners; from the ceiling hung three small colored pyramids, through which the electric light shone dimly; and the side-lights about the walls of the hall alternated in crimson and blue. The banners of the five fraternities occupied appropriate places in the decorative scheme. The open fireplace at the north end of the banquet hall and the candlelight

by which one dined gave an added touch of comfort and cheerfulness to the festive scene.

As one glanced down the line of tables to the southern portion of the hall where stood the speakers' table, one immediately noted, to the right of the president, a vacant chair in front of which stood a bouquet of white carnations. The chair was tipped forward and rested against the table, as if reserved for some late guest of honor. But, course followed course, and the guest failed to appear. The seat was that of Dr. Carleton F. Miller, "brother-in-absence" of Gamma Delta Rho. The carnations were placed before his vacant chair in memory of him whom death claimed the preceding fall.

Following the address of welcome by Leland Hurff, the president of the fraternity, a short speech was delivered by Professor Ralph B. Harris, who briefly outlined the aims and ideals of the organization of which he is a part. Scholarship, the forming of life-long friendships, and co-operation among men were given by Professor Harris as ideals of fraternity well worth striving for by any group. Professor Harris was followed by Dean E. Laurence Smith, whose remarks, as always, were aptly pertinent to the occasion. Dean Charles A. McCue then delivered a brief talk in his usual humorous manner. Professor Lester W. Tarr, a faculty member of the Fraternity, then gave a brief but interesting talk. After a few brief but terse remarks by Dean Merrill Van Giesen Smith, the Rev. Daniel F. Given, acting as the spokesman for the fathers, enthusiastically approved of the action of Gamma Delta Rho in its endeavor to bring about a closer co-operation between father and son, and voiced the wish of all that the banquet be an annual custom of the Fraternity.

The menu included tomato bisque, olives, nuts, roast chicken with raisin dressing, candied sweets, duchess potatoes, and peas in timbales, fruit salad, cheese wafers, apple pie a la mode, coffee, and smokes.

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