

Hi, There!

by Jane Helser

HELLO, you freshmen! You've perused the pages of the fashion magazines; you've pawed through racks in department stores; you've put some Frenchie little buttons on your old sweater and it looks just as good as new; and, armed with your favorite poetry books and a dictionary from pre-college days, you've descended, full of hopes and fears, on your first year as a coed.

The four years ahead of you offer unlimited opportunities and pitfalls, and it goes without saying that almost anything can happen—it's just up to you.

Psychologists tell us that the four college years are among the most impressionable in our lives and opinions and habits formed during undergraduate days are likely to continue the remainder of our living days. Therefore, in addition to preparing you intellectually for success in the big world, these four college years will have a definite and lasting effect on your personality.

The two things to be desired in the ideal coed are beauty and brains—both men and women agree on that point. With all the stimulation that is to be gained from a college environment, with all of the natural resources of youth at your disposal, the beauty and brains combination should not be so difficult to achieve.

It may never have occurred to you but now is the one time in your life when you're most likely to be beautiful; you've outgrown that adolescent awkwardness and you haven't begun to show the tell-tale marks of passing time. You're thrilled with the joy of living and that energetic zest of youth to go places and do more puts a sparkle in your eye and a flush in your cheek. You're only a coed once so now's the time to put forth your best efforts to look the part.

At any rate, it's worth a try since you have the full cooperation of the college and that girl across the hall from you who is simply marvelous at waving hair in the latest vogue.

Everyone knows that the most fundamental element of beauty is good health and without it an attractive appearance is almost impossible. Within the first few days of your college life you'll have a physical examination which will clear up a lot of things. If near-sightedness

is deepening your youthful brow with frown wrinkles due to headaches, the condition will be discovered and remedied; if you're towing too much adipose tissue, a conference with the dietitian will tell you how safely to get rid of it—thus you've started on your way to beauty.

Next the Physical Education Department will cause you to make violent changes in your posture by showing you a silhouette of yourself as you really are minus the girdles and padded shoulders that flatter your figure to the outside world.

After you're positively healthy and walk with youthful grace, you'll find plenty of use for the grand courses the Home Economics Division has to offer. You'll learn what colors and lines are most becoming to your type of individual, how to design clothes to suit your personality, and how to adjust your diet to fit your own particular nutritional needs.

Of course, without a great deal of cooperation on your part, these ideas will fall on rocky soil and never take root, but if you seriously try to apply the

things you've learned plus some good common sense and a bushel of enthusiasm, you'll be well on your road to becoming the ideal coed.

While you're growing beautiful, however, don't neglect your mental development or your beauty will be just the covering around a vacuum. You really came to college to develop your mind and you're offered innumerable opportunities to expand mentally, if you'll only take them.

You can't help soaking up a great many things during this gap between your childhood and adulthood. Will they be the right things? Will you run your college knowledge through a sieve, letting the worthless bits run on to leave only the solid, valuable nuggets?

Just being around a large educational institution should prove mentally stimulating. The adults with whom you have an opportunity to associate are educated individuals, outstanding in some line of work. Although some of your instructors might seem a bit odd to you (we all have our own peculiarities) they know what it's all about or they wouldn't be where they are now. Learn all you can from each of them.

As you rounded the bend in the gym stairs after completing your registration, a sweater-clad upper classman thrust into your already crammed fist, a little activity book which will admit you to most of the concerts, lectures and athletic events the institution has to offer. Attend all of these things you possibly can. The concerts and lectures will help you to gain an appreciation of the better things in life, and football and basketball games are the finest way to stimulate true school spirit. You feel comradely toward the little stocky fellow in front of you because you're both cheering for the cardinal and gold.

While you're growing beautiful and bright during the next four years, you'll be having a good time, too. You'll be meeting many people and forming new friendships; there'll be lots of parties, and late hour hash sessions with your special cronies.

You are one of those lucky persons who make up the two percent of our population who have the opportunity of a college education. Take everything you can get out of college—accept all it has to offer and your investment will bring big returns.

