1916

Student Handbook, 1916

State Normal School for Women at Harrisonburg

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Young Women's Christian Association

State Normal School
Harrisonburg, Va.
1916-17
Student’s Hand Book

Presented to

by

Young Women’s Christian Association

ASSOCIATION MOTTO

"Not by might nor by power, but by my spirit, saith the Lord of Hosts."
PURPOSE OF THE ASSOCIATION

"The purpose of the Association shall be to unite the women of the institution in loyalty to Jesus Christ, to lead them to accept him as their personal Savior, to build them up in the knowledge of Christ, especially through Bible study and Christian service, that their character and conduct may be consonant with their belief. It shall thus associate them with the students of the world for the advancement of the Kingdom of God. It shall further seek to enlist their devotion to the Christian Church and to the religious work of the institution."

—Constitution, Art. II.
GREETING

We are very glad that you are coming to be with us, and we are sending to you this little handbook that it may bring to you our greeting and a cordial welcome as you come to enter our school. We hope that you will have many happy days here made beautiful by friendship and work. Our Young Women's Christian Association gives us opportunities for deepening our religious life, for service to others, and for closer relationship with them.

As you come into our midst, it is our desire to help you in every way and we need you to help us. We ask for your enthusiastic co-operation in the various activities of our school life and, especially, in our Christian Association work, in order that we may all strive together to reveal the touch of the living personality of Jesus Christ in our lives.

We are more than glad to share with you the pleasures and responsibilities that come through loyal membership in the Christian Association, and again we welcome you to all that is noblest and best in the school life that awaits you.
You are cordially invited to
attend the
Annual Reception
given by the
Young Women's Christian
Association
in the
Auditorium
on
Friday Evening, September
Twenty-ninth
Nineteen hundred and sixteen
A WORD FROM MR. BURRUSS

To derive the greatest benefit from her school life the student must enter into its varied activities as represented by the student organizations. They afford opportunities for various phases of development which are not offered by the classroom. The worth of the future teacher to the community which she serves will be determined largely by the degree to which she has developed those qualities of mind and heart, those attitudes of life, which make her a "good citizen." Our school is a community within itself, and in it the student can learn to serve by serving. One form of activity will appeal to one, another to another; but the Young Women's Christian Association is an organization so fundamental in character, so broad in scope, so vital in aim, that it makes a universal appeal to every young woman in our school.

This great sisterhood is open to every student. Its welcoming arms are extended to the new-comer in our midst. It has but one purpose—to serve. New and old student alike will find in it an opportunity for spiritual, mental, and social development, and an opportunity to possess that greatest of satisfactions which comes thru helping others.

One of the greatest good fortunes that could come to our school would be to have every student a member of this voluntary organization.

Julian A. Burruss, President.
GENERAL ASSOCIATION WORK

The Young Women's Christian Association represents our spiritual life here. Our Thursday evening meetings, our Morning Watch, our Bible classes, our mission classes, and our social life bring us closer together; through them we learn of our Master, and hope to become more like Him.

For our work outside of the Association we have contributed to the partial support and education of three mountain girls. One of these girls, "Noontide," whom we have helped for several years, is back at Berea College, Berea, Kentucky, completing her course in normal training, after teaching several months this fall. The other two girls entered Berea after Christmas.

We pay five dollars annually for the maintenance of a cot in a hospital in Laichow-Fu, China.

Another, but not the least part of our work, is the sending of delegates to Association conferences. The most important one is the ten-days' meeting at Black Mountain, every June. When our delegates leave, we are almost as enthusiastic as they. They catch the spirit and fire of this great Christian gathering, and come back to us in the fall ready to touch us with this fire of enthusiasm and kindle us to better things.

In order to do our outside work, we have a plan of systematic giving. In this way each girl has a chance to give whatever she can, in a definite way, for a definite purpose.
THE CABINET

"And for their sakes I sanctified myself that they also might be sanctified through the truth."

The Cabinet, which consists of the President, Vice-President, Secretary, Treasurer, and Chairmen of the Committees, represents every line of work carried on by the Association. It meets regularly once a week for careful and definite consideration of the Association work.

It is in the Cabinet meetings that work of the various committees is discussed, school problems carefully considered, and suggestions and plans for future work are made. The cabinet would be grateful for any help or suggestions given to it by any one interested in the Association work.

THE ALUMNAE COMMITTEE

"Let the words of my mouth and the meditations of my heart be acceptable in thy sight, O Lord, my strength, and my redeemer."

The work of our committee is to send to the South Atlantic Field Committee of the Young Women's Christian Association at Richmond, Virginia, a list of those girls going out from the Senior class of this school who are interested in the work of our Association. We also keep our alumnae in touch with the school by writing them "news" letters, at least once a year. Then our desire is to live up to, with loyalty and enthusiasm, the rules of our school and to help others to do this. We endeavor to carry out the policy of the Young Women's Christian Association: "To bring girls to Christ; to train them in Christ; to send them out for Christ."
MEMBERSHIP COMMITTEE

"They dwelt with the king for his work."

The purpose of the Membership Committee is:
To serve God acceptably at all times and to help others to do so.
To know the girls and to be close to them, thus enriching our lives and theirs.

Requirements for Membership
1. The active members shall consist of any women connected with this institution who are members of Protestant Evangelical Churches and who have been elected by a majority of the members present. Only active members shall have the right to vote and hold office.
2. Any woman in the school may become an associate member by a majority vote of the members present at any meeting.
3. The membership fee shall be fifty cents a year.
4. It shall be the duty of each member to co-operate heartily in carrying out the object of the association as indicated above.

Why Be a Member
Because it is Christ’s work in which you may have a share.
Because it is a means of keeping you in closer touch with the Master.
Because the Association needs you and you need the Association.

A Model Association Member
Should be a consistent member.
Should spend some time daily in devotional exercises.
Should be a busy member.
Should attend all the meetings.
Should be happy and so make others happy.

SOCIAL COMMITTEE

"Express in social life the great social teachings of Jesus."

In trying to live up to this motto the Social Committee aims to promote friendly and social relations among the students; to become acquainted with each girl in school; to help the new girl adjust herself to her new home and surroundings.

The Social Committee stands for:

Higher social standards.
Higher ideals of friendship.
Good mixing among students.

The Social Committee stands against:

"Crushes."
Studying on Sunday.
Unkind remarks about students.
Questionable conversations.

Some of the special features of the work of this committee are giving a reception to the new girls at the beginning of the fall quarter, and other social affairs including everyone at different times during the year. These are not the end, but rather the means toward the end, and it is through the personal work of the committee members that this end is made real.

The Social Committee extends to you a cordial welcome as you enter our school, and trusts that you will soon become one of us.
ASSOCIATION NEWS COMMITTEE

"They helped every one his neighbor; and every one said to his brother, Be of good courage."

The work of this committee is to give to the Association information collected in regard to the World's, American, and State work; to keep the Association supplied with State and American Committee publications; and to have charge of the Y. W. C. A. bulletin board. It endeavors to keep in touch with the work of the Associations in other schools. Our Hand Book, which is published by this committee, tries to give helpful information to new girls.

BIBLE STUDY COMMITTEE

"And this is life eternal that they might know thee, the only true God, and Jesus Christ whom thou hast sent."

The Association through this committee affords an opportunity for more definite and more intelligent study of the Bible. Last year Bible classes, combined with the Teacher Training courses in the Sunday Schools, were conducted by some members of the faculty, for which regular school credit was given. Short courses in Bible study are also given by the girls who have attended the Blue Ridge Conference.

We see that each new girl has some old girl to take her to her own church where special Sunday School classes are arranged.

Each girl is encouraged to follow some systematic daily Bible reading throughout the term.
MISSIONARY COMMITTEE

"Sing forth the honor of his name, make his praise glorious."

Purpose of the Committee

To bring to every student of the school the realization of the importance of missions and of her responsibility in this work, and to bring her into such close touch with the work that she may take an active part in it.

To promote prayer for missions.

To train the students to give systematically and cheerfully to the support of Christ's great work.

Work of the Committee

Each year at Christmas a box of toys, clothes, etc., is sent to the children in a mountain mission school, and each spring a barrel of old clothes is sent to Mrs. Sloop to use in her work in the mountains of North Carolina.

This committee also has charge of one open meeting each month.

During the coming session mission study classes given by the girls or members of faculty will be offered. These classes will be short, but interesting and instructive.

Classes for First Quarter

The Present World Situation.
South America.
Comrades in Service.
Students in Asia.
FINANCE COMMITTEE

"Not slothful in business, fervent in spirit, serving the Lord."

This committee devises plans for raising the necessary fund and prepares a budget of estimated expenses for the year. The plan of systematic giving has been very successful. The girls are given cards on which to state how much money they are willing to give for conferences and missions. This is collected regularly by monitors on each hall.

The regular dues, fifty cents a year, are paid on pay-day. Be sure to bring some extra money for this purpose. ONCE PAID ALWAYS OVER WITH.

Pay Day

It is truly the day, the day when we get rid of our change and incidentally all of the dues of the various organizations. Associations, literary society, and class dues together with other club dues are paid once and for all on this day. Come ready to do business with a full purse, and although you go away with it empty there will be a light heart and a glad smile to pay for the emptiness.

Our Bazaar

Every fall the girls have a bazaar for the benefit of the Association. During vacation and at odd moments, make a little fancy article and bring it along for the bazaar. It will be greatly appreciated.
## Estimated Budget 1916-17

### Receipts

<table>
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<tr>
<th>Description</th>
<th>Amount</th>
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<tr>
<td>Membership dues</td>
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<tr>
<td>Special Funds</td>
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<td>Pledges</td>
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**Total** $370.00

### Expenditures

<table>
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</thead>
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<tr>
<td>Alumnae Committee</td>
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</tr>
<tr>
<td>Association News Committee</td>
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<tr>
<td>Bible Study Committee</td>
<td>$5.00</td>
</tr>
<tr>
<td>Membership Committee</td>
<td>$5.00</td>
</tr>
<tr>
<td>Religious Committee</td>
<td>$10.00</td>
</tr>
<tr>
<td>Social Committee</td>
<td>$45.00</td>
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<tr>
<td>Incidentals</td>
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<tr>
<td>Field</td>
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### Missions

<table>
<thead>
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<th>Type</th>
<th>Amount</th>
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</thead>
<tbody>
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<td>Home</td>
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<tr>
<td>Foreign</td>
<td>$50.00</td>
</tr>
<tr>
<td>Conferences</td>
<td>$100.00</td>
</tr>
</tbody>
</table>

**Total** $370.00
RELIGIOUS MEETINGS COMMITTEE

"By love serve one another."

Our purpose is:

To hold services at which the students have the opportunity of hearing men and women who are leaders in various forms of Christian activity, and of becoming better informed about Christian work carried on in this and in other lands.

To have some services at which the students, by taking part themselves, can have an opportunity for religious expression.

Our first Thursday evening meetings will be:

- September 21
  The “Silent Time”—a Right Beginning
  Elizabeth Nicol

- September 28
  The Power of Influence, a Sacred Trust
  Zola Hubbard

- October 5
  Dignifying the Commonplace
  Mabel Kiracofe

- October 12
  The Meaning of True Friendship
  Marguerite Shenk
INVITATION FROM THE MINISTERS

The ministers very cordially invite you to identify yourself with the church of your own faith while in Harrisonburg. They are glad to know you personally and to have you visit in their homes. It is a pleasure and a privilege for them to render you any personal service while here. The opportunity for personal friendships with members of your own and other churches, and for spiritual culture, should mean much in the regular worship and service, as well as the social life of the churches.

Churches and Their Pastors

Baptist ............... Dr. W. F. Watson
Church of the Brethren. Rev. P. S. Thomas
Church of Christ ....... Dr. J. Schwanenfeld
Hebrew .................. Dr. J. Schwanenfeld
Episcopal ............... Rev. H. S. Osburn
Lutheran ............... Rev. E. A. Repass
Methodist ............... Rev. J. H. Wells
Presbyterian ............ Dr. B. F. Wilson
Reformed Church ...... Rev. J. S. Garrison
Roman Catholic ......... Father Crowe
United Brethren in Christ .Rev. W. A. Wilt

The Mail

If you are taking your meals at the dormitories have your mail addressed to “Normal Station, Harrisonburg, Virginia.” Mail is delivered every day after dinner and supper except on Sunday. If boarding in town you may have it sent either to your number or to the school.

—15—
STUDENT GOVERNMENT

Student Government proved most successful during the past session. It was inaugurated in the middle of the previous year and so was watched with much interest.

The organization has its constitution and by-laws, and is managed by an Executive Board made up of the President, Vice-president, Secretary, and representatives from each of the class organizations. There is a committee from the faculty to which the Executive Board may go at any time for advice and guidance.

Each pupil becomes a member of the Student Association when she enters the school. She is responsible for her own conduct and is expected to do all in her power to uphold the constitution. With loyalty and co-operation there will surely be success in such an undertaking.

We believe that the Student Government Association will better develop our girls into strong noble womanhood and better prepare them for their work with larger responsibilities.

CAMP FIRE GIRLS

The purpose of this organization is to make efficiency and happiness go hand in hand by creating a wholesome attitude toward the essential things of life. The watchwords are Work, Health, and Love: from which the mystic word Wohelo comes.

The laws of the Camp Fire are to seek beauty, give service, pursue knowledge, be trustworthy, hold on to health, glorify work and be happy.

Membership is open to any girl in school who makes an average of 80 per cent on class work and signifies her desire to become a Camp Fire Girl and to comply with the laws of the Camp Fire.

There are at present two groups in school: the Shenandoah Camp Fire and the Massanutten Camp Fire.
ATHLETIC ASSOCIATION

Every teacher and student of the school is a member of the Athletic Association. This organization has charge of all the Athletic features of school life outside of the regular gymnasium class work. It is organized under a president and committee. The annual membership fee is fifteen cents.

There are two tennis clubs in school, the Pinquet and the Racket; also three hockey teams, the Cherokee, the Shenandoah, and the Apache. The girls who play these games, those who wish to learn, and others who are interested, usually join. The three tennis courts and the hockey field are open to all and especially to the members of the clubs and teams.

Once a year the tennis clubs choose their best players by playing off a ladder, and have a tournament. The winning side receives the Loving Cup, on which is engraved the names of the winners, and the cup is kept by their club for the ensuing year. When won by the same club three successive years, the cup becomes the property of that club.

Each of the classes, Senior, Junior, Sophomore and Freshman, has its basket ball and volley ball team. These teams have many games during the session. In winter they play in the gymnasium and in good weather they have out-door games. The team winning the greatest number of match games is the champion team of the year.

This organization also has charge of the Field Day Exercises. It plans many interesting events for that day.
LITERARY SOCIETIES

We have in our school now three literary societies—the Lanier, the Lee, and the Stratford. These organizations contribute much to our school life, as well as giving their members opportunity for splendid work. Although the girls have complete charge of them, the members of the faculty are always willing to help us. Each society stands for some definite phase of literature, the Lanier primarily for literature, the Lee for history, and the Stratford for drama.

An open meeting of one of the societies is held every Saturday evening, the societies holding a joint meeting the fourth Saturday in each month. Invitations for membership are extended to the new girls.

MORNING WATCH

"Like a morning bird my soul springs upward into the deeps of heaven."

We invite you to spend each day, if possible, a fixed time alone with God before meeting man. It is the Morning Watch which "opens the soul's window skyward for each day."

The Master himself kept the Morning Watch. Long ago it was written of Him, that, "in the morning, rising a great while before day, He went out and departed into a solitary place and there prayed."
A Day's Program

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rising Bell</td>
<td>6:30 A.M.</td>
</tr>
<tr>
<td>Morning Watch</td>
<td>7:30 A.M.</td>
</tr>
<tr>
<td>Breakfast</td>
<td>7:45 A.M.</td>
</tr>
<tr>
<td>First Class</td>
<td>8:30 A.M.</td>
</tr>
<tr>
<td>Second Class</td>
<td>9:20 A.M.</td>
</tr>
<tr>
<td>Chapel</td>
<td>10:10 A.M.</td>
</tr>
<tr>
<td>Third Class</td>
<td>10:45 A.M.</td>
</tr>
<tr>
<td>Fourth Class</td>
<td>11:35 A.M.</td>
</tr>
<tr>
<td>Dinner</td>
<td>12:30 P.M.</td>
</tr>
<tr>
<td>Fifth Class</td>
<td>1:30 P.M.</td>
</tr>
<tr>
<td>Sixth Class</td>
<td>2:20 P.M.</td>
</tr>
<tr>
<td>Seventh Class</td>
<td>3:10 P.M.</td>
</tr>
<tr>
<td>Eighth Class</td>
<td>4:00 P.M.</td>
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<tr>
<td>Ninth Class</td>
<td>4:50 P.M.</td>
</tr>
<tr>
<td>Supper</td>
<td>6:00 P.M.</td>
</tr>
<tr>
<td>Study Hour</td>
<td>7:00 P.M.</td>
</tr>
<tr>
<td>Warning Bell</td>
<td>10:00 P.M.</td>
</tr>
<tr>
<td>Lights Out</td>
<td>10:30 P.M.</td>
</tr>
</tbody>
</table>

Your Room

Bring pictures, photographs, pennants, and other ornaments to give your room a home-like air. Bring picture hangers, but leave behind all tacks. Bring two pairs of curtains, or, if you have a corner room, three pairs. Bring bureau scarfs, table covers, and sofa pillows, if you have them. A blanket, a calendar, and a clock are useful. Bring all the dainty articles usually found on your dressing table. A glass and spoon and odd cups and plates will be found very useful for feasts. You may bring your chafing-dish to use later, as we are to have a fire-proof chafing-dish room in the new building—but leave your matches and candles at home. Bring several of your favorite books, and be sure to remember your Bible.
HOW TO BEGIN

Begin with a purpose; keep the end in view. Be open and ready to receive new ideas and impressions but give each careful consideration before making it a part of you. Remember that each life has something which can mean something to you.

Be your real self. The school is looking to its incoming students for new personality but remember you are but one among many. Do not forget that there are perhaps many, more homesick than you. How should you like to try to cheer the little girl rooming with you?

“Friendship supplies the place of everything to those who know how to make the right use of it; it makes your prosperity more happy, and it makes your adversity more easy.”

Our friends will mean much to us at school and we shall mean much to them, if we are the right kind of friend. We, the old girls, shall look out for you, but if you feel the blues coming on when there’s no one around whom you know very well, won’t you hunt up some other new blue girl and be nice to her? She really needs somebody to find her out, somebody who will be her friend and make her forget herself. Should you like to know a little secret? When you have made this homesick, little, new girl happy, because she feels that there is some one in school who really cares, you will be surprised to discover that all of your symptoms of blues have vanished, and you will then be learning the truest meaning of friendship.
I should have just one worthy ideal.
I should be careful of my criticisms of others.
I should be on time every time. If you are late somebody else will be kept waiting.
I should be quiet in chapel before the opening exercises begin.
I should remember that it is only the courtesy due to speakers to give them strict attention.
I should remember to moderate my voice while in the halls.
I should not disturb other people during study hour.
I should study regularly and not "cram" before examinations.
I should never have a "crush." They are dangerous attachments.
I should not whisper in class.
I should not rustle papers in class.
I should not walk on the grass.

Pointers

Do not mind asking questions; anyone will be glad to answer them if she can.
Study your catalog and know the course you wish to take before you go to the registration committee.
Watch the bulletin boards.
Be sure to join the Association. Decide at once what mission class or what Bible class you will join.
Take plenty of out-door exercise.
Be on the lookout for the best things in school; you'll find what you're looking for.
Never fail to be present at a Student Government meeting. The Association expects you to be there.
Never forget that the good name of the Student Government Association rests upon your response to its rules.
Don't take books from the library until you have had them registered at the librarian's desk.

Quiet must be maintained in the library.
Be sure to become interested in the work of the Christian Association, and try to attend regularly its Thursday evening meetings.
Don't talk during chapel services.
If you are troubled about your work, consult the Registrar. Be frank about your difficulties. Your career in school may depend upon the start you make.
Pay your organization dues on Pay Day.
Have a large circle of acquaintances, but go slowly in forming intimate friendships.
Learn at once the rules regarding chaperones and obey these rules implicitly in spirit as well as in letter. By your behavior the school is judged. If you are always courteous, dignified, and quietly dressed when you are in public places, you will represent your Alma Mater faithfully, and will make her proud of you.
Give generously, but don't pledge more than you can pay.
Repay or return what you borrow—and to the person from whom you borrowed it.
Don't repeat idle gossip. Be sure that your report of a conversation, or of a conference, is accurate.
Give precedence to the faculty and upper classmen on the walks.
Remember that the town is not the school campus. Don't walk arm-in-arm in groups on the streets, obliging those whom you meet to turn out for you. Remember that the courtesies of life demand that you consider the other person.
Keep this little "Hand-book" near to consult during the year.
OFFICERS

President ............ Elizabeth Nicol
Rockville, Md.

Vice-President ........ Zola Hubbard
Chatham, Va.

Secretary ............ Marguerite Shenk
Lynchburg, Va.

Treasurer ............. Mabel Kiracofe
Mount Solon, Va.

COMMITTEES

Membership
Zola Hubbard, Chairman
Madge Bryan Gertrude Pierce
Ellen Fuller Lillie Massey
Annie Johnson Elizabeth Mowbray
Anne Smith

Religious
Ammie Glenn, Chairman
Mary Clement Ethel Hutton
Mabel Doyle Selina Hindle
Lucile Ewers Myra Otley

Bible Study
Rebecca Hudgins, Chairman
Evelyn Alexander Emily Ely
Katherine Lewis Eva Phillips
Luna Saunders Sallie White

Missionary
Frances Rolston, Chairman
Kathleen Perry Dick Bowman
Daisy Johnson Dora Shafer
Kate Clary

-23-
### Association News

**Marguerite Shenk, Chairman**  
Katharine McClung  Hazel Davis  
Frances Kemper  Anna Lewis  
Annie Lee Crawford  Ellen Engleman

### Social

**Mabel Kendig, Chairman**  
Angelyn Alexander  Kathleen Henkel  
Miriam Buckley  Margaret Jordan  
Hazel Cole  Ruth Vaiden

### Alumnae

**Helen Ward, Chairman**  
Frances Bagley  Mary Warren  
Emily Haldeman  Ruth Marshall

### Finance

**Mabel Kiracofe, Chairman**  
Pauline Callendar  Vera Gay  
Elizabeth Lam  Annie Mitchell  
Bessie Lockstampfer  Sarah Rawles  
Julia Silvey  Rachel Weems