

In developing our theme we had to keep in mind our setting, the materials on hand and what we could and could not buy, our talent, and our own college traditions. So little is definitely known about Druid life that it was comparatively easy to adapt the idea to our purposes.

When I speak of traditions, I have in mind our much cherished one of keeping the identity of the queen and her court as secret as possible until she appears to be crowned. This custom and also the unalterable one of having a maid-of-honor and ten attendants had to be considered. So we planned to have our climax the appearance of the Queen of the May, who was also to be the High Priestess of the Altar Fire of Bel.

In trying to make it all as authentic as possible we included as many suggestions as our scant material could give us. Some of the valuable ideas we found were (1) a description of the types of priests or holy men, i. e., the Druids, an Arch-Druid in a white robe with a golden crescent on his breast; the Bards in their robes of azure blue carrying harps; the Ovades, or novices, in their sacerdotal robes of green, with chaplets of oak leaves on their brows; (2) a description of the sacred meeting place, or Druidic Circle, after which we modeled our stage; (3) mention of certain sacrifices, which we included in a Sacrifice Dance, such as dew and acorns, goblets of wine, Selago or a golden herb, a serpent's egg, samulos or moss, oil of roses, etc.; (4) a Gaelic religious verse, which we set to music for the priests to sing as they came in; (5) an allusion to "Appeal to Arms," a last resort for a decision.

Our setting was perfect for such a production. A gently sloping hillside rises to a level brow and falls away again, leaving nothing but the sky as a background. This made an effective entrance for all groups. The stage was simple, with a stone throne and altar and a few trees.

Following is the book of the festival, which was truly a student production. The director was a student, the costumes were designed by students from the home economics and art departments, the dances were adapted by students of the physical education department, the glee club and choral club contributed the singers, the pianists and violinists were students in the music department, and each student bought and made her own costume. Only one faculty member had anything to do with it, and she merely helped with the book and acted as adviser.

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(See Insert)

### IS COLLEGE LIFE HARMFUL TO HEALTH ?

RECENTLY several articles have been published in regard to the effect of college life on college students. The opinion expressed was that college seniors do not enjoy as good health as they did as freshmen, and that when they leave college they leave in a poorer physical condition than when they entered. The object of this article is to discuss this question from the standpoint of results obtained from a study of some of the seniors at the Harrisonburg State Teachers College. In the examination of the records of half of the senior class we found that those students who had been with us for four years seemed to be in a better physical condition when they were ready to leave us than when they entered. These records were selected at random, but in each case the student had been in this college for four consecutive years, and had had at least one physical examination each year.

Our study also included the previous history of the individual in regard to common contagious diseases and operations. Possibly the following will explain why we have been quite fortunate for the past few

years in not having any epidemic of a contagious disease. It was found that before entering college, 93 per cent had had measles; 86 per cent, whooping cough; 80 per cent, chicken pox; and 55 per cent, mumps. During the four years of college life, 7 per cent had mumps.

One result of physical inspection in the public schools was found in the fact that 40 per cent had, previous to college entrance, had their tonsils removed. Seven per cent gave a history of operations for appendicitis.

The results of the physical examinations during the freshman year showed that 26 per cent were underweight; 12 per cent had diseased tonsils; 2 per cent had defective teeth; and 4 per cent defective vision. At the beginning of the senior year the results of the physical examinations were that 12 per cent were still underweight; 7 per cent had diseased tonsils; 4 per cent defective teeth; and none defective vision.

The following table illustrates the difference:

Year	Under-weight	Diseased Tonsils	Defective Vision	Defective Teeth
Freshman ..	26%	12%	4%	2%
Senior .....	12%	7%	0%	4%
Improvement	14%	5%	4%	-2%

Of the seniors who were still underweight only one weighed the same as she did in her freshman year. The others had gained anywhere from one to seven pounds, the average being a gain of three pounds. On consideration of the entire group, 7 per cent had lost in weight, weighing less than they did in their freshman year, but none of these were listed with those underweight; 7 per cent showed no change in weight; and 86 per cent showed a gain in weight. The greatest gain was twenty-nine pounds, the average being twelve pounds.

The freshman having defective teeth had the condition corrected during her first year in college. Those cases observed in the senior year had previously had teeth in

good condition and later had the defects promptly treated.

The greater number of operations were performed during the summer vacation to correct a chronic condition. In the four years five students, or 10 per cent, had operations for appendicitis; one, or 2 per cent, for removal of the gall bladder and the appendix; one, or 2 per cent, had an operation on her knee; and two, or 4 per cent, had their tonsils removed. In all cases, the health has shown marked improvement since the correction of the condition.

Possibly the fact that our students are preparing themselves to be teachers may cause them to value health and to place a premium on being well. The per cent of juniors and seniors reporting to the infirmary is much less than for freshmen and sophomores, but the per cent of the former reporting at the onset of any condition is much, much higher. The senior has realized the importance of checking any ailment promptly. At the first sneeze or "tickling" of the throat the student comes to the office for treatment, and consequently is not apt to lose time from classes because of illness. No student in the senior class has been in the infirmary this year longer than three days. Of the total number of admissions, 7 per cent were seniors, and of this percentage, 91 per cent were in the infirmary less than twelve hours. I might add here that no student is excused from classes because of any physical condition unless she is in the infirmary.

The energy, vivacity, and influence of the members of the senior class are felt in all campus activities. If their health had been unfavorably affected by their routine, they would not be able to assume the important rôles that they do. I can certainly say that the seniors at the Harrisonburg State Teachers College seem to show improvement in health as the result of their four years with us.

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