

Take Difficulties as They Come, Says Smith

Mental Hygiene is Discussed in Joint Y Meeting Tuesday

"Mental Hygiene" was discussed by Dr. Josephine Smith in the joint meeting of the Y. M. and Y. W. last Tuesday. Mental hygiene is the prevention and cure of mental illness, just as physical hygiene is for physical illness.

"Mental health determines how problems are met, and it is in meeting these problems that our mental health can be measured." Doctor Smith suggested that in meeting problems, one should think, "My problems are not peculiar to me alone, but are common to others also."

Everyone meets problems every day. The most frequent ones are those of disappointments and failures; as in poor grades or failures; in school economic problems, as failure to secure a job or the job one would like to have; social problems, as in love; emotion-provoking situations, which perhaps are the most common. Instead of flying into a tantrum or fleeing from these situations, one should face them calmly.

"Nothing can be done about them; I will try to overlook them," is the proper mental outlook.

There are many different reactions to these problems that are called "inadequate mental responses." One of these is to retire and lose one's self from his problems.

This leads to abnormality. Imaginary invalidism is another escape from problems.

Excessive day-dreaming is a very common inadequate mental response. One who is not invited out and has few friends may sit at home and dream pleasant dreams of popularity. This might prove helpful to him if he would only take stock of himself and try to make his dreams come true.

Other inadequate mental responses are the "sour grapes" attitude and disillusion of persecution.

"Mental health is based on physical health," Miss Smith said. "A run-down person has a poor chance for mental health." A good schedule of daily living and plenty of sleep contribute immeasurably to good health.

Another rule for making adequate mental responses is to meet difficulties. Doctor Smith said, "Analyze the situation; meet things squarely. Take difficulties as they come; don't count them before they come."

"Don't depend upon other people," Doctor Smith said. "Let them help you, but do not depend too much on one person. Other guides she suggested were not to waste emotions on situations which do not require them, and to gain every bit of knowledge that is possible.

Lastly, Doctor Smith gave choice of objectives as an important adequate mental response. However, she warned not to "set your heart on one thing only. That thing may fail; have an alternative."

Ralph Sherly led group singing at the first of the meeting. Prayer was given by Letta Wine. A women's trio composed of Helen Eaton, Lorene Voshell, and Allene Wine sang "In a Luxemburg Garden."

Personal

Dr. Claude Flory spent Christmas in California. He also saw the Pasadena Rose Parade.

Miss Alice Gill spent the Christmas holidays at her home in Lawrence.

Prof. and Mrs. A. C. Voran visited Mrs. Voran's parents in New Philadelphia, Ohio, during the Christmas vacation. Mr. Voran visited a friend in Johnstown, Pennsylvania, and spent one day in New York.

Miss Mayrine Stutzman was at her home in Thomas, Oklahoma, for Christmas.

Pauline Stutzman made a trip to Wichita Saturday.

Vernon Michael spent the weekend in Hutchinson with Lawrence Boyer.

Miss Jessie Brown visited friends in California and Arizona over Christmas. While in California, Miss Brown attended the annual Rose Parade held in Pasadena.

Hawbaker-Zock**Collegio, Pittsburg.****ter, Ind.**

The marriage of Miss Ruth Hawbaker and Mr. Joe Zuck was solemnized in the Dallas Center Church of the Brethren at four o'clock, Dec. 25. The Reverend S. S. Shenton, Des Moines, Iowa, read the double wedding ceremony. Both Mr. and Mrs. Zuck are former students and Mr. Zuck is now employed at Embrey's Super Service. The young couple are now at home at 1202 East Euclid.

Lackey-Hayes

The marriage of Miss Lois Lackey and Mr. Guy Hayes, both former students of McPherson College, took place in the Church of the Brethren, Fruitland, Idaho, December 29 at two-thirty. The Reverend Earl Breton, pastor of the church, officiated. Music was furnished by a trio and by Miss Floy Lackey, sister of the bride. The bride and her maid of honor, Miss Floy Lackey, were met at the altar by the groom and his attendant, Mr. Walter Weddle, where the single ring ceremony was performed. The bride was a graduate of Fruitland high school and had attended McPherson College where she was secretary to Dr. Schwalm for a time. Mr. Hayes, a graduate with the class of 1924, is now a member of the high school faculty of Ellsworth, where the couple have established their home.

IN OTHER SCHOOLS

In an address before a dinner meeting of the Industrial Arts Club at Springfield, Mo., Wednesday evening, Dec. 11, Dr. William T. Baden, head of the Industrial and Vocational Education Department, stressed the necessity of integration of industrial arts within the framework of general education.—The

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Hastings had its first opportunity this season to witness a ballet. The Monte Carlo Ballet, headed by Leonide Massine, appeared here Jan. 3 for two performances. This particular company of players is one of the most famous groups in the world today and the only one on extensive tour.—The Tiger Club, Hastings, Neb.

A diversified program of spiritual and secular songs was presented in the chapel on Monday, by the Cotton Blossom Singers, a quartet consisting of negro students attending the Piney Woods School near Jackson, Miss.—The Spectator, River Forest, Ill.

Under the auspices of the Student Council, a committee is starting for the preparation and distribution of a new college song book.—Oak Leaves, North Manchester, Ind.

A total of fifteen students, including eight freshmen and seven sophomores, have been named on the Normal Department honor roll for the fall term. Each person received thirty-four credits points or more.—Oak Leaves, North Manchester.

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Dr. Josephine Smith spent the holidays at her home in Council Grove, Missouri.

Jean Lawson spent part of the holidays as a house-guest of Miss Helen Hartzell in Hutchinson.

Prof. and Mrs. S. M. Dell and family visited Mr. Dell's relatives in Nebraska, and Mrs. Dell's family in Missouri, during the Christmas vacation.

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