Dr. Rockwell Says Efficiency of Human Machine Must Be Studied.

Efficiency and system in personal life and habits need the thoughtful consideration of Institute men just as much as those same qualities in engineering. With this idea, Dr. J. Arnold Rockwell, Medical Adviser to M. I. T. students, gave his listeners at the T. C. A. meeting yesterday "Some Health Suggestions.

Ignorance of the common facts of physiology, said Dr. Rockwell, is coming to be more and more inexcusable. Nevertheless, it is often lack of knowledge that allows a man to get himself into trouble, where serious damage may be done to his health. In any case, the Doctor decried the family physician as the best friend and counsellor one can have. Above all things, the corner drug-store should be avoided in serious difficulties.

Students in engineering should keep in mind that the making of a good human machine is of prime importance. Unless the physique is in order, the knowledge that the brain may have stored up is of small value. Every day's work constitutes a drain on a man's nervous energy which is compensated for by regular and systematic habits of eating, sleeping, bathing and exercise.

The great influence which eating has upon the physical health calls for extraordinary care. Do not overeat, said the speaker, and if necessary, to eat slowly and masticate properly, do not eat too much. The human nature can be choked by haste in feeding.

(Continued to Page 3.)

SHOW REHEARSAL

Yesterday's Show was a splendid opportunity for men to get a glimpse of the future production, and that it is expected but a small time left before the final production, and that it is expected to come out for THE TECH.

CANDIDATES FOR THE TECH THIS NOON

Men To Meet in Huntington Hall at the Close of Freshman Meeting.

The call is made to every man in the Institute though perhaps more especially to the Freshmen. There is a splendid opportunity for men to get the training on the paper for the remainder of the year, which will make a man eligible for the boards when publication is resumed in the fall.

HELP BOOM JOURNALISM AT TECHNOLOGY TODAY

AFTER THE FRESHMAN CLASS MEETING IN HUNTINGTON HALL, 1.00 P. M.

EVERYBODY COME.

HARE AND HOUNDS RUN AT WELLESLEY

Large Number Expected—A Chase Will Be Held Regardless of Weather.

In spite of the fact that the Freshmen are to meet Lowell High School Saturday night a large crowd of men have signified their intention of going on the Hare and Hound run that afternoon at Wellesley. The men attending will include some of the Varsity country men but the majority will include Sophomores who are intending to go out for the class country team, as well as all the longer distance Freshmen that are not going to Lowell. Several others that have not been doing any running are also intending to come out so that there will be too fast for him. Two squads will probably be run one going out several minutes before the other so that all will finish at the same time.

The men will start and finish at the country club and all the privileges belonging to regular members will be extended to them while there. The house committee has offered the men the opportunity to lunch there at the regular price charged club members, 50 or 75 cents. All men desiring to do this must leave their names with J. K. El at THE TECH office this morning so that he can make the necessary arrangements with the steward. All those who care to take their sticks along and go over the links may do so.

The run will be regardless of weather conditions unless a driving rain or a bad snow storm sets in. If the weather is cold the men can protect themselves by wearing long sleeved jerseys. The round trip fare is 35 cents.

CANDIDATES FOR THE TECH THIS NOON

Men To Meet in Huntington Hall at the Close of Freshman Meeting.

This noon at the close of the Freshman meeting in Huntington Hall there will be an open call for men to come out for THE TECH.

At present the paper is greatly in need of men in its three departments, news, circulation and advertising. It is very vital to THE TECH that a large number of men should take enough interest in the paper to give a small portion of their time to the work, and unless there is a large number of candidates there is a great doubt as to whether THE TECH will be able to continue publication.

Already the Institute Committee has been appealed to for aid in getting men, and the members of the committee are going to assist in the circulation.

The call is made to every man in the Institute though perhaps more especially to the Freshmen. There is a splendid opportunity for men to get the training on the paper for the remainder of the year, which will make a man eligible for the boards when publication is resumed in the fall.

PROM SIGN-UPS

List Opened to Sophomores Tuesday Noon.

The sign-ups for the Junior Prom are going rapidly. There are but 50 subscriptions left. On Thursday noon the list is open to the Sophomores in the Union. A waiting list will be started as soon as the horizon list is reached. Subscriptions are not transferable and this means that if men wish to surrender their tickets they will be given to those on the waiting list.

INSTITUTE COMMITTEE

Members of the Institute committee will call at the cage and obtain the subscriptions books for THE TECH, which are to be sold at a special price of 50 cents for the remainder of the year.

CALENDAR

Friday, March 13, 1914.
12:00-Freshman Class Meeting, Huntington Hall.
2:00-Naval Architectural Society, Room 25, Eng. C.
3:30-Chemical Society, Room 22, Walker.
5:00-Glee Club Rehearsal, Union.
5:30-Technique Electoral Committee, Room 23, Rogers.
8:00-Senior smoker, Union.
Saturday, March 14, 1914.
1:15-M. E. Society Trip to Water-town Arsenal, Meet at Rogers.
2:15-Hare and Hounds, Trinity Place.
8:00-Wrestling Meet with Yale at New Haven.
THE TECH

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FRIDAY, MARCH 13, 1914.

IN CHARGE OF THIS ISSUE.
Editor: J. G. Fairchild, '16.
Assistants: B. F. Hewins, '16; H. P. Gray, '16, and A. D. Dalby, '17.

The Cosmopolitan Club seems to be living up to its reputation as one of the most worth-while of Institute organizations. Its innovation of a pay system to prepare for social accommodations in the New Technology shows enterprise as well as foresight. If the students at large appreciate as much as they ought the many excellent entertainments tendered them by the Club free of charge, they will not be backward now that they have an opportunity to repay the obligation. This will not be their only motive for attending, however, as memories of previous performances indicate that this one will be well worth the price.

The initiation of the Club to hold a joint banquet with the Harvard Cosmopolitan Club shows that it enters into the new spirit of cooperation with the right enthusiasm. If our organizations, or rather the students in general, do as well, there can be no doubt that the social side of the operation Agreement will succeed as well as the educational.

ELECTORAL COMMITTEE

The 1916 Technique Electoral Committee will hold its meeting today at 4:30 P.M. in 33 Rogers. This is an important meeting, and it is very necessary that every member be present.

INSTITUTE COMMITTEE

HEARS REPORTS

Yish-Ka-Bible Returns Amount to $11,850—Technique Sale Profitable.

At the meeting of the Institute Committee yesterday afternoon the committee in charge of Yish-Ka-Bible submitted its report. The balance turned over amounted to $11,850 clear of all expenses. The advisability of adding to this the money obtained by the sale of the 1916 Techniques was left to the discretion of the Executive committee. The Yish-Ka-Bible fund will be turned over to the Advisory Council on Athletics. The amount gained by the sale of the Techniques amounted to $715.60, a total sale of 346 books being made.

The point system committee recommended that the position of track manager plus the representation on the Advisory Council shall be held by ten points.

The committee on the reorganization of the cooperative society was increased to five members instead of three. The following men now constitute the committee: E. M. Dawson, A. L. Dann, C. F. Fox, F. F. Putnam and S. B. Berkowitz.

The petition of the Freshmen to hold their dance the same night as the Junior Prom was passed favorably by the Committee.

Appointments to serve on the Technical Show management as recommended were passed. C. C. Carpenter and R. A. Fletcher from the Sophomore class were appointed, and also C. H. Roberts, H. P. Haldy, and L. L. McGrady of the Freshman class.

MR. ROCKWOOD SPEAKS

"The Relation of the Architect to the Contractor." Mr. Rockwood, engineer for the New England Concrete Construction Co., was the speaker of the meeting of the Architectural Engineering Society which was held in Pierce yesterday afternoon. His subject was, "The Relation of the Architect to the Contractor." His plea was considered and fairness for all concerned in order that the owner may receive value for his expenditure. A good number were present and enjoyed Mr. Rockwood's talk.

Mr. Geo Taylor will address the Society on the "Uses of the Metal Lab," at a meeting to be held March 31. Further announcements will be given later.

CHAUNCY HALL CLUB

On Monday, March sixteenth, the nominations for the offices of the Chauncy Hall Club are due at the Chap by four o'clock. The officers are President, Vice-President, and Secretary-Treasurer, and are to be filled by men from the classes of 1915 and 1916. These men will hold office for the rest of this term as well as next year. All nominations must be signed by five active members.

The football schedule for the Class of 1918 at Yale has been announced and a series of seven games will be played.

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T. C. A. TALK
(Continued from Page 1)

just as its mechanical counterpart.

Bathing, said Dr. Rockwell, is not
limited by law to Saturday night. The
function of bathing is not alone that
of cleansing from dirt; its greatest
value is in making the skin an ac-
tive organ. There are few whose
bodies are so weak that they cannot
enjoy a morning cold bath, and for
those who require the equivalent of a
dry bath with the rough side of a Tur-
kish towel suffices to quicken the blood
circulation.

In regard to exercise, Dr. Rockwell
declared that it is as
necessary as sleeping and eating. But
it is a mistake to think that an occu-
pation which gives a certain amount
of physical exertion is a substitute
for genuine recreation. Not the least
important feature is the change from
work to play.

At next Thursday's meeting, Dr.
James A. Francis of the Claremont
Street Baptist Church has been ac-
curred to speak on "Ideals."

FRESHMEN MEETING
New Constitution To Be Voted On.

The Freshmen will hold a class
meeting today at 1:00 P. M. in Hun-
tington Hall. All Freshmen should at-
tend, as a matter of importance is
to be considered, that of adopting
the new uniform class constitution.
Several other matters will be men-
tioned. The plans will be discussed
for the Prom which may be held by
the Freshmen class on the same eve-
ning as the Junior Prom. It is de-
sired that as large a number of the
class as possible be present, as at
the old constitution should be taken
at once. Under the old con-
stitution, at least one third of the
members of the classes must vote in
order to change it.

FINANCE COMMITTEE

At the meeting of the commit-
tee last night a new form of report was
adopted that would make the under-
standing of them clearer, and more
easy. A form of uniform receipt book
was adopted and recommended for
the use of all. The Tech Show bud-
get for the year was examined and
approved. A form of uniform receipt
book for the Tech Show budget was
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book for the Tech Show budget was
adopted that would make the under-
standing of them clearer, and more

ARTICLES OF INTEGRITY

The Bulletin in the Union shows that
there are still some delinquents.

BOAT CLUB MEETS
Two New Shells Will Be Ready in April.

At the meeting of the Boat Club
officers yesterday afternoon the work
throughout the winter was discussed
and the plans made for the spring
season. During the winter the offi-
cers of the club did considerable
soliciting among the alumni for funds
to carry on the sport. The men met
with considerable success and are
expected to be ready by the fifteenth of April and regular practices will begin at that time.

As last year, the men will use the
H. A. A. boathouse. Some negotia-
tions were carried on with the Union
Boat Club but these were not satis-
factory.

The races this year similar to last
year will be later-class events, the
advisability of varsity races will be
considered for next year according to
the showing made this spring. The
Freshman and Sophomore will race
each other and the winner will com-
pete against the stronger of the
Junior or Senior crews.

Another meeting of the club will
be held the first week in April when
an effort will be made to get all the
men possible interested and out for
crew.

CHEMICAL SOCIETY

Meets Today To Plan Trip to
Worcester Plants.

This afternoon at four-thirty there
will be a special business meeting of
the Chemical Society in 24 Walker.
The meeting is called for the pur-
purpose of considering the adoption of
designs for pins for the Society and
the plants of the American Steel and
Wire Company, the McGrath Leath-
er Belt Company, and the Norten
Aluminum Products Company, if time
permits.

SUBSCRIPTION OFFER

Special Price on THE TECH
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A special price of $0.50 is being
made on the remaining forty-seven
issues from now until the end of
May of THIS TECH. This is $0.50 the
usual offer. It enables those stu-
dents who have not already sub-
scribed to obtain all the news of the
Institute at less than half the ordi-
nary price. Do not put it off. Sub-
scribe today.

BROTHE RHOOD MEETING

In place of the Tuesday night con-
ferences, the Brotherhood of Saint
Andrew has decided to attend the
Sunday evening conferences at the
Trinity House at 5:45 P. M. Mr. Van
Bibten will conduct the service.

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OPPOSITE THOMPSON'S SPA
INTERNATIONAL NIGHT
TO BE HELD MARCH 28

Cosmopolitan Club Will Conduct Entertainment To Raise Funds for New Club Room

"International Night!" will be celebrated by the Cosmopolitan Club in Huntington Hall, Saturday, March 28, at eight o'clock. This will be one of the biggest affairs conducted by the Club this year. Admission will be charged to help raise money for the comfort of the Club room in the new Technology. This will be the first time in the history of the Club that there has ever been any admission to any of its functions.

The officers hope that every one interested will help out. The program is said to be unusually good and will be announced later. The committee in charge is: R. Alfaro, chairman.

The banquet which was to be held on March 25 will be postponed, owing to the fact that the chairman, M. B. Lewis, Jr., was unable to attend the meeting on that date.

WRESTLING MATCH
Team Leaves Saturday Noon

The wrestling team that goes up against Yale on Saturday night will probably meet its hardest match of the year. Tech has been putting up very consistent work the last two years and expects to get the better of the Ivy's in the majority of the matches. Yale has been considered one of the best collegiate teams in the wrestling field in the past, but her condition at present is not exactly known.

Tech is sending down Lee in the 135 pound class, Captains Kelly in the 135 pound, with Smith-Martin in the 150 pound and Smith in the 125 pound. Tighe will cover the 145 pound class. Walter will make the trip representing Tech in the 115 pound. Lee will be in the 115 and Smith in the 125. Tech will meet Yale, Saturday, April 12, at 125. The neighboring teams will be in the 125 and Tech will have the 115 and 135 pound. The 125 and 145 will be handled by the usual team.

TRACK MEET
Freshmen Meet Lowell High School Saturday Evening.

Next Saturday evening the 1917 track team goes to Lowell to run against Lowell High School. The meet is scheduled to start at 5:00 P. M. and will be held indoors on Lowell's 100-yard track. On paper Lowell is far below Andover in strength, so barring the unexpected the freshmen ought to win easily. However R. H. Day, the hurdler, will be out with a pulled tendon and F. P. O'Hara will not be able to run. This handicap the team a good deal but should not affect the outcome. With the absence of O'Hara, Libby of Lowell may give trouble in the dash and Bowser will be a hard man to beat in the 1000 as well as Heathcock in the 400. In order to give as many men as possible a chance each man on the freshmen team will be permitted to enter only one event. This applies also to the relay team unless the loss of the relay race means the loss of the meet, in which case the best men possible will run.

TRACK MEETING
Two Important Meetings for All

Two important meetings for all men interested in Institute track and field athletics will be held next Monday afternoon, one at 4:15 and the other at 5:15. Coach Kavaly will speak to the men about the present standing and condition of the track team, and discuss the plans for the coming outdoor season that opens Tuesday.

ART COMPETITION
The conditions for the 1916 Technical Art Competition are that each man shall hand in one colored, full-sized picture on paper heading for "Records", by April 4th. Each competitor is also to state on paper his experience in poster work, and his idea of how the Art Department of the Technique should be run.

Glee Club Rehearsal
There will be a Glee Club rehearsal at 5 o'clock today in the Union. As this is the last rehearsal before the concert at Lyons next Monday evening, it is absolutely necessary that all the men be present. There will be fines for those that are absent.

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