STUDY FOR EXAMS INTELLIGENTLY

HALF of the fight to pass the examinations already past; what remains can be rated most intelligent, if possible, by getting ready to put down what has been learned during the term. It is true that many students approach the examinations by being entirely on this job the last few weeks. Studying can not be neglected, but one of the most important factors in written examinations is good health.

The week of examinations should be approached much as a football trainer approaches a big game, both from a physical and from a mental point of view. The main object should be to walk into the room in tip-top condition, mentally cool and psychologically at ease. That is the only way one can do his best. If you know you are cold or not, your mind will be able to coordinate better and to understand the data given in the questions if you are in good shape physically. If you are jittery, or sleepy you can not hope to do your best.

Three important factors govern one's health: food, exercise, and sleep. All of them must be considered by anyone who hopes to get the breaks in his examinations. Simple wholesome food such as is served to athletic teams will digest most easily, and not bring on the danger of digestive troubles. Midnight hot-dog hunting is a bad habit that should be avoided at this critical time of the year. Simple physical exercise is very important, and if one works up a good sweat and then takes an invigorating shower it may suffice him for all day.

Many students seem to have almost no idea of the value of sleep. It is very poor economy to cram all night and then sleep in class or during an exam. There is usually some argument period that can be cut down during this time, and without adequate sleep all the studying imaginable is of little avail.

Examinations are the climax and one of the largest parts of many courses, and for this reason every care should be taken to see that they will be representative of the best work the student is capable of doing. As far as the subject matter is concerned, studying can not be ignored, but it must not dominate so much that it ruins one's health of body and mind.


PROGRESS

S C O R E D AS W E L L AS S C I E N T I F I C

A T T E N D E D T O A L O N G W I T H the serious work of students are preparing for a life in science. Here, on the one hand, is the research worker, planning to spend his life in a secluded laboratory doing fundamental research. On the other, there is the professional man, adapting scientific skills to the achievement of certain mundane ends--money, honor, power. For him, the thrill of getting the break is the all-important reward for his inquisitive ability. He is satisfied to live frugally, spurred by an intense curiosity and a zeal for knowledge. The second, though his standards of truth may be more frugally, spurred by an intense curiosity and a zeal for knowledge. The second, though his standards of truth may be more critical, does not flinch from the dangers of his own profession. The student is the ideal in every respect. He is the man who is satisfied with the dangers of his own profession.