

The University of Minnesota OFFICIAL DAILY BULLETIN

VOL. I

SATURDAY, JANUARY 4, 1919

NO. 42

Any changes in registration that are found necessary must be made by today, Saturday, January 4. **ADMINISTRATIVE BOARD**

SOLDIERS' HEALTH VERSUS CIVILIANS'

Bulletin No. 13

Many observers have been highly impressed with the manifest improvement in the physical conditions of the recent S. A. T. C. students. Notwithstanding the fact that the military training was limited to less than two months, palor was exchanged for rugged health, stoop shoulders became erect, flabbiness was transformed into hard muscle, chests were expanded thereby increasing the lung capacity for pure fresh air; ungainly posture and sloven movements were gradually evolving into dignified poise and harmoniously coördinated, quick and assertive action. All manifestations of that health and vigor which contributes so much to success and happiness in life.

The death rate from disease per year among civilians between the ages of twenty-one to thirty-one is three times as great as it is in the United States Army. In other words, a soldier between these ages has three times the chances of escaping death from disease as has the civilian. Why?

Out-door exercise and regularity of habits are the answer.

The University of Minnesota is among the first of the large institutions to recognize and make provisions for the enhancement of the health of its students. It desires to make the physical condition of its students equal to or even better than that of the soldier.

Provisions are now being made for attractive and healthful out of doors sports. The skating rink will soon be ready. Facilities for skiing and tobogganing are under consideration. A Winter Carnival may result.

Every student should make it an unalterable point to take at least one hour of out-door exercise daily. The soldier begins his day by a half hour of setting up exercises in the open, and it is this exercise that contributes so much to his physical welfare.

Why should not fraternities, sororities, clubs, and other groups of students, arrange to start the day in the same manner? Assuredly such a procedure will increase mental efficiency as well as health.

We must not retrogress into the pre-war lethargy.

ALL STUDENTS interested in the organization of a Ski Club are requested to hand in their names at Dr. Cooke's office in the Armory. It is proposed to construct a University toboggan slide on the River Boulevard, from the east end of the Washington Avenue bridge extending down over the flats.

ARE YOU GOING TO CHURCH TOMORROW? The Southeast churches invite all students to attend their services and meet their pastors. CHURCH COOP. COMMITTEE, Y. W. C. A.

The Y. W. C. A. extends a cordial welcome to all new and old students and invites them to join with the organization in its work and service during the coming semester. Membership cards may be signed at the table in the Women's Post Office on Monday. WYLLIAN KNAPP, Membership Chairman

GEOLGY CLASSES will be held in Pillsbury Hall this quarter instead of in the Mines Building, the emergency arrangement last quarter. Geology 37w will meet in Room 210; Geology 118w will meet in Room 105. The complete schedule of class-rooms can be found on the bulletin board in the main entrance to the building.

GOPHER NOTICE: Appointments for group and individual pictures must be made at the Gopher Office immediately. Three group sittings will be made each noon hour, while individual photographs may be arranged for any time of day. Organization representatives are requested to return their contracts signed to the Gopher Hole at the time of making appointments. Juniors must have their pictures taken by January 20.

POST OFFICE

Local mail will be delivered and collected as follows: The first delivery will be made between 5:30 and 8:30 to all the offices on the campus. Delivery and collection to the Administrative Offices, 9:30 to 10:30. Delivery and collection to all offices beginning at 11:30 and also at 2:30. A complete collection of all local collection boxes will be made from 6:00 to 8:30 in the evening.

This is the schedule that we anticipate establishing but it may be two or three days before it will be running smoothly. It is important that mail at the close of the day be put into the local collection boxes or dropped at the post office, so that this mail can be delivered the first thing the next morning.

The following is the Inter-Campus Car Schedule for the second quarter:

Leaving Minneapolis Campus

A.M.—7:40, 8:05, 8:20, 8:35, 8:50, 9:05, 9:20, 9:40, 10:00, 10:15, 10:35, 10:55, 11:10, 11:30, 11:50.

P.M.—12:05, 12:20, 12:35, 12:50, 1:05, 1:20, 1:35, 1:50, 2:05, 2:20, 2:35, 2:50, 3:05, 3:20, 3:35, 3:50, 4:05, 4:20, 4:35, 4:50, 5:05, 5:20.

Leaving University Farm Campus

A.M.—8:05, 8:20, 8:35, 8:50, 9:05, 9:20, 9:40, 10:00, 10:15, 10:35, 10:55, 11:10, 11:30, 11:50.

P.M.—12:05, 12:20, 12:35, 12:50, 1:05, 1:20, 1:35, 1:50, 2:05, 2:20, 2:35, 2:50, 3:05, 3:20, 3:35, 3:50, 4:05, 4:20, 4:35, 4:50, 5:05, 5:20.

Changes in this schedule will be published in this bulletin as they are found necessary. The only exception to this schedule will be on Saturday afternoon, when the cars will run every half hour beginning on this campus at 12:50 and on the University Farm campus at 1:05. THERE ARE NO INTER-CAMPUS CARS ON SUNDAY.