A. A. CONFERENCE HELD AT HOLYOKE

The first meeting of the official delegates from twenty-three eastern colleges was held in Student Alumnae Hall at Mt. Holyoke College, Friday, April 11. This is the first Athletic Conference for Eastern College women.

Papers on subjects of vital interest to athletic associations were read by delegates from colleges. The conference as a whole believes that work should be required at least during the first two years of the college course, and that all sports should be compulsory for four years. Courses in hygiene, as was reported, are advantageous, and should be required. Contrary to the customary procedure in some colleges, it was decided that voluntary membership in the A. A. created a better spirit than a compulsory tax levied on all students. The average dues of college athletic associations are one dollar a year. And

SHELL SHOCK

Shell shock, like insanity, is not a specific disease. It is a term denoting a general nervous condition which may manifest itself in any one of many specific forms, or in a combination of forms. Shell shock, in short, means nervousness.

Health is largely a matter of physical and mental equilibrium, largely a question of maintaining a balance between the anabolic or building up processes of our bodies and the catabolic or breaking down processes. It is sometimes held that the increase of nervous ailments in present-day life is due to the increase in complexity of our environment, our world, and to the consequent greater strain to which our organisms are subjected. The city dweller, for example, has to respond to a thousand stimuli that the country man, never encounters—auto horns, crowded streets, bright lights, etc. It is more difficult in such a world to keep the necessary equilibrium. Consequently, while the man in the city leads a more intense, probably a more diversified and complete life, he nevertheless is more susceptible to nervous trouble than is his country cousin.

In war times every one lives at a

SUCCESSFUL DANCE FOR BELGIAN RELIEF FUND

Ninety dollars was raised for the Belgian Fund at the dance given by Rosie and Olive Dobbert in the gym. The proceeds will be turned over to the college supports.

Don't target that your life won't be worth living if you miss it!

M. ANTOINETTE TAYLOR '22.

It is more difficult in such a world to do Is to take the money. Don't forget that your life won't be worth living if you miss it!

SADIE OF THE SALT CELLAR; VOICE FROM THE ASHCAN

The Juniors gave a series of movies of which the ostensible purpose was to make fun, in a fashion far from subtle, of the eccentricities and inconsistencies of the ordinary moving picture. Almost every one has felt her hair begin to curl at the sight of the Lightning Raider hopping gracefully over a precipice and landing after a short ride through the air in the front seat of a moving automobile. But now that is one of the common happenings on the flickering screen. It hardly relieves the audience exasperated enough. The Junior movie, on the other hand, was a true slice of life. Anguish, while a heated iron tugged at the hair, she berries proved too thoughtless to effect an escape—through all these heroe could curl her fingers, swing her wig-tail, and wrench her eyebrows just like a full-bodied Chinese. Also she knew full well how to invent new tortures for the persecuted Helen Gage (you wouldn't have recognized her on first sight). Every once in a while such inquiries as "What next will become of your dainty darling?" were flashed upon the screen. No one dared to guess the answer—not after the iron episode. At length the curtain fell

STATE CONFERENCE OF CHARITIES AND CORRECTION

The program for the ninth annual session of the Connecticut State Conference of Charities and Correction, which was held in this city Sunday, Monday and Tuesday contained many well known speakers from all over the country. President Marshall was the chairman of the opening session, and the Section on Social Forces, held on April 27, at 8 P. M. The subjects, "The Program of Americanization," and the "Place of Education in Reconstruction," were handled by Dr. Ed- ward Steiner of Grinnell College, Iowa, and President Pance of Brown University.

On Monday the address "Influence and its Social Effects" by Bailey Burnet of New York was followed by ten-minute discussions—Professor Winslow of Yale, Miss Penniman of Middletown Industrial School, and Dr. Valeria Parker of Hartford. At 2 Dr. Samuel Cruthers of Boston and Law-

FRENCH CLUB GIVES LE BARBIER DE SEVILLE

A stern guardian, in love with his charming ward, Rosine, on account of her money, but thwarted, in the end, by the cleverness of a barber, Figaro, and the amorous Count Almaviva, who wins the willing hand of Rosine—such is the story of the Barbiere de Seville, by Beaumarchais, presented by the Club Fransais, on the evening of April 26th. The plot of the play explained by Miss Ernst, before the curtain rose, is one common in the Italian comedy of the seventeenth and eighteenth centuries. But Bartolo, the guardian, is not the easily duped man of the common plot. It takes the utmost skill of the clever Figaro and mischievous Rosine to fool him. In Figaro we see the typical man of the Revolution: he is ingenious, intelligent, bourgeois, who recognizes the impossibility of the ex-

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The Connecticut College News

Established 1916
Published Weekly

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Important Notice

We just want to make an announcement that we are planning, if all goes well, to get out a prom issue of the News. Something awfully clever, you know. Several people have asked whether we thought it was possible, and we think it would be lots of fun if you all will help us. Rhymes and jingles and amusing jokes, and articles of any sort about the prom will be most gratefully received. Also, if you feel so inspired. The News box is still reposing on the radiator in the gym, on the way to the chapel, to the bookstore, and to the mailboxes. Its situation possesses every advantage.

We want to make this issue exceptionally good, so that the men can stick it in their memory books, if they have such things, or if they haven’t, they can, as one of our subscribers suggested, give it to their families so that they won’t have to tell them all about it themselves. Are you game to help us get it up?

Among Our Poets

All, all have I given thee—
For thee I have torn forth my most precious thing,
My fragile web o’dreams, blue woven,
with silver gleams.

Fashioned frail and fair as dew-drenched cobwebs flung—
And dragged it through the shattered dust of spoken words.

And yet, I had not cared (my love for thee was great)
But thou hadst left it there, a worthless thing indeed,

Futitiously crushed and faded, that was never meant for the sun.

And now my beautiful shining thing is gone, is gone!

The thing that I had wrought with such delight and care—
I have given my all for thee. —20.

A. A. Conference

Held at Holyoke

(Continued from page 1, column 1)

there should be a spirit of co-operation with the departments of physical education and hygiene.

The committee should be organized and controlled by a head with a captain from each class, all working under the executive board of the association.

Freshmen and Sophomores should be provided with guidance by the physical education department to enter these sports.

Most colleges are in favor of student coaches in co-operation with the department, the class-coach man being in favor of allowing the coaches play even in the sport which they coach and of allowing them to be elected for "Varsity of class captains."

Four colleges require their students to pass an examination in swimming before they are awarded their degree.

Mt. Holyoke gave a paper on the advantage of a definite system of awards. The Old English H and sweaters are given in the spring to not more than 10 per cent of the seniors. The winners must have 75 points to their credit. Of these, 5 may be won for membership on a class team, 5 as a substitute on a class team, and 5 for membership in an "all-Holyoke" team. They are chosen on the following grounds: good health, good posture, carriage, neatness, and good sportsmanship. For breaking records a sweater with a block H is given. Numerals are awarded for class teams, a banner to the class which wins field day, and a small banner to the class which wins the indoor track meet. In Smith the winners of sweaters are chosen by a secret committee which watches the girls all the year.

The next session of the conference will meet at Ithaca in the fall of 1922. Marjorie Doyle was the official delegate to the Athletic Conference.

Training rules, it was found by Jueline Mains, are unoffending. The question of financing the conference were generally made by classes or by sports managers. The captains enforced the rules. Training generally starts three weeks before the game. It includes bed every night at 9:30 or 10, a cold shower before breakfast, a hot and cold shower after a practice, which counts as a regular gym work, no sweets, no eating between meals, and not more than one cup of tea or coffee each day.

At the conclusion of the conference it was decided to give an Intercollegiate award each year to one girl in each college in the league. The award will probably be a pin. The girl to receive the award must be either a Junior or a Senior. She is to be chosen by a committee representing the A. A., the Physical Education Department. At this event the Student Council must have a C average in her academic work, and sportsmanship, posture, spirit and health will be considered.

The Secret Letters from Annette Genevieve to Marionette Jeanette

The Secret Letters from Annette Genevieve to Marionette Jeanette

My dear Marionette Jeanette:

Your letters have been a constant source of consolation, delight and joy to me. Isn't that a lovely sounding sentence? I get it from a letter that Mrs. Smythe wrote. Ma after her family died off from the influenza, Mrs. Smythe's family not Ma's of course. I always keep your letters about me in my pockets or note books. You see it generally takes me some days to make out your writing. Don't they teach typography in High school more? Why don't you take a course in typewriting because you don't waste so much ink so uselessly only needing a pen for such a good thing to know, besides saving much time, and also if you want to be a stenographer you have to know a little about shorthand writing, I take it. Just at present we are making perfect copies. I made five perfects yesterday, but had to throw out one of them because I don't think I can't, though I don't know any better; but (To be continued in next week.)

Shell Shock

(Continued from page 1, column 2)

higher pitch than normally; nerves are taut, tempers are short. But the strain, which the civilian is subjected to, is hardly comparable to that endured by the soldier. From the time the recruit strikes the training camp, he is thrown forth within an environment very remote from his normal civilian world. He is subjected to a discipline foreign to his nature and he must learn repression. He frequently undergoes hardships in the way of poor food and shelter, hardships mild, perhaps, compared with the privation and exposure which he endures. But he has to endure that truth of any former experience of his.

And to cap all, every soldier carries about with him that alluring idea, that factuating it with the "fightin' over there." That he well enough knows, is the reason for his present mode of existence. Every officer barked out by a superior, every minute spent on his rifle, in trench-digging, grenade-throwing, every lecture on hygiene, military law, modern warfare, gas warfare, reminds him of what he is going to meet. The doughboy may not know what it is all about, but he does know, in terms of what he has read and heard what "it," what "fightin'" is. His imagination works on, when knowledge ceases. It is not remarkable, then, that in some men whose organisms are naturally poorly balanced may we have something of the psychopath about them from birth, a nervous condition developed even before the soldier leaves the United States. And that not infrequently an ailment, which we may as well call shell shock as anything else, begins. There is little doubt that. (Continued on page 5, column 2)
French Club Give

Le Barbier de Seville

(Culled from page 7, column 1.)

Music

Umbrellas repaired and recovered

Loose Leaf Books

Diaries and Stationery

J. Solomon

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Voice from the Ashcan and the hero, 

Presented Mary Hester, impersonating the

and Frances Barlow, daughters of Li

welcome appearance, just when curt-

highest

cess.

"filled up the gaps" between the scenes

and Edith Smith and the quartette

audience in continuous laughter. The

and green satin (Dorothy Henkle),

particularly so when singling his serenade.

SWEATERS

and the grotesque figure of Doll Ba-

this remarkably well presented play.

SWEATERS

thunder added the

flashes of lightning and the roar of

Seville.

and depression, forced waiting and waiting

train for overseas-or the front, were

mental and physical strain which de-

were held the round-

 jokes, or for inabIlity to see out of eyes

battle area, or of returning to

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part, the real injustices of many

the soldier's control over him-

for the disturbance (so far as discov-

for the real reason for his dis-

it is not fair to our men to think so, if

It is easy to understand, therefore,

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ment is only

training is only a mild

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and the subdivisions in the form

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spring. Not that a shell-shocked man,

Muscles, or a fall, or a slight Injury on any

all our men an impossibility.

Mrs. H. Coops '22.

A sort that turnsnes the conditioning

such dread as the real reason for his

battle area, or of returning to it, in-

the strain of a soldier's life and his

nervous system. But training is only

that shell shock is merely another

in any one of these. and he will per-

five years of college, including Chem-

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years of college, including Chem-

istry, Physics, Biology, and two lan-

grases other than English (one of

which must be French or German).

Four months' preliminary didactic and

laboratory course for those ex-

pecting to enroll in a nurses' training

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2101 North College Avenue

Philadelphia.

THE QUALITY DRUG HOUSE OF EASTERN CONNECTICUT

THE CONNECTICUT COLLEGE NEWS
the soldier lives in, and in the resulting mental strain. Not all cases of shell shock are of this type. We know or men sent back to hospitals because of a temporary loss of self-control resulting in violent trembling, stammering, etc. Many such recover after a short rest, and insist on going back to the fighting zone, even leaving the hospitals without permission, “bumping” a ride with a truck full of doughboys up to the front, and finding their way back to their own “outfit” if possible. In cases of this kind shell shock, whether wholly functional or having some organic basis, as a slight concussion, can hardly be diagnosed as essentially a self-deception psychosis. And whatever be the immediate exciting cause, the basic reason, it would seem, is the environment.

General Hospital, No. 30, at Plattsburg, N.Y., was one of the chief war-nervous institutions. Many of the patients there displayed no other symptoms than that general “jumpy-ness” at sudden noises, together with insomnia, nightmare, trembling, etc., that we usually think of in connection with shell shock. The more specific form of hysteria was, however, frequently found, a disturbance often of the self-deception type mentioned in the foregoing paragraphs. In hysteria, the physician can find nothing seriously wrong with a man, but if the patient whose leg was perhaps actually numbed for a short time by the explosion of a shell, chooses to think himself badly injured, his leg may continue to refuse to function as it should. Hypnotism, that is, suggestion, was in such cases frequently used to good effect. Since the trouble comes largely from the persistent presence of a wrong idea in the patient’s mind, the physician may remedy matters by the simple device of ousting the wrong idea and supplanting it with the notion, “It is perfectly well, I am perfectly well.” Christian Science cures are indeed possible when the “illness” is functional only! Hysterical conditions sometimes clear up of themselves through rest, quiet, and proper food. The cure is often sudden. A colored youth whom I used to see in his ward daily had a peculiar speech defect, partly hysterical in nature.

When I first saw and spoke with “Jerry,” he repeated each word four times. “Hello, Jerry, how are you this morning?” would bring the reply, “Fine, fine, fine, fine, thanks, thanks, thanks.” One morning, however, Jerry’s repose was simply, “Fine, thanks.” The tremor of his knees, very noticeable heretofore, had also practically disappeared. So far as I know, suggestion was not used in this case, nor was any extensive medical treatment.

Epileptics were plentiful at Plattsburg. Some of the cases, naturally light in nature, with seizures “fits” occurring only infrequently in civilian life, increased in seriousness over in France, and were sent back home. The “increased seriousness” was, I doubt not, many times self-deception. But a man at all prone to epileptic “fits” is poor material for soldiers; as the Hibernian would say, “He is a better soldier in the hospital than out, and out of the army than in.”

Intelligence tests on shell shocked men at Hospital 30 revealed an interesting fact; the “average man” does not get shell shocked, or if he does, he recovers and is sent back to battle. The cases bad enough to be returned home were found to fall into two groups: men of inferior capacity and men of more than average intelligence. It would seem, therefore, that the conditioning causes of shell shock got in their most serious work on lower-grade, poorly balanced nervous systems and minds, and on high-grade, high-strung, intelligent men. Also, from the latest information I have, it is believed that in low grade men shell shock tends to take a physical form of some sort, whereas men of superior intelligence are more susceptible to mental disturbance.

In thinking of a war environment as the conditioning, fundamental cause of shell shock, we must remember that, if a man can become psychopathic or neurotic, that is, poorly balanced, inclined to hysteria or morbid fears, etc., then the war environment itself becomes the exciting cause and the man’s inherited make-up the ultimate reason for a nervous breakdown—or shell shock.

Frank E. Morris.