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Time to Read That New Book...

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Planning Will Give You
Time to Read That New Book...
By Regina Kildee

"But we haven't any time!"

That lament is always heard when anyone on this campus dares suggest that student here might conceivably devote a little more of their time to reading for pure enjoyment, to going to plays and lectures, and even to getting acquainted with other students.

In one of my classes a constant cause of dissension between instructor and students is the question of whether or not students on this campus have time for reading things outside of their regular assignments. The instructor, of course, says yes, the students, no. In this case, I agree perfectly with the instructor—and I dislike "apple-polishing" as much as you do!

I realize, of course, that in writing this I'm " rushes in where angels fear to tread," that no two students have the same schedule, outside duties or initial abilities—in short, that I am beset with danger on all sides. And yet, I do believe that most students on this campus could, with profit to themselves, spend more time in doing the things mentioned above. What's more, their grades would not need to suffer at all!

Let us say you carry 16 hours of school work. Each hour of credit is supposed to call for three hours of work a week—either one hour in class and two in preparation, three in laboratory work or two in laboratory and one in preparation. This would make 48 hours to spend weekly on school work. Thus, if you spent nine hours at your school work on the five regular school days and three on Saturday, you would be fulfilling all expectations.

You will doubtless find that in preparing some lessons you will require less than two hours, and for others you may need more. There the matter of individual differences enters into the picture. Each student must make his own adjustments in that matter.

If you go to school (and that includes studying) from eight to twelve and from one to four, that takes care of seven of the required nine hours handily. It should be easy to get in the two remaining hours sometime during the day. They say it is better to do it in the evening than from four to six, but in case there's a good movie or concert in the evening, an occasional four-to-six o'clock study period never hurt anyone.

"But my activities!" you moan, or "My work!" Outside work may mean a readjustment of the above schedule—again a matter of individual planning. Activities surely will not take so much time that you do not have, almost every day, some time to do exactly what you want to, if you plan.

That planning goes for everything. It is a good idea to make a list in the evening of the things you want to accomplish next day and the time you expect to spend at each. If you keep this list before you while you work, you will find yourself keeping to it and hurrying along just a little to keep within the allotted time. It will also help prevent hurried trips home from the library to get a for-
Hobbies Insure Happy Old Age

By Gladys Johnson

DO YOU want to know what you'll be doing when you are "after forty?" Here's a test that is far sounder than the mystic revelation of a crystal ball, according to Dr. Elizabeth E. Hoyt, professor of economic science.

Look around your room. What do you find? Is there a tennis racket over the door? What books are sandwiched between the textbooks on your shelves? Is there a scrapbook on your table with a lot of things yet to be pasted in? Do you have a stack of ragged music sheets under your bed? Is there a pine cone or a sprig of larch tucked somewhere that you picked up on your way home from school? Do you have black prints on your wall?

Your hobbies in college are a significant index to your leisure-time activities after you are forty, Dr. Hoyt thinks.

"In fact," she said recently, "college is the ideal set-up for planting seeds for hobbies. Opportunities for discovering interesting hobbies for yourself and for developing these lines of interest are abundant in college. Courses in music appreciation, crafts, bird study, creative writing, art, pottery, period furniture and campfire are all hobby-building.

"All aspects of nature are important," Dr. Hoyt stated. "When other senses grow dim, you can still identify forms of nature. I knew a man who, after 70, learned to know all the trees in the community by their bark and by their branches."

Dr. Hoyt has written an article in Social Forces (March, 1933) on "Research in the Social Problems of Old Age." In this she emphasizes the fact that, of all the fields of social research based on the problems of normal periods of the life cycle, the most neglected is that of life as it approaches its close.

"All other age periods," she says, "carry within themselves some regenerative capacity, so that when social conditions are disadvantageous, the individual by virtue of his own vitality yet has a chance to triumph."

"Such is not the case with old age. The vigor, the expansive quality of life, has gone. If the individual has no resources within him, it is too late for him to get them. New resources of thought are not arising. He is dependent as he has never been before."

Financial independence and physical handicaps are less important than interests. This is the conclusion reached by Frances Cenkey, graduate student under Dr. Hoyt, in her thesis, "Adaptation of

50 Men and Women to Old Age." Among these cases, in which she considered various factors relating to old persons' adjustment to life, she found no instance of poor adjustment among persons of broad and keen interests.

The moral of all this is: Begin now to build for your life after forty. You soon will be choosing your electives for spring quarter. Look around your room. Try to visualize what you want to have in it 25 years from now. Then classify in that photography course, that crafts course or some other hobby-builder.

"Washing soda is a cheaper water softener than soap."

* * *

Buyers get more goods and less package for their money when they buy one large package instead of many small ones.

* * *

Pink salmon costs less than red salmon, and serves just as well for salmon loaves, salads, and casseroles dales.

* * *

Alkaline-forming foods are most fruits except cranberries and some prunes, vegetables except corn, and milk. The acid group of foods contains meat, fish, eggs, cereal and bread.