

Mark Tuohy To Head McQuaid Fund Drive

Appointment of Mark H. Tuohy of 205 Aldine St. St. as vice chairman of the McQuaid Jesuit High School's development fund drive is announced today by Edward A. Sullivan, general chairman of the drive.

"To get a good job done always give it to a busy man," said chairman Sullivan. "Mark is one of our busiest and most effective people. He just finished a term as president of the Catholic Youth Board of Advisors, he works in the New York State Athletic Association and other organizations. All this in addition to attending to his duties as special agent for the F.B.I. in this city."

Tuohy is a young man's education last year. Sixty of McQuaid's class of 1953 were entered in distinguished colleges and universities. Among them were five National Merit Scholarship finalists, the largest number from any school, public or private in Monroe County.

Forty-seven others won New York State Regents Scholarships, twenty-one won college scholarships and eight won multiple scholarships to various colleges and universities.

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Tuohy is a student special agent for the Federal Bureau of Investigation in Rochester as assigned to the Buffalo division. During World War II he served in the Pacific Theater as a Marine Corps captain.

Contributing to his intense interest in education at the high school level, Tuohy said, "I read prepared preparation for college as the most important

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Nurse Assistants Receive Certificates

Certificates of achievement were given to 25 nurse assistants on Aug. 25 by Sister Mary Agnes, director of nursing service at St. Mary's Hospital. These assistants were employed after successfully completing St. Mary's new program of pre-employment training.

They are high school graduates ranging in age from 18 to 41. The new program of placement and pre-employment training curricula drop-outs and aids employee development.

Miss Mary Cicchilli, R.N., was the coordinating instructor for their three-week training period. Their instruction by qualified nursing personnel included lectures and practical demonstrations which led to active class participation in the clinics they are trained to perform.

The trained assistant performs certain duties as a member of the nursing team. Promotion and advancement for each employee is a part of St. Mary's program of employee benefits and privileges. Benefits, in total, approximate 25 percent of annual income.

Seton Groups In Action

SEVEN BRANCHES of Seton Workers at St. Mary's Hospital will meet at home of Mrs. Thomas J. Meagher, 1100 Highland Avenue, Tuesday, Sept. 8, 8:30 p.m.

SEVEN BRANCH was to meet for lunch at home of Mrs. George Schell, Lake Ave., Thursday, August 9 at noon. Work for Seton Sale was continued.

EIGHT BRANCH met August 22 at the home of Mrs. George Murphy of Delray Road, Rochester. A rummage sale for Sept. 7 is planned.

THIRTEEN BRANCH will meet at St. Mary's Hospital, Tuesday, Sept. 3 at 12:30 p.m. with Mrs. William Woodruff, Mrs. Edward Burley and Miss Caroline Vayo in charge of arrangements.

Says Final Vows

Mrs. Mary Alfred, R.I.M., pronounced her final vows in the church of St. Michael's at Waterville, Me. on Aug. 18. Mother Mary Alfred entered the community after graduation from the Villa in Grafton, N.H. Her final assignment was St. Francis of Assisi in Auburn. She remained there until she returned to Waterville to take for final vows. Her new assignment will be St. Ann, Tuam, Mother's Assisi, superior, Mother St. Vincent will accompany her to Texas.

Jane Fischer's Requiem Offered

Solemn Requiem Mass for Mrs. Jane Fischer was offered by the Rev. Charles Francis Adams, O.F.M., St. Bonaventure University, a cousin, in St. Augustine's Church, Wednesday, August 26.

Mrs. Fischer, 118 Hobart St., died August 24, 1953.

Father Adams was assisted by the Rev. James Tierney, deacon, and the Rev. Albert V. Ryan, subdeacon.

Mrs. Fischer was a member of the Legion of Mary and the Rosary Society of St. Augustine's Church.

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Requiem Mass For Mrs. Stirling

Funeral Mass for Mrs. Helen Stirling was offered by Rev. James E. Tierney in St. Augustine's Church, Wednesday, August 26. Mrs. Stirling, 66 Hobart St., died Sunday, August 23, 1953.

She is survived by her son, Charles H. Stirling and one nephew, Chris Snyder of Tampa, Fla.

Burial was in Holy Sepulchre Cemetery where Rev. Joseph Lynch imparted the blessing. Arrangements by Joseph A. Murphy, Inc. Funeral Home.

The Truth About Hormones To Make Skin Look Young

As I write this article, I can tell you that the skin is so vital, through the doorway and as a window of the body, it is the only organ that is good and is so delicate.

The skin is the largest organ of the body. It is the body's main barrier against the elements and it is the body's main source of heat and protection. It is the body's main source of moisture and it is the body's main source of protection against infection.

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Bowling League To Open Season

The Catholic Men's Bowling League will open its 1953-54 season, Friday, September 5 at North Park Lanes. Officers for the coming season are: president, Steve Dancy; vice president, William Hebing; secretary, Louis Dick; treasurer, Rev. Paul T. Murphy.

Bookmobile Takes Week Off

The Rochester Public Library Bookmobile will not be in operation during the week of Sept. 7, according to Miss Virginia Miller, assistant director of branches and extension services.

While it is off the road, it will be given a general check-up in preparation for a new fall schedule of stops which will begin the week of Sept. 9.

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How to Make Homework Lighter!

GOOD LIGHT MAKES SEEING EASIER

Studying is one of the hardest jobs our eyes have to do, and most of us do a lot of it while we are growing up. The amount of book-reading required by the time the average student is graduated from high school would fill a bookshelf eighteen feet long! And book reading is usually easier on the eyes than such seeing tasks as writing, figuring and drawing, where the contrast between pencil marks and the paper may be poor.

WE NEED LIGHT TO SEE

Most of us don't realize how important good light and posture are for studying. We do our homework in "any old place" and in "any old light." When the light isn't right for studying, visual fatigue can result, homework seems tedious and tiresome.

GOOD QUALITY LIGHT NEEDED

By good quality, we do not mean costly lamps and fixtures. Rather, we mean light which is comfortable, free from glare, annoying contrasts and disturbing shadows.

When properly placed, the light is close to the task, it won't glare up from your work into your eyes, and won't cause harsh shadows to be cast on your work.

CHOOSE THE RIGHT STUDY LAMP

Lamps for studying should provide a high level of well-diffused light over the entire study area. At the same time they should throw some light upward. The upward lighting avoids sharp differences between the lighting on the desk and its surroundings. Ballast lights and goose-neck lamps should not be used for study.

Lamps with translucent, open-topped shades are much better for study. The lower edge of the shade should be at about eye-level and wide enough across the bottom to give a wide spread of light. A diffusing bowl under the shade is used to prevent the bulb from showing through the shade as an irritating "bright spot," and also to soften the downward light.

FREE BOOKLET AVAILABLE

Your R G & E has a booklet available "How To Make Homework Lighter!" It's yours for the asking. Simply send your name and address on a postcard to Department 34, Rochester Gas & Electric Corp., 89 East Ave., and we'll send you one. If you prefer you can pick up a copy at the Home Service Department, 89 East Ave.

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