

The Daily Nebraskan

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THREE CENTS

FOOD PRINCIPLES

Miss Bouton Discusses the Food Question at Convocation—Mental Life Dependent on Nourishment.

Miss Bouton, adjunct professor in chemistry, addressed the students of the university at convocation yesterday morning upon the food question. She pointed out a few means by which everyone might receive benefit.

"Food," said Miss Bouton, "is that which enables us to perform the functions of life. And there are three classes of the functions, mental, physical, and spiritual. The first class, physical food, is an absolute necessity for maintaining both, the mental and spiritual. Some people exist on a very small amount of poor food. This does not lead to practical results. Here in the university certain opportunities come to every student, and he cannot make the most of them without a certain amount of good nourishing food. Miss Bouton mentioned the diet of the football teams which leads to the best physical results. It has not been so scientifically demonstrated, however, that mental life is dependent upon what we eat. But mental life is dependent upon what we eat. But it is, no doubt, of great influence. Our observations of other people lead to the conclusion that kind and quantity of food influence mental efficiency. "Furthermore," said Miss Bouton, "I believe that our moral life depends very largely upon what we eat, and that is why I believe this is an important matter for your consideration. All our life is high, but the intellectual and moral are the highest and they depend somewhat upon the physical."

Miss Bouton discussed the various food principles, mentioning five classes. The first three are nutritious, the others non-nutritious, namely minerals and water. As a rule people do not drink enough water. The first class of nutritious food, the nitrogenous, builds up the tissues which are wearing away every day. Among the common nitrogenous foods are lean meat, eggs, cheese and nuts. The second class, the carbohydrates give heat and energy, the fats give reserve force to the body.

Varying conditions, according to age, health, occupation and climatic conditions require different proportions of the various food-elements. But there is a certain law, in general, to the effect that the fats and carbohydrates should be in the same amount.

There are four great mistakes in diet, under-nutrition, over-nutrition, wrong proportions, and food not properly prepared. The first condition, under-nutrition, is found among the poor, the lazy or the very busy also among those people who are over economical either in time or money matters. Women are apt

to eat too little nitrogenous food and too much carbohydrates. In over-eating one gets too much nitrogenous matter. Students often find difficulty in getting food to suit them at boarding houses. But they can choose from the food offered and sometimes need to supplement the fare.

"It is largely a matter of backbone to eat what we know is good for us," said Miss Bouton in closing. "We want to learn to think clearly and live rightly."

SOPHOMORES DEFEAT THE HIGH SCHOOL.

In a hotly contested game of basketball the sophomores defeated the high school team last night by a score of 20 to 13. Dr. Condra acted as referee and Ferguson and Nelson as umpires. The game was very much on the order of football but perhaps all the more entertaining on that account for every one played his best, enthusiasm increasing as the game progressed.

The high school was well represented in the gallery and the armory rang with cheers when its team made a goal or the sophomores failed in an attempt.

Class standings are in a muddle now. The freshmen defeated the so-

phomores not long ago and they in turn went down before the high school. Now the question with the class teams is: "Where are we at?"

TWO WORLD'S RECORDS BROKEN.

At the meet of the Central amateur athletic association held at Milwaukee last Saturday two indoor records were broken. The meet was won by the University of Chicago with 44 points. Beloit came second with 22 points.

F. G. Malony of the University of Chicago won the 75 yards high hurdles in 0:10 flat beating the world's record by 1-5 second. Ed Merrill of Beloit lowered the world's indoor record in the 440 yard run by 1-5 of a second his time being 0:52 2-5 seconds. Blair of Chicago came within 1-5 of a second of the record in the 50 yard dash winning it in 0:07 4-5 seconds.

Messrs Billings, Warner Turner and North and Misses Holley, Shieber, Thomas, Case and Boose have returned from their trip to Toronto where they went as delegates to the international student volunteer convention. Sam Anderson is spending a few days in Chicago on his way back.

BASEBALL SCHEDULE

Dates for Trips Practically Filled—Series of Games With Omaha League and Nebraska Indians.

The baseball men were out on the field last night for active practice and if the weather continues good the practice will be kept up in earnest. Thus far a number of promising men have reported and there is every reason to believe that the team this year will be one of the strongest that has yet gone out.

Manager Shidler of the team announces that he has almost completed the schedule for this season's games. There are now two open dates that have not been definitely settled for the eastern trip.

The team will start out on its northern trip about April 21 playing the first game with Luther college at Decorah, Iowa. On April 25 and 26 the team will play the University of Minnesota at Minneapolis.

If the athletic relations with Kansas University continue pleasant—the matter of football game having caused some unfavorable talk

President Roosevelt and Football.

President Roosevelt is quoted as saying in regard to his son's recent illness:

"Ted is strong and rugged, or he couldn't have shown this wonderful improvement. He had a little accident here last fall when he broke his collar-bone playing football, but that is nothing. His mother was rather glad that it happened, I think, as it showed him what to expect."

A CASE OF CHEMICAL INCOMPATIBILITY.

The chemical laboratory is as a rule the place of "reactions." Yesterday however the monotony of this rule was suddenly broken and for a few moments it was the scene of the liveliest "action" on the part of one of the students who was industriously working at one of the desks.

The cause of the commotion was an accident which might have resulted more seriously than it did, had it not been for the presence of mind and the ability of the students to use to advantage their knowledge of chemistry. In some manner unaccounted for awhile C. E. Bullard was working at one of the laboratory desks a gallon flask of hydrochloric acid was overturned and fell directly upon the place where he was working. Striking the desk the flask broke into a thousand pieces and the strong acid proceeded at once to combine with Mr. Bullard. The two however seemed to have very little affinity for each other and a bottle of ammonia was therefore brought to the rescue of Mr. Hydrochloric.

Repeated applications of the hydrate, together with a number of ablutions in aqua pura soon relieved Mr. Bullard of his discomforts as the acid had relieved him of a part of his clothes which immediately thereafter resembled a common sieve more than the garb of a senior. Mr. Bullard took apartments in one of the offices while he sent his valet after another suit of clothes. The latter soon returned and relieved him of his troubles.

Professor Rowe Succeeds Dr. Lindsay

At the annual meeting of the Board of Directors of the American Academy of Political and Social Science, Prof. Leo S. Rowe, of the University of Pennsylvania, was elected president to fill the vacancy made by the resignation of Dr. Samuel Mc. C. Lindsay, who was recently appointed Commissioner of Education of Porto Rico. Dr. Lindsay was, however, elected as one of the vice-presidents, with Dr. Franklin H. Gidding and Prof. Woodrow Wilson as associates. Dr. James T. Young, also of the University of Pennsylvania, was elected secretary. The following officers were re-elected: Council Clinton Rogers Woodruff; treasurer, Stuart Wood; librarian, John L. Stewart.

G. H. Ellsworth left today for Fullerton to spend a few days before going to Iowa City to assume his duties in the University of Iowa. He will return to Lincoln Saturday and will leave for Iowa City, Sunday.

ANNUAL HOP

COMPANY B

Thursday, March 13th.

Walsh Hall, Informal