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BRING A MEGAPHONE.

Once more we feel that it is our duty to urge university students to do their share towards winning the game this afternoon. As we have said before, the rooting this year has not been as good as it should be, and this afternoon there should be a marked improvement over the cheering at the preceding home games. Ames is coming with two hundred rooters and a big band, and every body will realize the truth of the assertion that students always root better when away from their home grounds than they do any other time. The last time Nebraska played a team which brought along an excursion crowd of cheerers was in 1902, when we played Kansas. About two hundred Jayhawkers at that time out-rooted five hundred Cornhuskers, although we were winning the game with ease. Unless the students take a brace this is going to happen again today. But it is not only to avoid the embarrassment of being out-rooted on our own grounds that should cause every student to come armed with a big megaphone this afternoon. The team is crippled and needs all the assistance we can give it. Ames is undoubtedly strong enough to give Nebraska a merry time of it even when we could play our best men, and with a team composed partly of substitutes and partly of half-disabled regulars, victory is by no means a certainty. The constant repetition of this assertion may lead some to think that we are croaking, but we wish to bring home to every student the realization of the fact that the game this afternoon is not going to be a little practice game, and that it requires the efforts of every man in the University to bring victory to Nebraska. Let every student arm himself with a megaphone today and occupy a seat in the rooting section, directly opposite the middle of the field, and obey implicitly every direction of the cheer leader, for otherwise their efforts will be of little use. It is only by concerted effort that we can have the kind of rooting that is going to give us victory over Ames and over Colorado.

Bender as an Author.

The current number of the "Normal," the paper published at the South Dakota Normal School, of which John Bender, the great Nebraska athlete, is instructor in athletics, contains the

following from his pen, under the caption of "Physical Culture."

How little we know of this old and wonderful science is sad to say,—yet the benefits derived therefrom are greater than I can relate in this brief article. The greatest sports of Greece were their running, discus throwing, and ball playing, the latter participated in by the women, whose chief ambition was to be beautiful, to have a fine physique and a healthy body; and well do we remember the hard physical training of the Spartans, and the stories of their superb strength and endurance. Today we stand amazed at the wonderful feats performed by their great gymnasts and acrobats, weight lifters, sprinters, the "Marathon races," etc.

At Wellsley college, Massachusetts, the girls have themselves made enviable records in jumping, hurdling, running, etc., at their annual field meet. Physical culture is not "physical torture" as too many of our students term it. Its aim and purpose is to develop a sound body, an all-round, healthy physique; one that will stand the great exercise of the mental powers. A body which is the ready tool of the mind; that feels as fresh at the end of the school day as it did at the beginning, not leaving a nervous wreck as so many of our students are. Too many of our students do not think of the benefits to be derived from physical culture, but sad to say think only of the present, the worry of dressing and the few moments of slight exercise which stiffens them for a while, but does them a vast amount of good. This failure to comprehend its value is due to their not thinking of the future.

Many a time I have heard men and women say, "Oh, had I only taken physical culture and gymnasium work when in school! You look so healthy; you feel so solid."

One thing I have observed, that generally all healthy boys and girls have a healthy disposition, are open, frank and honest. Not crabbed and ill-humored. Still more is this true of old men and women.

I can't understand why students grouch and grumble because they are obliged to take athletics. It seems to me, from my experiences with other people, that they are wasting a great opportunity. Something they will not be able to take after they grow up and are in business. I know of no school today, college, university, or normal, where physical culture is not required, and compulsory. It is also a fact that all high schools are beginning to enforce gymnastic work. The older people are realizing the need of the work for the child that is fading away under the hard studying.

If the studies are such that a child cannot carry its physical work or can't arrange an hour for her gymnasium work, then I say, cut out a study, and I am sure the child will appreciate it later in life. I am sorry to say that our course is so arranged this year that some cannot take the "gym" work, but I am sure that by next year, at the least, our course of study will be such that there will be a regular time set by for physical culture work.

Permit me then to throw out this hint: Girls, take all the physical culture work you can. You will need it in your teaching if you ever intend to enter a high school. It will aid you to command a much better salary, you will strengthen yourselves physically, and morally, and lay up intellectual and material energy. The old adage reads, "No strong mind without a strong body."



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