

The Daily Nebraskan

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UNIVERSITY OF NEBRASKA, LINCOLN, THURSDAY, FEBRUARY 20, 1908.

Price 5 Cents.

SIGMA XI LECTURE

PROF. CHITTENDEN OF YALE AT THE TEMPLE LAST NIGHT.

His Subject, "Some New View Points in Nutrition"—People Consume too Much Food, Especially Meats.

The annual Sigma Xi lecture was given at the Temple theatre last evening at eight o'clock, by Prof. R. H. Chittenden of Yale, one of America's foremost physiological chemists. The fundamental idea of Professor Chittenden's address was that most people consume too much food, especially proteids, or meat foods, to maintain themselves in the best health and to give them the highest working efficiency. This is a matter that can only be regulated by an educational crusade and even this is very difficult; for many intelligent people who can readily see, for instance, the folly of over-coaling an engine or a furnace, cannot realize that the same principle applies to feeding themselves. Overfeeding is not only wasteful, but entails unnecessary labor on the digestive and excretory systems.

Professor Chittenden had thrown on a screen tables showing the dietary habits of various peoples, as to proteid foods consumed and calorific power gained. Americans average from 130 to 140 grams of proteids per day in their food consumption. Professor Chittenden and others have carried on extensive experiments to show that this can be greatly reduced and still maintain health, body-weight, and working capacity, with a positive balance of nitrogen consumed over nitrogen excreted.

The first experiments were with a squad of United States soldiers in regular service. The men were placed on a prescribed diet for seven months and their allowance of proteids gradually reduced from 160 grams per day to 50 grams. There were no untoward effects and every man but one was storing up nitrogen, that is, not using his body-reserve, when the seven months was over. The men lost no weight and the strength and endurance of all increased.

In experiments on Yale athletes, in the pink of condition, the allowance of proteids was reduced one-half in five months, with the same results. All won intercollegiate honors during the experiment and one took the all-round amateur athletic championship of America.

In fact, a man weighing from 150 to 160 pounds needs in order to maintain an equilibrium of health, weight and efficiency, not 120 to 160 grams of proteids, but about 60 grams. The Japanese race conforms practically to this standard and the Russian war proved their efficiency. Their diminutive stature is a racial characteristic, not a result of dietetic habits.

Half the diseases of man are results of nutritive disturbances and could be regulated by moderation and abstinence in diet, animal foods giving way in a measure to vegetable foods. People would be immeasurably benefited (Continued on page 4.)

LINCOLN HOTEL

FEBRUARY 21

JUNIOR PROM

FORMAL

TICKETS 3 DOLLARS

A TROPHY ROOM.

Athletic Headquarters to Be Established in the Temple.

Manager Eager has secured a room on the second floor of the Temple, directly over the Y. M. C. A. room, to be used as a trophy room.

For many years something of this sort has been contemplated and in the meantime all sorts of relics have been gathered. Manager Eager has pictures of our football teams, captains and other prominent players as far back as 1895. These were donated by Mr. Townsend, the photographer. He will have the corresponding pictures of baseball, track and basketball teams, together with many snap-shots of players in action or events as pulled off. All cups, inscriptions, trophies and prizes ever won by university athletes will be displayed for public inspection. A large collection of baseballs used in games dating far back in the 90's will be exhibited. All the footballs used during the grand season of 1902 have been secured from John Westover. In this way the names and records of men who have helped make this school famous along athletic lines will be kept and raised to posterity as examples.

Washington Programs.

The literary societies will observe the time honored custom with special Washington programs on Friday evening. The Palladians will have a masquerade party, costumes as far as possible to be colonial in nature, fancy dress or otherwise. A patriotic program will be given.

The Union society will deviate slightly from their usual program and have an illustrated lecture on Washington by Professor Persinger. Special music will also be given.

Baked beans, baked on the premises and served hot with delicious brown bread, 10c, at The Boston Lunch.

LAW SCHOOL COURTS.

Rehearing of Pilcher & Lower vs. Jones Due.

The courts in the law school begin sessions again for the first time since examinations next Saturday. Already the first year men are beginning to dodge the sheriff and getting excuses from jury service.

Before the district court Pilcher & Lower vs. Jones comes up for a rehearing. Such trial was allowed by Judge Beghtol, who has recently resigned on account of pressing work on the Cornhusker. The same will be tried before former County Judge Bochus, who has temporarily filled the vacancy. As yet no county judge has been appointed. The attorneys are: Hunt for the plaintiffs and Baird & Stull for the defendant.

Dean Costigan has appointed M. E. Cornelius clerk of the district court for the February term. He in turn has appointed B. B. Stevenson to fill his former position as deputy clerk.

The freshman laws seem to have found their second semester work very interesting. During the past two days of inclemency there has been but little decrease in attendance. Ex-Sergeant Burnett thinks it due to conditions concurrent.

Notice.

The members of the Junior Prom committee will please make their report and turn in all cash and unsold tickets to the chairman not later than Friday noon, February 21st, after which time the tickets will be \$3.50. It is highly important that this matter be promptly attended to.

College of Medicine.

At the meeting of the faculty of the college of medicine, held February 6th, it was voted that April 4th be set for the date of the visit of the Lincoln students to Omaha and that Dean Ward be notified.

VARSITY MINSTREL

PLANS UNDER WAY FOR BIG ENTERTAINMENT NEXT SPRING.

Montgomery and Plumb the Directors—Three Part Program—Burlaw and Counsman of Omaha to Come.

A plan is now under way for the presentation of a representative college minstrel to be given at some time during the coming spring months, probably the latter part of April. Considerable progress has already been made in the lining up of attractions, and active work in rehearsals will likely begin the last of next week. The plan is being pushed by the University Y. M. C. A.

The two men who will have charge of the training and preparation of program are Guy Montgomery and Donald Plumb, the former will supervise the minstrel and farce portions of the entertainment and the latter will direct the music end of it. Both men have had ample experience along this line, which will mean much to the success of the undertaking.

The program, as outlined thus far, contains the three "regulation" divisions, the opening comprises the musical and inevitable "take-off" numbers, of course; the second is the great novelty act, and the third or conclusion consists of a one-act farce, though such a designation does not indicate anything whatever as to its possible length. For the second or novelty act, the management has been most fortunate in securing already the famous comedians, Theodore Burlaw and Theodore Counsman of Omaha. These "Teddies" have won a wide reputation and are guaranteed by all who have witnessed their performances to make a hit. The other portions of the program will be developed to completion in the next few weeks.

Owing to the absence of the general secretary last week, there has been some difficulty in the registering of men who wish to try out. Several have signified their intention of doing so, but others are wanted at once. These try-outs will be conducted by Mr. Montgomery next week and hence all who desire to get in before it is too late should register this week. Men may leave their names with either General Secretary Der Kinderen, Guy Montgomery or J. C. Knode. The intention is to make this undertaking a thoroughly enjoyable and "frollicky" one, while at the same time establishing a university institution really worth while.

Owing to the fact that the street cars have not been running to the State Farm the last two days, all university classes held there have been dismissed and but few of the school of agriculture classes were in session, as many of the professors live in the city. It is expected that the cars will be running today and the students who go out every day will resume their work.

Of ninety-eight students dropped from Stanford university for poor work, only three were girls.

BASKETBALL

KANSAS vs. NEBRASKA

INFORMAL SATURDAY, FEB. 22

HELP THE TEAM BY YOUR PRESENCE

Friday and Saturday, February 21-22