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STUDENT NEEDS NINE

MONILAW SAYS THOSE UNDER 21 SHOULD HAVE REGULAR REST.

TWO GLASSES OF WATER AT MEALS

Bed Should Be Fairly Hard, He Says, and Windows Left Open—Do Not Chew Gum.

Every university student under 21 years old should have between eight and one-half and nine and one-half hours of sleep each night, Dr. W. J. Monilaw, manager of athletics at the University of Missouri, believes. He says this applies to examination weeks as well as to all other weeks of the school year.

"This is especially true of athletics in the training season," he said in a talk to the men in physical training at Rothwell gymnasium last Friday afternoon. "A person more than 21 years-old gradually can accustom himself to a fewer number of hours, and by the time he is 40 or 50 he may be able to live comfortably with five or six hours of sleep. In examination week the average college student loses more by 'cramming' late at night than he gains. Admitting that he may read something that will help him in the examination, his energy is so used up the next morning that he is unable to do justice to himself."

Dr. Monilaw made these statements in the first of a series of addresses to the gymnasium classes and the men in other athletic departments. He spoke on "Rest and Sleep, and Foods and Diet."

Regular Hours.

He told them that, to be in a good physical condition, they should retire and rise at regular hours. If the room has two windows, both should be opened in winter as well as in summer, and if it has only one it should be opened at the bottom and top. Whenever it is possible, one should sleep alone.

Dr. Monilaw does not advocate the practice of sleeping without a pillow, although he thinks that only a thin one should be used. The bed should be fairly hard, he says. It is unhealthy to sleep on a feather bed or a feather pillow.

"The day preceding competition, the athlete should retire at the customary hour, not earlier, as a restless night is almost sure to follow. Just before a contest one should rest thirty or forty minutes, if possible, by sleeping, and a rest afterwards is beneficial. During warm, sunny weather, a sun bath is as essential before training as a rest. After a hard afternoon's workout a sleep lasting half or three-quarters of an hour should be taken before the evening meal. A half hour's sleep before supper is worth two hours' sleep after supper to an athlete in training."

In the second half of his talk, "Food and Diet," Dr. Monilaw recommended two meals and a luncheon a day, the luncheon to precede the training. He advised the men to remain at the table at least thirty minutes, and to eat slowly and masticate the food thoroughly.

Two Glasses.

"Drink from one to two glasses of water at each meal," he said. "Do not drink more than two glasses, however, as too much water dilutes the digestive juices and hinders their action. It is unhealthy to eat or drink anything extremely cold or hot."

"Chewing gum overworks the salivary glands and robs the food of its necessary digestive fluid."

Dr. Monilaw believes that the use of tobacco and alcohol before the age of 21 is reached stunts the growth, although he remarked that it never had been proven that the use of tobacco in moderate quantities harms a fully matured man.

SENIORS WILL MASQUE.

Captain Kidd and Little Bo-Peep to Tread Mystic Maze.

Preparations are being rapidly completed for the senior masquerade, which will be held in the Armory Saturday night. The affair promises to be one of the most unique events ever held at Nebraska.

Many of the students are already preparing costumes. Owing to the

difficulty encountered in securing costumes of any costly material or designs, a general sentiment in favor of "get ups" of home manufacture is prevalent among the seniors. The costumes, however, promise to be varied, and the old Armory will assume a truly carnival aspect.

The informality of the masquerade is what is attracting the attention of the student body. Girls are planning to go in a body without escorts and in fact the committee is encouraging any one to come unattended, as it will only lead zest to the entertainment. When Captain Kidd meets Little Bo-Peep there promises to be some delightful uncertainty as to their respective identities.

The senior masquerade is the result of agitation in the class favoring some affair at which all the class might be present and which would at the same time be of an informal nature. When the idea of a senior masquerade was hit upon it met with the approval of the class and the plan was pushed rapidly to completion.

ORPHEUM.

This week's bill at the Orpheum is one of real merit. It is filled with songs, jokes and dancing, and is exceedingly interesting from start to finish.

The bill is headed by the De Maven Sextet, with Sydney C. Gibson featured in a singing and dancing act. The setting is very pretty, being a garden in which a fete is being held. The six sprightly dancers and Mr. Gibson frolic through the twenty minutes of the number with a great variety of singing and dancing creations and many costume changes. The costumes worn in this act are the most elaborate seen at the Orpheum this year.

The Brothers Permane are eccentric acrobatic comedians, who offer a pleasing specialty entitled, "Nightingales Making Love." Their costumes are very unique, especially in the love scene. Their buffonery furnishes not the least charm of this act. They portray artistically two love-lorn birds...

Mr. and Mrs. Jack McGreevy offer a singing, talking and musical number that is one of the season's big hits in vaudeville. Mr. McGreevy's impersonation of the old country fiddler is a rare bit of character acting, and Mrs. McGreevy as the country girl is in a class by herself. These artists are very popular with the students of the university and are well known, as they have appeared in Lincoln before.

The Misses Dakwell, Natalie and Aurie, present an appealing novelty in their "Historical Cycle of Songs." A feature of the act is the duet singing in which the result of long training and a natural sympathy produce effects seldom obtained on the concert stage. The cycle consists of songs of the colonial period, the civil war period and the modern period.

Neal Abel and Dave Irwin put on one of those funny blackface acts consisting of clever songs, all of which are new, and rapid-fire talking. Gus Henderson offers a novel number, combining as he does a rube monologue and clever feats on a bounding rope. The Carbey twin brothers are two of the best novelty dancers who have ever appeared in Lincoln.

HIGH GRADES

Varsity Men Have Good Records.

While speaking of Phi Beta Kappa Sigma Xi and other organizations of high academic standing, kindly look over the eligibility list of the varsity basketball squad. Not a man flunked, not a man was conditioned, among ten men.

Among the term grades for the men who took the trip with the team there are as many "1's" as there are "2's" and "3's" together. One of the men, "Shorty" Long, has all "1's" for this term, and in his whole university career he has twenty-four "1's" and six "2's" from thirty subjects.—The Daily Kansan.

Coach Lathrop of Wisconsin University has announced that there will be no more loafing for cinder path men.

A flunk is only a prof's opinion. A man is a man for a' that.—Ex.

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