

**SENIOR BREAKFAST
TOMORROW MORNING**

Everything Prepared for Upperclassmen—An Unlimited Number of Tickets on Sale by Juniors

For the Junior-Senior picnic new plans are making daily. The latest feature is the band that led the Laws to their barbeque yesterday morning. It is working on several new selections and such old favorites as "Hot Time," "Aunt Rhody," and "Tipperary."

Many rusty Seniors were seen working out tennis arms yesterday. Two Senior girls were doing a cross-country in preparation for base-running Saturday. It is even rumored that some of the "co-eds" have already begun cooking the breakfast.

Tickets are going fast. The sale is not limited, so there's still a chance to attend the first Junior-Senior picnic at Nebraska.

**5 FOR YOUR DEN 5
BEAUTIFUL COLLEGE**

PENNANTS
Yale and Harvard
Each 9 in. x 24 in.
PRINCETON, CORNELL,
MICHIGAN
Each 7 in. x 21 in.

4—PENNANTS, Size 12x30—4
Any Leading Colleges of
Your Selection

All of our best quality, in their proper colors, with colored emblems.

Either assortment, for limited time, sent postpaid for 50 cents and five stamps to cover shipping costs.

Write us for prices before placing orders for felt novelties of all kinds.

THE GEM CITY NOVELTY CO.
5224 Bitter Street
Dayton, Ohio

**University Jeweler and
Optician**

**C. A. TUCKER
JEWELER**
**S. S. SHEAN
OPTICIAN**

1123 O St. Yellow Front
Your Patronage Solicited

"SPA"

Get your Lunches at the
City Y. M. C. A., Cafeteria Plan
13TH AND P



Why Not

buy that suit
now?

No use delaying any
longer. You will
find our prices right.

See our line at

\$15.00

**The Need For, and Benefits Derived
From, Participation in Track
Athletics**
R. G. Clapp

It is now generally recognized that the body is the machine with which we do all of our work—whether that work is mental or physical. A person with a body weakened by disease, neglect, or misuse will be able to do better mental work than physical, but it is a generally accepted fact that the young man with a "sound mind in a sound body" has the best chances of success in any line of endeavor which he may select for his life work—be it mental or physical. Previous generations had plenty of opportunity for necessary physical exercise in out-of-door work of a useful nature. The average boy and young man spent only a small part of the year in school or college and during this time he had enough "chores" around the home to provide the necessary physical exercise, as this work was practically all physical. But conditions are now very different. A very considerable part of our work is done by machinery. The city boy is now required to do but very little physical work in the form of small jobs around the house. In most cases in larger cities there are no chores to be done—hence he must look to the various forms of athletics and gymnastics as an outlet for his overflowing energy. While this is not equally true of the country boy—it is true that the development of farm machinery has taken away much of his former active work. He may be tired at night after using a riding plow all day, but sitting cramped over the seat of any piece of farm machinery (as usually happens) is not a desirable form of physical work from the standpoint of hygiene and physical betterment.

As a means of meeting the legitimate demand of all boys and young men for active physical exercise, and at the same time providing a choice of events in which there is ample opportunity for the developing of unusual ability in contests of speed, strength and endurance, track athletics has no equal. It also has a great advantage over other team contests in that the individual may participate to his heart's content in the track events in which he is interested and not be handicapped by the necessity of securing a number of other participants to take part in the sport.

From the standpoint of physical benefits derived, track athletics compare favorably with all other forms of competitive athletics. In most track events the possibility of injury, even in the most strenuous competition, is comparatively small. Such events as the dashes, hurdles, high and broad jumps, pole-vault and the weight events are referred to. The middle and long distance runs are usually classed among the athletic contests most likely to cause permanent and serious injury to participants. Unquestionably these results do occur. In most cases, however, they should be attributed not so much to the events themselves as to abuse of the same. No one should take part in these contests without long and thorough preliminary training, and when serious results occur they may almost invariably be traced to this cause or to the fact that the individual was not physically qualified to do this type of work. The writer has noted with a great deal of satisfaction the very rapid growth of the track squad at the University of Nebraska this year. In all probability the large majority of these students will never become members of the "varsity" team, but they undoubtedly will derive a large amount of physical benefit from their participation. In fact, those who have made a study of the question of the physical effect of athletics on participants recognize the fact that strenuous athletic competition is temporarily and sometimes permanently detrimental to the physical welfare of the par-

ticipants and that the individual who obtains the greatest physical benefit from taking part in any athletic sport is the one who does not take part in the over-strenuous contests where the importance of the same is greatly exaggerated and the individual is thereby induced to overstrain.

To be sure, there are certain advantages in the development of character which to some extent may be said to counteract the ill effects of the strenuous competition mentioned above, and it is the writer's opinion that, in this country, it would be practically impossible to secure any considerable degree of participation in track athletics and any other line of the so-called competitive athletics, without keen inter-collegiate competition, and he believes further that the net resultant of the two antagonistic forces, i. e., the positive benefits of the training and the possible detrimental effects of the competition, show a distinct benefit. Undoubtedly the individual who gets the greatest amount of physical benefit and pleasure out of this work is the one who takes the English viewpoint of making it "sport for sport's sake."

The most important aim of all physical training work is the development of the vital organs, especially the heart and lungs. In relation to other branches of physical training work, track athletics stand out very strongly in this regard. Track athletics cannot be considered in the same class with various forms of gymnastic work in the matter of muscular development. In reality, work of this type develops the quality rather than the quantity of muscular tissue, and therefore our records of measurements do not show anything like the same muscular tissue in the track athlete as in the gymnast, yet in actual muscular power there is probably little difference in the development. Track athletics also develop to a high degree many valuable characteristics such as courage, perseverance and the like.

When considered from the standpoint of the general benefits resulting from properly conducted track athletic sport and from the standpoint of interest and pleasure to the participant, track athletics is a sport which deserves far greater recognition than it has ever received at the University of Nebraska.

**LAWSPEND HOLIDAY
AT CAPITAL BEACH**

Spend Annual Day's Vacation at Resort—Freshmen Win Baseball Honors Over Other Classes

Two ball games and a lunch were the only features of the annual Law barbeque, at Capital Beach yesterday. About one hundred enthusiastic Laws assembled outside the University gates and, headed by part of the cadet band, marched through the Library, after which they took cars for the Beach. First came a snappy game of baseball between the Freshmen and Junior classes. The batteries for the Freshmen were Victor Halligan and Vern Haggart, and for the Juniors, Griswold and Delamatre. The game was stopped at twelve o'clock for lunch. The score stood 12 to 2 for the Freshmen. Professor Pope, Doctor Maxey, and Dean Hastings were ready for the sandwiches and ice cream.

Because of the late arrival of Mr. C. Petrus Peterson, speaker of the afternoon, the crowd had already adjourned to the ball park for another battle between the Freshmen and Juniors. Professor Pope was chosen to umpire. Temple and Neighbors were the opposing pitchers. The Freshmen, with the help of Halligan's batting and Presley's fielding, again showed their superiority by a 7 to 3 verdict. By this time everybody was fully satisfied with this part of the day's recreation and the speechmaking was admitted.

**THE
University School of Music**
Established 1894

Opposite the University Campus — Eleventh and R

Instruction given in all branches of music. Students may enroll at any time. Beginners accepted. Prices reasonable

WILLARD KIMBALL, Director

CHAPIN BROS

127 So. 13th

FLOWERS ALL THE TIME

**THE
GLOBE LAUNDRY**

Is Asking for a Share of the
Student Trade.

Special Rates for Fraternities and Clubs

Where there are a sufficient number of students in a Club or Chapter House to justify, a special rate is made. Call at our office or telephone B-3355 for information.

THE EVANS LAUNDRY

The Most Complete in Equipment.
The Most Perfect in Service.

University Y. M. C. A. Cafeteria

IN THE TEMPLE
FOR UNIVERSITY FOLKS ONLY
Quality Economy Convenience

Meal Hours, 7:00—8:30 11:00—1:30 5:30—7:00.

CO-OP BOOK STORE

L-4610 A. H. PEDEN 318 No. 11th
WE DESIRE
Your Business, Your Good Will, Your Confidence, Your Hearty Co-operation.
WE PLEDGE YOU
Satisfaction, Convenience, Courtesy and Attention at Your Service.

**THE
Evans**

Telephone B2311
333 North 12th St.

Cleaners, Pressers, Dyers

For the "Work and Service that Pleases." Call B2311. The Best equipped Dry Cleaning Plant in the West. One day service if needed. Reasonable Prices, good work, prompt service. Repairs to men's garments carefully made.