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 with a body weakened by disease, feature is the band that led the Laws neglect, or misuse will be able to do to their barbeque yesterday morning. better mental work than physical, but It is working on several new selections and such old favorites as "Hot the young man with a "sound mind in Time." "Aunt Rhody." and "Tipperary."

Many rusty Seniors were seen working out tennis arms yesterday. Two -be it mental or physical. Previous Senior girls were doing a cross-coun- generations had plenty of opportunity try in preparation for base-running for necessary physical exercise in out-Saturday. It is even rumored that of door work of a useful nature. The 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 enough "chores" around the home to to attend the first Junior-Senior picnic at Nebraska.

5 FOR YOUR DEN 5 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 fon prices before placing orders for felt novelties of all kinds.

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The Need For, and Benefits Derived ticipants and that the individual who 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 it is a generally accepted fact that a sound body" has the best chances of success in any line of endeavor which he may select for his life work average boy and young man spent only a small part of the year in school

or college and during this time he had 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

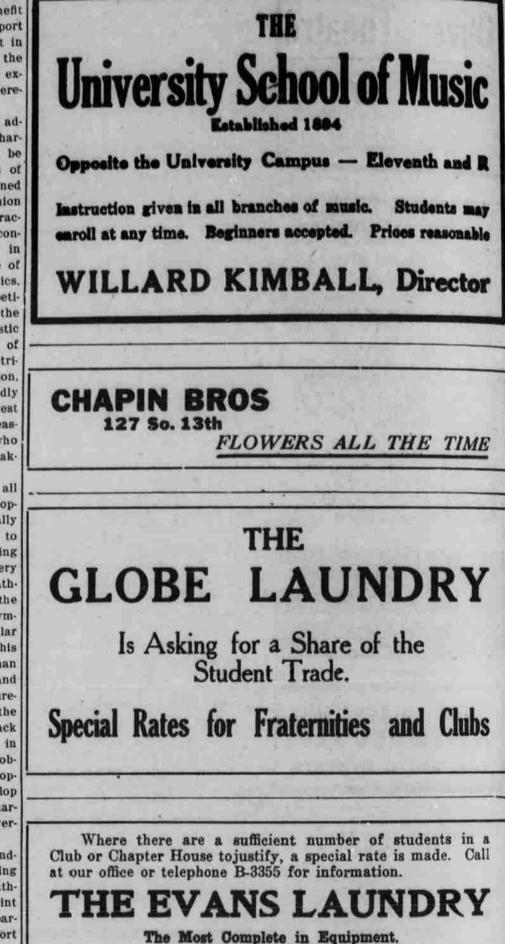
hygiene and physical betterment. As a means of meeting the legitimate demand of all boys and young men for active physical exercise, and at the same time providing a choice of events in which there is ample opportunity for the developing of unusual ability in contests of speed. strength and endurance, 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 ticipant, track athletics is a sport track events in which he is interested which deserves far greater recogniand 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 Spend Annual Day's Vacation at Retrack 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 par- gates and, headed by part of the cadet ticipants. Unquestionably these re- band, marched through the Library, sults do occur. In most cases, how- after which they took cars for the ever, they should be attributed not so Beach. First came a snappy game of much to the events themselves as to baseball between the Freshmen and abuse of the same. No one should Junior classes. The batteries for the take part in these contests without Freshmen were Victor Halligan and long and thorough preliminary train- Vern Haggart, and for the Juniors, ing, and when serious results occur Griswold and Delamatre. The game they may almost invariably be traced was stopped at twelve o'clock for to this cause or to the fact that the lunch. The score stood 12 to 2 for the individual was not physically quali- Freshmen. Professor Pope, Doctor fied to do this type of work. The Maxey, and Dean Hastings were ready writer has noted with a great deal of for the sandwiches and ice cream. satisfaction the very rapid growth of the physical welfare of the par- ing was admitted.

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 partion than it has ever received at the



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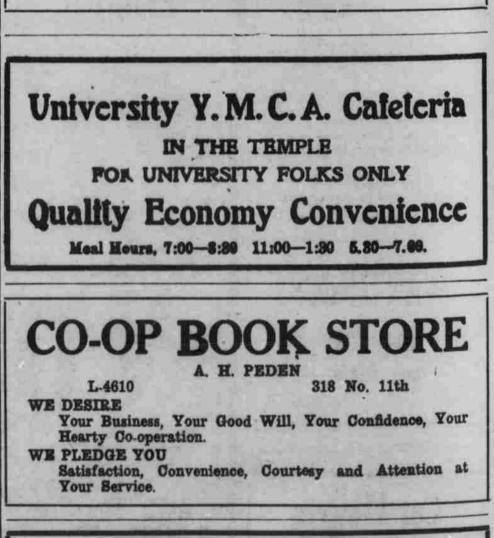
University of Nebraska.

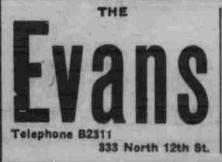
LAWS SPEND HOLIDAY AT CAPITAL BEACH

sort - 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

Because of the late arrival of Mr. the track squad at the University of C. Petrus Peterson, speaker of the Nebraska this year. In all probaba- afternoon, the crowd had already adbility the large majority of these stu- journed to the ball park for another dents will never become members of battle between the Freshmen and the "varsity" team, but they undoubt- Juniors. Professor Pope was chosen edly will derive a large amount of to umpire. Temple and Neighbors physical benefit from their participal were the opposing pitchers. The tion. In fact, those who have made Freshmen, with the help of Halligan's a study of the question of the physical batting and Presley's fielding, again effect of athletics on participants rec- showed their superiority by a 7 to 3 ognize the fact that strenuous ath- verdict. By this time everybody was letic competition is temporarily and fully satisfied with this part of the sometimes permanently detrimental to day's recreation and the speechmak-





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