

NEBRASKA WELCOMES EX-CHANCELLOR McLEAN TODAY

TALK TO FIRST YEAR STUDENTS ABOUT HEALTH

First Year Students Told That Proper Exercise, Food and Rest Necessary

HEALTH A PRIME REQUISITE

"Body Must Have a Certain Amount of Exercise Every Day," Says Dean Cutter

Proper exercise, proper food, and proper rest were laid down as the three basic requirements of good health by Dean Irving Cutter of the College of Medicine, who addressed the freshmen of the College of Arts and Science on the subject, "Recreation and Health," Monday evening and Tuesday morning.

"Nothing in your own possession is more priceless than your health," declared Dean Cutter. "If you could buy health and you had the money wherewith to buy it, each and every one of you would make sacrifices to obtain good health."

The Dean pointed out that without health there can be no social happiness. A man cannot be a good citizen if his health is not good. He also made it plain that the control of disease rests in the hands of individuals and that when an individual becomes sick it is usually his own fault.

In taking up the first requirement of health, that of exercise, Dean Cutter explained that the body demands a certain amount of exercise. This demand is greatest during childhood and from that time gradually decreases until death. He also pointed out that exercise was not so vital to the individual who had not been exercising regularly.

Dean Cutter explained that an athlete who had been exercising strenuously could not suddenly stop this exercise without danger of his heart muscles becoming flabby. Using technical terms, Dean Cutter emphasized the fact that exercise was required to oxidize the food in the tissues of the body. Unless the body is exercised there is not enough oxygen taken in to complete this process.

"It is possible to dig your grave with your teeth" and food is our greatest friend and our greatest enemy," were two statements made by Dean Cutter in taking up the subject of food. He also declared that most of us eat too much. He explained that there was a difference between the number of calories needed by a man working ten or twelve hours and the number needed by a man in one of the semi-sedentary occupations. He told of an experiment conducted at the medical school in Omaha, which disclosed the fact that the students ate about twice as much as they needed. The ordinary individual needs about 2,500 calories a day, but these students were eating 4,000 calories.

"The eating of food has become a habit with us" the dean said. He pointed out that the individuals who refuse some foods because these foods do not agree with him, is usually suffering from a weak head rather than a weak stomach.

"Both mental rest and physical rest are requirements of good health," the dean explained.

"There are few foods, which when eaten in moderate amounts, will harm us," Cutter stated.

There is more to do with restful sleep than any other factor," stated Dean Cutter. He also pointed out that six hours of good, sound sleep were more restful than ten or twelve of unsettled rest. The theater or books were advised.

Minnesota's Stadium Drive Goes Over the Top With Four Meetings

The University of Minnesota has been carrying on a drive for a new stadium similar to that which has just been completed at Nebraska. The students of Minnesota set the goal for their Stadium-Auditorium fund at the minimum of \$500,000 and the faculty and employees have pledged more than \$70,000. These figures make the \$90,000 and \$21,000, which the students and faculty members of the University of Nebraska, respectively, were expected to pledge, seem much smaller in comparison.

The 1,500 student and faculty workers in the University of Minnesota, were able, in the first three days of



DEAN I. S. CUTTER.
Dean I. S. Cutter of the College of Medicine at Omaha, who addressed the freshmen of the Arts and Science college, Monday evening and Tuesday morning on "Recreation and Health."

OVER TWO HUNDRED TO GO TO KANSAS

Hundred Fifty-three Tickets Already Sold in the New Stadium Section for Nebraskans

BAND AND CORNCOBS TO GO

Tickets on the Special Train Can be Bought at the Union Pacific Offices Now

Two hundred and fifty students will make the trip to Kansas on the special this Friday judging from figures available at present. One hundred and fifty-three tickets to the game have actually been sold at Tucker-Shoan's. This number does not include the large Varsity squad, the freshman squad, the band, the Corncobs, and other organizations that will attend in a body.

A block of six hundred seats on the fifty-yard line were sent here from Kansas to accommodate Cornhusker students. Kansas University has its homecoming on that day, and seats in such an excellent location will probably be at a premium. Consequently those in charge wish all students who are going to buy their tickets at once, so that more may be sent from Lawrence if they are needed here. Two dollars is the price of a ticket.

Tickets for the special are on sale at the Union Pacific office in the Chamber of Commerce building. The charge for the round trip, announced some time ago, has been set at \$8.94. Pullman accommodations can be secured for from \$3.100 to \$7.50.

At 11:30 Friday night the special leaves Lincoln from the Burlington station for Kansas. Schedule time calls for arrival in Lawrence at 7:30 Saturday morning. The return trip likewise starts at 11:30 Saturday night, so that everyone should be in Lincoln by 7:30 Sunday morning.

Dedication of Kansas' new stadium is the first event of Armistice day for Nebraska visitors in Lawrence. The secretary of the Kansas alumni association has written to Nebraska extending a special invitation to Husker students to take part in the christening.

Meeting the team at the station comes next, and then the game. Students who went to Kansas with the team two years ago, expect that many more interesting events will be put on for their entertainment by the Kansans.

Greatest Humorist Is Chapel Speaker

Strickland Gillilan, American author and humorist, will speak before the university students at chapel in the University Auditorium Friday morning at 11.

Landis to Witness Michigan Football Team in Action

Baseball will bow to football and acknowledge itself a thing of the past before the king of fall sports when Judge Kenesaw Mountain Landis, former federal circuit judge and present supreme baseball dictator, will witness the Michigan-Wisconsin football game on November 18 from the Perry Field stands.

More than 600 applications have been filed for entrance to the International Student Prize Essay Contest of October and early November on the theme, "The World Movement Against Alcoholism."

This contest on a present-day world problem is open to students in the colleges of the United States and Canada. Those who have entered include students of practically every state and province of these two countries, and also foreign students of twenty-five different nationalities now attending American colleges. The contest is conducted by the Intercollegiate Prohibition Association and the World League Against Alcoholism which offers forty cash prizes totaling more than \$1,100. The result will be announced at the International Student Conference at Toronto, Canada, November 24-29.

TO OUR FACULTY

The same great, noble ideals which have prompted you to turn a deaf ear to the higher salary offers of other institutions; the same feeling of loyalty that has caused many of you to give your lives to Nebraska, has again shown itself in the recent Stadium drive when you oversubscribed your quota in a most noble and generous way. Probably no other body of men in the world with the same incomes you have, would have done as well.

Our alumni all over the world will congratulate themselves that they have had the privilege of calling you their teachers. They are more than proud of your great achievement and hope they will be able to keep step with you when their turn comes.

HAROLD F. HOLTZ,
Alumni Secretary.

Count on Regent Vote Is Not Yet Completed

No reports of the results of the contests for positions on the Board of Regents had been received up until late last night. The few scattering returns that had been turned in for positions below senator and governor on the ballot, did not indicate how the election was turning. By tomorrow morning it is expected that a fair indication of the final vote will be ready for announcement.

MILITARY CARNIVAL BOOKED FOR NOV. 18

Scabbar and ElBade in Charge of Second Annual Fun-Fest in the Armory

The second annual military carnival is scheduled for November 18, at the Armory. It will be the culmination of Father's Day, and students are urged to remember the date for a rousing good time, with serpentine, confetti, and the "regular stuff" from the '49 days.

The military carnival is under the direct supervision of the Nebraska Company of Scabbar and Blade. It is an annual event, the proceeds of which are used to further the interests of the cadet body of the University. This year the money is to be used to purchase colors for the regiment. The need of just such a carnival as this is what prompted the first carnival, which was held last year. In other Universities the Military Carnivals are the biggest events of the year and are popular with the students.

The admission fee will be 30 cents and the price of the ticket will include a carnival and a drink at the "bar." The entire scheme of the party will be reminiscent of the days of '49, when the saloon and dance hall was in every town. The doors will open promptly at 7:30 and the dancing will begin at 8 o'clock. There will be several forms of entertainment other than dancing. All kinds of carnival amusements will be in full swing.

Full details of the party, together with the committees, will be announced early next week.

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Highest Test Is Given to Honor System in Exam.

In a recent examination given in agricultural engineering classes the honor system was used.

The examination which was given was too long to be completed in one period, and, rather than have the papers handed in incomplete, the professor allowed the students to come back the following week and finish the work after putting all of them on their honor that they would not discuss the questions or seek any information concerning them.

According to a statement from the professor of the class and several students therein, the results were most favorable.—Iowa State Student.

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FORMER NEBRASKAN EXECUTIVE WILL BE HERE FOR TWO DAYS

Faculty Dinner in Honor of Ex-Chancellor McLean Has Been Changed From Wednesday to Thursday Night—Will be at the Grand Hotel

SEVERAL AFFAIRS HAVE BEEN PLANNED IN HIS HONOR

Will Leave Thursday Evening for Iowa University to Attend the Annual Homecoming Celebration—Was in Iowa After Leaving Nebraska

Dr. George McLean, chancellor of Nebraska University from 1895 to 1899, arrives in Lincoln at 10:40 today for a short visit with old friends. He

"DAD'S DAY" TO BE NOVEMBER 18

First Nebraska Day for Fathers of University Men to be Day of Kansas Aggie Game

FURNISH INVITATIONS FREE

Fathers to Have Seats in the Student Section With Sons for Nominal Admission

Free "Rags" and envelopes for every University man to employ in inviting his father here for "Dad's Day" and the Kansas Aggie game, November 18, will be furnished at booths on the campus tomorrow. There is no expense besides a few cents in stamps, to mail the letter home. The program of the day will be announced in the Thursday issue.

Nebraska's first "Dad's Day" will be November 18, the day of the Kansas Aggie game. Free copies of the Nebraskaan and envelopes will be furnished on the campus tomorrow to every University man. That issue will contain a letter to dad which is to be clipped, enclosed in the envelope and mailed home. The exact program of the day will also be announced in Thursday's paper.

In order to be sure that every man writes to his father immediately this scheme has been launched and the committee in charge is hoping that every man will stop at a booth tomorrow.

Excellent seats in the student section will be saved for the fathers and sons who come to the game together. Father will be charged \$1.50 in place of the regular \$2.00.

This is an excellent opportunity for fathers to see the game that will probably decide the Missouri Valley title of 1922. The Kansas Aggies are undefeated to date and are rated as one of the strongest teams in the conference.

An excellent insight into University life is one of the best results to be obtained by fathers who come for Dad's Day, in the opinion of the committee. Except for the routine of study the day should be a typical one in the life of a University man.

Chancellor Avery, Governor McKelvie, and Mayor Zehrung, will probably speak at the banquet to be held following the game. The committee hopes that this will end the day well.

Kansas University had its "Dad's Day" last Saturday on the occasion of its game with Oklahoma. Coach "Benny" Owen, Oklahoma coach, and former K. U. quarterback, and William Allen White, prominent Kansas writer, spoke at a dinner that evening. If Dad's Day is started well at Nebraska this year, those in charge believe that a fine tradition will have been set in motion.

(Signed) BARBOUR
SENNING
IVEY
RANKIN

True Spirit the Keynote for Kansas Jaunt--No Dead-Heads

When the Kansas special rolls out of this town headed for Jayhawkdom let every man be alive, let every man be a good representative of the old Scarlet and Cream, and let no man try to bum his way for dead-heads are absolutely tabooed.

If there isn't excitement aboard that old express it won't be the fault of the band, the quartet and the Corncobs, who have solemnly allied themselves against old man gloom. Woe be unto him who dares hang crepe upon the exuberance of the crew that is going to help dedicate that stadium and root for Nebraska as they never rooted before.

The startled Jayhawk will be a sad-looking bird when he finds that his squawks are barely heard in the confines of his new nest. The invaders through sheer spirit will tear out his tail feathers, boost him over the fence and send him scudding to the showers leaving the ambitious Huskers in charge of the day.

The strains of the chant, the Cornhusker and the Old Gray Mare will be accompanied by every Nebraska student in that city whether his voice sounds like a cross between a guinea hen and a buzz saw or sweeter than the music that Orpheus played upon his tortoise shell. Music is pep, pep is music, we want music and we want pep!