

Trivial Worries Over Personal Problems Cause Sleep Loss

Trivial worries over personal problems cause more loss of sleep than wondering if you'll wake up in the morning with an atom bomb under the bed, or the boot of an invading paratrooper planted on your chest.

But this is only part of the counsel which Dr. Herman M. Jahr of the University of Nebraska medical college gives on sleep—or the lack of it.

Dr. Jahr, who combines expert knowledge with the philosopher's wisdom, speaks advisedly. Any habit as universal as sleeping is bound to provoke much discussion. If you can't sleep the subject gets a lot more interesting. This produces a questionable assortment of experts on sleeplessness, most of whom peddle bad advice on what to do about it.

"Too many people have the wrong idea of what sleep really is. Some believe a sleeping person is unconscious," Dr. Jahr said. "This is not the case. An unconscious person cannot be awakened. Sleep is just a cessation of activities."

Those who long for peaceful slumber and cannot attain it, according to Dr. Jahr, may be divided into two classes—healthy people who have some false ideas, and persons who suffer from organic ailments which tend to prevent sleep. But it's the healthy non-sleeper who accounts for most cases of insomnia.

"He is usually a tense worrisome, stubborn individual. And his greatest worry is 'Why can't I go to sleep?'" says Dr. Jahr. He quotes the story of a character who complained to the doctor of tossing all night. The physician checked on him. He lost only four minutes and 12 seconds a night in his tossing. He talked about it four hours each day.

The doctor enjoys poking fun at the sleep-inspiring qualities of beds, mattresses, springs and other equipment. If your attitude is right, Dr. Jahr thinks you can lie down on a too-short sofa, on the floor, or almost anywhere else and sleep like a baby.

"All you need is four things: A belief in being able to sleep; tired, relaxed muscles; a healthy body; and a calm atmosphere," Dr. Jahr says.

Dr. Jahr has some statistics which show that college students require eight to 23 minutes to go to sleep after going to bed. Middle-aged men require about 25 minutes and middle-aged women about 10 to 15 minutes, which may suggest that the ladies haven't as many problems as they think they have.

About tossing: College students turn an average of 38 times a night; middle-aged men 53 times a night; and middle-aged women 26 times a night. Tossing about at night, Dr. Jahr says, doesn't mean you're losing sleep. In fact, he takes issue with those who say they "slept like a log." If you do, you're likely to find yourself stiff as a board when you get up and walk around in the morning.

Don't count sheep. You'll get more interested in an accurate count than relaxing.

You can be either a fresh-air

fiend or a closed window fan, depending on what you want, but don't over do it and bake yourself or freeze.

If a Dagwood sandwich or coffee keeps you awake or makes you dream of giants jumping up and down on your stomach, by all means avoid them.

And a final word to the parents: Dr. Jahr believes that much adult insomnia is the result of parents using bedtime as a threat or punishment with their children. Forcing bedtime on a child creates an antagonism which may make a worrier with insomnia out of a person.

All-Staters Schedule Concert In Union Ballroom Tonight

One hundred and sixty-five all-staters will combine Friday at 7:30 p. m. for a concert in the Union ballroom. The concert will be presented by a mixed chorus with numbers given by the girls' and boys' glee clubs.

Glee clubs are taken from the chorus. David Foltz is director of the chorus and J. Daton Smith is director of the girls' glee club. Accompanists will be Gwendolyn Taylor and Lee Kjelso. Student officers are Beverly Greenwood, president; Danhy Jordan, vice-president; and Wally Smith, secretary-treasurer.

First on Program.

First on the program will be three numbers by the entire chorus; "Alleluia," by Thompson, "Grieve Not, O My Soul," by Williams, and "The Promises" by Wilhousky.

The Girl's Glee will sing "The Monastery" by Wihitol, "Younder! Younder!" Russian folk tune arranged by Gaines, and "Row, Row, Row Your Boat," arranged by Gaines.

Returning again, the chorus will sing "Green Rafters" by Duro, "Madame Jeanette" (French Folk tune) by Murray, "Juniata Bound" by Gaul. The fourth number in this part of the chorus concert will be a composition, "Peace," by Lee Kjelso who is a music student at the university.

"Drink To Me Only With Thine Eyes," "Sweet and Low" by Barnby, and "Sit Down Servant," a Negro spiritual by Shaw will be the numbers sung by the boys' glee club.

To climax the program, the chorus will sing "The Woodchuck Song" by Mann-Weiss and "My Bonnie Lies Over the Ocean" by Simeone, a Scotch folk song.

Other activities of the all-staters this week have included an ensemble concert on Sunday and three student recitals in the Union ballroom. Next Sunday the orchestra will present a concert in the Union ballroom at 3 p. m.

The 226 high school students who are registered in the all-state music, speech and dramatic

festival are receiving intensified instruction in these fields.

Something new was inserted in the festival this year by turning the instruction toward learning about the United Nations through music in co-operation with Chancellor Gustavson and the UN educational project being conducted at the university this summer.

The final concert will include music and speech numbers from different countries. This final concert will be held on the evening of July 1, ending the all-state festival for this year.

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