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Cozad Offers to Host First Tax Workshop

By Nancy Whitford

Cozad will probably be a site for a follow-up program on state tax systems.

The initial 12-15 workshops will be to train leaders in various counties. These leaders, in turn, will work with individual towns, such as Cozad, which wish to be informed on the subject, said Everett Peterson, professor of agricultural economics, who is in charge of the project.

The Cozad Chamber of Commerce has sent a letter inviting the University to schedule the first of its tax workshops in Cozad.

Peterson said that Cozad may be selected as a test site for the first workshop, but that the group had indicated they were more interested in a broader program in the nature of the follow-up plan.

Interest

"We hope there will be quite a few communities that express this local interest," Peterson said.

The Cozad Chamber, in their letter to Chancellor Clifford Hardin said:

"We highly commend the University on its decision to undertake this very important information program bearing on a subject of intense personal concern to every resident of Nebraska.

"It has been established that this program is not only a legitimate but a necessary phase of the University's adult educational program. We are convinced that the University instructors will present valuable information on taxation in a way that will be objective and constructive.

Disagree

"We vigorously disagree with contentions that this will be an effort to propagandize people . . . or to influence them to support any particular program of taxation.

" . . . We feel the Nebraska tax system should be exposed to the closest and most informed examination possible."

Peterson said requests had also been received from a number of individuals who indicated they were interested in participating in the tax workshops. He said these requests were turned over to the county agents.

Convocation To Consider World Peace

Problems of peace and world disarmament will be discussed Friday at an afternoon convocation sponsored by the University of Nebraska Committee for a Sane Nuclear Policy.

Cecil Hinshaw of Des Moines, Ia., regional director for peace education of the American Friends Service Committee, will speak at 1 p.m. in the Student Union small auditorium. His talk will be followed by a discussion of peace, world disarmament and alternatives to nuclear war.

A former president of William Penn College, Hinshaw is a world traveler and lecturer on international affairs. Since February, 1960, he has been vice president of the World Peace Broadcasting Foundation, which circulates hundreds of tape recordings of important talks on peace and disarmament to radio stations around the country and makes available free printed copies to listeners.

The SANE committee was recently organized at the University to create campus awareness of the threat of nuclear war and the need for peace and world disarmament.

Dr. Hinshaw will also address the Lincoln Committee for a Sane Nuclear Policy in the Nebraska Union at 7 p.m. Friday.

Military Ball Tickets

Students wishing to buy Military Ball tickets may do so in the Military and Naval Science building, the Student Union, the men's dormitories and at the O Street entrance to Gold's.

Morrison Appointed To PTP

Gov. Frank Morrison received notice last week of his appointment as People-to-People (PTP) ambassador to Europe.

The appointment came from former President Dwight D. Eisenhower, national director of the PTP effort.

Joyce Hall, president of Hallmark Greeting Cards and assistant to Eisenhower in the PTP, notified Morrison that he would be responsible for coordinating the PTP program in this area, encouraging groups to bring Europeans to the United States and to sponsor Americans in Europe.

The Governor will speak to the Omaha Kiwanis club Friday, asking them to promote a second exchange similar to the state-wide Kiwanis effort which brought 68 German youth on a three-week trip to Nebraska this summer.

Morrison, who has just returned from a two week trip to West Germany at the invitation of the German government, was the first ambassador appointed to the PTP program abroad.

The University PTP effort, now in its planning stages, would fall under the general coordination of Governor Morrison.

Primarily, however, the governor will work with adult groups in an extension of the PTP program originated in 1956 by then President Eisenhower to promote international understanding on a personal basis.

Adult Exchange

The University's program, sponsored by the Student Council, will enlarge upon the adult exchange by encouraging the international student's participation in University life and in the life of American society.

"In an attitude of sincerity and spontaneity, the PTP program at Nebraska would be organized to give the international student a deeper understanding of American culture, tradition, and democratic methods as the United States student learns of the international student's country and ways of life," said John Nolan, one of the University's two delegates to the Big Eight PTP conference in Kansas City and at Kansas University Oct. 28 and 29.

'Gimmicks' May Help Athletes; Will Not Win Football Games

By Wendy Rogers

A gimmick will not win a football game, says Dr. Kenneth Rose, staff physician at the University Health Services—a liquid meal does not assure victory.

Sustagen, a liquid meal aimed primarily at relieving nausea and vomiting caused by pre-game tension, was first used by the Nebraska football team in fall camp during the regular season of 1960.

"If it's so good, why doesn't Nebraska win games?" wrote one sarcastic fan.

This type of misunderstanding has plagued Dr. Rose and the others who conceived the idea of a liquid post-surgical diet so the team would be more physically fit for the game.

Physiological

Bill Orwig, former University athletic director, first posed the problem of pre-game physiological upsets during one of the periodic meetings between the medical and coaching staff of the athletic department—"Surely there must be something you can do to get rid of pre-game vomiting."

Dr. Rose and his associates "felt we could at least check the passage of solid food in the players' intestinal tract."

He explained that solid foods must be converted to a liquid or semi-liquid state before they leave the stomach.

Emotional tension can further delay this emptying time.

Traditional

It has been a traditional practice at the University to feed the football players a rather heavy pre-game meal, including steak, potatoes, etc. The meal time was supposedly far enough in advance of the game to assure complete digestion before game time.

Normal digestion in its entirety takes about six hours.

In spring, 1960, four University football players volunteered as test subjects in an analysis of the problem. According to X-rays, one player was over four hours behind in his digestive schedule, and the others were two to three hours behind.

Since the players were digesting while eating, their muscular efficiency was decreased and digestion was impaired.

Search

According to Dr. Rose, the search for a substitute led to the idea of a liquid diet fed to post-surgical patients in hospitals.

Mead Johnson Laboratories volunteered to furnish the substance for experimentation—and with the help of assistant trainer George F. Sullivan, the decision for a field trial during the 1960 varsity season was carried out.

The incorporation of Sustagen into the training diet of Husker athletes was accepted willingly by the team members, said senior Don Purcell, who played left end for the Cornhuskers.

"When it was proved that it made us more physically fit, we naturally felt we should use it."

"It doesn't taste too bad, sort of like a milk shake. Some of the guys enjoyed it. It did make us feel much better."

The powdered high-energy concentrate is little different in caloric value than the regular pre-game meal, and much cheaper, too.

While the cost of the meal ranges from \$3.50 to \$10, the liquid meal diet cost is \$1.50.

Calorie tabulation for both feeding plans is approximately 1,850.

Liquid Diet

During the 1960 fall practice session, a liquid meal was given upon rising, and offered again at noon. During the 10-game varsity season, the following diet was used both at home and on the road.

At 9 a.m. a light meal of toast, honey and sliced peaches was offered to provide bulk and eliminate hunger pangs. At 10:30 a.m., 8 to 16 oz. of the liquid meal was taken during taping and tactical conferences. No other food was eaten until after the game, when the traditional steak meal was served.

According to Dr. Rose the results of the field trial showed elimination of pre-game and gametime vomiting and nausea, abdominal cramps, "charley horses," and "cotton mouth."

The following observations were also made:

Strength and endurance were improved. General well being was improved. Weight loss did not occur. Hunger complaints were rare.

Fifth Game

A total of 51 out of 52 players voted to continue the feeding plan after the fifth game of the season.

"In my opinion, there is not a team in the country in any better physical condition than the University of Nebraska," said Dr. Rose.

"A liquid diet is not the solution to a poor team. The factors which determine a team's victory or loss are many, not the least of which is the current emotional state of the coaches and players.

"We are concerned solely with improving the total physical capabilities of the team as a whole," commented the physician.

Feel Better

"But if you've got a good team, this will make them better — by making them feel much better."

The results of the use of Sustagen were so encouraging that it is now used by all Nebraska athletic teams.

Teams and individuals in many types of athletics now use the liquid feeding diet, as well as some stage entertainers.

Dr. Rose has received hundreds of requests for information from competitive swimmers and divers, the coach of the lightweight varsity crew at Yale, an amateur speed skating team, and many others.

Other Teams

The Detroit Lions and New York Titans, professional football teams, both follow the University of Nebraska lead in use of the liquid diet.

Other football teams using the liquid meal are Kansas State University, the University of Idaho, San Jose State University, Purdue University, and Michigan State University.

Wayne State University in Detroit, Mich., the University of Maryland, Southwestern Louisiana University and the University of Florida also use the liquid diet.

The freshman team of Louisiana State University, North High School in Columbus using Sustagen.



IT WON'T HELP NOW

Dr. Kenneth Rose of Student Health (right) explains to NU athlete Don Purcell that liquid meals such as sustagen, which was developed at Student Health, will not win football games, but will aid the individual in his performance. Sustagen has been used by the Cornhuskers since 1960.

Expansion Depends on Street Plans

A decision on whether or not to make R St. a one-way traffic lane will determine whether or not University expansion stops at R St. or continues to Q St.

State Highway Department officials said they had received data on the traffic on these streets, and expect to make a decision by the end of the week.

The University Board of Regents went on record as favoring the use of R St. for campus traffic only. They supported a plan to designate Q St. as a major two-way corridor feeding into the Interstate highway access routes on 9th and 10th Sts. They also endorsed the idea of a 7th St. bypass.

Chancellor Clifford Hardin said that if R St. is to be a busy street, it will be wholly impossible to cross. Property south of R St. would be wholly impractical for development.

"Our preference, of course, would be to go to Q St. as the southern boundary of the campus," he said.

Arena Theater Will Cast 5 Plays

Tryouts for five plays will be held in the Arena Theater, 303, and the Laboratory Theater, 201, in the Speech building on Wednesday and Thursday from 3-5 p.m. and 7-9 p.m.

The plays and parts are Hello From Bertha, a tragedy by Tennessee Williams with parts for four women; Salome, a drama by Oscar Wilde, with parts for two women and four men; Fumed Oak, a comedy by Noel Coward, for three women and one man; The Monkey's Paw, a thriller by Noel Coward, with one woman and four men; and The Fantastics, a musical by Jones and Schmidt, including one woman and seven men.

Public Discusses Latin America

The first of a series of public conferences dealing with the topic of Latin America will be held this Thursday at 7:30 p.m. in 232 Student Union.

David Cronon, professor of history, will lead the discussion on inter-American diplomatic relations.

Nine Buildings House Library Books

By Sue Hovik

Did you realize that the University Library is housed in eight buildings on city campus and one on Ag campus?

Several tens of thousands of maps, pamphlets, and manuscripts, and 690,000 volumes are housed in Love Memorial Library and eight branch libraries.

Frank Lundy, director of the University Library, said that all the units are closely bound together by phone and messenger service. They strive to get the right book to the right person at the right time. All the units are part of one system which seeks to provide good service.

Lundy said that a conspicuous feature of the library service is that they have 200,000 books available to students on open shelves.

Love Memorial Library houses the books in the humanities division, this includes languages, literature, philosophy, fine arts, religion, and journalism, and the social sciences division, which consists of history, economics, political science, sociology, psychology, and social work.

Law Library

The one exception in the social sciences is the Law Library which is housed in the College of Law building.

Lundy explained that the science libraries are scattered because the libraries in science are closely related to the laboratory.

The chemistry library is a part of the Science reading room and mainly a research library for graduate students explained Mrs. Edna Bashara, librarian. It is

9,000 volumes are kept in three rooms; the first room has serials and reference books; the second, bound and current periodicals which can not be checked out; and the third, abstract books such as chemistry abstracts.

There are some undergraduate chemistry books at Love Memorial Library. The hours for the Chemistry library are 7:50-4:50 and 7:30-9:45 p.m. Monday through Friday.

Bessey

The Bessey Hall library is one of the ten best biology libraries in the country, not the largest, but it is one of the most carefully selected according to H. L. Weaver, professor of botany. The 23,000 books housed there are in the fields of botany, zoology, microbiology, and some physiology.

Mrs. Alice Wright, librarian, said that for one day in May 100 people used the library with the heavy emphasis upon graduate students. She believes that the main reason for this is that people don't know about the library.

The library has 300 periodicals. It also has a "rare book" room where study is done on the origins of certain subjects. It also has a Botanic Index, one of eleven in the country.

A student can look up any author and find out what botany books have been written by him from 1885 to this date explained Mrs. Wright. The hours are 8 a.m.-12 p.m., Monday through Saturday; 1-5 p.m., Monday-Friday; 7-30 p.m., Tuesday, Wednesday, Thursday.

In 1955, the Dentistry library had 2,500 volumes and the college has added as many as its budget would allow each year said Dr. Ralph Ireland, Dean of the College of Dentistry. The library, on third floor of Andrews, has books which have "dentistry or dental" in their title, explained Dr. Ireland. Many of the books used by students in this college are in Love Memorial library.

The dentistry library has new shelves and furnishings in the reading room which was donated by the Dental Alumni Association. Mrs. Margaret Lane, librarian, said that they have about 150 periodicals consisting of many state and foreign dental journals. The hours are 8 a.m.-12 p.m. and 1-5 p.m. Monday through Friday.

Featuring a large map collection is the Morrill Hall geology and museum library. The maps are mainly topographical and geological. Mrs. Clotilde P. Lowe, librarian, said that the 10,000 volumes cover all phases of geology. She explained that the library receives professional papers, bulletins, maps, etc. from the U.S. Geological Survey and materials from the U.S. Mining Bureau.

This library is used by students in geography and people in the Geological Survey departments. The hours of this library are 8 a.m.-12 p.m. and 1-5 p.m., Monday through Friday.

Physics

The Physics library is housed on second floor of Brace Laboratory. It has a few hundred books and slightly more than that in periodicals.

The physics library also receives about 50 current periodicals. Mrs. Blanche Breen, librarian, said that the physics library concentrates mainly on the upper level student. The hours are from 8 a.m. to 12 p.m., Monday through Saturday; and 1 p.m. to 5 p.m., Monday through Friday.

Rex Beckham is in charge of the above five branch libraries, the Science Reading room, and the Science Library.

Mrs. June Sorenson, librarian, said that the books in the Architecture library are all on temporary reserve due to the excessive number which have been borrowed and not returned. She said that the 330 volumes are there mostly for the convenience of the 225 architecture students. The books are on architecture and related arts. They also have bound and current periodicals. The hours are 8 a.m.-12 p.m. and 1-5 p.m., Monday through Friday.

Bernard Kressman, head of the humanities division of the library is also in charge of this branch library.

60,000 Volumes About 60,000 volumes are housed in the Law Library. These volumes include case and statute books, and legal periodicals. All legal books are there except books on international law.

Most of the books are reference. Art Vemix, librarian, said that the Law School couldn't exist without the library.

Vemix compared it to the chemistry department without a lab. He said that the library is actually the laboratory of the College of Law. The hours for this li-

brary are from 10 a.m. - 10 p.m. Sunday; 7:30 a.m. - 11:45 p.m., Monday through Thursday; 7:30 a.m. - 10 p.m., Friday; and 7:30 a.m. to 5 p.m. Saturday.

Agriculture

Wayne Collings, librarian for the Agriculture library, said that the next building for the Ag campus will be a new library to house its 70,000 volumes.

Collings said that now one third of these books are stored in the basement of Love Memorial Library, and the rest are "scattered from the basement to attic of Agriculture Hall."

The Ag library has a strong periodical section in the agriculture and biological sciences. The majority of the books concentrate on agriculture and home economics and their applied research.

It also has some on biological sciences and biochemistry. Collings said that they also have an undergraduate reserve collection. The hours are from 7:50 a.m. - 10:20 p.m., Monday through Thursday; 7:50 - 4:50 p.m. Friday and Saturday; and 4:30 - 10:20 p.m. Sunday.

ID Cards

All University students who have identification cards and library cards may use any of the libraries on either city or ag campus.

Lundy said that the University is a place where there are books to read and get ideas from and students should be able to find books everywhere. He said that he thought it would be a fine thing if there were from two to three hundred books in each sorority, fraternity, and dormitory.