

Magic Phrase Aids Smoker Kick Habit

By Frank Partsch
Senior Staff Writer

"We will begin our program with a film," said E. J. Folkenberg, one of the co-sponsors of the "Five Day Plan to Stop Smoking." "It will tell a story and focus our thinking in the same direction."

The lights went out and for a few seconds before the screen lighted up I was acutely aware of the frequent rasping coughs that came from every direction in the crowd of 700.

The film told a story of a young editor. He was leading a full, busy life, but as he chainsmoked his way from scene to scene, most of us in the audience realized that we were watching ourselves. "His ashtrey looks like mine," whispered the man on my left.

"It looks like a lot of people's ashtreys," answered another man farther down the aisle.

The climax of the film was a disturbing, inspiring doctor's eye view of a lung removal operation. As they lifted the black corroded lung from the incision and cut it free, there was no doubt in my mind that I would quit smoking immediately. Just as Folkenberg had said we were all thinking in the same direction.



Partsch thinking in the same direction.

Firetruck . . .

(Cont. from Page 2)

respect that is now afforded them.

Well, turning for a while from scholastic requirements of the mystics and focusing attention of the juniors who are currently under consideration for next year's societies, again I ask what does it take to be an Innocent or Mortar Board? But this time I think there might be a few apparent answers—at least in terms of what it does not take.

It certainly does not or should not require going out of one's way and sacrificing values in order not to offend the present mystics. These men and women (at least this year) are individuals with superior leadership qualities and some measure of scholastic achievement. It does not seem to me with the realm of possibility that truly deserving junior men and women would be overlooked by the sacred orders by being afraid to come out in disagreement with one of their members.

Each year it seems as Ivy Day draws nearer, some top junior men and women become quieter and quieter on controversial issues. The place of a true leader (as I like to think Innocents and Mortar are) is to constantly strive to promote the ideals in which he firmly believes.

The men and women, who after two or three years of pushing themselves toward the mask or hood, take backseats and rest on their laurels are not truly deserving of Innocents or Mortar Boards. Then again, the men and women who strive to push themselves into the limelight when February or March roll around are not deserving either.

Rather, the senior honor societies should be frosting on the cake recognizing overall hard work, proven leadership abilities and superior scholastic achievement. Honor societies which stand for any less are not deserving of the respect of the student body.



IN CONCERT
with
RONNIE SCHELL
PERSHING MUNICIPAL
AUDITORIUM
Wednesday March 11 8 P.M.
ALL SEATS RESERVED:
3.50, 3.00, 2.50, 2.00
Tickets on Sale at Pershing Municipal
Auditorium or by Mail

The Five Day plan has several aspects: education in the dangers of smoking; lessons in how to reduce the urge for nicotine; lessons in how to resist the urge for nicotine; positive thinking.

First we learned to repeat "the magic phrase" from morning till night. "I choose not to smoke." It sounds elementary, but, as Folkenberg explained, the subconscious mind is more strongly linked to the physical actions than most of us realize.

The next step is a deep breathing exercise which cleans out and expands the lungs. In addition, as we left the Center, the ushers handed us a little black book with diet and habit rules for the first day.

Full of resolution and confidence, I went home, took the required warm shower, and went to bed.

The diet for the first day was nothing more than fruits and fruit juices, a lot of water, a lot of air and no nicotine.

Anyone who has ever eaten in Sellsch Quad knows that

NU Students May Receive Mexican Trip

Students planning to apply for a scholarship with El Colegio de Mexico should submit their applications by March 15 to 315 Burnett, according to Dr. Roberto Esquenazi-Mayo, associate professor of Romance languages.

The scholarship is in connection with the Latin American Study Program at the University, Esquenazi said. It will include the price of the round trip for the year's study at El Colegio de Mexico, fees and up to approximately \$120 a month for living expenses he said.

Between five and seven students will receive the study grants, according to what the State Department specifies, Esquenazi said. Last year seven students from Nebraska began their studies at the university in Mexico City.

Students applying should have a good background in American history and Spanish.

NIA Picks Officers

For Second Semester

The Nebraska International Association (NIA) elected second semester officers at the February 15 meeting.

Elected were Esrom Maryogo, foreign co-chairman, Carol Standlee, American co-chairman, Gloria Megino, secretary, Sheila Nelson, treasurer.

Maryogo announced that the executive council would meet every Wednesday at 7 p.m. in room 345, Student Union.

All foreign and American students who are interested in the organization are invited to attend a general meeting Sunday at 2:30 p.m. in 345 Student Union.

NHRRF Is Project

Nebraska Human Resource Research Foundation (NHRRF) attempts to discover better ways of working with people. The organization is divided into seven different projects: Child, Junior, Teenage, Orthopedic, Family, Communications and Special Functions. The NHRRF is often referred to as Project.

I would soon have starved on the total amount of fruit and juice they serve, so I made my own private exception to the rule and added vegetables.

About 11 a.m. I called my "buddy" and learned that he had just stopped completely after smoking three packs a day for three years. He said he was light headed and his fingers were numb, and I tried to sound consoling as I unconsciously reached for my pipe and tobacco.

It wasn't until I took a good hearty puff that I realized what I was doing and how terrible it tasted. Perhaps the sight of that lung didn't make it any more enjoyable.

Now, after two days, I am getting a little cocky. It's easy to force your lungs full of air and take a long drink of water instead of lighting a cigaret and seeing that lung.

The following meetings will deal in how to control your weight after the smoking habit is broken.

Washington Sororities Admit Discrimination

CPS) — Two of the six sororities at American University in Washington, Delta Gamma and Kappa Delta, recently admitted discriminatory practices in a public report to a student senate committee investigating such practices.

The student senate asked American University trustees to withdraw recognition of sororities and fraternities that continue to practice discrimination in membership selection.

Mary Ellen Knake, president of the University of Michigan KD chapter, refused to comment on the American chapter statement. Recently she also refused to comment on the existence of a discriminatory ritual found in the Iowa State KD chapter.

She said then that she was not aware that any chapter had received a waiver from the national sorority to free them from such a discriminatory clause.

Commenting on DG's statement at American University, Sara Hoberman, president of the University of Michigan DG chapter, said, "To my knowledge, the national sorority does not have such a clause, so this does not apply to our chapter."

We have a local by-law that says no discrimination exists—it is almost the same as the Regent by-law on discrimination," she said. "I have no idea why American University DGs would say such a thing, unless it pertains only

I Can Hear Myself Think . . .

TO BE OR NOT TO BE... THAT IS THE QUESTION.

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YOU KNOW, THAT'S A HELL OF A GOOD QUESTION.

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