

Quick, Easy Ways... ...To Catch A Cold

How to catch a cold, or I love sneezing, nasal stuffiness, watery eyes, and a runny nose was the subject of an article published in The Journal of the American Medical Association last May.

The article said that most people catch two or three colds a year. According to two leading doctors, no matter what climate you move to, you can't avoid the nation's No. 1 sickness.

If you really want to catch more than your quota of colds this year, there is a good check list of things to do.

First, forget about eating the right foods every day. Don't bother to go to bed at a reasonable hour—in fact, be sure you're really exhausted, always on the go. When it's damp and rainy, make a point of getting thoroughly soaked and chilled.

Associate with "the right people": hang around anyone who sniffs, sneezes or coughs—especially if they don't cover their mouths.

Of course, you shouldn't take any tablets that might help you. Be sure not to stay in bed; and don't call a doctor. If you try hard enough, you might even turn your cold into a good case of double pneumonia.

Since sleep is good for you, forget it. Start by cutting your eight hours to six, then go down to four. When shut-eye is replaced by bloodshot orbs, you're on your way to cold-catching fatigue.

Ignore the weather. Wear a light coat on frosty days, and no coat at all when it's

nippy out. You realize, of course, that overshoes and rubbers are out. Don't even bother with them.

Try to remember that one sneeze can spray 20,000 virus-bearing droplets up to 12 feet at a speed of 150 feet per second. You can easily see the logic in staying in crowds and as close to cold sufferers as possible. If you're really enthused about this method, you'll be glad to know that the infected droplets can linger in the air as long as half an hour after the sneeze.

When you see someone with a cold, watch carefully at what he touches and contaminates. Then move in and run madly through the room fingering the objects he may have infected. Don't wash your hands before meals. Then, just sit back and wait patiently.

Once you are flat on your back, don't jeopardize your misery by calling a physician or taking any reputable aids. Really! Who wants to relieve sneezing, nasal stuffiness, watery eyes, runny nose, aches, pains and fever?

Rather, you should listen to old wives' tales, and increase your misery. Submerge your feet in hot water that has been boiled with onions. Eat licorice.

For those who prefer the doing nothing to get through a siege of cold pains, wrap a cloth containing a salted herring around your neck.

Slightly cooler than this, but great for those with a sweet tooth and a strong stomach, is the singular syrup

made from garlic and brown sugar candy.

Dr. John Thompson, chief of Community health education at the University, said these are excellent methods for catching a cold. However, he said, Student Health frowns on this sort of thing.

In a serious vein, Thompson said that the educational program at the University is taking in most of the living units on campus. He said that dormitories have been better about cooperating than the fraternities and sororities. The fraternities have not responded this year, he said, while relatively few of the sororities have either.

Thompson said that health counselors are made of the regular counselors in the dorms, and the presidents of houses. These persons are not trained as doctors, he said, but can take care of minor sniffles.

He said that for temperatures over 100, and persistent coughs which keep students awake at night, Student Health urges students to come in for treatment.

"However," he added, "we do not try to foster dependency on Student Health for every little cold."

"We couldn't keep any doctors if every student with a cold came running over here," he said.

Thompson said that he felt that a deficiency at the University which is responsible for a great many sore throats and colds is the lack of moisture in the living units. "There just isn't enough moisture in the atmosphere in this kind of weather," he said.



Bonfire's Flames Set Hearts Aglow

It looked like a hot time at the old town Monday night but the Sigma Alpha Mu bonfire wasn't the only spirit soaring; twelve coeds announced their pinnings and engagements.

PINNINGS

Susie Moore, Pi Beta Phi junior in Teacher's College from York to Jim Joggemeyer, Beta Theta Pi senior in Business Administration from Nebraska City.

Linda Lane, Pi Beta Phi Junior in Arts and Sciences from Kearney to Bud Johnson, Alpha Tau Omega senior in Pharmacy from Holdrege.

Mary Lou Farmer, Pi Beta Phi junior in Dental Hygiene from Valentine to John Eyrd, Alpha Tau Omega junior in Pre-Med from Valentine.

Becky Haas, Pi Beta Phi junior in Arts and Sciences from Lincoln to John Roux, Phi Kappa Psi junior in Arts and Sciences from Lincoln.

Sherry Jimerson, Alpha Chi Omega junior at Denver University from Sidney to Jim Sanderson, Delta Upsilon junior in Pre-Law from Wahoo.

Jodee Mueller, Gamma Phi Beta senior in Teacher's College from Omaha to Jim Fletcher, Phi Kappa Psi sen-

ior in Business Administration from Omaha.

Jeanne Encell, Kappa Alpha Theta junior in Teacher's College from Omaha to Terry Rusthoven, Phi Delta Theta senior in Pre-Med from Omaha.

ENGAGEMENTS

Sue Ihle, Kappa Alpha Theta senior in Arts and Sciences from Sioux Falls, South Dakota to Fred Sweet, Sigma Chi senior in Business Administration from Mitchell, South Dakota.

Dagnija Lucs, senior in Elementary Education from Lincoln to Dale Anders, Beta Sigma Psi senior in Mechanical Engineering from Niobrara.

Francis Sanders, Peru State College graduate from Beatrice to Gordon Steinbrook, Beta Sigma Psi senior in Business Administration from Tobias.

Pat Maddox, senior in Nursing from Lincoln to Byron Janke, Beta Sigma Psi senior in Business Administration from Winslow.

Linda Paddelford, senior in Nursing from Lander, Wyo. to Harold Gudmundsen, graduate student in Business Administration from Ord.

Dinner To Honor Regent's Scholars

The 46 four-year Regent scholarship recipients at the University will be honored by Chancellor Clifford Hardin and the Board of Regents at a special recognition dinner today.

The event, scheduled for the Pan American room in the Student Union, is planned to give the Board and executive officers of the University an opportunity to get acquainted with the top freshman students. Early adjournment will permit the scholarship winners to participate in other campus activities Wednesday evening.

Dr. E. E. Lundak, director of scholarships and financial aids, is in charge of planning the event.

Nebraskan Applauds

The following men were initiated into Phi Eta Sigma, national freshman men's honorary:

Jim Patten, Paul Carlson, Fred Cromer, Keith Erickson, Ken Fritzer, Russell Fuller, Richard Hadix, Jerry Johnson, Thomas Larson, Francis Lefler, Charles Lowe, John Newton, Ted Omesher,

Frederic Pearson, Bill Potts, Robert Paulick, Gary Pettit, Lary Rasmussen, Brion Riddell, Melvin Schlacter, William Struyk, George Tanner, and Richard Okeis.

Kappa Delta pledge class officers are Jan Domingo, president; Janice Bauer, vice-president; Sherri Oberg, secretary; Mary Sullivan, treasurer; and Kathy Oberle, Junior Panhellenic delegate.

Groups Yell Out At Sheldon Rally

Bass horns, cheer leaders, balloons and stadium horns were silhouetted on the steps and doors of the University's cultural center, Sheldon Art Gallery Friday night.

The Gamma Phi Betas and Delta Tau Deltas were chosen the winners of the "Yell Like Hell" contest for their yell. "We'll yell like hell, we'll fight like hell, They'll fall like hell. Kill!"

Other yells echoed from the curved arches of Sheldon:



LOOK WHAT I FOUND. HERE'S A BRAND NEW SHIRT THAT YOU'VE NEVER WORN...



YOU GOT THIS FOR YOUR BIRTHDAY OVER A YEAR AGO... WHY HAVEN'T YOU WORN IT?



IT WAS TOO MUCH TROUBLE TAKING ALL THE PINS OUT!

Quiz Bowl Holds Seven Matches

The weekly battle of brains will take place again tomorrow night as Quiz Bowl swings into action.

This week, the competition has been expanded to take in seven matches instead of six to facilitate all the teams in order to complete the double eliminations in time for the scheduled championship tournament and the Big Eight tournament.

Tomorrow night the first three matches include: Alpha Delta Pi pledges versus Fairfield at 7 p.m.; Delta Tau Delta versus Kappa Alpha Theta II at 7:25; and Bessey Beasts versus Theta Chi II at 7:50.

All six teams must check in at 7 p.m. because of duplication of questions.

The last four matches of the evening are: Pound Hall versus Avery House at 8:15; Sigma Phi Epsilon versus Les Enfants Terribles at 8:40; W.H.O.'s versus Phi Psi Whiz Kids at 9:05; and Chi Omega versus Pi Beta Phi at 9:30.

All eight teams must check in at 8:15.

A study room will be provided for those in isolation, if they desire it.

'Sunday Off' Planned For Married Students

"Sunday Off"—a party for married students—will be held Sunday from 2:30 p.m. to 4:30 p.m. in the Student Union party rooms.

Free films for adults will be shown, while children will be entertained with cartoons and food.

Campus Calendar

TODAY

UNIVERSITY OF NEBRASKA PRESS open house, 2:30 p.m., 240 Student Union.

STUDENT COUNCIL 4 p.m., party rooms, Student Union.

AWS Workers, 4:30 p.m., Student Union auditorium.

PEOPLE TO PEOPLE Student to Student Committee, 4:30 p.m., north conference room, Student Union.

MISS BLOCK AND BRIDLE Interviews, 4:30 p.m.,

FOUR YEAR REGENTS WINNERS banquet, 6 p.m., Pan American room, Student Union.

PEOPLE TO PEOPLE publicity committee, 6:45 p.m., Chi Omega House.

I.F.C., 7 p.m., party rooms, Student Union.

STUDENT COUNCIL associates, 7 p.m., 232 Student Union.

STUDENT COUNCIL Peace Corps Film, 7:30 p.m., Student Union auditorium.

TOMORROW

SPANISH CLUB meeting, 7 p.m., 235 Student Union.

SCRIP STAFF meeting, 3:30 p.m., 232 Student Union.

CAMPUS PROJECTION committee, 4 p.m., Ag Union.

CAPITAL TOUR, 4 p.m., Ag Union.

AWS house of representatives, 4:30 p.m., p a w n e e room, Student Union.

UNIVERSITY DAMES, 7:30 p.m., Student Union.



Stuart 140 NO. 13TH 432-1465. DOORS OPEN AT 12:45 STARTING FRIDAY! ROCK WILL MAKE LOVE TO DAY! ROCK HUDSON / DORIS DAY / TONY RANDALL. SEND ME NO FLOWERS... just send me. FREE PARKING for Stuart and Nebraska after 6 p.m. at Rampark 12th & P—Auto Park, 12th & Q—State Securities Self Park, 1330 N—Car Park Garage, 13th & M.

Nebraska 1144 7th St. 432-3126. DOORS OPEN 12:45 Starts Thursday! CAMPUS MORALS! THE YOUNG LOVERS A SAMUEL GOLDWYN, Jr. Production From M-G-M Starring PETER FONDA • NICK ADAMS

Cooper NOW SHOWING! The most lovely motion picture event of all! MY FAIR LADY AUDREY HEPBURN - REX HARRISON - STANLEY HOLLOWAY. MAKE PLANS TODAY FOR YOUR "FAIR LADY" . . . IN LINCOLN For Reservations & Information Call 432-7571 326 Stuart Bldg. — 8:30-4:30 Mon. Thru Fri.

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