

ralph by ron wheeler



innocent bystander | Would you sell your soul to this pleasure-caterer...?

By Arthur Hoppe

It was a dark and stormy night. Mr. and Mrs. Fred Faust sat by the fire, staring glumly at the books in their laps.

"What about a piece of cheesecake?" said Faust suddenly.

"What about our diet?" replied Mrs. Faust.

"I know," said Faust. "But it would be easier if we could have a drink."

"It would only make us want a cigarette."

"Yeah," said Faust with a sigh. "Giving them up sure put the weight on. But I'd sell my soul right now for a piece of cheesecake."

"I would, too. But..."

There was a crash of lightning. The door burst open. "Mephistopheles Catering Service," said a slender figure with a waxed moustache. "Who ordered the cheesecake?"

"Make him go away, Fred," said Mrs. Faust, shrinking back in her chair. "You know cheesecake is fattening."

"Not our cheesecake, Madame," said Mephistopheles. "Like all our delicious viands, it is unconditionally guaranteed to be not only non-fattening, but unfattening. The more you eat, the more pounds you lose."

"You're selling health foods?" asked Faust.

"The ultimate. They go with our health gin, which is good for your liver, and our health cigarettes, which do wonders for your heart and lungs. Not a cough in a carload."

"It must be expensive," said Mrs. Faust suspiciously.

## Unionization: A fine line

It's not exactly the round table. At least that's how some view the possibility of faculty collective bargaining on the UNL campus.

In considering the issue, questions must be asked—questions that pertain to quality of the institution, benefits for the faculty, benefits and disadvantages for the working of the university and suitability of collective bargaining to the Nebraska social milieu.

But students should not ignore the debate, for the questions involved concern them more than they realize. Bargaining could directly affect class size, tuition rates and general student input on issues. In other ways, it could help.

Some light on the perspective of collective bargaining in the American university system was provided by a survey published in the Jan. 26 issue of the Chronicle of Higher Education.

The survey stated that collective bargaining is a fertile field sprouting more and more unionized educational institutions.

Sixty-nine per cent of the faculty members surveyed rejected the assertion that collective bargaining has no place on a university campus.

Asked if they would vote for collective bargaining on their campus, 72 per cent said they would.

Last fall 15 institutions voted for collective bargaining while six defeated it.

Most of the universities that rejected collective bargaining were small private institutions. The preponderance of unionized faculty members (about 90 per cent) are in state-financed schools.

Finally, the survey showed some interesting things about the type of faculty member who would accept collective bargaining. Faculty members at universities of low prestige are more enthusiastic about collective bargaining.

Professors who spend more than nine hours a week in the classroom are more disposed toward collective bargaining.

Faculty members who work in the "lower term of academe" are more likely to favor unionization.

Faculty members at major universities generally tend to reject collective bargaining because they are secure in their power to influence that university's actions.

They hold leverage in decisions about policy, hiring, tenure and even in the case of salary matters. Many of those privileges are conspicuously absent at Nebraska.

Unionization draws a line and tends to emphasize the teaching role of a faculty member over research contributions.

Unionization tends to decide on arbitrary matters, for example, seniority, for decision negotiating and leaves subtler concerns, like individual merit, by the wayside.

UNL faculty members will have to decide where they want to draw that line.

(Friday—Collective Bargaining: the student perspective.)

Vince Boucher

Mephistopheles smiled. "I believe you mentioned the price just before I entered. But no payments are due for ten years."

"Where do I sign?" asked Faust eagerly.

"Maybe we should think it over," said Mrs. Faust cautiously.

"And, this week only," said Mephistopheles quickly, "we're throwing in permanent tans, slender waists without exercise, naturally curly hair that never falls out, fingernails that thrive on chewing, a permanent depilatory and a free face lift while you sleep!"

The cheesecake was, indeed, delicious. The Fausts holed up in their house to smoke, drink and eat to their hearts' content. At the end of two weeks they emerged twenty pounds lighter and looking ten years younger.

Their friends were amazed. "How do you keep looking so fit?" they would ask.

"Just will power," Faust would reply smugly, taking a second éclair before pouring himself another brandy and lighting a cigarette.

It was a dark and stormy night. "Just think," a happy Faust said to a happy Mrs. Faust over dinner, "it's been ten years since we subscribed to this catering service and they haven't billed us yet."

"Glad you mentioned it," said a grinning Mephistopheles, appearing in the doorway along with a flash of lightning. "The service is herewith canceled."

"But you can't," sobbed an ashen Mrs. Faust.

"That," agreed Faust with a shudder, "would be hell."

(Copyright Chronicle Publishing Co. 1976)

## con/pro 'Natural' cures jilt all-nighter

By Neil Klotz

The sun rises over "Great Issues in Applied Physics." By some dint of caffeine, illegal pharmaceutical or sheer will power, you again have experienced one of the most hated collegiate states of consciousness: the all-nighter. With an hour before the test, you eat breakfast, apply more stimulants, and prepare to spew forth the Great Issues. If only you could sleep for an hour...

The test over, you return to your room and flop exhausted on the bed. But while your body says "rest me," your hands are shaking and your eyes are wide open. Time for Somnex? Don't get caught dead.

After abusing your body to stay awake, you should try to sleep as naturally as possible. Though downers or alcohol seem natural, they can combine with whatever you are using to stay up—even coffee—to produce real havoc.

### Up-and-down cycle

In an extreme example, if you're speeding to stay awake and taking barbiturates to relax, you not only risk the effects of those killer drugs, but can also wind up in a vicious up-and-down cycle that would take medical help to break. While more drugs or alcohol might actually knock you out, they'll also cut out essential "dream sleep," which researchers have found you need to feel rested. Some alternatives are:

**Ups and Downs.** Folklore prescribes "a warm drink before bed" for insomnia. In this case, the folks have a point. Most warm drinks induce a mild state of low sugar and make you sleepy.

The same goes for quick influx of sugar. On an empty or relatively empty stomach, a candy bar will give you an initial energy burst. But the rapid influx of sugar

causes your body to overreact to balance the blood's sugar content, withdrawing more sugar from the blood than you consumed. You then experience a sudden drop in energy. People who eat a lot of sugar regularly experience this up-and-down routine, and some become diabetics.

Maintaining a high level of blood sugar will help you keep awake. Try to stick with high-protein, low-refined-sugar foods like nuts, seeds and fruits and you'll need less caffeine to make it to sunrise. During my own extensive career of all-nighters, I tried, without stimulants, to stay awake for several days by maintaining high blood sugar. I was better able to deal with whatever academic insanity was called for without spinning out into Jittersville.

### Garbled effect

Coffee, cocoa and Lipton-variety tea lower the blood sugar, but because they contain caffeine, the sedative effect is garbled. Alternatively, those who have developed tolerance to caffeine sometimes will find that coffee puts them to sleep because of the blood sugar factor—a paradox that never ceases to amaze non-coffee freaks since a half-cup keeps them awake for days.

**Garden Variety Sleep.** Warm milk mildly lowers the blood sugar, and the calcium provides a bonus sedative effect. Those who cannot digest milk should drink herbal teas which contain no caffeine. Mixed with a little honey, teas made from chamomile, lady's slipper root and peppermint are good sleeping potions. Chamomile can also be a powerful sedative by putting the herb in cold water and brewing the mixture until black.

These herbs are usually available at natural food or herb shops. If not, order them directly from the San Francisco Herb and Natural Food Co., 376 9th St., San

Francisco, Ca. 94103, or from Celestial Seasonings Herb Teas, P.O. Box 4367, Boulder, Co. 80302.

At the turn of the century, the infamous and now illegal herb marijuana was a legal tranquilizer listed in the U.S. Pharmacopoeia. It was regularly prescribed with a sedative or pain-killing drug. While marijuana's most unhealthy side effect currently seems to be jail, the other herbs will do as good a job of relaxing, if not altering, your consciousness.

### Malfunctioning alarm clock

**Leaving Your Body Behind.** While recurring insomnia may signal some unresolved mental problem, a simple case of all-nighter hangover largely results from your body's alarm clock being thrown out of kilter. Relaxing your muscles in turn relaxes the internal organs, nervous system and allows your body metabolism to reorient.

Warm baths relax muscles. Better yet is the yoga exercise known as Savasna or "dead body posture." Lie flat on your back on the floor, arms at your sides, and breathe easily and slowly. Consciously tense and relax each group of muscles from the feet to the calves, upper legs, thighs, stomach, hands, arms, shoulder, neck, jaw, face and forehead. Inhale deeply and hold the breath as you tense each group.

Any method which shuts down the small computer up on your shoulders that wants to keep clicking through the essay question on Part B of Section One is helpful. As you leave your body behind to relax, your mind can float to places unknown. Tomorrow, tell yourself as your close your eyes "the sun will rise over the Great Issues without me."

(Copyright College Press Service)

d.n.  
soapbox