

## Sleep is one way to 'cram,' doctor says

By Linda Hartmann  
Staff Reporter

Imagine Steve, a weary college student, sitting at his desk at 4:30 a.m. One hand holds up his head, the other turns the pages of the book he neglected to read during the semester's first 10 weeks. Tomorrow is the big test, and Steve doesn't have time to sleep. He'll fail if he doesn't study.

But Steve may be doing more harm than good. He may fail the test anyway.

Dr. Gerald Fleischli, medical director of the University Health Center, said there are two reasons Steve may not remember most of the test material: his studying is overly concentrated and he is fatigued.

Fleischli said people can't study effectively when they memorize large amounts of material all at once. Studies show that small, repeated doses of studying help people retain more material than do hours and hours of concentrated studying, he said.

Loss of retention also is caused by "the fatigue factor," Fleischli said. Tired people's minds wander and they waste time. They cannot think as clearly and logically as people who are well-rested, he said. In Steve's case, he may have done



Carol Wagener/Daily Nebraskan

all the reading, but he'll be too tired to apply what he read on the test.

In extreme cases, when people stay awake for several days, they can have hallucinations and feelings of paranoia, Fleischli said.

Sleep is also an important part of the memorization process, Fleischli said. As people sleep, the brain actually "pigeonholes" the experiences of their day into appropriate memory slots. If people study but don't sleep afterward, this process can't occur and a certain amount of

information will be lost, he said.

Fleischli advised alternating studying and sleeping if students need to 'cram' for a test.

And during his long night, Steve might try consuming more caffeine or smoking more cigarettes to help him stay awake. Fleischli said an excess of both can cause stomach problems and gastritis.

"Good study habits begin right at the beginning of the semester," he said. "The key is preparing for a big test throughout the semester."

## Pershing Rifles meet at UNL for convention

From Staff Reports

Nine regimental commanders from across the nation attended the 1985 Pershing Rifles National Convention at UNL Saturday.

Lt. Gov. Don McGinley spoke at the convention in the East Union.

According to Emma Fristoe, national finance officer, Pershing Rifles is a national military honor society named in honor of Gen. John J. Pershing. Pershing was a UNL military science professor.

The convention, held annually at

UNL, enables regional commanders to meet with national officers to discuss the military fraternity's legislative issues, said Mark Ludwig, active alumni adviser. UNL is the national headquarters for Pershing Rifles and its 13 national officers, he said.

Ludwig said Pershing Rifles originated in 1894 and now has more than 100 companies across the nation.

Besides serving as a military honor society for cadets, Pershing Rifles also has drill units and tactic teams and presents the flags at NU football games.

## BITNET opens gate to research

BITNET from Page 1

BITNET also acts as a gateway to other academic and research computer networks, including the Computer Science Network, said Gerald Kutish, user services manager at the UNL Computing Resource Center. The system in Ferguson Hall is linked to CSNET, Kutish said. Therefore, information from the IBM and the CDC systems can be

passed through BITNET and CSNET to the system in Ferguson, he said.

All faculty members and students with a valid UNL computer account number on the IBM system or the CDC Cyber 835 have access to BITNET by typing in the word MAIL and asking for information on the program, Kutish said. The other two CDC modes will be hooked up to BITNET in December, he said.

People still are learning about the network, and the potential is unlimited, Ruhrdanz said.

The system is very reliable and the chance of losing information within the network is small, he said.

"I suspect in the next five years or so you'll find no university not hooked up to BITNET," Ruhrdanz said. "It's kind of a way of meeting a lot of people across the world."

## Pageant Sunday

The Mr. and Mrs. Black UNL Pageant will be held Sunday, Nov. 17, 1985, at 7 p.m. in the Nebraska Union Ballroom, 14th and R Streets.

Tickets are available at the Malone Community Center, 2040 U Street, the Nebraska Union, and at the door preceding the pageant.

## Campus computers need proper climate, spokesman says

By Martha Miller  
Staff Reporter

Computers on the UNL campus must be operated in rooms with mild temperatures, a spokesman for the UNL physical plant administration said Thursday.

John Amend, assistant director of the plant, said computer systems should be in an air-conditioned room for proper maintenance. He said the exact temperature varies depending on the size and type of computer.

Doug Gale, director of UNL's computing resource center, said there are 11 "large-site" computers on campus and more than a dozen smaller-scale computers in each department, not counting the personal computers. Gale said it would be impossible to count the total number of computers on campus.

"It would be like trying to guess how many desks there are on campus," he said.

Two of the largest computer systems, Gale said, are the CDC and VAX computers in the Walter Scott Engineering Center and the IBM computer in Nebraska Hall. Both systems are being monitored, he said.

Virgil Ward, director of campus operations at the computer resource center, said the air conditioners for the larger computers are "state of the art." He said that in addition to monitoring temperatures, the air conditioner controls humidity. Ward said that without the air conditioner, moisture would collect on the electronic circuitry like water collects on a cold glass of liquid.

"The condensation would damage the system," he said.

The air conditioner in the resource center is operated year-round.

Gale said most computers on campus are micro-computers. The temperature control needed for these systems depends on the room they are located in. Some micro-computers or "smaller scale" systems are in Ferguson Hall, Behlan Physics Laboratory, Love Library and the Nebraska Union bookstore.

"If you have a room with 30 terminals and 30 people are on each terminal, plus lots of windows in the room, the temperature will be uncomfortable," he said.

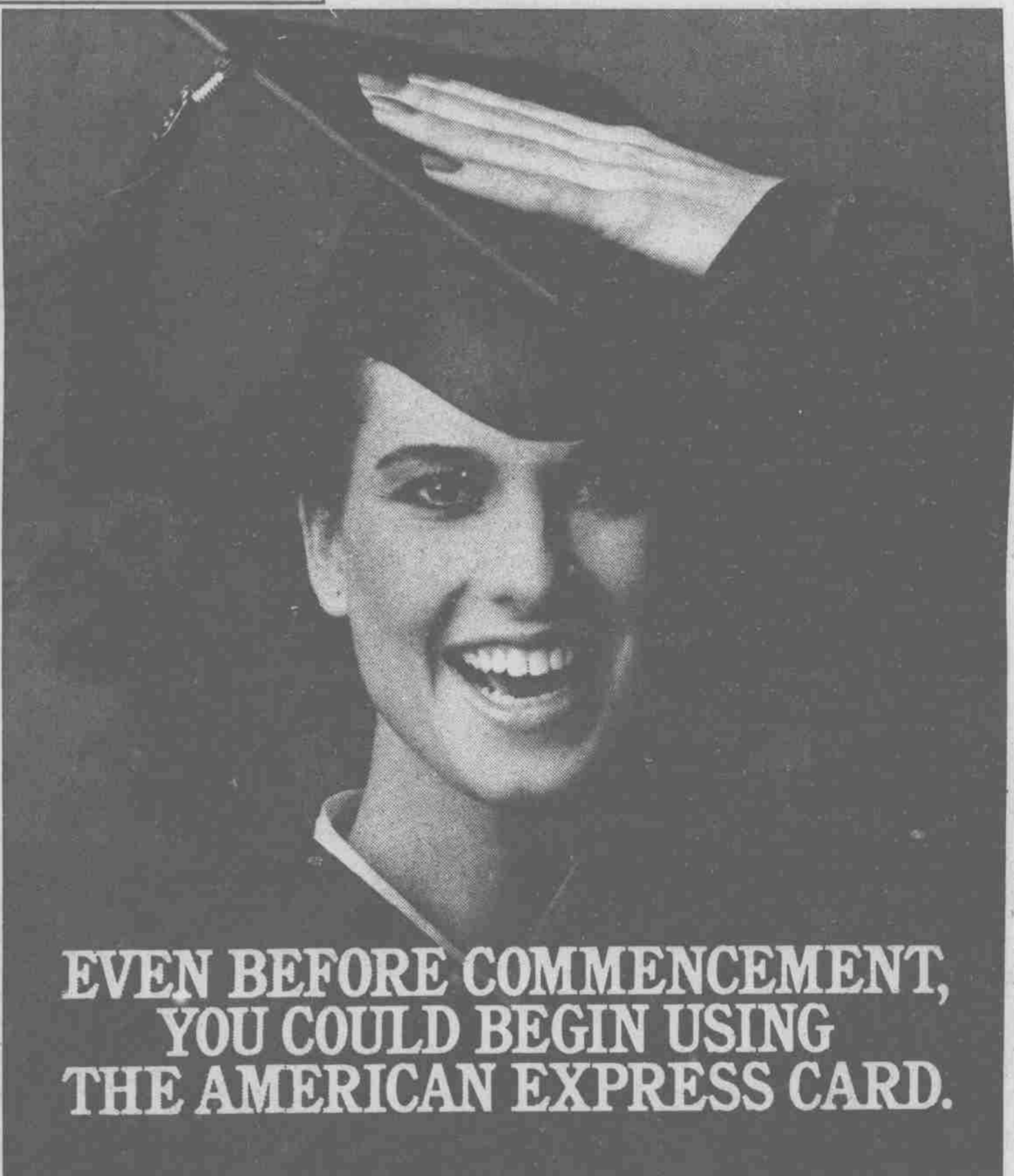
"People are very nice little heat engines," he said.

A micro-computer will live the longest in a room that is comfortable for most people, Gale said. He said that if the room temperature feels uncomfortable, it is probably inadequate for the computers.

The cost of installing a separate air conditioner for large-scale computers is expensive, Gale said. Depending on each individual case, Gale said, computer installation can range from two or three hundred dollars to \$15,000. The most expensive air conditioning systems are for the larger computers because they are central air conditioners. Gale said air conditioners that set in windows are cheap up front but are not efficient for a large system in the long run.

Amend said the plant does preventive maintenance on almost every item at UNL. He said the routine service costs individual departments one or two hundred dollars a year. Changing the filters and fans regularly is cheaper than having to pay for a major repair when the system completely breaks down, Amend said.

"It's money well spent," he said.



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