

## "GET EIGHT HOURS SLEEP PER NIGHT," SAYS McNAMARA

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'too' elaborate, or 'too' anything. "Third: exercise regularly but in moderation. Exercise is desirable to limber up the muscles, but on the other hand exercise to the point of fatigue is more harmful than none at all. There is no necessity for building a huge set of muscles unless you intend to be a sailor or a longshoreman—or something, and you want to remember that very few of the phenomenally 'strong' men live to an old age. Regularity over intensity; and moderation in all exercises. Very few men are athletes, or capable of being athletes, yet the ordinary individual should be just as 'fit'—minus the muscle of course—as any football player.

"If you don't believe what I've told you, why just ask Bill over here." By Bill, Dr. McNamara referred to Coach Bill Krafft, basketball and baseball coach of the Techawks. And Coach Krafft, after depositing a basketball and volley ball in a corner, added several side lights to the "Doc's" remarks.

"Well," said the coach, "Doc sure

hit the spot. And what he said about sleep goes double. I think sleep is about the cheapest and yet the most expensive thing a man can buy. Make good use of it. You know, the Big Ten abolished training tables about ten years ago because of the expense and because of certain 'political' reasons, but right now there is some talk by Yost and Huff of bringing them back again because they think better athletes can be turned out. There is no doubt about it that what applies to athletes applies to everybody, and the common sense rules of 'keeping fit' mean just as much to the average man of any age as to a Notre Dame football star.

"Basketball actually is a more strenuous sport than football, and I lay the matter of training up to each player's discretion. Just as in studying efficiently, the basketball player has got to be 'fit' to play efficiently. And I can tell in two minutes on the floor whether a man is really 'fit' enough to play on my team.

"And, oh yes, of course you fellows ought to be told that it doesn't pay to worry—about anything whatsoever. Chances are that if you worry about flunking calculus, you'll pass it with a 'B', while chemistry will give it to you in the neck out of a clear sky."

## Putland Speaks To A. I. Ch. E.

Mr. A. W. Putland was the feature speaker at the A. I. Ch. E. meeting held last Friday morning in Science Hall. His discourse which proved exceedingly interesting was well delivered, and concerned a few of the important reactions of organic chemistry. Mr. Putland is well qualified to speak on the subject of organic reactions because of his vocational connections with Armour and Company.

Because vegetable oils are becoming of greater importance in the production of food products, Mr. Putland's talk covered many of their properties, their preparation and by-products, and their uses. The uses of cottonseed oil in food preparations have been greatly increased since the process of hydrogenation of oils was discovered, said Mr. Putland. Mr. Putland's talk also disclosed a few reasons for the high price of shortenings: the cost of the catalyst which must be used to bring about hydrogenation of the oil, comprises about 33 per cent of the total expense of the hydrogenated oil. This high cost of a catalyst is due

## Boeing Flying School Offers Scholarships

American university and undergraduate students again have the opportunity to secure the W. E. Boeing scholarships being awarded during the 1933-34 school year by the Boeing School of Aeronautics, Oakland, California.

The scholarships will represent the fifth annual W. E. Boeing presentations, which comprise four aeronautical framing courses, with tuition value rated at \$75,000. Scholarships are to be awarded on the basis of an essay competition.

### Three Requirements

To be eligible, the student must meet the following requirements:

1. He must be an undergraduate student in regular attendance in some university in the United States or Canada, which offers at least two years' work leading to a bachelor's degree in arts and science.

2. He must be of the white race;

to the fact that it can only be used a few times in the hydrogenation process. The conditions of the hydrogenation tank must be varied according to the type of oil in it.

between the ages of 18 and 25; of average height; normal weight; have normal eyesight, and be devoid of any physical handicaps.

3. He must write an essay of between 1,800 and 2,000 words on any aeronautical subject he may choose, subject to the approval of the National Committee of Award.

Determination of the awards from the three points will be emphasized in different degrees: (a) the completeness and soundness of the subject matter; (b) the success of the candidate in analyzing his subject matter and drawing of conclusions from it; (c) the merit of the paper as a composition, and (d) originality and subject matter.

### Award Complete Course

The winner of the first award in this contest will receive a complete Boeing Master Pilot Ground and Flying Course, covering 250 hours of flying and 930 hours of ground school, exceeding by far the requirements necessary for a transport pilot license.

Competition will close April 1, 1934, and essay subjects selected by candidates be approved prior to March 1, 1934. Additional information on the scholarships may be obtained by writing to the Boeing school.

## S. A. E. Paper Written by Armour Alumnus

Fred L. Faulkner, who matriculated at Armour in 1905 and who at the present time is in charge of the Armour and Company Automotive Department, has prepared an article on "Automotive Operation and Control" for the Chicago Section of the Automotive Engineers. As a member of the Chicago Branch he has charge of publicity and is an officer of the membership committee.

The article will be presented at a meeting which is to be held tonight at the Hotel Sherman.

This article covers in the broadest way the utility of the motor truck, the economics of operation, and deals with such questions as the practical phases of operating problems and the factors involved in centralized control. It reflects to a considerable extent the author's long experience in the management of one of the largest of the national fleets and the methods of direct and indirect control and supervision of some six thousand vehicles.

University of Iowa's 1934 track team will have meets in Cuba and California.

# COSTLY TOBACCOS?

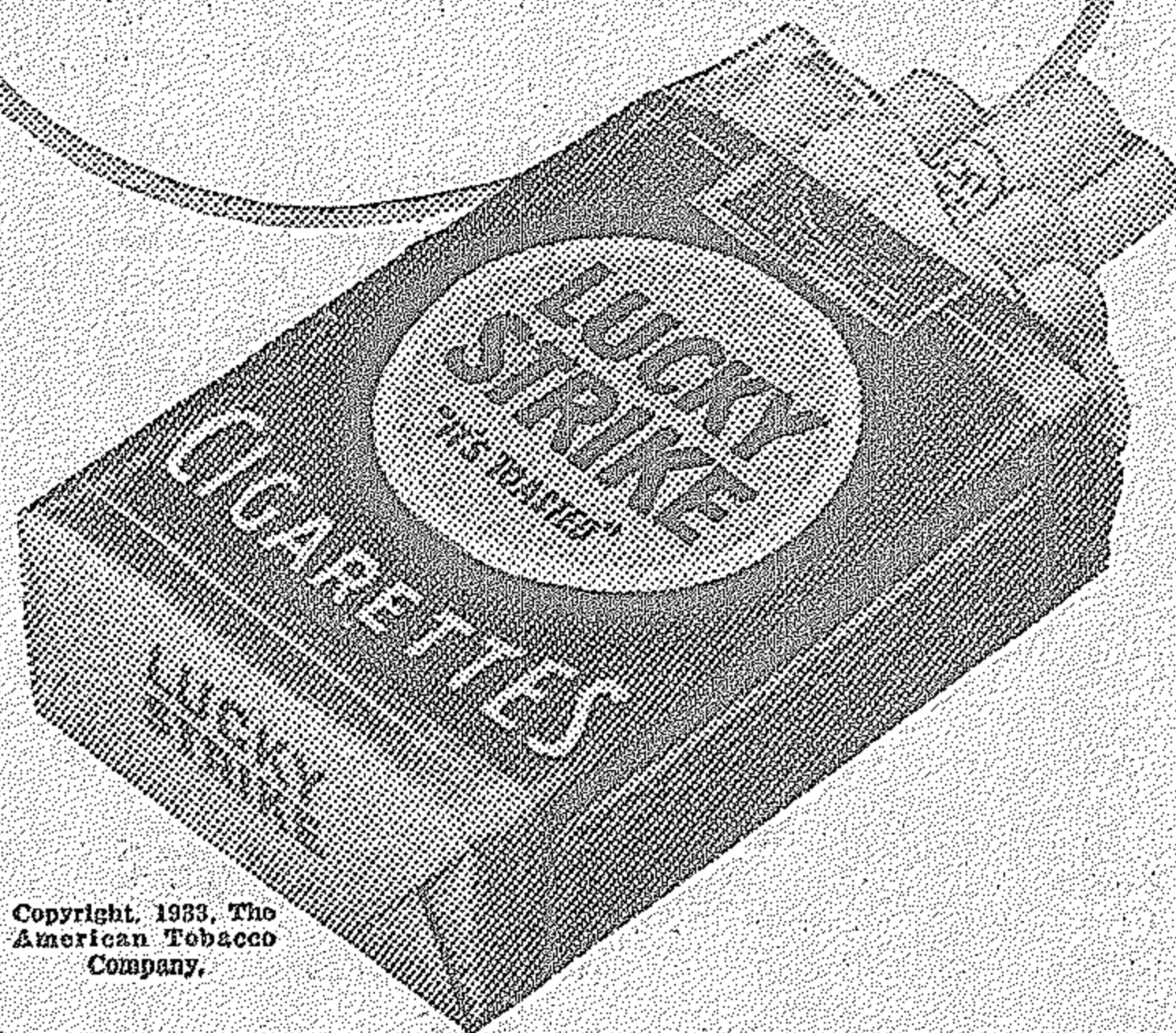


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