

The University of Minnesota

OFFICIAL DAILY BULLETIN

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DR. HARRY EMERSON FOSDICK of Union Theological Seminary, New York City, will be the speaker at the convocation next Thursday, January 23, at 11:30, in the Armory. Faculty and students are urged to keep this time vacant and make every effort to attend the convocation.

NOTICE TO SOPHOMORE WOMEN

IN THE COLLEGE OF SCIENCE, LITERATURE, AND THE ARTS

In connection with the psychological tests now being given to freshmen, it is very desirable that certain tests be given to sophomores. The purpose of this is to check up the results of tests given last year and to secure material for comparison with the freshman tests.

For this purpose, I wish to ask that all sophomore women who are able to do so will meet Professor Van Wagenen on Tuesday, January 21, at 4:30 p.m., in the Chemistry Auditorium. A sufficient number of instructors will be present to give tests to all who come. The results of these tests will be a great help in our investigations.

Dean J. B. JOHNSTON

The preliminary report of Miss Helen Garrigues, in charge of War Service Records, reports thus far that the number of names on the University Service Roll, including students, faculty and alumni, is 3,100. In these figures are found the following:

Number of faculty.....	104
Number of men in navy.....	235
Number of men in marines.....	180
Number of men in British service.....	26
Number of men in French army.....	2
Number of men in Russian army.....	1
Number of University people with base hospital No. 26.....	90
Number of men who volunteered with the Norton-Harjes Ambulance Corps.....	29
Number of men who have been decorated.....	13
Number of casualties.....	53
Number of men and women engaged in non-military overseas service.....	75

E. B. PIERCE, Registrar

From the office of Miss Ball, the Vocational Adviser, comes the information that Dr. Prosser of the Federal Board for Vocational Education announces the last of the three courses for training employment managers which will be given under the auspices of the Federal Board at Northwestern University, Chicago. It will begin on February 3, and continue for six weeks. The course will be under the direction of Captain Boyd Fisher, and applications for it should be made to him at 601 E Street N.W., Washington, D. C. Other courses in employment management are given at different institutions, but of course those require payment of fees. Further information may be secured at the Office of Miss Ball in Shevlin Hall.

WINTER CARNIVALS.—All students who wish to know more about the Winter Carnivals being arranged by the Council of National Defense are asked to meet in the Assembly Room at Shevlin Hall next Wednesday, January 22, at 1 o'clock. Definite arrangements will be made at that time with those who can help in supervising carnival groups or can act as leaders.

Dr. J. ANNA NORRIS

GIRLS—NOTICE! Ice hockey practice will be held every noon at 12:20 beginning Monday.

STUDENT TICKETS for the Basketball Game tonight may be secured at the Athletic Manager's Office this morning from 10 to 1. Purchasers must appear in person. Only members of the University are entitled to this special rate—regular price of admission, \$1.00. No student tickets will be sold at the door. The game starts at 8 o'clock, and dancing will follow the game.

The Wisconsin basketball game will start promptly at 8 o'clock, when the doors will be closed until the end of first half.

ATTENTION OF FORMER S. A. T. C. MEN

WAR RISK INSURANCE.—Any students who wish information regarding their insurance are invited to meet Mr. James of the Economics Department at 4:30 p.m. on Wednesday, January 22, in Room 202, Mechanics Arts Building.

Mrs. Stuart Campbell will be the speaker at the second of the Tuesday luncheons which will be given January 21 in Shevlin Hall. She will talk informally about the American soldier as she saw him in France. Girls who are interested are requested to obtain their tickets at Dean Begg's office before 11 o'clock Tuesday. The larger private dining room, where the luncheon will be held, accommodates about fifty people and only fifty tickets will be available. The price for the luncheon is fixed at 25 cents in order that the expense may be as slight as possible. Girls are urged to come promptly, but in case they are detained, they will be welcomed, and may also leave individually if class engagements require it.

UNIVERSITY HEALTH SERVICE BULLETIN

Drafts, Prolonged Exposure, Personal Factor, in "Colds"

Drafts have no appreciable injurious effect upon persons in good physical tone. They may perhaps harm the aged, the infant, the weakling, or any person accustomed to still warm air. But in the healthy, increased heat production occurs.

When the wind blows (it must move at the rate of at least 2.3 miles an hour to make a draft) on the skin of the healthy individual, the blood vessels on the area exposed contract thereby preventing undue cooling of the blood. Further, the stimulus from the draft causes increased heat production. Thus nature has an efficient protective mechanism against drafts. A healthy individual, then, should not be affected by the temporary draft which is regarded by so many people as a veritable Nemesis.

"Coddling renders one susceptible to drafts, partly for the reason that the vasomotor nerve impulses which contract blood vessels of the skin are not sent out by the nervous mechanism and consequently undue cooling of the part blown upon, and perhaps of the blood itself, takes place."

Many people fail to differentiate between fresh air and drafts. To them, the opening of a window is the equivalent of a dangerous draft.

Remember that the first symptom of infectious colds and other diseases may be a chill. It is a common belief that the cold is contracted when the chill is felt. It is this chill that is almost invariably confused with the draft. A chill, or its misinterpreted draft then, is not the cause of a cold but a symptom.

If a slight draft affects you, place the blame on yourself. Improve your own physical condition. By all means, don't shut out the air. Prolonged exposure of the body surface, on the other hand, predisposes to colds. Especially is this true of those parts of the body ordinarily protected by clothing. Thus long exposure to chilly winds, cold damp weather, wet garments, wet feet, are predisposing factors. Many colds are contracted while the victims sleep. The bed room, very frequently the study room, is warm at the time of retiring. Only light covering is needed for comfort. Then the heat is turned off and doors and windows opened wide, the temperature consequently markedly falls. The covering then is not adequate and the sequel is a cold.

The sleeping room should approximate outdoor temperature at the time of retiring so that sufficient covering may be provided. This is perhaps the greatest virtue of the sleeping porch.

In prolonged exposures, the blood is unduly cooled, it is forced internally, congestion of the respiratory tract occurs, and the protective mechanism of man is impaired. The problem, then, of proper winter clothing should be given serious consideration. Besides the role that environment plays in the production of colds, one must not forget the personal element. The factors which lower our own resistance to colds and other diseases are numerous. The condition known as depressed vitality, lowered tone, general debility, weakened constitution, imply a condition in which immunity is lowered. Thus fatigue, insufficient or unsuitable food, insufficient sleep and rest, irregular habits, worries, excesses of all kinds, must be regarded as important predisposing etiological factors.