

Sculpture on the Library

by Nell Wiley

EVERYWHERE on the campus of Iowa State College we are aware of the beauty and art in buildings and surroundings. An example of especially fine art is seen on the panels of our library. It is one of the finest libraries in the middle west. The two panels in low relief are at the corners of the upper part of the facade and were cut after the stone was in place, necessitating the erection of high scaffolds, so that Miss Nellie Walker, the noted sculptress, who designed the panels, could work from the outside. A kind of canvas tent was built around the scaffold, which aroused curious minds. The panels were not fully disclosed until they were almost finished. The panel to the right as one faces the building symbolizes the activities of the girls and represents, from left to right, Art, Home Economics, both domestic and industrial, and Literature. The panel to the left represents the interests of the boys, Engineering, Science, Veterinary Medicine and Agriculture.

The library itself is a piece of art that fully expresses beauty, culture, knowledge and a firm grasp on life. The sculpturing possibly has a two-fold pur-

pose. It sets before every student daily an ideal. It contains lines of beauty composition, taste, feeling and knowledge. Constantly this extraordinary piece of art faces the student and he grows to appreciate only that which approaches this. The poorer works of the same kind are soon forgotten, but these two panels will live in the memories of students as a thing of lasting beauty.

These two pieces of well known sculpturing have been done by Nellie Verne Walker, widely recognized sculptress of Chicago. Miss Walker was born in Iowa. She received her primary training from Lorado Taft of Chicago, but studied later in Paris. The love of sculpture was born in Miss Walker. When she was only a small child she begged a piece of granite from her father, he being a monument builder, and chiseled a bust of Lincoln. This work was displayed at the World's Fair. As there was no money in the family, Miss Walker became a stenographer in order to earn enough money to go to Chicago. She became an assistant instructor in the Art Institute of Chicago.

Although Miss Walker is a tiny woman, she has made some very striking

and recognized works. Among the big works are Chief Keokuk in Rand Park, Keokuk, Iowa; Stratton, the "Bonanza King," at Colorado Springs, Colo.; portrait statue of Senator Harlan, Washington, D. C.; Decker Family, Battle Creek, Mich.; Senator Stephenson, Marinette, Mich. "Courage," in the court of St. Luke's Hospital, Chicago, is her memorial to the internes who lost their lives in the World War. Miss Walker in "Her Son" has attained spiritual expression which is known as the highest quality of artistic vision.

When Miss Walker was interviewed and questioned concerning her likes and dislikes in sculpturing, she said, "I do not know that I like one kind of sculpture better than another. I like all the various things we do—portraits, monuments, fountains, reliefs, everything. But I do like them rather large and monumental rather than the more playful sculpture. You know one's likes and dislikes are likely to be determined by one's limitations. But whatever I happen to be doing at any particular time is always the most interesting thing on earth to me."

McIntyre Reducing Experiment

by Winnifred Keil

THEY who "fast" on fats may "fast" on Christmas candies.

Miss Hazel McIntyre in her research problem on the use of glucose in diets of overweight young women and receiving the basal energy requirement, in the Foods and Nutrition Department, Iowa State College, said that when fats are restricted from the diet and candy made of glucose or honey is eaten between meals one may lose an average of 1½ pounds each week, providing she is on a moderately low caloric diet.

"Candy made of glucose or honey, which are simple sugars, is easily dissolved and is used up immediately by the body. This should be eaten only when pangs of hunger are present between meals," said Miss McIntyre.

"The basal metabolism is the amount of heat and energy one needs for his bodily processes when the body is at complete rest, and if a person has sufficient activity and is on a diet which furnishes just enough calories for his basal metabolism, one is sure to reduce. The person should walk about two miles each day."

Miss McIntyre said that one of the most difficult things in this experiment is the fact that she is working with human beings, and that it is hard to control the conditions. Even tho the girls have kept a record of their general activity, it is hard to tell just how active they have been during the day, since people work and play differently. She said that people on this diet usually want to cut down on the diet and take less exercise, which is undesirable from the standpoint of health.

"This experiment should be followed down thru several generations, as would be possible if I were working with rats, but with humans it's different," said Miss McIntyre.

"The diet of the five girls who were cooperating with me was adequate in protein and the remainder of the required calories was made up almost entirely of carbohydrates, chiefly fresh fruits and vegetables. A pint of milk, meat and cottage cheese were included in the diets. Very little fat was included, since it is a concentrated food. About eight grams of butter and the fat in the tissues of the

meat and in the milk is all that the girls had each day."

Miss McIntyre thinks that many diets starve people and they soon become weary, tired and fagged out. She likened this feeling to that of a marathon runner after a long race. She believes that one will lose weight on a starvation diet, but one is very apt to lose health, too.

"The advantage of the moderately low caloric diet is that one is just as happy and feels just as good as tho she were eating as much as normally," said Miss McIntyre. "The diet is bulky, which might account for that."

"The disadvantage is that the loss in weight is very gradual and anyone who has many pounds to lose is apt to become discouraged and stop too soon."

Miss McIntyre said she had the girls on the diet in four week periods, with one week intervening. One of the girls has been on the diet for two four-week periods and has lost a little over 15 pounds and has had no ill effects from it, but seems to feel much better.