Self-Pity Means Defeat, Asserts Dr. Matt Tinley

Live With Idea That You Can Accomplish Worthwhile Things, Says Continental Club Speaker.

"Self-pity confessed by a man is an acknowledgement of defeat in the battle of life," said Dr. Matt Tinley of Council Bluffs, addressing members of the Continental club at Brandeis restaurants Friday noon.

The distinguished Iowan also emphasized this thought: "There may be things that can be done, but don't say so until you have tried. You'll be surprised to know of the things that can be done when you try."

The speaker said it is the duty of the present generation to do its full share in promoting the best interests of humanity; to leave but few soft bricks in the structure of the world for future generations to remove.

"We must subjugate our selfish instincts and we must look on service to the world as of paramount importance," he said. "We point with pride to what others have done for our country and for the world in years gone by; let there in years to come view with pride the works of our efforts."

Dr. Tinley urged his Omaha friends to be active, alive and alert and to cherish high ideals.

"Live with the idea that you can accomplish worthwhile things," he added.

He closed with an inspiring reference to the flag of this country.

Electrician at Wisner Killed by Live Wires

Norfolk, Neb., Sept. 22.—Ed McClain, an assistant to City Electrician Henry Rimers of Wisner, was instantly killed early this morning at Wisner when he fell across two live wires carrying 23,000 volts of electricity. Death was instantaneous. McClain, who went to Wisner recently from Scribner, has a brother and sister living in that town. His mother and a brother live at Fremont.

Parade of School Pupils Feature of Fair at York

York, Neb., Sept. 22.—(Special Telegram.)—The feature of the closing day of the York county fair and fall festival was the parade of about 3,000 school children. The attendance was more than 5,000. The parade of premium horses and cattle was the finest ever made at any session of the association.

Dog Hill Paragrafs

By George Bingham

One of the shoes worn by Sid Hocks has a hole in it and when he is out in public he keeps his best

foot forward and does most of his walking with it.

* * *

Columbus Ailsop has found out why some autoists drive so fast. They are in a hurry to get home before they have an accident.

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Yam Sims came to town this morning. As soon as he got here he took a seat on the front proch at the postoffice, gave a big yarn, stretched himself with both arms, scratched his head, and declared that the mail carrier maybe would be here tomorrow morning. The main reason Yam has made so little headway in life is that he is always guessing at uncertainties.

How to Keep Well

By DR. W. A. EVANS

Questions concerning hygiene, sanitation and prevention of disease, submitted to Dr. Evans by readers of The Bee, will be answered personally subject to proper limitation, where a stamped, addressed envelope is enclosed. Dr. Evans will not make diagnosis or prescribe for individual diseases. Address letters in care of The Bee.

GROW THIN AND LIVE LONG.

If you would live to reach a ripe old age, you must meet three requirements, according to Natier.

First you must live a life of sobriety; second, you must get thin as you get old, and third, you must keep at work.

Discussing the third of these requirements, Natier says that when any organ quits work, it begins to get old and to degenerate. By keeping at work, he means to keep each and every organ at work—the brain, the muscles, the liver and every other organ in the body.

He calls for a continuous, moderated activity of every organ, kept up to the most advanced age possible. To live to extreme old age, a man must balance his work between mental and physical.

Because they fail to do this, Natier says politicians, artists, men who lived very intellectual lives, those who lead very emotional lives, seldom live to extreme old age.

Those who reach this goal are generally those who have led tranquil modest lives, have had few diseases, have suffered few strains, and have about evenly balanced their brain work and their muscle work.

He does not think the advantage of sobriety needs arguing, since it is so self evident. Nevertheless, he mentions Pierrette, a sister of Brillat Savarin. This woman, in spite of being an enormous eater, lived to reach 89 years and 10 months. Nevertheless, she died from eating a very heavy breakfast.

He says that over-filling the stomach with food, and later overcharging the blood with the products of digestion places great strain on certain important organs. He endorses Guelpas disintoxication cure, which consists of purging and prolonged fasting.

And, finally, as to the advantages of remaining thin. Epigrammatically, he says, up to 20 years of age, we must increase in weight. Between 20 and 30 one can gain. Between 30 and 40 one ought to keep one's weight stationary. After the 40th year, lose weight or pay the price.

If one would live to advanced old age, one should lose weight year by year after 40 until one gets to be skin and bones.

The people who will inherit longevity are merely the people who inherit a tendency to lose weight after 40. Fat is not only dead weight in a person over 40, but it is proof that his organs are becoming aged. A young man can regard fat as a reserve which will help to protect him against such condition as consumption. After he passes 40, it is no longer needed as a reserve.

It is dead weight weighing down the organs and adding to the load the muscles must carry. More than that, it is a signpost reading "Decay."

According to this theory—old man, if you are skinny you may live to reach 100.

Itch vs. Itch.

L. K. writes: "1. Will you please state through your excellent column the difference between winter itch and the old-fashioned seven-year variety?

"2. Also, how may one know which he has, and quickest cure for either one?"

REPLY.

1. Winter itch is due to living in dry, hot air. Seven-year itch is due to a bug.

2. Winter itch causes no eruption; seven-year itch does.

Winter itch is bad on the legs and somewhat bad on the arms and trunk. Seven-year itch is most liable to develop on the hands or feet, between the fingers, and in such places.

Breast Milk Not Enough.

A Young Mother writes: I have read your answers to "M. M." in regard to breast milk for baby. You say breast milk is not a perfect food for a baby over six months. Would like to know what a person is going to feed one.

I have a girl 6 months old who weighs 16 1-2 pounds; weighed 8 pounds at birth; has had nothing but breast milk every three hours.

What can I give her now?

Is there any pamphlet one can get on how to feed one so young?

I have been told to give her nothing but breast milk till she was 9 months old. The women around here say it will make her sick to give her anything else.

REPLY.

A very young baby needs and should have nothing but breast milk and water. But when it gets a little older it needs other food in addition to breast milk, just as a colt nurses and also nibbles tender grass.

A baby 6 months old should have breast milk, water, fruit juice or tomato juice, well cooked cereal, and strained vegetable soup. At 8 months finely mashed vegetable and hard bread or crackers should have been added to the list of foods.

Most state health departments furnish booklets on infant feeding.

If yours does not, send me 9 cents for postpaid copy of "The Right Food for the Growing Child."

Cures for Warts.

J. T. writes: Is there a cure for warts? I have them on my forehead and they are spreading to my face.

REPLY.

Warts can be burned off with a hot needle, with chemicals, or with an electric spark.

One variety of warts appears to be slightly contagious. Persons with that kind should govern themselves accordingly.

Physicians give arsenic internally to remove warts of a certain kind.

Charities Meet Ends.

Washington, Sept. 21.—The eighth national conference of Catholic charities ended today with the election of officers and an address by the Right Rev. Thomas J. Sheehan of Washington, president of the conference. Monsignor Sheehan was reelected president.

Three Run Down by Autos; Driver of Car Speeds on

Women and Children Have Narrow Escape When Machine Turns Over on Steep Park Drive.

Three pedestrians were run down by motorcars Thursday, a messenger boy was knocked from his bicycle and two women and three children escaped with a slight shakeup when the automobile in which they were riding turned over after running wildly down one of the steep boulevards in Spring Lake park, South Side. A third woman in the Spring Lake accident was slightly cut.

One of the victims was Joseph Nento, a laborer, 1314 Dorcas street, who was run down by a motorist at Thirteenth and Dorcas streets and left lying where he had fallen, the driver speeding on. Nento was waiting to take a street car. He was taken to St. Joseph hospital, where it was disclosed that he had received a broken leg.

Getting Off Car.

Mrs. Frank Merica of Benedict, Neb., was alighting from a street car at Fifteenth and Farnam streets when a car driven by Mrs. J. O. Campbell, 3066 Mason street, struck her. With Mrs. Merica were her two children, Donald, 10, and Irene, 8. They were not struck. Mrs. Merica also was taken to St. Joseph hospital, physicians there announcing she was suffering with two broken ribs, a dislocated collar bone and sprained back. Mrs. Campbell was arrested and later relesed.

Lawrence Welch, a messenger boy, residing at 420 Lincoln boulevard, was knocked from his bicycle by an automobile driven by Albert Bang, Blue Hill, Neb., at Sixteenth and Davenport streets. The boy received injuries to his left leg. His injuries are not serious, according to Police Surgeon Grier who attended him.

Peter Leonardo, 12, 1029 South Twenty-second street, received serious injuries when he was struck by a Yellow taxi driven by Ralph Weeks, 4532 Burdette street, at Nineteenth and Howard streets. His injuries are not serious.

Struck by Taxi.

Mrs. Frank Bird, Toledo, O., was driving the machine that turned over in Spring Lake park.

Mrs. Bird was accompanied by Mrs. William Smith, 2454 South Fifteenth street, her three children, and Miss Eva Holmes of Lincoln.

Mrs. Smith and her children were in the rear seat and were uninjured. Miss Holmes sustained cuts about the head and hands from flying glass from the windshield. A passing motorist took the party to the home of Mrs. Smith. Mrs. Bird escaped without injury.

According to Mrs. Bird she was taking Mrs. Smith and her children home and coming down Hoctor boulevard started to turn toward South Fifteenth street when a tire blew out causing the car to skid and turn over on its side.

RADIO

Weak Battery May Cause Steady Hum

Simple Test Determines if Battery or Static Creates Disturbances.

If the plate battery is bad, failing or worn out, it is apt to give a series of noises that are often thought to be static. A simple test to discover whether such noises are due to static or faults in the set, is to disconnect the aerial and ground and see whether such noises continue. If so, it does not necessarily indicate bad batteries, but may also be due to poor connections, defective tubes, incorrect grid leak or coupling resistances, defective or discharged A battery, or poor transformers.

A method of investigating the taps or individual cells of the plate battery to discover the cause of noises, is to short-circuit successive cells to see whether it will have an effect in eliminating noise in the receiver. In this way the defective section can often be discovered.

The storage type of plate batteries are becoming more popular in spite of the considerable initial expense. With the numerous home chargers at present on the market equipped for a high voltage charging rate, it is becoming a simple matter to charge this type of plate battery. After extended use each day it is advisable to leave the battery on charge over night.

Three is a distinct advantage in shunting a .01 mid. condenser across the plate battery and even the phone receivers as it serves the double purpose of preventing high frequency current passing through the battery, apt to be a cause of considerable damage, and smoothing out slight irregularities in voltage. This practice has not been very prevalent in this country, but is usually indicated in most diagrams of foreign circuits.

SPARKS

Of the various methods discovered for restoring the sensitiveness of crystal and minerals perhaps the one most commonly used is that of washing it in alcohol. Good results are obtained by this method.

An easier way is to take a smooth file and file a new surface on the crystal where the point usually rests. This operation makes the mineral as good as new, removing all the oxidized film, all the dirt particles and presenting a bright crystal surface for the "whisker." This can be done over and over again as the occasion demands.

The Sampaio Correia seaplane which hopped off from New York recently on its attempted flight to Brazil, was equipped with a radio receiving set capable of picking up stations within a radius of 500 miles.

WDV Program

The Omaha Bee's radio program from station WAAW last night was featured by a brief lecture on theosophy and classical violin numbers.

Rev. J. H. Ostdiek, associate pastor of Sacred Heart church, and an accomplished violinist, rendered two noted violin selections, "Berceuse," from the opera "Jopelin," by Godard, and "Minuet No. 2 in G," by Beethoven. Rev. Ostdiek is gifted with rare interpretative technique with the violin. Miss Zoe Pellegrin accompanied him on the piano.

Fritz Kunz, lecturer and traveler, entertained radio audiences with brief lecture on "Psychic Radio," a novel subject. Mr. Kunz is a student of theosophy and has lectured throughout the world. He is a graduate of the University of Wisconsin and since 1913 has been head of the Buddhist college in India. He has an appealing message to broadcast.

Rob Lincoln Commissioner.

Lincoln, Sept. 22.—According to a report made to the police yesterday, the home of John Wright, a city commissioner, was entered by burglars and diamonds valued at more than $3,000 stolen.

Men Who Held Up Hummel Sent to Pen for 10 Years

City Commissioner J. B. Hummel received a letter from R. M. Krygen, county attorney of Antelope county, stating that Samuel Ballard and John Tarr pleaded guilty to charges of highway robbery and were sentenced to 10 years in the state penitentiary.

The prisoners were identified as the men who held up Frank Hummel, son of the commissioner, a few weeks ago near Royal, Neb. The younger Hummel was driving an automobile at the time of the robbery.

One Minute Store Talk

Our Mr. John A. Swanson has just returned from an extended purchasing trip to eastern markets. As the middle west's largest buyer of men's wear, The Nebraska Clothing Company has the key to the proposition of securing the finest values. And Mr. Swanson has turned the key to the value-giving advantage of The Nebraska and its customers.