

## Science Notes

BY WILLIAM G. HAYNES.

### LIVING ON AIR.

"Living on air" is a phrase which has been given an application equivalent to living on nothing, or next to nothing, or not living at all. And yet, there is nothing that we cannot get along with less of than air, and still live. The ability of the human machine to run on without food or water or sleep is wonderful, but the moment its supply of air is cut off, it stops.

"Living on air" has today come to, among intelligent people, a new significance. It now means the very best way, in fact, the only real way of living. This is the age of fresh air and deep breathing for those who study and know the secrets of acquiring and maintaining good health.

There was a time not long ago when intelligent people believed and doctors taught that night air was poisonous. So people when they went to bed at night, used to close all the windows and even chink up the cracks, so that not a breath of night air could enter the room. Indeed, there are a great many folks who still stick to the practice. It is now known that a closed room in which one or more persons sleep produces the atmosphere in which is bred and nurtured the germs of cold, grippe, influenza and consumption. The only safe way to sleep in a room with four walls is to throw open the windows. It is still better to sleep in a room with only a roof and no walls, and this a great many people who can afford to have such sleeping quarters built are doing.

Persons who make a practice of sleeping in a closed room, even if they do not, on account of their strength, render themselves very sensitive to colds or more serious complaint, are apt to find that they awake in the morning with a headache, or that tired, all-gone, unrefreshed feeling. That is because they have become poisoned through the night. Because they have not had a sufficient supply of fresh air, the thing that burns up the waste and poisonous matter as fast as it accumulates in the body. Throw open the windows and note the difference.

This is not a hot weather lecture; it applies to the present season while the snow is on the ground. Indeed, it applies more strictly now than at any other time, because in the summer even those who believe in the old night air theory will run the risk and open a window on account of the heat. The reason why we are writing this article is because this is the coil season and the inclination to close the windows and chink up the cracks is now strongest. But fresh air is as necessary in cold weather as it is in hot weather. Even in cold weather no one should sleep in a room with less ventilation than is offered by a window open two inches at the bottom and four inches at the top. More than that is better providing the bed clothes are of the proper sort.

And we must live on air not only when we sleep, but also in our waking hours. We have spoken of the ability of the human machine to run along without food, drink or sleep; this it can do for hours, even for days, but without air it will run down and stop within a few minutes. Now, food costs,

drink, even water, costs, a place to sleep costs, but air, the thing most necessary for the human body, is absolutely free; and yet, most people take only a third or a half of the amount they should use. If the average man had to make a choice between using less food or less air, he would be wise in cutting off the food, because it is true that the average

son eats too much and breathes too little for the good of either his soul or body. We mention the soul because the manner of breathing has a great deal to do with the state of the soul. It is an ascertained fact that deep breathing not only cleanses the body, but clears the mind. Yoga, one of the six systems of Brahmanical philosophy, is founded upon nothing more or less than the deep-breathing of air.

Perhaps, it is not possible to experience all the claims of Yoga philosophy, but it is easy to believe that such results as a more cheerful disposition and a more active mind can be attained through the proper breathing of air. Probably half of the mean, narrow, shriveled up, disagreeable people in the world are so because they are not getting and using the full share of air.

Try it. Ventilate your house, especially the room in which you sleep. As you walk along the street practice taking in full, deep draughts of pure air until it becomes a habit, and you will find out that to live well one must live on air.—The New York Age.

### THE NEGRO AND THE JEW.

New Orleans, La., Feb. 3.—The Jewish Ledger, published in this city in a recent number contained a very fine tribute to the life and services of Dr. Booker T. Washington. The Jews appreciate the difficulties under which the Negro labors and in a very large measure sympathize with him for the reason that the Jew has been the victim of the rankest sort of racial discrimination and oppression which in some instances have been unreasonable and as inhumane as any prejudice which the Negro has suffered. In concluding its article we give a paragraph that is of special interest; the Jewish Ledger says:

"No one, perhaps, can appreciate the true interrelation and interaction as well as the interdependence of peoples and races as truly as does the Jew. Having lived in every country of the globe, having mingled with every people and race existing and extinct, having been denied also the privileges and prerogatives of educational progress and advancement, the Jew more than any one else is in a position to appreciate the strivings and struggles of a race which has to surmount great obstacles and has to overcome many difficulties in its march of onward and upward tendencies. It is for this reason that a Jew, Mr. Julius Rosenwald, has come to the assistance and generous support of Negro education. It is for this reason, also, that the Jewish people probably more than any other, more than any other white people whose faith the Negro race share but whose fellowship it is denied, will feel a sense of deep and sincere sorrow at the loss of the foremost educator and benefactor of the Negro race."

Mrs. Casey—The doctor says ye hov appendicitis, Tim!

Mr. Casey—Och, Norah, Norah! Whoy wor ye so foolish as to show him yer bank book?—Dallas News.

### MISS HELEN HAGAN CAPTIVATES NEW YORK

(Continued from first page.)

ing sound of the Chopin waltz which she gave at the end of the program as an encore to the Chopin Scherzo in B flat minor, not a sound could be heard save the melody which came forth in response to the magic touch of her fingers on the keyboard.

The foundation of her technique was laid, I am told, by Stanley Knight, of the Yale Conservatory, and well has she built upon that foundation. The most difficult passages were taken with ease; in fact, the absence of any apparent effort in execution was deceptive. This great technical equipment made it possible for her to give her entire mentality to the interpretation of the works of the masters, and to this task she brought a mind cultivated and trained, a spirituality impregnated with divine conception, and a personality charming and prepossessing.

Her program, which was published in full in this paper last week, included works of Beethoven, Schumann, Liszt, Godard, Mendelssohn, Chopin, and our own S. Coleridge-Taylor. It was a program calling for a many-sided interpretation. And it was in this particular that Miss Hagan proved her virtuosity, her versatility and her artistic catholicity. Whether it was Liszt's ponderosity, Chopin's sprightliness, Beethoven's imaginativeness, Mendelssohn's sentimentality, or Coleridge-Taylor's heart-searching, Miss Hagan brought to each just the spirit and the understanding needed to translate to her hearers the music's message.

I have not heard as yet any rendition of the Coleridge-Taylor's Transcriptions which measures up to that given by this young woman. The Spirit of the Race is embodied in these songs and beneath all the elaboration which the musicianly adapter has given to them, that spirit is constantly striving to be heard. The unimaginative player will skip through the music, satisfied if mechanical perfection is attained, if there are no skipped notes, if there is no hiatus in the chromatic runs. But Miss Hagan, with her physical equipment, had not to worry about those things. Perhaps in her inner consciousness she was become the interpreter for an ancient ancestress, striving to send from the Stygian shade some conception of the sorrows of soul which found expression only through the medium of emotional song. To all the compositions rendered she brought understanding and breadth of comprehension, but the number which embraced the Coleridge-Taylor Transcriptions was a revelation and a delight to me.—Lucian H. White, Musical Critic, in The New York Age.

Miss Hagan will be heard in Omaha next Thursday.

### RALEIGH TO HAVE A COLORED HOSPITAL

Raleigh, N. C., Feb. 4.—Dr. L. E. McCauley and Dr. F. J. Thornton, prominent physicians in this city, are working out plans whereby a new colored hospital is to be established in this city. The promoters are in receipt of a letter from Mrs. Booker T. Washington, consenting to the use of her late husband's name for this institution, and expressed her appreciation for the institution as a memorial to him, and pledging her cooperation in its establishment.

## CLASSIFIED ADVERTISING

RATES—1½ cents a word for single insertions, 1 cent a word for two or more insertions. No advertisement for less than 15c. Cash should accompany advertisement.

### FURNISHED ROOMS FOR RENT.

Nicely furnished rooms, new and comfortable, Mrs. Anna Williams, 2321 South Sixteenth street. Tyler 1748.

Room for rent with heat; hot and cold water. Mrs. M. C. Sands, 2709 Corby street. Webster 5017.

Comfortable furnished rooms, 2409 Blondo street. Mrs. W. B. Smith. Webster 6376.

Mrs. L. M. Bentley-Webster, first class modern furnished rooms, 1702 N. 26th St. Phone Webster 4769.

For Rent—Neat furnished rooms, 822 N. 23rd St., corner Cuming. Jesse Sibley. Douglas 5561.

Nicely furnished front room. Modern except heat. Mrs. R. Gaskin, 2606 Seward street. Webster 4490.

Neatly furnished room. Modern. Will rent to man and wife. 2722 Burdette street.

Modern furnished rooms, 1819 Izard street. Tyler 2519.

Nicely furnished rooms with hot and cold water, \$1.50 and up per week. Close to car line. Mrs. Hayes, 1826 North 23rd street. W. 5639.

Nicely furnished room for married couple; hot and cold water; on Dodge and Twenty-fourth car lines. Mrs. Annie Banks, 912 North 20th St. Phone Doug. 4379.

### HOUSES—FOR RENT

Reduced to Rent at Once—\$11.00; 2007 Paul. Five dandy rooms.

### FOR SALE—REAL ESTATE

FOR SALE—An eight-room house, strictly modern, 2722 North 30th St. Terms. Webster 3602.

If you have anything to dispose of, a Want Ad in The Monitor will sell it.

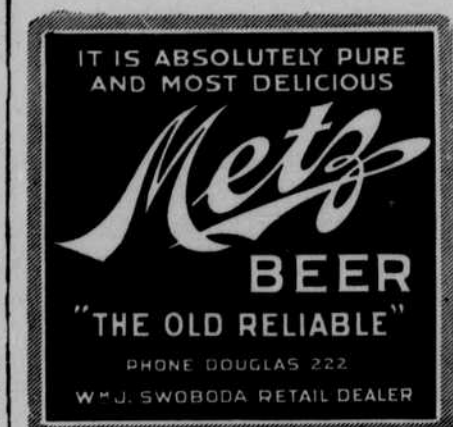
### FOR SALE—MISCELLANEOUS.

For Sale—Pool hall, 2022 North 24th St. Good location. Call Webster 3320.

### WANTED.

Wanted—Disc phonograph records. Call Harney 2902.

Respectable young widow woman wants position as housekeeper. Will exchange references. Mrs. Esters. Call Harney 6385.



### BETTER THAN A BIG BATCH.

"Hello, Dobson! Any luck yesterday when you were fishing?"

"Great! I was away when six bill collectors called."—Philadelphia Public Ledger.