

## Science Notes

BY WILLIAM G. HAYNES.

### AN EASY HABIT TO DROP.

It is a waste to light a big or little cigar when none at all will do, and the extreme ease with which the tobacco-user may abandon his habit is insisted upon by Dr. Robert Abbe, senior surgeon of St. Luke's Hospital, New York, in a paper read before the Practitioners' Society of this city and printed in the Medical Record (New York, January 29). Dr. Abbe strongly opposes the use of tobacco. We live, he says, in a temperate climate, where the weed's stimulating effect is not needed, and the familiarity that we have gained with it during the last three centuries is responsible for much of the "nervous overactivity," as he terms it, for which Americans are becoming noted. Its use he classes as a harmful habit, with "drinking, treating, spitting, chewing gum," and other usages, incidental to life, but not essential to it. We had better all give it up, he believes; and fortunately we shall have no trouble in doing so. He says:

"My experience has been to find very rarely a man or woman who can not easily abandon tobacco, especially people of mature years. There is no drug-habit which so lightly holds its victims. It is essentially a social habit. It is fostered by association with others who are smoking, or with certain places which suggest it, or by advertisements thrusting themselves in the faces of the tempted. Every journal, illustrated paper, newspaper, sign-board, or one's very morning mail brings alluring pictures of a face of extraordinary cheerfulness pulling on a pipe, or an Oriental woman of surpassing attraction giving the tobacco a name, or appealing to patriotism and the necessity of tobacco to soldiers in the trenches. One of the most beautiful views of our noble Hudson above Grant's Tomb is wholly obscured by a huge house-top advertisement of a so-called 'America's greatest cigaret.'"

"Fortunately, it is a habit that can be easily given up. When fashion dictates, its decline will soon follow. Already one sees more and more men enjoy each other's company after dinner without smoking. Conversation seems even more worth while when men are not artificially put at their ease by after-dinner cigars, which would seem to level up the ordinary man to the type of higher intellectuality by occupying his hands in smoking and giving him an undue sense of importance. *Pari passu* with the recently demonstrated deteriorating influence of alcohol in all nations, followed by a decline in social use of liquor and wine, we all have noted the growing feeling against tobacco. In business there have been scores of mercantile houses, notably in Western cities, who have prohibited cigaret-smoking as far as possible, and discouraged its use by clerks and employees. Efficiency has been increased, and the morale of employees improved by it. In schools accumulated statistics show that the grading of boys, smokers of cigars and non-smokers, gives a large percentage in favor of abstinence. This seems to be more universal in colleges and high schools, the more widely this subject has been investigated. Higher averages of work, less delinquency, more prize-men are everywhere found.

"Fortunately, it is, as remarked before, a habit so easily surrendered that

I have never seen a man in middle and late life especially, who has not immediately responded to my advice that he must be a quitter. Scores of men I have known to throw an unfinished cigar into the fireplace and say, 'Never again!' Occasionally one begs to be allowed to try it a little, but when no compromise is permitted his will is strengthened and he braces up to the final complete decision."—Literary Digest.

### SPOTS BEFORE THE EYES.

The prevalence of this condition has given rise to a great many curious ideas. Almost everyone either sees fixed or floating spots at times, or hears some friend complain of these conditions, so that it is not strange that many popular misconceptions have arisen. The commonest form of floating spots are those which are known by the name of muscae volitantes, an old name which indicates how long the condition has been observed. These are tiny transparent chains, or strings, which are seen especially on a white or brightly illuminated field. They persistently float in the line of vision, and though a shake of the head may carry them out of the way, they at once float back again. These spots are probably caused by the remains in the fluid part of the eye of certain cells which should have been completely absorbed in the development of the eye. They never lead to impairment of vision, and, as before stated, are perfectly transparent. Other floating spots are due to cobweb-like masses of inflammatory material which are thrown out into the fluid of the eye by some low-grade inflammation. These spots usually obscure the vision, which is their great point of difference from the former ones. It is, of course, very important to find out in any case whether the spots are due to inflammation or not, and this can only be done by a skilled observer. It is a prevalent idea that the wearing of a dotted veil may leave permanent spots in the field of a vision. While the dotted veil may be a source of strain by causing the wearer to pull on the eye muscles in order to avoid the obstruction of vision, it certainly is not the case that the dots or any other object seen, can be permanently photographed on the nerve tissues of the eye. There is only one exception to this statement. Many people who have carelessly looked too much at the sun, generally in observing the eclipse, have actually produced a slight inflammatory change in the retina, so that there is always a blurry spot wherever they look. But it is doubtful if any light less brilliant than the sun can produce a permanent spot, and certainly a dark object can not do so.—Journal of the American Medical Association.

### WHITE NIGHT RIDER IS KILLED BY COLORED MAN.

Valdosta, Ga., March 17.—Barney Newsome, Jr., a young white farmer from Clyattville, was a member of a white cap party on the night of February 10, attempting to run away from the neighborhood Will Clark, a Negro farm tenant. Will Clark fired a load of bird shot into Newsome's body and Newsome died in a hospital here on March 3 at 11 o'clock at night.

The shooting of Newsome was not cleared up until his family made a statement concerning his connection with the white cap party. Newsome was married and the father of one child. Another member of the party was wounded by Clark, who made his escape and is still at liberty.

### FROM NEBRASKA TO TENNESSEE.

(Continued from first page.)

other distinguished gentlemen and ladies of both races who occupied the platform with "the Wizard of Tuskegee," gave him a Roland for his Oliver, by replying: "Yes, and EVEN THE BEST OF THEM ARE."

This pleasantry was enjoyed. It is to be hoped that "EVEN EPISCOPALIANS," and all other Christian folk of every name among will always strive to be and stand for that which is highest and best and makes for individual and civic righteousness.

A people that love mercy, and do justly and walk humbly before God will hold their rightful place in the world and can never be overthrown.

#### A Mission Explained.

Now, "Preaching a Mission" in the Episcopal Church is a sustained effort for several days, generally eight or ten, by a series of services, very simple in character, first to deepen the spiritual life of those who are already communicants of the Church, "even Episcopalians," if you please, and to make them realize what their privileges, responsibilities and opportunities are; and secondly, to make plain to others who may attend the services just what the Episcopal Church is, teaches and stands for. From this you will readily see that "Preaching a Mission" corresponds to what many other Christian bodies call a "Revival" or, as they were generally called in my boyhood days and home in Canada, "A Protracted Meeting." There is, however, this important difference: A Mission does not appeal primarily to the emotions; but to the intellect and will. All sentimentalism is rigidly excluded. Emphasis is laid upon simple definite teaching of the Christian faith.

The program follows a schedule something like this daily:

7 A. M. Holy Communion; 9 A. M., Morning Prayer; at that time or a later hour, generally later, and depending wholly upon the circumstances of the people, a brief instruction on some articles of the faith or other topic; 4 P. M., a children's service with a simple instruction; in the evening at a convenient hour, generally 8 o'clock, the chief service of the mission, considered from the point of attendance, is held. This consists of a brief opening service with the singing of a familiar hymn, the Apostles' Creed, the Lord's Prayer and a few other prayers. A short time is given to answering questions which have been written and placed in a box provided for questions and requests for prayers and intercessions. Then another familiar hymn is sung. This is followed by the sermon which is a direct appeal for repentance, faith, etc., and consistent Christian living. After the sermon special intercessions are said and the congregation is dismissed. The missionary remains to talk privately with anyone who wishes to see him, and in addition to this he is within call at special hours during the day for anyone who desires his services.

"Preaching a Mission" means a vast deal of work; but the missionary takes a delight in doing it. You will readily see a missionary has comparatively little time for getting around during the progress of the Mission. But through the kindness of friends, I was enabled to make good time of my limited leisure, and really saw and learned a great deal which will be of interest to our readers. I visited banks and business houses, and schools, and churches, and professional men, and public buildings, and parks and "even

cemetaries," for even the bodies of the dead must have separate burial places for fear of "social equality," I presume, in the Southland. Of these I must tell you later; but I really felt that I ought to explain what "a Mission" is, so that many of our readers as well as "even Episcopalians" may understand it. Next week you shall have some facts about Memphis itself.

John N. Baldwin announces his candidacy for the republican nomination or police magistrate of Omaha, and respectfully solicits the support of all colored voters.—Adv.

## CLASSIFIED ADVERTISING

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Furnished rooms for man and wife or single men, \$12.00 a month. Mrs. Monroe, 2408 Erskine street.

Comfortable room in pleasant modern home for desirable couple. 2816 Pratt street. Colfax 3798.

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2 rooms and 3 rooms, also a 5 room bungalow with acre ground to each. Tel. Douglas 2107, after 7, Walnut 2587.

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Wanted—Disc phonograph records. Call Harney 2902.

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#### HAIR GOODS.

Straightening combs for sale. Madam Walker's Hair Grower. Hair goods made to order. Pupils wanted to learn the trade. Miss Emma Hayes, Webster 5639.