

## Science Notes

BY WILLIAM G. HAYNES.

### OVERWORKING THE HEART.

Do not get angry. Any strong emotion adds to the labor of the heart, and a heart overworked means a shortened life. So reasons Dr. J. Strickland Goodall in some advice he recently gave on the prevention of heart strain.

From before birth until a little after death the human heart beats from 70 to 150 times a minute, and each beat means work equivalent to raising a two-pound weight through one foot.

To form an idea of this work one has only to take such a weight in his hand and lift it over that distance as many times in a minute as the heart beats.

Anything that quickens the heart's action increases its labor. Accurate tests have shown that a man riding a bicycle up a ten per cent grade for 2,904 feet in four minutes adds an amount of labor to his heart that would lift a ton and an eighth one foot.

Violent physical exertion of any kind quickens the heart beats. Strong emotion has the same effect. Intense anger may increase the heart's labor from 150 pounds per minute to 225 pounds. Under such a strain the heart of an animal has been known to literally break, causing almost instant death.

Acute heart strain is practically impossible in the young, healthy and well-nourished adult, but quite likely in all others. Once it occurs the heart is incapable of extra work and fails when called upon to do it. The doctor argues, therefore, that one can not be too careful to economize in the work laid upon this organ.

According to him, he who retires to bed at 10 instead of 12 saves the heart 876,000 foot-pounds a year. Lying down one-half hour daily lessens its labors in the same period by 219,000 foot-pounds. If our Sundays were spent in bed the yearly relief to our hearts would amount to nearly 1,000,000 foot-pounds.—Washington Post.

### CLEAN LINEN FOR STEAMSHIPS.

Immaculate napkins and sheets are such a matter of course on the big trans-Atlantic passenger steamships that little thought is given as to how the supply is maintained. On some ships laundries are maintained, but in the big vessels that have been built of late the requirements are too great, and space for other purposes is too valuable to admit of any laundry work being done on board; consequently great stocks must be carried to meet the necessities of a voyage, and as the laundry work is usually done only at the home port, enough must be carried for a round trip. On a ship having accommodations for 4,500 passengers, it is estimated that in the neighborhood of 33 tons of wash accumulates on a double passage across the Atlantic.—Scientific American.

### HOME BARGAIN.

2726 Blondo St.—Six rooms, modern, good repair, new up-to-date furnace, large lot, street paved; a desirable home at sacrifice price. Cash payment, balance monthly. The tenant on premises will show you. For price and terms, office phone D. 147, residence phone Walnut 268. Geo. Marshall, 635 Keeline Bldg.

### TWENTY-FIFTH INFANTRY WINS ATHLETIC HONORS.

(Continued from first page.)

#### Medal Man Fourth.

The veteran Mills of the Twenty-fifth ran fourth. He has won medal after medal in athletic events, but had to give place today to faster men. Seen a short time later in service uniform he looked like the hero of a dozen campaigns. His left breast was covered with rows of medals—silent witnesses of past victories. Parker, Bray and Miss were closely bunched all the way down the field and crossed the line almost breast to breast. Smith and Genslinger of the First Infantry ran fifth and sixth respectively.

From the start of the hundred yard dash to the close of the meet the interest was at fever heat. It did one good to see such splendid athletes perform in such excellent manner. One thrill followed another. There was wild cheering at the conclusion of each event, when the announcer megaphoned the results to the crowd.

The points for the hundred yard dash were five for the first place, three for second place, two for third place and one for fourth place. The Twenty-fifth won nine points and the First Infantry two. The cash prizes were \$4.00, \$2.00 and \$1.00. Gilbert did not accept any money as he does not wish to qualify as a professional.

The high hopes of the Twenty-fifth were fulfilled when they secured nine points out of eleven in the one hundred yard dash. They felt equally confident in the half mile run and events showed that their confidence was well placed. The entries were the winners of first and second place in the preliminaries of the three previous days.

Harrison took the lead at the start of the half mile run and as the runners passed the bleachers the first time they were pretty well bunched. When they neared the home stretch every man used every ounce of power he had to drive himself forward at his maximum speed. It was a magnificent sight to see those fine physical specimens fighting with might and main to forge ahead. Harrison never allowed himself to be in danger of losing by a short spurt of a nearby runner. He maintained a safe lead of about five feet. There is more speed in Harrison than was developed. He was not pushed closely enough to make him exert himself to the utmost. He broke the Island record in the half mile run making the distance in two minutes, seven and three-fifths seconds.

Pride and Smith of the Twenty-fifth ran a close race for second place. Pride winning by a few inches. Travers of the First Infantry was some distance behind. Sproch of the Second Infantry was fifth and Morrow of the same regiment dropped out before completing the run, as he was badly distanced.

The Twenty-fifth received five points for first place, three points for second place, and two points for third place. The First Infantry received one point for fourth place.

#### Speedy Centipedes.

With the call for the men for the centipede race to go to their places every one primed himself for something amusing. It was generally thought that the teams of ten men on two by fours, fourteen feet long would not be able to run the hundred yards without a few spills. However, the expected did not occur and all three teams crossed the mark without mishap. They showed good training and perfect team work for the slightest misstep or movement out of the regu-

lar rhythm would have meant disaster for the men of the offending team.

The Twenty-fifth won the race and did it in the short space of nineteen seconds. The Second Infantry team was a close second and the First Infantry team came in third. There were no points given for the centipede race, the cash prizes were \$5.00 and \$2.00. The Twenty-fifth runners were Colston, Tate, Dawson, Pittman, Brainer, Everett, Hart, Porter, Dunham and Dunn.

#### Took a Surprise Victory.

The Twenty-fifth and Second teams lined up for the baseball throwing contest to decide the championship. The Second Infantry team was the favorite, for on Friday they had made the splendid time of one minute fifty and two-fifths seconds. No team had been able to come anywhere near this time and it was generally conceded that with the usual run of things the Second Infantry should get first place. But variety is the spice of life and the Twenty-fifth Infantry beat the Second out by one second.

For first place the Twenty-fifth Infantry got seven points and a cash prize of \$12.00. The Second Infantry received five points and a cash prize of \$9.00 for second place. The Twenty-fifth Infantry team were Smith, Hawkins, Phillips, Scott, Rhodes, Regan, Crafton, Davis, Bailey, Washington, Herring, Seawell, Washington, Co. D, Robinson and Hollingsworth.

#### The 220-Yard Finals.

Sprinting events again held the attention of the crowd when the winners of the three days preliminaries took their places at the starting point. The first and second places for the two hundred and twenty yard dash had been taken in each event by men from the First and Twenty-fifth. The time made Saturday was not as good as had been made in one of the preliminary runs. Ware of the Twenty-fifth forged ahead and crossed the line first. Mills of the Twenty-fifth and Simmons of the same regiment were running neck and neck for second place, Mills crossing the line a few inches ahead of his rival.

Again the men of the Twenty-fifth Infantry had demonstrated their superior sprinting ability. In appearance and in action they looked to be faster men. The Twenty-fifth received five points for first place, three for second, two for third and cash prizes of \$4, \$2 and \$1. The First Infantry received one point for fourth place.

(Continued on eighth page)

## 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.

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.

Comfortable modern rooms for gentlemen, 2883 Miami street. Phone Webster 5519.

Nicely furnished rooms. Mrs. Gaslin, 2606 Seward St. Webster 4490.

Clean, modern furnished rooms on Dodge and Twenty-fourth street car lines. Mrs. Annie Banks,, Douglas 4379.

Furnished room for man and wife or single woman. Modern, except heat. Phone Webster 1574.

Nicely furnished front room. Modern except heat. 1630 North Twenty-second street. Webster 1171.

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.

Modern furnished rooms, 1819 Izard street. Tyler 2519.

### HOUSES—FOR RENT

For Rent—2 room house, East Omaha. A good place for a garden and chickens. Web. 5361.

For Rent—7 room house and bath room. 3510 N. 33rd St., phone Harney 4002. Rent \$12.00.

### WANTED.

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

### FOR SALE—MISCELLANEOUS.

### 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.

## To Street Car Patrons

Why not occupy the vacant space in the front part of the car? The front part of the car is always less crowded than the rear, and the front door affords a convenient exit.

We earnestly ask your co-operation in this respect.

**Omaha & Council Bluffs Street Railway Company**