THE OMAHA SUNDAY BEE MAGAZINE PAGE

New Things Not Found in Any Books

How You Are Influenced by the COLORS on Your WALLS

Red or Violet Wall Paper Makes You Nervous, Blue Suggests Mystery, and Green and Yellow Are the Most Restful of All

WHY CERTAIN COLORS AFFECT US AS THEY DO.

1—RED. This Is the Color We See When a Conflagration Lights Up the Sky, When Guns Spout Flame On the Battlefield and When Human Blood Is Shed. 2—YELLOW. This Is the Color of the Fireside's Glow, of Candle Light and of the Setting Sun's Radiance. It Suggests Rest, Warmth and Personal Comfort. 3—GREEN. This is Also a Restful Color Because It Is the One Oftenest Seen in Nature's Most Beautiful Aspects. It Suggests the Peace and Vastness One Finds in Cool, Shady Lawns, in Dense Forests and in High, Wooded Hills.

By F. LAURENT GODINEZ,
Consulting Specialist In Lighting.

ARE you color blind? Nearly one out of every twelve men is, but color blindness is rare among women.

Very often color ignorance is mistaken for color blindness. Imagine a savage having normal eyesight. All the wonderful color effects in nature's vast color scheme would look to him as they do to you, but he would not describe them because no one had ever educated him to associate words with colors.

Symbolism and education go hand in hand. The baby learns to notice things—and after a while to classify them with their symbols in the mind. The child begins to distinguish between objects which are small and objects which are large. Then objects begin to assume form. Some are square, some are round. The apple is red, the orange yellow. These words are the symbols which man has evolved to suggest certain groups of objects and associated ideas.

The healthy mind early learns to thrive upon light; the diseased mind covets darkness. Light has come to be a symbol of white and goodness, and darkness of black and evil. Hence, in the allegorical drama of long ago the good spirits were always typified by white attire—the evil ones by black.

The seven primary colors—red, orange, yellow, green, blue, indigo and violet—influence the mind sub-consciously in various ways. Red promotes anger, hate, excitement and insanity. Yellow suggests happiness. Green bring hints of peace and contentment.

This has all been determined by exhaustive research of a practical nature. The laboratory expedient of presenting various colored lights before subjects, and then asking them to describe their sensations is about as impractical an absurdty as could be conceived. Likewise the placing of a subject under hypnosis and then exposing him to the influence of various colored lights is of too constricted a nature to yield results of wide general application, the principal reason being that not all persons are susceptible to hypnotic influence.

Starting with red, let us see how the mind is affected by it, and why it sub-consciously influences the mind to excitement.

When we see red, the mind unconsciously associates with it all the memories of red which have reposed in the remote depths of the brain cells for years. Every one can recall a fire, the roaring flames casting a lurid glow against the sky. Excitement is everywhere, the clang of bells, the noise of crushing timbers, the cries of women and children. Every one has read of tragedies and how following the blow of the stiletto or the pistol shot red blood flowed. All stories of war and pillage, of danger and disaster are firmly linked in the mind with red. Hence the bright red wall paper unconsciously influences the mind of the individual through the long chain of mental impressions.

The delicate woman who has memories of some tragedy where blood was shed, or where dear ones were lost forever in the leaping red flames, will be more liable to become hysterical in a room papered in bright red. Conversely the woman who has never known a great sorrow of this kind will find this same red mildly stimulating, especially if she is of an inartistic nature.

Why is yellow suggestive of happiness? For centuries the pleasant warmth of the open fire has taught the mind to associate the physical sense of comfort with the yellow of the flame. The setting sun with its golden radiance also suggests repose, its yellow rays conveying to the mind the fact that the day's work is at an end. For ages, after nightfall, the candle, oil lamp and gas burner, gave a mellow yellow light that was most grateful to the eyes.

Nature never intended that there should be perpetual day, yet some engineers are striving to introduce lighting in our homes which approximates as closely as possible the harsh effect of full daylight instead of the mellow radiance of the afternoon sun.

Green is the color which nature has supplied to rest the eye. In nature's color scheme there is never an offensive color contrast. Dark green walls give contentment, because they simulate perspective—the rooms seem larger, and at night, with a soft centre light, the walls recede. An added charm is given to a living room so treated. Dark green on walls conveys mentally some of the contentment one feels on a shady lawn, or in a forest, or among heavily wooded hills.

Blue is mysterious. Why? Look at the sky at night. Look at the infinite blue space where sea and sky meet, always suggesting to the mind the vast, wonderful problems of the universe.

Violet is a color which is not definitely enough associated with nature's scheme to be accurately explained. From a physiological viewpoint the ultra violet rays are most injurious to the eye. These occur, strange to relate, with much greater freedom in daylight than in artificial light, although the effect on the eye from the latter, particularly the tungsten lamp, is very bad. There is a mysterious vital substance within the eye termed the visual purple, and this is decomposed much more rapidly than nature can restore it under the influence of glaring white lights.

Violet is a color which inspires fear in nervous individuals.

Without light there is no color, but to the eye, which can perceive light, color is a too formidable influence to be ignored. If you have never considered the matter you will be surprised to find how much your health and happiness the color scheme of your surroundings as far as you can suit your temperament, according to the ideas I have outlined here.

MUSCLE MEMORY More USEFUL Than MIND

A MAN and a woman went into a barn. There was a lot of grain on the floor. The woman took a peck measure and poured two measures full of the grain into a sack which the man held open. Then she closed the sack and started to tie it up.

"Two pecks are not a bushel. You know we need a bushel," said the man.

"Well, I was not used to measuring grain. Before I married you I was a school teacher," explained the woman.

This is a humorous or a sad story, just according to the way you view it. Its moral is that one practical experience in doing something is worth more than almost any amount of theoretical knowledge about how it should be done.

Now, what actually is the difference between knowing how many pecks are in a bushel and measuring the exact number of pecks of corn in a bushel bag? Surely a school teacher should know how many pecks there are. In fact she does know. Yet when she is put up to the actual job of measuring out that much corn an untutored farm hand is forced to show her how to do it.

To know a formula or a theory about measures, without a thought of any concrete application of that rule, differs from the "doing" or the application of that formula to concrete facts, just as dreaming of drinking a glass of water differs from actually drinking one.

You may know how to make a fire in a furnace from having heard a lecturer talk about it, or having read in a book that told about it, but when you try to make the fire something is lacking.

Bergson, the newest of the great philosophers, is not the first one to cast suspicion upon logic, thought and language. He has simply called definite attention to the fact that when teaching and language fail to agree with practical experience you would better follow the latter.

Now, Professor John T. Watson, chief of the experimental laboratory of psychology at Johns Hopkins, has discovered the real reason why "knowing" differs from "doing." The distinction rests upon the observation that "doing" a thing makes several unclassified sensory organs remember an act, which "knowing" the thing fails to bring into play.

Thus, when a teacher or a professor "knows by heart" that four pecks make a bushel he knows it—which means remembers it—by the senses of vision and hearing and vocalization. He can repeat it, write it, and see it in his mind's eye. But when it comes to "doing" the measuring that's another story.

Professor Watson has found that the performance of any industry or the use of skill in any art or trade is merely the behavior of the muscles. Your "mind" is really an agglomeration of muscle sense, vision, audition, smelling, touching and tasting. Of all these sensations, the memory sticks, according to Professor Watson, most strongly to the muscles.

Your eyes recollect some things, your hearing recalls others, your vocal chords stir the remembrance of others. So do your other sensations. All bring you souvenirs of the past; but all bring them in different degrees of perfection.

To the muscular sensation, however, belongs the palm for having the strongest of all memories. Whatever touches any muscular or fleshy part of the body clings most tenaciously to you. The muscular part of your experience is the "gluiest" that you ever have. This muscular memory is the "doing." Whenever you "do something" it is merely the bringing into action of your muscular memory.

From all of this it is clear that the young lady who taught in school that four pecks make a bushel, yet who did not carry out her knowledge with her muscles, is not so much to blame after all. Memory to be complete must include the muscular sensation, whose power of remembrance is better than all of the other sensations.

Why GNATS Travel in SWARMS

EVERYONE has seen, along a country road in the Summer time, a swarm of gnats in the shape of a huge ball. One peculiar thing about this is that this shape is often retained for hours at a time, while the various individuals forming the ball move swiftly backward and forward through the mass. Another is that the ball can move as a ball, for example: going swiftly down the road in some horse's wake.

The question is why do the gnats desire to fly in and out of this ball continually? What fun do they see in it or what pleasure do they derive from it? They seldom touch a neighbor gnat.

The most probable theory is that which assumes that the universal problem of sex has something to do with it. The individual gnat may be looking for its mate and it is certain that in a few minutes he or she gets a glimpse of many individuals of the opposite sex. Now suppose that the affinity is sensed—may it not be probable that, in going so fast, she is lost sight of, and that the ardent wooer returns again and again looking for her—and every now and then glimpsing her but never attaining his desire save for some fortuitous circumstance?

Why Men Should Smoke MILD CIGARS

RECENT interesting scientific experiments seem to indicate that if we must smoke we ought to confine ourselves to cigars which contain a very small percentage of nicotine. It has been quite thoroughly established that the various other things besides nicotine found in tobacco smoke, such as carbon-monoxide, hydrocyanic acid, etc., have little or no effect on the human system.

Dr. John, a German student, has been studying the effect of smoking upon a person's blood pressure. He finds that the smoking of two "medium" cigars produces marked changes in the arteries. These effects are seen in some cases before the cigar is finished, and they rarely disappear within less than two hours after one has finished smoking. There is a marked rise in the blood pressure and the pulse behaves in an abnormal way.

Eight or ten Russian cigarettes were found to produce about the same results as two cigars of medium strength. When, however, the experiment was tried with cigars containing only a small percentage of nicotine, Dr. John was unable to detect any effect on the flow of blood through the arteries.

Although Dr. John's experiments were very thorough and included tests with a large number of men of widely different physical characteristics, they do not seem to settle definitely the question of whether tobacco is always harmful. Other scientists point to habitual smokers who have consumed extraordinary quantities of the weed for long periods without their arteries showing any sign of injury.

Argument for and against tobacco smoking has been going on for years and whole libraries have been written on both sides of the question. Dr. Osler recognized the difficulty of the problem when he said that tobacco, like alcohol, is a poison about which it is at present well-nigh impossible to obtain conclusive evidence. A man's arteries form such a complex system and are so continually played upon by a wide variety of conflicting impulses that it is hard to say whether damage to them is due to alcohol, tobacco, overeating, overwork, or some other cause.

YOU MIGHT TRY--

To Make Dust Fly.

A SMALL bellows, or better still, a blower such as dentists use, is excellent for removing dust from the crevices of furniture.

Keeping Silver Bright.

WHEN cleaning silver add a few drops of paraffin to the powder you use. This will give the metal a more brilliant polish and help keep it clean longer.

New Shoes for Old.

WHITE shoes that have grown gray and shabby can be made a pretty brown by applying with a piece of flannel ten drops of saffron mixed with three teaspoonfuls of olive oil. The shoes should be carefully cleaned before applying the mixture. Two coats of this will make them look like new.

Cleaning White Paint.

INSTEAD of soap to wash white paint, use a handful of whiting stirred smooth in about a pint of water.

For Window Panes.

THE moisture which forms on window panes in frosty weather can be prevented by applying to both sides of the glass a thin coating of glycerine.

To Make Coal Last Longer.

DISSOLVE a small handful of washing soda in a pail of warm water and sprinkle over the coal.

To Keep Brass Shining.

AFTER cleaning brass rub a little vaseline over it. This will keep it from tarnishing longer and make it easier to clean the next time.

Nature Is Making Us EFFICIENT by Taking What We Don't Need

THERE is no doubt that the human race is fast losing its teeth, hair and nails, and that sooner or later many other parts of the body which man has possessed for ages will begin to disappear.

This fact, however, is no cause for alarm. It is, on the contrary, a matter for congratulation, because experience shows that every part of the body which nature discards is a part which we have outgrown. The human body can never be brought to its highest efficiency until its parts have been reduced to a minimum and it is not under the handicap of having to carry around things like hair and nails, which no longer serve any useful purpose.

Take the teeth, for example. Who wants or really needs gorilla-like jaws and teeth today? They were necessary in the days when our ancestors had to crack cocoanuts with them, but our civilization is rapidly approaching a stage where they will no longer be needed.

The nails on our fingers and toes have long since ceased to be claws. The toe nails, in particular, have dwindled to such minor importance that it is nothing unusual for a baby to be born with only the most rudimentary nail on its little toe. All this is due to the fact that we have found a way of dispensing with the use of claws.

Although most of us do not realize it, the race's sense of smell is weakening rapidly, and there is a marked loss of power in the olfactory tract of the brain. This is not at all surprising when you stop to think how small a part the nose plays in man's life today.

Smell is of little service to us in making a living or enjoying one, and we seldom if ever refer to it except in such figurative expressions as a newspaper man's "nose for news," or he "smells a rat."

Our tails are almost gone, and we miss them so little that many of us do not know that we ever had them. All that remains of them now is four or five joints, which are detached and movable at birth, and which do not fuse into a single bone until we are about twenty years old. These joints would, however, even now make quite respectable-looking tails if they were allowed to come through the skin.

AMBER GLASSES BEST for the Eyes

THE eyes often suffer from serious harm from long exposure to brilliant sunlight reflected from a vast expanse of snow, sand or water. Smoked glasses are often worn to protect the eyes under these conditions, but it has just been discovered that these are liable to do more harm than good. Indeed, many physicians now say that smoked glasses should never be worn except in certain inflammatory diseases of the eyes, where it is not convenient to use bandages, and they should never be resorted to without the advice of an oculist.

The best protection from the glare of strong sunlight is furnished by glasses of a peculiar shade of amber which looks almost green. This color possesses the greatest power of shutting out the actinic or heat waves, which are what make bright sunlight so disagreeable. The amber glasses have an added advantage in permitting at the same time the greatest amount of illumination of the eyes. With a pair of them on, the irritating light rays are entirely shut out, but your perception remains practically normal and the various colors look about the same as they do through the naked eye.

In certain occupations, such as glass blowing and work around blast furnaces, the eyes have to be protected from intense heat as well as strong light. Under such conditions the best protection is afforded by glasses of a shade of blue. These shut out a much greater amount of illumination than those of amber, and it is therefore too much of a strain for the eyes to attempt to read either by sunlight or artificial light while wearing them.

Our Throats Need MORE TO DRINK

ONE reason why we have so much trouble with our throats in Winter, according to Laura M. Stewart, instructor in home-economics at the University of Wisconsin, is that we don't give them enough to drink.

In other words we shut ourselves up in rooms where there is not enough moisture to lubricate the delicate mucous membrane lining of our throats properly. We all know what lack of moisture will do to furniture—crack and spread it at the joints. Professor Stewart says that the effect of excessive dryness on our throats is very similar, and that as a result they are less able to resist the germs which are constantly finding their way into them.

Miss Stewart suggests various ways of increasing the amount of moisture in our homes.

In country homes where neither hot water nor steam heat is used, the housewife may have the air sufficiently moist by keeping a small basin of water on the back of the stove. In houses heated by furnace or the hot-air system, she recommends the use of a wooden bench open at each end and which may be fastened over the register. Under the bench and above the hot-air register, may be attached a series of narrow metal vessels held together by metal bars. These vessels, filled with water, allow evaporation enough to counteract the dryness of the air in the room.

A device to be used with hot water or steamheating systems consist of a long, narrow vessel made to fit between the wall and radiator. This dish or container, which can be made by any tinner, is provided with hooks to clamp over the rod between the coils where it will be held securely in place. When filled with water, the slow evaporation will increase the relative moisture of the air and the heated air currents will distribute it.

STAND STRAIGHT to Avoid TELESCOPING

STANDING straight like thinking straight is necessary for perfect health.

The majority of people have an idea that the soldier is trained to walk straight—head up, shoulders back—in order to look attractive and to have a distinctive carriage of his body.

Soldiers are drilled and trained to walk as they do in order to keep the human machinery in proper working condition and not for appearances. If they could do better work—that is be kept in better health—by any other attitude, it would be taught them.

The military man is trained to walk so as to give every organ inside the body plenty of room to do its work—to keep vital vessels from bending or telescoping.

As the body grows in height the blood vessels and the organs they supply grow to correspond with the height of the body.

For example: A youth grows up to be a man six feet tall. If the development has been natural every blood vessel, nerve and intestinal organ has grown to fit and work at this height of the body. They are adjusted to do their best work at this particular development of this individual whether he or she be short or tall.

Now, if through carelessness or lack of understanding of this important matter, the individual walks with a slouch or stoops while standing, he is bending or telescoping several if not all the vessels which supply his body and tissues with nourishment, repair material, blood or oxygen.

The same injurious conditions are brought about when a growing girl bends over while reading, writing or at work. The latest fad in woman's walk—the slouch—is certain to compress internal organs, bring about local inflammation or obstruction, and, of course, in time injure the health.

The tremendous importance of certain secreting glands in the body is now being recognized. These glands secrete different elements, which are discharged into the blood and keep the chemistry of the body in proper balance.

Some of these glands are in the neck, others deep in the body; but each and all are absolutely necessary to oil, feed and stimulate the human machine.

These glands are of soft, compressible tissue surrounded and supplied with blood vessels and little tubes. Take those of the neck, the thyroid glands. These control, more than anything else in the body, the balance betwen mental health, nervous equilibrium and physical stamina. They must be free from pressure, inwardly and outwardly, in order to have perfect function and send their valuable juices into the blood.

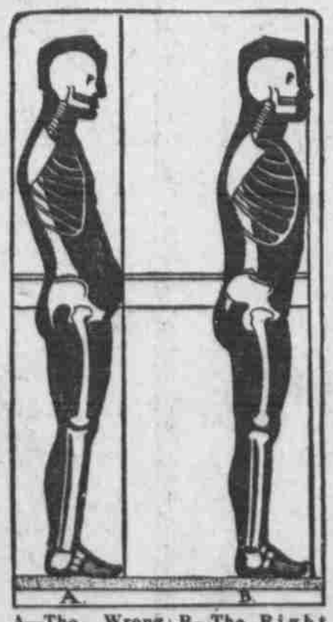
If you go about with a drooping head, if you let your neck muscles become so weak that you cannot hold up your head, you are in danger of ill health slowly stealing upon you.

Do you know why so many sedentary persons have indigestion, torpid liver, poor complexion? Because they go about or sit around with the internal organs telescoped or doubled upon each other. This causes interference with the free flow of blood, presses upon some opening in the liver or closes a duct.

In fact, just picture for yourself an intricate machine of muscles, tissues, glands, vessels and their various ducts, tiny channels and valves, all in their places, each doing their allotted work without trouble and effort, confined in a framework built to hold them, and all this wonderful mechanism gradually interfered with by the bending or buckling of this frame and its covering.

If you were looking at such a machine made by man, you would see at once the necessity of keeping the frame upright and uninjured.

So must you keep the human frame if you would enjoy good health and long life.



A—The Wrong Way to Stand. In This Way All the Vital Organs Are Hampered by Being Telescoped.

B—The Right Way to Stand, Because It Gives the Vital Organs Room to Do Their Work.