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NEW DISCOVERIES



ALL OVER THE EARTH

NOW Is the Time to FIGHT THE HOUSEFLY

Do Not Wait to DRIVE THEM OUT, Begin at Once to KEEP THEM OUT

NEW people give thought to the dangers of the housefly during cold weather, when flies are not about the house, but as soon as the warm weather sets in and these health-menacing pests begin to flock about the place, people resort to screens and perhaps a few traps or some sticky paper, and grumble about the flies.

There is no more reason for waiting until flies get into the house before fighting them than there is reason to wait until the house is safe before thinking of insuring it.

It will not be many days before the flies begin to flock into the homes, and it is none too soon to make preparations to repel these unsanitary and really dangerous insect invaders. Everyone knows the real danger of the housefly. It has been spread broadcast until there is scarcely an intelligent community but what contains people who know how the fly can carry all sorts of foul disease germs; how typhoid, tuberculosis and many other dread diseases—even infantile paralysis—can be spread by the flies.

And in a great many homes—in most of them, in fact—some efforts are made to keep these flies out. The trouble is, however, that the fight is not begun soon enough. Flies get into the house. This is a sign that it is time to put in the window screens.

As a matter of fact this should not be a sign to do this. The window screens should all be in place, and the screen doors also, long before the flies arrive. It is a good deal like locking the stable after the horse is stolen to wait for the coming of the flies before fighting them. It is so much easier

to keep them out than to drive them out.

There are actually scores of different things that one can do to keep out flies and to destroy them, but the time to get ready for this work is now. Do not wait until the leaves are out and the lawns green, and the flowers in bloom; do not wait until the balmy days have come, but have your fly traps in readiness now; have your fly poisons in readiness; have your house well screened, and be in readiness to annihilate Mr. Deadly Fly the moment he attempts to poke his ugly, germ-laden forefeet into your house.

If you have a stable, that should be as carefully guarded against flies as your dining table and your kitchen. In fact, you should do more to keep flies from your stable, as they flock about such places and then come into your kitchen and walk across your food or fall into your coffee—and this, though unpleasant to talk about, happens quite frequently, as everyone knows. Now, the padded feet of the fly are the lurking places of all sorts of germs, with the chances in favor of there being ten deadly germs to one harmless germ, because flies are attracted to places where the deadly germs lurk.

Sticky paper is good as far as it goes. Be sure and have some on hand the moment the FIRST fly is seen in your home. A trap is much better, and there should always be a fly trap in your kitchen. When the first fly is seen it is not always possible to set the trap, because so few people have them in readiness. That is why it is important to prepare to fight the fly long before the fly appears for his disease-spreading Summer visit with you.

Probably one of the best fly traps known was made by A. M. Bull, of the engineering division of the Minnesota State Experiment Station, and which F. L. Wash-

burn, State Entomologist, has described in a leaflet and sent broadcast through the country for the benefit of all who will take advantage of it. It is known as the Minnesota Fly Trap, and has a record of catching twelve thousand flies in one day on a porch near a stable containing a few horses. The cost of the trap is less than fifty cents. It is made of ordinary wire netting and a small amount of lumber. Mr. Washburn's description of how the trap is made and record of what excellent results were secured are given below:

"The upper oval part (c) serves as a receptacle which the flies enter through the opening in the top of the middle portion (b) made of screen and shaped like the roof of a house. Under this is the baseboard (a), upon which rest two tin bait pans. All three parts are held together by the hooks at each end, as shown. Space between baseboard and middle portion (between a and b) about one-half inch, and between this and bait pans through which space flies enter pans, about one-fourth inch. Figure 1 shows a cross-section of the trap, the arrows indicating how the flies enter the bait pan and then ascend through the 8-10 opening above into

place, three days, 5,000 flies; same place, one day, 4,200 flies; on the back porch of a dwelling house not far from a stable containing a few horses, two days, 8,700 flies; same place, one day, 12,000 (twelve thousand) flies; same place, one and a half days, 18,800 (eighteen thousand eight hundred) flies."

"The most important thing in the use of this rather remarkable trap is the bait. Above all things, says Mr. Washburn, be sure and use bread and milk for bait. Be sure, also, and frequently renew this bait. Always have it fresh. Never allow it to dry up, for it then loses its attractiveness. The best way to kill the trapped flies is to immerse the top portion of the trap in boiling water; then destroy the dead flies by burning, thereby getting rid of all the germs that are on them.

Destroying flies by fumigation and poisons are good methods, provided the greatest care is used in the fumigation and in the handling of poisons.

Close the kitchen at night after the evening's work is finished, pour a teaspoonful of carbolic acid upon a tin cup placed on the floor, so the fumes will spread over the air surface as soon as possible. In the morning, if your kitchen is fairly tight, all the flies in it will be dead and the acid fumes will have disappeared.

Cobalt is sometimes used. It is efficient when poured in a plate and a cheese cloth laid in it, but it is extremely dangerous and should not be used if there are children about the home, as it is poison. Common black pepper and sugar heated until it dissolves, and poured on a plate, will kill flies, but it is far better to depend upon positively fly-proof screens at the doors and windows, cellar windows and attic windows, and screen doors in the cellar entrances or bulkheads, together with good traps like that described above, and only harmless things, that is, things that are poison only to flies.

There is really no need of using deadly poisons when there are so many safe ways of getting rid of the pests. Eternal vigilance may be tiresome, but it will keep away flies, and it is better to be vigilant and tired than dead because of some dread disease brought into the home by the most dangerous of all insects—the housefly.

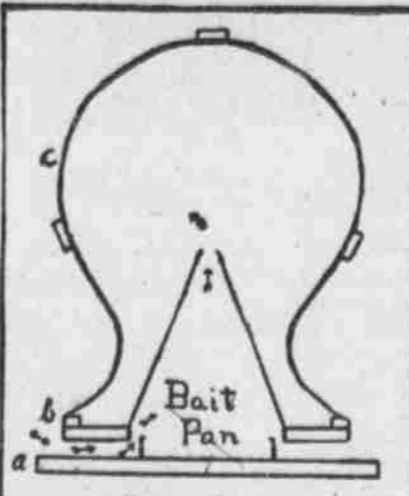


FIG. 1

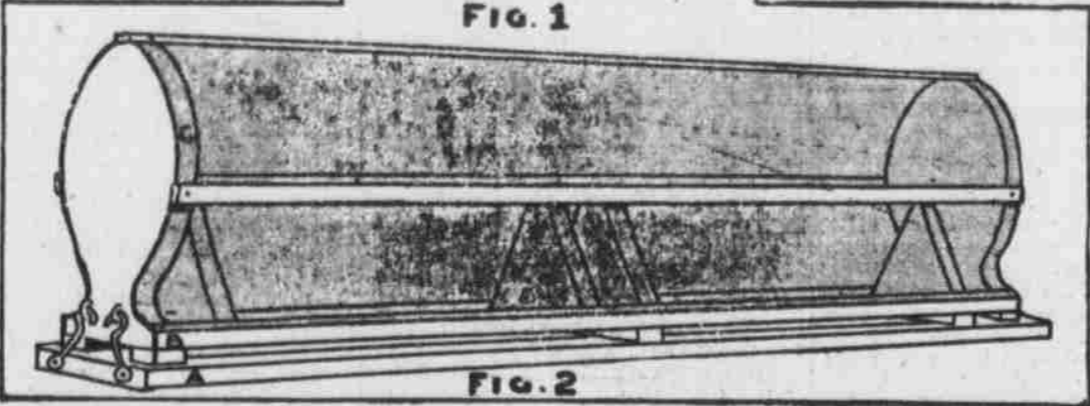


FIG. 2

Fig. 1 Shows Cross Section of the Minnesota Fly Trap. Fig. 2 Shows General View. Explanation of Letters Will Be Found in Text. Twelve Thousand Flies Have Been Caught in One Day in a Trap Like This.

Why You SWING YOUR ARMS While You Walk

If you watch people walk you will note that nearly all of them move their arms. If they walk slowly the movement of their arms is scarcely perceptible; if they walk rapidly their arms generally swing vigorously.

Most people believe this swinging of the arms as they walk is merely a natural swaying motion caused by the movement of the body, just as the tassel of an umbrella will swing when one is walking with it, but this is by no means the reason. The swinging of the arms is natural enough, but the nature of it dates away back to those unknown days when man was a quadruped.

Of course when man was a four-footed animal he walked with his "arms" as well as his legs, and even to-day, after the thousands upon thousands of generations that have

passed since he assumed an upright position, every time he takes a step his arm moves a trifle, involuntarily, as though desirous of taking a step in its turn, just as it did when man, then four-footed, pranced up and down the earth.

Many people can move their ears a trifle, many can move their scalps, and there is an abundance of hair scattered about our arms and legs, now useless, but still the remnants of the abundant coating of hair that once kept our anthropoid ancestors warm.

By keeping our minds upon it, we can hold our arms nearly motionless when walking, but let us hurry along, thinking of something else and our arms still swing, proclaiming our descent from ancestors who walked on four limbs that kept time together.

How MEMORIES OF A MILLION YEARS Trouble Us

By WILLIAM LEE HOWARD, M. D.

YES, this is all true—things impressed upon the mind stuff a million years ago are still with us to trouble and worry many men and women.

Every intelligent person knows that we have reached our present physical condition and shape through a long process of evolution from the four-footed stage of existence. It is stated by scientists that we have over eighty rudimentary organs in our body which were of use to us at one time, but about as much use to us now as a buggy whip is to an automobile. We cannot cast off these useless remnants—not in many generations. However, they are gradually losing their identity and will in time disappear.

It is necessary to get these facts clearly in the mind so that more important facts regarding the remnants left in man's memory may be appreciated, then we shall cease to worry about most of them. These are fears, superstitions and peculiar psychic disturbances which make life scarcely worth living for certain

persons. Many of these troubles have been treated as diseases of the mind and nervous system, when really they are nothing but remnants of normal acts and feelings produced under a totally different mode of existence.

Take, for instance, the fear of snakes. This is a fearful state of anxiety and horror in some persons. I have known it to cause a state of hysteria lasting for some time. Monkeys to-day show the same fear, but reasonably so, for serpents seek them for food. Now, when our ancestors were living among trees and their foliage, they had to keep a vigilant outlook for snakes, even in the trees, for these slimy foes could climb after their prey. They also would lie in wait along the snarled branches and suddenly shoot out their sinuous necks and heads and grab the unwary. This acute fear of snakes is one of the memories left us as a reminder of our past existence.

There are people who cannot stay in open spaces without feeling uncomfortable, and a few really unable to do so at all, on account of a fear which they cannot

explain. This state of the mind we call agoraphobia, and to overcome it one has only to know its origin. In fact, most of all these unaccountable fears can be conquered by a knowledge of their cause and origin. Drugs and other medical treatment in ordinary cases do harm—just face the facts and laugh at your old ape grandmother when you picture her running and shrieking from branch to branch to escape the snake, or perhaps rushing to the covering of the forest from an open field where she was searching for ground nuts.

The farther away from the shelter of dark woods, the greater was the danger to our ancestors, so that, in open places, they were always timid and fearful. They could not escape their enemies, sabre-toothed tigers and other beasts, by running upright; their agility was at its height when climbing and swinging from tree to tree. So, you see, that this fear of open places comes directly down and is nothing to worry about. It means nothing in the way of mind trouble, only that you have inherited a fear from good causes and have not had an insight to its real meaning.

Proving the Actual VALUE OF PERSISTENCY

THROUGHOUT life there are a great many traits and characteristics that go to mark the business man, some have faithfulness, others determination, others energy, and so on. But to actually determine the relative value of these characteristics is a most unusual proceeding, and one that reflects great merit upon the man who did this.

In his remarkable book, "How to Get and Keep a Job," Nathaniel C. Fowler, Jr., has made quite plain the actual value of persistency. He did this by talking with or writing to two hundred ninety-eight American men who had made a great success in life, a success that put them really in the leadership of their class of work, whether it were trade, business or profession.

Mr. Fowler's question was alike to each one of these men. It was "To what one thing, or to what two or three things, do you attribute your success?"

When all these replies were rounded up and tabulated Mr. Fowler found that persistence led the list. That the ability to persistently stick to their task, whether it was selling cabbages or finding new microbes, was what made them successful was the claim of sixty-six of these men. This is the manner in which the author tabulated his list:

PERSISTENCY, stick-to-it-iveness, and constancy.....	66
Application.....	59
Hard work, etc.....	54
Industry.....	28
Faithfulness.....	22
Concentration.....	20
Earnest desire to succeed.....	19
Diligence.....	14
Determination.....	8
Energy.....	8
Total.....	398

This shows, not only that persistency is the most valuable thing for a man to have who would succeed, but that those characteristics which are closely allied with it, such as constant hard work and application, are a close second in value.

To the young man who would honestly succeed, then, the first thing to tell him is "Be persistent." The writer explains that he came in contact with thousands of successful business men, men who were, in the common phrase, "self-made," men who achieved something worth while through their own efforts, not through capital inherited or otherwise given them, and that he found every one of these men to be persistent.

Nearly all these men selected their walk in life before they reached maturity, before they were out of their "teens," and that by sticking persistently to their plans they built up successes for themselves.

The Way to PREVENT GERM DISEASE in Mind and Body

WE shall hear as Spring arrives much about "swat the fly." So much has been written about the fly and other germ carriers that it is well understood how the diseases so injurious to man and his neighbors spread and destroy.

So far we have gained much in understanding that if we can destroy, or keep out of our systems, disease germs, there is no reason why we should not live and do good work way beyond a hundred years.

But "swatting the fly" and killing other germ carrying insects will be of little avail—just a local preventative. We must destroy the breeding places of the carriers. This means that instead of offering school children prizes for a barrel of dead flies, they should be taught how and where they breed. Offering prizes for the discovery of these places is the thing to do. Then the proper authorities will destroy them.

It is the small cities and country towns that menace the health. Here are to be found old manure heaps, deserted vaults, stagnant pools and other opportunities for the breeding of germ carriers. These places destroyed and never again allowed to exist, and we are on our way to live for a century's work—every one of us.

The same precautions need to be taken by each individual as regards his body. No dirt should be permitted to stay inside or outside, especially inside. Over-fatness allows body pollution because it crowds and hinders free action of the liver and big sewerage of the whole body. Congestion of the liver is one result, rheumatism of the joints is another and "colds in the head" are often only an effort of nature to rid the system of inflammatory products due to some stoppage of a tiny set of canals or ducts. Inflammation of the tonsils follows a lethargic system, and then the germs always in the air find a perfect breeding place. Under these conditions man loses much of his recuperative powers and breaks down long before his time.

Constantly clean up the body; then germs find no nests in which to breed. The trees and shrubs in the Spring have to get the sap to their utmost branches. They do it by swaying, bending and twisting with the Spring winds. That twisting and bending expands and compresses the inner fibres of the limbs and so force the sap to every tiny ending. You can do the same by twisting and bending every morning for a few minutes. This sends the fluids of the body even to the finger ends and eliminates the poisonous material. It reduces extra fat, sends rich blood to stagnant spots and keeps for ever a Spring-like condition of all the tissues.

But most important of all is a clean mind. The mind stuff can be polluted by a certain form of germ; evil thoughts, malicious intentions, misuse of intellectual activities. Get them out by putting in good thoughts, instructive reading, informative material, proper ambitions.

We do not know, not one of us, the power that lies in a healthy mind because we so seldom have it free from injurious thought germs. We are commencing to understand, and what the future man will eventually evolve from an unhampered mind is unknown. I believe it will be some sort of an insight into the future existence.

New Art Palace of New York

(Continued from Preceding Page.)

Sir Thomas Lawrence; a "Portrait of a Lady," by Sir Henry Raeburn, a Theodore Rousseau and a Jakob Maris.

This house has always been noted for its dealings in the works of the Barbizon school, which once held an unrivalled place in the affections of American connoisseurs. In recent years Americans have grown very fond of the English eighteenth century masters because they make such splendid decorations for our great new houses. In harmony with this development of taste, the Knoedlers have lately bought the works of Sir Joshua Reynolds and his companions as assiduously as they have always bought those of the Barbizon school.

They have also a remarkably fine collection of the Dutch and Flemish schools. The Italian old masters, too, are well represented among their treasures.

This great establishment can offer to the connoisseur masterpieces by Veronese, Correggio, Luffi, Bellini, Bordone, Palma, Perugino, Tintoretto and Guardi; by Pieter de Hooch, Ruysdael, Van Dyck, Hobbema, Metsu and Teniers; by Natier, Rigaud, Fragonard and Boucher; by Inceborough, Hopper, Raeburn, Lawrence and Romney; by Corot, Rousseau, Daubigny and Diaz.

It is a peculiarity of the great art dealers that they will not reveal to everybody all that they have. The modern American collector is attracted to the dealer's establishment by the possibility that forgotten treasures are hidden there.

Why MILK BOTTLE CAPS Should Be Improved

WHEN bottles were finally generally adopted in place of the more dangerous tin cans, after volumes of printed articles and thousands of speeches clamoring for this change, it was believed that about everything possible had been done to safeguard the consumer as far as milk receptacles were concerned. There was some trouble with the cardboard caps, owing to the difficulty of getting them out without squirting milk all over the premises, but little pointed lifters were made for this, and then the caps were made with a little tab to take hold of.

It is this tab which seems to be the great bother, although there is danger in the plain round cardboard caps also, for it is impossible to lift one of these caps from the bottle quite evenly, due to the little groove in the neck of the milk bottle made purposely to keep it in place.

In the restaurants all the year round, and in the delivery teams and freight cars in Summer, these bottles of milk are packed in cases something like beer cases, and to keep the milk, cracked ice or large ice cakes are placed over the tops of the cases. As every one knows, there is a considerable quantity of dirt in ice, especially where it is used in this manner, and when the bottle of milk is brought into the home or set upon the table in thousands of restaurants where milk is served individually in such bottles there is always to be found a little water and a little dirt, tiny black specks from the melted ice,

and possibly other foreign matter that has fallen into the cardboard cap, for the top of the bottle forms a cup which holds such dirt.

Now the danger comes in removing these caps. You cannot lift it straight up, whether you pry it out with the tines of a fork or lift one up by the little tab (A). One edge must come up first. Now, with a little water on the top containing particles of dirt and no one



(A) Tab to Lift Cap. (B) Where the Dirty Water Collects. (C) How the Dirty Water Runs Into Your Milk When the Cap Is Lifted Up.

knows just what sort of foreign matter (B), the moment this cap is lifted up it all runs off the edge (C) and into your milk!

Perhaps if people would always stop and soak up all the moisture carefully from the top of the cap with a napkin, and wipe it carefully, this might be avoided; but very few people will stop or bother to do this, as in the home the maid is in a hurry and yanks the cap out of the bottle as speedily as possible.

Invariably the result is that, no matter how clean your milk was, you have dumped not only dirty water from melted ice into it, but this water has slid along with it and carried into your milk a number of particles of dirt, and thus the whole milk is contaminated. It does not necessarily follow that deadly germs are always thus slid into your milk, but there is always the chance of some of this dirt on the paper cap being extremely dangerous. What is needed now is some sort of cap or covering for milk bottles that will slip into position neatly and quickly without the need of workmen's thumbs jamming it down, and especially without the danger of dumping a little dirt into your milk every time you remove the cap. Apparently, here is an opportunity for some clever inventor to perfect a cap for milk bottles that will be absolutely sanitary. As yet there seems to be no such cap—at least not in the average restaurant and home have any milk bottles been found with such caps.