THE OMAGA SUIJDAY BEE MAGAZINE PAGE



NEW DISCOVERIES DE STER THE EARTH

How HEALTH Is INJURED by RIDING IN TOMOBILES

HEN automobiles took the place of horses and the world began to move a great deal more rapidly in consequence, everybody rejoiced to think that we were to have more spare time in which to give our minds and bodies recreation. After ten years of this new method of getting about, some of us pause to consider as to whether we are any better off than before in the matter of health and enjoyment, or whether in fact we are not rather the worse.

We have certainly had more time to spare, but many of us are inclined to think that we are somewhat like the man who fell over the cliff, when he meant to climb down it; he reached the bottom more quickly, but was not good for much when he got there. In the same way automobile users have discovered that even though their day's work is shortened, they are usually too tired

to take proper advantage of the time they cave.
Automobiles have enabled many people to get through
more work in a given time. But physicians charge
that in doing this they have robbed mankind of one
element which is a prime necessity as regards health.
That vital requirement is rest, both during work and

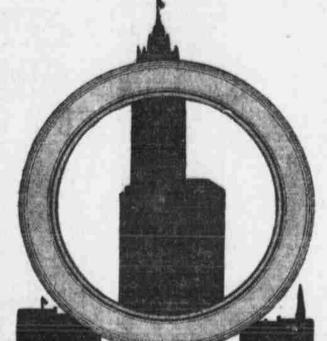
"Rest is not simply a question of inaction or obliv-ion," says an Australian physician. "In order to save us from breaking down, nature has interposed many inevitable interruptions in the course of our lives, in the shape of hunger and the desire for eleep. Otherwise we should all run ourselves to a standatill, in the same way that the life of an automobile would be a short

Speeding MOTOR CARS SAVE US TIME Only at the EXPENSE of BRAIN and NERVES

one, if it were used incessantly with out any time for everhauling or repairs. The constantly recurring interludes in the form of mealtime and sleep are the breathing spaces which are the salvation of our nervous systems. So far from being a waste of time, these breaks are as essential as food itself. It is they which revivify us, recreate us in fact. Recreation is not merely a matter of games or other forms of pleasure; the essence of it is change."

It is just here that automobiles have done the damage, by eliminating many of the changes which formerly took place in daily life and work. The man who once went to his office by train or electric car. or better still, on foot, if distance permitted of it, now steps into his car and is whirled straight from his own door to his place of business. The result is that he flies past the interesting little details of life, which previously changed the current of his thoughts. His mind is now occupied with thinking of his work, if he is not agitated by the dread of an accident, which is worse Previously his brain was refreshed by a score of diverting in-cidents by the way, friendly discus-sions with his travelling compan-ions and all the by-play which goes on in the stream of life.

As a man said to his partner, when chaffed by him for walking to the office instead of using his car, "It's all right. You got here sooner than I did, but you missed a magnificent dog-fight.'



There Are New in Use in the United States 1,600,000 Automobiles of All Kinds. The 9,000,000 Tires Which These Cars Wear Out Every Year Contain Enough Material to Make a Single Tire with a Tube 104 Feet Thick and Measuring 624 Feet in Diameter. The Diagram Shows Hew Such a Tire Would Compare with New York's Tallest Sky-

When once a man used to enjoy a chat with his acquaintances twice a day, on his way to and from business, he scarcely sees any of them now, save the

friends with whom he is on visiting terms. Work itself has become more concentrated and harassing newadays. If a man has to leave his office in

part of the town, he steps into a taxi and is whisked there and back, instead of going by the electric car, or being quietly bowled along in a hansom. This may save time in the immediate present, but what of the Too often the nervous system is called upon to pay. By using the time-saving automobile the man has been deprived of a breathing space, which would have given his mind a much-needed rest.

There is even more than that in the case against automobiles. The worst feature of motoring is the sense of useless, unnecessary hurry which it inculcates. As people sit in a car, all they want is to get to their destination, regardless of whether there is any need for haste or not. When they step out of the car this feeling of hurry is still with them, so that they rush at their work with needless speed and worry.

No matter how smoothly an automobile may run, it seems to have a disturbing influence on the nervous system. Apart from the habit of looking out for obstacles and other risks, the fact of objects flying past the vision bewilders the brain. When travelling by train or street car the objects fly past also, but the effect is not the same, for the passenger can fix his gaze on the interior of the carriage, and this is relatively stationary, so far as he is concerned.

This sense of hurry invades the hours of leisure also. Compare a man who arrives home in his automobile with one who has travelled in some other way. The former is often restless, unable to sit down quietly and take the repose he is in need of. Many golfers say that if they motor to the course, it takes them some time before they can settle down to their game. For the first few holes they tend to press and hurry, not only when playing the strokes, but between them also, rushing after the ball as if they were afraid it would

Now when a man finds both his hours of work and those of leisure disturbed by his feeling of unrest, he is on the road that leads to a breakdown. He is overworking a nervous system which is in the worst possible condition to withstand any strain.

What is the remedy? Automobiles have come to stay but that does not mean that we are to make ourselves

slaves to them. We are bound to use them on occasion, but we should all be the better for travelling quite frequently in some other fashion when possible.

One morning a man found that his car was in need of repair. So he had to go to the office by train instead. On the way he had a most interesting chat with an old acquaintance whom he had not seem for mosths. acquaintance whom he had not seen for months. Previously they had been wont to travel together morning and evening. As they parted at the station, the other remarked. "This has been a treat. Let us hope that your car will break down every day in future."

That same afternoon the man had arranged to go for a picnic with his wife and family to a country spot some fifteen miles away. As his car was not available they had to go by rail. On their return they had to wait for half an hour or so at the wayside station for the train. It was a lovely evening and the landscape lay bathed in the mellow light of a rich sunset. Peace lay over all the land, and as the man strolled about with his wife and children, feasting his eyes on the beauties of nature, his mind was imbued with a sense of repose it had not known for months. Like his acquaintance of the morning, he began to think that it would be a good thing if his car was out of repair every day.

A great many physicians are agreed that if automobiles only broke down more frequently our nervous systems would be frequently saved from undergoing the

SETTING aside its religious aspect. It relieves our feelings in much the in a fit of rage we unconsciously same considering the matter entries from the standpoint of the steam pressure in a boiler. tirely from the standpoint of physiology and psychology, there seems little doubt that an occasional swear word of some kind or other really does serve a useful purpose.

Ordinarily a person swears only in a similar mental state, when under the influence of some The exact meaning of the Anger, if at all intense, is such a powerful emotion that it must find

would be great danger of our rage ending in the bursting of a blood vessel or in the form of insanity. known as a brain storm. To furnish an outlet for this emowhich might cause serious trouble if kept pent up too leng,

an outlet. Were none possible there

scientists agree that there is nothing better than weeping or the use of a swear word. By concentrating the emotion on what women speak of as a "good cry," or on a few vigorous cuss words, its intensity is quickly dissipated. Nerves that are strained by anger or some other strong emo-tion are relieved by a sudden burst-ing into tears or by an explasive ut-

The exact meaning of the word we very strong emotion, usually anger, use makes little difference with the relief its use gives to our feelings. This is proved by the fact that many persons employ perfectly innocent words and find them as useful in "stretching" their overtaxed nerves as profane expressions.

The habit of using swear words

whether mild or otherwise, is due to the operation of the laws of action and reaction in the field of the emotions. Long experience has shown that certain words or phrases forcibly uttered furnish the line of least ry-

sistance when our pent-up feelings require a speedy outlet.

But, although the use of some expletive decently and in order may often be justified, it is something we should all try to avoid. Thoroughly well balanced men and women never let their nerves become wrought up ing into tears or by an explosive ut-terance just as cramped muscles are let their nerves become wrought up by stretching. The particular swear word used to sary. They appreciate that no mat-relieve one's feelings is probably the ter how good scientific reasons result of imitation. Once we have there may be for expletives their heard such a word used by some one is a confession of weakness.

Why Many CELEBRITIES Can't Be Called "SALI

ery, is a "person of renown or distinction." A salubrity, according to John Kendrick Bangs, the well known humorist, is a person of tact, sympathy and kindness-one of the kind that makes friends on the strength of what they are rather than be-cause of what they have done. Not all celeb-rities are salubrities, as Mr. Bangs makes clear with numerous examples; but every salubrity is entitled to rank as a celebrity salubrity is entitled to rank as a celebrity just because he has the happy faculty of making hoself beloved by his fellowmen. The dictionaries define salubrity as mean-ing the quality of wholesomeness. Mr.

Bangs, however, has gone the dictionaries better by giving the word an entirely twist. Just what a salubrity is, why

existence chiefly to the influence of

the hot water in the Gulf Stream.

Water is one of the bodies in which heat is

the most easily preserved, and consequently

the Gulf Stream, even in high latitudes, still

keeps an enormous quantity of heat. The masses of air that rest on these hot waters

are kept at a temperature higher than the surrounding temperature and form a veritable

acrial gulf stream above the marine current. But this serial current is not, like the ma-

rine one, arrested by the mass of the confi-

nents. It continues its route over Europe, abandoning, in the form of rain, the enormous masses of water it contains. It is these

abundant precipitations which feed the enor-

many celebrities can't by any stretch of the imagination be called salubrities, and why many other celebrities are really salubrities in spite of the impression they create to the contrary is all explained by Mr. Bangs in an amusing and very enlightening lecture which he calls "Salubrities I Have Met."

Mr. Bangs insists that his discovery of the word salubrity, which he makes such a useful addition to our vocabulary, was the result of an accident. Very against the way riving a lec-

an accident. Years ago he was giving a lec-ture called "Celebrities I Have Met." On arriving in a little Western town he was astonished to find that the local managers of had advertised him to speak on "Salubrities

The lecturer's protestations that it was

mous lakes of Sweden, Finland and northern Russia.

On account of the rotation of the earth the

aerial current turns first to the east, then in-clines toward the south. It thus constitutes masses of dry cold sir, which make the plains

As it draws nearer the equator the current of dry air is again warmed, but remains at the same time dry and without vapor. Its direction is then northeast, and as it passes

over Turkestan, Arabia and Africa it produces

the great deserts found there.

Thanks to the trade-winds, the aerial cur-

rent at last returns to its starting point, the Gulf Stream, after having, like everything else, done much good and much harm in its extended journey.

of Russia so bleak and wind-swept.

surd subject were met with the statement that the people of this rough community were very insistent on an entertainer giving exactly what he had been advertised to give, and that if Mr. Bangs valued his life and liberty he would better think of some-thing to say about "salubrities." Acting on this advice the humorist prepared the framework of the lecture he has been using ever since.

As a shining example of a celebrity who is not a salubrity Mr. Bangs selects Sir Winston Spencer Churchill who. as England's first lord of the admiralty, is just now so much in the public eye. His lordship's cold, repellent qualities were never displayed to worse advantage than at the reception which one hundred distinguished Americans underto tender him one evening at the Wal dorf-Astoria in New York. Even the good cheer radiated by Andrew Carnegie and other salubrities who composed the recep tion committee was unable to disnel the dreary chill which permeated this affair as a result of its titled guest's lack of salubrity. Rudyard Kipling is mentioned by

Bangs as a conspicuous example of the celebrities who are salubrities, but who rarely get

know Mr. Kipling only slightly who call him brusque and cold. For those whom he has taken into his friendship he is the most companionable of men-a typical salubrity. Few outside Mr. Kipling's intimate circle of friends know what a crushing blow the death of his little daughter a few years ago was to the author. It was a sorrow from which he has never recovered, and those who

know him best say that this explains why none of his recent writings have equalled the high standard of his earlier work. A. Conan Doyle, the originator of Sherlock Holmes, is another celebrity whom close ac quaintance shows to be a salubrity of the

To Mrs. Henry M. Stanley, wife of the famous explorer, Mr. Bangs gives a place with the salubrities for a wonderfully tactful remark she made at a reception given in her honor during a visit to America.

"May I present Mrs. Richard Henry Stoddard, the wife of our famous poet?" said Mr. Bangs to Mrs. Stanley.
"I shall be delighted to know the woman

wrote"-, replied Mrs. Stanley quickly, naming a novel written by Mrs. Stoddard before her own literary work was overshadowed by that of her husband.

SCIENCE NOW KNOWS

MOST ANCIENT OF TIPPLES.

THE most ancient of all intoxicating beverages was made from mare's milk, set aside and allowed to ferment. The drink still is the favorite

ANIMALS THAT NEVER DRINK. EXPLORERS have found in Somaliland a species of antelope which

exists without water. In the desert where they live there is no source of water and the annual rainfall is less than three inches. HOW EXPENSIVE VANITY IS.

THE vanity of thousands of Chicago firms in thinking that they are too well known to need to give their street addresses on their catalogues and business stationery causes the post office extra expense, estimated at \$250,000 a year.

A NOTE SO LOW YOU CAN ONLY FEEL IT.

A N organ recently installed in Lowell, Mass., can produce a tene an A octave lower than has ever been known before. It is described as a mighty atmospheric throb of awascare majesty, and scientists declare that it must be rather felt than heard.

A GARAGE DOOR THAT OPENS AND SHUTS ITSELF.

T HE often troublesome necessity of getting out of one's car to open and close the garage door is removed by the invention of a device which automatically operates the door and also blows a warning horn when the weight of the car establishes an electrical contact with a series of plates sunk on either side of the door.

PAPER Bags BEST for FLOUR

How HOT WATER Makes Deserts

O you buy your flour in a cloth bag, or in a sanitary paper bag? If it is cloth, it is not sanitary unless it has a

The Housewives' League, which has been investigating the matter, reports that thus far it has been able to find only one style of package that is sanitary and surviceable, which s not increase the post to the consumer, and this is the rope paper bag.

A cloth bag is not santary because it is made of a meshed fabric having spaces between its threads which permit flour to sift out, and dirt, dust and germs to enter. Unless it is protected on the inside with a paper there is nothing to prevent the entrance of septic particles.

The cloth bag also permits foul odors, gases and moisture to contaminate the contents and otherwise spoil the flour. Paper affords the protection wanted for uncleansible food products, and it is for this reason that the league recommends the rope paper sacks in the hand ling of flour and kindred products.

A number of dealers say that some women like the cloth bag because it is useful for other purposes after the flour has been consumed. If this preference exists it is only because the

dangers of the cloth bag have never been brought to the attention of these women.

If you will hold an ordinary flour sack up to the light and see how little protection it affords the contents, either from dirt, which is only aesthetically objectionable, or from actual dangers in the form of the invisible seeds of disease, you will surely be cured of this preference.

Sometimes a clay sixing will be found on the inside of the bag, but this coating easily rubs off and, of course, mixes with the flour.
The Housewives' League is urging every housekeeper to support cordially this campaign for clean flour. If you want clean, wholesome flour you must make it a personal

matter now. "Demand of your grocer your favorite brand of four put up in sanitary bags," says a recent builetin from the League. "Do not allow him to put you off by saying that he does not carry flour pucked in this Make him get it for you. Remember that it costs no more to put up flour in paper bags than in the old way, and in no other way can you make certain that it has been effectually protected from the numerous successes to health that it meets at every step during its journey of hundreds of miles from the mill to your grocer's shelves."

SALT Does NOT Kill GERMS THE fact that salt is so useful in keep-

ing meats and other foods from spoiling has led to a widespread belief that it is fatal to all microbes. As a matter of strict scientific fact, however, this is a serious mistake.

The bacilli which cause tuberculosis, typhus fever and other diseases can be kept in strong brine for several weeks without suffering any damage. Not only does the salt fail to kill them, but it even seems to make them thrive all the better.

If salt were really fatal to microbes our bodies ought to be practically immune to their attacks, for every drep of human blood contains a considerable percentage of salt. But, as is well known, this salt does not prevent microbes of disease from obtaining a foothold in our bodies and multiplying there under

Nantes, has just discovered that, far from being able to kill germs, salt may itself furnish a breeding place for them. In a cubic centimeter of the concentrated marsh brine from which salt is deposited he found no less than 30,000 bacteria.

After the salt is placed in piles, it undergoes numerous grindings in which hygiene is entirely lost sight of. Thus Dr. Rappin found that, far from being antiseptic, salt of this kind, and no doubt that made in other ways, needs to be put through an antiseptic treat-

This could be done by subjecting the salt to a strong heat in a closed vessel, or by washing it with a hypochlorite of soda solution. Unfortunately, such operations are exceedingly difficult to carry out on a large

FOUR TEETH Which Are TOO OFTEN NEGLECTED

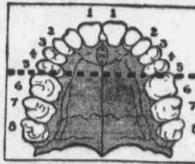
POUR teeth which a child cannot afford to let bewhat are known as the sixth-year molars-two on the upper and two on the lower jaw. The reason why these teeth should be so carefully guarded is that once they are gone they can never be replaced except with

The four sixth year molars appear when a child is about six years old and before the temperary teeth have begun to disappear. This fact often leads parents to take them for the last of the temporary teeth instead of for what they really are, the first of the permanent

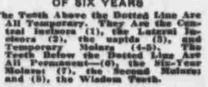
As a result these four molars are often neglected

more than they would be if the truth about them were more generally known. "Never mind," thinks many a mother when she discovers signs of decay in these molars. "It won't pay to have a dentist look at them, for they're only temporary teeth and will soon be shed." She until years later when a dentist tells her that the gaps in her child's mouth where the six-year molars were will never be filled unless b' artificial teeth.

The six year molars ought to receive the most careful attention from the moment they begin to push their way through the gums. On them depend to a large extent the health and permanence of the other teeth. A dentist should be consulted if they fail to make their appearance in the proper positions, or if they begin to



A CHILD'S TEETH AT THE AGE OF SIX YEARS



show the slightest sign of decay. As all parents should know, the temporary or milk teeth are twenty in number, ten upper and ten lower. The first of them, usually one on the lower jaw, puts in an appearance when the child is from five to seven months old. By the end of the third year the last of the temporary teeth should be in

The first of the permanent teeth are not cut until the child is five are not cut until the child is five or six years old. These, as had been explained, are the four melars which are so often mistaken for the last of the milk teeth. All the permanent teeth are in place by the end of the fifteenth year with the exception of the four wisdom teeth,

WHE public is beginning to real- ly advertised disinfectants are, it is varying conditions is a matter of wide manganate of potash and hydrogen

are either entirely worthless or of turers. very doubtful value. This is a metr not only of dollars and cents, but of life and death. It is believed that sands of lives are sacrificed in is United States every year because is laws in most States permit the ale of disinfectants which do not dis-

It is quite evident that state conablic welfare as enforcement of the are food laws. Yet the law as it gw stands in every State except faryland permits the market to be coded with preparations which have

ize that one of the most serious charged, practically devoid of effect difference of opinion. humbugs of which it is the vic- on germs and wholly so when diluted fim is the sale of disinfectants which as recommended by their manufac-

To remedy this situation in New York State a bill is to be introduced at the next session of the Legislature to standardise disinfectants and place their manufacture and sale under strict official control. The proposed

law will require every disinfectant made or sold in the state to bear a label stating its power over germs as compared with that of pure carbolic acid. Heavy penalties will be provided for adulteration, misbranding and other violations of the law.

taken internally, as it often is by ciency disappears.

mistake. Another objection to it is "Asrial disinfect its inability to mix with soap, serum and albuminous matter.

by the production of ther from burning of the cither from burning

the bactericidal value of formaldehyde." says a recent writer. "The marked discrepancies in the results obtained over a long period of years generally.

By experienced observers have tended "Dr. Ge to raise doubts as to its general ef-

poisonous. But just which substance exidation. The other principal rep-never is the surest death to seems under resentatives of this group are per-trate."

peroxide. In the absence of organic The use of bichloride of mercury, matter all three are efficient disinlong considered the most powerful fectants, but when organic matter is germicide available is being discour- present-a condition which always aged because it is so deadly when obtains in actual practice—the effi-

"Aerial disinfection or fumigation by the production of sulphur dioxide, either from burning sulphur or from "Expert opinion differs widely as to a solution of sulphuric acid, is still used in many places, in spite of the fact that it has been repeatedly condemaed by scientific experimenters

"Dr. George M. Sternberg characterized the use of sulphur dioxide as a farce. Dr. Alvah H. Doty says that Physicians are agreed that the "Chloride of lime belongs to that at best it can only be employed for ideal disinfectant should be non-group of disinfectants which act by superficial disinfection and should poisonous. But just which substance exidation. The other principal rep. never be depended upon to pene-

WELL-KNOWN engineer recently took a mage-

technical expressions.

The magazine writer replied to the criticism by suggesting that the engineer would better absorb the story which is told of Lord Tennyson, the great English poet, and Adam Babbage, and which illustrates the folly of attempting to measure literature with a foot rule. Tennyson once wrote a poem called "The Vision of Sin," with lines which ran-

Every moment dies a man. Every moment one is born." Babbage wrote to the poet: Copyright, 1914, by the Star Company. Great Britain Rights Reserved.

POETS Have No Use for FOOT RULES

zine writer to task because the letter in an which reads: article on skyscrapers had used se many un-

Every moment dies a mer Every mement one is born.'

"It must be manifest that were this true, the population of the world would be at a standstill. In truth, the rate of birth is slightly in excess of that of death.

"I would suggest that fit the next issue of your poem you have it read:

"In your otherwise beautiful peem there is a verse

"Every moment die sa man. Every moment 1 1-16 to born. Strictly speaking, that is not correct. The actual figure is a decimal so long I cannot got it in the line, but I believe 1-16 will be sufficiently accurate for poetry.