

Science Notes

BY WILLIAM G. HAYNES.

Through the courtesy of Miss Estella Casey, a very capable and progressive teacher of Domestic Science in the St. Louis (Mo.) Public Schools, we are able to offer the following interesting contributions to the ladies who are readers of this column:

Domestic Science in the Public Schools

This word, preparedness, of small meaning, stands paramount in the minds of all civilized people today. It fits perfectly into all phases and walks of life. Fifty years ago little thought was given to the study of Domestic Science. Today it stands parallel with the other sciences. Colleges and public schools are preparing girls for this great work of "domestic engineering."

Household industries and household science are taught on a systematic basis. Housework is impressed upon the girl as honorable work. She no longer considers it a drudgery to wash dishes, to make up a bed, or to prepare a wholesome meal, but an art. The enthusiasm awakened in school girls for the performance of the common duties of life is of much importance, and each city of the United States should equip domestic science centers for their girls.

We find the girls physically and morally improved, besides being efficient in this line of work; the family conditions are bettered unconsciously; thus domestic science is gradually reaching its goal.

Suggestions for Children's Meals.

Ripe bananas or cooked peaches, or stewed prunes, mashed into fine pieces with a fork and stirred through cream of wheat, rice, oatmeal or other cooked cereals, will make a helpful change from the plain cereal. Bread and butter is rarely refused if covered ever so lightly with some kind of jelly or jam.

Other Suggestions:

- Eggs scrambled with milk.
- Baked apple.
- Baked custard, tapioca and rice pudding.
- Milk toast (thickened or thin.)
- Cocoa made almost entirely of milk.
- Bread pudding (slightly sweetened) made with milk and egg and served with cream.

WHAT IS ALCOHOL?

SCIENCE ANSWERS

(By Dr. E. O. Taylor, Boston, Mass.)

Alcohol is a double poison, narcotizing the nerves and irritating the linings of the body at the same time. Alcohol will do to the man who uses it exactly the same things that cocaine will. Both are narcotic drugs.

For every single argument that can be used for the prohibition of cocaine and other like drugs, we can bring two sound, unanswerable, scientific arguments for placing the social ban upon alcohol and for enacting prohibitory law against its sale as a beverage.

Every poison likes some part of the body better than any other. For instance, the poison of lead likes the muscles of the wrist; mercury likes the salivary glands; manganese the liver; arsenic the coating of the stomach; strychnine the spinal cord; but alcohol likes the brain best.

Professor Hans Meyer, of the University of Vienna, explains why alcohol likes the cells of the brain more than other parts of the body.

Alcohol is a ready solvent of fat, and because the cells of the brain are composed largely of a fatty substance alcohol acts more injuriously on the brain cells than on other parts of the body.

If I had a choice as to what poison should attack my body, I would prefer a wrist drop to a brain drop; a sore mouth to a sore brain; the liver complaint to a brain complaint; a stomach ache to a brain ache.

WHITE MEN ARE TOO SALTY FOR CANNIBALS

Chicago, May 5.—Every modern human being is pickled in brine until his health is ruined and he is brought to an untimely grave through his salt-eating habit; according to Dr. Charles Woodward, of the Illinois State Eclectic Medical society, which is holding its forty-sixth annual convention here. So much salt is eaten by civilized white men that cannibals cannot eat them, the doctor asserted.

"The idea that we must fill every article of food with salt is a most dangerous fallacy," Dr. Woodward said. "Every man needs about twenty grains of salt a day—he eats about 400. This means that his tissues are invaded by a surplus of salt, which cannot be eliminated. The result is a hundred ailments.

"The South Sea islanders never eat a white man, and the explanation given by them is that white men are too salty."

U. B. of F. and S. of M. T.

Faithful Lodge No. 250 and Friendship Temple No. 347 will give a grand reception and baby exhibit Monday evening, May 8th, at Peterson Hall, 24th and Burdette streets. To the best developed baby under two years of age, a beautiful prize will be given. A silk dress pattern will be given to the person holding the lucky number, ranging from one to fifty. Mrs. M. C. Sands and Mrs. Fred Reeves are handling the chances. Hurry and get your chance as they are going fast. Good music the entire evening. The committee has spared no pains to make this entertainment the crowning event of the season. Admission 25 cents. Refreshments free. Bro. M. C. Sands, chairman; Sister Alice Pegg, secretary.—Adv.

"ABOVE THE CLOUDS"

This delightful drama will be presented under the management of Mrs. M. D. Marshall for the benefit of Zion Baptist Church Thursday evening, May 11. Those taking part are among the most talented of the young people in the city. The characters will be taken by Messrs. Andrew Reed, Vernon and Thomas Roulette, Edward Miller and W. S. Brown; the Misses Hazel Perry, Rosella Haynes and Beulah Brittan, Mrs. Allie Jones and Master Cecil Alexander. Miss Irene Cochran and Miss Lulu Baker and Mrs. J. Alice Stewart will furnish musical numbers. The entertainment deserves liberal patronage. It will be given at Zion church.

JOHNSON VISITS MOTHER.

Jacksonville, Fla., April 27.—Hon. J. W. Johnson, formerly United States consul general at Corinto, Nicaragua, Central America, author and contributor to the leading Race periodicals of the country, is taking a vacation and is spending the time with his mother at 138 Lee street.

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