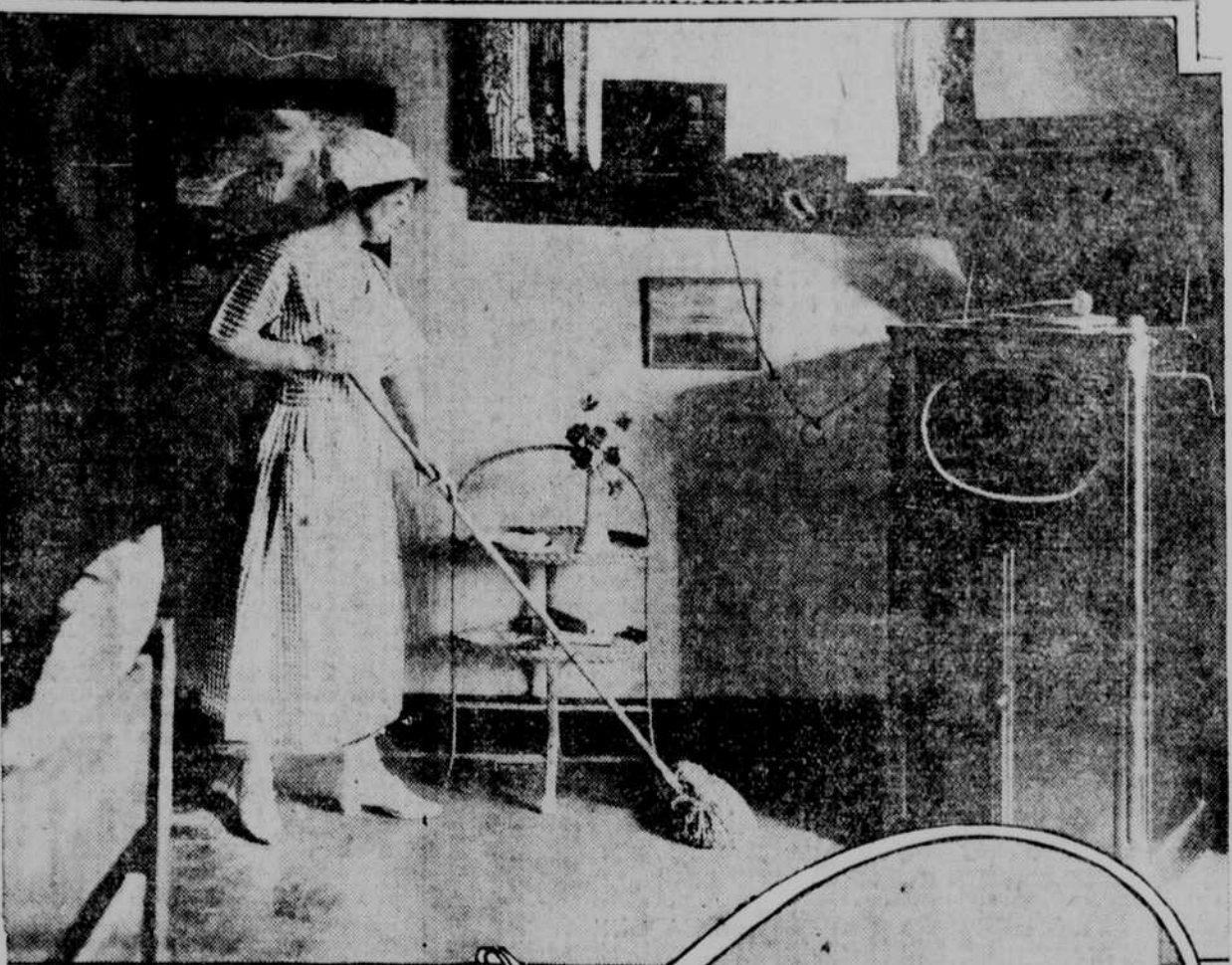


Radio Declared Tonic for Work; House Cleaning Less Tedious When Executed to Ethereal Strains; Good Music Assists Creative Minds



No woman likes housecleaning, but it becomes far less tedious when the mopping and dusting is done to the accompaniment of a lively jazz orchestra.

By MRS. CHRISTINE FREDERICK. I wonder how many have made the discovery that radio is a tonic for work?

This is surely a rapidly moving age, and we are accustomed to doing two things at once, so that perhaps the idea of listening in and keeping busy at your task will not be such a revolutionary suggestion after all.

It was my husband who first brought this idea to my attention. He is a writer and business man, with an amateur bent for painting in oil as a leisure diversion. I walked into his studio one day and found him busy at work on a canvas, with an earpiece close to his head, from which trailed a long wire to the radio set, so that he might move freely. He assured me that it was an excellent tonic and stimulus to his amateur art work to listen in while painting. Some time later I discovered him at work at his desk writing, and again the earpieces were merrily at work, apparently facilitating the movement of his pen.

"What in the world are you trying to do?" I asked.

"Making radio help me work," he replied.

Music "Peps Up" Thought. There's just one curious thing about listening in while you work. As long as music is coming over the radio, it is like a cigaret, a glass of wine, or a cup of coffee in its stimulative effect, but let some man start to talk—even the broadcasting announcer himself—and you are tripped. Music, you see, is an excellent subconscious stimulant and affects the dormant, submerged mind, whereas words immediately plug into the brain itself and compel attention. I can't work when somebody's talking, so obviously the only thing that has any stimulative value while you work is music.

I have stopped to analyze just why radio music was so helpful to work, and it seems to me that it moves your mind along with its tempo and keeps you flowing forward instead of stopping to stagnate or eddy in a circle. You might compare it to water flowing freely and musically over a directly downward course, with a definite forward speed. When one works without this help of music, the mind shows occasional tendencies to stop its definite forward movement and become like a still pool, thus temporarily retarding one's work.

"This principle, I happen to know, has been recognized even in industry. In factories where music was supplied during work hours for certain types of work, there was definitely more cheerfulness and more speed among the workers. For centuries we have been aware that men walked with more sprightly steps to music than without. So it does not seem to me strange that I should find radio broadcasting of music a good stimulant to work. I have never been one of those who feel like using various kinds of 'dope' as a stimulant for work, whether it be alcohol, coffee, tea or something worse. There are various tales of great artists who could not work without huge pots of coffee strong enough to float an egg, or who had at their side their great flasks of claret, or something else in the alcohol family. I have always felt that there must be many less harmful stimulants to creative work than this. Apparently what creative artists have so often groped for by using stimulants was something that would focus their mental concentration upon the work in hand. I seem to find this in radio music while I work. Of course, I'm no great creative artist, but who knows, some musical or artistic masterpiece may yet be born with the stimulative help of radio."

Lights Housework. I tried out his principle in the home, and found that common household tasks were just as amenable to it as any other kind of work, and now I find it delightful to do odd household tasks beside the loud speaker. I have also discovered that it is a double delight to read while listening to radio. True, I must tune out sometimes the lecturer who comes on in the middle of a musical number program, for, of course, only a freak mind can listen to two conversations at once! But I have never enjoyed reading so much as since doing it to the tune of radio music. So far, we have mostly regarded radio as entertainment for the leisure hour, and possibly its value has been limited by this point of view because we notoriously have so few leisure hours in the home. We seem



Professional men and students find that good music, coming in through the loud speaker, is an aid to them in constructive work. It does not interfere with concentration, provided the volume is not too great.

always to have something to do. With, however, a conception of radio music as a companion to reading and work, a still wider range of usefulness may be wrung from the already full use of radio.

The other night I had a number of letters to write and sat down quietly at a desk, although I was especially eager to listen to a certain musical program to be broadcast. It suddenly occurred to me that I could perfectly well write my letters and listen to the concert at the same time; which I did, with entirely delightful results. My little girl now actually does some of her studies while listening in: a plan about which I was at first somewhat dubious, fearing that the lessons would miss out in competition with radio; but I find that, like myself, her work and concentration are stimulated rather than retarded.

I had, as a housekeeping assistant

until recently, a rather lively young girl of 20, who for a year or more used this idea in her own way. Her two hours of work daily in the living room were always standardized by her. Her first move was to start the photograph and keep it going until she finished. Then she bustled about with great energy and cheerfulness. She claimed that this "perked" her up very decidedly for the day, and as I was usually out of the house at this time, it did not annoy me. When radio came, she discovered that radio did not need the constant attention that the photograph did, and she substituted it with equally satisfactory results. She later suggested to me, rather timidly, that perhaps it would be a good idea to connect the radio into the laundry, so as to make wash-day less of a burden.

There is an unusual degree of logic in the use of radio music for a stimu-

lution. A loud speaker, he says, is not quite so useful to him because the reverberating tones would be so pervading as to press themselves on his conscious mind and thus interrupt work, whereas from the earpiece they easily glide into the mind with no such repercussion upon his conscious effort.

I am aware that all this is somewhat experimental and tentative, but it is further adventuring with radio, which after all is the most interesting thing radio has to offer to radio fans.

PSYCHOLOGIST AD-SELL TALKER

Frederick Pierce, psychologist, who has conducted a clinical research and intense study in four countries, will speak to members of the Ad-Sell league at their meeting Monday night at the Burgess-Nash tearoom.

First ladies' night of the season will be held November 17, when Fredrick Warde, Shakespearean actor, will speak.

Congressman F. J. Garrett, minority leader of the national house of representatives, will speak to the club on November 24. He is serving his 10th term in congress as a representative from Tennessee.

Kearney College Notes.

Twenty-five Kearney faculty members and former students were on the program at the Teachers' association meeting at Great Island last week. Two members of Kearney's college faculty spoke at the McCook meeting. Miss Ethel Craig, secretary of the association, reports that over 1,200 applications for reduced rail-way fares were made.

Prof. George E. Aller, director of the department of public school music in the Kearney college, is whipping his big choruses into shape for the opera, "Pinafore." This is the first operatic production attempted at Kearney by Professor Aller since his arrival from Duomo college last year. His plans, however, embrace a program of increasingly difficult and ambitious undertakings in the future.

Armistice day will be celebrated at Kearney college with a special convocation featuring an address by N. E. McDonald of Kearney and the Rev. Mr. Marston, rector of St. Luke's.

A study center in English literature carrying full college credit in the Kearney college has been established at St. Paul under instruction of Prof. A. L. Phillips, head of the English department. This brings the total number of study centers up to five, the others being at Colchester, and Trenton, under Miss Florence E. Case at Pleasanton, under Prof. Carl H. Sillmer, and at Kearney, under Prof. R. W. Powell.

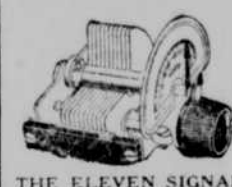
Due to pressure exerted by the state board of control, the janitors and other laborers of the college are working under a time clock basis. The system of time-keeping was to have been established the first of the year, but the shipment of the machines was delayed several times, and arrived only last week.

Informed by a place on the program of the 24th annual meeting of the Nebraska Conference of Social Workers, with Dean Irving and Dr. Victor E. Levine, professor of biological chemistry and nu-

trition at Creighton university, Miss Lillian H. Stiff, R. N., director of health education, returned from Lincoln last week. While absent from Kearney, Miss Stiff lectured upon nutrition before Dr. Hattie Plum Williams' class in sociology at the state university.

The vertebrae of a mastodon has just been exhumed in Ontario. It is said to compare very favorably in inflexibility to the backbone of Calvin Coolidge.

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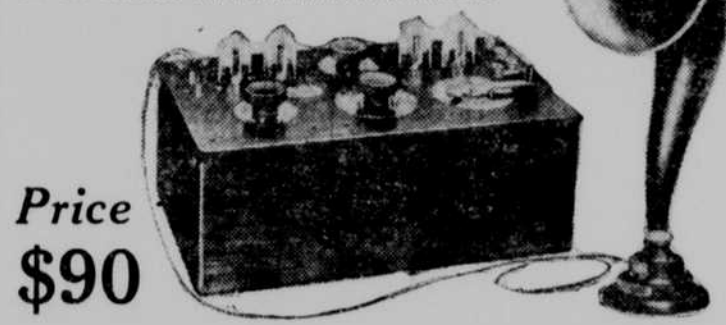
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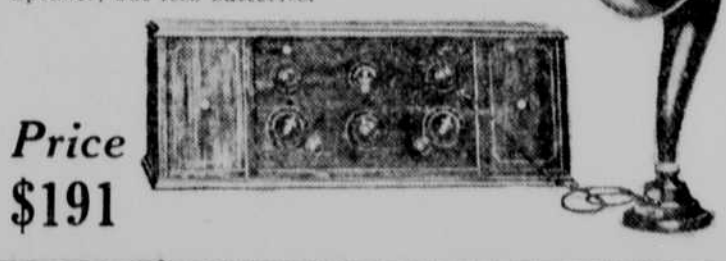


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