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New Things Not Found in Any Books.

Why the College ATHLETE Makes a SICKLY Business MAN

THE college athlete, meaning the young man who was a leader in college at rowing, track events or football does not develop into as healthy, rugged a business man as the college youth who did not go in for athletics or find a place on the "Varsity crew, eleven or track team.

This will be denied, as it has been denied right along by trainers and athletes in general, but the medical experts who have had occasion to judge honestly, the men who have studied these college athletes ten or fifteen years after they left college and went into business, agree that this is the truth.

Physical examinations of a group of college men who were graduated at about the same time show that the young men who did not figure in college athletics are in far better health a dozen years later than their companions in the college who won great honors through the skill of their muscles.

At first all this sounds improbable, but the facts remain and the explanation is so logical that there seems little doubt of it. One of the best authorities, Dr. Harlow Brooks, professor of Clinical Medicine at the New York University, took this stand in an address before the New York Medico-Surgical Society

His OVER-DEVELOPED BODY Needs More Exercise Than a Business Life Affords

not long ago and explained in careful detail just why the college athlete loses his excellent physical condition in after years while his less active companions are fairly sound and healthy at middle age.

Dr. Brooks examined twelve famous athletes among a great many others in a regiment of militia which is made up chiefly of college graduates. Only one of this twelve could be rated high physically, that is, was found to be in anywhere near as good physical condition as those college men of the average age of the twelve who had not figured in athletics. And this one athlete of a dozen who did rate as well physically as the non-athletic men, died of acute diabetes in his early thirties.

Dr. Brooks interviewed other distinguished medical men and learned that they had found exactly the same rule, that his own observations were by no means an exception, but the rule.

"The distinguished college athlete," says Dr. Brooks, "after ten years of severe business life is physically below the average college man in his physical possibilities and in the measure of his resistance against disease. He may even fall below the level of the entirely non-athletic man. The defects I have observed are chiefly confined to lesions or disturbances of the heart and other circulatory organs, to adiposity or to joint disease."

The explanation of this is simple enough. The athlete does not, and cannot, if he must earn his livelihood by business, continue his exercise. The result is that his well being demands the exercise that he cannot take and deterioration of certain muscles and organs of circulation begins.

Under modern business conditions it is manifestly impossible for a man to continue his exercise, his sports, his rowing or running or jumping or vaulting or football exercises. Time will not permit. The



The college athlete's heart and muscles are overdeveloped and need constant exercise. Putting him in business is like putting a meadow lark in a cage.

successful business man must stick to his god of mental strife and worry. Again, he hesitates to enter into contests if he has a record behind him of college days for he knows he cannot come up to that and naturally prefers to live in the glory of his past college performances.

The average college man goes into business. The average college man is not a man of great wealth. He has to make his own wealth and to do this he must join the swivel chair and desk squad. This is vastly different from training, from dieting, from pulling an oar daily, from sprinting against time daily, from struggling with a mass of healthy, eager young humanity for the advancement of the pigskin across a certain goal line.

The college man who was unable physically to get into the group of athletes, who so proudly and with such honor upheld the prestige of their university, or who through choice, refrained from all of that, does not mind the change from college days to office days. But for the athlete it is like shutting the meadow lark in a cage, putting an Indian into a steam-heated flat or keeping a healthy, active boy forever "after school."

"It is a law of physiology," declared Dr. Brooks, "that a useless tissue deteriorates; the greater loss in function, then, the greater the corresponding waste of the tissue in its future possibilities."

The fate of the muscles that have been trained to exertion and constant activity is that without this exertion they begin to deteriorate, they begin to become less and less healthy and useful. Evolution and progression is the law of nature. Nature does not stand still; either the body improves in health or the health lessens. Every muscle of the athlete supplies more of its own peculiar strength and cunning as the athlete trains, but nature does not give some-

thing for nothing, it demands more and more exercise for the muscles that give more than the normal work. When the demand is not filled these muscles begin to fall back, begin to become more and more useless and unhealthy.

The business man cannot maintain the high-gear tissue without high-gear training and exercise, and the business man cannot exercise. Under these circumstances the degeneration must and does occur, no matter whether the tissues concerned be of the kidney, liver, heart muscle or voluntary muscles. The overdevelopment of any part of the body or any function of the body is always at the expense of some other part of the body, just as the loss of one of the senses makes the other senses keener, the loss of the use of one's legs results in making such a person's arms doubly powerful.

There are great advantages in being one of the leaders in college athletics, such as contact with wealthy alumni, higher regard of fellow collegians and of the faculty and the honor of helping maintain college prestige, but in after life it is the plodder who did not wear the laurel wreath of athletics at college who becomes the sturdy, rugged and successful business man who wonders vaguely why "So-and-So" should have died at such an early age when he was "one of our healthiest and strongest men in college."

"Physical training," insists Dr. Brooks, "must take place along slower and more general and more normal lines, it must be designed toward the evolution of the strong proportionately capable human body, not to the production of a human greyhound or buffalo. We must learn to secure in college athletics the greatest possible benefits for the many without the great defects for the few. In athletics as in education the college should equip and prepare for the most efficient life, and not strive for immediate scholastic or athletic records."

Why a HEN Cannot Lay a THOUSAND EGGS

IT has probably been the dream of every poultry breeder to breed a species of hen that will lay indefinitely. "My hens lay splendidly up to a hundred and fifty and even two hundred eggs, then they stop," explains the poultry keeper. "Why cannot I get my hens to lay five hundred or a thousand eggs?"

The answer is as simple as Nature itself; for nature portions a definite, measured quantity of germ plasma to each of her children, and allows a handsome margin for accidents. But when that supply is exhausted no more is to be had.

When the chick steps forth from the shell it is already endowed with all the eggs it can ever lay, nor can any device of the human mind add so much as one yolk to that number.

Farmers watch their hens, and finally they will say, "We had better kill this hen—she has stopped laying." Of course, there is good judgment in that, for the hen brings no more profit as an egg-laying fowl. On the other hand, she is so much added expense, for she must be fed. Naturally, the profit then is in making the hens lay their eggs as rapidly as possible—then killing them for market.

By means of selecting good stock and feeding properly, expert poultry breeders can make their hens lay all their eggs in two years. Sometimes a hen will lay all her eggs in a year. Leghorns lay about 150 eggs. Brahmas lay about 200. As far as known, no breed of hens will do much better than 200 eggs.

Now, Nature did not intend the hen to lay 200 eggs in a year. She intended these eggs to be produced in about fifteen years. Our hens come from the wild jungle fowl of India. In their native state they live fifteen or sixteen years and lay their eggs throughout all

these years. But they do not lay any more eggs than the hen in the poultry breeder's yards who produces all her eggs within a year and a half. Consequently, the domestic hen of the poultry fancier is dead at two years, or thirteen years ahead of her time, as far as the reproduction of her kind is concerned.

Because the wild jungle fowl of India lives fifteen years and lays eggs every year, the belief long prevailed that these fowl laid from a thousand to fourteen hundred eggs during lifetime. Later it was learned, however, that the hen in its wild state lays its "clutch" or nestful of a dozen or about that number of eggs every season, and no more.

If these same wild fowl were put in the yard and their eggs taken from them every day, they would continue to lay right along, instead of a dozen or so a year at the hatching season, until their supply was exhausted, and that would be the end of it. They might live fifteen or twenty years—there would be no more eggs. Until man can induce Nature to provide the hen with a thousand germ plasma, instead of with less than two hundred, he cannot make the hen lay more than the two hundred eggs. Thus far he has succeeded only in making the poor, over-worked hen deliver her fifteen years supply of eggs in about one year.

What Insanity Is Costing Us

IT has been computed that it costs us more to care for our insane each year than the annual expense of the Executive, Legislative and Federal departments of our government.

Thirty-two millions of dollars is the actual cost of caring for the insane in our various public institutions in the United States. It does not cost quite as much as that each year to carry on the construction of the Panama Canal, and yet this \$32,000,000 is only a small part of the actual cost of our insanity. The total cost has been estimated at \$164,000,000.

The manner in which this astonishing amount is calculated is on the worth of each adult between the ages of eighteen and forty-five. Long ago it was carefully ascertained that the average value to the community of the normal adult between the ages of eighteen and forty-five was \$700 per year.

Counting the number of people who have been withdrawn from the community because of insanity, people of the seven hundred dollar per annum value, the loss is \$123,000,000. This, with the actual cost of caring for the insane, brings the total up to the \$164,000,000 mark.

The first cost means a per capita cost of about thirty-three and one-third cents for us, or that everyone in this country, if the cost were evenly divided, would have to pay thirty-three and one-third cents each year for the care of the insane. The total cost of this is more than the entire value of the wheat, corn, tobacco and dairy and beef products exported each year from this country.

THE introduction of machinery into the realm of labor, which is not so very long ago, after all, is beginning to show its effects in many ways which had not been considered. One of these is the general result of the roar of machinery. Employers of labor are beginning to find that there is a better output of work in those parts of the factories where the noise of machinery is not deafening. One German manufacturer, perhaps thinking of his employes as well as his own pocket, cased as much of the machinery as was possible in sound-proof covers and without paying any more wages found that the output of his factory increased seven per cent the next year, and that his employes were better off.

Perhaps the most tiring part of work—certainly of monotonous work—is the need of constant attention. The more varied the work—the easier it is to give attention to the different kinds of things to be done, and hence work that is varied, though it be hard, is less fatiguing than work which is monotonous, though it be easy. There is less mental effort needed to concentrate the attention upon the thing in hand.

Noise is detrimental because it brings in an element of distraction, and it is especially disturbing when the noise is irregular and jerky as in shirtwaist making machines and highly speeded mechanisms of that kind. The same thing is true among men workers in sawing and planing mills, and the clamor amid

No one enjoys a meal when all is gloomy and silent, but let one have pleasant companions or bright and cheerful conversation, and the food tastes better, and one eats more and feels better in every way. Singing then makes the mind brighter, and tends to happiness. Happiness means a better enjoyment of food. This is one of the reasons why song will make you hungry.

Of course there is a physical reason as well as a mental reason. This is mainly in the deep breathing. One cannot sing without taking deep breaths. Deep breathing, as every one knows, clears the lungs and increases the circulation. The proper increase of the circulation calls for more fuel for the body. Food, of course, is the "fuel" nature calls for.

YOU MIGHT TRY...

"Pressing" a Fur Coat.
Of course, fur-lined coats cannot be ironed, as it spoils the skin, but wrinkles may be removed by thoroughly sponging the outside and hanging the coat on a form to dry out of doors.

Place for the Thermometer.
If you have only one thermometer, sacrifice your curiosity as to the outside temperature and hang it in your living room, that you may preserve your health by keeping the room "just warm enough."

Handling Paper Patterns.
EVERY woman who cuts out from paper patterns knows of the bother in pinning it flat to the cloth. Take a hot iron and smooth the tissue paper pattern over the cloth and it will remain flat without pins.

If a Lamp Is Too Full.
MANY still use oil lamps for night burning or the store room. If you fill them too full there is no need of soiling everything by tipping them up to pour out some of the oil. Take an old medicine dropper and remove some of the oil.

Sharpening a Knife.
If you have no whetstone handy, you can sharpen a knife easily by passing the cutting edge back and forth across the unglazed end or bottom of a crock, bean pot or any such stoneware jar.

To Remove Iodine Stains.
If iodine is spilled on linen or cotton, pour boiling hot starch over the stain. Repeat this twice within an hour and the stain will disappear. This will remove nearly all kinds of ink stains also.

Do FACTORY WORKERS Ever Get USED TO NOISE?

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which ironworkers toll is one of the most brutalizing influences of their life.

The belief that "operatives get used to it" simply is not true. On the contrary, exhaustion follows rapidly, and as the man or woman gets more and more tired, the noise acts with greater effect upon the nerves. Many a nervous system has been shattered by the din of a modern industrial plant, and many a man has taken to immoderate drinking to get, as one man phrased it, "the row out of his ears." The elimination of unnecessary noise from the workshops of the United States is one of the most important things to be striven for in the easing of the terribly hard conditions of labor demanded by modern industry.

Why SINGING Will MAKE YOU HUNGRY



Singing expands the top lobes of the lungs, which ordinary breathing will not do.

It has been pointed out that a very good example of the advantages of singing may be observed in choir boys. Many an senescent little lad has gone into a church choir, upon careful trial of the choir master, and taken great pride in his singing. Then in time it has been noticed that in almost every case such boys seemed to improve remarkably in their health. Their cheeks are red, their eyes are bright, and they lose their senescent appearance. The singing has been the chief cause of this. This improves their lungs, quickens their circulation, and this in its turn demands more food.

It is a well-known fact that a great many physicians have advised patients with tubercular tendencies to take up the practice of wind instrument—preferably the cornet, and there is no doubt but a great many young men have been prevented from getting consumption solely through the constant practice on a cornet. The exercising of the lungs, of course, has been responsible for so strengthening these organs so that they could ward off the germs that threaten the lung cells. Whether playing wind instruments or singing a great deal the result is the exercising of the top of the lungs. In ordinary breathing it is the middle and the bottom of the lungs that expand and contract. It takes a deep breath to so inflate the lungs that the narrow top portions are exercised. It is well-known that this top part of the lungs are almost always, without fail, the first section to become infected with disease. Consequently there is no mystery, but a lot of good sound logic to Dr. Horsford's claim that singing makes you hungry.

Chasing All the MICROBES Out of Your TOOTHBRUSH

NOT long ago quite a hue and cry was raised in England over the claim of a scientist that every bristle in every toothbrush that has been used a couple of days is alive with bacteria. The scientist went on to explain that by means of a number of rigid bacteriologic tests he had found that the average toothbrush (meaning every used brush he had tested) contained many germs.

When these germs were placed in a proper medium, a luxuriant growth of bacteria was noted within twenty-four hours. Then arose the question among a few, "Is not the toothbrush more of a menace than an aid to mouth sanitation?"

It might seem that it is, were it not for the fact that other scientists have come forth to remind the public that every mouth swarms with bacteria. This does not mean that the bacilli are of the deadly or dangerous variety. Nor does the claim that the bacilli found in the toothbrush are of the deadly variety.

There is no mouth, however healthy, it is said, but what contains bacilli in infinite variety, and the germs found in the brushes are merely transferred in the brushing from mouth to brush. There should be no scare over this, according to the experts. It should

be remembered that the mouth is always septic and cannot be perfectly sterilized by the use of any antiseptic whatever.

But because the mouth is swarming with bacteria it does not follow that there is danger, for there are bacteria and bacteria. Not all is harmful; in fact, the greater share is by no means harmful. To refrain from brushing the teeth because there are bacteria in the mouth would be as foolish as to refrain from washing because there are germs in the water.

Care should be taken to keep the mouth clean. A quantity of bacteria in the mouth does not mean an unclean mouth. The fact that one can never hope for an entirely antiseptic mouth does not mean that one should not keep the mouth as clean as possible at all times. And without the toothbrush the mouth cannot be kept clean.

By taking care of the toothbrush there is little, if any, danger that any germs on the bristles will harm you. Just because a bristle of the brush may penetrate the lining of the mouth it does not follow that you will be hopelessly inoculated with germs. But there are always a number of good rules to follow with regard to the care of the toothbrush.

First, all toothbrushes would be practically safe if boiled five minutes before and after use.

Second, a new toothbrush can be used every day; penny brushes being made for this purpose, which serve quite satisfactorily.

Third, those wishing to use a toothbrush quite a while can rinse the brush in one per cent creosote solution or allow it to stand between uses in ten per cent formalin.

A healthy mucous membrane is the foundation of a successful hygiene of the mouth, and if the normal secretions of the mouth find the tissues in a healthy state these secretions have the power of overcoming the poison germs.

It is both useless and dangerous to use strong antiseptics as a mouth wash. Among the things that medical experts have declared should not be used extensively for mouth washes are alum, formaldehyde, iron salts, salicylic acid and, above all, no chlorate of potash.

Laziness Due to Poor Circulation

MANY a poor lad has been berated by his parents and others and accused of downright laziness when the little chap did not have a grain of laziness in him, when he was full of willingness to work, but lacked the physical ability.

This is a thing that frequently happens with boys between the ages of eight and twelve. At that time it is not uncommon for their bodies to grow faster than their hearts. A little boy's heart may be unable to keep up with the rapid growth of his body. The result is that the heart is overworked keeping up the circulation of the blood.

As everyone should know, any sort of exercise out of the normal taxes the heart and makes it work harder. A boy whose heart has not developed as fast as his body finds it actually impossible to do a lot of extra work. He will sit about and join in forms of play that do not need too much exercise.

Nature is the best guide for all this. It will not let the boy do it voluntarily; it will make him feel like keeping quiet. To demand such a boy to split a lot of wood, carry up a lot of coal, run on long errands, do a lot of hard chores, is all wrong and may result very badly for the little fellow. And then to add to his physical inability, a bitterness to his soul by unjustly accusing him of being lazy is altogether too rough on the youngster.