

THE OMAHA BEE

DAILY (MORNING)—EVENING—SUNDAY

THE BEE PUBLISHING COMPANY, NELSON B. UPDIKE, Publisher.

MEMBERS OF THE ASSOCIATED PRESS... BEE TELEPHONES... OFFICES OF THE BEE...

- The Bee's Platform
1. New Union Passenger Station.
2. A Pipe Line from the Wyoming Oil Fields to Omaha.
3. Continued improvement of the Nebraska Highways...

COX THE CANDIDATE. One of the most remarkable conventions ever held by the democratic party terminated with the nomination of James M. Cox, governor of Ohio, as a candidate for president.

Shallenberger on Hitchcock. Ex-Governor Shallenberger, in his remarkably reserved speech presenting Senator Hitchcock for the presidential nomination, told the exact truth when he said "the democratic party must stand or fall upon the record made by the Wilson administration."

League First or America First? We advocate prompt ratification of the treaty without reservations which would impair its essential integrity.—From the Virginia democratic platform.

Setting the Railroad Wage Trouble. A forecast of the probable increase in wages to be granted by the federal board to the railroad workers is reported to have had the effect of ending the "outlaw" strikes, and that men will soon be back to handle the trains.

Under the Law of Politics. The prolonged deadlock at San Francisco was logical. With about half the convention composed of federal officeholders determined to remain shut for four years more, and the other half equally bent on getting office, there was no halfway place where they could meet on common ground.

The List of Slackers. The Department of Justice, it is announced, is about to publish the names of fugitives from justice who evaded the draft during the war, the purpose of the publication being to facilitate their punishment.

Government Life Insurance. One of the interesting and probably natural developments of the government's policy of permitting the conversion of war-time into peace-time insurance for the soldiers is an increase of more than \$1,200 in the average amount of insurance carried.

Mr. Bryan and Mr. Gompers might form a consolation party. Neither got what he wanted. Everything is ready now for the third party to take the stage.

rector of the war risk insurance bureau, is \$3,520. That the plan has proved attractive to the larger number of those who were in the service is encouraging, and the director is of the opinion that practically all who are eligible to this form of protection will have taken advantage of it before the time for final lapsation comes with July 1, 1921.

Uncle Joe at Ease. Uncle Joe Cannon is a brave old Egyptian—a daring citizen who sheds his coat and vest in hot weather, Danville style, and walks about in comfort in his shirt sleeves with his trousers held up by an honest old pair of gallsuses.

Already the leaves by the North Wind are tossed! What matter if sooner or later the drear Specter of Death drags him down with the lost? The soul of a brave man must rise above fear.

CLAIRVOYANCE is not the least of Herbert Hoover's gifts. Having declared that he would support the party whose platform agreed with his principles, he did not want for the San Francisco document.

POISONED ARROWS. (From the Minneapolis Journal.) 10 POISONED, 1 DEAD; 6 OTHERS MAY DIE. Cupid has been busy this month, according to the clerk of the district court, who reported 901 marriage licenses issued in June up to today.

"THE value of beer as a food is doubtful," says a writer in Physical Culture. It is doubtful if the doubter is opposed to beer. But the value of home-brew as a food is not to be doubted.

PERHAPS new readers are more easily diverted than old ones. If so, the 30,000 which the Trib recently picked up will be convulsed to learn that Troop No. 1, Fort Plain Girl Scouts, is in camp at East Caroga Lake, New York, chaperoned by Lieuts. Spooner and Sweet.

MR. GEORGE DUNCAN, who not long ago changed from the open to the square stance, has won the British open. A word to the wise is as good as a flea in the ear.

It is strange that Fox and Grey should ever have been regarded as "un-English" for opposing a system which took away the freedom of utterance so long the special pride of Englishmen, and subjected our ancestors to the perpetual and daily fear of the spy and the political tribune.

IN recognition of his heroic battling against the hosts of happiness, the League of Making Virtue Odious has elected William Jennings Bryan as permanent president.

THEY are no stupidity of which the producers of moving pictures are not capable. One of their latest atrocities is a happy ending in Balzac's "Peau de Chagrin."

"THEN," relates the New York Evening Post, "the organ peeled off 'The Star Spangled Banner,' and the convention chorused in the strains of the air."

WE CAN ARRANGE FOR A JUVENILE MEMBERSHIP. Sir: After a tiresome journey I find, after reaching this seaside hotel, that the two top records on the victrola are "End of a Perfect Day" and "Home in the West."

"WHERE Will They Vaccinate Co-eds So It Won't Show?" The Lib. Jack suggests the cars. Pray Do So.

AS we go to press, Mr. McAdoo is stifling a yawn. E. L. T.

A Line O' Type or Two

Now to the Line, let the quips fall where they may.

ODES YOU MAY NOT KNOW. TO JULIUS FLORUS. (Horace, Carmina, 1, 33.) "Diacolor grandem gravat uva ramum."

With burden of grapes the vine bends low, And Autumn, a riot of color, is near; Soon Winter will come with the death of the year.

Then follow the Nymphs—they flee, yet they tarry. Tact and discernment will serve to detain; Kisses to maids feigning anger off carry. A message that brings them to reason again.

Eye! Drink while you may of your mellow old wine; Beguile the dull day with the lilt of a song; If beauty and chance meet and bid you dine, Let slip not your night, for oblivion's long.

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How to Keep Well

By Dr. W. A. EVANS

Questions concerning hygiene, sanitation and prevention of disease, submitted to Dr. Evans by readers of The Bee, will be answered personally, subject to proper limitation, where a stamped, addressed envelope is enclosed. Dr. Evans will not make diagnosis or prescribe for individual disease. Address letters in care of The Bee.

MILK VS. VEGETABLES. If by any chance man was allowed to choose one food and compelled to throw all others into the discard he would choose milk.

If he followed the precept and example of children under 1, learned from the mouths of babies, he would. And yet the campaigns for milk so overplayed their hands that we now find ourselves in the midst of a swingback.

Milk is about 88 parts water and 12 parts nutrition elements. For a person older than 1 year of age this is too much water and a person living very largely on milk becomes "pot bellied."

The proponents proved their case. Milk is needed for all those purposes. But other scientists have discovered that other foods possess the same properties. An editorial in the Journal of the American Medical Association based on research work done by Osborne and Mendel, Byfield and Daniels, Seidell and Barnes and Hume makes this clear.

Relatively large quantities of milk are required to produce the improved rate of growth which is readily secured by very small quantities of many green vegetables.

There is another of these vitamins which we hear less about. When this one, known as water soluble C or anti-scurvy vitamin, is deficient the result is a collection of pains with beriberi as an ultimate.

Byfield and Daniels found that when a child was given enough orange juice or tomato juice he not only escaped scurvy, but he got from it the impulse to grow just as when milk was fed. The increasing tendency to give vegetables and fruit to babies and older children is well grounded scientifically.

Swimming Not Dangerous. Mrs. B. C. writes: "I would it be harmful for a woman who has been pregnant for four months to go bathing at a private beach?"

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Varying Answers Probable. F. A. T. writes: "I am I understand the treatment all mercury which remains on the body after rubbing should be left on."

1. Probably you will get more mercury from the rubs. Wiping off the mercury leaves considerable drug on the skin. Some of this will be absorbed.

2. I am sure that were this question asked of several physicians you would get several dissimilar answers. My answer would be that a person infected 30 years ago who had taken sufficient treatment and who has no symptom except several positive Wassermann can safely disregard that symptom and discontinue treatment.

3. Would swimming be too strenuous an exercise? REPLY. No to both questions. Treating Hay Fever. E. R. writes: "Referring to your calcium chloride treatment for hay fever you say 'take one teaspoonful well diluted.' Will you state definitely how much water? Would one glassful be sufficient?"

Largely a matter of taste. Some prefer more, others less. Try a half glassful. Most persons find a dilution with a wine glass only of water to strong.

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