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

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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, including the pavement of Main Thoroughfares leading into Omaha with a Brick Surface.
- 4. A short, low-rate Waterway from the Corn Belt to the Atlantic Ocean.
- 5. Home Rule Charter for Omaha, with City Manager form of Government.

HURRYING TO OLD AGE.

Luigi Cornaro, a Venetian who died at 99 three hundred and fifty years ago, remarked when he was 78 that "whosoever wishes to eat much must eat little," a cryptic utterance intended to convey the idea that a man who eats sparingly will live so long that his total food absorption will be much greater than that of one who wholly gratifies his appetites at every meal. The statement was made by Cornaro because his friends continually pestered him with admonitions to cat more.

The ancient notion that a man must eat largely to thrive physically still persists. Many people believe an ailing man should be stuffed with food in order that he may gain strength, when in most cases the cause of his ailing is

In an illuminating article in the Saturday Evening Post entitled "How Old Are You?" Dr. Rinebart quotes from Cornaro's book "La Vita Sobria" (The Temperate Life), and writes on old age, with valuable suggestions for retarding its arrival. Baldness, gray hair and wrinkles, he says, are signs of old age no matter how soon they appear, because they result from impaired circulation of the blood. Thus a man may begin to grow old at 30 or 40. And when he begins, it will be well for him "to look a little out" for the causes, and if possible eradicate them.

"Work and recreation both contribute toward long life," says the doctor, and "toward contentment." But there must be a "judicious mixture" of the two. The modern intense application to business and striving for wealth month after month and year after year, without the proper mixture of recreation and rest, is what is bringing old age upon men young in years. When to the inescapable worries which attend money-making are added constant meat eating and she inhaling of tobacco smoke, one may increase his age thirty or forty years in six or eight actual years. The meat gets the kidneys, Dr. Rinchart says, and the inhaled smoke gets the nicotine poison through the lungs directly to the heart. The moderate use of meat and of tobacco, if the smoke is not inhaled, is not condemued, but the wise man who reads the doctor's article will irresistibly be drawn to the conclusion that when one reaches 40 it is not too early to begin taking heed lest premature old age overtake him.

Trade With Soviet Russia.

Permission to trade with soviet Russia, just granted by the government to Americans, amounts to little more than taking official cognizance of a state of affairs already existing. A considerable traffic has been maintained for many months, sustained by various subterfuges, chief of which has been consignment to a gobetween. Similar conditions have prevailed in other of the allied countries, wherever an exportable surplus existed in any line. Great Britain and France admitted this some weeks ago, when they adopted an expedient somewhat akin to that now taken up by the United States.

It was inevitable that this should be so. The move does not carry any recognition of the soviet government, which must continue to work out its destiny under the ban. A year ago, when Jan Smuts was taking farewell of England, he warned the public that recognition of whatever form of government the Russian people adopted must eventually be accepted by the world. It might be a modified soviet organization, or something else, but if it met the needs of Russians and was of their own making. then, said the great Boer leader, civilized governments would necessarily have to deal with it.

Lenine and Trotsky have learned quite ay little in the last two years. They are moving accordingly. "Soviet" Russia is progressing towards such a stage of stability as indicates the approach of a crisis in its government. What the near future may determine can not be guessed at, but it is reasonable to expect that Russia will in time resume its place among the great responsible nations of the world. Traffic with outsiders is one sure avenue for the coming of better things for the people there. They may not have much to sell, not ability to buy a great deal, but no jana noins more of promise for material and moral progress.

Better Use of Fuel.

One of the sweet uses of adversity is to teach us how to properly employ and therefore better enjoy the things we have. This is beginning to be applied to the use of fuel, following a shortage and the accompanying high price.

While coal was cheap and easily obtainable, prodigality in its use led to extravagant waste. Any sort of apparatus that would contain fire was considered good enough to burn coal in, and the fact that 95 to 98 per cent of the heat value of the fuel went up the chimney in the form of unconsumed gases worried nobody very much. Finally, in Omaha, for example, the obscuration of the sky by dense clouds of black smoke, the constant fall of soot to defile everything below, and the pollution of the air by

noxious gas, led to an anti-smoke crusade. Everybody knew that the smoke nuisance was a proof of extravagance and waste, but nobody cared a great deal. Improper and inameions devices for heating plants were put into service, just as they always had been, and the

clouds of black smoke continue to roll out from chimneys, advertising to the world the carelessness of the owners. Now that fuel is scarce and costly, the search for relief is somewhat feverishly carried on.

Proper combustion depends on one thing, the admission of a sufficient quanity of atmospheric air at or near the temperature in the firebox, so that it will readily combine with the gases that are liberated by the burning fuel. For big power or heating plants this is fairly well achieved by a number of so-called "automatic" stokers It is the small heating plant that has not yet been cared for. The inventor who will devise a furnace that may be installed in a home or an apartment building which will approximate perfect combustion will do a great deal for a world that is weary of smoke and pestered by

Why "Home Rule" Is Necded. The plight of the Board of Education is another argument in favor of home rule. Through the peculiar combination of increasing prices and restrictions as to its tax-levying power, the Independent School District of Omaha finds itself with a "red ink" balance of a little more than a million and a half dollars. Dormant funds have been "borrowed" from until almost exhausted, and the treasurer is finally compelled to issue warrants to the teachers, payment of which will be deferred for several months. The inconveniences of this is apparent. Teachers who have been working for low wages will be compelled to sacrifice a part

of their earnings, because of the discount on

If Omaha were governed by a charter adopted by its own citizens, an emergency of this kind would scarcely arise. Power to fix the tax limit would be in the hands of the city council, with such checks and safeguards as would protect against reckless extravagance, and the predicament of the schools would easily be avoided. No one questions the willingness of the citizens to provide properly for the maintenance of the schools. Nor does anyone accuse the Board of Education of mismanagement of the affairs that are entrusted to it. Costs of administration and management mounted faster than they could be met. The amount of money that can be raised by taxation under the present limit is insufficient to meet the needs of the schools.

But Omaha is powerless and must wait until the legislature assembles in order to get the authority needed to raise the cash that must be had to carry on its most important function, that of operating the public schools. A few months ago the police and fire departments were similarly handicapped. This condition can be remedied whenever the citizens take over entirely the business of the community. Why

These Be Decadent Days.

There comes to our desk a beautifully printed little volume called "Vanitas"-the Latin word meaning empty and vain. The foreword on the cover justifies the title. It says the author, Paul Eldridge, "is thoroughly convinced by long study and meditation that life is mud." We are further enlightened by the statement that "he takes delight in slapping Life in the face." How does he do it?

He writes of God in this fashion:

God is a little girl Gay and mischievous,

That likes to play with mud. One page is devoted to Ghosts. Here follow its entire contents:

Dead leaves The wind rolls on, Scaring little birds That rocked on them.

Do birds rock on leaves? But let us pass on. On Flirtation we have another entire page, whose contents follow:

You are a dainty Birdlet Swinging giddily On the frailest twigam a gray-eyed Tom-Cat Watching-Alas! You never fall.

How can men write such things? And how do they get them printed-in Boston, of all And what manner of men can read them with patience? The foreword speaks of them as "exquisite poems." Gosh!

Figures on Personal Extravagance.

An official report shows expenditures for luxuries during the last fiscal year of \$8,710,-000,000-an average of \$7 a week or \$364 a year for every family in the country.

For tobacco men spent \$2,110,000,000, for automobiles \$2,000,000,000 changed hands, and for candy \$1,000,000,000.

In the hundreds of millions-range cigarettes, perfumery, face powders, soft drinks, non-essential furs, and musical instruments.

Another big item in the list is carpets, rugs and clothing of finer qualities-\$1,500,000,000. What a bad hour the contemplation of these figures would give Poor Richard, who sought to establish thrift in America.

Superstition Yields Profits.

Not since the 13-15-14 puzzle of twenty-five years ago, which made its inventor a fortune, has a plaything brought its originator such rich returns in cash as the ouija board. The Baltimore Presbyterian responsible for it is a million dollars better off because of his adaptation of the old planchette board. He gave it the name "ouija" by combining the German and French words for yes, and now says: "Yes, yes; it is a good thing, financially." But as a medium for spiritual communication he regards it with his tongue in his cheek.

A Landlord Spurns Gold.

There are smiles to be had in all directions if we will but look for them. Take the case of Max Gold, for instance, who owns a hotel on the seashore near Rockaway, which is leased to one A. Lipschitz. The Gold family went down to the hotel and rented quarters at \$100 a week. Then the tenant raised the rate to \$120. Mr. Gold refused to pay. Thereupon Mr. Lipschitz called his porters and evicted the Gold family, bag and baggage.

Isn't that delightfully amusing? The owner of a hotel bounced by his tenant! We must read Emerson's essay on "Compensation" to get all there is out of this incident.

Ohio accepts her honors cheerfully. Every politician in the state is willing to fill some fat federal office.

Our guess is that Mr. McAdoo is the worst disappointed candidate.

News print prices may bow before Harding

A Line O' Type or Two

Bewildered, patient, lost in life's wild maze

Of curious, endless ways that lure me on, I wander, witch-enchanted, weary, wan, Where light is misted, nights are ghastly days. Still whispering wildwoods chant glad lisping

Of warbling hymn and leafy benison: Yet blushing blossoms tell of glory gone Before—mirage's magic, haunting haze.

Through shower of sunshine as through glitter ling rain,
By sobbing seas, past cities towers tall,
Past hearts of friends that fade as flowers fall, Thus onward ever wends my questing vain On flitting as the halcyon spurns the foam, For in my breast God's gadfly has his home.

WHEN the so-called American people suspend business from Saturday to Tuesday, one discovers how needless is a large share of human activity. It is impossible to get anything done in those two holidays, but half of since objects sometimes pass the the business you wish done could wait in-definitely. Telegrams are not received the day where else in the digestive tract. definitely. Telegrams are not received the day, they are sent, but few telegrams are urgent. There is no news in the newspapers, but there is very little news any day-if one follows Dr. Eliot's advice and omits every paragraph or throat, because bones and pins lodge column which begins, "It is said," "It is reported," "It is expected," or "We learn from a finger and use the teeth awart. With well informed source."

WHATEVER THAT MAY PORTEND.

(From the Daily Iowan.) Slater has proven great ability in hurling the discus and holds a national record throw for the last season. His failure to place at the recent conference was a big sur-prise, but the confidence of the coaches and fans is still ebbing at high tide.

WE all know that Scotchmen get on well in the world, but some of us may not have known why. Mr. Bonar Law explains. The Scotch-man has an ineradicable love of education, and to gratify his passion for learning he practices the fact. The following devices are to gratify his passion for learning he practices

The Clock in Stageland.

(A. B. Walkley in the London Times.) There is another way of playing tricks with the clock, by making it stand still for some of your personages, while it ticks regularly for the rest. A. E. W. Mason, in one of his stories, ritation. gave an extra quarter of an hour now and then to one of the characters—that is to say, the clock stopped for them during that period, but not for him-and while outside time, so to speak, he could do all sorts of things (if I remember rightly he committed a murder) with-out risk of detection. But the great magician of this kind is Barrie. The heroine of his Truth about the Russian Dancers had a sudden desire for an infant, and within half an hour was delivered of one; a remarkably rapid case of parthenogenesis. The infant was carried out and returned the next moment a child of 10. "He grows apace," said somebody. These were cases of the clock galloping. With the heroine of Mary Rose on the island it stands still, so that she returns twenty-five years later to her family precisely the same girl as she left them. We all know what pathetic effects Barrie gets out of this trick with the clock. But he has, of course, to assume supernatural intervention to warrant them. And there you have the contrast with the film. In the "spoken drama," poor, decrepit old thing, they appeal to that silly faculty, the human imagination; whereas the film has only to turn some wheels quicker or slower and it is all done for you, under your nose, without any imagination at all.

YOU may recall that two or three years ago prominent brewer asserted that modern beer a prominent brower asserted that modern beer is the result of developing a process handed down by the Egyptians. We now suspect that the intervening centuries were devoted to studying how to clarify the brew. As the secret is no longer of value to him, will some ex-brewer practicing deep breathing. Was he advise us how he cleared the stuff?

Chiggers Must Be Blossoming, Which Reminds Us That-

And maturing his felonious little plan. He loves to climb the lingerie and rigging And tunnel into Annabel and Ann.

The chigger then with chloroform they His little hour of pleasure then is o'er.

So take this consideration with the other, A chigger's life is pretty much a bore. ALTHOUGH the U. S. is technically at war

and C. H. Momma of Hamburg. A POME YOU MAY NOT KNOW. (Lament of the Spanish minstrels over the tak

ing off of Joselito.) Go not to the meadow.

The flowers have faded. For the king of the matadors Lies dead at Talavera.

From the star-spangled sky A star has fallen, The brightest light Of the bullfighter's art.

In Madrid plaza, Jose had bad luck And the fight was a sorry one

While he was being hissed A spectator shouted madly, "May a bull kill thee Tomorrow at Talavera.'

A calamity, indeed. That cry portended, For Jose was tossed And at Talavera died.

When Joselito fell Under that terrible stroke. Where the wound was.

And on the ground he lay. That unequaled torero. His lifeblood flowing out From the great rent.

THE friends of Ireland (and who isn't?) are looking for aid on the wrong side of the At-Have they forgotten what Kuno Meyer said, "Germany must fight ion till Ireland is

Saratoga in 1850.

"Into a tall tin tumbler he dashed little blocks of ice, clearer than the clearest crystal, which clicked and rattled refreshingly. Then he turned in the liquors with a careless but ac-curate fling, and sprinkled in bits of fragrant mint, with a due allowance of sugar and a very thin slice of lemon. Then holding the tumbler aloft in his right hand, he kept up for half a minute an endless pouring into just such an other receptacle in his other hand, and so on, back and forth, as if he were prestidigitator stretching a foaming ribbon between the two vessels. This done, with a ringing rap as he set a glass goblet on the counter, and into this went the mixture, cold, strong, and sparkling with little bubles, each glass having a long stem of clean white straw standing upright in the blocks of ice: for the true enjoyment was to im-bibe the nectar through such a conduit."

MANY of those 30,000 new readers which the Trib recently gathered, without the aid of a net, are advising us that Puls & Puls are dentists in Sheboygan. The last word in this wheeze was pronounced by an old contrib, who sug-gested that if the second Puls were a son, the firm should be Puls & Fils.

HOW TALL THE CORN IS GROWING! (From Corn Belt Pig Tales, Dubuque.) The young ladies of the office quietly slipped out to Union park and had dinner,

besides doing other things. BY the way, who is the bridge-whist author-

The Strenuous Life. Hustling farmer (at 5 o'clock in the morning, trying to awake a young town chap, who has hired to the farmer for the summer): Hey, there, young fellow, wake upl. Get a move on you. Here it is Monday morning; tomorrow is Tucsday, and the next day is Wednesday. Half the week gone, and nothing done yet!—Country

Questions concerning hygiene, sanitation and prevention of discuse, 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 discass. Address letters in care of The Bee.

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WHEN KIDS SWALLOW PINS. If a child swallows a button, what to be done about it? The department of health of New York devotes a bulletin to answering this and sim-

lar questions. The first question to decide is whether the object has been swalwed. The child's testimony on this the foreign body should be secured. Next an X-ray examination made to locate the object. This picture should include the entire abdomen,

If the object swallowed is a pin or bone it is important thoroughly to examine the back part of the finger to keep the teeth apart. With the index finger of the other hand explore the back of the mouth thoroughly. It is important not to give purgatives to dislodge pins, bones and other sharp pointed objects. On the other hand, give plenty of such dry foods as bread, cereals, corn, potatoes and wheat bran. The popular custom of giving cornbread made from unbolted cornmeat is a good

If the foreign body has passed into sometimes effective. Holding the person by the heels with head hanging down, slapping him between the shoulders, tickling the back of the throat to induce vomiting. However, a foreign body may pass into the windpipe without causing great ir-

I have in mind a man who swallowed a chicken bone down his wind-pipe and did not recognize the fact. lodged in his lungs and he was treated a long time for consumption Eventually he coughed up the bone and his consumption got well.

Lerche reports many cases of bones in the windpipe, lungs and oesophagus, some of which did not cause an excessive amount of coughing or strangling. Surgeons now succeed fairly well in locating foreign bodies in the windpipe and oesophagus, using X-ray and other instruments, and in extracting them. The bulletins advise that slight cuts be covered with a clean band-

age; that no antiseptic be used. That slight burns be dressed with When a person faints he is to be allowed to lie quietly in a horizontal

It's Good For Muccles. Reader writes: "Unless I interpret

ou wrongly you have stated at different times that there is little or no virtue in deep breathing. By which I understand is meant taking mistaken about it?"

REPLY. Mr. Roosevelt was not always right. He built himself up as he said. His deep breathing exercises served to develop the muscles of his chest and back, but beyond that they did no good.

Better Be Examined.

E. S. writes: "I have always walked a great deal and taken a moderate degree of physical exercise. But recently I find that if I go through any physical or breathing exercises, 'or awhile after with Germany, we trust that the entente has been restored between A. F. Poppa of Chicago my breath. Sometimes I waken at

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-nor required in serving because this unusual cereal is so sweet from natural sugars developed from the grains.

Magon & Hamlin is supreme



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How to Keep Well By Dr. W. A. EVANS Questions concerning hygiene, sanitation and prevention of disease, subtation and prevention of disease, sub-

For Help Extended.

Lincoln, Neb., July .- To the Editor of The Bee: In tehalf of the Nebraska State association of the National Association of Letter Carriers I wish to thank The Omaha Bee for the loyal support given the letter carriers through your elitorial col-umns at a time when we were striving so hard to get a raise in salary.
It was through The Bre and other papers that we were able to get our cause before the public and eventu-

ally get a raise in salary.

Every letter carrier 's a traveling advertiser, so depend on us to boost The Bee. W. D. SHEAR. point is not always reliable. Infor- State Secretary National Association of Letter Carriers.

> night and cannot take a full breath. My ankles are swollen nost of the time.

What should I do to relieve this?

"2. Should I give up all physical and deep breathing exercises outside of what I get in my work and walking? I drink one quart of milk a day, but eat no meat or white bread Does one's diet affect the heart?" REPLY.

You probably have heart disease Have a physician examine you, especially as to the condition of your heart, kidneys and thyroid. If you have organic disease you must regu-late your exercise on the basis of the condition found. It is not likely that vour diet is a factor in vour case though your diet is not a good one.

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days of month without loss of interest for the monthare conveniences they desire.

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A franchise to manufacture gas was granted to the Omaha Gas Manufacturing Company in January, 1868. Two lots near 11th and Jackson were leased to the company by the city on February 19. 1869. at a rental of \$5.00 per

By November, 1869, the company had 198 customers. The price was \$5.50 per thousand. Electric lights came in 1883.

You are invited to transact your banking business with a bank that was in business in Omaha twelve years before the town had gas lights and twenty-six years before it saw electricity; a bank that has continued without rerger or consolidation since 1857.

First National Bank of Omaha



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