THE OMAHA BEE DAILY (MORNING)-EVENING-SUNDAY THE BEE PUBLISHING COMPANY, NELSON B. UPDIKE, Publisher.

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WASTING HAPPINESS.

The more or less worth while human race is ever straining and striving for what it calls success. Its individual atoms watch and wait and plan for their several conceptions of a future state here on earth that will be full of content and plenty. Happiness is what they are really after, and money being everywhere regarded as essential to happiness, its accumulation is easily the leading occupation of civilized mankind. It is sought through every conceivable channelinvention, speculation, professional achievement. business, and theft. Honest and dishonest alike seek happiness, which is the universal goal of good and bad, weak and strong, ignorant and learned.

If a man is prosperous and still fails to find happiness, those of us as yet far from opulence say: "The devil take him! if he is not happy now that he is successful, he must be a nut. Give us his wealth, and we'll take care of our happiness."

And so we watch and wait for our happy time to come, forgetting what Bacon says in his essay on "Delays:" "For if a man watch too long, it is odds he will fall asleep." And thus it happens that most of us fall asleep while we are watching, and are nicely laid away in some cemetery without ever getting what we so long sought.

Epictetus says "it is never possible for happiness, and desire for what is not present, to come together," and tells us there is only one way to happiness, which is "not to look toward things which are out of the power of our will." "That which is happy must have all that it desires," said the Stoic philosopher, and Paul had it when he said: "I have all, and abound; I am full."

Paul had learned in whatsoever state he was, therewith to be content-a mental attitude impossible for most of us. Our longings continually reach out beyond us, to things which will ever be out of the power of our will. But there are many people who have happiness within their reach who do not take it. They grab pleasure as a substitute, and learn too late that one may have his fill of pleasure all day long and go to bed miserable. With quite enough to make all their fond dreams come true, these lovers of pleasure and the vanities of life, of sport and society, of games and physical indulgences, these mistaken souls waste their substance in the wrong direction and entirely miss their mark. Others, with happiness beckoning to them, postpone it to add a few more years of profits to their bank accounts or income investments, or to score a few more professional triumphs, before entering into well earned happiness and the carrying out of the long cherished private ideals of their lives. Then along comes the grim reaper in the guise of an acute infection or some other fatal malady, and carries them off unfinished, with only a glimpse and never an experience of the promised land of happiness they might have occupied for many tranquil, useful and delightful years, if they had utilized their success when utilizing was good. And so many reasonable expectations go up in thin air, and-

ments that serve only to determine the particular capacity of the individual for achievement of definite tasks and with no regard for the building of character.

The point is not a new one, having been frequently discussed by educators and economists, but its final determination does not appear to be in sight yet.

Town or Country?

When the city man, cribbed, cabin'd and confined within walls, or if on the street, surrounded by towering buildings and hurrying throngs, reads of the daily chores of Governor Coolidge, envy rises in his breast. The man who can step out and mow a bit before breakfast, use an axe on firewood, potter around in a big cool barn, and do this and that in the open, clean country places, has a great advantage over the trim city chap in white shoes and immaculate linen.

He is not concerned over collars or ties, shoes or trouser creases, nor any of the socalled refinements of dress. He can wear what he will, even old-fashioned high top boots, and be free to sit down on a dusty bin in the barn, or in the cool grass under a shade tree, with never a thought of unkind consequences. He is totally emancipated from the thralldom of fashion and urban convention. He does not look as neat as the city chap, but he is more comfortable.

With tobacco in his old tobacco box, a pole and line, and a can of worms, the deep holes in the creeks promise him sport, and he may ramble as he will over hill and down dale, the long day through, and at sunset sit down to hot biscuits, yellow butter, fried chicken, mashed potatoes, applebutter, fresh pickles, cold buttermilk, cherry preserves, apple pie, and simply gorge himself-and sleep like a baby, in the country. What is a town basement compared with that?

How perverse is human nature! In town it longs for country freedom and fodder. In the country it hankers for the bright lights and elegancies of city life. But of two good lives, one spent on a farm or in a village, and the other in the rush and roar of a big city, who dares say the latter is the better?

An Object Lesson on Tires.

On Monday morning a caravan will start from Omaha that is worth watching. It will consist of a number of motor trucks, each carrying a load, and with the sole purpose of demonstrating the utility of this form of transportation. As one of the promoters says, the outfit has nothing to sell the farmers along the way, save an idea.

That idea, of course, is the service of the motor truck.

It is passing strange that such a demonstration should be required at this time, after the automobile has so thoroughly demonstrated its serviceability. But, admitting that such is the case, the caravan will carry a message of emancipation to the farmers. It has been established beyond any question that whatever lowers the cost of transportation from farm to market increases the profits of the producer, as the cost of carriage is taken directly from the selling price of his output. The farmer, therefore, is more directly and intimately concerned in transportation that anything else, save the actual

THE OMAHA SUNDAY BEE: JULY 25, 1920.

Fair Play for the Foreign Born

Arthur Woods, Former Police Commissioner, New York City, in July Forum.

I am not at all sure but that one of the most evident ways in which American citizenship may now be on trial is with reference to those who are not citizens, with reference to the alien, the foreign born. We keep hearing the expression "Americanize the foreign born," and we cannot help wondering what is going to become of the poor fellow if everything that is planned in the way of Americanization is done to him

It is not a mechanical process, this business of making a foreigner a good citizen. The war showed that it was not a mechanical process. I suppose in every regiment of our army, of battalion, there were not merely foreign every born, but there were foreign born who could not speak English. Those men fought. They fought loyally. They fought well. They were amenable to discipline. They acted the part of

Americans as well as people could act it-these men who were not citizens, who did not speak our language, who very likely did not know what it was all about. There is a good deal of difference of opinion among those who are their betters in acquaintance with American ways as to what it was all about. That makes me feel and I think must make us all feel, that the learning of the English language is not a necessary essential to being a good citizen, and when we hear agitation to prevent the publication of foreign-language newspapers it seems to me we are on the wrong track. I don't believe we are going to make people better Americans by pre-venting them from reading the news in a language which they can read with less effort than they can English.

We hear, too, of the effort to make the foreign born learn something about the consti-tution and the Deelaration of Independence. There is a movement on hand to put a copy of the constitution into every family in the country. I don't believe you are going to make a good citizens by jamming the constitution down his throat.

foreigner. You cannot give him a pill and have him wake up an American. You cannot make inflammation of the hip joint and him an American by teaching him the language or teaching him some of our great state papers. What we want to do is not simply to take him by the hand and make him a citizen, it is to make him a good citizen. That is our object. No democracy can go on as it should unless the majority of the people are good citizens. The alien differs from the rest of us only

the lapse of a few generations. We are all of us foreign born if you go back a few generations. We came to this country. We like it. We de-cided to make it our home. We gradually took part in its affairs, took part in its public affairs. When you see the mess that has been made by the native citizen of some of our public affairs, you cannot criticise the alien too severely for things that he has done and has failed to do.

There is no royal road, but there is a definite way, and the definite way is to make good in our acts, now that we have the alien among us; to make good in our acts the practical promises pressure on the roots of leg nerves we made in the invitation of the country to the or disease of the hip joints or some oppressed from all over the world to come here joint of the pelvis itself; that no and live among us. It is the friendly, welcoming treatment of sciatica as such is of hand that we wants.

Some posts of the American Legion have caught that idea in a very promising way. The American Legion is, I suppose, closer to the alien than any other organization except the distinctly native-born associations, of which there are a great many, because such large numbers of service men were foreign born or has been working in a press room of foreign born parentage themselves. A lot of them have been through the mill. They know how the alien feels. They know what he needs. The war has stimulated in these men inhaling it. He has been feeling miserably and the last few months

How to Keep Well By Dr. W. A. EVANS

THE ELUSIVE SCIATICA. A man suffered for several years rom what was generally called

sciatica. In his efforts to get relief he took all corts of medicines from all sorts of doctors. When his doctor was not looking he gave the osteopaths and chiropractors chance to display their wares. He went to Hot Springs and other bath

resorts. He had a very definite limp, and the affected leg was perceptibly smaller than its fellow. When the ape was applied it was found that the wasting was altogether in the muscles—that in the regions where the bellies of the great muscles lay there was a decrease in circumfer ence of the leg of almost an inch. He thought he had sciatica, told all inquiring friends his trouble was sclatica, and took about all the sciatica remedies and tried all the sciatica nonmedicine treatments which his friends, fired at him When a man has suffered for a few years from a disorder which seems incurable his willingness to take up with all manner of recommenda-

tions with and without birthright is positively immoral-is almost on a par with some other forms of promisculty. About this time his pain began to localize itself in the knee. So closel did it limit itself to that joint that after awhile he began to think he had disease of the knee joint.

Examination showed that there was no trouble with his knee joint His sciatic nerve was found to be normal. X-rays and other examina-There is no royal road to Americanizing the tion showed that his trouble was in reigner. You cannot give him a pill and have the hip joint. He had a chronic

the cause of the pain lay there. There was no pain in the kne joint or in the sciatic nerve. It hap-pens that these stations are on the same line with the hip joint, and when the pain signal went in from the latter locality the switchboard recorded it as from the former. The wasting of the affected leg was due to atrophy of the muscles,

partly because that leg was favored and partly because of the irritation and pain. And that is about all the story. Why tell it if there is only a fragment to tell? There are lots of people who sup-pose they have sciatica who have some other trouble. In fact there are some who say there is no such

condition as sciatica, properly speaking; that so-called cases of sciatica merely are referred pain due to disease in the spinal cord or

fective must be directed at the trou-

Lead Poisoning Symptoms. "Will you ad-Mrs. L. M. writes: vise me about lead poisoning, or what we think it is? My husband he needs. The war has stimulated in these men to a tremendous extent a feeling of the solidarity of the country, a feeling of their part in the country. They can go to other aliens with the double advantage of knowing what the alien feels and what he is, and of knowing what is the American civilization in which he is living and with which they have here he will identify him to drive the poison out? Is he in any with which they will identify him to drive the poison out? Is he in any with which they here he will identify him to drive the poison out? Is he in any with which they here here here a will identify him to drive the poison out? Is he in any with which they here here here a will identify him to drive the poison out? Is he in any with which they here here here a will identify him to drive the poison out? Is he in any with which they here here here a will identify him to drive the poison out? Is he in any with which they here here a will a dentify him to drive the poison out? Is he in any the day and the day and the day and the day and the day the day and the day an to drive the poison out? Is he in any immediate danger? He does heavy work, digging concrete, and does not feel bad, only healthily tired. He has a good appetite and sleeps soundly. Would iodide of potassium be a good remedy to

Glenwood Springs would not be You may have ulcer or gallstones or much more beneficial. Sometimes lead stays in the system a long time. appendicitis. An examination your abdominal organs should be Iodide of potassium taken inter-nally helps to get rid of it. The dose should be small. Large doses have been known to cause sympmade toms of lead poisoning by plowing up too much of the metal.

Have an Examination.

Mrs. M. L. writes: "Will you tell me what can be done for an acid stomach? I am very careful of the food I eat and should not suffer from it. Will you tell me what food to eat? For the last three weeks I have had cramps. Do you advise me to see a stomach specialist?"

more than acidity of the stomach. enema. Should he cry as if in thus far .-- Philadelphia Ledger.

Have Growth Removed. X. Y. Z. writes that she has a flabby, skinny growth on her leg. It causes no pain and is not increas

ing in size, but it has a stalk and it gets twisted occasionally. What can be done about it? REPLY. It is of no consequence. Since I

gets in the way have it cut off. Stop Giving Purgatives. Mrs. C. C. F. writes: "I have a

baby three months old who is very constipated. He is breastfed at reg-

of

Perhaps if Mr. Bryan seriously If dieting has given you no relief it is probable you have something more than addity of the stomach.

par when I give him an injection

I have given him castoria, cascara

aromatic, and a few doses of castor

oil. Is there anything I could give

give him water three times daily.

REPLY. You should eat vegetables and fruit freely. Drink plenty of water, Give the baby some orange, prune

or strained canned tomato juice. If you must give him medicine inter-

nally, give a little milk of magne-

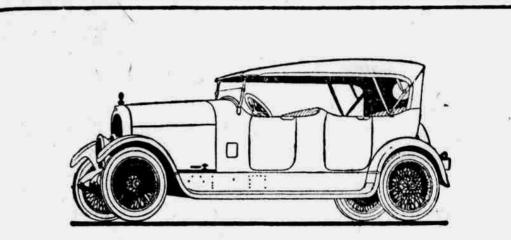
sia. If necessary, use a soap stick. Do not give castor oil, castoria, cas-

cara aromatic, or other purgatives.

Enough Said.

him, or anything I could eat?

He has had eczema on his face."



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The best-laid schemes o' mice an' men Gang aft a-gley; And leave us naught but grief and pain

For promised joy.

A dead man has no opportunity on earth. What man gets here he must take while he is alive. What he does in a personal way to crown and complete the lives of his loved ones, he must do before his death. Happiness is intimately associated with service to others. Accumulating money is always tinged with selfishness. Using the fruits of success to make others happy is a never-failing joy. We should begin that closing phase of our lives just as soon as our means justify it. Otherwise we are likely to be wafted hence with some experience of pleasure but little of genuine happiness, the one thing for which we have toiled and denied ourselves.

Efficiency and Character.

An eastern doctor, whose long experience gives him authority to speak, expresses the opinion that the tests for mentality now being applied to youth in schools and colleges are producing results not at all reassuring for our civilization. He admits that the tests are serving to establish the mind power and qualifications, and in this way determine the efficiency, of the subjects. He questions, however, whether efficiency is the sole end of mental development. To him the quality of character comes first, and this is not to be measured by the processes of psychology now in vogue.

Character is human, while efficiency is not. If the purpose of our civilization is to develop machines for the creation of wealth, the processes now challenged are the right ones; if there is anything finer or better, and therefore the more to be desired, then it ought to be sought. To bring out the human qualities of the individual, to direct and shape them into serviceable form, and give them permanent mold, that the moral nature will be both broadened and strengthened, should be the primary aim of the schools.

Training in efficiency brings out capacity for. doing material things and these are needed for the advancement of the general interest of mankind. Danger lies in the subjection of the highes purpose of life, however, and this is what is feared by those who believe too much stress is being laid on the psychological experiprocesses of tilling the soil and gathering the crops.

Good roads and autotrucks afford the easiest and most practical solution of the primary problem of transportation, that of the "short haul." Distances of 100 miles, or even greater, are within the range of the self-propelled freight carrier, and under decent conditions of the roads it has given service as expeditious and in many ways more satisfactory than afforded by the railroads. For these and other reasons, the progress of the caravan over its route is well worthy the attention of farmers and others who are interested in movement of freight over short distances.

Bird Customs and "Bird" Ignorance.

The Department of Agriculture is making some remarkable discoveries at Washington in bird life. It seems that "bird study" is an important branch of the activities of agriculture as exemplified by swivel-chair agriculturists on the national payroll.

It must be admitted that there are many "birds of a feather" in office in Washington, and that all of these "birds" might be studied with profit to the taxpayers. But that's to one side. What we wish to call attention to is the following statement from the biological survey's publicity department:

A curious discovery, learned from trapping and banding birds, may lower these feathered friends of man in the estimation of many who cite them as models of "mates for life.". This is that there are so-called "divorces" in bird The extent to which birds divorce land. themselves from their mates and start on new marital careers is only one of the interesting side lights that appear from the studies thus entered upon. The question of "bird divorces" is one which has been suggested by information secured from a Cleveland bird lover, the first user of trapping methods which have been adopted by the biological survey. He found that in one case, at least, a retrapped bird had remated (though the former mate was still alive) and was rearing a brood with its new mate just as it had done with its "first

After reading of this remarkable "discovery" we are wondering if the extensive libraries of the Department of Agriculture contain a good history of marriage and marriage customs, or of Prof. Fiske's "Excursions of an Evolutionist." If so, both those books will disclose to certain department writers their abysmal ignorance of facts about birds, known for a generation or more, and possibly protect them from future public humiliations arising from their amazing lack of information.

Business perked up considerably as soon as it got the news from Marion. But the speech does not cheer the dreamers.

The democratic reception of Senator Hard-

ng's speech is its best possible recommendation. It is also plain that the White House neither

dictated or revised the Harding Speech.

One more sign that the war is over is the regarrisoning of Fort D. A. Russell.

Good roads and autotrucks make a winning combination.

William Jennings Bryan retains his regularity unsullied.

Activity among the box cars will help a lot right now

Mr. Wilson's chailenge is squarely met.

and with which they hope he will identify himself.

The hired force that can do more than any other to give the alien the right idea about this country, is the police force. The alien does not know much about the president, and cabinet, and senators, and representatives, and supreme courts, and things. He does know that pretty tough-looking official in blue uniform with brass buttons who sometimes walks up and down the street, but is more often in a comfortable, stationary post. He knows him. He knows he represents the officialdom of the country. It was notably true on the East Side in New York, which is the place where most aliens go, at any about the best cure. rate for a while, that the policeman on beat was get rid of the mineral to the alien his idea of the whole officialdom of the American government. If the policeman arrested him for some reason which he could not understand, he felt that the government was unsympathetic.

I often believe that there is no agitator of evil we need to fear except injustice. When you have injustice on a large scale you are preparing the ground for those who come around and bank on injustice in order to further their own ideas. If an anarchist or revolutionary orator gets up and tries to stir a crowd to do unlawful revolutionary things, his chances of success are pretty good if most of the people in that crowd have grievances, either real or imaginary.

These immigrants have perfectly good civilizations of their own. They have manners and customs which are just as dear to them as ours are to us. They come here as a rule with a wholly friendly feeling toward this country. They would not have come if they had not that feeling. They are ready to learn about us. They are eager to learn. They don't like much the idea, the word, of being Americanized. It looks as if a superior, patronizing race had set out to show them its ways, on the theory that they were tired, and disloyal, and ashamed of their own ways. They resent that attitude. They are proud of the things that they have got by inheritance from their ancestors. They are ready to be good Americans, eager to be good Americans; but they would like a little friend-liness, a little consideration, a little tact shown in the process. That, it seems to me, is the way in which American citizenship is going to suc-ceed or to fail in the trial of assimilating peo-ple who come to us from all parts of the earth.

I spoke a moment ago of the treatment for the people who defiantly break our laws. The full force of the law must be invoked against these people. Those are a small group. There is a larger class who believe in making changes in our government, but who intend to do it by observing the rules of the game. Probably the most wholesome thing in our whole scheme of government is the fact that it permits change, that it permits of growth. I have thought recently that no matter how wild the revolutionist may be, he need not despair at his failure to accomplish even extremely radical changes by lawful means when I remember that it was lawful means that were used to put through the 18th amendment to the constitution. Any minority has a right to go ahead and try to make itself into a majority. Uneasy minori-ties are good things for a plethoric, comfortable majority to have to deal with. The rights of the minority must be regarded by the majority. It is a test of citizenship to accord to incon-venient minorities their full rights.

Try Ice. The Hungarian punishment of 25 strokes on the feet for profiteers wouldn't do here. That stimulates circulation. We want 'em to have "cold feet."-Philadelphia Public Ledger.

Why Ears Are Hidden. You can always tell if a peach is painted by comparing her complexion with her ears. This is confidential.—Texas North Star.

Consider the Source. How can you expect to buy a cigar for 5 cents with vegetables as high as they are?— Nashville Tennessean.

drive it out of his system? One doc-tor told him it was cirrhosis and was very serious. What does that mean, REPLY Harris has shown that a moderate number of printers suffer from some degree of lead poisoning. He was able to find the metal in their arms. Assuming that your husband had lead poisoning, he has hit upon get rid of the mineral is to sweat it out, and doing heavy work in Ari zona in summer fills

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fection for his family.

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