How to Keep Well

By DR. W. A. EVANS

Somewhere about the last of the sincteenth century the public be-

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Americans were shocked again by news of errible explosion in which a dreadful toll of human life was taken, this time on Wall Street. To the time the authorities are divided in opinas to the exact cause of the disaster, but uld it be finally proved to have been a bomb, tis not to be charged to any weakness in the structure of our government. No system of provernment devised by humans is proof against buch occurrences. Twisted brains anguify real prefancied wrongs into such mountains of opptestion as stir them to violence, and this viopace is unworthy.

Freedom of speech, freedom of conscience, sedom of press, these are the great fundamentals of liberty guaranteed to all American citizens. It is expected that these breed and soster that sobriety of thought, speech and acon which properly comports with the responsibilly entailed. Unfortunately, such effect does mot always follow, and in the misguided mind of comebody developes those radical ideas that are destructive of the very thing they profess to encourage. The anarchist, who defices all law and reason save that which meets his passingfancy or whim of the moment, sees in the politirat industrial and social chaos he aims at/a paradise only because it permits him to anticipale the destruction of the order he irks under. Ye he is bred of that very order, because his warped and distorted mental processes can not brook the wholesome discipline essential to the

Episodes such as that which this Wall Street horror may prove to be have not been numerous in our national life, yet they have occurred with such frequency as to warn the forces of law and order of the need of eternal vigilance. "God the great mass of liberty-loving Americans to their cherished institutions the service they have in the past. Insane criminals may plot in the dark, and execute their detestable designs by such deeds as that which shattered the lives and wrecked the buildings in Wall Street. such explosions will not shake the founda-

permanent progress of human affairs.

s of our government. Only when the American people themselves forsake the Temple of Liberty is that sacred fane in danger. While the sons of men who d for freedom are animated by the ideals and parties of their sires, our land of homes is e; we need not fear the machinations of the miserable miscreants who murder by such ans as the bomb let off on an unsuspecting rong in a crowded street. That is part of the price we pay for our liberties.

Discount European News.

It will do little if any harm if the news from Europe be subjected to a considerable discount, ticularly that emanating from Russia and Italy, where the bolshevists are making the relatest efforts just now. This applies particuvist movement. It is pretty certain that no ermation can get out of Russia for the monent that the Lenine group does not want to go forth, and the same is true with regard to the Italy where the reds have taken control of indetry. All means of communication are under their control, and a strict censorship is rerted. The reports that Giolotti has taken perchal charge of the situation at Turin may or may not mean that the Italian government is dy to deal with the socialists according to the ciousness of the affair, but with only the fragmentary information at hand it is not possible to say accurately what has taken place. The evernment at Rome has been silent on the hole proceeding, but it may now be preparing do something to restore order:

Whether the anti-bolshevist forces in Russia making any headway is quite as uncertain was it has been at any time since the Wrasendeavor was commenced. The reports m Petrograd of demonstrations against the Lenin-Trotzky outfit may have some foundation, nt the announced retirement of Wrangel on wo fronts and his determination to let winter ae on with no further effort to penetrate eper into soviet Russia can only be taken as indication that the reds have strength sufent to hold on indefinitely.

The menade is too serious to be treated ntly, and we should not allow ourselves to be erried away by indefinite accounts of sporadic ccesses against the bolshevists. It is a world

oblem, and must be met as such.

His Mind is Changing. Speaking to a gathering of Nevada demo ats, Candidate Cox declared himself neither gmatic nor hidebound as to the League of Naas covenant. He is far enough away from Vashington to get a little glimpse of the scene covered by the Wilson blanket, and conseatly his mind is changing once more. This not altogether unexpected. "Jimmy" Cox has ver yet taken an unequivocal position and held He was made the candidate at San Franco by the anti-Wilson element of the party; held his Sunday afternoon conference with president later on and declared his intenof earrying out every Wilsonian policy and nise to the letter; this, of course, included covenant without any reservations. Now, has yeeged again, and expresses himself as Also made good: Ak-Sar-Ben's races.

ready to make any "reasonable concession"not, however, because he wants to see America in the league, especially, but because he hopes thereby to lure a few votes he might not otherwise get. But Cox will have to light some place.

One Great American Sport.

A judge in Omaha closed his court Thursday afternoon for the openly confessed purpose of attending the races. Fifteen thousand other citizens of the community also laid aside business engagements and adjourned to the track, while at least an hundred thousand more gave more attention to the gossip that filtered through downtown about things at the track than they did to the sober pursuits that ordinarily engage

Why? Just because the average healthy American loves a "hoss trot." It is as much his heritage and his possession as is his political predilection. No one knows when the first horse was tamed by man, but it is a safe conjecture that one of the earliest events after two of them had been sufficiently subjugated was a race, with the prehistoric owners wildly wagering their stone hammers and other possessions on the outcome. Man, savage, barbarian, civilized and cultured alike, has and does indulge in the sport. The Arab loved his mare because she was swifter than the eagle, could bear him into the foray, and, what to him was even more important, could travel fast enough to bear him safely out again and away to his hiding place with whatever of plunder he had seized. The warrior and his steed are familiar companions, and it is a matter of considerable regret that Dr. Holmes couldn't have said a few words more about "the rat-tailed ewe-necked bay" behind which the parson sat that fateful day when the "one-horse shay" crumbled. But these things are taken for granted by such a nation of horse lovers as the Americans.

It was in America the sport of harness racing was brought to its perfection. The Morgan or Cleveland strain, the Hambletonian descent, are the signs of aristocracy, and the trotter or pacer is king. Hearts that thrilled when Dexter traveled a mile in 2:40 flat on "the plank road to Brighton," now beat quicker as Single G, Hal Mahone and others pound the track in thunderous rhythm, covering quarters under 30 seconds, and all because no American sport enthuses its devotees quite as much as a well balanced card of harness races.

Fear of Poverty.

Collier's says a useful word on poverty when it remarks that the very poor do not fear it because they have met it, and that many a comfortable family would be happier if it quit teasing itself with tears of reverses.

Aside from those so abjectly submerged that they suffer for food, for warmth and for clothing—certainly a very small part of the population of any American community-families that are absolutely dependent on the earning power of their heads, extract a deal of joy out of life. Their quarters may be small, their living equipment work and poor, their expenditures limited to necessities, but how they love each other and live bravely for better days!

Real fear of poverty is more prevalent, it reigns, and the government at Washington still is suspected, among those well to do families lives!" is true today, and will remain so as long striving for independent incomes, who have made a start in the direction of building up a surplys, and fear something may set them back to entire dependence on their individual 'daily earnings. This fear is foolish. Concern for the future is wise, but not fear of it. Fear is demoralizing. Proper concern stimulates thrift, which is all right. But the man who fails to accumulate usually has sons or daughters glad to do their bit and when necessary, entirely relieve the old father and mother of anxiety for

> America always has had, and perhaps always will have, comfort for men and women who have lived honorable lives, even if their natural protectors fail them. But whether it has or not, lear of poverty belongs only in the minds of the wantonly wasteful, the lazy and worthless end the criminally inclined. They may well fear it, for society is little concerned over their comfort after they have themselves destroyed it by evil habits and deeds.

Cheering Word From Manitoba.

Nebraskans have long been accustomed to look on Manitoba as the place from whence come the cold waves. In fact, the terms are synonymous in the local vocabulary. Now, however, there comes from that land of the Saskatchewan more cheering word. The bee "flu" has been conquered. Yes. It seems that honey bees also suffer from influenza, although most of us have only noted dementia praecox or a homicidal tendency on the part of these sturdy little workers. Medicine has prevailed, and the bees have had a good season. Instead of the 65 pounds to a hive harvested last year, at least 100 is expected this season, and as the number of apiaries is largely increased, the prospects are that Manitoba will pour forth such a stream of strained sweetness as will deluge a wilderness of pancakes for breakfast and hot biscuits for supper in the winter days ahead. Of course, the Nebraska and Colorado output will be added to this, and the California, New Jersey and Delaware bees will swell the tide, and so we may look forward to something of solace in the future months. The Bee has neither influenza, nostalgia, or any other ailment to distract it, however, and will continue to distill the sweetness of life for its many thousands of faithful readers in the days to come, just as it has in the past, and will try to make itself a more welcome visitor to the breakfast table and the evening circle of the home than it ever has been, and that is saying a great deal.

However, most people are inclined to think that when a speeder is sent to jail, he should stay there long enough to repent a little.

A movie countess has decided not to dirorce her husband, he having just fallen heir to a fortune. Second thought, you know.

Senator Harding continues to stand by the Constitution of the United States, which is pretty good to tie to yet.

Cox's mind may run along with the president's, but it also does a lot of side-winding.

New York should erect a monument to the

Wall Street explosion victims. Home-made "hootch" is promoting a good many family rows nowadays.

Don't get too gay, just because it's carnival

A Line O' Type or Two

BECAUSE travelers, "particularly commercial travelers," have discovered a way to save money by not buying through tickets to the west, the railroads in New York are calling for help. But what we are wondering is, Does the saving in fare show on the swindle sheet?

ACCORDING to Comrade Cox the Republicans set up the liquor question as a bugaboo. The bugaboo set up by Mr. Cox was the campaign fund. Every man to his bugaboo. SUPPOSE THEY SHOULD NEVER MEET?

(Journal American Medical Association.) In order to prosecute this work with-out needless overlapping of function, it will be necessary to co-ordinate existing agencies and direct their efforts toward the one end and along parallel lines.

LIKE a semaphore in a reckless world bines the caution of the Associated Press. A that time under the name of goat bulletin from Denver requested: "Editors—In shooting make Chinese name Yee Geow, not E. Ypp Geow, as sent."

In Which Ye Press Agent Neglects to Slip Ye
Ed Ye Customary Pair of Skulls.

(From the Winsted, Minn., weekly.)

Did you ever stop to consider the vast amount of money that is taken from a town every time a tent show hits it? Did you ever stop to consider that the tent show never spends a nickel in you town? Did you ever notice that they are all practically same-when you have seen one you have seen them all? There'll be several dances and an old-fashioned harvest picnic coming off in Winsted in the near future— better save your money now and keep it at

IF Maine is a political barometer, the Democratic ship is in for some extra dirty weather. Even Lloyd's might regard it as a bum risk. THE PERPLEXED GADDER.

Sir: In the writing room of a Burlington tel a fellow gadabout asked me if m.i.r.r.o.w were the way to spell "mirrow-a glass." Luck-ily some opportune sneezing subdued my mirth, so that in a little spell I could answer him. F. B. T.

PICTURES of lady swimmers in the roto-gravure sections remind C. E. C. of the old Po-lice Gazette which he used to pore over while waiting his turn in the barber shop. There is more or less resemblance; but even the P. G. would have hesitated to print some of the pictures which appear in the family newspapers of today. Other times, other notions.

A Sentimental Journey. (From the Wayland, Ia., News.)

In the morning of August 12 John Christner took me to Mt. Pleasant, and I took the 6:10 a. m. train and arrived at Colorado Springs next day at 11 a. m. In the afternoon I went to Manitou and rented a room with bed, chair and table for one dollar a day. Aug. 14 I and another young man went to the Ballance Rock, the Garden of Gods, and the Seven Falls. Here is a large stream of water that comes down like the Niagara Falls only it is not so large. Aug. 15 was Sunday. I went to the dedication of the Mennomite Church where they had meeting, forenoon, afternoon and evening. Here I saw Fanny Elman and the Roth girls in the evening. They are well and hearty. Aug. 16 I went on the R. R. to Cripple Creek. This is a gold mining town. Aug. 17 I went to the Cliff dweller. This one is only an imitation of the Cliff dweller. There is no history telling what became of them. • was also at the Pikes Peak Cog Rail Road. This engine hauls 1 carload of Rail Road. This engine hauls 1 carload of persons on top of Pikes Peak, the distance being about nine miles, height is 14,109 feet. Aug. 18 I was at the Incline Railroad Manitou Mountain, which I think is about half as high as Pikes Peak. I was through the Cave of Winds, which is nearly a half mile long. It was discovered by a young boy while hunting rabbits. In the evening at 6 p. m. I started for home and arrived at Mt. Pleasant Aug. 20 at 3 a. m. I met P. Wyse, and at 6:30 he had me home where I found all well.

IN the Paris edition of the Chicago Tribune, Gov. Cox is represented as charging that the Republicans are rasing a campaign fund of \$15,-000,000,000, and Mr. Roosevelt as declaring that the Republican war chest will be \$30,000,000,000. Merely emphasis, to lend verisimilitude to an otherwise bald and unconvincing narrative. IMPERFECT BALLADE OF THE MOST IM-PORTANT THING, AUTUMN, 1920.

In Petrograd and Santa Fe,
In Pekin, Bombay, Athens, Rome,
The gazetters from day to day,
With eye to cable and to tome,
Write largely of world polity,
Of such-and-such a statesman's goal.
And government efficiency
But what will be the price of coal?

The Poles and Reds in conflict sway The Poles and Reds in conflict sw Across the level Russian loam; Strikers in Florence yelp for pay, And here, across Atlantic foam, Our Tweedledum and Tweedledee Weary the proletarian soul

The words of statesmen float away Unto what limbo is their home; The penderous, feelish things they say Are one with Dian's ancient dome. For Cox or Harding. Each one's role

Prince Lucifer, you end each day With many a begged and clinkered soul.
Your fires will burn for aye, they say
But what will be the price of coal?
G. V. B.

IN Maine, mother and sister appear to have voted the same ticket that father chose. And-Maine, while interesting, is not peculiar. DOESN'T SOUND LIKE SHINGLES TO US.

(From the Port Austin, Mich., Herald.) The many friends of Will Yaroch rejoice in his continued improvement. He
has suffered from a peculiar illness, the nature of which has not been diagnosed. It
is somewhat like shingles. At six o'clock he
became delirious, and he would talk unceasingly all night on one subject and in a masterly manner. Sometimes it would be on the subject of law and at other times a sermon. In the morning he would have no recollection of having said anything.

"FOR that League of Nations building B. L."
T. suggests Chapeau d'Espagne."—F. P. A.
We wrote it "Chateau," but chapeau will do

THE TOONERVILLE GAS COMPANY. (From the Warsaw, Ind., Times.) Gas service until late Saturday night enabled many Warsaw citizens to get their Saturday night bath. With the service cur-

tailed early Saturday afternoon many had given up the hope of their weekly trip to the bathtub. "RUBBER Bands Hold Up Americans in Crete."—Bluefield, W. Va., Telegraph.
And a subscriber to the Trib sends us the wrapper to show that the circulation department is sending his paper to Elastic City, N. J.

"GOV. COX at State Fair-Minnesota's Great Animal Exhibition Has Successful Opening."-Duluth Herald. As the old wheeze goes, "You'll know Paw. Paw has a hat on.'

OLIVE THOMAS, it appears, by the paper, died from an "overdose of poison." Correct, no doubt, but it sounds oddish.

"AS Maine goes . . ." EIGHT TO FIVE. B. L. T.

P. T. Barnum Once Said-

We have been opposed to wildcat oil schemes 000 persons paid from \$10 to \$30 to see the Dempsey-Miske "fight," we have decided one system is as legitimate as another.—Watertown Standard.

Usual Explanation.

The Department of Justice, according to a Washington dispatch, is "inquiring to know" why a tomato that costs I cent wholesale should cost 60 cents when served with a leaf of lettuce in a staurant. Way? Because of the war, of course!-New Orleans Picayune, 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 diseases. Address letters in care of The Bee. Copyright, 1920, by Dr. W. A. Evans, WHAT IS IT ALL ABOUT?

quard elixir had a great vogue for a few years. It consisted of extracts lymph or some similar name the extracts of gonads have been used to perfectly safe to say that the 41 a moderate extent in the treatment proposed amendments to the constiof premature senility.

There are many such preparations sideration by the people as a whole. on the market, some for hypodermic use and some for administration by the mouth. Of course, before the days of Brown-Sequard gonads under such names as "lamb fries" enjoyed some reputation among the The matter of planting an organ of one animal in the body of another has been under investigation most talked of experiments along this line were those for which Dri

Alexis Carrel was awarded the Nobel nately John Barleycorn put him down for the count before it could be seen how long the improvement was due to last. Without going into detail, the conensus of opinion among men doing these experiments is that some orwided the animal from which the organ is taken and the animal in which it is planted are of closely related species.

which it is planted are of closely related species. When an organ is taken from one animal and planted in an animal of unrelated species, the transplanted gland promptly dies.

n laboratories for a long time.

Building on these two foundation stones Dr. G. F. Lydston planted the gonads taken from one animal into an animal of a closely related species. Finally he implanted gonads

from man in man.

Some of these fived for several years, bringing about a considerable degree of rejuvenation. Just how long this will continue has no been determined. Other men following this method have met with a considerable degree of success. Within a year, a French surgeon, Voronoff, created a good deal of stir by advocating the Lydston operation. He advised the use of gonads from either human beings or the high orders of monkeys. Dr. Brinkley created about an equal amount of stir by im-planting the gonads from goats in

I have seen persons who were greatly improved by the daily hypo-dermic injection of so-called goat lymph. One newspaper man a little beyond middle life but quite senile by reason of excesses, was enthusiastic over his improvement. His wrinkled skin became smooth and

The Bee's !!

Endorses The Bec.

Blanchard, Ia., Sept. 15.—To the Editor of The Bee: As a reader of The Bee for many years permit me to thank you for the pertinent and strong editorials appearing regularly in your daily issues, "Falsehoods and False Pretense," "The Vote in Maine," "Leaving for College," "Methodist Ministers," "Picture Show Stars" etc. etc.

Let the good work continue. Your political editorials among the best I read. And to think with it all "F. Roosevelt told us the Maine wo-

came very much excited over an elixir of youth the efficacy of which "F. Roosevelt told us the Maine wowas advocated by Brown-Sequard, a-French physician. The Brown-Semen were going to vote for the league." Very sincerely, FRANK HOOKER.

About The Amendments Silver Creek, Neb., Sept. 15.—To the Editor of The Bee: I think it is tution have received very little conand that very few have any clearly defined idea as to whether those amendments, or any considerable number of them, are good or bad. pink like that of a baby. Unfortu-

It oppears to me that the implantation of goat gonads would result in improvement that would be albeing should result in a longer con-

tinued benefit. Bicycle Riding Is Good D. P. writes: "Is it healthful or not for a girl of 14 years, who lives in the country, to ride on a bicycle?"
REPLY

Yes, city or country.

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efit of the doubt, and vote against As to most of the proposed amendments, particularly those relating to the jury system, the supreme court, electing regents and supreme judges by districts, and No. 39 as to amending the constitution, I think they ape wholly bad, and shall vote against them.

CHARLES WOOSTER. CHARLES WOOSTER.



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