

THE OMAHA DAILY BEE

FOUNDED BY EDWARD ROSEWATER. VICTOR ROSEWATER, EDITOR. The Bee Publishing Company, Proprietor. BEE BUILDING, FARNAM AND SEVENTEENTH. Entered at Omaha postoffice as second-class matter.

TERMS OF SUBSCRIPTION. By carrier. By mail. Daily and Sunday. Weekly without Sunday. Evening and Sunday. Evening without Sunday. Sunday Bee only.

REMITTANCE. Remittances by draft, express or postal order. Only two-cent stamps received in payment of small accounts.

OFFICES. Omaha—The Bee Building. South Omaha—118 N. Street. Council Bluffs—14 North Main street.

CORRESPONDENCE. Address communications relating to news and editorial matter to Omaha Bee, Editorial Department.

JULY CIRCULATION. 53,977

State of Nebraska, County of Douglas, ss.: Dwight Williams, circulation manager of The Bee Publishing Company, being duly sworn, says that the above circulation for the month of July, 1915, was 53,977.

DWIGHT WILLIAMS, Circulation Manager. Subscribed in my presence and sworn to before me, this 30 day of August, 1915. ROBERT HUNTER, Notary Public.

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Thought for the Day

Let reverence of law be taught in schools and colleges; be written in primers and spell-books; be published in pulpits and proclaimed in legislative halls; and entered in courts of justice—in short, let it be the life and the life of the nation.—J. Cobden. Quoted from Abraham Lincoln.

Behold the cornfields! They have no drum or screaming horn, yet they boast all the while.

So far the A. B. C. kindergarten school has not enrolled enough students to justify the publicity.

When Colonel Roosevelt and Colonel Bryan disagree so diametrically they must both be wrong.

Advocates of national preparedness will make greater and quicker progress by cutting out the assumption that they are the only sinners.

Germany reports over 1,000,000 Russian prisoners. The problem of tonsorial sanitation promises to strain German efficiency to the breaking point.

If the age limit is to be drawn on candidates for the vacant federal judgeship, any one with half an eye can see trouble ahead for several ambitious and deserving democrats.

If our distinguished attorney general of Nebraska is in doubt as to how popular he is becoming, let him read the comment of the country newspapers on his recent fool opinions.

Speedy development of the Wyoming oil fields with pipe-line outlet to Omaha would do more to increase the industrial importance of this city than any other one thing we know of.

Rules and regulations for safety first in theaters, hotels, at railway crossings and other danger points can be compiled with. It is only a question of the cost, and the cost ought not to count against unnecessary risk to life and limb.

The exhaustion of the fund provides an easy way to unload a bunch of inherited employes in a city department. When the resources are replenished the furloughed men will see whether or not they have the preference for reinstatement.

Before the city council figures on erecting a building to house a fire alarm station in Jefferson square, better let the law department look up certain court decisions that were rendered on a one-time effort to locate a market house there.

Germany's new war loan bears 5 per cent interest against England's 4 1/2 rate. In both instances the advance amounts to 2 per cent more than the cost of money in normal times, and measures one side of the load piling up for posterity.

If the dispatches quote his words correctly, Prof. John Metz of Munich showed great strategy in going as far as California to criticize the militaristic spirit of German education. Like sentiments expressed at home at this time would bring a muzzle warranted to insure silence.

Thirty Years Ago This Day in Omaha

J. C. Sisson, a Union Pacific conductor, was badly stung by bees, which came after him and settled on his head and face while he was looking after some cars in the lower yards, and accidentally stumbled upon a nest.

Moving in the Right Direction.

The efforts of Emperor William and his advisers to find a way by which to extricate themselves gracefully from the threatened rupture with the United States is the best assurance that the most perilous point of the crisis has been passed. It would seem that the German government has finally come to realize the value of continuing on friendly terms with this country, the leading neutral nation of the world, even though satisfied that nothing more would ensue than the interruption of diplomatic intercourse.

Up to this time the attitude of the Germans has ostensibly been to place military necessity above the rights of non-combatants as well as combatants. That is the explanation of the Lusitania affair, and also of the case of the Arabic, if it was purposely sunk. If Germany, therefore, now either offers a disavowal or admits liability for reparation with guarantees against repetition, and without conditions that tie a string to the adjustment, the principle we have been contending for will have been maintained, and the rest may be a proper subject for negotiation.

Patriotic Americans, who want this country to keep out of foreign entanglements and hope for cessation of the war before long, have reason to feel reassured by the direction the latest moves are taking.

Accident Insurance Efficiency.

Addressing the insurance men gathered at Detroit last week, Vice President Faxon of the Aetna company said the policies as at present issued are unscientific, and need to be thoroughly overhauled. He laid special stress on what he designated as the "freak" conditions of accident policies, such as provide double indemnity in certain cases, and the like. These he would eliminate entirely, his argument being that no good reason exists why death by lightning stroke should create an estate of \$10,000, while death resulting from a broken neck from a fall downstairs should bring but \$5,000.

Efficiency experts can serve the public as well as the insurance companies by devising still further protective measures, to the end that accidents will be fewer and less serious. In the meantime, however, no sign of any company giving over its business in this line has been discerned.

Governors "Seeing Things."

When the governors of the several states assembled at Boston for their annual conference last week the entire National Guard of the state of Massachusetts was paraded to welcome them. The Boston Transcript, at the time, expressed some pardonable curiosity as to why the military display was made in time of peace. A little later on the governors were given the pleasure of witnessing a "war" demonstration by the North Atlantic fleet of the American navy, and were greatly edified by the exhibition. Now we have the answer, in the parting declaration of the conference that the United States is prone and defenseless before a hostile world, and would be "easy picking" for an invading host.

The stage was well set at Boston, and the effects nicely timed to arouse the governors to a point where they would give countenance to the agitation that has been carefully developed within the last few months by the Wilson administration. It is part of the campaign of the democrats to push "preparedness" as their chief cry, and to pose before the public as saviors of the country. They have made Mr. Wilson's firmness in a serious international crisis an excuse, and are now pushing their military propaganda with utmost vigor. The situation is somewhat perplexing for Secretaries Garrison and Daniels, who must of necessity defend the army and navy, but they are playing well the roles assigned them.

The governors may on reflection modify to some degree the feeling of apprehension experienced when they adjourned at Boston, but what this country most needs is preparation for peace rather than war.

The educational advantages of barber colleges are in danger of being eclipsed by the nerve tonics they dispense. The faculty of a Minneapolis college, resisting an attachment for debt, nervily informed the court that its equipment is "part of the library and philosophical apparatus belonging to and used for the instruction of youth," and therefore not liable to attachment under the constitution of Minnesota. The claim for educational immunity so dashed the court that the session abruptly ended while the execution went on.

Fall guides to New York apartment house styles afford ample proof that the high cost of shelter supports the label. An ordinary piker can obtain suitable accommodation for from \$4,000 to \$5,000, while a real piker can dispose of his family in eleven rooms for \$7,000 a year. Omaha pliers eager to leap into the metropolitan swim can gather from the figures the size of the life preserver necessary to keep afloat.

Our side-stepping hyphenated contemporary seeks to take the sting out of the criticisms of the Frank lynching by recalling that a negro was once lynched in Omaha twenty-five years ago. Yes, but no one—not even the hyphenated—dared openly to defend and justify that mob murder.

On Walking

James F. Rogers in St. Nicholas.

WALKING is the most common form of muscular exercise. Each of us walks so far and so long that it is a wonder we do not become normal body caries out, or can carry out, to a greater or lesser extent each day. All degrees of exercise are to be obtained by walking. One may have the slight but sure results of a slow shuffle on the level, or the greater effects of the ascent of a mountain or the climb of a flight of steps; one may walk across a plain or across a country. Every step we take may be an exercise; we have not already taken enough steps; and if the walker has no brain, the length of walk must conducive to good could be measured in strides. Since he is possessed of a brain, however, and usually an active one, the company he keeps, both within and without, and the sights and sounds (yes, often the smells) which greet his senses are as important to the walker as the distance traveled or the elevation climbed.

Leaving for the moment everything but the mere mechanism of walking, this, like any other body exercise, brings into increased activity not only the voluntary machinery that moves us along, but, at the same time, there is an equivalent stirring up of the involuntary machinery that regulates the functions of the circulatory and respiratory organs, the food-preparing functions are helped, and surplus food supplies within the body are drawn upon. The greater the speed of the walker and the steeper the ascent, the more highly toned the internal effects. Benjamin Franklin adopted stair climbing, instead of walking on the level, as a means of exercise. Though concentrated effort and economy of time, this obtained. It does not follow that the results of vigorous exercise for a brief time are as good as milder movements and more sustained effort. On the other hand, a walk may be too leisurely to produce the best effects. Neither the pace of the bare nor that of the tortoise produces the best results in a normal person, but the determination for himself the gait which is most beneficial.

The feeling of mild fatigue will show us when we have walked far enough; and the time limit, the time, that is, in which fatigue asserts itself, depends on the speed we make and the elevation to which we have lifted our bodies. Theoretically, a man who does a little physical labor needs, for health, exercise equivalent to a walk on the level of about six to eight miles at a suit of three miles per hour, or four to six miles per hour. This estimate is for the average well developed man, and a great many men and women will need much less to keep them in good condition, especially if they do a great deal of housework. Boys and girls always need plenty of exercise, but their capacity for long walks is much less, even in proportion to their age, than adults. Their energies must be used for growth as well as for muscular exercise. The long, wearisome "hikes" taken by young people are more likely to be injurious than helpful. It does harm rather than good to walk after real fatigue has begun.

The problem of the distance we can or should walk is greatly complicated by the fact that we carry self around with us, and self alone is apt to prove a burden which will quickly bring premature fatigue. Self needs something outside to lean upon. It is like a trolley, which, applied to the wrong object, may prove a hindrance. Theoretically, a man who does a little physical labor needs, for health, exercise equivalent to a walk on the level of about six to eight miles at a suit of three miles per hour, or four to six miles per hour. This estimate is for the average well developed man, and a great many men and women will need much less to keep them in good condition, especially if they do a great deal of housework. Boys and girls always need plenty of exercise, but their capacity for long walks is much less, even in proportion to their age, than adults. Their energies must be used for growth as well as for muscular exercise. The long, wearisome "hikes" taken by young people are more likely to be injurious than helpful. It does harm rather than good to walk after real fatigue has begun.

Walking in the city has its advocates, as has the country stroll. There may be more in the metropolitan thoroughfare to distract the pedestrian's attention, but it depends on the city and the thoroughfare as well as on the pedestrian. Companionship of a dog or man is more fully enjoyed in wandering over fields or following country roads. The unyielding hardness of the city pavement (relieved to some extent by the invention of rubber heels) is disastrous to the arch of the foot, while the kindly give of the soil invites the rural ramble.

For walking one must be properly shod. The high and peg-shap'd heel and the narrow toe help to d'ave the sand of self-consciousness into the machinery that otherwise enjoys its own exhibition of power and endurance. In pedestrianism we need plenty of spring, and all the base of support possible. The exercise of walking, if the foot coverings allow, preserves and strengthens the foot.

There are good walkers, and poor walkers; walkers that walk with ease and walkers that labor along. We are not all built alike and could not all walk alike if we tried. For purposes of exercise, it does not matter greatly how we walk so that we stand fairly erect and do not jar the body too much by keeping the knees too straight and planting the heel too firmly. Walking is a continuous falling forward, and simultaneous moving forward of the underpinning to prevent the fall. We can assist the falling by tipping the whole body forward without stooping the head and shoulders, and we can prevent the fall without jarring the body unnecessarily. It is of chief moment that we walk, and that, in walking, the mind finds the absorbing adventures of its own so that it keeps the body joyful, and not depressing, company.

Twice Told Tales

A Musician's Sally.

Victor Herbert tells us this story of two famous musicians: "De Pachmann and Goldmark once met in front of the latter's Vienna home. Goldmark was a most estimable old chap and as everybody knows, a writer of exceptionally brilliant and melodious music, but his one great fault was his overwhelming conceit. As De Pachmann and Goldmark walked away from the composer's house the pianist pointed backward and said: "That modest little edifice will be signally distinguished some day after you are dead." "Indeed!" said Goldmark. "Yes," continued De Pachmann, "they will decorate it with a tablet." "And what do you suppose they will say on the tablet?" asked the composer, eagerly. "To Let," replied De Pachmann.—New York Times.

Why They Wept.

Two Irishmen entered a restaurant and ordered dinner. They asked the waitress the price of everything she brought in, and on bringing in some tobacco sauce she informed them it was gratis. Mick took a large spoonful, blinching tears to his eyes. "What are you crying for?" says Pat. "Oh," says Mick, "it's just twelve months today since they hanged me poor old father." Shortly afterwards Pat took a spoonful of the tobacco, which produced the same effect as on Mick. "And what are you crying for, Pat?" asked Mick. "Oh," replied Pat, "I'm crying to think they didn't hang you along with your father."—Pittsburgh Chronicle-Telegraph.

Wanted the Best Terms.

At a certain college in Iowa the male students are not permitted to visit the resident female boarders. One day a male student was caught in the act of doing so, and was brought before the president, who said: "Well, Mr. Jones, the penalty for the first offense is 50 cents; for the second 75 cents; for the third, \$1, and so on, rising to \$5." In solemn tones the trespasser said: "How much would a season ticket cost?"—New York Times.

The Bees Letter Box

A Reason for Near Side Stop.

OMAHA, Aug. 28.—To the Editor of The Bee: What on earth is all this fuss about the near side stopping? I have followed up the articles and really it is quite amusing to note how peeved some people can become, just because they are required to use their brains. What difference can it make which side of the street a car stops at? I am a visitor from New York City and accustomed to the rule, but it did not occur to me to set up a fuss when I came to Omaha when I found a different one.

I approve of the near side stopping rule for this reason: A few years before it came into vogue in New York I was standing nearby and witnessed a dreadful accident. A mother with a child upon her arm alighted from a car and stepped in front of a machine and was instantly killed. The vehicle came from the opposite side of the street, so was not visible to those alighting from the car. Had that car stopped on the near side of the street, I believe that mother and child would both be living today.

I also think it shows such poor judgment to elect a man to an office such as the mayor and then knock him afterward. If you do not admire the man, at least respect the office. E. E. E.

High Cost of Experience.

NORTH LOUP, Neb., Aug. 28.—To the Editor of The Bee: If we are real students, at the age of thirty, we begin looking backward to discover to our surprise that other people have been doing our thinking for us at very high prices for their experience. I have had that rubbed in several times myself. So far as this writer is concerned he is inclined to think the people of Nebraska have been paying high commissions for a few people to handle their school system and do their thinking. I have been trying to think out what would be a proper platform with respect to education by which to run for office. I have reached the conclusion that every boy and girl should have equal opportunities, and if their parents are not able to clothe them, that the state should see to it and provide a liberal compulsory education. Therefore I am opposed to the policy of educating the professional classes on public money. I am in favor of higher education, but think the professional classes should not be educated on the labor of the boy and girl who quit school at twelve and fourteen years of age with a faint remembrance of mathematics and spelling. Let the professional classes pay their own fiddler.—WALTER JOHNSON.

North and South.

DE SMITH, S. D., Aug. 28.—To the Editor of The Bee: The writer, a southern man, wrote one of the many thousand personal letters to Governor Slaton, asking him to commute Frank's sentence to life imprisonment. He was utterly shocked at the cruel attack on the prisoner at the state farm and humiliated beyond words at the shameful lynching. The northern press should be ashamed to possess its soul in patience, however. It is not wise to hastily condemn a state, a section or a race for the act of a few, or even for the act of a small community.

About eighteen years ago, in an old shack about a block south of the Omaha court house, the unnamable crime was committed and a beautiful 12-year-old girl choked to death. Coroner M. O. Maul was ordered to close the morgue at 10 o'clock the next morning, as the people were becoming so angry that a lynching was feared. It took the courts nearly two years to hang that man, and then he came very near to escaping the rope. Would not mobbing have been preferable to final escape?

That Boston firm that refused to deal with the city of Atlanta, that correspondent in the Letter Box who hinted at federal interference, need ice on their heads even in this cool summer, and the correspondent who referred to the origin of the Georgia peach as being Oglethorpe's jail birds is witty, and I do not blame him for making the hit, it came in so well, but at the same time it is foolish. We all descended from jail birds and worse. "Those Norman barons used to thieves." Monkeys we were, and monkeys we are, some of us, and others just further removed, that is all.

Signs of Progress

Practically inexhaustible deposits of asphalt discovered in the Philippines two years ago will be developed commercially.

The register in the street car may be shelved. An electric device has just been patented by which the passengers entering a car are recorded automatically.

The Department of Agriculture recently announced that it had been demonstrated that fiber flax equal to the best European can be successfully grown in the United States.

There are twenty-six museums of safety and institutes for the study of industrial hygiene in the world—twenty-two in Europe, three in the United States and one in Canada.

The foreign trade of the Philippines for the calendar year 1914 shows a slight increase over 1913, the total being \$45,000,000. Exports of hemp show a decrease of over 50,000 tons. The exports of sugar show a considerable increase, the total being 231,000 tons.

Granting that the average consumption of tires by motor cars is eight tires a car a year, which includes all types of vehicles, there will be required during 1915 not less than 20,000,000 tires, valued at from \$30,000,000 to \$40,000,000—figuring the average price of tires at \$15.

The new subway cars in New York City are equipped with seats specially designed to sustain the body in a comfortable and healthful sitting posture. The seat has the additional advantage, for feminine users, that "the head can be held upright in moderate sized hats, and is not thrust forward when one leans back in the seat."

A former member of the New York legislature, Peter A. Porter, favors an engineering plan for developing 2,000,000 electrical horsepower below Niagara Falls, at an estimated cost of \$200,000,000. The plan contemplates a dam below the whirlpool rapids high enough to equal the descent of the river below the falls and thus dispose of the rapids and harness the water forces now going to waste. The scenic grandeur of the falls would not be disturbed by the project.

SUNNY GEMS.

"Maud seems to consider her alimony an improvement over her husband. 'Why should I shut?' It comes in regularly and doesn't drink or swear."—Boston Transcript.

"Fortune smiled and bade the poet write his name upon the scroll of fame. 'Why should I shut?' It comes in regularly and doesn't drink or swear."—Boston Transcript.

"You seem certain you'll be able to prove your client sane." "The only witnesses in other side has are professional alienists."—Life.

"Your wife's dinner parties are always beautiful affairs." "At first people didn't seem to want to come to them. I guess maybe the high cost of living is making a difference."—Washington Star.

BEYOND THE CITIES.

Baltimore Sun. After the cities have had you, After their glamour and gleam Have faded you and spoiled you and spelt you.

It is then for the country dream— The faith of the good green country, Its peace and power to sustain, When the shops and the temples have fallen.

After the cities have worn you, After their thumors and strife Have crushed you and rent you and torn you.

After the cities have fed you, After the dreams of their splendor, After the dreams of their splendor, That lead us of boys and of boys, With the beauty God fashioned for men.

Polarine advertisement featuring an image of a car and the text: PROTECT YOUR MOTOR. BY using oil that stands up under both extremes of temperature. Oil that leaves practically no carbon. Oil that absolutely reduces friction. Then you will be in the ranks of the care free motorists who use Polarine. STANDARD OIL COMPANY (NEBRASKA) OMAHA.

New Morrison Hotel advertisement featuring an image of the hotel and the text: Home of the Boston Oyster House. Famous for its unexcelled service, appetizing dishes, and air of gaiety and good cheer. Dine in the Dutch Grill. The most convenient meeting place in the loop, an artistic room where food and service are supreme. The Hotel of Perfect Service. Personal Management of Harry C. Moir.