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MONDAY, OCTOBER 6, 1919.

If You Are Over 40, Be Careful

If Somebody Flatters You by Saying, "How Young You Are," Don't Believe It.

Wide publicity under the heading, "Do You Want Eternal Youth," has been given to the following prescription of daily exercises for men of sedentary occupations:

FIRST. Put feet on edge of bed with body extended and palms of hands on the floor. Raise your body to full length of arms 100 times.

SECOND. Stand erect, raise legs until knees touch the shoulders, keeping body straight, 100 times.

THIRD. Kick as high as you can with alternating legs, 100 times.

FOURTH. Stand erect, lock the fingers of both hands, raise arms and pass back of head as low down your back as you can, 100 times.

FIFTH. Stand erect, with rigidly straight legs; do not bend the knees; stoop down and place your thumbs between your heels without bending legs, 100 times.

SIXTH. Stand erect, extend both arms and violently swing your hands toward center of your back, 100 times.

SEVENTH. Lie flat on the floor, fold arms; raise yourself, keeping your legs straight, 100 times.

EIGHTH. Lie flat on back; raise legs until straight over your waist, kick upward, 100 times.

Then take your bath, and eat a hearty breakfast, and walk three miles.

To follow these rules would be an excellent way for a man over forty to kill himself.

No young man needs such violent exercise as this. No middle-aged man, who because of his years has become habitually inactive, should attempt it.

There is just as much danger in overdoing physical activity as in neglecting it.

A man's heart at forty has begun to get tired of its monotonous job of beating eighty times a minute, twenty-four hours a day.

His veins, in childhood as soft and elastic as the thinnest rubber, have begun to lose their resiliency and lack accommodation for the demands of blood for more room, as the heart rushing along from exertion demands more space for its output.

His muscles have lost some of their suppleness and some of their prompt obedience to the mind. They no longer co-ordinate as in youth.

The bones, which in earlier years bent to blows and strains, have become brittle with their accretions of lime and break when too great a demand is made upon their elasticity.

Sometimes man will be wiser. He will in time learn how to live.

He will be able to stretch youth to forty and middle age to a hundred, reaching his most fruitful and useful period at from ninety to the century mark.

As he is now, at forty he must begin to use care. He must abstain from violence in every form. He must be careful in eating and drinking. He must sleep regularly, although with increasing years he will sleep less.

But especially must he refrain from violence in exercise, and the attempt to follow the formula of activities which is printed above and which publicity may lead many to undertake would in every case shorten life, and in many cases be suddenly fatal.

After forty you can afford to take exercise with about the same reserve that you take advice, and that, with most of us, is with considerable moderation.

War, Not Peace, From League

To the Editor of THE TIMES:

Your editorial in The Times of September 24 pleased me very much, especially your views on the "League of Nations." I agree with you that it is war, not peace, that will follow its ratification, and I can but wonder how anyone can think otherwise. I heartily wish that every American could read your editorials in regard to it. It also wishes that had public opinion were broad enough to drop politics at such a critical time and sink their own private ambitions and interests out of sight for the good of the nation. Selfishness rules the world, and Jesus struck the keynote.

When he said "Marvel not that I say unto you ye must be born again." I am glad of this opportunity to thank you for your timely, kind words on the woman question. It warms my heart to know that we have a champion who never fails to take the part of the defenseless. I am one of the dried peaches in Uncle Sam's service, though I have no complaint to make of the treatment I have received, yet I see injustice in regard to others. I am hoping and praying for the passage of the retirement bill, which has been too long delayed. An appreciative reader, Mrs. F. E.

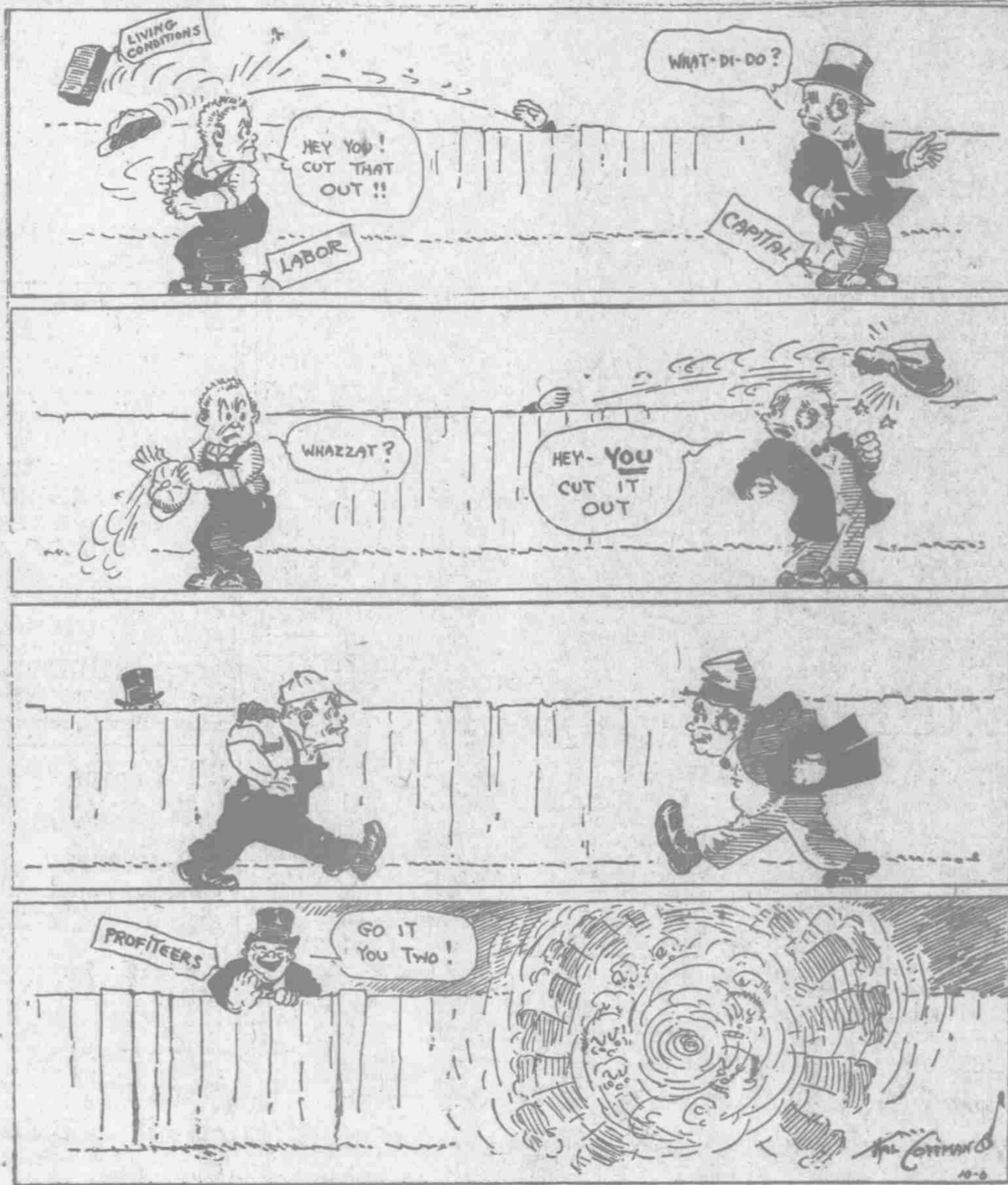
Don't Think About Flu

To the Editor of THE TIMES:

I wish to comment on an article which appeared in your paper yesterday concerning the "flu." It is very true that imagination and fear do much to encourage disease; whereas, if one's mind is stayed on health and faith disease has no opportunity to gain a foothold. If there were less articles published on the spreading of the "flu" and caution to prevent such the public

would not be scared into thinking every little cold or sore throat symptoms of the disease. Right thinking is the best caution one can possibly use against disease of any kind. With this in mind there would be no so-called "flu," and you will find that people who practice right thinking and right living will escape the ravages of all disease. L. E.

Who Started It?



By COFFMAN

The Zone Fare Fight Has Not Yet Been Won by the People

Don't Slacken Your Efforts. Why Have Other Papers Not Fought This Thing?

By EARL GODWIN.

In the flush of congratulations to those who have put up so convincing a fight against the imposition of a zone fare system upon the city of Washington, do not lose sight of the fact that the Public Utilities Commission has not announced or intimated that it will change its position.

There is every reason to believe the commission will do everything in its power to burden the suburban residents with the financial troubles of the Washington Railway and Electric Company.

Despite the fact that organizations numbering fifty thousand taxpayers have followed the lead of this newspaper and have laid logical and bitter protests before the commission, there is every reason to believe that the fight has only begun.

The people most interested are those who have bought homes in the newer residential districts and in the suburbs.

They will be made the scapegoats for the maldistribution of the street railways, for the capitalization of the glowing hopes of the early street railway buccaneers.

They will be taxed at least TEN CENTS A DAY MORE for the privilege of going to work and coming home at night.

In addition to present car fare—without good service—they will have to pay at least thirty dollars a year MORE. This tax will insure dividends, perhaps, but there has been absolutely NO guarantee of service.

The fifty thousand people who have been heard through their representatives are not ALL the people on whom this burden will fall.

There are thousands of others, not organized. There are thousands of families living in the interior of the city who in the fine weather will be TAXED outrageously for the privilege of taking their children into the parks or open country.

These people have their hearts in their homes. They are not the kind who have never ridden in a street car since the automobile was invented.

Look over the newspapers of Washington and find out those who have endorsed the proposition to TAX suburban dwellers for going to work; and those who have given it silent assent by not fighting it.

Then remember the verse of St. Luke: "For where your treasure is, there will your heart be also."

This newspaper, having no interest except the development of Washington and the GOOD OF THE PEOPLE OF WASHINGTON, is delighted to see that its single-handed attack on the zone fare system has been followed by the home owners and merchants.

It has had the co-operation of none of its contemporaries.

HEARD AND SEEN

A Government clerk writes that he recently received a salary raise amounting to 5 per cent. The same day he was notified of an increase in rent of 15 per cent.

And a St. Louis paper remarks that some people are keeping up prices that they may live in the style they were accustomed to while other men were fighting.

Bankers' Duckpin League. Here's where I got a scoop over the Sporting Editor. Bankers' Duckpin League starts up this evening on Recreation alley. That's the way to start off a story about bankers and duckpins although if they worked in this office they wouldn't have time to play duckpins. (What in Sam Hill ARE duckpins, anyhow?)

Commercial, National and District will clash tonight. If any two teams ever got together without someone saying they were clashing

It seems there are ten times as many teams in the league will compete (or rather clash) all winter, and then will get together in a little world's series for prizes donated by the banks. Good luck, boys.

A Milk Expert Writes

I have just finished reading your timely article in the October 4 "Heard and Seen" column, and while I agree with you that affairs are in a sad state and need remedying, I feel constrained to correct a few of the statements your article contained, in order that the public may see that the milk distributors here are not quite as bad as painted.

To quote the letter from one of your contributors: "Milk producers on October 1 raised the price from 40 cents a gallon to forty-four cents a gallon, an increase of 4 cents." This is not so. The producers raised the price from the existing summer price, or rather the September price, which was from 32 cents to 34 cents per gallon. As a large majority of the dealers here are paying 44 cents for October milk, this increase is from 10 cents to 12 cents per gallon.

The conference of 1892 did, however, lead to the junior high school, which has in the past few years become so popular. In 1899, the first junior high school was introduced, and ten years later there were only nine in the country. But since then, the prospect has grown rapidly until now junior high schools are in operation in all parts of the country.

The change in organization is too new and the schools are too scattered for any up-to-date nationwide statistics to have been collected. But whenever the new system has been put into effect comparative figures and instances show that a large percentage of pupils who otherwise would have obtained no high school education are sufficiently interested by the junior high school course to complete it, and often go on to the senior high school.

THE HASKIN LETTER

A SHORT CUT TO EDUCATION

By FREDERIC J. HASKIN

IT'S all wrong. The antique system whereby we struggled through eight or nine years of reading, writing and arithmetic, and then were suddenly landed in high school to tackle such mysterious subjects as Latin, science and algebra, is all wrong. Education no longer advocates a sort of shock absorber known as a junior high school.

classical and altogether different atmosphere of high school to be called Mr. Smith. Instead of having one ever-watchful teacher to keep him on the job, he now has from two to eight, none of whom take any special interest in Mr. Smith aside from his conduct in one particular class room. The greater amount of freedom given is not always used wisely, and the student's sense of responsibility is not always sufficiently developed for him to work alone. As a result he falls behind in his work, becomes discouraged, and sooner or later quits school for good.

It is in cases of this sort that the junior high school scores. Instead of being counted in with "the children" until he is thirteen or fourteen, Harry Smith is sent to junior high school at eleven or twelve. Instead of having one teacher, he has two, or possibly three, but one is his particular guardian and is definitely accountable for him. As his interest in geography, American history, and grammar are rapidly waning on account of too long familiarity with such subjects, some of these are dropped and he is given a chance to take up a foreign language, typewriting, or manual training.

Change Takes Place. As he progresses through the three years, the course becomes more and more the typical high school regime. Athletics, debate, and dramatic work are introduced to take the place of playground games and other amusements in vogue in the graded school.

In cities, the junior high school course usually includes domestic science for girls and shop work for boys. In rural schools, agriculture is added to the vocational schedule, and a model truck garden is planted and studied by the pupils.

A resume of even a few of the junior high school systems now in force in this country shows a great variety of subjects taught. The junior high school is planned on a more flexible order than the regular high school, and everywhere the aim is to fit the pupil for life in the community. At the same time, the courses are so arranged that a prospective college student can take the work required for college entrance. Promotion is made by subjects, as in high school, so that pupils failing in part of the work ordinarily repeat only those subjects.

WHATEVER YOU WANT TO KNOW

The Times will attempt to answer any questions of fact for any reader. All replies are mailed direct to the inquirer. Write your question to The Times Information Bureau, Frederic J. Haskin, director. Enclose 2-cent stamp. Do not telephone.

- Q—Does the piston in a steam engine stop at the end of its stroke? R. W. M. A—The Bureau of Standards says that the piston does stop. In an actual engine it is longer since time is required in taking up the slack in the bearings.
Q—Is it true that the ex-kaiser had some of the walls of Jerusalem torn down with a dynamite? T. H. A—The Kaiser wanted to make an impression on the world by the gate in the wall at Jerusalem. He was not able to do so. He had planned it. The gap was widened at his request.
Q—How is a position of second-class postmaster filled when it becomes vacant? W. T. M. A—When such a vacancy occurs the postmaster general certifies the fact to the Civil Service Commission. This commission arranges for an open, competitive examination to fill the vacancy.
Q—What is the fastest speed ever attained by an automobile? F. H. A—This record is held by Ralph de Palma, and was made at Daytona, Fla., February 12, of this year. He drove his machine at the rate of 150 miles an hour.
Q—Is the civil year, as we count it, exactly the same as the sun year? A. A—The adjustments made by J. J. Year make civil time so nearly correct that it will take 3,652 years for it to get one day away from the mathematically accurate time.

The Bureau cannot give advice on legal, medical, and financial matters. It does not attempt to settle domestic troubles, nor to undertake exhaustive research on any subject.