

Landlubber on the "Bowdoin"

Tells of His Experiences on Flagship of MacMillan's Expedition.

Washington, D. C.—"There is no place on board a small schooner bound for the Arctic for a landlubber," writes Maynard Owen Williams, a representative of the National Geographic society, from the Bowdoin, flagship of the MacMillan Arctic expedition. "With Liberty engines or the deck, steel barrels of gasoline lashed to the rail and boxes of gasoline and oil making a false floor which brings a man's head at the exact height of a swinging boom, a landsman must get over being a landlubber at the first possible moment."

"The minute we got outside Monhegan, Commander MacMillan said, 'Williams, take the wheel. Keep her on 120 degrees,' and immediately turned and left the Bowdoin to me. Both he and Mate Robinson do all they can to explain everything but don't talk technical language in order to appear imposing. I found out, for instance, that a 'sheet' is not a sail, as I thought, but a rope which serves to hold a boom down toward the point where it can be a man on the ear."

"Our watch is midnight to six and noon to six. Dick (Salmon) interrupted my dreams (if any) with a large hand in the small of my back. One of the first annoyances was that there are little pants inside a suit of oilskins and sticky rubber boots don't slide into the trousers as easily as a landsman would like. I did everything but put my hand on the galley stove. Flaming stork and tugging at reluctant garments that have become fast friends is not easy in a rough sea even if that sea is what a seaman calls 'moderate.'"

As to Eating.
"When I went on deck we were in a fairly thick fog. Under the red and green lights the pretty curve of bows reached up to the prow above which the jib was furled into a spirity mass with the rope meandering along its back like the Potomac in its most undecided mood. In the sea there were phosphorescent flashes and the black water lurled into a creamy mass under her prow."

"We eat very well. Pickles and hardback on deck seem to appeal to the seafolk, unless who, on the table below, would have to face fish chowder, a huge tray of lobsters and many other things including mince pie for which one is ill prepared when his world is adrift and won't settle down."

"A passenger on a big steamer thinks he has his sea legs when he can walk down a twenty-foot promenade deck without becoming a Laplander. But the landlubber in oilskins has a different task. The rail on the Bowdoin is just the height of the decoration of my golf stockings. There are halyards and sheets, dory tackle and all sorts of other lines which coil their serpentine around where one

least expects them. The flukes on the anchors are as eager to grab a foot as they are to seize on a footing or a holding or whatever it is they grab in the bed of the sea. To add to the confusion there are all the cranks and cases of gasoline and the three huge cases of Liberty motors. A landlubber must get over lubbering soon or else become a liability or a corpse."

"Aft we have a layaret, which is a storage place behind the captain's cabin. This room is shared with the mate."

"From Captain MacMillan's room one enters the engine room with its 60-horsepower, semi-Diesel oil engine and its various generators for electric light and radio equipment."

"The hold has become a radio room and its fore quarters are occupied by a dark room and an electric ice box. Spoiled meat has not only cost every other Arctic explorer dear but has deprived the men of something fresh. Our bushel of cucumbers are crisp as the phrase they gave birth to."

"The pantry, galley and forecastle

are all together though some lady visitors did install some cretonne curtains which have gone the way of all beauty. A cretonne curtain is no support to a man who rolls out of a top bunk in a hurry. I know."

"So this is our little boat. She's a beauty and every seaman envies us our place in her. The crew is wonderfully fine. All in all it's a place for a man even if he starts as a landlubber. He may never return a first-class seaman but if he can't learn to hold her helm steady when a huge sail with a forty-foot baseball bat tied to it is trying to Babe Ruth a few heads he is better off the boat than on it."

"There is no question of the ability of Commander MacMillan. Seamen and explorers testify to that. But the safety of the whole ship may depend at times on whether a landlubber can steer, raise or lower a sail or pick a tiny light out of a deep fog on a horizonless sea. This is no training cruise for midshipmen. By force of circumstances the man of the sea, who knows its moods, must trust to landlubbers at times. All hands will be on deck when the need arises and MacMillan and Robinson are able men. But sooner or later the landlubber has to face it. So perhaps it is not as surprising as it seemed to me that with fair weather and a smooth sea, our captain left out the A. B. C. theory and handed the wheel to a landlubber on his first water with a 'Take the wheel! Keep her on 120 degrees.'"

23,000 Killed in Industries

Accident Rate, However, Shows Decrease Since Inception of Safety First.

By C. B. AUOL, President, National Safety Council.

New York.—Of the 85,000 lives lost in the United States in 1924, 23,000 were lost in the industries. Though this is a large figure it is not alarming because the fatal accident rate in the industries of this country has decreased since the inception of the safety movement and were it not for this movement the figure would be much larger than 23,000.

One of the most important considerations of industrial management of today is the introduction of the new employees into the plant. Statistics show that the new employee is more liable to injury than one who has seen long service. The accident rates for men in the six months of a year are much higher than for the employees having longer service records.

Some of the Causes.
Accidents to new employees are due not only to carelessness or thoughtlessness but also to ignorance of the hazards and working conditions. Another factor is nervousness due to a desire to equal the production and speed of the more experienced workman. Mechanical safeguards have, to

a certain extent, prevented accidents from both of these causes. The greater number of accidents, however, occur from causes that are not preventable by guards. To prevent the occurrence of accidents in the industries of this country have undertaken a universal program of safety education.

The day the new man comes to work he gets his first lesson in safety. He is given information about the plant and is supplied with the company's rules and instructions regarding safe practices. From then on the necessity for the prevention of accidents and ways and means of preventing accidents is kept constantly before him by various means.

Probably the most effective method of keeping the safety message before the American workmen is the safety bulletin board. All through the plant at places where the workmen congregate during the day are placed these bulletin boards and on them are posted bulletins vividly portraying causes and results of accidents and methods of avoiding them.

Because the physical condition of a worker has much to do with his susceptibility to an avoidable accident, physical examination for the new employee and periodical examination for the older employee is becoming quite universal in American industry. The applicant is tested for physical qualifications corresponding to the physical requirements of the job which he is to take. The examination of new employees does not mean that physical defects disqualify them from work. Instead, the physically defective employee is given work from which he will not suffer.

Through departmental competition in reducing accidents in the plant, the employee is constantly on the alert to keep the accidents in his own department down so as not to injure the departmental record. He is given representation on plant safety committees and, in many plants, is paid extra for his suggestions regarding the improvement of safe working conditions. Pay envelopes are often stamped with safety messages so that the employee receiving his wage cannot help but get this message of safety.

Once or twice a year, and in some instances, three or four times a year, concentrated campaigns are conducted to lower the accident rates in the plant and, for a period of one week to a month (whatever the length of the campaign may be) the significance of accident prevention work is kept constantly before the workers. Americanization work among the foreign-born workers is conducted almost entirely from a safety viewpoint. There are numerous other methods invented for use in educating the employees in safety but those mentioned are probably the most universal in use.

Showing What the Tanks Can Do



One of the giant tanks going through an old house during the spectacular tank maneuvers at Camp Meade. Company B of the Seventeenth battalion arranged the great demonstration.

"MOLLY," LOBSTER, LIVES GENUINE CHARMED LIFE

Aged Female Crustacean Frequently Caught, but Always Returned to Native Haunts.

Swans Island, Me.—Catching Molly is getting to be an old story with the lobstermen here. Molly is an old female lobster that has been caught on an average of once a week by some fisherman who sets his traps in Placentia Bay, her favorite abiding place. The officials at the United States fish hatchery at Boothbay Harbor long ago punched their little round hole in the middle of Molly's tail flippers. In lobsterman language, that means that the punched lobster is a mother, or "seeder" and is to be saved.

When these punched-tail seed lobsters are taken the lobsterman carries them to market with the rest of his catch. The dealer pays him at the same rate as for others. In turn, the dealer saves the "seeder" for the State

of Maine collection boat Sheildrake, which makes regular trips along the coast. The state officials reimburse the dealer for his outlay, and the seed lobsters are returned to the water.

In Molly's case some wag punched holes in the other tail flippers, so there is no mistaking her. If any lobsterman in these waters should get tired of taking Molly out of his traps and in a moment of petulance take her home and cook her he would expect no more luck.

Molly has come to be regarded as the mascot of Placentia bay. Therefore, she may with impunity enter any lobster pot, eat all the bait, and make herself generally at home, secure in the knowledge that despite her unwelcome marauding she will be carefully returned to her native element.

Rickshaws of Japan are now equipped with rubber tires.

Japanese to Study American Rice Fields

Tokyo.—The department of agriculture is planning to send an expert to the United States to study and report on the agricultural situation, especially with regard to the cultivation of Japanese rice on American farms.

The output of Japanese grain in America is said to have been on the increase up to 1923, when 270,000,000 pounds were produced. The subsequent decrease is ascribed to the rise in dollar exchange against moneys of importing countries.

In addition to studying the rice cultivation situation in America, the agricultural department investigator will also look into the system of selling farm products and the supervision of traffic bearing upon agriculture.

Pup Is Freak

Paterson, N. J.—One of a litter of eleven puppies born to a German police dog owned by James Cronin has a head which veterinarians say resembles that of a monkey, although otherwise it has a perfect body.

In the JUNGLE With Cheerups and the Quixies by Grace Bliss Stewart

LIZZIE LIZARD'S LOSS

"G ECK—geck—geck-o, Geck—geck—geck-o," came a plaintive little sound from right under Cheerups' toes. "I'd like to speak to you, if you please," continued the small voice.

Cheerups was sitting on the edge of a roadstool, merrily swinging his feet and wondering what kind of visitor he would have next, when this tiny sound fell on his ears. He looked down and there on the ground was what seemed to be a small green lizard. It looked like a lizard and yet it didn't, for lizards have tails and this one hadn't a speck of a sign of a tail.

"No, of course you don't know me," cried this little creature. "I am Lizzie Lizard and they call me a Gecko be-



"Of Course You Don't Know Me," the Little Creature Said.

cause that is what I say when I sing. But nobody would recognize me now. I am so changed. It serves me right. I suppose, for ever leaving my good home on the ceiling. Sometimes, though, one does long for a little adventure, so this morning I went out of doors and got my tail snapped off for my pains. I was having such a nice glide along the garden path when all of a sudden Mr. Secretary Bird swooped down and made his breakfast from my beautiful green tail."

"That's just a shame, Lizzie," said Cheerups, for he had a very tender heart. "I am most dreadfully sorry. Tell me something about yourself. Where do you live?"

"We Geckos live in the homes of men, in hot climates all over the world, and they like us and never do us any harm because we are so useful," replied Lizzie. "Do you see these fat swollen-looking toes of mine? They are little suckers which make me able to climb up walls or windows and even to stick to ceilings. That is where I love to stay and catch flies for a living. Two or three lizards will keep a house entirely free from in-

sects. But, oh dear, what do I care about my useful feet if I haven't any beautiful tail? I was so proud of it! Now I might as well be going," sobbed Lizzie mournfully. "I just came to you for a bit of sympathy. I am sure no one can help me."

"Now wait a minute, Lizzie dear; don't be downhearted! Open your ears and shut your eyes and I'll tell you something to make you wise."

Cheerups sang merrily.

Lizzie wiped her eyes on a blade of grass, shut them promptly and listened with all her might.

"If you will be patient and cheerful, forget all about your troubles and go on doing your duty at home as usual, all at once you will find that a beautiful new tail has grown in place of the old one. Mother Nature just whispered that into my ear," chirped Cheerups, "and so I know it's true:

"Don't grieve,
But just believe."

Lizzie beamed all over with gratitude.

"I will begin to forget my troubles right away, and I'll do my duty as soon as I get home. Good-by and thank you a whole heartful," cried she, with a little wiggle of joy, as she slipped off through the tall jungle grasses. (© by Little, Brown & Co.)

Sally O'Neill



This popular "movie" star, the newest Cinderella of the screen, won fame overnight when she was "discovered" by a prominent producer and given the leading part in a well-known production. She was only sixteen—a very short time ago, and just out of school—when she was chosen for lead parts in pictures. Miss Sally had had no previous experience in any branch of theatrical work.

THE WHY of SUPERSTITIONS By H. IRVING KING

HEARTSEASE

A COMMON kind of smartweed—the polygonum persicaria of the botanists—is in many parts of the United States, called heartsease because of the heartlike marking on its leaves and is supposed to be a cure for diseases of the heart. Also there are a considerable number of plants in this country of different species which are known popularly as rattlesnake masters and supposed to be a cure for the bite of venomous snakes. Very many of these latter plants have some peculiarity about their roots or foliage or stems which suggests a snake.

The belief in the medical efficacy of the heartsease and the rattlesnake masters is simply a continuance of the ancient superstition of the "doctrine of signatures," which was in turn evolved from the sympathetic magic idea of primitive man—sympathetic magic of the homeopathic variety. The medical superstition of the doctrine of signatures was highly regarded by the ancients and continued unchallenged down to nearly the beginning of the

Eighteenth century; though Pliny, the great Roman naturalist, does, in one place, speak of the folly of the use of catanache in love philters "because of its shrinking in drying into the shape of the claws of a kite and thus holding the patient fast."

But from Pliny to Ray, an interval of over 1,600 years—and long before Pliny—medical science gravely accepted the "doctrine of signatures." In 1684 Dr. John Ray ventured mildly to question the doctrine and though he was looked upon as a dangerous innovator the ancient superstition rapidly lost ground until it was relegated to the folk-medicine department of current superstitions. The famous "doctrine" was, in effect, that plants indicated by their shape, markings, etc., the particular disease for the cure of which nature had intended them. (© by McClure Newspaper Syndicate.)

Your Health By Andrew F. Currier, M. D.

ADENOIDS

THE number of children afflicted with this disease is so great that I have no doubt the question is often asked by anxious mothers: "Is there any child that is free from them?"

Yes, there are those who haven't got them, and others who have very little trouble from them and who will get over them if they are properly brought up and have good food and good surroundings.

But other children are so handicapped by them and made so ill, that their removal is the only proper course, and this may be very easily done in most cases.

What are adenoids?
The mucous membrane of the throat and nose normally contains what is called "lymphoid tissue," which means tissue resembling lymph glands and lymph tubes.

When this is increased and forms lumps which project into the nostrils or the cavity of the throat, such lumps are called adenoids.

They may be no larger than a pea, or they may be of greater size and in bunches, like small grapes.

The larger they are, the more they will obstruct the air passage in the nose and throat, one who has them being compelled to breathe through his mouth instead of his nose, as he ought to.

The result will be that the mucous membrane will constantly be dry; dust and germs will find easy entrance to the mouth; and the development of the child thus afflicted will be hindered.

Nobody has any monopoly of adenoids; they occur at all ages, to the infant and the old man or woman, but they are most common and troublesome in children from eight to twelve.

In children, they are soft; they absorb poisons readily and furnish an excellent medium for the culture and development of disease germs. In adults, they are harder, and bacteria cannot grow so readily upon them.

Remember that children suffer most frequently from infectious diseases, and then you can understand how easy it is to catch them by means of

adenoids and through the constantly open mouth.

Older children with adenoids are also unable to breathe properly while eating; their food is not thoroughly masticated and they, too, will suffer with imperfect digestion and poor nutrition.

Waking and sleeping, they are mouth breathers, they snore, they have bad dreams, and they have no control over the bladder.

Frequently there is a nasal catarrh. In such cases, the discharge running down upon the lips and into the throat and stomach; the appetite disappears, and anybody can see that the children are unhealthy and in bad condition.

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"WHAT'S IN A NAME?" By MILDRED MARSHALL

Facts about your name; its history; meaning; whence it was derived; significance; your lucky day and lucky jewel

ALTHEA

ONE of the most confusing names in feminine nomenclature is Althea. Extraordinarily beautiful and belonging absolutely to the aristocracy, it is constantly jostled and confused by a host of other names. Althea, be it said, is an individual. The name means wholesome, and not true, as is generally believed. The latter significance is generally given because it is confused with the name Alatheia, sometimes known as Letty.

The real Althea, which comes from the Greek word meaning healthy or wholesome, belonged in ancient times to the unfortunate mother of Meleager. It persisted as a feminine name in ancient Greece, but is now more often used to designate a genus of mallows, or rather to allude to their healing power.

It comes to us through literary channels and maintains its somewhat isolated state, never having descended to anything like common usage.

As Althea is a rare name, so is her talismanic gem, the star sapphire. It is a jewel which promises her great

achievement along artistic lines and protects her from evil. Saturday is her lucky day and 5 her lucky number. (© by Wheeler Syndicate, Inc.)

A LINE O' CHEER

By John Kendrick Bangs.

A GOODLY RESOLVE

I'M GOING to hold my tongue today Unless I've something good to say. Some word or two of wholesome cheer To whisper in my neighbor's ear. And help him on his troubled way. But if that something good comes by And has to do with purpose high. And worthy deeds by mortals done. Or some right wholesome bit of fun— Gee! How I'll let the phrases fly! (© by McClure Newspaper Syndicate.)