

It Seems to Me

By
Heywood Broun

I HAVE a recurrent nightmare. It concerns an episode in which a man is signaling venomously at me with both hands held in a horizontal position. I know it as a radio wiggling meaning: "Get off the air immediately. The time is up."

But, like all good Freudians, I realize that under the apparent symbol deeper meanings lurk. Maybe it has something to do with sex. I wouldn't know about that. It is my impression that I am best by the time element which has crept so insidiously into modern life. This column, for instance, should have been written ten hours ago. It is being written now under the compulsion of a deadline. We live in a world which is governed by promises and contracts and clocks.

Once upon a time a watch was nothing more to me than an agreeable ornament worn upon the wrist. But now I never see a minute hand without thinking that it is pointing directly at me and saying: "This means you!"

Adjusting Own Chains

Broun I F there actually is any such thing as free will, aren't the fools to fester it! The chances of doing things on impulse are being continually diminished. There are few points in the city now where it is even possible to cross the street without permission of the policeman.

"Stop," "Go," "Keep Off the Grass," "No Trespassing," "Beware of the Dog," "Watch Your Hat and Overcoat," "Positively No Checks Cashed," "Do Not Feed or Annoy the Animals"—how can a free soul survive in such a world?

I think it was Don Marquis who once celebrated the exploit of an adventurer named Fothergill Finch who strode into the monkey house crying: "Down with the tyranny of the capitalist system!" and threw a peanut into the baboon's cage. I know an even braver soul who makes a point of defying the management and refusing to watch his hat and overcoat. He says he has lost only three in the last two months, and that it seems worth it.

Even the usual avenues of escape have been beset with barbed wire. In books, when the hero became sick of it all he boarded a tramp steamer and sailed away to South Africa, where there used to be "a man's work to be done." But now, before getting on board the lugger he would be compelled to visit all the necessary consulates in order to have his passports vised. What romance is there in any hero's saying: "Fly with me to the ends of the earth?" If he must add, "I'll take you around to the French, the Dutch and the Swedish embassies tomorrow morning in order to have our papers in perfect order?"

Tethering the Vagabonds

EVEN though he go beyond Suez, where the best is like the worst, the vagabond travels only by the expressed and engraved permission of the United States government. Oceans and mountain ranges can not alter the fact that he is on a leash. Do you suppose Columbus would have had much fun if, immediately after the lookout's shout of "Land!" there had come the admonition, "The immigration inspectors are heading this way in a launch?"

To free souls the whole system is monstrous. The fact that a man suddenly feels a desire to go to Russia on a Tuesday is no indication at all that he will be of the same mind three weeks come Wednesday. It appalls me to read the theatrical advertisements in which one sees that seats at the box office are on sale eight weeks in advance. In eight weeks the prospective playgoer may belong to the ages. How can anybody tell that at 8:30 in the evening two months hence he is going to feel just in the mood to see a musical comedy?

Trains Run on Tracks

RAIL journeys are almost as bad as sea voyages. Go into any railroad station in your home town and ask the man at the window for a ticket and he will inevitably reply: "Where do you want to go?" Some book stores carry the sign, "You may browse." Railroads are more exacting. No provision is made for the casual traveler without a destination. Try the nearest ticket window with the query, "What nice trains have you got on this brisk February morning?" and see what sort of treatment you will get.

I'd like to be able to shop for trains. It ought to be possible to walk up and down in front of the gates and look over the samples before making a selection.

It is even becoming difficult to dine under the new deal without telephoning for a reservation in advance. And as simple a thing as marriage demands foresight under our laws and customs.

The life force is powerful and should prevail, and I doubt very much whether nature had any intent of hedging it around with a license, witnesses, bridesmaids, a plain gold ring, a contract with the caterer, a bargain with the printer and an engagement with the minister.

I'd like to page that fine old baritone musical-comedy hero who used to sing with so much feeling, "I want what I want when I want it."

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Your Health

BY DR. MORRIS FISHMAN

YOU probably are aware of the need for iron in your body, but do you realize the great extent to which other metals enter into the scheme of your existence? If you do, you probably have little fear of such things as aluminum cooking utensils.

Among the elements known to be essential to human life are sodium and potassium. Calcium and magnesium are found in the tissues and it has been revealed that if animals are deprived of magnesium they die promptly.

Recently a great deal of attention has been paid to copper and manganese, and it seems certain that copper is necessary to animal and plant life.

IT has been established fairly well that copper is important in building your red blood material and blood cells. Since, however, copper is universally present in plants and animal tissue, and since very small amounts are necessary for your health and growth, it seldom would be necessary for you to take extra copper.

There seems to be good evidence that manganese also is essential to life. It is found in the blood, particularly in the fluid matter of the blood.

Snails have much more manganese in their bodies in relationship to their size than do other animals or insects.

OTHER metals, such as cobalt, nickel and aluminum, regularly are found in human tissues, and are interesting because occasionally found in tissues. Aluminum is widely distributed in the soil and in plants, and it has been established that the average human regularly gets about twelve milligrams of aluminum a day.

This fact alone should establish the harmlessness of eating food cooked in aluminum cooking utensils.

Zinc is regularly found in tissues and is regarded as essential to life. It also is found in human milk and in cow's milk.

It appears to be essential to repair of tissues and to reproduction, although no exact relationship has been found between zinc and growth.

Other metals found in tissues include silver, arsenic, lead, tin and even occasionally cadmium and vanadium. Obviously a great deal of chemical research is necessary before the exact place of these substances in human chemistry is known.

'WE MAKE YOUR NEWSPAPER'

Jane Jordan—She Makes Her Boys Decide for Themselves

This is the twenty-third article of The Times popular series on the members of its editorial staff. Today's article is about Jane Jordan, conductor of "Manners and Morals."

BY NORMAN E. ISAACS
Times News Editor

"Go on," said the man in the drug store, "that Jane Jordan in The Times is no more a woman than I am. Why I even know the guy who writes that stuff."

"I heard," said the woman in Irvington to her next-door neighbor, "that Jane Jordan is just a school girl and that she doesn't know what she's talking about half the time."

"It's absolutely impossible," said the debutante at a north side bridge party. "You can't tell me those letters Jane Jordan prints are real. Why anybody can see that they're made up."

The man in the drug store, the woman in Irvington, and the north side debutante all are lucky that a certain red-headed woman didn't hear those comments. She would have told all three of them in terms much more forceful than these that:

1. Jane Jordan is a woman.

2. Jane Jordan is not a mere school girl. She is the mother of two boys, one 13, the other 10.

3. Jane Jordan really gets all those letters and her replies are to real letters from real persons. "Manners and Morals" has stirred comment from one end of Indianapolis to the other. Perhaps more women discuss Jane Jordan and her column than any other feature on The Times popular woman's pages.

"Manners and Morals" is different because Jane Jordan is different. Her column probably is the most unusual of its type in America. And all because it is not a mere lovelorn column, but a series of daily articles on human behavior.

JANE JORDAN runs a column of advice, but she doesn't let people what to do. She likes to help people understand themselves, but she feels strongly that every one should make his or her own decisions.

She has no desire to change people. She is intensely interested in people and their behavior. She likes to know what they are like underneath and how they got that way.

Long before she started "Manners and Morals" Jane Jordan was at work on her psychic jigsaw puzzle. She read extensively on psychology and still does.

She is one of the few human beings who really likes to hear about other people's troubles and she will listen patiently by the hour as long as they don't wallow in their own griefs with too much obvious pleasure.

Jane Jordan is moved to make suggestions on human behavior only when people are miserable and want advice.

SHE is fond of people who are out of the ordinary, and admits that she gets along famously with "nuts" of all varieties.

She is not athletic and she doesn't like games. She can't play bridge and she sees few movies. She likes good plays and concerts, loves the country and aspires to have a country home of their own.

Once when they were very little they set the garage on fire. They didn't mean to be naughty. The garage is their playhouse, and they were cold. They decided that if a fire warmed the house it would warm the garage. No one was more surprised than they when the garage burst into flames.

She tries not to stand between her children and the consequences of their own acts, unless they get into deep waters and can't swim out alone.

When Robert broke a window he paid for it from his own allowance.

"He broke no more windows," says his mother.

"Robert," she explains, "is devoted to his allowance which he spends as he sees fit after half of it has been put into the bank. Both boys have been saving small amounts for years and take their

into the kitchen. She likes a well-kept house, but confesses that she hasn't seen a druggist, except at a distance, for years.

Her biggest "fun" in life comes from talking with her friends. She loves good conversation and likes lectures. Occasionally she likes to join in a "crazy" party, where nobody talks sense, but spends the whole evening in senseless wisecracking, and she is devoted to any number of "nit-wits."

JANE JORDAN admits that she seldom punishes her children. She never asks her boys to "do this for my sake." She believes that mothers exist to see that their children come to no physical harm and that after that their meddling is pernicious.

"I should be gravely concerned," she declares, "if I had a child who never gave me a minute's trouble. I should know that child would not function well in this fiercely competitive world."

"To me," she adds, "unquestionably obedient children are pitiful and a cause for alarm rather than of pride."

"They understand that I have the right to boss them in matters of physical health. They must eat a balanced diet, take baths, and go to bed early, all of which they hate. But in all other matters I refuse to make their decisions for them."

"I will not tell either of them what not to do. I will not protect, shield or guide them any more than I can possibly help for fear that they are thrust out into the world they will not be able to manage themselves. I mean to teach them self-direction just as early as it can be achieved."

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