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A Noise That Annoys

BY MARCIA E. TURNER

A FULL grown sneeze, echoing like a battle horn from somewhere in the distance, disturbed the early morning hush along our street. Then another, and another. Finally the perpetrator strolled into view, a block down the street, innocently unaware that he was the center of anyone's interest, or worse, the object of anyone's homicidal intent. One of the occupants of the front porch, starting slightly as each blast rent the air, now stiffened tensely and regarded the approaching offender as one would study an obnoxious insect. "I hate animal noises," she commented pointedly. "Loud and sniffs—but sneezes are the worst. I can stand hearing people cough, because it seems necessary, but sneezing aloud is simply uncalled for."

"There!" she exclaimed, "there he goes again! Now he wouldn't do that in church, would he? No, he'd sneeze quietly as possible into his handkerchief," she continued. "As quietly as possible into his handkerchief."

He knows enough, you see, to use his handkerchief," she concluded. "He probably a perfect crank about disease germs. But what about the effect of noise on people's nerves, I'd like to know?"

Whereupon we all began to recite our pet aversions in the matter of preventable noises. For it turned out that in most cases, the annoyance was seemingly caused, not by the noise itself, but by the very futility of it. For example, a sneeze heard a block away could hardly be described as deafening. On the other hand, as an accomplishment, it seems to lack any particular raison d'etre for moving the furniture may be otherwise an entirely worthy citizen, but somewhere in the process of his education he has failed to acquire a certain awareness of other human beings. It may be, if he thinks about it at all, he argues that people with noises ought not to be living in apartment houses. Personally it is my opinion that only the person who does have so-called "nerves" should live in close communion with other people. That is, the person with nerves that makes him understandably conscious of the prerogatives of his neighbors and with a kind of sensibility that warns him when he is being too loud.

Deliver us from the cushiony person who never feels a pin prickle until it becomes a winding thrust, especially if your mantle of civilization is so enveloping that you are averse to sticking pins into people! Outside my office door, two janitors leaned on their brooms and discussed affairs of state. Gently I opened the door and mildly I protested that I was unintentionally an eavesdropper, to every smallest word they spoke. They regarded me kindly and expansively assured me that never word of theirs should intentionally be withheld from my ears. "That's all right, lady," they beamed "you go right ahead and listen." Weakly I closed the door and—perforce—listened!

Banging things about is surely the result of that hateful malady with which we Americans are afflicted. Noise and leisureliness were never on speaking terms. Take the matter of sitting through a church service. Custom bids us enter quietly and remain quiet from first to last because, regardless of one's personal motive for going to church, there are those who accept the hour as a blessed opportunity to escape from the cares of this world, and to "be still and know" for a season. But alas, the "world" too often follows them right along! It manifests itself, in disturbing the worshipful calm along with something like the turning of heads, the fluttering of hymn book leaves, and worst of all, by audible whispers and giggles. Perhaps the matter is even more serious than that; perhaps it is an unconscious edifice or of discourtesy to one's neighbors, in a public gathering. Is not such an atmosphere of unrest indicative of our modern inability to release and to relinquish the noise and haste that fill our days? For again, if fidgeting does finally give place to peace, he often does drawl funeral of peace behind? Or having sat with composure and listened with a good conscience and with whatever measure of thoughtfulness, we are brought back by the final hymn to the world and the flesh—and pop-slap-bang go the hymnals into the racks, for, "rar'in to go" we would recall that "the time of the redemptive sacrifice is long past.

A part of the charm of that composite something we call "polite" is the lack of noise. How often do we replace the order with the pandemonium in a room? When the host or hostess, according to her own light and nature, has arranged a happy group of people, all very much alike that no one is set apart or form the rest, and, as it were, there is something in human nature that resents non-performance. Consciences of a ready-made audience in a public conveyance or gathering, I may green my feathers or warp my most cherished strain, and it makes an impression, but not the kind I looked for. Then I say I learn that the art of being inconspicuous is a part of the wisdom to be desired far above rubies.

Your speaking voice may produce either noise or harmony. Moreover, by your voice they shall know you. "If you don't care how lovely to look at or how attractively dressed a girl may be," said a clever student of human nature once. "Let her open her mouth and speak, and I can tell you at once on which shelf she belongs."

Listen to the voice around you, and as often as possible take stock of your own. Does it run like a shallow stream, or perhaps become tangled in your nose? Or does it have the rich cadence of deep waters? Fortunately you can, under normal conditions, control and refine your own voice and accept the hour as a blessed opportunity to escape from the cares of this world, and to "be still and know" for a season. But alas, the "world" too often follows them right along! It manifests itself, in disturbing the worshipful calm along with something like the turning of heads, the fluttering of hymn book leaves, and worst of all, by audible whispers and giggles. Perhaps the matter is even more serious than that; perhaps it is an unconscious edifice or of discourtesy to one's neighbors, in a public gathering. Is not such an atmosphere of unrest indicative of our modern inability to release and to relinquish the noise and haste that fill our days? For again, if fidgeting does finally give place to peace, he often does drawl funeral of peace behind? Or having sat with composure and listened with a good conscience and with whatever measure of thoughtfulness, we are brought back by the final hymn to the world and the flesh—and pop-slap-bang go the hymnals into the racks, for, "rar'in to go" we would recall that "the time of the redemptive sacrifice is long past.

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Are You Making a Success of Your Job?

"The greatest success usually comes from following your natural bent," writes H. Adele Howe, head of Employers and Executives Exchange of Boston, in an article, "Finding Your Right Work in the Adult World" in The Christian Science Monitor. "You will accomplish the most for the common good and achieve the greatest happiness for yourself. You have been given talents to improve. Study yourself till you discover what they are. There is a right place for you. Study occupations till you find it. Determine your goal and see that you have the incentive to make you work for it.

"Then if you are governed by right motives nothing can prevent your success."

DEAN INGE:

"Gratitude is just as much a virtue which we are bound to practice as honesty or kindness."

Begging Your Pardon

The "Installation Service For Student Clubs" published on this page in the November issue should have been credited to Miss Hazel McBibben of the Home Economics Education Department, Iowa State College, who wrote and used it in her student club while she was teaching in Oskaloosa High School. The service as presented by a group of Oskaloosa high school girls at the State meeting was under Miss McBibben's direction.

Acid Milk in Infant Feeding

(Continued from page 1)

Two-day-old babies were given milk containing lemon juice and in no instance did a change from nonacidified milk lead to a refusal of the food or to digestive disturbances. Many were fed milk mixtures containing lemon or orange juice for periods of 3 to 6 months without the occurrence of any signs or symptoms making it advisable to change the formula.

Faber preferred the addition of HC1 acid to cow's milk because it is "the physiological acid and more suitable for enzyme action." There are, however, several advantages. It has a sour taste and a heavy flocculation of casein causes refusal by some infants. In 30 cases that he fed on HC1 acid milk, he found that there was an increased tolerance to fat, and that the diarrhea cleared up rapidly.

He worked out two principles: 50 c.c. of 0.1 normal HCl acid to 100 c.c. of milk was rather sour and was often refused. He found that 25 c.c. of 0.1 normal HCl acid to 100 c.c. of milk gave satisfactory results.

Faber says that the transition to unsoured milk was accurately accomplished with HC1 acid soured milk, since the amount of HCl acid may be reduced slowly, and rapid reduction is not successful.

The advantages of vinegar milk in preference to other acid milk are that it is cheap, one cent per pint above the cost of milk, it is easily available and is a safe article for the kitchen. The milk is sterilized by boiling; vinegar, of 5 to 6 percent acetic acid, is added in the proportion of 1 to 15; Karo corn syrup in a 50 percent solution is added in proportion of one ounce to one pint of vinegar milk. The resulting acidity falls within the range of optimum digestion. The clinical results on 40 infants fed on this formula were said to be excellent.

SUMMARY

1. Acid added to cow's milk decreases the buffer action of the milk.
2. Acid increases gastric activity, thereby bringing gastric activity within the range of peptic digestion.
3. Types of acid milk used—and clinical results:
   a. HCl acid milk to date is the least popular.
   b. Vinegar and lemon juice milk both produce good results, but have not been extensively used.
   c. Lemon juice milk has the advantage of containing antiscorbutic vitamin.
   d. Lactic acid milk is preferred because its use is well established by successful clinical results over many years. It is readily prepared, cheap and can be tolerated by infants for a long period of time.

4. Presence of acid permits tolerance of a liberal supply of fat.
5. Lactic acid milk is an excellent substitute for breast milk in infant feeding, since it is more easily digested by many infants than is sweet milk.
6. Infants on acid milk formula rarely develop diarrhea or vomiting.

BIBLIOGRAPHY

Harold K. Faber, "HC1 in Infant Feeding", Am. J. of Dis. of Children", 1923, 26, 401.

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speech. Talking too loudly and too fast is further indication of our modern tendency to speed up and arrive with bells on.

Less noise and rattle and jar—more quiet and calm and the listening ear which separates peace from tumult! To so walk and move that one may add not one drum's beat to the clamor and unrest about him. To so walk that he may serve instead in calming stormy waters. No richer gift could one ask!