

"The data from these three methods were in general in fair agreement," say Dr. Henderson. "They indicate that the maximal power exerted is from .45 to .55 horse power per man, or expressed in the heat equivalents, 4.8 to 5.9 calories per minute, with a total energy expenditure of 19 to 29 calories per minute, or 13 to 20 times the basal rate."

It was noted that these athletes did not puff and blow noticeably, however, great their exertion; this is in marked contrast with the distress of untrained or half-trained men. The amount of oxygen they took in through their lungs reached about the limit of the carrying power of heart and blood; yet it was not sufficient to replace the amount burned up during the race. As Dr. Henderson expresses it, "He draws heavily on his credit and incurs oxygen deficits; these deficits are repaid by the high rate of oxygen absorption for a time after the work is ended."

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#### CROSSWORD PUZZLE MAKERS OVERLOOKED THIS ONE

"Word of two letters, both vowels; meaning a type of lava; probably originated in native Hawaiian language." Why this word has not yet joined the other two-vowel aids to crossword puzzle making is itself a puzzle. The family awaits it "Ai", that indispensable two-toed sloth; "Io", rosy goddess of the ancients, "eo" and "ea", immigrant Latins. The word isn't in the dictionaries yet. It is "Aa". That 's all, "Aa".

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#### ENGLISH GROWING SIMPLER BY LOSING PLURAL NOUNS

English, said to be the easiest language to learn, may soon be simplified still further by the elimination of plural nouns, is the claim of Prof. O. F. Emerson of Western Reserve University. "Our language has tended to the increased use of the singular number ever since Indo-European times," he states. Prof. Emerson cited a collection of 335 proverbs of Queen Elizabeth's time recently reprinted. "Of these, 25 were stated in the plural form, 38 contained both singular and plural and the remainder, or 272, used only the singular number," he said. This shows that the tendency was well defined at the time of the Renaissance. A popular illustration of the idea is the question "Who is there?" in answer to a knock at the door, rather than the query, "Who are there?"

"This tendency towards the elimination of plural forms has accompanied the growth of the language," Dr. Emerson explained. "The one common exception, the use of the pronoun 'you' no matter how many persons are referred to, is a social custom, rather than a violation of the rule."

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Much valuable information about the culture of the Pueblo Indians has been lost because many of the graves were rifled by prehistoric grave robbers.

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Over forty per cent of the mahogany shipped into the United States comes from Central America.

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