



PHYSIOLOGY

Oxygen Cocktail To Start Day Is Speech Teacher's Tip

TAKE an oxygen cocktail to start the day, is the advice of Mrs. Elisabeth F. von Hesse, who has gained considerable public notice as the speech teacher of Eleanor Roosevelt, and whose new book, *So to Speak* is just published. (Reviewed, SNL, this issue)

Mrs. von Hesse's oxygen cocktail goes down like this: "Stand before an open window and, taking each nostril in thumb and forefinger, pull the nostrils wide, keeping thumbs out of the way, inhale a long deep breath through nostrils."

The idea, she explains, is to think of the breath channel as a question mark

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beginning at the nostrils and curving up over the head and then down the spine to the back of the waist. The cocktail fills lowest cells of the lungs at the back with air, and the long draught should be held for a moment, then exhaled with a long-exhaled hissing sound. Five oxygen drinks to start the day is the ration, and if you feel dizzy at first, it is merely a sign that your bloodstream has been getting short-rationed on oxygen.

Mrs. von Hesse, who has designed exercises for speech students, including a six-way-stretch stunt, says that Americans are becoming more speech-conscious, more accustomed to listening to their own voices, but many still mumble, twang, whine, chew words, whoop, or boom.

To hear the purest tone in human speech, listen to "the lovely, happy voice of a normal child," recommends Mrs. von Hesse. Adults who have bad speech faults usually acquired them from similar speech habits in the voice of the mother or teacher whose voice the child heard constantly during impressionistic years, she warns.

Yelling approval during ball games is blamed by Mrs. von Hesse for voice strain and loss of attractive tone. She wishes that America, particularly teen

age America, would vent enthusiasm by clapping or jumping up and down.

With America becoming much interested in radio careers, she suggests telling youngsters that yelling is bad for a radio voice.

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ASTRONOMY

Van Gent's Comet Now Visible to Naked Eye

A COMET bright enough to be seen with the naked eye is now in the northern sky.

Van Gent's comet, named after the astronomer at the Johannesburg Observatory in South Africa who discovered it in May, is now well above the sixth magnitude, faintest at which a star, under best conditions, can be seen without aid of a telescope. A comet is a little harder to see, because, unlike a star, its light is diffuse, and not concentrated in a point.

During the end of August and early September, Van Gent's comet, according to a schedule prepared by Dr. George Van Biesbroeck, comet expert of the Yerkes Observatory, reaches its brightest, with magnitude 4.8. By mid-September it will be drawing away from the sun, though it will come closer to the earth, and will be fainter. But even in early October it will be of magnitude 5.6, still above the naked eye limit.

If you want to see this comet you should look to the northwest as soon as it gets dark. You can easily, if it is clear, find the big dipper, part of Ursa Major, the great bear. Around Sept. 1, as shown on the accompanying map, the comet will be directly under the end of the dipper's handle, which extends to the left. Unfortunately, about this time, the moon, full on Sept. 5, will be very bright and add to the difficulties.

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