

**THE COMMUTER'S WIFE**

**A Few Simple Ideas To Help the Novice In Public Speaking**

By HELEN BRUNSON  
Special Writer for The Birmingham Eclectic

Sooner or later, Mother will have to stand up and talk to an audience. She may protest about getting on the floor, and that she "comes from a long line of tongue-tied ancestors".

Nevertheless, come fall, she'll find herself lined up for a talk before a church circle, charity group or P.T.A. These days with everyone organized into groups "even people who have nothing to say are prevailed upon to say it in public".

The first thing to do is to conquer fear—and that is a large order. There's something about getting on your feet to talk that seems to halt all mental processes.

As George Jessel puts it, "The human brain is a wonderful thing. It starts working the moment you're born, and never stops until you stand up to speak in public."

**BUT THERE** are ways to keep the brain working, and to create such an illusion of ease, on your part, that your hearers will never know how scared-stiff you are.

It's a matter of the amateur to know that even experienced actresses have stage-fright just before "going on". Gratiifyingly, to learn that fear itself generates extra energy for attacking "the enemy" that crowd out front.

The average woman who must speak in public is afraid of forgetting and becoming a spectacle of the audience, afraid of failure. Also afraid that her fear will show in the form of trembling hands, taut facial muscles, eyes glued to the ceiling.

**TO CONQUER** fear first, speak on a subject you know a lot about, and preferably one on which you feel strongly. (Are you against fluoridation of water, or for it? Lash out against your foes and you'll forget fear.

Memorize the first three or four sentences of your talk to make sure you have something to start on. Have in mind the outline of the speech so well that its head and sub-heads appear in order before your mind's eye as you speak. Carry notes with you, too.

Memorize the last four sentences too, to make sure there'll be a strong conclusion with a good "punch-line" at the end.

**TO BREAK** muscle-tension, relax in your seat before it's your time to talk, even if you have to slouch. As you walk to the platform, strike an easy pace and breathe deeply. When you get there, relax, even if it means leaning on the speaker's stand for a moment. It helps, too, to have some "props" to keep your hands busy, such as cards with notes or a blackboard to write on, books to stack and rearrange to ease muscular tension.

Of course these hints are not all the answer to ease in speaking, but along with practice, they will help Mother to lick the ogre of fear when she's making a talk.

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**Have You Met**

Mr. and Mrs. Frank C. Jennings of 888 Henrietta street, formerly of Lakewood, Ohio? Jennings is sales engineer at Earle Equipment company and a member of the Propeller Club of America and the National Association of Naval Architects. He enjoys boating and Mrs. Jennings' hobbies are golf and bridge. They have three married daughters, Mrs. J. C. Lanphier III of Springfield, Ill., Mrs. L. Thomas Owens of Detroit and Mrs. W. R. Candler III of Knox street, Birmingham.

Society deadline is 3 p.m. each Tuesday.



MISS IRENE SCHNEIDMANN

**Is Guest Pianist With Symphony At 'Pop' Concert**

A Viennese pianist now living in Birmingham, Miss Irene Schneidmann will be guest soloist with the Detroit Symphony orchestra at its free "pop" concert tonight, July 22, at the State Fairgrounds. She will play the first movement of Beethoven's Piano Concerto No. 5 in E flat major, the "Emperor" Concerto.

Miss Schneidmann, the wife of Gordon W. Nugent, 1656 Graefield road, studied at the New Vienna conservatory with Claire Schweiger and continued at the Staatsakademie for Music in Vienna. Since 1945 she has been the youngest member of the piano faculty at that school.

**ON LEAVE** of absence, Miss Schneidmann taught at the Mission House college, Plymouth, Wis., and later became a member of the piano faculty at Bradley university, Peoria, Ill.

In 1953 she won the Lhevina award in Los Angeles and studied under scholarship with Madame Rosina Lhevina at Juillard in New York. She studies now with Maxine Southern, pianist of the Detroit Symphony.



**NATURE NOW**

**Ephemeral Mayfly Has Unusual Life**

By LYDIA KING FRESHE  
Special Writer for The Birmingham Eclectic

I write to the tune of wind and wave. A white cedar flutters its branches against my window and a paper birch lends its heartshaped leaves to complete the floral design.

It is twilight, that brief pause between daylight and darkness which holds so much of life's mystery and longing. The past hour has been spent in watching the leisurely clouds of mayflies as they leave the water's surface to soar high into the sky.



Mrs. Frebse

Before another twilight falls its brief ecstasy will end in death. But in the interim the female will lay her eggs thus fulfilling her destiny and completing the life-cycle of her kind.

**THE EGGS** of the mayfly are usually dropped on the water's surface to settle in sticky masses on the bottom or on submerged stones. In a month's time the nymphs hatch to spend as much as three years growing up.

In the meantime they go through a gradual metamorphosis passing through as many as 20 molts. The mayfly like its land dwelling relatives has no skeleton but instead has a chitinous skin which serves both as a support and as a protection.

It is not composed of cells, but the material of which it is made is secreted by the body cells. Once formed it cannot grow and after it is stretched to its limit in its flexible joint areas it splits and must be discarded.

In the meantime a new and larger skin is secreted under the old one and the nymph is ready to grow until the new skeleton skin has reached its stretching

the water and while it floats the skin splits and almost instantly it flies away.

Alighting on some object, it molts a second time, casting off a thin skin-like covering from its entire body. No other insect is known to molt after it has developed wings.

**IT THEN** joins its kind in great swarms which end in nuptial flights. In shore areas, the number in these hatches are so great that they darken the street lights which attract them.

On the Canadian shore, officials in the Leamington vicinity drape the lights with red cloth to avoid the mass and stretch of mayfly bodies along the streets. Sometimes the accumulation on cottage roofs and along shore lines is such that it must be shoveled and hauled away.

Before me lies an adult mayfly which I have just examined with my 20x lens, whose magnification reveals many anatomical details.

**THERE ARE** four triangular gauzy wings, transparent and marked by dark rectangular veins. They fold vertically over the back as do those of a butterfly, the hind pair much smaller than the fore.

I see two long slender and much jointed tails. Some specimens have three. There are two short antennae. The tracheal gills of the water nymph have disappeared. The upper half of the enormous compound eyes is dark colored and the lower is light. Each of these is made up of many hundreds of perfect single eyes which look out in every direction.

From the fisherman's point of view the mayfly is important because it affords an excellent food

The family name "Ephemera" suggests the brief life of the mayfly as well as its fragile nature. But to see the fly filled with these delicate and defenseless creatures, twisting and dancing in the sun's after-glow, to see life released from waters bounds and lifted in ecstatic flight above the highest trees tops.

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