

# EXTRA!

FROM THE OLD FARMER'S ALMANAC

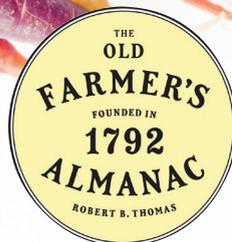
**EAT COLORFUL  
PLANTS FOR  
HEALTH**

**THE FIRST  
LOBOTOMY**

**SCRUMPTIOUS  
BREAKFAST  
RECIPES**

**NOW'S THE TIME  
TO PLANT A TREE!**

**SEPTEMBER 2018**



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October issue!



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# THE MONTH OF SEPTEMBER

*Holidays, History, and More*



## HOLIDAY HAPPENINGS

- Sept. 3: Labor Day
- Sept. 9: Rosh Hashanah begins at sundown
- Sept. 9: Grandparents Day
- Sept. 11: Patriot Day
- Sept. 17: Constitution Day
- Sept. 18: Yom Kippur begins at sundown
- Sept. 21: International Day of Peace

### ONE FOR ALL

The International Day of Peace, also known as Peace Day, was established by the United Nations as a day for people around the world to honor and promote peace within their country and among all nations. First observed in 1981 on the opening day of the UN regular session, the annual date was changed in 2001 to September 21. Observances range from a moment of silence at noon to events such as peace walks, concerts, and volunteering in the community.

### MOON WATCH

#### Last Quarter:

September 2,  
at 10:37 P.M. EDT

#### New Moon:

September 9,  
at 2:01 P.M. EDT

#### First Quarter:

September 16,  
at 7:15 P.M. EDT

#### Full Harvest Moon:

September 24,  
at 10:52 P.M. EDT



TAP FOR MORE ABOUT  
MOON PHASES



TAP FOR MORE ABOUT  
SEPTEMBER'S FULL MOON

### SPECIAL EVENT

The September equinox occurs on the 22nd at 9:54 P.M. EDT. In the Northern Hemisphere, this is known as the autumnal, or fall, equinox and marks the start of the autumn season. In the Southern Hemisphere, spring begins.



## SEPTEMBER BIRTHDAYS

### 20 YEARS AGO (1998)

**Sept. 21:** Lorenzo, Myrinda, Nikolas, and Zachary Brino (American quadruplets)

### 25 YEARS AGO (1993)

**Sept. 25:** Brandin Cooks (American football player)

### 50 YEARS AGO (1968)

**Sept. 4:** Mike Piazza (American baseball catcher)

**Sept. 20:** Chris Waller (American gymnast)

**Sept. 28:** Naomi Watts (English actress)

### 75 YEARS AGO (1943)

**Sept. 17:** Samuel Thornton Durrance (American astronaut)

**Sept. 29:** Gary Boyd Roberts (American genealogist)

### 100 YEARS AGO (1918)

**Sept. 4:** Paul Harvey (American radio broadcaster)

**A few days before Sept. 15 (when rescued as**

**a newborn pup from a WWI-bombed out French village):**

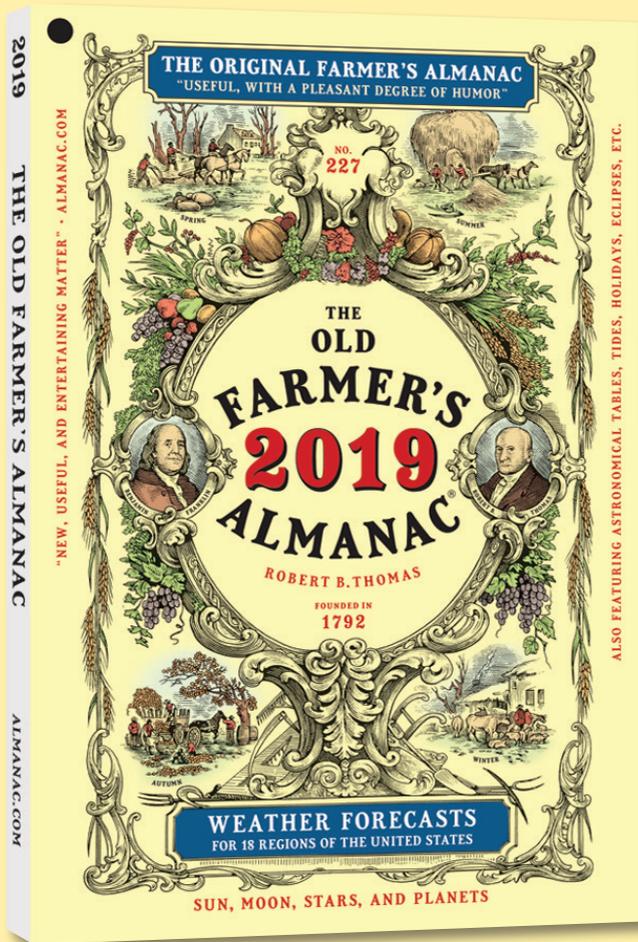
Rin Tin Tin (French-born American canine film star)

**Sept. 27:** Sir Martin Ryle (English astronomer)



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## BEST DAYS TO DO THINGS

These September dates, deemed to be propitious in astrology, are based on the astrological passage of the Moon. However, consider all indicators before making any major decisions. —*Celeste Longacre*

### OUTDOORS

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- Begin logging: 17–19
- Go camping: 15, 16
- Go fishing: 9–24
- Set posts or pour concrete: 17–19

### IN THE GARDEN

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- Destroy pests and weeds: 25, 26
- Graft or pollinate: 4, 5
- Harvest aboveground crops: 18, 19
- Harvest belowground crops: 8, 27, 28
- Mow to decrease growth: 25, 26



Mow to increase growth: 13, 14  
Pick fruit: 8, 9  
Plant aboveground crops: 13, 14, 22, 23  
Plant belowground crops: 4, 5  
Prune to discourage growth: 6, 7, 26  
Prune to encourage growth: 15, 16

### ON THE FARM

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Breed animals: 13, 14  
Castrate animals: 20, 21  
Cut hay: 25, 26  
Purchase animals: 4, 5  
Set eggs: 1–3, 19, 20, 29, 30  
Slaughter livestock: 13, 14  
Wean animals: 1, 28

### AROUND THE HOUSE

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Bake: 4, 5  
Brew: 13, 14  
Can, pickle, or make sauerkraut: 4, 5  
Demolish: 13, 14  
Dry fruit/vegetables/meat: 6, 7, 26  
End projects: 8  
Lay shingles: 6, 7

Make jams/jellies: 22–24  
Paint: 1, 10–12, 27, 28  
Start projects: 10  
Wash floors: 22–24  
Wash windows: 25, 26

### PERSONAL

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Advertise to sell: 14, 24  
Ask for a loan: 1, 9, 28  
Begin diet to gain weight: 14, 24  
Begin diet to lose weight: 1, 28  
Buy a home: 14, 24  
Color hair: 1, 27, 28  
Cut hair to discourage growth: 1, 27, 28  
Cut hair to encourage growth: 10–12  
Get married: 10–12  
Have dental care: 8, 9  
Move (house/household): 2, 3, 29, 30  
Perm hair: 20, 21  
Quit smoking: 1, 28  
Straighten hair: 15, 16  
Travel for pleasure: 6, 7  
Wean children: 1, 28



## GARDENING BY THE MOON'S SIGN

Use the September dates shown in the Moon's Astrological Place calendar below to find the best days for the following garden tasks:

**PLANT, TRANSPLANT, AND GRAFT:** Cancer, Scorpio, Pisces, or Taurus

**HARVEST:** Aries, Leo, Sagittarius, Gemini, or Aquarius

**BUILD/FIX FENCES OR GARDEN BEDS:** Capricorn

**CONTROL INSECT PESTS, PLOW, AND WEED:** Aries, Gemini, Leo, Sagittarius, or Aquarius

**PRUNE:** Aries, Leo, or Sagittarius. During a waxing Moon, pruning encourages growth; during a waning Moon, it discourages growth.

### THE MOON'S ASTROLOGICAL PLACE IN SEPTEMBER

<b>1</b> Taurus	<b>9</b> Virgo	<b>17</b> Capricorn	<b>25</b> Aries
<b>2</b> Gemini	<b>10</b> Libra	<b>18</b> Capricorn	<b>26</b> Aries
<b>3</b> Gemini	<b>11</b> Libra	<b>19</b> Capricorn	<b>27</b> Taurus
<b>4</b> Cancer	<b>12</b> Libra	<b>20</b> Aquarius	<b>28</b> Taurus
<b>5</b> Cancer	<b>13</b> Scorpio	<b>21</b> Aquarius	<b>29</b> Gemini
<b>6</b> Leo	<b>14</b> Scorpio	<b>22</b> Pisces	<b>30</b> Gemini
<b>7</b> Leo	<b>15</b> Sagittarius	<b>23</b> Pisces	
<b>8</b> Virgo	<b>16</b> Sagittarius	<b>24</b> Pisces	

TAP FOR  
MERCURY IN  
RETROGRADE  
DATES

**APP EXTRA!**  
TAP FOR  
SEPTEMBER  
MOON PHASES

## MERCURY IN RETROGRADE

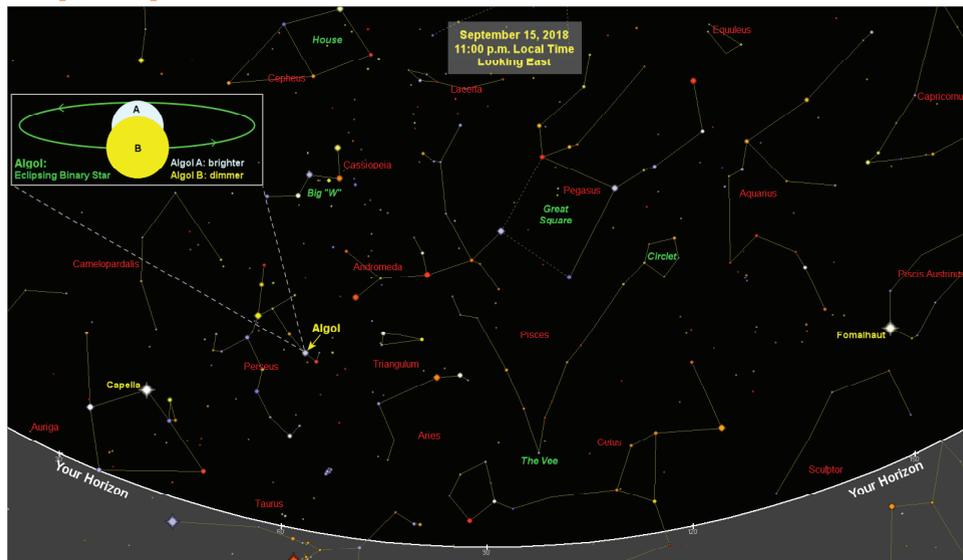
Sometimes the other planets appear to be traveling backward through the zodiac; this is an illusion. We call this illusion *retrograde motion*.

Mercury's retrograde periods can cause our plans to go awry. However, this is an excellent time to reflect on the past. Intuition is high during these periods, and coincidences can be extraordinary.

When Mercury is retrograde, remain flexible, allow extra time for travel, and avoid signing contracts. Review projects and plans at these times, but wait until Mercury is direct again to make any final decisions.

**In 2018 to come, Mercury will be retrograde during November 17–December 6.**

—Celeste Longacre



## THE DEMON STAR

There are approximately 9,000 stars bright enough to be seen with your unaided eyes—that is, without using binoculars or a telescope. The vast majority of these “naked eye” stars glow with a steady light. Night after night, century after century, millennium after millennium, their brightness remains the same. But there *are* exceptions.

About two dozen of the 9,000 naked eye stars change in brightness. These are the variable stars. They may change in brightness slowly or rapidly, randomly or on a regular schedule. You can see one of the most famous of all variable stars in action on several occasions during the month of September.

The star in question is Algol, in the constellation Perseus, the Greek hero. Algol is known as the Demon Star and has been associated with bad luck and calamity since ancient times. Algol’s name derives from an Arabic phrase meaning “the head of the ogre” (or “. . . demon”). The reasons behind these dire connections are not entirely clear. Had the ancients even

### APP EXTRA!

TAP TO GET  
A PRINTABLE  
SEPTEMBER  
SKY MAP

### APP EXTRA!

TAP TO  
FOLLOW  
OHIOAN JEFF  
DETRAY'S SKY  
ADVENTURES



noticed Algol's variability? Even if they did, why would they assign demonic intentions to the star? There are several theories about this, but we just don't know for certain.

What we do know is that like clockwork, every 2.86 days, Algol dims dramatically, only to return to its original brightness a few hours later. This amazing event is easy to see with nothing more than your own eyes.

The key to observing this variability is knowing ahead of time when to expect the minimum brightness. In September 2018, these (Eastern) times will be on the 1st, at 4:52 A.M.; the 5th, 1:40 A.M.; the 7th, 10:29 P.M.; the 25th, 3:21 A.M.; and the 28th, 12:09 A.M. (There are other minima during the month, but they do not occur during darkness in the Northern Hemisphere.)

Subtract 1, 2, or 3 hours if you are in the Central, Mountain, or Pacific time zones, respectively. For other parts of the world and other times of the year, you'll need to consult an online calculator. Use your favorite search engine to look for "minima of Algol."

Algol's changes in brightness occur because it is actually composed of *two* stars in very close proximity that orbit around one another—nearly touching—every 2.86 days. As shown in the inset on the sky map, the Algol system is oriented so that from our Earthly point of view, the dimmer of the two stars passes in front of (eclipses) the brighter star, partially hiding it from us. When the brighter star is partly hidden, Algol looks dimmer than usual.

The whole process of dimming and returning to normal brightness takes about 10 hours, but the changes are mainly noticeable for only 2 hours on either side of the times listed above. One observing strategy is to take a good look at Algol at least 2 hours before minimum, carefully noting its brightness. Then wait 2 hours and check it again at minimum brightness. The difference is dramatic! Two hours later, Algol will again be bright. To better observe the gradual dimming, check Algol every 30 minutes during the 2 hours leading up to the minimum.

This part of the September sky is also notable for some very distinctive asterisms (unofficial star patterns). These include the Great Square in Pegasus, the Big "W" of Cassiopeia, the House shape of Cepheus, and the Cirlet and Vee in Pisces. Check them out while waiting for the Demon Star to dim and brighten.

—Jeff DeTray



LIVING NATURALLY

# Eat Colorful Plants for Health

Even if you don't grow your own vegetables, you see their fall colors come alive in farmers' markets and supermarket bins: deep orange winter squash and carrots; red and yellow beets and Swiss chard; purple onions, potatoes and cabbages.

PHOTO: JENIFOTO/GETTY IMAGES



## LIVING NATURALLY

**S**tudy after scientific study has confirmed that people who eat more fruit and vegetables—and particularly the deeply colored varieties—suffer less heart disease, cancer, diabetes, osteoporosis, and age-related neurological decline.

### **PLANTS: MASTER CHEMISTS**

“Plants are the master chemists,” says Dr. Mary Ann Lila, who directs the Plants for Human Health Institute at North Carolina State University. “Because plants can’t move around, they have to manufacture what they need not merely to grow, but also to defend, protect, and heal themselves. It makes sense that the compounds that plants produce in response to stress would help a human under similar circumstances.”

Increasingly, scientists have begun to focus on the health-promoting benefits of pigments, the light-harvesting molecules that plants manufacture that selectively absorb certain bandwidths of visible light and reflect the others.

### **PIGMENTS SERVE AND PROTECT PLANTS**

Earth’s first plant pigment—chlorophyll—initiates photosynthetic reactions that enable plants to produce their own food and, in the process, produce all of the food and all of the oxygen that sustain animal life on the planet.

But other pigments (orange, red, yellow, and purple) protect plants from excessive, tissue-damaging solar radiation and

## LIVING NATURALLY

environmental stress; defend against attacks by microbes, insects, and animal predators; heal damaged tissues; serve as growth regulators; and probably act in many other ways still undiscovered.

### **WHY NOT SIMPLY EXTRACT THE PIGMENTS AND PUT THEM INTO PILLS?**

“Well, there’s a lot of research heading in that direction,” says James Joseph, a neuroscientist and senior researcher at the Tufts University Human Nutrition Research Center on Aging in Boston. “But when you start taking these things apart, the compounds don’t act like they do in the whole food. In fact, extracts can even produce the opposite effect, especially in high doses.”

“If you take something out of a plant and put it into a pill, it’s more expensive, probably less effective, and possibly dangerous,” says retired USDA ethnobotanist James A. Duke, author of 30 books and a huge phytochemical (chemicals that plants have manufactured naturally) database and an authority on medicinal plants. “Plus, it’s not occurring with its natural synergists. Most phytochemicals work together, with synergistic or additive effects.

“But you can’t overdose on vegetables,” Duke adds. “Variety is the key. Get the greatest variety of colorful fruit and vegetables that you can the most cheaply.”

—Margaret Boyles



TAP TO READ MORE OF MARGARET BOYLES'S POSTS IN HER "LIVING NATURALLY" BLOG



GARDENING



# Now's the Time to Plant a Tree!

*Here's why and how to do it.*

PHOTO: VGAJIC/GETTY IMAGES



## Bare-root trees are grown in the field and dug in the fall.

**F**rom a tree's point of view, fall is an excellent planting time—even better than spring. Many nurseries dig bare-root plants in the fall, sell some, and store the remainder through winter. Such plants are fresher in the fall, and the selection is better.

Perhaps most important, fall planting allows a tree time to establish its root system before winter. Roots begin growing as soon as they touch moist earth and continue to do so as long as the soil temperature stays above about 40°F. Then, when

the first warm breath of spring finally coaxes the growth of new shoots, the fall-planted tree is in place, its roots already growing in the soil.

The soil is usually more fit for digging in the fall than in the spring. In the fall, summer's warmth lingers long enough to keep the soil moist, not sodden, and crumbly for much of the time—just the right condition for digging planting doles.

### TREE-BUYING TIPS

Bare-root trees are grown in the field and then dug while they are

leafless in either fall or spring. Fall-dug trees may be sold immediately or stored with their roots packed in moist material. Root loss during digging is a drawback; however, these trees can be easily and inexpensively shipped, giving you a wide selection. And because you can see the roots, you can easily assess their condition.

Container-grown nursery plants spend their lives in pots. The potting mix is lighter than field



TAP FOR BARE-ROOT TREES THAT ARE NOT SUITABLE FOR FALL PLANTING

### **EXCEPTIONS TO THE FALL-PLANTING RULE**

Fall planting is not for every kind of bare-rooted tree. Red maple, birch, hawthorn, tulip, poplar, oak, willow, plum, and cherry are among those that do not take kindly to fall planting. However, potted plants of any of these species will benefit from fall planting just as other species do.



## Balled-and-burlapped trees are grown in clay soil.

soil, so such plants can be shipped economically. Ideally, the plant spends enough time in the container to allow its roots to fill it. Watch out, though: Some vendors buy bare-root trees and pot them up for quick sale as container plants. Equally bad are container-grown trees that have been left too long in their containers. If possible, slide a container-grown tree out of its pot to see if it is root-bound (i.e., its roots are thick and tangled). Restrain yourself from buying the largest tree possible; it should be no taller than three to

four times the height of its container.

Balled-and-burlapped trees often have been dug from clay soil, the removal of which might lead to root loss. Thus such a tree is lifted with a ball of soil that is then wrapped with burlap. Clay soil holds together better than lighter soils, but it is also heavy, so weight, combined with the delicacy of the root ball, make mail-order shipping of these trees unfeasible. Plant selection is limited.

### THE HOLE STORY

**1. Find the right site.** Pay attention to the tree's

needs for sunlight and soil drainage. No amount of care can make up for a gross mismatch.

**2. Check the soil.** If it is ready for digging, it will be just moist enough to crumble. If the soil is not ready, wait for it to dry or water it.

**3. Mark out the proper hole.** New roots establish more quickly in a hole that is only two to three times the diameter of the root ball and no deeper than necessary to let the tree stand at the same level as it stood in the nursery—or higher, if



## Watch out for container-grown trees that have been left too long in their containers.

the tree is to be planted atop a mound for proper drainage.

**4. Remove the sod.** Cut the surface vegetation with a shovel or grass edge, then work a flat-bladed shovel or sod stripper beneath the vegetation and lift it off.

**5. Dig the hole.** Taper the hole from ground level at the edges to the full depth at the center. Rough up the sides of the holes to break up any glazing from the shovel blade that might slow

root penetration.

**6. Prepare the roots.** If the tree is bare-root, cut back to healthy tissue any roots that are damaged or blackened by disease. Also shorten any lanky roots that do not conveniently fit into the hole. Shovel some soil into the hole to create a mound on which to spread the roots. Throw another shovelful onto the roots to steady the plant.

If the tree is container-grown, slide it out of the pot. Untangle and splay out roots that outgrew the pot and were forced to grow in

circles. Shorten any that are too long. If the roots are too tightly bound to untangle, make four 1-inch deep slices from the top to the bottom of the root ball. Loosen the large roots and tease out smaller ones.

If the tree is balled and burlapped, slide it right into the hole, being careful not to break the ball. Cut the string binding the burlap and peel the wrap as close to the base as possible. Natural burlap will decompose, so it can be left in the hole. Synthetic



## Slowly and thoroughly soak the ground beneath the tree.

material can strangle the tree, so cut away at it to remove as much as possible, without disturbing the ball.

**7. Fill the hole.** Use a stick or your fingers to work the soil up against and in among the roots. Periodically, lay a straight board across the hole to check the planting depth.

**8. Mulch.** Spread a 3-inch layer of wood chips or straw over the bare ground to within a few inches of the trunk. This will insulate the roots to keep them growing long into the fall and prevent

freezing and thawing that leads to heaving.

Note that mulch can cause crown rot. To avoid this, pull the material up to—but not right against—the trunk. Protect the trunks from bark-feeding rodents that sometimes winter in the mulch with a cylinder of ¼-inch-mesh hardware cloth or wrap them with paper or plastic wraps sold for this purpose. (Remember to remove them in the spring; trunk wraps make great homes for insects in the summer.)

**9. Stake, if necessary.** Plants that are 10 feet

tall or higher and trees at windy sites should be staked for a year, until their roots grab firmly to the soil. Use soft material or padded wire where the support touches the trunk.

**10. Water well and maintain.** Slowly soak the ground beneath the tree. Figure on 1 gallon per week per square foot spread of the roots. Water throughout the growing season and longer for larger trees. Keep the mulched area free of weeds, adding mulch as needed at least for a few years.

—Lee Reich



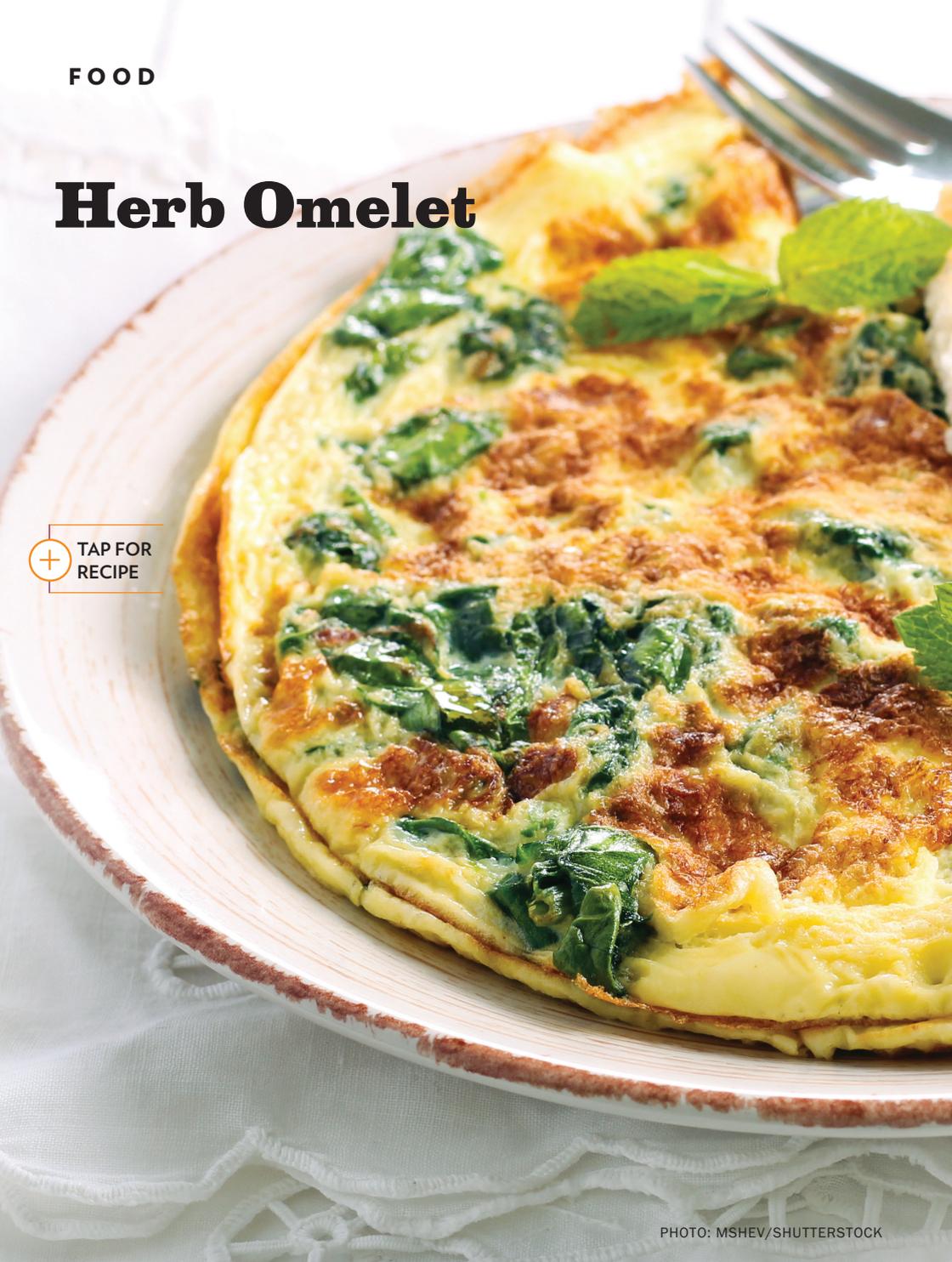
# Scrumptious Breakfast Recipes

On weekends, take your time and enjoy some breakfast goodness. Whether French toast, omelets, or waffles, these are a nice change from cold cereal.

FOOD

# Herb Omelet

 TAP FOR  
RECIPE



## HERB OMELET

- 4 eggs, separated
- 3 tablespoons milk or cream
- 2 teaspoons raw bran
- dash of salt
- dash of freshly ground black pepper
- 2 teaspoons butter
- 1-1/2 tablespoons chopped fresh herbs, a combination of chives, parsley, basil, thyme, chervil, or your favorites

In a bowl, beat egg yolks until thick and light yellow. Add milk, bran, salt, and pepper and mix thoroughly.

In a separate bowl, beat egg whites until stiff. Gently fold yolk mixture into egg whites.

Melt butter in omelet pan or frying pan over medium-low heat. Pour in egg mixture. When omelet is nearly set, add mixed herbs and fold over. Cook until completely set.

**Makes 2 servings.**

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THIS  
RECIPE

FOOD

# Stuffed French Toast

 TAP FOR  
RECIPE

PHOTO: BECKY LUGART-STAYNER

## STUFFED FRENCH TOAST

### FILLING:

2 packages (8 ounces each)  
cream cheese, softened

1/2 cup sour cream or plain  
yogurt

2 tablespoons sugar

1 teaspoon ground  
cinnamon

1/2 teaspoon vanilla extract

2 ripe bananas, mashed

24 slices raisin bread

### FRENCH TOAST:

1-1/4 cups milk

8 eggs

2 tablespoons  
confectioners' sugar

1 teaspoon ground  
cinnamon

1/2 teaspoon vanilla extract

warm maple syrup, for  
serving

SHARE  
THIS  
RECIPE

Preheat oven to 350°F. Generously grease a 15x10x1-inch baking sheet.

*For filling:* In a bowl, combine cream cheese, sour cream, sugar, cinnamon, vanilla, and bananas.

Spread filling evenly on one bread slice, then top with another slice. Spread filling evenly on second slice, then top with third slice. Repeat with remaining filling and bread.

*For French toast:* In a bowl, combine milk, eggs, sugar, cinnamon, and vanilla. Beat until well blended.

Pour egg mixture into a shallow bowl. Dip prepared bread layers into mixture, turning to coat both sides evenly.

Place on prepared baking sheet. Bake for 8 to 10 minutes. Flip and bake for 8 to 10 minutes more, or until golden brown. Serve with warm maple syrup.

**Makes 8 servings.**

FOOD

 TAP FOR RECIPE

# Chocolate Waffles

PHOTO: VM2002/SHUTTERSTOCK

## CHOCOLATE WAFFLES

- 2 cups cake flour\*
- 3 tablespoons sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1-1/4 cups milk
- 1/3 cup butter, melted
- 2 ounces unsweetened chocolate, melted
- 2 eggs, separated
- sliced fruit, for topping

Preheat waffle iron.

In a bowl, combine dry ingredients. Add milk, butter, chocolate, and egg yolks, beating well after each.

In a separate bowl, beat egg whites until stiff. Gently fold egg whites into batter.

Spoon batter into waffle iron and cook for 3 to 5 minutes, or until steam stops escaping. Serve topped with fruit.

**Makes 6 to 8 servings.**

### \*DIY CAKE FLOUR

For every 1 cup of cake flour, measure 1 cup of all-purpose flour and remove 3 tablespoons. Add 3 tablespoons of cornstarch to the all-purpose flour and sift several times.

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THIS  
RECIPE

HISTORY



# The First Lobotomy

*Medical History Made by Accident*

**A**s he went to work on the morning of September 13, 1848, Phineas Gage could not have known that he was about to amaze the world, confound doctors, and lay the basis for modern brain surgery. Although Gage was a bit of an oddity in the brawling business of railroad building—he did not swear or drink and attended prayer meetings—he was a well-liked and respected foreman. His men appreciated his fair treatment, and they knew that he would often perform dangerous tasks himself.

At that time, contractors were struggling to complete Vermont's Rutland Railroad, which was to cross the Green Mountain State from Bellows Falls on the southeast side to Alburg at the northern tip of Lake Champlain. Building the "ends" in

the broad river valleys was simple; crossing the Vermont mountains was a task that broke one contractor after another.

Because locomotives could not pull a train up a steep grade, the builders had to blast away any rock outcrops as they slabbled the roadbed up the sides of the mountains. The stone was drilled by hand, then blasted with black powder. A driller would keep slamming his sledgehammer down on the "point" while a helper held it in. It was tedious work, but it did not seem so bad when they were singing. The leader boomed out in a strong voice, "The foreman's name was Tom McCann."

The chorus answered in a high-pitched wail: "Drill, ye tarries, drill."

One hundred yards away, Gage was "charging" the drilled holes with black powder and tamping them with an iron bar that was 42 inches long, 1¼ inches

in diameter, and tapered to a point at the top end. Once a hole had enough powder in place, he would slide down fulminate caps and fuses and fill the holes with mud. In the distance, thirty hammers made one loud click as they hit the drills together. The song leader continued: "Tom McCann was a very mean man."

And again, "Drill, ye tarr . . ."

**T**he refrain was never finished. At first, the crew took the sharp noise to be a musket shot. Then they noticed a cloud of acrid black smoke, which told them that the powder that Gage had been tamping had exploded. A gust of wind blew the smoke away, and they then saw Gage, who was vacantly staring into space. Several drillers ran over to make sure that Gage wasn't hurt. His cheek was torn and some blood ran down from

**The powder that Gage had been tamping had exploded.**

the top of his head. They gathered that he had been hit by rock fragments.

Fifty feet away, Elim O'Doyle picked up the tamping bar. It was covered with blood and brain tissue. He carried it over to where the others were standing, and suddenly it dawned on them: The bar had been blown completely through Gage's head! It had scraped the left side of his jaw, gone up behind his left eye, and out through the top of his skull.

An oxcart was found to take Gage to Cavendish, where there was a doctor, and he stayed conscious all the way to town. Gage sat on the tavern steps while one of his crew went to find the physician. It took several hours to locate Dr. John Martyn Harlow, who, as soon as he took a look at Gage, confided to the foreman's friends, "No man can live with a hole in his head. Have him measured for a casket."

However, since it was

apparent that Gage was living, they carried him upstairs and put him to bed.

**E**very meal that Gage ate was expected to be his last, but after 3 weeks, he announced, "My head is not aching much anymore, so I guess I will go back to work."

And he did, but not at his previous job. He was a changed man after his injury. He was said to hold forth in saloons and tell outrageous yarns that he maintained were true.

Still, Gage was able to drive coaches, a physically and intellectually demanding job, for a few years, including in Chile, where many New England railroad builders went to lay track in the Andes. But he eventually returned to the States. In the winter of 1860, he began to experience epileptic seizures. These led to his death on May 21 of that year.

Although an account of Gage's accident had been printed in the *Harvard Medical Journal*, many doctors thought that it was a hoax. Phineas Gage had to die to prove that he had survived. He was disinterred in 1868, and his head was shipped to Dr. Harlow in Massachusetts. Harlow gave the skull and bar to Harvard's Countway Library of Medicine, one of the largest medical libraries in the world, where they may be seen today.

The medical profession had previously supposed that disturbing the lobes of the brain would bring certain death. Since Phineas Gage's accident showed that this was not the case, however, this event laid the basis for modern brain surgery. His recovery also showed the possibility of recovering complex psychosocial skills even after a horrific injury.

—Bernard Lamere

**This event laid the basis for modern brain surgery.**



# WEATHER FORECASTS

IF MICHAELMAS [SEPT. 29] BRINGS MANY ACORNS, CHRISTMAS WILL COVER THE FIELDS WITH SNOW.

## HOW WE MAKE OUR PREDICTIONS

We derive our weather forecasts from a secret formula that was devised by the founder of this Almanac, Robert B. Thomas, in 1792. Thomas believed that weather on Earth was influenced by sunspots, which are magnetic storms on the surface of the Sun.

Over the years, we have refined and enhanced this formula with state-of-the-art technology and modern scientific calculations. We employ three scientific disciplines to make our long-range predictions: solar science, the study of sunspots and other solar activity; climatology, the study of prevailing weather patterns; and meteorology, the study of the atmosphere. We predict weather trends and events by comparing solar patterns and historical weather conditions with current solar activity.

Our forecasts emphasize temperature and precipitation deviations from averages, or normals. These are based on 30-year statistical averages prepared by government meteorological agencies and updated every 10 years. Most-recent tabulations span the period 1981 through 2010.

We believe that nothing in the universe happens haphazardly, that there is a cause-and-effect pattern to all phenomena. However, although neither we nor any other forecasters have as yet gained sufficient insight into the mysteries of the universe to predict the weather with total accuracy, our results are almost always very close to our traditional claim of 80 percent.

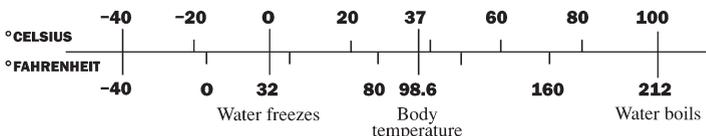


TAP TO FIND OUT THE WEATHER HISTORY OF THE DAY



LOVE ALL THINGS WEATHER? TAP FOR THE WEATHER FOLKLORE OF THE DAY

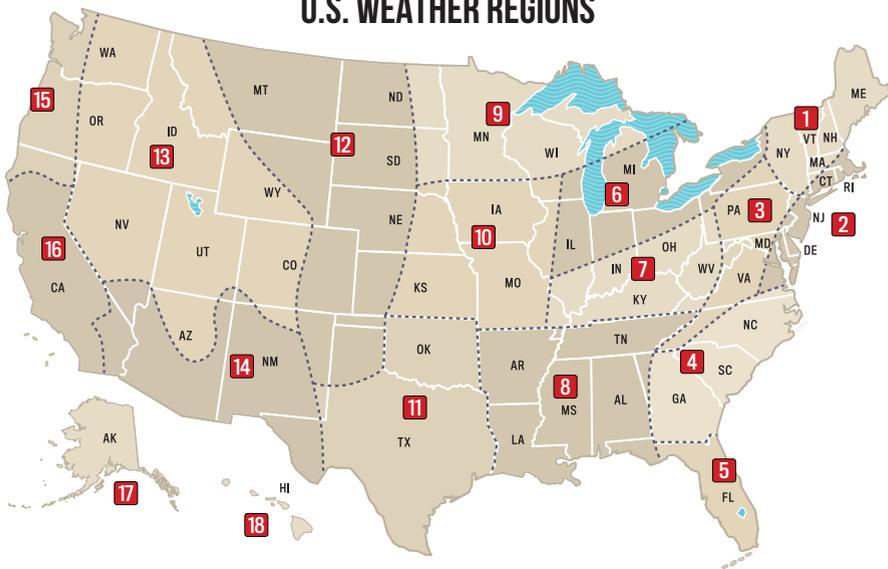
### CELSIUS-FAHRENHEIT TABLE



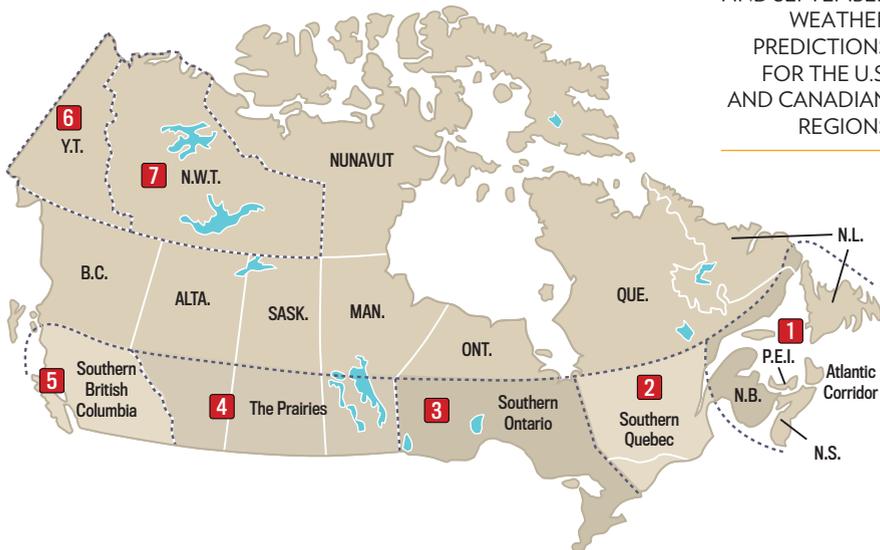


# WEATHER FORECASTS

## U.S. WEATHER REGIONS



## CANADIAN WEATHER REGIONS



CLICK HERE TO  
FIND SEPTEMBER  
WEATHER  
PREDICTIONS  
FOR THE U.S.  
AND CANADIAN  
REGIONS





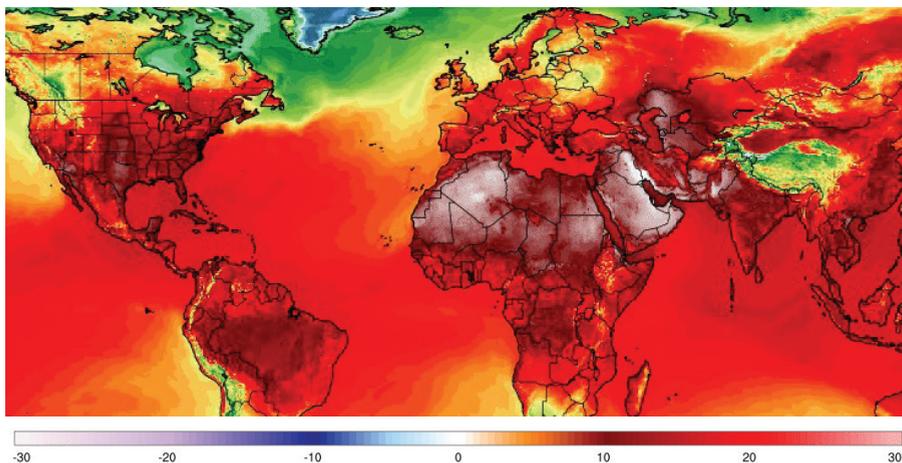
## HOT NEWS ABOUT THIS PAST SUMMER

**J**uly 2018 may have been the hottest month ever recorded on Earth, as several locations in the Northern Hemisphere, where it is midsummer, recorded their hottest temperatures ever, while temperatures during the Southern Hemisphere winter were unusually mild.

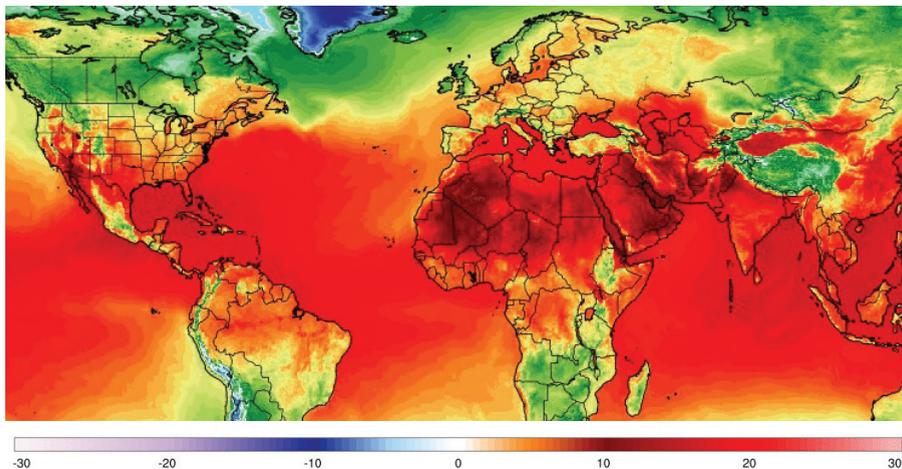
On July 5, Ouargla, Algeria, reported a temperature of 124.3°F (51.3°C). Although a temperature of 131°F (55°C) was reported in Kébili, Tunisia, on July 7, 1931, this report has never

been verified or accepted as an official record. Thus the Ouargla temperature, if verified, would be the hottest official temperature ever reported in Africa, surpassing by 1 degree F the previous record of 123.3°F (50.7°C) reached in Morocco on July 13, 1961.

According to the World Meteorological Organization, the highest temperature ever recorded was 134.1°F (56.7°C) on July 10, 1913, in Furnace Creek, California. Some have questioned the validity of this



*Fig. 1. Simulation of maximum temperatures on July 3, 2018, at 2 meters above ground, from the GFS (Global Forecast System) weather model. Image courtesy of Climate Reanalyzer (<http://cci-reanalyzer.org>), Climate Change Institute, University of Maine, Orono, Maine. Scale is in degrees C.*



*Fig. 2. Simulation of maximum temperatures on July 25, 2018, at 2 meters above ground, from the GFS (Global Forecast System) weather model. Image courtesy of Climate Reanalyzer (<http://cci-reanalyzer.org>), Climate Change Institute, University of Maine, Orono, Maine. Scale is in degrees C.*



**JULY 2018 WAS THE 402<sup>ND</sup> CONSECUTIVE MONTH IN WHICH TEMPERATURES, AVERAGED ACROSS THE ENTIRE EARTH, HAVE BEEN GREATER THAN THE 30-YEAR NORMAL.**

reading and, if it is overturned, Earth's all-time high temperature would be the 129.2°F (54°C) recorded at Death Valley, California, on June 30, 2013; at Mitribah, Kuwait, on July 21, 2016, and at Ahvaz, Iran, on June 29, 2017.

Meanwhile, along the coast of the Arctic Ocean in northern Siberia, temperatures rose to over 90°F on July 5, 2018, more than 40 degrees above normal high temperatures and among the largest summertime temperature anomalies ever reported.

All-time record highs were also set in Eurasian and Middle Eastern cities, including . . .

- 104.9°F (40.5°C) in Tbilisi, Georgia, on July 4
- 107.6°F (42°C) in Yerevan, Armenia, on July 2
- 109°F (42.6°C) for the *low temperature* in Qurayyat, Oman, on June 28—the hottest low temperature ever recorded anywhere on Earth

In Europe, Ireland was especially hot, with all-time record highs reported on June 28 in Shannon at 89.6°F (32°C) and Belfast, Northern Ireland, at 85.1°F (29.5°C). Glasgow, Scotland, also reported its hottest day on record,

reaching 89.4°F (31.9°C) on June 28.

In North America, record heat also abounded in late June and early July:

- Many locations in southern California had their hottest day ever on July 6, including 111°F on the University of California–Los Angeles (UCLA) campus.
- Denver, Colorado, tied its all-time high temperature record of 105°F on June 28.
- Burlington, Vermont, and Mt. Washington, New Hampshire, had their warmest low temperatures ever recorded on July 2, at 80° and 60°F, respectively.
- Montreal, Quebec, reported its all-time record high temperature on July 2, at 97.9°F (36.6°C). The CBC (Canadian Broadcasting Company) reported at least 54 deaths in southern Quebec due to the extreme heat.

July 2018 was also the 402<sup>nd</sup> consecutive month when average Earth temperatures were greater than the 30-year normal—this means ever since February 1985, when Ronald Reagan was president.

—Michael Steinberg, Old Farmer's Almanac meteorologist



# HUMOR ME

## GRINS AND GROANS FROM THE ALMANAC ARCHIVES



### GOOD HUNTING

“Well, farmer, you told us that your place was a good place for hunting, but now we have tramped it for 3 hours, and we have found no game!”

“Exactly,” said the farmer. “As a general rule, the less game there is, the more hunting you have.”

### ABOUT SALT LAKE

“What have you got that’s good?” asked the weary, dusty, hungry traveler in the mid-1800s, seating himself at a restaurant table in Salt Lake City.

“Oh, we’ve got roast beef, corned beef, roast mutton, broiled and fried ham, and fried curlews.”

“What is a curlew?” asked the stranger.

“Curlew? Why, a curlew is a bird something like a snipe.”

“Could it fly?”

“Yes.”

“Did it have wings?”

“Yes.”

“Then I don’t want any curlew. Anything that had wings and could fly and didn’t



leave this blessed country, I don't want for dinner!"

### NOTHING A-MISSED

"I don't miss church so much as you may suppose," said a lady to her minister, who called on her during her illness. "I make my daughter sit in the window as soon as the bells begin to chime, and she tells me who is going to church and whether they're wearing anything new."

### I DIDN'T DO IT

"Papa," said the small boy, "should the teacher punish me for something I didn't do?"

"Certainly not, my boy!"

"Well, today he laid into me for not doing my lesson."

### UP IN SMOKE

A lady was once



declaring that she could not understand how gentlemen could smoke. "It certainly shortens their lives," said she.

"I don't know that," exclaimed a gentleman. "There's my father, who smokes every day, and he's 70 years old."

"Well," was the reply, "if he had never smoked, he might have been 80 by this time."

### NEVER AGAIN

A politician, in writing a letter of condolence to the wife of a deceased member

of the legislature, said, "I can not tell you how pained I was to hear that your husband had gone to heaven. We were bosom friends, but now we shall never meet again."

### DISPUTING DEACONS

Two deacons in a country town were arguing over the merits of a particular graveyard.

"Well," said one, "I'll never be buried in that graveyard as long as I live."

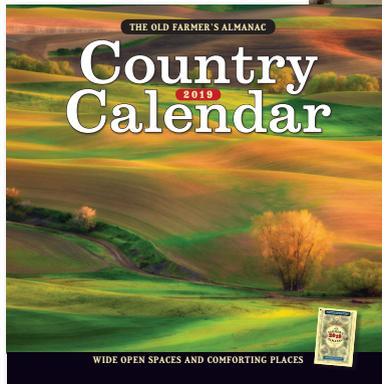
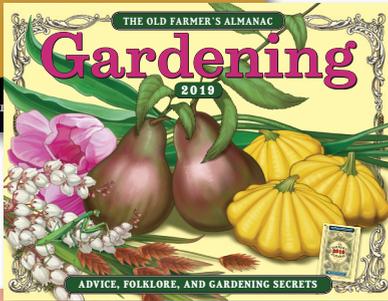
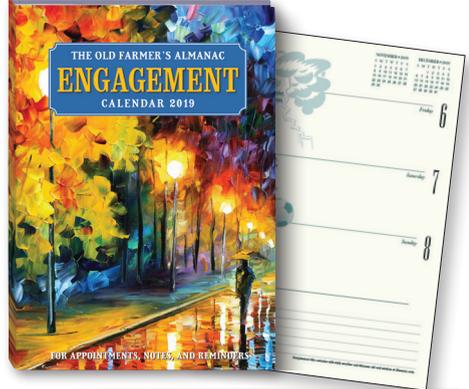
"What an obstinate man!" replied the other. "If the Lord spares my life, I will!"



# 2019 Old Farmer's Almanac Calendars

## SHIPPING NOW!

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APRIL 2019

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	<p>April Fool's Day (April 1) Easter (April 15) Good Friday (April 19) Easter Sunday (April 21) Easter Monday (April 22) Easter Tuesday (April 23) Easter Wednesday (April 24) Easter Thursday (April 25) Easter Friday (April 26) Easter Saturday (April 27) Easter Sunday (April 28)</p>				

**Good News:** The first day of spring is here! The weather is warming up, and the days are getting longer. It's time to get out there and enjoy the outdoors.  
**Watch Out!** The weather is still unpredictable, so be prepared for any changes. Don't forget to check the forecast before you go out.  
**In The Air:** The first day of spring is here! The weather is warming up, and the days are getting longer. It's time to get out there and enjoy the outdoors.  
**On The Ground:** The first day of spring is here! The weather is warming up, and the days are getting longer. It's time to get out there and enjoy the outdoors.

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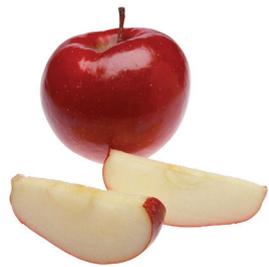
# WHAT'S NEXT



**GARDENING**  
Happiness Is a Houseplant



**CALENDAR**  
Moon Watch;  
October birthdays;  
Child Health Day



**LIVING NATURALLY**  
Eat an Apple (or Pear or Onion) a Day



**AMUSEMENT**  
The Man Who Cried for Everyone



**FOOD**  
Three Eggs-ellent Recipes



**ASTRONOMY**  
Explore With Our Sky Map

Plus: Weather Update • U.S. and Canadian Weather Forecasts • Gardening by the Moon's Sign • Best Days to Do Things • Humor • and much more in the October *EXTRA!*

**CELEBRATING THE ALMANAC'S 226TH YEAR!**