

## How to Keep Well

By DR. W. A. EVANS

Questions concerning hygiene, sanitation and prevention of disease, submitted to Dr. Evans by readers of The Bee, will be answered personally, subject to proper limitation, where a stamped addressed envelope is enclosed. Dr. Evans will not make a diagnosis nor prescribe for individual diseases. Address letters in care of The Bee.

### CARBONIC ACID.

I am glad to help to give a certificate of character to that black sheep—carbonic acid.

Since the days of the Black Hole of Calcutta this gas has had no friends anywhere, except the carbonated beverage folks. All the old-style physiologies carried lurid descriptions of dogs and folk fatally poisoned by carbonic acid.

The first efforts at cleaning up the fair name of this maligned gas were the reports which showed that it was not the harmful agent in harmful air. Ordinarily, ventilation rules specify that the proportion of carbonic acid in air must not exceed one part per thousand, but that is because the gas is an indicator of pollution—not a source of harm itself. It is not until the proportion of carbonic acid reaches about 80 per cent per thousand that the gas and air mixture causes symptoms.

The next step in rehabilitation went considerably further. Crops proved that a light percentage of carbonic acid in the tissues of the body showed the development of tuberculosis. Furthermore, that the proportion of acid in the tissues of the body in certain sections and at certain times reached the strength necessary to hold tuberculosis in check.

And now comes another friend into court. Yandell Henderson holds that a high proportion of carbonic acid in the air stimulates deep breathing.

Furthermore, he makes use of this fact to resuscitate people who have been overcome by illuminating gas, by gases in mines, by illuminating gas, by gases in rolling mills, and in several other ways. In gas poisoning of these several varieties, the coloring matter of blood is soaked with carbon monoxide.

It cannot carry oxygen to the tissues because all of its carrying capacity is tied up fast and tight with carbon monoxide. It can be done by having the patient breathe oxygen. But when pure oxygen is supplied, the tendency is to breathe shallow.

But deep breathing is required to get the oxygen into the lungs that may then reach the blood and displace the carbon monoxide. You have the horse at the trough, but he will not drink. How to make him drink, that is the question.

Yandell Henderson proves that the oxygen should be mixed with carbonic acid—85 parts of the former to 5 parts of the latter. The carbonic acid in the mixture stimulates deep breathing; the deep breathing carries lots of oxygen into the lungs.

It then meets the blood, and rather rapidly that is a few hours washes it free from carbon monoxide.

In cases of gas poisoning from illuminating gas, mine gas, automobile gas, garage gas, and others, his plan is as follows:

1. Start artificial respiration at once. The prone pressure method is best.

2. Just as quickly as it can be turned up, have the patient inhale a mixture of oxygen and carbonic acid. As a rule the artificial respiration need not be kept up any longer than 15 minutes, nor the use of oxygen and carbonic acid gas longer than 30 to 45 minutes, including the 15 minutes of artificial respiration.

3. To lessen the danger of pneumonia follow in gassing, wrap the patient warmly and keep him warm and dry.

Beyond this, Henderson recommends that the patient be let alone. He thinks bleeding and transfusions do more harm than good.

Don't Worry About It.

C. T. writes: "I may I ask a few questions concerning floating kidneys?"

"1. What does this generally mean to a man of 60, in average good health?"

"2. Does the organ properly function under such a condition?"

"3. What steps should be taken to overcome the trouble?"

"4. If left to itself, is it liable to become serious?"

### REPLY.

1. Yes.

2. Nothing. Knowing about it is bad; worrying about it is worse. Otherwise the condition is unimportant, as a rule.

3. Yes. In a few cases the kidney fails enough to kink the ureter and in that way cause obstruction.

4. In the average case do nothing.

5. No.

Witch Hazel for Hay Fever.

Witch Hazel writes: "I have been a victim of hay fever for 24 years, and have suffered all the torments relative to hay fever."

"For years, the only relief was Mackinac Island. Have been there but once in six years, and then just for a pleasure trip."

"There has been no cure found and I know of only one relief. That is witch hazel. When a spasm comes on causing sneezing, I fill the hollow of my hand with witch hazel, then put my nostrils into same and draw up

## Common Sense

### Are You Living Beyond Your Pocket-book?

After you have associated for some time with persons who have much more in the way of worldly goods than you possess and you have been doing the things they do, have you not almost believed that it is possible for you to continue along with them?

You have this feeling despite the fact that what they spend is a more tribute to their income in comparison to what it represents of your own income.

You are enjoying yourself and you feel that you would not be happy and contented if compelled to mingle with any other friends than those with whom you now associate.

You are going beyond your means and you have not enough self will to drop out.

What about the final showdown, for it is bound to come?

You will not always support your own, for you can't.

You are "keeping up appearances," but where does it get you?

## Uncle Sam Says

### Course in Sewing.

The government has prepared this booklet of particular interest for girls and young women who wish to learn to sew. The booklet is in reality the course in sewing given in the government Indian and other schools. It explains each step, giving in each instance a very good illustration. It shows the besting stitch, then hemming, patching, seam stitching, common embroidery, buttonholing and darning both on stockings and on cloth. Hemstitching and several kinds of fancy seam stitches are also given.

Readers of The Omaha Bee may obtain a copy of this booklet for the cost of printing by sending 10 cents in coin to the Superintendent of Documents, Washington, D. C., asking for "Synopsis of a Course in Sewing—Indian Affairs Office." Do not send stamps—they will not be accepted.

# THE BRANDEIS STORE

## Brunswick

### True Tones

without "metallic" suggestion

The scientific tone chamber, light as a violin, as tensely resonant as a drumhead, is largely responsible for Brunswick's supreme position in the musical world.

We can see no reason for your being without one of these wonderful instruments

Our Easy Payment Plan places one in your home at once -- you pay a little each month

This Beautiful COLONIAL MODEL Brunswick Mahogany, Brown Mahogany, Antique Walnut, Satin Walnut Price \$250

A Record Today -- to Drive Dull Care Away!

And, welcome is the guest who brings a Brunswick Record

There is irresistible sweetness to Brunswick super-feature records which banishes care and invites content.

Purchase Your Brunswick from the Largest and Best Selected Stock in Nebraska

Phonograph Dept.—Main Floor—West



**try it!**

Find out how good it is! Get the peppy, minty flavor of good old Yucatan!

"No fancy wrapper — just good gum!"

# Yucatan

## Chewing Gum

AMERICAN CHICLE CO.

**6%**

## Thrift

THE VALUE OF SAVING is proved by persons who now own their own homes.

MOST ALL HOMES are bought through institutions like the Occidental that encourage systematic saving.

BRING YOUR SAVINGS to us, then when you want a home we can help you. Your money is secured by first mortgages on homes and earns at the rate of 6 per cent, dividends payable four times each year.

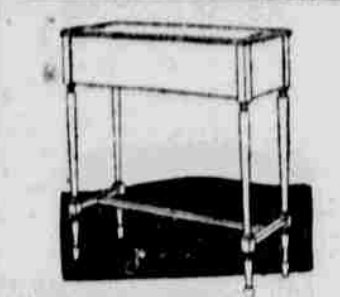
ASSETS \$11,132,820 RESERVE \$20,840

**Occidental** BUILDING AND LOAN ASSOCIATION

102 AND HARVEY 22 YEARS IN OMAHA

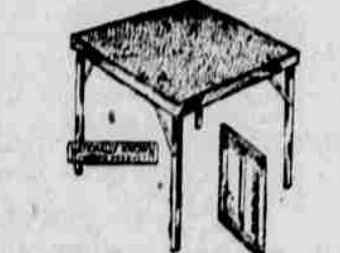
# THE BRANDEIS STORE

## Master-Made Furniture in Our First Anniversary Sale of Furniture A Few Examples of the Splendid Values



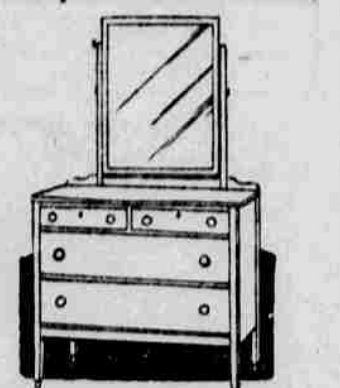
12.00 Plant Stand—Anniversary Sale Price, 8<sup>71</sup>

Mahogany finish, with metal container; 30 inches long.



3.50 Folding Card Table—Anniversary Sale Price, 2<sup>71</sup>

Mahogany finished base, firmly braced legs; top covered with waterproof imitation leather.



38.00 Walnut Dresser—Anniversary Sale Price, 28<sup>71</sup>

American walnut with four drawers and 22x28-inch plate mirror.



7.00 Tuckaway Table, Anniversary Sale Price, 4<sup>91</sup>

Solid mahogany top; a folding table.

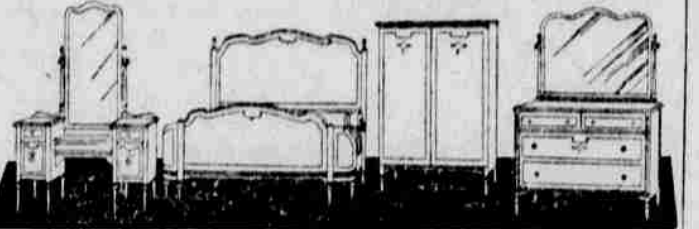
Aids to the Homemaker Are These Low Priced Pieces of Furniture That Aid to the Homelikeness of the Living Room



160.00 3-Pc. Living Room Suite—Anniversary Sale Price, 124<sup>71</sup>

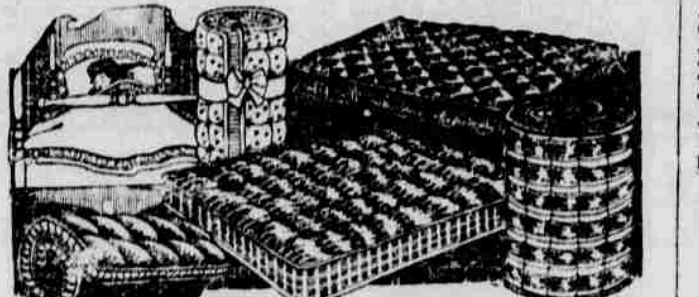
Queen Anne period suite in cane and mahogany finish, consisting of davenport, large arm chair and rocker with loose, spring filled cushion seats and two pillow cushions. Choice of blue or mulberry velour covering.

## For the Bedroom



350.00 4-Piece Bedroom Suite—Anniversary Sale Price, 261<sup>71</sup>

Louis XVI suite in two-tone walnut; includes 48-inch dresser, 48-inch vanity dresser, 38-inch chiffonade and full size bow-end bed.

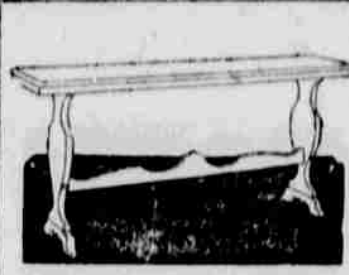


The Carolina Mattress—Anniversary Sale Price, 14<sup>71</sup>

20.00 imperial stitched cotton felt mattress, diamond tufted and covered with heavy art ticking. Weight 50 pounds.

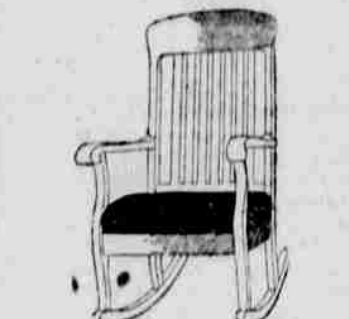
The Supreme Mattress—Anniversary Sale Price, 11<sup>41</sup>

16.50 roll edge cotton felt mattress, diamond tufted and covered with art ticking. Weight 50 pounds.



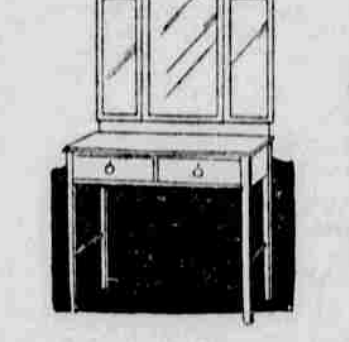
25.00 Davenport Table—Anniversary Sale Price, 18<sup>71</sup>

An Italian design in brown mahogany finish; 18x66-inch top.



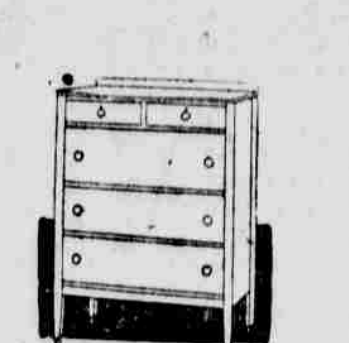
18.50 Leather Seat Rocker, 14<sup>75</sup>

In quartered oak or mahogany.



35.00 Toilet Table—Anniversary Sale Price, 23<sup>71</sup>

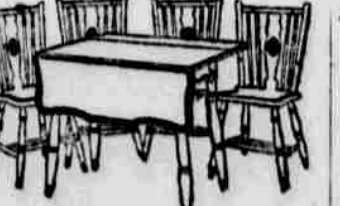
Walnut with 36-inch triplicate mirror.



30.00 Chest of Drawers—Anniversary Sale Price, 21<sup>71</sup>

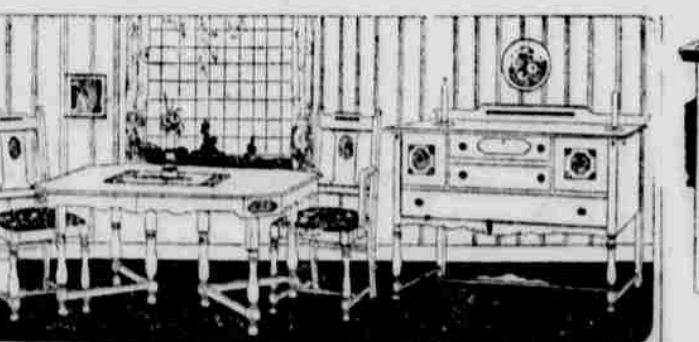
Made of walnut; 3 large and 2 small drawers.

## For Dining Room and Kitchen



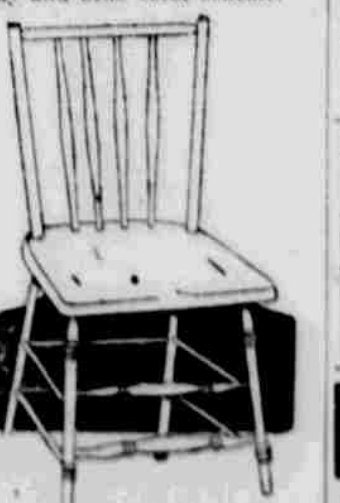
45.00 Five-Piece Breakfast Room Suite—Anniversary Sale Price, 34<sup>71</sup>

Drop-leaf table and four chairs. Choice of ivory and blue or gray and blue color scheme.



160.00 Eight-Piece Dining Room Suite—Anniversary Sale Price, 122<sup>50</sup>

In two-tone oak; 60-inch buffet, oblong table which extends to 72 inches, 5 side chairs and 1 guest chair with blue leather slip seats.



1.65 Kitchen Chair—Anniversary Sale Price, 1<sup>00</sup>

Made of hardwood, nicely finished.



130.00 8-Piece Dining Room Suite—First Anniversary Sale Price, 99<sup>00</sup>

In two-tone oak; 54-inch buffet, oblong table and six chairs with blue leather slip seats.



8.50 Kitchen Table—Anniversary Sale Price, 7<sup>41</sup>

White enameled base with porcelain top; large drawer.



25.00 Kitchen Cabinet Base—First Anniversary Sale Price, 18<sup>71</sup>

All white enameled base with white porcelain top, metal bread box and compartments.

Seventh Floor