

### Future Health Often Periled by Early Injuries

#### Happiness of Physical Well Being Hangs on Care of Body in Younger Days.

By Dr. C. NORMAN BURGESS.

The greatest asset of man today is good health. The richest man in the world cannot purchase good health if he has neglected himself through a period of years. How many realize this before it gets too late, before a health science can render aid?

To prove how careless we are with our bodies, statistics show that one in every three has an ailment, either serious or slight. And upon the degree of illness depends in a great measure the patient's chance of getting well. These ailments, however slight or serious, will keep wearing on the vitality until sooner or later one will be unable to withstand the struggle.

There may be several causes for this condition. The care taken of the body is one. We mistreat ourselves as though we had but today to live. Of course, if we want to live a short life that is our privilege. But this is not the expression of the majority. They want the full span of life allotted them. And to be successful, barring serious accidents, we must learn to take care of ourselves, physically as well as mentally.

Another cause, amounting to about 90 per cent of cases, is traceable to an accident of some kind, be it ever so slight. The science of chiropractic has shown this by tracing results obtained in all manner of cases. All during childhood and through school life we are subject to many falls, sometimes getting a broken bone for our carelessness. We rub a liniment on the bruise and call a doctor if the bone is broken.

A few days later or even a few years later, we begin to have a pain or an ache in some region of the body. It may be in the stomach, in the limbs or in the back. We have the pain, nevertheless, but we fail to associate it with any of the previous associate it with any of the previous

#### Spine Body's Mainstay.

But how can the spine have anything to do with the aches in some other region of the body? Take the human body as a whole and you will find that the spine is the "mainstay" of the body. To the spine is attached the upper and lower extremities and the head. The abdomen is held in place by attachments directly or indirectly to the spine. Logical is it not when we say that the spine is the mainstay of the body? But how do we associate an accident, whether slight or serious, to an ache or pain that exists in some other part of the body, and say that the cause is in the spine? This is a question asked by hundreds daily, and it is easily explained. To know the structure and attachments of the spinal column enlightens one to what may have been heretofore a mystery.

Of the bones that make up the spinal column, 24 are movable to a degree. If they were not it would not be possible for you to stoop over, bend backward or go through hundreds of daily motions that bring into play the bones of the spine. These bones are held in place by numerous ligaments, muscles and cartilages.

Being movable and subject to all the strains of the body, they are apt to become slightly out of normal position and when such is the case they produce a pressure on the nerve or nerves that emit between the bones of the spine.

The opening through which the nerve passes is made by a small notch on the upper and lower borders of the sides of each bone. Where the two come together these halves form a complete opening. If one of these halves is too far to the right or to the left, front or back, a decrease in the size of the opening is the result, and as the entire space is necessary through which the nerve must pass unimpeded it becomes necessary to keep the opening of normal size.

Pressure on Nerve. Any diminution of the space will produce a resultant pressure on the nerve. To prove that pressure on a nerve will produce an effect, sit in a chair with your arm resting over the back. When this is done you will find that the back of the chair is producing a pressure on a nerve that supplies the arm with life force and soon that tingling sensation called "asleep" will be noticed. If left long enough you will find it very hard to awaken the arm. The cause of this effect is the nerve pressure which is felt all through the arm. So it is only logical that a pressure on a nerve at the spine can cause a condition which will be expressed in disease at some remote part or organ of the body.

Those resistance to the inroads of prevailing diseases or infections, such as smallpox, diphtheria, hiccoughs, colds and kindred troubles, has been lowered by lack of the strength-giving nerve supply to these parts.

Early attention to these causative factors plays a most valuable part in the ultimate health, happiness and contentment of the individual.

See Want Ads produce results.

### CHIROPRACTIC

Grippe, fevers and colds respond quickly to CHIROPRACTIC Adjustments.

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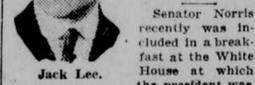
For Chiropractic Service see member of the Omaha Atlas Club. Page ad in telephone directory.

### A Cornhusker in Washington

By JACK LEE.

J. C. Roichenbaugh and W. B. Ryons of Lincoln were recent callers in the capitol city.

A. M. Corbin, many years ago a resident of Tekamah and Burt county, was a visitor in Washington this week. He is now a resident of Wenatchee, Wash., where he combines law and fruit ranching very profitably. While in Washington Corbin called on Congressman Willis G. Sears, the two having been close friends in their Burt county days. Corbin succeeded the congressman as county attorney of Burt county. The two called on President Coolidge Wednesday morning.



Jack Lee.

Senator Norris recently was included in a breakfast at the White House at which the president was host to a number of senate committee chairmen. So far, there have been no reports of the president's maple syrup and buckwheat cakes injuring the digestion of the Nebraska senator.

Sunday in Washington is always an event. Early every Sabbath morning the high hat, cutaway and frock coats, striped gray trousers, spats and cane can be seen on the sidewalks of a ritualistic march. On all the corners may be seen vendors of brilliantly colored toy balloons, roasted peanuts or chestnuts and flowers.

In this great city recently, a newspaper reporter walked several blocks with a flask showing plainly in his hip pocket. While the reporter was warned several times by solicitous strangers that his flask was showing and that he had better hide it, not once in all his long walk did he attract the attention of a boose sleuth, with which Washington is supposed to be liberally supplied. Arriving at his office without incident worthy of chronicling to a palpitating public, he emptied the flask—of tea—into the office sink.

Work in the United States veterans bureau is getting down to a real business basis, according to a report made to congress by Gen. Frank T. Hines, director of the bureau, and in which he outlined the work of the bureau. The report indicated that the "period of experimentation" had been passed and that although "errors of judgment" had been made in the past, the bureau was now functioning efficiently.

A few days ago the members of the United Daughters of the Confederacy met in their annual convention. The main order of business was the election of a president, an office not satisfactorily disposed of at the last annual meeting. A battle of words started early in the afternoon, which grew in volume until in the evening someone slightly over-sensitive and perhaps not familiar with the southerner's love of oratory, became unduly excited and called police headquarters for police to quell the disturbance. When the officer appeared she was one of the colored members of the District police force. A real disturbance followed, first because anybody would have the temerity to call for a policeman and secondly, because the police headquarters would send a colored officer to a gathering of true southerners. Local papers indicate in their reports of the affair that the chief of police, who by the way is an old soldier and used to all kinds of bargages laid down in his direction, will have an opportunity to explain how come.

The majority of the thousands of men and women employed by the

government in Washington drive to their work in automobiles of all makes and breeds. After 9 o'clock in the morning the curb at every public building is crowded with cars and there they remain until 4:30, when government offices knock off for the day. A committee of congressmen has started a move to obtain special cards for congressmen and senators which will permit them to park their cars in restricted districts in front of the public buildings. Every day congressmen and senators, who must go to the government departments in carrying on their office work for their constituents, usually drive around from 30 to 40 minutes before they find a place to leave their cars, the government employees having already taken the best parking places.

Fur coats among the fair sex employed by the government in Washington are as common as silos in Nebraska. Watching the crowds of employed going to work in the morning or going home at night resembles a parade of mannikins at an August fur sale. Every known fur is worn by everybody, from heads of departments down to the stenographer who rates about \$125 a month. It would take a senate investigation committee to find out how these fair ones do it.

Republican leaders of the house have announced the Christmas holiday recess from December 20 to 29 and New Year's day. Uncle is the easy landlord. In a recent report of the secretary of the interior it was stated that 25 small dwellings on government land near the capitol were rented for \$8,010.50 the last year. A house on New Jersey avenue rented for \$100 a month. The highest rent charged for any of these dwellings was \$200 a year. A house on B street rented for \$90 a year.

Ginkgo wine is the latest in thirst quenchers in the capitol city. The tree which lines many of the streets of Washington is in full fruit which is something like persimmons with the same puckery taste. The ground beneath the trees is covered with the fallen fruit and small boys are gathering it up and carrying it home. All the Department of Agriculture recommends against using the fruit for food or drink, the home brewers are busy at it. The tree is native of Japan, where the kernel inside the fruit is eaten.

President Coolidge saved the taxpayers close to \$2,000 by traveling to Chicago by regular Pullman train in a special car, when he made his recent journey to attend the international livestock show. A special car would have cost many times that of the stateroom he and Mrs. Coolidge occupied.

Those who love social functions of Washington are again happy as the White House has announced a winter season and preparations are being made. Mrs. Coolidge will be very busy with her social program from New Year's day to Lent.

Edwin C. Wiggenhorn, Farmers and Merchants bank of Ashland, Neb., was a Washington visitor this week.

Omaha friends will be glad to know that Maj. Gen. George B. Duncan is to be retained as commandant of the Seventh corps area. During his long residence in Omaha General Duncan has made a host of friends. Major General Bundy, also well known in Omaha, has been transferred to Chicago.

John L. Thorpe, 516 North Forty-third street, Omaha, veteran of the civil war, will undoubtedly soon be enjoying a pension which has been withheld by unusual circumstances. Some months ago Mr. Thorpe, who is disabled, filed a claim for an increase in his pension. The pension bureau was unable to allow the increase and through Senator R. B. Howell, a special bill was introduced in the senate and another in the house. The bill was passed. In the hurry and bustle of closing congress, the presiding officers of the house and senate failed to sign

### ABE MARTIN On the Cost of Prominence



Uncle Nate Purviance, once prominent. Little thing that'll set 'em back, an' then they'll have t' do somethin' real big t' put 'em back where they wuz. Mrs. Tilford Moots went t' th' post-office one day in a dressin' jacket, an' th' smart set jest dropped her till she had t' throw a \$180 luncheon. Tell Binkley used t' be considered quite a comer, an' wuz goin' big till he left his spoon in his cup at a reception one afternoon, an' he's never received an invitation t' anything else t' this day. He has \$85 tied up in a dinner suit. Whether we're prominent socially or plitically, or intellectually, or professionally, we're watched an' discussed, an' bothered an' solicited. Uncle Nate Purviance wuz referred to in a newspaper once as a prominent an' well-to-do farmer, an' it cost him his farm before he got through with it. Mort Bentley an' his wife used t' be prominent in Iowa, but they got so tired

changin' ther clothes, an' smilin' an' smurkin', that when they got down t' only two mads they borrowed some money an' moved t' Indianny, where they've lived happily an' unnoticed ever since. Mr. and Mrs. Lefe Bud are both purty prominent an' entertain' nicely when they're livin' together, but th' money her mother left her won't last always. How Artie Small manages t' carry enough out o' his drug store t' make on socially th' way he does is a mystery. But we guess he has a great hot dog trade. His wife smokes an' drinks socially, but she perfers her home. Al Bentley, a comparative new comer, that bought th' shooting gallery next t' th' Acme garage, is bel'n' invited out a whole lot for this season, but th' exclusive residential district is so fer from his place o' business that he hates t' move out there.

**P. MADSEN TAKES BANK POSITION**  
Peter Madsen, formerly of the A. F. Smith company, has been added to the forces of the trust department of the Council Bluffs Savings bank and will have charge of all the bank's real estate holdings. It was announced yesterday by John G. Woodward, president of the bank.

In discussion his new position, Mr. Madsen humorously recalled a former connection with the bank. A short time after he arrived in this country from Denmark, in 1890, he became general utility man in the bank. Among his duties was the business of driving John Beresheim, then president of the bank, to work each morning.

"Hence I think I'll feel right at home in the bank," he explained. Madsen, who has wide experience in the real estate business in Council Bluffs, will assume his new duties Monday morning. The trust department of the bank is now the largest

in the state of Iowa, according to officers.

**Mrs. Bertha Belling Dead.**  
Madison, Dec. 13.—Mrs. Bertha Belling, 62, a pioneer resident of Madison county, died of influenza at the home of her daughter, Miss Frances Belling at Beemer, Neb., Wednesday. Funeral services will be held at the Evangelical Lutheran church in this city Friday. She is survived by her husband, C. L. Belling, and four sons. She was a member of the Royal Neighbors lodge and of the Evangelical Lutheran church.

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Make up your list from these gift suggestions. You will find prices surprisingly low in keeping with Pray's policy of "small profits many times repeated."

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- E. & W. Insured Shirts
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Individual gift boxes without additional charge.

**PRAY'S**  
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Others to \$4

**AIR PICNICKERS MUST TAKE CARE.**  
London, Dec. 13.—The air picnicker of the future will have to be careful what he does with his empty bottles and other refuse. According to recent regulations laid down by the British air rules committee, a pilot or any other person guilty of throwing bottles or material of any kind over the side of an airplane to the danger of public beneath will be liable to six months in the penitentiary, a \$1,000 fine, or both.

**INSANE VICTIM FLAGS TRAINS**  
Norwich, N. Y., Dec. 13.—Sheriff Leon M. Walworth captured an escaped inmate from the Bingham-

**An Armful of Dolls for the Kiddies**  
Mothers, here is a bargain in dolls that will bring joy to your heart and happiness to every child who is fortunate enough to receive these three dandy little playmates. Betty, the big doll, is 24 inches tall. So big you can dress her up in baby clothes. These dolls, with their brown eyes, pink cheeks and movable limbs, will bring more joy and happiness to the little folks because they are indestructible. The dolls come on a big piece of cloth ready to cut out, sew up on the machine and stuff. Order these Dolls and insure a happy Christmas for the little ones.

**A Bargain Christmas Offer**  
HOUSEHOLD MAGAZINE.  
In order that every reader of this magazine Doll Dept. 108, Topeka, Kansas, may get a set of these dolls we have arranged with the manufacturers and while our supply lasts, we will send the three dolls to your home FREE and POSTPAID. With this coupon I am sending 35c in all for only 25c in coin, check or money order—50c in postage. If you do not have any little folks in your home, send for this set of Dolls so you can make (Name) some little boy or girl happy this Christmas. There is no gift more appreciated by little folks than a Set of Dolls. Fill Postoffice. State out the coupon. Send all orders to HOUSEHOLD MAGAZINE, Doll Dept. 108, Topeka, Kansas, R. F. D. or St. No.

**The Season's Greatest Novel of Morals and Marriage**  
**THE GOLDEN BED**  
By Wallace Irwin

The story of two women—one a golden tigress tearing out men's hearts for the fascination of the game, the other all sympathy and tenderness—and what they did to a self-made millionaire who was an all too human combination of strength and weakness. The book, just published, has been hailed by critics and public alike as the most searching and intimate novel of American marriage ever written. Its pages glow and sparkle with life and love. Its characters will linger delightfully in your memory. Cecil B. De Mille has pictured the story.

Read it serially in **The Omaha Bee**

Beginning Tuesday, Dec. 16th

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Dainty Grand Used \$1,500 CHICKERING \$425.00  
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A beautiful and practical gift for men and boys. They will not wrinkle or bind in the collar. Smart patterns and colorings for Christmas giving.

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