

### Women Change Subject Too Often?

In the Woman's Home Companion Margaret Busbee Shipp, writing a love story entitled "Sweet Margaret," presents a character who comments, as follows, on woman's conversation:

"I never had a sister, and I have never known how to talk to women. They embarrass me; they — er — change the subject so often, I never seem quite to catch up."

### Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Charles H. Fletcher* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

### Snakes Got His Roll.

"I lost \$325 trying to kill rattlesnakes, and now I am going to walk back to my home in Brooklyn," explained a man about forty-five years old, who said he is Ezra Sellen.

Sellen said he started for a walk from his boarding place, encountered a lot of rattlesnakes, killed some, fled from the others, waded a stream, and then missed his roll of bills. He said he had just money enough left to ride to this city and took the state road out of town.—Middletown (N. Y.) Dispatch to New York World.

### ECZEMA ITCHED AND BURNED

R. F. D. No. 4, Box 55, Holland, Mich.—"My child's trouble began by getting red and sore around her neck, and her face, behind her ears, under her arms, and different parts of her body were affected. The eczema appeared in a rash first. It was wet and looked as if it was sweaty. It seemed to itch and burn so that she could not sleep or rest. It got so bad at last that behind her ears was one crust or sore so that I had to cut her hair. There was a hard crust covering her neck. She could not have her clothes buttoned at all. I could hardly change her clothes. It caused an awful disfigurement for the time. She would cry when I had to wash her.

"We had her treated for some time but without success. I got one cake of Cuticura Soap and one box of Cuticura Ointment and I had not used more than half of what I bought when she was all cured." (Signed) Mrs. G. C. Riemersma, Mar. 21, 1914.

Cuticura Soap and Ointment sold throughout the world. Sample of each free, with 32-p. Skin Book. Address postcard "Cuticura, Dept. L, Boston."—Adv.

### Can't Find This Perfect Woman.

Belgium has been trying to discover the perfect woman. According to a symposium in Brussels, she must possess the figure of an American, the elegance of an English girl, the hair of an Austrian, the eye of an Italian and the profile of a Spaniard. So far the creature has eluded discovery.

### Carelessness Cause of Fires.

More than 50 per cent of all fires which are caused by simple carelessness, which is unnecessary and criminal. Repairs to dilapidated buildings, the removal of all fire-breeding material, care in burning weeds and rubbish, the placing of engines at a safe distance from buildings, the removal of oily waste, proper ventilation—in brief, plain common sense, will minimize the danger from this class of fires.

### The Tango in Church.

Mother, like countless other mothers, had been doing much tangoing and hesitation of late. She had taken dancing lessons. She practised the various steps at home with father. Little Frances had heard much of the lingo that goes with the tango and the hesitation. She knew all of the phrases.

A few days ago Frances went to church with her mother. Frances had not learned all of the ceremonials of the church, for, after the mother knelt outside the pew, Frances looked up at her and whispered:

"Mother, what did you do the dip for?"—Indianapolis News.

### PRIZE FOOD.

Palatable, Economical, Nourishing.

A Nebr. woman has outlined the prize food in a few words, and that from personal experience. She writes:

"After our long experience with Grape-Nuts, I cannot say enough in its favor. We have used this food almost continually for seven years.

"We sometimes tried other advertised breakfast foods but we invariably returned to Grape-Nuts as the most palatable, economical and nourishing of all.

"When I quit tea and coffee and began to use Postum and Grape-Nuts, I was almost a nervous wreck. I was so irritable I could not sleep nights, had no interest in life.

"After using Grape-Nuts a short time I began to improve and all these ailments have disappeared and now I am a well woman. My two children have been almost raised on Grape-Nuts, which they eat three times a day.

"They are pictures of health and have never had the least symptom of stomach trouble, even through the most severe sieges of whooping cough they could retain Grape-Nuts when all else failed.

"Grape-Nuts food has saved doctor bills, and has been, therefore, a most economical food for us."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

## CUTTING DOWN DISEASES

BY DR. W. A. EVANS.

Diphtheria is not the scourge it was 20 years ago. But the price of every advance is discontent. We are discontented with the present diphtheria rate, and out of this discontent will come as great an advance in the next 20 years as the last 20 years witnessed.

During the last year we have heard of the Behring method of vaccinating children against diphtheria. The New York health department has been giving the method a pretty thorough tryout. It injects a mixture of toxin and antitoxin under the skin. In the mixture the toxin is slightly stronger than the antitoxin, though they are nearly in balance. The amount injected is small, about seven drops, and the amount of antitoxin injected is far below the 1,000 units injected under the old plan. The injection is repeated in seven days, and a third injection may be given.

The advantage of this method over the older one is that it produces an active immunity instead of a passive immunity. In an active immunity the patient fights back against the germs and their toxin. In passive immunity the antitoxin injected neutralizes the toxin present. Therefore an active immunity is both more effective and longer lived.

The Von Behring method is also much cheaper. The antitoxin bills of a city health department are heavy, even when it pays only 20 cents per 1,000 for antitoxin, as against the drug store price of \$1.50 per 1,000 units.

This is the first report from America on the Von Behring method of vaccinating against diphtheria, but it sustains the many favorable reports of Europe.

The New York health department makes another report that probably was of greater value still. In 1913 Schick described a method by which he could tell whether a person was susceptible to diphtheria. When a family of children is exposed to diphtheria some have it and some escape. When diphtheria breaks out in the dormitory of a children's home it affects a certain percentage of the children; the others escape.

The custom in recent years has been to infect every person in contact with the case of diphtheria with 1,000 units of antitoxin. This gave a short lived immunity. It was highly expensive.

By the Schick method the health officers can tell who are subject to diphtheria infect those, and leave the others alone, and no diphtheria develops.

When a case of diphtheria develops in a public school, especially in a town in which diphtheria comes only occasionally, it is easier than for the health department to do a Schick test on every pupil and then immunize the susceptible children? In this way the first case could be made the only case.

In the New York Scarlet Fever hospital, as in every other, there has been an occasional outbreak of diphtheria. A certain proportion of people always have diphtheria bacilli in their throats. These children get scarlet fever and when they are herded together with other children in a scarlet fever hospital they infect some scarlet fever convalescents with diphtheria.

Under the old plan this could not be avoided. The New York health department now tries a Schick test on every child coming into the scarlet fever ward. Those that do not react are not liable to contract diphtheria. They are not vaccinated. Those that do react are subject to diphtheria. They are vaccinated according to the modified Von Behring method.

Now when a case of diphtheria comes into this hospital the authorities leave it in the ward with scores of children recovering from scarlet fever, and none of them gets diphtheria. They have tried it on over 700 children now, and it works.

The method is as follows: A mixture of equal parts of diphtheria toxin and salt solution is injected into the skin. The dose injected is three drops. The toxin solution is mildly toxic to the skin. A strength capable of killing a guinea pig is diluted five times. The solution ready to use is supplied the scarlet fever hospital.

One day after the injection a red area the size of a quarter appears around the point of injection. This area gets increasingly red for three days. It stays red for a week, and then a scaly brown patch persists for six weeks. This is what happens in a person susceptible to diphtheria.

If nothing happens the person can mix up with diphtheria subjects without running any risk.

Let us see where something is to be gained from this test. Contagious disease hospitals can care for more cases in the present, since the danger of cross infection is decreased. Cases of diphtheria that have had scarlet fever may be put in scarlet fever wards. Cases that have had measles may be put in measles wards. In time we may be able to do away with diphtheria wards entirely.

The method can be and in time will be extended to homes. When a case of diphtheria develops in a home the test can be made on the members of the family and the susceptible members can be immunized.

The saving in antitoxin bills will be great. It will tell who among the children should be injected and who can be left without injecting.

Our information as to diphtheria is nearly complete. A strong armed government is now in a position to banish it wholly. We can safely predict that in 20 years diphtheria in Germany will be as small a pest as it is now. There were almost no deaths from diphtheria in the Panama canal zone.

In the doing of the next great piece of army controlled work we shall have no deaths from diphtheria. Then some years later the people of the country will have the same blessing.

The next step toward it will be free antitoxin—free for everybody, rich and poor. The manufacturers themselves have agreed that the natural next step is charging the citizens \$7.50 for the same dose that they sell to the city for \$1.

Richmond, Va., has had an excellent milk supply for several years. It has had visiting nurses for several years. In spite of this the baby death rate from diarrhea did not drop in a way satisfactory to Health Commissioner Levy.

In 1912 he began a policy based upon the theory that diarrhea is due to bacteria and that these bacteria find their way from the diapers of the sick to the food supply of the to-be-sick.

He began teaching the mothers of Richmond through the public press and by visits from the nurses that the diapers must be put at once in antiseptic solutions and that within a day they must be further sterilized by heat.

This plan has been in operation two years, and the death rate per 100,000 population from diarrhea in children under 2 years of age has fallen from a maximum of 150 to 55.

A number of years ago Heubner, of Germany, was so certain that the soiled diapers infected the baby's food that in his only hospital he had the nurses divided into two groups—one to care for the babies from the waist up and the other to care for the babies from the waist down. The hands which cared for the diapers were not to touch the food.

It is too early to say whether Levy

is right or not. Two years' time is not long enough for a trial. But the figures are highly promising, and many capable men have had the same conception, though they have worked out a somewhat different plan.

Dr. Cornack, of Kentucky, advises the following method of giving medicine for hookworm. Let us say the treatment is to begin on Friday.

Friday night—A dose of salts.  
Saturday—Eat no food except milk and soups.  
Saturday night—A dose of salts.  
Sunday—Stay in bed. At 6 a. m. take half the thymol capsules; at 8 a. m. the remainder; at 10 a. m. another dose of salts; eat no food until mid-afternoon; then get up, dress and eat an ordinary meal. Take no fat, oil, grease, or alcohol while taking the treatment.

Drs. Siler, Garrison and MacNeil report that a study of 5,000 cases showed no relation between the food and pellagra. This pretty well knocks out the theory that cornmeal causes pellagra. They found the disease somewhat liable to spread among the people in the same house, not by contact, as with measles and smallpox, but through some intermediary agent.

What that agent is they have not found out. They are studying flies, lice and bedbugs as the agents, but they have no results to report.

Of this much they are certain; yard privies spread the disease. They find almost no pellagra where there are no yard privies. They strongly advise towns to put in a sewerage system and to force everybody to connect up.

As to treatment, they report that the arsenic preparations, taken from a lot of not much value, and probably they are of no value.

Pellagra appears to be getting milder. Good food, life in good hygienic surroundings, rest, and particularly spending the hot season in a cold climate, help a great deal. These measures may cure the milder cases.

We got our ideas of the severity of pellagra from the first years of our experience with the disease, a time when the cases were suffering from neglect and in a cold climate.

Now that it is being found outside of asylums, at home, and better care is given, it is discovered to be a milder disease and often amenable to treatment.

Most transmissible diseases are on the decline. Pneumonia is an exception; leprosy is another. When we get afraid of a disease we begin to control it. We are the potential masters of any disease, but we never master it until we try. When we get afraid we begin to try.

Why disease fades as fear comes. Leprosy, however, is an exception. It is on the increase because fear is too great. When a case of leprosy is reported we go into a funk and thought is paralyzed. Why nobody knows. We have leprosy was ever highly contagious it has not been so for the last 200 years.

Belonging in a small area in Europe and another in Asia, it has never spread to many people nor to many other regions of the world. We have a little scattered widely throughout the country—a few cases in Chicago, a few in St. Paul, a few in Los Angeles. As people are so afraid of it, the disease is generally hidden. In spite of this it spreads but slowly.

Has any one heard of leprosy pestilence similar to yellow fever in 1878, or cholera in 1856, or smallpox in 1895? But, being covered up, leprosy is slowly increasing. Dyer, of New Orleans says so, and he knows more about the subject than any one else in America.

A leper named Early has been a thorn in the flesh for six years or more. He developed leprosy years ago in Washington. The authorities put him in a small farm, from which he escaped to New York city. He returned to Washington, got away, and unloaded himself on the state of Washington, whence he went to British Columbia, and finally he is back on the hands of the health department of Washington, D. C.

On the one hand, the health authorities know that leprosy is but slightly contagious and therefore close control of Early is not necessary, and that, as he will live many years, he will prove costly. Knowing all this, the departments do not try hard to keep Early from escaping. On the other hand, the people are so afraid of leprosy that they will never allow Early to stay long in one place.

Drs. Dyer and Lumsden advocate as a middle ground solution of the vexing problem of leprosy a national leprosy sanatorium in which will be gathered all the lepers in the United States, to be humanely cared for so long as they live or until they have been cured.

The different states might provide care. Louisiana for one has done so, but it is expensive, and since leprosy subjects are prone to wander from one state to another, it is unworkable.

The suggestion of Dyer and Lumsden is not altogether new. Norway inaugurated the plan years ago. It built four leprosy sanatoria. It then took a leprosy census and got all the cases into the institutions.

Under this policy leprosy is disappearing so rapidly from Norway that three of the four sanatoria have now been converted into tuberculosis sanatoria.

In a discussion of the new feeding of patients with typhoid fever the views expressed were all in favor of freer feeding than under the old milk diet. The diet was thought that whenever the digestion was disturbed the proper plan was dietetic restriction at all should be given for a while, and then nothing but milk for a few days. The digestion having been restored, the diet should be increased.

A patient with typhoid fever burns up 35 per cent more fuel than a well person. If he cannot burn food he burns his own tissues. Some of the fat brown in the fire does not count; for instance, the excess of fat. But unfortunately the tissues consume some highly necessary tissues, such as heart muscle and brain cells.

By feeding more food as fuel some of the important cells are saved; or, to put it in the words of the doctors, there is less emaciation, less delirium, and less heart weakness, and convalescence is more rapid.

Experiments show that more food does not mean more fever. Drs. Coleman and Edgar thought the patients should have more sugar and starches and less fat. Dr. Edsall agreed that typhoid patients with good digestions should be more freely fed and that the diet should be in cereals, breads, and sweets.

What is the real good?  
I asked in musing mood,  
Order, said the law court;  
Knowledge, said the school;  
Truth, said the wise man;  
Peace, said the fool;  
Love, said the maiden;  
Beauty, said the pagan;  
Freedom, said the dreamer;  
Home, said the sage;  
"And," said the soldier;  
Equity, the seer.  
Spake my heart full sadly,  
"The answer is not here."  
Then I went to my laboratory,  
Softly this I heard:  
"Each heart holds the secret;  
Kindness is the John Boyle O'Reilly.

## The Way Of The World.

Witchita Beacon.

In Kansas City a few days ago Frank P. Walsh, a great citizen of that metropolis, speaking for commission government, said some strong and sensible things. He called attention to the fact that Kansas City is entitled to government that is as business like as the management of any of the great business institutions of that great city.

It seems odd that about the only answer the Kansas City opponents of the commission form are making to the demand for modern government in Kansas City is that Colonel Nelson and the Kansas City Star favor it.

It is singular that you can press thus upon the prejudices of people sometimes to such an extent that they will "cut off their own noses to spite their own faces."

No man has so little cause to worry over Kansas City's form of government as Colonel Nelson—so far as he personally is affected.

He governs himself; he has everything he needs, including plenty of money to pay December's taxes. When he gets tired of the racket in town he has a big, fine place in the country on the Kansas side, and another down in Indiana.

Why, then, should he worry about government? Why should he throw the Star into every fight for better things in Kansas City, when so far as he is concerned personally he can drink or he can let it alone?

The answer is dead easy. He wants the Star to be useful according to its size and opportunity.

The men who hate the Star the most are those who wish it wouldn't stick its nose into local government, because it isn't easy to make a political snap out of local government when Colonel Nelson's able staff of trained newspaper men is musing things up for the fixer.

A paper like the Kansas City Star is a condemned nuisance of course. It not only makes life hard for the practical city politician, who probably has a family to support, but it annoys the easy-going taxpayer and business man by yelling at him all the time about his duty to his own city government.

So the initiated citizen slams his paper down and growls and says: "I wish old Bill Nelson would quit trying to run this darned town."

And all that Mr. Nelson is trying to do is to get the citizens to wake up and run it themselves.

### ADVICE TO ALPHEUS.

By Barry Preston.

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No one should know better than Alpheus that he dislikes to have his evenings disturbed; therefore, was sure it must be something of tremendous importance when his card was brought up to the study the following morning.

"Show him up," I said to the maid after a moment's deliberation, and presently Alpheus, long face, thin shanks, tortoiseshell spectacles and all, came in.

"My dear fellow," he said, "nothing in the world would have induced me to interrupt you, save that I am in trouble—a very distressing thing has happened."

"Well," I said again, "I have fallen in love," said Alpheus.

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Dried Beef, sliced wafer thin, hickory smoked and with a choice flavor that you will remember.

Vienna Sausage—just right for Red Hot, or to serve cold. Try them served like this. Cut up bread in thin slices, spread with creamed butter and remove crust. Cut a Libby's Vienna Sausage half, lengthwise, lay on bread. Place on top of sausage a few thin slices of Libby's Midget Pickles. Cover with other slices of bread, press lightly together.



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## CHIC BLUE SUIT OF JAPANESE SUEDE



There were five schools and 15 pupils in the Brooklyn kindergarten organized by Supt. William H. Maxwell 15 years ago; now there are 40,000 children in the kindergartens of Greater New York.

## Absurd Comment.

Theodore Dreiser, the realist, said of an idealist at the Players' club in New York:

"The man's comments on life are ludicrous and absurd. They remind me of the old lady's comment on the work of the militant suffragettes.

"After the suffragettes in London had slashed a Vallezquez, a Bellini and a Gentile, the old lady said, with a kind of saintly expression:

"But, thank goodness, they're all old pictures that are being slashed."

## Hard to Stand.

Skids—it's not every one that can stand prosperity.

Skittles—Particularly, if it's some one else's—Judge.

## Sore Granulated Eyelids.

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