How to Keep Well

SAVING THE TOURIST CROP. The reckless disregard of health in many regions where the tourist crop is the chief industry is appalling. It is no wonder that "vacation typhoid" is the largest item in the typhoid column in cities with low typhoid rates and is coming to be the dominating item in the life.

the dominating item in the lists of other cities as their typhoid rates fall. There are states in which the tourist is, and for some years has been, the chief source of income, where the state health departments make no efforts to control sanitary conditions in the resort towns in a way that will guarantee safety for the visitors.

Perhaps these government agencies have read Ibsen's "Enemy of the People," in which there is told the story of a sanitarium head in a water cure village who insisted that the cure must not spread the disease and who was crucified for his con-

put on the pressure of the boycott. But here is another story.

In 1916 infantile parlysis spread state health authorities got out there chasing infantile paralysis they stumbled on a certain kind of blind tiger.

The prisoners in the

They found that tens of thousands of Jews had developed the habit of going up there in the mountains for cheap, hot weather vacation on a

vacationists.

By 1919 this society had started a double-barreled campaign.

They arganized a series of health lous.

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"I have a number of photos taken months up to date,

taking a summer vacation." ance of typhoid, but there were other erates very well.

items of many sorts. ies, stables, wells, and garbage cans; what kind of milk was safe; what water to avoid; how to look for poison ivy, as well as insects, and how to care for sunburns and other minor injuries.

But what's the use of stimulating in appetite if no food is available? a sanitary farm house and stop up in the morning is very beneficial there? Why teach city people how to select

They did not stop there.

They went to the state board of health and got the sanitary engineer to lay down some sanitary specification.

"1. Would you advise it?

"2. I once heard a doctor say to drink water from the pump; that the water that stood in the tubing contained iron and was good for the tions for farm houses. These emphasized sanitary disposal of human wastes, safe water supplies, protection of food from fly infection through screening of kitchen and health?

got these rules adopted as town health, regulations. They put in a sanitary exhibit at

suitable collection and disposal o

They formed a tarmers sale and this league adopted a league, and this league adopted a arising. A quart is a liberal allowance. Drink it slowly. They formed a farmers' sanitary

corps of inspectors.

The certificate of proper sanitary conditions is granted to farms an-

nually.

Without this certificate a farm house in that section finds it difficult to get patronage from city visitors.

Dog Hill Paragrafs -By George Bingham.

On Thursday morning of this week Sidney Hocks suddenly found himself in a ridiculous predicament. He was passing the Rye Straw store. The proprietor was putting a new foundation block under the corner of the building and asked Sid



to hold up the corner of the building while he went and got the block Sidney of course did so, and the pro-Perhaps they intend to get around to it, but have not yet had the time. Or maybe the public has not yet

Sim Flinders is wondering what is from New York city out into Ulster the matter with the prophets, as the and Sullivan counties. When the world has not come to an end now

The prisoners in the Tickville jail are asking that the cracks between

"I am very much interested in the subject and in Mrs. F. C.'s boy. They reported what they had have a little girl 5 years and 9 found to a Jewish society in New months, who has been on the York city, the home of most of the thyroid treatment since she was 6 months old.

"She was diagnosed as a cretin.

lectures to the Jewish people in the city. The general subject was:
"How to take care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject was a subject with the care of yourself while which showed how she improved unsubject was a subject with the care of yourself while which showed how she improved unsubject was a subject with the care of yourself while which showed how she improved unsubject was a subject with the care of yourself while which showed how she improved unsubject was a subject with the care of yourself while which showed how she improved unsubject was a subject with the care of yourself while which showed how she improved unsubject was a subject with the care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject with the care of yourself while which showed how she improved unsubject with the care of yourself while your was a subject with the care of yourself while your was a subject with the care of yourself while your was a subject with the care of yourself while your was a subject with the care of yourself while your was a subject with the care of yourself while your was a subject with the care of your was a subject with the care of yours The main advice related to avoid-her to kindergarten and she co-op-

"I have often heard doctors say They told the people of the city that when one child is a cretin in a how to select a sanitary farm house; family, there is often a second just what to look for in the way of privies, stables, wells, and garbage cans; boys, one 10 and the other 8."

REPLY.
Thanks for Mrs. F. C. and others. Cold Baths Good for You.

O. D. R. writes: "It has been recommended to me that a quart of water to drink as soon as one gets

"1. Would you advise it?
"2. I once heard a doctor say to tained iron and was good for the stomach. Would there be any benefits from that?

"3. Are cold baths good for one's

dining rooms, covering food, and "4. Two years ago I commenced weight was 133 pounds and weigh 163. Do you think the exercises have increased my weight?.

"5. Would you advise me to continue the exercises?"

REPLY. 1. It is all right to drink water on

Cretin Child's Progress.

Mrs. J. A. N. writes: "I have read your article responding to Mrs. F. C. on 'Congenital Idiocy.'

every day for a year it would not be read by as many people as a Want Ad in the morning and evening Bee. every day for a year it would not

Probe of Air Mail Row at Cheyenne Ordered

Washington, June 15.—Postoffice inspectors from Chicago and Denver were ordered to Cheyenne, Wyo., today by Second Assistant Postmas-ter General Henderson to investigate reported dissatisfaction among air mail aviators there who were said to have demanded removal of the superintendent of the landing field and also charged that airplanes assigned them were unserviceable.

The inspectors will be required to forward a complete report to Washington and necessary steps will be taken to correct any condition which warrants correction, Mr. Henderson

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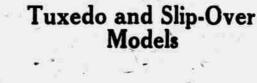
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