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 diagnosis or prescribe for individual diseases. Address letters in care of The Bee.

Copyright: 1922

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 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 conscience.

Perhaps they intend to get around to it, but have not yet had the time. Or maybe the public has not yet put on the pressure of the boycott.

But here is another story.

In 1916 infantile parlysis spread from New York city out into Ulster and Sullivan counties. When the state health authorities got out there chasing infantile paralysis they stumbled on a certain kind of blind tiger in the hills.

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

They reported what they had found to a Jewish society in New York city, the home of most of the vacationists.

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

They organized a series of health lectures to the Jewish people in the city. The general subject was: "How to take care of yourself while taking a summer vacation."

The main advice related to avoidance of typhoid, but there were other items of many sorts.

They told the people of the city how to select a sanitary farm house; what to look for in the way of privies, 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 an appetite if no food is available? Why teach city people how to select a sanitary farm house and stop there?

They did not stop there.

They went to the state board of health and got the sanitary engineer to lay down some sanitary specifications for farm houses. These emphasized sanitary disposal of human wastes, safe water supplies, protection of food from fly infection through screening of kitchen and dining rooms, covering food, and suitable collection and disposal of garbage.

They got these rules adopted as town health regulations.

They put in a sanitary exhibit at Ellenville.

They formed a farmers' sanitary league, and this league adopted a sanitary code. They employed a corps of inspectors.

The certificate of proper sanitary conditions is granted to farms annually.

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

Cretin Child's Progress.

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

"I am very much interested in the subject and in Mrs. F. C.'s boy. I have a little girl 5 years and 9 months, who has been on the thyroid treatment since she was 6 months old.

"She was diagnosed as a cretin. Her development has been marvelous.

"I have a number of photos taken of her from 4 months up to date, which showed how she improved under the treatment. I am sending her to kindergarten and she co-operates very well.

"I have often heard doctors say that when one child is a cretin in a family, there is often a second just like the first. I have two big healthy 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 up in the morning is very beneficial to health.

"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 stomach. Would there be any benefits from that?

"3. Are cold baths good for one's health?

"4. Two years ago I commenced deep breathing exercises and my weight was 133 pounds and I now 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 arising. A quart is a liberal allowance. Drink it slowly.
2. No.
3. Yes.
4. No.
5. Yes. It is good for you otherwise.

If you put a sign in your window every day for a year it would not be read by as many people as a Want Ad in the morning and evening Bee.

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 proprietor went away and got busy talking and did not return until nearly noon.

* * *

Sim Flinders is wondering what is the matter with the prophets, as the world has not come to an end now in two or three years.

* * *

The prisoners in the Tickville jail are asking that the cracks between the bars be made large during the hot weather.

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 Postmaster 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 said.

Have Music at Your PICNIC

Special Price $35.00

Add a PORTOPHONE to your picnic kit. It is an attractive, durable leather case, easy to carry, light, small, and yet large enough to play any make record and with a tone equal to instruments which cost $100.00.

The Protophone is a de luxe instrument in a tiny case and will do for the home as well as picnic or camping trip.

Terms if Desired

We only have a few left, so first come, first served. Stop in and hear one. You will like it so well that nine times out of ten you will want to take it with you.

Mail Orders Promptly Filled.

Schmoller & Mueller Piano Co.
1514-16-18 Dodge St. Phone Doug. 1623

PIANOS
TUNED AND REPAIRED
All Work Guaranteed
A. HOSPE CO.
1513 Douglas. Tel. Doug. 5588.

KITCHEN KLENZER

Cleans Painted Walls

AUTOMATIC SOAP FLAKES

Friday and Saturday

Orkin Bros.

CONANT HOTEL BLDG.

Friday and Saturday

Now for a Greater Sale of

High-Class Dresses

Cool Summer Materials

With More for Selection

Not a Rack or Two—But Rack After Rack of

$49.50 $39.50 $35 $29.50

Values—Every One a Supreme Value For—

$15

Beautiful Summer Silks
Tub Silks
Newest Styles in Printed Crepe de Chines
Lovely Roshanara Street Dresses
Canton Crepe Sport Frocks

Business Dresses, Afternoon Dresses, Informal Dresses, Dinner Dresses, Sport Dresses

New Arrival

Fiber Silk Sweaters

Latest Styles, Lower Priced

$5.95 to $9.75

Tuxedo and Slip-Over Models

In all of the good shades and newest effects, including jockey red, jade, orchid and tomato, with plenty of navies, blacks, whites and combinations.

Sizes 36 to 44

Cool Summer Blouses

$3.95 to $7.95

Sheerest Georgette Blouses in white, flesh and bisque, plain and lace trimmed, in regulation, tie-backs and overblouses, hand-made Voile and Batiste Suit Blouses with Irish trimmings, embroidered Voiles in tie-back styles.

Sizes 36 to 46

Silk Sport Skirts

All Colors and Wanted Combinations

$4.50 to $19.50