

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.

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POISONS OF THE SKIN

Walking through the park yesterday morning, I found the crevices in the bark of the trees peppered with clusters of eggs of the tussock moth. When this lot hatches out the leaves of the trees will show the effects of the invasion of the hungry horde. There will come into this office a fair number of letters asking what can be done for the skin disease due to this caterpillar. The moths that strip the elms of New England also produce a kind of eruption on the hands of the good New England folk, which in turn causes many of them to write to me for help. Knight quotes our old friend, Henri Fabre, greatest and most practical of all the naturalists, as having a simple and effective remedy for the dermatitis due to tussock moths. He mashed up common garden purslane leaves into a mucilaginous pulp, and applied it to the irritated skin. The compress of pulp should be changed as often as it dries out. The common name for purslane is "pussly" or "pussly grass"—the kind the boys like so well and also the kind Kellogg of Battle Creek would set the folks to eating. If a poultice of purslane or "pussly" is good for tussock moth bites, it ought to be good for the eruption caused by the pussy caterpillar that Froote writes about as prevailing in Texas, and perhaps for the "hives" caused by any and all caterpillars, larvae and moths. Why not try it for poison oak and poison ivy? With all the moths and their caterpillars or larvae, capable of causing dermatitis, it has been proven that the trouble is caused by certain coarse hairs. It is not the physical presence of the hair in the skin which causes the trouble, but is the presence on them of poisons secreted by skin glands located at the roots of the hair. This reminds us that men have always had the notion that the skin was poisonous. Shakespeare said it, although there was no proof, at least no scientific proof, for a thousand years or more. There is some scientific proof now that the skin of toads, reptiles, fish and maybe other animals contains a moderate dose of poison. Maybe we were wiser than we knew when we developed the habit of skinning animals before we ate them. Maybe our savage, wild forbear learned that trick when they ate their meat raw. Maybe we may some day find out why it is best that human beings are fittest when they do not crowd together; that there is really such a thing as crowd poison, as the French contended 30 years ago—and maybe we will find that the harmful something comes from the skin. But all that is fancy speculation. Let's get back to worms. Here is something substantial. Tussock moths, brown tailed moths, and all such are poisonous. They cause something like nettle rash. The caterpillars are especially harmful. The poison is in the hairs. It comes from glands in the skin, and Henri Fabre says the remedy is a purslane poultice. Stop Worrying, Mary. Mary J. H. writes: "Some persons are said to be big boned and some small boned. "I. If a person is about 5 feet 9 inches in height, and has small bones throughout her body, including small arms and wrists, is this an indication that her bones are not so strong and healthy and as well developed as the large bones of another person?"

GIRLS! Short Sleeves

Make it necessary to have attractive white sleeves. There is a simple, sensible, willow, the instant beautifier, for this purpose. All the girls are using it, it gives the hands and arms a soft, smooth, beautiful, lily-white appearance. Derwillo also acts as a protection against freckles, tan and sunburn. It keeps the skin until you wash it off; is not affected by perspiration and its use cannot be detected. Try it on one hand and arm, and then compare it with the other. This will give you an idea of the startling change it will make in the appearance of your hands and arms. A single trial and you will never be without it. Derwillo comes in 3 shades: flesh, white and brunette. Use flesh or brunette on your face and white on your neck, chest, hands and arms. Try it today, and then note the favorable comments of your friends. On sale at all toilet counters.

SPENT HALF HER TIME IN BED

Farmer's Wife Tells How Lydia E. Pinkham's Vegetable Compound Made Her a Well Woman

Carter's Creek, Tenn.—"Three years ago I was almost an invalid. I spent half of my time in bed, being afflicted with a trouble which women of a certain age are apt to have. I took Lydia E. Pinkham's Vegetable Compound and used Lydia E. Pinkham's Sanative Wash. I am a well woman now and have been for two years. I can work as well as any one who is younger and I am a farmer's wife. I have plenty to do for I cultivate my own garden, raise many chickens and do my own housework. You may publish this letter as I am ready to do anything to help women as I have been so well and happy since my troubles are past."—Mrs. E. T. GALLOWAY, Carter's Creek, Tenn.

Most women find plenty to do. If they are upset with some female ailment and troubled with such symptoms as Mrs. Galloway had, the smallest duty seems a mountain. If you find it hard to keep up, if you are nervous and irritable, without any reason, and out of sorts generally, give the Vegetable Compound a trial.

treating these pimples? Is it best to squeeze them open or let them run their course? It has taken weeks for some that I have not touched to disappear. REPLY. 1. No. 2. Squeeze out the accumulations of dried grease before they become infected.

Diphtheria Quarantine at Beatrice Is Raised

Beatrice, Neb., July 17.—(Special.)—The quarantine for diphtheria on the homes of Dan Higgins and Cornelius Workintine has been raised by the authorities, one death having occurred, the victim being James Higgins, 16-year-old son of Mr. and Mrs. Higgins.

Advertisement for Dr. Caldwell's Syrup Pepsin, featuring an illustration of a woman and child. Text: "THE time to watch the health of the child most carefully is when she is young. Much depends upon the proper functioning of the system of elimination. Let no child's system be clogged by constipation, by signs of biliousness, headache or restlessness. Check it with a teaspoonful of Dr. Caldwell's Syrup Pepsin. DR. CALDWELL'S SYRUP PEPSIN THE FAMILY LAXATIVE. Dr. Caldwell's Syrup Pepsin is a compound of Egyptian Pepsin and other simple laxative herbs with peppermint, ginger, licorice root, and contains no narcotics. It can be had at any drug store, and the cost is only about a cent a dose. Just try it! HALF-OUNCE BOTTLE FREE. For single consumption, so soon as you do not receive a letter at this moment, let me send you a Half Ounce Trial Bottle of my Syrup Pepsin, absolutely free. Simply fill out your name and address on Dr. W. J. Caldwell, 214 W. 10th St., Minneapolis, Minn., Write me today."

Do You Get Up in the Morning Feeling Fit as a Fiddle?

Success in Life Often Times Depends Upon Starting the Day Right

TO BOUNCE out of bed feeling fresh as a daisy; to greet the little one prancing before you with a happy laugh, toss him up high with a firm, steady hand, and actually dance with the very joy of living! Then plunge into your morning tub, if that's your method, dress with a smile on your lips and song in your heart. Come with firm step to the breakfast table, eager for its wholesome fare. And you spread joy in your household and go forth into the world "fit to fight," equipped with that most powerful of all weapons, great good health. For health is surely yours, and YOU do not need Tanlac. But how different if you arise unrefreshed, aching in every fiber, unmoved by the healthy laughter of the household. The long day ahead will seem to you an eternity, promising nothing but misery, and you will have to summon all your will power and what little energy remains to you, to drag yourself up, dress and take your place falteringly, discouraged, without appetite, at your breakfast table. Gloom enshrouds you and casts its depressing pall about your whole family circle, and you go out to the battle of life already hopelessly beaten. YOU need Tanlac! And, oh! how many thousands experience this wretched state! Far and wide the wail is heard from those who crawl out of bed with the greatest effort and wonder if there is anything that can bring the health that will make them feel "fit as a fiddle" in the morning. They need Tanlac! What is the matter? Why are they all tired out in the morning? The answer is simply that their systems are clogged and their blood poisoned from the waste substances that have been stored up because the digestive and eliminative organs have not performed their proper functions. And the reason for all this is that too much hastily eaten food has been piled into the stomach. When you feel yourself getting up in the morning unrefreshed and exhausted, look for the symptoms of stomach trouble, such as dizziness, nervousness, bad taste in the mouth and biliousness. You may be constipated, too, and your liver sluggish or torpid. Unusual skin pallor, loss of weight, loss of appetite and inability to sleep restfully are Nature's warnings, and you must look to your digestive system or be in danger of drifting into some serious disease. The natural action of Tanlac on the digestive, secretive, assimilative and eliminative organs is the certain safeguard to your health, and the never failing foe of that awful tired feeling when you get out of bed in the morning. Tanlac has proved to be the best and safest tonic and system purifier, stimulating the digestive system to its proper functioning, so the blood is able to take up fresh building material and is so vitalized as to be able to more thoroughly eliminate the waste products which make you feel all tired out. The cells of all parts of the body then receive real healthy nourishment, the shrunken tissues are filled out, the skin regains its glowing texture and the bloom of health. What eye clears, and with the strong and normal digestion the whole system is built up to the point where your hours of sleep are truly refreshing, and you get up in the morning feeling "fit as a fiddle." It seems the sheerest folly for anyone to feel all tired out in the morning when Tanlac affords the best and most natural means of keeping in good trim or bringing the system back to its full and normal powers. Tanlac is sold by all good druggists.



Common Sense

Do You Encourage Talent in the Young? You hesitate about taking up a certain thing for which you have talent, believing that you cannot get your money back. If you are a parent, you are wise to think along practical lines for yourself, but how about the education which you should give to your children? The little ones, and the bigger ones should be taught to play some instrument and to sing correctly, if they sing at all. Because it costs money is not all there is to it in making a decision, even if you are pretty hard up. For your own satisfaction, and for their greater development in after years, the best teachers you can get and the greatest co-operation to see that the lessons are learned is necessary. There should also be an avenue of recompense, or reward, for praiseworthy effort and diligent practice. If older persons in general would show an attitude of appreciation, and employ with some remuneration as far as possible, the efforts of young persons in these lines, it would stimulate growth. How much is your church, your club, your social friend interested in making an avenue for those who excel? (Copyright, 1922.) Bee Want Ads Produce Results.

PONJOLA



DRURO Francis Ludi Druro, a man's man, fearless, charming, going to the devil through "ponjola" the enslaving drink of Rhodesia. SHERRY Sheridan, "Champagne Sherry," a happy-go-lucky, hard drinking dare-devil who "manages" Druro's run-down farm. DESMOND "Young" Desmond, debonaire, brilliant, a mystery who has come to Africa to witness a happiness he cannot share. Three Wanderers Whose Lives You Will Follow With Unflinching Interest in Ponjola!

A woman's fight — for the soul of a man

CYNTHIA STOCKLEY knows the secrets of darkest Africa so well she is called "The Tiger." You will know why when you read Ponjola—a tale of love and a woman's fight for the soul of a man. A story of men obsessed by the lust of gold and enslaved by Ponjola, drink of Africa! A romance of the glamorous and terrible African gold fields. Begin Ponjola—first Cynthia Stockley novel after three years' silence—a greater story than "The Claw" or "Poppy" and, therefore, the most amazing novel of recent years in

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POLITICAL ADVERTISEMENT. Piles Fistula—Pay When Cured A mild system of treatment that cures Piles, Fistula and other Rectal Diseases in a short time, without a severe surgical operation. No Chloroform, Ether or other general anesthetic used. A cure guaranteed in every case accepted for treatment, and no money is to be paid until cured. Write for book on Rectal Diseases, with names and testimonials of more than 1,000 prominent people who have been permanently cured. DR. E. R. TARRY Surgeon, Future Trust Bldg. (Bee Bldg.) Omaha, Neb.