

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...

"EPIDEMICS KEEP OUT."

I have had occasion to call attention to the Shorewood plan more than once. Where the harm in another repetition?

This is the season of the beginning of school. Likewise the season when the foundation for epidemics among school children is laid.

Shorewood is a Wisconsin village so small that they have no doctor, and with revenues so small that they have no paid health department.

But they have a rich public sentiment and intelligence, and that is the counterpart of being big and rich. They have a public and a parental school.

Professor Sicker of the school, the volunteer, unpaid health officer, and his enterprising fellow citizens worked, how they could keep from having their schools crippled by contagion every now and then.

They evicted, they moved, they worked in wood plan. In controlling contagion:

- 1. Isolation first and diagnosing afterwards.
2. Flaccid on suspicion.
3. Substituting education for police power.

This was how it worked. The citizens were called together in mass meeting. A regular town hall affair. The plan was explained to them in detail. They agreed to it.

They were told in detail about contagious diseases. How each appeared, how it was spread, and what the parents were to do.

The teachers were called together and given an opportunity to learn their lessons. The children were to be looked over each morning by each teacher as they entered the school.

Every child with a cold, cough or sore throat or indisposed in any way that suggested suspicion was to stay home.

If the teacher suspected a contagious disease, let us say measles, a sign went up on the home. It read "Measles suspected." All the rules for the quarantine of a measles case were carried out.

Whenever a case of contagion appeared in a household, school authorities were notified.

The meat of the situation is holding the child at home under observation during the period of development of the disease, rather than in the schoolroom.

A by-result is the treatment of common colds as forms of contagion.

Shorewood is really applying direct community self-government with the responsibility put on the family unit.

Let us see how it has worked. Mr. Sicker says: "Paradoxical as it may seem, regular attendance has become more regular. Through quite a number of houses have been placarded on suspicion, the number of erroneous guesses has been negligible. The virtue of this expedient lies in the fact that erroneous guesses never result in injury to any one, while a correct suspicion is often the means of preventing much needless suffering. Our people are about ready to say: 'It is a discredit, if not a disgrace, for contagion to travel to a second family.'"

Naturally, there have been some failures to deliver 100 per cent protection, and these, as was expected, have been mainly from atypical cases and from carriers.

An atypical case of scarlet fever, called a stomach rash, caused 12 cases of that disease, six of which were in one family.

A butcher found to be a diphtheria carrier threatened trouble, but he finally came in line, accepted the situation and agreed to do as he would be done by.

When 1,500 cases of measles were reported in one month among the Milwaukee school children, a mass meeting was called in Shorewood. The relation of colds, sore throat, watery eyes and running noses to measles was explained.

As a result of alertness and co-operation, only six widely scattered cases occurred instead of the 50 or 60 which was Shorewood's proportion.

Makes 'Em Lazy. Mrs. H. writes: "How does hookworm affect a person?"

REPLY. Causes anemia. Takes away ambition and pep. Makes one lazy and good for nothing.

Why Worried? A Nothing writes: Pessimism, a fixed belief in my powerlessness, worry, lack of confidence, self-depreciation, dissatisfaction, day-dreaming, thoughts of suicide—these are the factors of my psychic ego. Isn't this abnormal for a youth?

What shall I do? Physically, I am healthy, and was never seriously ill.

REPLY. It is up to you to cure yourself. Get 'Outwitting Our Nerves,' 'Worry and Nervousness,' and 'Why Worry?' Read from one or the other at least 30 minutes of the day. Apply what you read. Learn to play. Fall in love with your work. Also, with a girl.

Cultivate enthusiasm for your work, your play and your girl. You don't need pills.

Whole Wheat Bread. L. B. writes: Is eating 100 per cent whole wheat bread three times a day injurious to the stomach?

REPLY. No. Foreign Exchange. New York, Sept. 9.—Foreign Exchange—steady.

London—Demand, 14.41; cables, 14.41; 80-day bills on banks, 14.41; 90-day bills on banks, 14.41.

Paris—Demand, 24.12; cables, 24.12; 80-day bills on banks, 24.12; 90-day bills on banks, 24.12.

Amsterdam—Demand, 20.12; cables, 20.12; 80-day bills on banks, 20.12; 90-day bills on banks, 20.12.

Berlin—Demand, 20.12; cables, 20.12; 80-day bills on banks, 20.12; 90-day bills on banks, 20.12.

Stockholm—Demand, 20.12; cables, 20.12; 80-day bills on banks, 20.12; 90-day bills on banks, 20.12.

Copenhagen—Demand, 20.12; cables, 20.12; 80-day bills on banks, 20.12; 90-day bills on banks, 20.12.

Helsinki—Demand, 20.12; cables, 20.12; 80-day bills on banks, 20.12; 90-day bills on banks, 20.12.

Oslo—Demand, 20.12; cables, 20.12; 80-day bills on banks, 20.12; 90-day bills on banks, 20.12.

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Omaha Grain

Omaha, Sept. 9.—Liverpool wheat cables were 1/2 lower this morning, and as the government report issued yesterday was considered somewhat bearish our market opened at slightly lower levels, but turned steady on commission house buying on the break and values at the close were around the best of the day.

Receipts were on a smaller scale than a week ago, the arrivals of wheat at Omaha were 53 cars as compared with 134 cars the previous week and 185 cars last year.

Corn receipts were 60 cars, against 40 cars last year. Receipts of other grains were light and the total arrivals were 124 cars, against 262 cars last year. Total shipments were 178 cars, as compared with 184 cars a year ago.

Cash wheat in the Omaha market was in good demand at prevailing prices, sales were unchanged to 1c lower. Corn sold 1/2c lower to 1c higher, the market being generally unchanged. Oats were unchanged. Rye was quoted nominally unchanged and barley was unchanged from yesterday's nominal quotations.

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