

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.

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ON SCHOOL HYGIENE.

In rural Illinois, the schools are being made to go to school. The law provides that before the directors of a one-room school proceed to build, they shall first consult with the state superintendent of education and, second, shall visit one or more standard schools.

It provides requirements as to certain features of the building and grounds, furnishing of the house and other equipment. After it becomes a going concern, the school is visited, marked and graded, just as the pupil is.

Of the 10,613 one-room schools in the state, 3,771 are graded as standard and 26 as superior.

Finally, diplomas of a sort are given.

In the requirements laid down in the law and the rules which supplement the law with details, the fundamental necessities for health are found. Thus the law recognizes that the process of giving the child some learning may ruin his health, and thus do more harm than good.

Here are some of the requirements: Every school must be equipped with a thermometer.

The rule further provides that during the time when the room is artificially heated, the temperature shall read between 68 and 72 on the thermometer hung about four feet from the floor. It would be better if this instrument also recorded humidity.

If the school is heated by a stove, this article must be of the type known as a heater. A heater is a jacketed stove, with an intake through which air, drawn from the outside, circulates inside the jacket and with outlets by which the warm air escapes into the room. The heater is to be set in the room near the door.

Ventilation is further encouraged by an air outlet. Light floors, walls and windows and rules about periodic blowing out of the room.

A heater in the basement is not approved unless the basement room is large enough for a play room and cold ceilings and cold floors are provided against.

Air outlets, emptying into the attic are disapproved, because the roof chill always causes such supposed outlets to act as cold air outlets.

The policy of building toilets in the schoolroom opening from the cloakrooms is approved. Chemical indoor toilets make this possible. If outside toilets are to be installed, it is advised that they be built against the house. On a cold day, a yard privy, set some distance from the house, is highly conducive to habits of constipation.

Detailed instructions are given for sewage disposal. Also, for the location of wells and their construction.

State Superintendent Blair says that poor school room hygiene and sanitation induces colds, catarrh, headache, nervousness, languor, listlessness, aversion to activity and lack of ruggedness.

Bad ventilation brings about coughing and sneezing and these spread disease.

Child's Night Sweats.

L. R. C. writes: My 3-months-old daughter sweats so every time she sleeps that when she gets up the bed covering is wringing wet. This will happen when she is covered only with a light sheet. She doesn't drink an excessive amount of water during the day or before going to bed, and follows about the same habits as her 2-year-old sister, who was never bothered with sweating at night. She does not show any baggy eyes and urine seems to be about normal color and odor.

Think this is a symptom of something else, or is it just natural with some children? Should anything be done to change this, or should things be left just as they are?

REPLY.

It is frequently a sign of rickets. Keep the child in the open air as much as possible.

A short exposure to direct, open air sunlight daily is the best cure for rickets.

Good food is of service.

Low Blood Pressure.

Z. Z. writes: What causes low blood pressure? Can anything be done to cure this at home?

REPLY.

Low blood pressure is supposed to be due, in the main, to insufficient secretion of a ductless gland.

People who have it are without enthusiasm and joy.

The cure consists in training one's self in the gentle art of getting excited about things. Playing competitive games is good for it. Even watching competitive games does some good, provided one yells and gets generally red in the face.

Weight of Boy.

I. S. writes: "Kindly advise me the proper height and weight of a boy 11 years old."

REPLY.

Boys of 11 vary in weight according to nationality, race, and family inheritance.

The normal height ranges between 51 and 58 inches, and the normal weight between 61 and 78 pounds.

Keep Food Cool.

I. R. writes: Is it unhealthy to eat chicken cooked first and put on ice for a few days?

REPLY.

Depends on the ice box. If the temperature of the food is not kept below 55 by the icebox, eating the chicken is liable to give you cholera morbus.

Omaha to Be Missionary Alliance Headquarters

Omaha will become the headquarters of the western district of the Christian and Missionary Alliance, according to plans made at a conference in Chicago last week attended by Rev. R. B. Brown, who has been conducting evangelistic meetings in a tent at Forest and Douglas streets this summer. The western district includes Nebraska, Colorado, Wyoming, Kansas and southern Iowa. Rev. M. Brown has bought a home at 2008 Miami street.

SOULS for SALE

By RUPERT HUGHES.

(Continued From Yesterday.)

SYNOPSIS.

Remember STODDON, daughter of the Rev. Dr. Steddon of the little town of Elwood, had fallen in love with Elwood Farnaby, an upright, self-made young man, son of the town's most eminent druggist. Her father, however, disapproved, and she was forced to marry a man she hated.

Thought as they sat together in the blue farmhouse whithered to her father's, she would have been a fortune would have been the next week and their marriage would have to be dissolved. The reason for Steddon's agitation at this statement was disclosed the following day when she visited the family physician, Dr. Brethrick, for treatment of a severe cough. His questioning brought a confession there was to be a baby and that Farnaby was the father.

Dr. Brethrick advised an immediate marriage and phoned to arrange for Farnaby to come to his office. After a few minutes of waiting there came the startling announcement that Farnaby had been run down by an automobile and killed.

The following day, still humbled by grief and the desperate situation in which she found herself, Steddon consented to Dr. Brethrick's plan to send her to Arizona. You know how an innocent man out there and let him die quietly and then come as a widow," the physician explained.

Men was not stirred by the doctor's promises of happiness and life, but only by the persuasion that she would be really proving her love for her parents by deceiving them. Dr. Brethrick offered to take the brunt of her first clash with her desperate future.

"I'll go home with you again and fix it all up with your papa and mamma. They'll take it kind of hard, likely, losing you right away, and they'll worry over your health and your going away alone; but we've got to do the best we can for their sweet sakes. If you stayed here you'd break your own heart and theirs and die in the bargain. My way saves your life and their pride. All they'll suffer will be losing the sight of you, but that's part of the job of being a parent."

And part of the job of being a doctor is giving people a lot of pain to save them from a lot more, and scaring them for their own good. So come along, honey."

As they set out upon the short ride to the clergyman's home the doctor felt as if he were advancing to a duel with an ancient adversary. He did not believe in Dr. Steddon's creeds. They were cruel legends, in his opinion. He pictured breaches of men who slander the teachers of this world in order to glorify a false heaven of their own concoction; who would make this world a joyless, barren hell in order to save its citizens from an imaginary nightmare of ancient ignorance; who minimize the hideous cruelties of life and save its agonies with words. He could not understand or love the God they preached. He did not believe their God to be the true God. His heart was full of love and of aspiration and of mystic bafflements and longings, but he was utterly convinced that whatever God might be, He was not this man-made God who inspired Dr. Steddon with such hatred of His world and its ways.

He advanced to the contest, therefore, with a lust of conflict. He felt himself a kind of Sir Gawain, with a lady on the pillow, riding into a dark forest to conquer the giant ogre who denied her her realm.

But when he reached the castle he found it a humble cottage; the ogre was an undernourished old parson afraid of this world and the next; but most afraid of his beloved daughter's health. And at the ogre's side on the drawbridge the ogress was a frightened mother wringing wrinkled hands with terror.

Men returning with the doctor, they had come out on the porch in trembling anxiety. They were already so abased of hope, that when the doctor told them that Men would be all right if she could go away to California right away, they felt as if he had lifted them from the dust. He was not so much taking their eye lamb from them as saving her to them.

They were fawningly grateful to him, zealous for any sacrifice to benefit their child. The doctor despised himself for a contemptible slanderer because of the mere thoughts that had passed through his mind on his way to the duel.

As for Men, she was crucified with

remorse. If her parents had only been harsh with her or stingy with the money she would require, if they had only mentioned the difficulties or celebrated their sacrifice as a duty, she could have found some straw to cling to as she drowned in self-contempt. But their terror and their tenderness were all for her, and her love for them gushed like hot blood until it seemed an inconceivable treachery to conceal from them the truth.

It was well that Dr. Brethrick came with her and stood by to check her outcry, for her heart was fairly bursting with the centrifugal power of a compressed secret.

Dr. Brethrick kept her under the ward of his stern eyes until he had frightened the parents just enough and reassured them just enough to make sure that they would let Men go and go alone.

He gained a little acid stimulant from Dr. Steddon's dread of seeing his innocent daughter leave the shelter of her home and go out into the dangerous world. The doctor knew too well from a doctor's long experience how far the beautiful ideal of the home is from the actual household. He knew too well that many a home keeps in more dreadful evils than it keeps out. But he could not say these things. He had a home of his own and a family of his own, and he revered the dream and the ideal.

And so the continuity began to move. At first it followed the doctor's manuscript with remarkable smoothness. Then Lie, the ruthless Philistine manager, took a hand in it and twisted and turned it until its author would never have recognized it.

It carried the frightened wail of

grated, as audiences must if plays are to prosper.

The girl's role was the most difficult imaginable. She had to repress a life-long secret, conceal a frantic remorse, rein in a wild grief, and conduct it as a gentle regret.

She hated herself and her enforced hypocrisy. Romance had sickened in her like a syrup that gorges the palate and fills the stomach with nausea. Her secret was a vomit and not easier or pleasanter to control. Her soul was so ill of it that her very throat retched.

Nausea was part of her condition, too, and would have tormented her if she had been the normal widow of Elwood, instead of what Brandegee Matthews once phrased as "the unwedded mother of his unborn child."

She had been trained from childhood to believe herself a sinner lost in Adam's fall, and to search her heart for things to repent. She believed in an actual hell, and her terrors of the infernal griddles were as vivid as those that poor little 7-year-old

Marjorie Fleming wrote down in her babyish diary.

She had great native gifts of self-punishment, a habit older than Christianity and found in all nations. Did not the Greeks and Latins have a comedy, "The Self-Tormentor?" Men was worthy of its long title. She was heautontimoroumena. Nothing made her more eager to get her gone from her home town than her fear that at almost any moment she would reach the end of her histrionism, fling off the mask and tell the venemous truth.

It was not merely a question of having to lie or to evade discovery, Men had to dramatize herself, to foresee situations, and to force herself to be another self, to mimic sincerity and simplicity.

She was in the true situation, familiar in the theater and in the poems and stores about the theater, where the broken-hearted mummer must conceal from the audience a personal grief.

It would have been easier if Men had merely to play the clown, for

hilarity could be carried off hysterically. But her role was one of half-tones, grays and mild regrets.

Many people knew that she was fond of Elwood. Many girls and boys called to see her or dragged her to the telephone to offer consolation and satisfy curiosity. To them she must express a proper sorrow as a cordial friend without letting them treat her as too deeply involved. This was bitter work and she felt it a treachery to her dead lover.

(To Be Continued Tomorrow.)

Democratic Women to Give Luncheon for Mrs. H. Wilson

The Douglas County Women's Democratic Club will give a luncheon Wednesday at 12 at Hotel Fontenelle in honor of Mrs. Halsey Wilson of Washington, who is here conducting a speakers' bureau for the club. Reservations may be made by telephone at At. 4532.

Mrs. Wilson will address a public meeting in the city council chamber this evening at 8.

CHAPTER VI.

That clergyman's home was really a theater. If there had been a camera man to follow the various members about it, it would have been what the moving picture people call a "location."

The Rev. Dr. Steddon abhorred theaters or moving pictures, and all forms of dramatic fiction (except his on sermons), yet everybody in the house was playing a part—with benevolent purposes, of course. But then, benevolence is one of the motives of nearly all acting—to divert some one from his own distress by exploiting imaginary joys or sorrows.

Vicarious atonement and all forms of vicarious activity are the actuating spirit of the vast industry of honor-able artistic Pretense that has flourished since the world was. All the world's a stage, as somebody has said, and everybody is always acting. If certain people charge money for acting, that means no more than the fact that most preachers charge money for preaching, and doctors for doctoring.

The acting in the Steddon home was of the most amateurish quality. But therein lay the audience was as amateurish as the playing, and collaboration.

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Although Capacity of Plants Has Been Increased to 62,240 Bottles a Day, Still Almost Impossible to Keep Up With Orders.

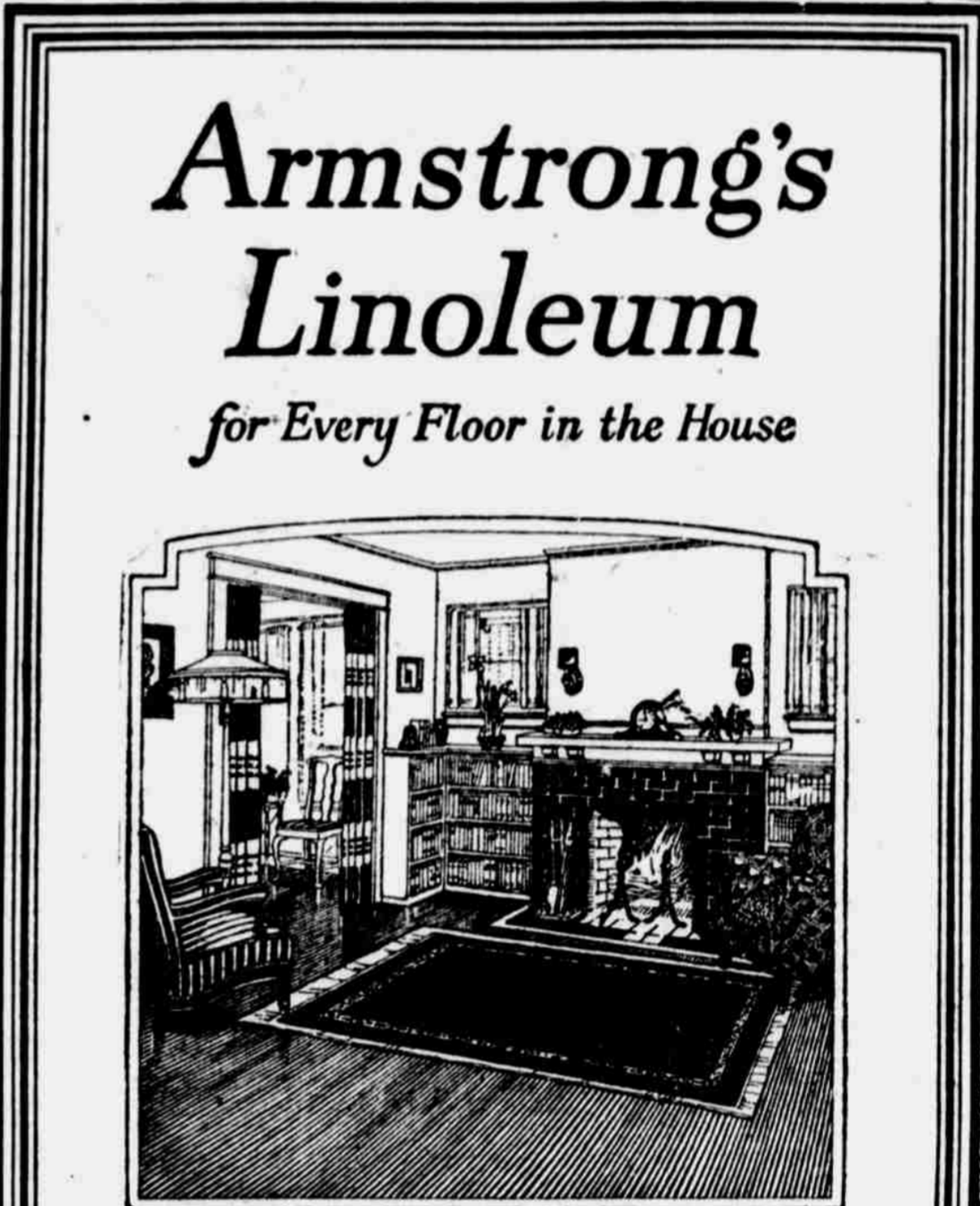
30 MILLION BOTTLES SOLD IN EIGHT YEARS

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Working diligently at full capacity, it is still almost impossible for three modern laboratories to produce the medicine in sufficient quantities to keep pace with the flood of orders. Carload after carload moves out from the plant at Dayton, Ohio, which has a capacity of 50,400



Armstrong's Linoleum for Every Floor in the House

A living room floor
That can be quickly made presentable

THINGS happen quickly in the living-room. The children may romp there one minute, and guests come in a few minutes later.

A linoleum floor is an easy, quick floor to clean. Threads don't stick to it, dust doesn't get into it. A little waxing and polishing once in a while and it looks bright and new.

There is a lot of beauty to a modern linoleum floor. There are colors and patterns that lend atmosphere and dignity to the room, and the floor becomes part of the color harmony of the room itself.

But a linoleum floor should not be tacked down. It should be cemented to a lining of builders' deadening felt which is glued to the bare floor boards. When linoleum is laid this way, you have a permanent, waterproof floor, free from unsightly cracks.

It can't splinter. It never needs refinishing.

Send for our booklet, "Decorative Linoleum Floors." It is free. In it are twenty-four color plates showing Armstrong's Linoleum in plain colors, Jaspé or two-tone effects, parquetry and carpet inlays, or printed designs, to harmonize with any decorative plan.

At any good furniture or department store you can see Armstrong's Linoleum in the colors and designs that suit you best. You can also secure from your merchant estimates on the cost of a floor of Armstrong's Linoleum.

Armstrong's Linoleum Rugs

For people who live in apartments or who have houses on short leases and consequently do not wish to install permanent linoleum floors, Armstrong's Linoleum is also made in the form of bordered rugs. Thirty attractive patterns in four sizes from 6 x 9 feet to 9 x 12 feet.



How to lay Linoleum on Wood Floors

In summer the moisture in the air causes wood floors to expand. In winter they dry out and contract when the heat is turned on, with a tendency to open up the cracks between the boards. Your linoleum floor, therefore, should be cemented (not tacked) over a lining of builder's deadening felt which has been previously glued to the bare floor boards. The felt takes up expansion and contraction and gives you a permanent, waterproof, good-looking floor. The added service and wear this method gives are well worth the extra cost.

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Now Dr. Wm. M. Scholl, the eminent foot specialist, has found in Zino-pads a vastly better way, a scientific way, to end corn troubles—by removing the cause.

Dr. Scholl's Zino-pads not only stop the pain the minute applied but they protect the corn from pressure and friction while they heal! They are easy to apply, are thin, antiseptic, waterproof. Absolutely safe; will not injure the tenderest toe.

Special sizes for callouses and bunions, too. Fry Dr. Scholl's Zino-pads. Nothing like them. At your druggist's or shoe dealer's.

Zino-pads—Dr. Scholl's new discovery—give immediate relief from pain while removing the cause. Easily applied; scientific; safe; and absolutely safe. Special sizes for corns, callouses and bunions.



Wonderful for use. Special shape for bunions, easily applied, will stay in place.

DR Scholl's Zino-pads

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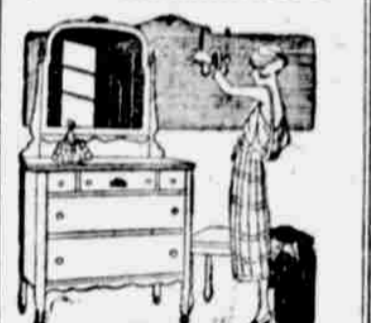
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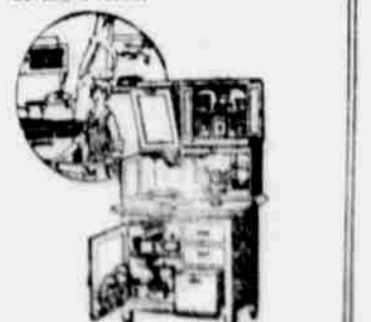
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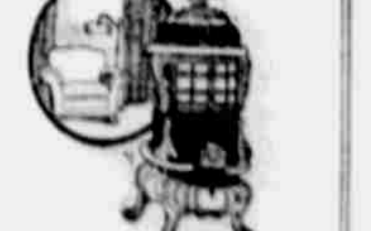
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