

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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CLEANLINESS SAVES US.

Dr. Royal E. Copeland says: "With the slightest hesitation, or the tiniest suspicion, I predict that typhus fever, cholera and relapsing fever will sweep through Poland, cross her borders into Germany, and thence sweep Belgium, Holland, and France into England."

"I predict every port in the great areas whence small ships infection will be carried to the United States unless."

The "unless" is later developed to mean unless provisions are made in Poland for the control of these diseases. This, he says, could be done for the equivalent in Polish money of \$40,000.

His opinion is based on observations on a trip to Poland made to estimate the danger we were in, and the necessity of doing something. He quotes a report made to the League of Nations that there have been 4,000,000 cases of typhus in Russia during the last four years.

In commenting on this report, Dr. Bajenow, head of the health committee of the league, placed the number of deaths from typhus in Russia at 45,000,000. The number of deaths from cholera is 25 times as great as the number usually given.

Dr. Copeland observed the return of hundreds of thousands of Poles from Russia, without health inspection, supervision, or control, and he saw how unprepared Poland was as regards sanitation and equipment with health departments and hospitals.

He called on Americans to raise

\$50,000 and send it to Poland for health work—not to save Poland but to save one country from the plagues which, having swept Poland, would reach over and sweep us.

I am not against sending the money to Poland. That should be done for humanitarian reasons, but I am not in accord with the reasons for doing so.

It is now almost four years since Surgeon Cumming, also fresh from personal observations of conditions in Europe and parts of Asia, made the same predictions, based on the same type of observations. I think he omitted relapsing fever from his list and substituted plague.

I did not agree with him then, and said so, and I do not agree with Dr. Copeland now, and say so.

If the machinery for which Dr. Copeland and Cumming are so largely responsible continues to work during the next four years as well as it has during the last four years, we shall get by as well during the future four as we have during the four that have nearly passed.

Both of them forgot the standards of sanitation and hygiene that prevail in this country, the cleanliness of the individual and his home, his relative freedom from the abhorrence of parasitic insects, his bath tub, his Saturday night, his clean clothes, his food, and his state of nutrition, his daily wage and his bank savings.

All these are our bulwarks against typhus and plague. Why, for nearly a quarter of a century there has been a fringe of plague on our western and

southern coasts, and it makes no headway with our people.

Mexican typhus and Russian typhus is not so bad. They have been gnawing at us always and cannot get in.

With a wall of high standards of living, and with men like Cumming and Copeland and their departments on the watch towers of this wall, the rest of us need not worry.

Too Much Salt Is Bad.

Anxious Wife writes: "Will you kindly tell me what salt does to the blood? My husband puts so much salt on corned beef or ham, and they are salted enough."

"He has a cold and I say it is from too much salt and he says the salt is good for him. Kindly tell me if the salt is bad for him."

REPLY.

It is as natural to dream while asleep as it is to think while awake.

By thinking sanely and keeping your emotions under control you may not set your dreams in any groove, but you will keep them pleasant.

Couple to Be Wed Monday on Rialto Theater Stage

The marriage of Miss Cora Reed to V. C. Rank will take place on the stage of the Rialto theater Monday evening at 9, between performances of "Kindred of the Dust," an adaptation of Peter B. Kyne's novel of the same name, according to Julius K. Johnson, manager. The ceremony will be performed by the pastor of the Shrine Brether's Symphony orchestra and Mr. Johnson, at the pipe organ, will furnish the music.

Parents' Problems

What course should be followed by a mother when her little boy, after being punished by his father, comes to her for comfort?

This mother should not, I think, refuse the little boy the desired comfort, if wise, she can caress him and console him for the punishment he has received and at the same time make it clear to him that his own wrong action brought it upon him. While sympathizing with his unhappiness she not only should, but very easily can make it quite plain that his father was right and he was wrong.

Electric machines for post-marking letters can stamp them at the rate of 80¢ a minute.

So—"Pleasant Dreams?"

M. S. writes: "I dream every night. Have done so for years.

"I feel perfectly well, lead a regular

Common Sense**Are You Too Self-Satisfied?**

Perfectly satisfied with yourself?

—REPLTY.

Of course you dream. Everybody does.

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Sheriff's Squad Raids**Big Cave of Hooth**

Sheriff Mike Clark and five of his deputies raided a cave near 81st and Western Avenue yesterday afternoon and seized about 40 barrels of mescal. The cave, an artificial one, was in the bank of a ravine, 15 feet wide and 100 feet long, and is located about half a mile northwest of the residence of George Brundis and John L. Kennedy, the sheriff said.

The cave entrance was concealed

under brush. In some weeds 100 feet away a still was found. The sheriff traced a hose from the cave to a pump near the residence of M. Seulka, they said. Seulka denied any knowledge of the cave or its contents. This was the second raid in which the sheriff's squad seized large quantities of mescal and stills yesterday.

Cherry Ice Cream

Just taste the cherries! Oodles of them, ground into luscious bits and frozen with heavy yellow cream and pure cane sugar. This week's treat in the Harding Sunday Special Ice Creams—is unusual!

Order of stores serving

Harding's The
Cream of All
ICE CREAM

**PIGGY WIGGLY**

**TWINS
AGAIN!**

SATURDAY, OCT. 7

Open 9 A. M. to 9 P. M.

At 2324 N. 24th St. and 1256 S. 13th St.

FREE SOUVENIRS FOR EVERYBODY

A BALLOON AND YUCATAN GUM FOR EVERY BOY AND GIRL

A SHOPPING BAG FREE TO EACH CUSTOMER

POTATOES

Clean Early Ohios, smooth skin and fine cookers, 15 lb. per peck for .15c

60-lb. bushel..... .59c

CEREALS

Kellogg's Corn Flakes..... .8c

Post Toasties, pkg..... .17c

Quaker Oats, large pkg..... .23c

Quaker Oats, instant..... .11c

Shredded Wheat, pkg..... .22c

Cream of Wheat, pkg..... .22c

Instant Postum, small..... .25c

Large..... .41c

GRAPE JUICE

Red Wing Grape Juice..... 10c

small..... 10c

Red Wing Grape Juice, qts..... 49c

Pints..... 27c

JELLO

All Flavors, pkg..... 10c

Knox Gelatine, pkg. 25c

size..... 20c

PEANUT BUTTER

Beechnut, small size..... .9c

Beechnut, medium size..... .15c

Beechnut, large size..... .24c

Canova, 16-oz. size..... .24c

CRANBERRIES

Dry and clean; the famous

"Eatmore" brand, lb. .12½c

SUGAR

Fine White Granulated..... \$6.89

MILK

Carnation Wilson or Pet, tall..... .9½c

Baby..... .5c

Sunset Gold Milk, best or money back, tall..... .9½c

Baby size..... .5c

Eagle Brand Condensed Milk, 25c size..... .26c

Horlick's Malted Milk, large..... .75c

small..... .38c

CHOCOLATE

Walter Baker's Premium, 16c

1½-lb. cakes..... 19c

AUNT JEMIMA

Pancake Flour, 14c

Buckwheat Flour, 17c

**BUTTER**

New Pack, No. ½ tins..... 40c

SHRIMP

New Pack (wet or dry) No. 1 tins..... 17c

COCOA

Baker's, ½-lb. 21c; 1-lb. .42c

Hershey, ½-lb. 14c; 1-lb. .27c

STARCH

Argo Gloss Starch, 3-lb. .24c

Elastic Starch, 15c size..... .9c

Kingsford Corn Starch, 1b. .14c

Argo Corn Starch, 1b. .81c

SOAP

P. & G. Naptha, Crystal White, bar..... .41c

Omaha Family, bar..... .4c

Ivory, small bar..... .12c

Ivory, large bar..... .24c

Fels Naptha, bar..... .51c

Petroleum, bar..... .8c

Palomino, bar..... .81c

NAVY BEANS

C. H. P. Michigan 1922 crop, lb. .71c

MALT EXTRACT

Puritan, hop flavored, can 68c

CHEESE

Kraft Loaf Cheese American, per lb. .38c

Pimento, per lb. .40c

MacLaren's Nippy, Limburger, Pimento, Cream, pkg. .14c

TEA

Lipton's Yellow Label Tea, 1-½ lb. can..... 21c

Lipton's Yellow Label Tea, 1½-lb. can..... 43c

Lipton's Yellow Label Tea, 1½-lb. can..... 48c

BAKING POWDER**SODA AND SALT**

Calumet Baking Powder, 4-oz. size..... 4c

Calumet Baking Powder, 16-oz. size..... 28c

Price's Baking Powder, 12-oz. size..... 21c

Royal Baking Powder, 4-oz. size..... 16c

Royal Baking Powder, 12-oz. size..... 44c

Arts & Hammer Soda, 1½-lb. size..... 8c

Morton's Table Salt, free running, 2-lb. 11c

Yacht Club, 10-oz. bottle..... 28c

SWANSDOWN CAKE FLOUR

Regular, large pkg. .32c

Instant, pkg. .27c

MAYONNAISE AND SALAD DRESSING

Premier, large size..... 39c

MacLaren's Imperial, 1,000 Island, 8-oz. .36c

MacLaren's Olive Cream, 5-oz. .36c

Snowdrift, 2-lb., 33c; 4-lb., 64c 18c

DRESSINGS

Guaranteed Fresh Checked Eggs in cartons, dozen..... 20½c

Central Extra Quality pkg. Butter, per lb. .40½c