

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 disease. Address letters in care of The Bee.

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PIGS, KIDS AND WORMS.

The ordinary round worm, so frequently found in children, which resembles so closely the common earth worm, or fishing worm, causes far less trouble than most doctors think. Its life history in the human being is about this. The eggs are eaten with the food and carried into the mouth on the fingers. They pass into the upper part of the small intestine, where they hatch. The young worms are not prone to mature actually in the intestine until they have traveled about. They pass through the intestinal wall, get into the blood stream, and are carried to the liver. Having passed through the liver, they go to the heart and then the lungs. Here they get out of the blood stream, bore through the lung substance, and get into the trachea. They crawl up into the throat, are swallowed and finally reach the small intestine. Here they

stop, grow to maturity and lay eggs. Occasionally one worm or many, instead of making the accustomed round, will wander off into some lymph node, or into some other organ. Now it would seem that any worm that leaves through the intestinal walls and also through the lungs, and travels in the blood over so much of the body, that must live on human tissues or the food of the human, and that must secrete waste and most wastes are harmful, that is so frequently found present in such numbers and is so universal among pigs, rats, and other animals, as well as man, must be as dangerous as parents think it is. Pigs have thumps and pneumonia—both fatal diseases, due to the boring of worms through the lungs. But even a dirty child is never as dirty as a pig in its food habits. Pigs get doses of worms incomparably greater

than the doses eaten by dirty children or dirty insect adults. This is one reason for the frequency of worm pneumonia in pigs and its infrequency in children.

It seems to have been proven by Hanson and others that the round worms of rats and mice cannot be transmitted directly to children, though these worms are almost identical with those of children.

The importance of rat round worms in relation to human round worms is about the same as that of bird tuberculosis and cow tuberculosis to human tuberculosis. They are reservoirs for the basic stock, and when the time comes to rid the world of them all the groups must be cleaned up.

It has been found that the danger to pigs from worms could be obviated if the pigs were kept free from worms until they were 4 months old. Hanson thinks the reason it is harder on the one hand to protect human beings from round worms, as compared with pigs and, on the other hand, that worm infestation is more serious in pigs than in humans, is because human beings and round worms have been living together longer. That is, the worms have been living in the humans for more centuries; they have become more adapted to each other.

get on better together, each harms the other less—in a word, they have established an entire cordial, which worms have not yet established with pigs. This means that in the eventual it will be harder to root worms out of the pig tribe than out of the human tribe, even though the higher standards of cleanliness of the human tribe is a protection that the pig tribe misses.

All these facts and reason support the doctor's view that round worms are not of great importance.

However, it is just as well for every child and some adults to have an occasional sound of worm medicine and, of course, standards of food and finger cleanliness must not be lowered.

Tardy Babies' Death Rate.

L. E. writes: "Three years ago my sister had a baby. It weighed 12 pounds and was born dead. So far as we could tell, the baby should have been born two months earlier. My sister was in bed 10 weeks. She is now pregnant again, and I am anxious to know if she is likely to have a large child again. Is there such a thing as an 'overtime' child? If so, is there any way of know-

ing it before it is too late? What can be done about it? Should nature take its course?"

"Since my sister's baby came I have heard of other cases like it."

REPLY: I covered this very subject two months ago.

A fair proportion of the babies do not arrive until they are past due. The death rate among such babies is high. Likewise, the mortality rate among mothers.

It is better to precipitate labor at term or near there. Certain examinations fix the time within reasonably definite limits.

Water Bottle on Hot Nights.

E. C. writes: "Would you please point this method of relieving suffering from hot weather?"

"Fill a hot water bottle with cold water from tap—not ice water—take it

to bed with you and let your arms rest on it. Or place bag at back of neck. It reduces one's temperature delightfully and relieves the oppression of the heat."

"Until I discovered this but might want lying awake for me as I am nervous and heat was the best straw."

"Thinking of the people in hot climates, I feel it my duty to pass on this remedy."

Eighty per cent of the 1,500,000 inhabitants of the far eastern republics are peasants. The area of the republic equals the combined areas of the new republics of Central Europe—Germany, Czechoslovakia, Poland, Austria and Hungary.

Uncle Sam Says

Seed Corn.

This booklet on the selection and care of seed corn will be of interest to all persons who grow corn, even to those who only raise a few hills of corn in the back yard garden. It tells how low yields can be prevented by proper selection, where and how to obtain and gather the best seed corn, and preventing injury by weevils and grain moths.

Readers of The Omaha Bee may obtain a copy of this booklet by addressing the Division of Publications, Department of Agriculture, Washington.

In C. asking for "P. B. 1111" or they may purchase a copy at any time by sending for the same number and addressing the Superintendent of Districts, Washington, D. C., with enclosing 5 cents in cash.

To remove ink stains from cloth, dip spots in hot water and work with soap, and ink will disappear.

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45 lb. sack Gold Medal Flour, \$1.98
4 lb. sack Kama or Advo Pancake Flour for \$2.50
Log Cabin Syrup, quart, 43c
Log Cabin Syrup, 1/2 gallon, 85c
Wedding Breakfast Syrup, cane and maple flavor, gallon, \$1.35
10 lb. Wedding Breakfast Maple Syrup for \$4.30
Caroline Milk, 2 cans, 15c
Purity Milk, 3 cans, 25c
No. 2 cans Standard Corn, 2 for 25c
No. 3 cans Windmill Hand Packed Tomatoes, can, 17c
Ass't. Campbell's Soup, can, 10c
Large Del Monte Asparagus, 34c
3 cans for \$1.00
Electric Spark Soap, 19 bars, 43c
Central Special Coffee, 2 1/2 lbs. for 98c
Fancy Santos Coffee, lb., 20c

FRESH MEATS.

Fancy Fresh Dressed Young Hens, per lb., 25c
Fancy Pot Roast, per lb., 10c
Prime Rolled Rib Roast, 20c
Best Cuts Fancy Shoulder Roast, per lb., 12c
Short Cuts Fresh Beef Tongues, per lb., 20c
Fancy Young Veal Roast, per lb., 15c and 17c
Dold's Sugar Cured Regular Hams, 6 to 10-lb. average, per lb., 22c
New Fresh Sauer Kraut, 10c 3 lbs. for 25c

Fruits and Vegetables

Extra Large Size Grape Fruit, 10c each; per dozen \$1.15
Extra Fancy Jonathan Apples, box \$2.50
Colorado Keifer Pears, bushel \$1.98
Blue Plums, per box 95c
Fancy Tokay Grapes, lb, 12 1/2c; 6-lb. basket, 60c
New English Walnuts, per lb., 27 1/2c
New Black Walnuts, 6 lbs., 25c

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Snow Ball Cauliflower, extra choice, per lb., 15c

Brussels Sprouts, per lb., 25c

White Clover Honey, 1-lb. frames, 2 for 49c

Graham or Krispy Crackers, 4-lb. pkg., 58c

Monarch Orange Pekoe Tea, 1-lb. pkg., 50c

Campbell's Pork and Beans, 6 cans, 69c

Budweiser, per case, \$3.65

One dollar allowed for empty case.

Imported Fresh Roquefort Cheese, per lb., 83c

Imported Swiss Cheese, lb., 69c

Swiss Gruyere Cheese, box, 68c

Peterson Swedish Wafers, 3 pigs, for \$1.00

Best Creamery Butter, lb., 45c

Fresh Dressed Spring Chickens, per lb., 26c

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PORK CUTS	SMOKED MEATS
Choice Loin Roast 18c	Choice Picnic Hams 12 1/2c
Choice Fresh Spareribs 12 1/2c	Sugar-Cured Skinned Ham 22c
Choice Pork Shoulders 15c	Cudahy's Puritan Skinned Ham 27c
Fresh Neck Bones, 5 lbs. 25c	Armour's Star Skinned Ham 27c
Fresh Pig Feet, 4 lbs. 25c	Fancy Breakfast Bacon 27c
Fresh Pig Tails 12 1/2c	Fancy Strip Bacon 18c
Fresh Side Pork 15c	Pure Lard Rendered 14c
Fresh Pig Snouts, 3 lbs. 25c	Cudahy's Puritan Lard, 10-lb. pail, \$1.80
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Choice Leaf Lard 12 1/2c	Fancy Fresh Breakfast Sausage 20c

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Choice Pickled Beef Tongue, 25c	Choice Lamb Chop 20c	Choice Veal Stew 12 1/2c
Choice Brisket Canned Beef, Boneless 15c		Choice Veal Chops 18c
		Choice Veal Steak 25c

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Evergood Liberty Nut, 1-lb. carton 20c	Evaporated Milk, all brands, tall can 10c
5-lb. carton 95c	Fancy Early June Peas, 3 cans 38c
Evergood Margarine, 2 lbs. 45c	Fancy Sweet Corn, 3 cans 30c
5 lbs. \$1.00	Fancy Pork and Beans, 3 cans 25c
Danish Pioneer Creamery Butter 40c	Buehler Bros. Royal Coffee 40c
Fancy Summer Sausage 20c	Buehler Bros. White Naptha Laundry Soap—1-lb. bars, 4 for 30c
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