

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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WAR LOSSES REGAINED.

Germany has already regained its prewar population so far as its present geographical limits are concerned. The total excess of the death rate over the birth rate during the four years of the war was 155 per thousand.

In the first three years since the war—up to December, 1921—the total excess of births over the death rate was 266 per thousand. In other words, they were even with the game. This does not mean that their population is increasing at the old rate.

Twenty years ago, Germany had a birth rate that was not far from 40. It is doubtful if the present birth rate is in excess of 15. The maximum birth rate of the war period was 14.4 in 1917.

While the postwar birth rate has risen, it will never achieve the old figure, and there is every reason for thinking that the prewar steady decline in birth rate will continue.

The German death rate has always been high as compared with that of nearby, well-governed, well-educated, North European peoples. However, the German death rate is falling steadily, and this fact keeps the death rate way below the birth rate, though not as much below as it was in the prewar days.

The birth rate of France is about equal to the death rate. Some years it is higher, but more frequently it is lower. There is no possibility in sight that France will repair its war losses within its prewar geographical limits.

The figures are available for England and Wales. Their birth rate is 15.4 per thousand. Their death rate is 17.4 per thousand. In other words, they are gaining population by reason of excess of births over deaths at the rate of 13 per thousand per year. They have more than made up for their losses.

I have no figures for Scotland, Ireland, Italy and Belgium. In Russia there is nothing official from Russia but the rumors are that the death rates there are greatly in excess of the birth rates.

In the United States the birth rate has always exceeded the death rate. Not even the war or the flu or the two combined suffered to disturb seriously our balance sheet.

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British War Veteran With U. S. Buddies



Reg. Sergt. Maj. W. Stuart

Reg. Sergt. Maj. W. Stuart of the famous Black Watch, hero of Mons, Ypres and the Somme, was right at home with his American "buddies" in the American Legion convention in New Orleans, for two American divisions—the 27th of New York, and the 36th of North and South Carolina and Tennessee—had fought alongside his outfit in Flanders.

Prayer Each Day

Believe that ye shall receive them, and ye shall have them.—Mark 11:24. Almighty God, our Father in Heaven, God and Father of our Lord and Saviour Jesus Christ, we would wait on Thee that Thy Holy Spirit may enable us to worship Thee. We are not worthy of the least of Thy mercies, yet hast Thou enriched us in all needed good things. We pray Thee to search us and show us our sins; and as we confess, we would trust Thee to forgive, and to cleanse us from all unrighteousness. We would thank Thee for the blessings Thou hast bestowed upon us. We pray Thee to give us what is best for us. We pray Thee to bless all who are dear to us, and if we have any enemies, bless

them and give us right spirits toward them. If any dear to us are unconverted, bring them to repentance and faith in our Saviour, to serve Him as Lord. Jesus is the true vine. We who are His disciples are the branches. Enable us to abide in Him, and may the Holy Spirit bring forth from His life the fruit of the Spirit in our lives. Bring Thy people up to the help of the Lord against the mighty. Send forth Thy light and truth. Send forth laborers into Thy harvest, and bless the labors of those whom Thou hast already sent forth. Give us some peace and part this day in Thy service. We ask all for Jesus' sake. Amen.

A. D. McClure, D. D., Wilmington, N. C.

Salvation Army Officer Addresses Kiwanis Club

The Kiwanis club had for its speaker at the regular weekly luncheon at Hotel Rome, Commandant P. M. J. Lindstrom of the Salvation Army at Detroit, transferred temporarily to Omaha.

Speaking on the work of the Salvation Army in Omaha, the commandant said: "It isn't always the frequented who is 'down and out.' Frequently the opposite is true."

E. D. White, president of the Omaha Kiwanians, has been selected chairman of the drive to help finance the rescue home here. The drive will last from November 19 to 25.

Motion pictures were taken of the members, which will be shown at the World theater in the near future.

Promoters of Suit Club Fined in Police Court

Leon Wolfe and Gerard Meyer, proprietors of the Gerard-Lee Direct Advertising Tailoring company, 448 Brandeis theater building, were fined \$100 each in central police court yesterday on the charge of obtaining money under false pretenses. They are alleged to have obtained money from a large number of men by means of a fake "suit club."

Auto Chain Breaks and Wrecks Store Windows

Nebuska City, Neb., Nov. 3.—(Special)—A peculiar accident that resulted in the breaking of three plate-glass windows in the Cleveland stores occurred here, when the chain on the rear wheel of a car broke and threw particles of the chain through the windows.

Packer Goes to Brazil

Nebuska City, Neb., Nov. 3.—(Special)—Earl Williams, superintendent of the Morton-Gregson packing plant here, has accepted a similar position with Wilson & Company, Chicago packers, in one of their plants in Brazil.

Chile is planning to electrify its railroads by means of the abundant waterpower to be derived from the mountain streams.

Dog Hill Paragrafs



Jefferson Pollocks has been going over the community today looking for three of his honeybees that strayed from his hives this week.

Luke Mathewala says he hath no fury like a woman's corns.

Miss Frusie Altop, our postess, was communion with nature on Market Ridge today, and reports that the persimmons are beginning to blush at the first faint rumor of autumn.

Common Sense

Are You a Quitter? Is it easy for you to give up when facing adversity? Throw up the sponge and say it is no use for you to try to overcome the obstacles or circumvent a detrimental condition, do you? Think everything which goes wrong is "just your luck" and so you let

To Secure Holiday Business

Let Us Explain How Art Anima Film Ads run in the World, Sun, Moon and Muse theaters can draw customers to your store. Film ads adapted to your specific needs and for particular purposes are our specialty.

HALLGREN
Film Advertising Service
636 Paxton Block JA 1893
Verne Hallgren, Manager

come what will without effort to protect yourself? When you were younger and engaged in athletics did you do well only when you were in the lead, and when the other fellow passed you or came abreast even, immediately lost your spirit, and gave up? Or, are you a fighter right up to the finishing point? It should not be too much effort for you to be aggressive. Do not sag back and let others throw you out of life's game. You may be trying to get too much pleasure out of life and may be unwilling to make the exertion which means greater success. If you are honest with yourself you will ask yourself three questions and the result ought to be of great benefit to you. Some is so interested in your career as you ought to be for yourself, and now is not too soon to get to work in earnest and stick to it.

Great Outdoor Shrine for All Denominations Created in Colorado

Washington, Nov. 3.—A great outdoor shrine for all denominations, in full view of the huge snow-capped Holy Cross mountain in western Colorado, is created by an order of Secretary Wallace of the Department of Agriculture, announced today, setting aside 350 acres of the Holy Cross national forest for devotional purposes.

Secretary Wallace's order provides that no one section or religious denomination may be given the exclusive right to use the area, but that it be so managed that any denomination may be given the privilege of

erecting shrines or other structures to be used for devotional purposes. Adequate spaces will be provided for public camping grounds and buildings in order that the public needs may be fully met. An automobile highway will cross the site contemplated for the use of tourists who visit western Colorado from Denver. The tract will be administered by the forest officers of the Holy Cross national forest.

BABY'S COLDS
are soon "nipped in the bud" without "dosing" by use of—
VICKS
VAPOR
Over 17 Million Jars Used Yearly

RANDALL for GOVERNOR

Your next executive is a man of balance. The power, kindness and certainty he has exercised in his own community for thirty-five years will become state-wide. He is clean, clear-headed, forceful and determined. He is the man of steel in questions involving the right and the wrong. New in politics, he has conducted himself as he has lived. In victory or in defeat, he will be a man of bigness—for he has contributed nothing in the campaign of which he need feel ashamed.

"I WOULD RATHER NOT BE YOUR GOVERNOR IF I CANNOT GIVE THE SERVICE TO WHICH YOU ARE ENTITLED."—RANDALL.

That tells the story in a nut-shell and again:

"IF I CANNOT BE ELECTED ON MERIT AND ON MY RECORD, THEN I PREFER DEFEAT TO VICTORY."

Randall has grown tremendously in the hearts of Nebraska people. Wherever he has gone he has scored a triumph. Why? Because he lays his cards on the table. He does not conceal. There's nothing underhanded about the man. He tells the truth and he is neither ashamed nor afraid to look any man in the eye and repeat any statement he has ever made.

The name Randall is connected with constructive legislation. His life has been constructive. His campaign has been constructive. He has not damned the other party for what it has failed to do. He has told you of what his party has done—or what it promises to do.

Randall takes every man and woman in Nebraska into his confidence. He talks to them as fellow-shareholders in the government of state. He doesn't hold out promises impossible of performance. His message rings true. It is true.

"THE CODE IS NOT RESPONSIBLE FOR HIGH TAXES. FOR TAXES HAVE BEEN HIGH IN ALL STATES, REGARDLESS OF THE FORM OF ADMINISTRATIVE GOVERNMENT. I SHALL RECOMMEND ELIMINATION OF EVERY UNNECESSARY GOVERNMENTAL EXPENSE. CONDITIONS DEMAND A RIGID ECONOMY."—RANDALL.

Randall is a believer in the protective tariff because of what it has done and always will do for the producer—the farmer, the clerk, the laborer.

"THE TARIFF MEANS BETTER SCHOOLS, BETTER HOMES, BETTER OPPORTUNITIES. IT MEANS A HIGHER STANDARD OF LIVING AND A HIGHER STANDARD OF MEN. TO THE FARMER IT MEANS AN INCREASED PURCHASING POWER AND THE PURCHASING POWER OF THE FARMER IS FORTY PER CENT OF THE PURCHASING POWER OF THE NATION."—RANDALL.

If elected governor, Senator Randall promises to lop off every dollar that does not perform a necessary service. His record of thirty-five years in one community does not disclose one false promise. There is substance and weight and determination in the words of Randall. He has never failed to keep his word.

"I FAVOR ABSOLUTE ENFORCEMENT OF THE PROHIBITORY LAW."—RANDALL.

But Randall doesn't promise the impossible. He contends that there can be no economy through loss of efficiency. He will not endorse an indiscriminate slashing without regard to those essentials of good government. He will not cripple state institutions. Randall is of the conservative type—not the wasteful type. He will stubbornly stick to the business of running the government on a basis of efficiency and economy. The two must balance. He is not blowing political bubbles. He is not exchanging impossible pledges for votes.

AND BECAUSE OF RANDALL'S HONESTY, SINCERITY, RELIABILITY AND STRENGTH, HIS CAMPAIGN HAS DEVELOPED A TREMENDOUS POPULARITY—A REALIZATION THAT MEN OF THE RANDALL TYPE ARE TOO RARE IN POLITICS.

VOTE FOR CHAS. H. RANDALL NEXT TUESDAY

REPUBLICAN STATE CENTRAL COMMITTEE

TELEPHONE DIRECTORY
NOVEMBER 1922
OMAHA
IMPORTANT NOTICE
NORTHWESTERN BELL TELEPHONE COMPANY

If you do not have a new directory, dated November, 1922, please notify our business office at once by calling JA ckson 2765.

TONIGHT AT MIDNIGHT

All DO uglas Telephone Numbers Change

AT MIDNIGHT TONIGHT all DO uglas telephones will be changed to a machine switching basis and given JA ckson or AT lantic numbers.

Many changes also have been made in the telephone numbers of other central offices because of people moving and new telephones being installed.

Because of these changes in numbers, it is important that everyone, after midnight tonight, look up each number in the new directory before making a call. Please use your old directory until that time and then destroy it.

We want to furnish you with the best telephone service possible. May we ask your helpful co-operation?

NORTHWESTERN BELL TELEPHONE COMPANY

Thin? Run-down? Sure Way to Get Right Weight

Increase Your Red-Blood-Cells That's the Sure Way! S. S. S. Builds Blood-Cells; This Means Strength!

Do you know why insurance companies refuse to insure a great many men because they are under weight? Simply because to be under weight

often proves low fighting-power in the body. It often means you are almost nerve-proved, without red-cells in your blood, unless health, minus energy, minus vitality. It is serious to be without, but the moment you increase the number of your red-blood-cells, you begin to become plus. That's why S. S. S. since 1888, has meant to thousands of underweight men and women, a plus in their strength. Hollow cheeks fill out. You stop being a chicken-liver. You acquire confidence. Your body fills to the point of power, your flesh becomes firm, the age lines that come from thinness disappear. You look younger, firmer, happier and you feel it, too, all over your body. More red-blood-cells! S. S. S. will build them. Ladies and gentlemen, a healthy body first doesn't make you look very important or get you down? Take S. S. S. It contains only pure vegetable medicinal ingredients. S. S. S. is the sure way to get down to the sure weight.

S.S.S. makes you feel like the master of your fate.

LOST REST WITH PIMPLES ON FACE

Hard and Red, Festered and Scaled Over, Itched Badly, Cuticura Heals.

"My trouble began with little pimples breaking out on my face. They were hard and red and festered and scaled over. They were scattered all over my face and itched and burned so badly that I scratched them. I lost my rest at night because of the irritation."

"I began using Cuticura Soap and Ointment and after using three cakes of Cuticura Soap and three boxes of Cuticura Ointment I was completely healed." (Signed) Miss Virginia Wells, R. F. D. 1, Goodenbutter, Ohio, Jan. 23, 1922.

Cuticura Soap, Ointment and Talcum are all you need for all toilet uses. Bathe with Soap, smooth with Ointment, dust with Talcum.

Health and Beauty are yours! "Cuticura" Laboratory, 1111 North 14th Street, Des Moines, Iowa. Cuticura Soap always without soap.

DO IT NOW!

Telephone Your Sunday "Want" Ad Now to AT lantic 1000

Remember, Omaha Bee "Want" Ads Bring as Good or Better Results than you will secure through any other Omaha newspaper and at less cost—or money refunded.

When in Omaha Stop at Hotel Rome