

## 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 limitations, where a stamped 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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### MENTAL DISORDERS.

In the Massachusetts Health Primer Dr. D. Gregg has a chapter on mild mental diseases. In the classification of mental troubles by the Mental Hygiene society, this group of disorders is ranked in importance next to the insanity.

I do not know but they are more important than the insanities because they affect so many more people. The insane are comparatively harmless because they are inactive—they are out of things. We say that a case of smallpox in a small hospital is harmless because it is hobbled. The insane are hobbled.

On the other hand, those who suffer from mild mental disorders are not hobbled—they are right in the middle of things. When, as the result of their disorders, they are guilty of poor judgment, when they make wrong decisions, when they get into jams or fail to measure up to requirements, a lot of harm results—a lot of harm to themselves, their families, their dependents, and even society at large.

And what are the mild mental disorders which do so much harm in the world? They are such items as worry, anxiety, fear, envy, jealousy, covetousness, rage, insomnia, and such. Dr. Gregg says that these involve the emotions very much more than they involve the intellect.

How many of us shield our intellectual processes from our emotions 100 per cent?

And yet whenever we do wishful thinking, worry thinking, fear thinking, envy thinking, anger thinking—in fact any kind of emotional thinking—we not only destroy the accuracy of the thinking, but we make a path toward these inner mental disorders. The disorder may never develop, but the path is there, and the most potent of these emotions that flow over into the intellectual domain is fear.

Dr. Gregg says fears of one sort and another produce most of the cases of mild mental disorder. Work alone or pain alone seldom if ever produce mental disorder, but work plus worry, pain plus worry, or sleeplessness plus worry may result at times in mild mental disorder.

It is not insomnia which does so much harm, for the tired brain cells will rest in spite of everything. It is emotions mixed with insomnia which hurt. The individual lies awake worrying because he cannot sleep, or worrying for fear that he cannot sleep—or while awake he is living over past, unpleasant, painful experiences or indulging in hates, envies, or other emotional storms.

Now all the members of this group are bad mental habits. They can be prevented by proper attention to mental habits beginning in childhood. Many of them can be cured by the cultivation of good mental habits.

### Have Them Quarantined.

Anonymous writes: "My neighbor's little boy has had scarlet fever for two weeks, and a doctor is taking care of him, yet they have no sign

sometimes seem small, but with the least exposure to the sun they seem to enlarge.

"Is there any application or treatment to have them entirely removed?"

### REPLY.

There is no medicine which will remove smallpox pits.

Daily massage with the greased fingertip may help somewhat if persisted in for a long time.

### Common Sense

**Determination and Energy Win.** Isn't it true that you do not put enough force, energy, ginger, spirit and snap into what you do?

Isn't it true that you do not wish to exert yourself sufficiently to do as well as you are capable of doing?

You would rather go along in an easy, comfortable manner than to concentrate on each effort to bring about coordination of your mental and physical power.

A losing football team often becomes a winner because the players have been instilled with the determination to win at all odds.

Halfhearted effort in no matter how good an athlete, will not make him a winner against determined men who may have less natural ability.

And so it goes through every phase of life. It is determination to win which comes out ahead.

It is not an easy thing, day after day, to give every ounce of physical strength and mental power which you have but it is the only way to reach the high pinnacle which actually lies within your power if you would try.

Dormant ability is worthless. A lackadaisical spirit is always a loser.

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### Uncle Sam Says:

#### Preparation of Poultry for Exhibition.

Poultry shows, whether held as exclusive exhibits of poultry or in connection with a state, county or community fair, are not only of much interest to the public, but likewise play an important part in the development of the poultry industry. In order to win at a poultry show, fowls must conform to the standard requirements for the breed. Other things being equal, such birds are desirable both as producers and as breeders.

This booklet tells about selecting the fowls, preparation, training and shipping to the poultry shows.

Readers of The Omaha Bee may obtain a copy of this booklet free, as long as the free edition lasts, by writing to the Division of Publications, Department of Agriculture, Washington, D. C., asking for "F. B. 1115."

### Daily Prayer

Forgive, and ye shall be forgiven—Luke 6:37.

Our Heavenly Father, we turn for a little while at the threshold of this new day to be with Thee. Refresh us with a new vision of Thy love. Speak to us Thy will that we may do it. Make all the day cheerful by Thy presence and fellowship.

We thank Thee for life and work in such a beautiful world. Give us, we beseech Thee, that due sense of all Thy mercies that our hearts may be thankful and that we show forth Thy praise not only with our lips but in our lives. Perfect us in love, that we may conquer all selfishness and

learn how to pardon, as we pray for forgiveness.

May our home life be sanctified today, and all the days, by the presence of the divine Guest. As we go out among men to do our work, touching the hands and lives of our fellows, make us friends of all—true representatives of Thine. Ballast our activities for the day with high purposes. Show us how to fill it with enriching service, that might may bring a peaceful pillow. Bless the home life of our nation, and all the nations. Let every palace, mansion and cottage in the whole earth become the house of God and the gate of heaven. Amen. BISHOP H. H. FOUT, D.D., Indianapolis, Ind.

### Parents' Problems

What course should be followed in the case of a boy who is inclined to be quarrelsome?

Why is he quarrelsome? If he is a nervous child, he probably is more irritable because he is in bad health. Try more out-of-doors life and solitary play.

If he has a bad disposition, show him how he loses what children care for—popularity and the affection of his playmates. Sometimes he will be able to do much for himself if he sees a good reason for doing it. Show him how the boy who "bullics" others is looked upon. Also how the boy with pleasant manners has won many friends. Some boys get the idea that manliness means "lording it" over others. If he thinks this, show him heroes whose manhood has been characterized by bravery and gentleness.

**Remedies From Slight Colds.** Laurine BROMO QUININE Tablets relieve the headache by curing the cold. A tonic, laxative and germ destroyer. The box bears the signature of E. W. Grove. (Be sure you get BROMO) 25.—Ad.

See Want Ads produce results.

### Kiddies Will Be Thankful If They Just Get Shoes

Papa Dead, Mama Not Well and We Children Need Shoes. Writes Girl.

"Papa is dead and mama is not well, but she works every day, scrubbing, and we children haven't any shoes. We went barefooted all summer, but now it is too cold. We will be so thankful if we just get shoes for Christmas."

Thus little "Christie" writes to The Omaha Bee Free Shoe fund. This little girl, 9 years old, and her younger brother and sisters are in terribly destitute circumstances in spite of the heroic efforts of their mother.

The Free Shoe fund buys new, strong shoes for such unfortunates. Each case is personally investigated by a school teacher without cost to the fund. So every cent you give actually goes to buy shoes.

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Letters may be addressed and checks made out to Free Shoe fund.

The Omaha Bee. And thank you, in the name of the little ones.

Ischi, in Tyrol, once a popular rendezvous for Emperor Francis Joseph of Austria, Emperor William of Germany and Emperor Nicholas of Russia, has been leased to an American moving picture producer.

**KODAKS**  
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