

# How to Keep Well

By R. 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.

Copyright, 1922.

## TRAINING CHILD MIND.

Dr. D. A. Thom thinks we will do much toward making the world better when we discover the reason for social and economic failure and correct them at 5 years of age instead of 30.

Most of the causes of social failure and many of those of economic failure lie in the realm of bad mental hygiene. There are certain fundamental necessities to the mental development of every human being that are more in evidence in children than at any other period in life. These are plasticity, suggestibility, imitativeness, and love of approbation.

These qualities, Dr. Thom says, must be made use of in childhood if the child is to develop into a thoroughly sane, poised, happy adult.

When the child begins to show undesirable mental and social traits, the wise parent or teacher will use these qualities to overcome the traits. Among such traits are jealousy, timidity, cruelty, self-consciousness, feeling of inferiority, suspiciousness, and envy.

In Dr. Healy's list are intense dissatisfaction, grudge formations, impulses, and obsessions, mental conflicts, jealousies and emotional outbursts.

Dr. Thom, while not claiming that the children with these behavior peculiarities are the persons who develop the mental breakdown in adult life, says: "Yet it is not difficult to see how closely these infantile neurotic manifestations in adult life and that a fundamental lack of inhibitions may be a dominating characteristic in a criminal career."

It is too early to decide what is the relation between the peculiar child and the insane adult. More data must be accumulated. Except in dementia praecox, investigation of the antecedents of insanity have not included inquiry into the normality or abnormality of behavior of the person in childhood.

To my mind, the value of Dr. Thom's contribution lies in what he says of the way out. Two years ago a committee trying to work out some data on abnormal behavior of school children was able to agree on some recommendations for diagnosis, but when it came to recommending treatment they came up against a stone wall.

Dr. Thom's suggestions relate to paths along which the minds of children naturally flow. Training which makes use of these natural aptitudes and qualities of childhood should lead some of these children into good mental habits.

## Regrowth of Tonsils.

R. J. H. writes: "I can a person who has had his tonsils removed have quinsy, sore throat or tonsillitis?"

"After a person has had his tonsils removed, he is not liable to have it again next year, or at intervals of seven years? If so, can anything be done to prevent it?"

"Of what value is olive oil to the body?"

## REPLY.

1. Yes, it is possible. The tonsils sometimes regrow.

2. After a person has had his tonsils removed, he is not liable to have it again next year, or at intervals of seven years? If so, can anything be done to prevent it?"

3. Of what value is olive oil to the body?"

4. Yes, it is possible. The tonsils sometimes regrow.

5. After a person has had his tonsils removed, he is not liable to have it again next year, or at intervals of seven years? If so, can anything be done to prevent it?"

6. Of what value is olive oil to the body?"

7. Yes, it is possible. The tonsils sometimes regrow.

8. After a person has had his tonsils removed, he is not liable to have it again next year, or at intervals of seven years? If so, can anything be done to prevent it?"

9. Of what value is olive oil to the body?"

10. Yes, it is possible. The tonsils sometimes regrow.

11. After a person has had his tonsils removed, he is not liable to have it again next year, or at intervals of seven years? If so, can anything be done to prevent it?"

12. Of what value is olive oil to the body?"

13. Yes, it is possible. The tonsils sometimes regrow.

14. After a person has had his tonsils removed, he is not liable to have it again next year, or at intervals of seven years? If so, can anything be done to prevent it?"

15. Of what value is olive oil to the body?"

16. Yes, it is possible. The tonsils sometimes regrow.

17. After a person has had his tonsils removed, he is not liable to have it again next year, or at intervals of seven years? If so, can anything be done to prevent it?"

at least two glasses of water, while washing myself. It is all I need.

"A year ago I ate a saucer of prunes, well cooked, before arising or dressing, then took bending exercises, hands to floor without bending knees, about a dozen times, and then water just before breakfast."

## Hive Victim Lucky.

Mrs. M. H. D. writes: "In a recent issue I noticed Mrs. C. B.'s article on hives, and as I have been troubled with them and found a cure for myself, I'd like to tell her that it is, as it might help her also."

"As soon as the hives appear, make a salve of equal parts of sulphur and white vaseline and apply."

"In my case, they disappeared over night, and I never had them again."

## Baby Feeding.

J. M. H. writes: "I will you kindly tell me what I can feed a baby 1 year old? All she has had so far is Eagle brand condensed milk, broths, bread and milk, spinach, and custard."

"2. Is 15 pounds 8 ounces a good weight for her age? She has twelve teeth. Has been teething since she was 3 1/2 months old. She is cutting her eye teeth now."

"3. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"4. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"5. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"6. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"7. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"8. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"9. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"10. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"11. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"12. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"13. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"14. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"15. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"16. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"17. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"18. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"19. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"20. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"21. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"22. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"23. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"24. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"25. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"26. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"27. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"28. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"29. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

"30. Is it anything serious to have swollen veins on the upper part of the leg when seven months pregnant?"

These are different from varicose veins."

## REPLY.

1. You are feeding about right. Add cooked fruit, fruit juice, cereals, and some meat.

2. The weight is about right. Twenty-one pounds is given as the average. 3. I do not think so.

## Difficult to Cure.

Mrs. P. E. N. writes: "Please give me a remedy for mucous colitis."

"Also tell me the cause. I have had this complaint for about four months."

"My family physician has not been able to give me anything to relieve me. I am six months pregnant."

"Would that cause this disease?"

## REPLY.

I wish I could fill your order, but I cannot.

I have heard of people curing themselves by curing their constipation, but even that is a long process.

## Uncle Sam Says:

Map of Omaha and Vicinity. This map which is issued by the United States Geological Survey embraces the territory around Omaha, Council Bluffs, Millville, Glenwood and Plattsmouth. It measures 20 by 30 inches and sells for 35 cents.

It shows all the streets and roads (but does not include the street names in the closely built up section), indicates the electric and steam railroads, parks, rivers and lakes and the elevations above sea level. It is printed in three colors.

Readers of The Omaha Bee may obtain a copy of this map by addressing The Omaha Bee Information Bureau, 4025 New Hampshire avenue, Washington, D. C., and enclosing the amount in 1 or 2-cent stamps. Persons living outside of the territory described above, may secure a map of their district if one is available by writing to our Information Bureau. When you order maps or write, tell us how you like this service.

Not yet had Waring told his housekeeper that she was to be de-throned, but she knew the notice would come, and that it was de-throned only because of John Waring's disinclination to say or do anything unwelcome to another.

It was a very cold February afternoon, and Mrs. Peyton was serving tea in the cheerful living room. Emily Bates was present, and she seldom allowed herself, for she was punctilious regarding conventions, and Corinth people, after all, were critical.

The two outsiders, who were not only un-much courted, and if there was an underlying hostility it was not observable on the part of either.

"I came today," Emily Bates said, as she took her seat from the Japanese buffet who offered it, "because I want to tell you, John, of some rumors I heard in the town. They say she has a puppy for you."

"Trouble brewing," Waring said, smiling jolly, as he stirred his tea. "One immediately visions Macbeth's witches, and their trouble brew."

"You needn't laugh," Emily flashed an affectionate smile toward him. "The phrase is used it often means something."

"Something vague and indefinite," suggested Gordon Lockwood, who was one of the family.

"Not necessarily," Mrs. Bates returned. "More likely something definite, though perhaps not very alarming."

"Such as what?" asked Waring, and from what direction? Will the freshmen make me an apple pie, or will they serve me tea, do you think?"

"Be serious, John," Mrs. Bates begged. "I tell you there is a movement on foot to stir up dissension. I heard they would contest the election."

"Oh, they can't do that," Lockwood stated. "nor would anybody try. Don't be alarmed, Mrs. Bates. I'm sure we'll win all that going on, and I can't think there's any 'trouble brewing' for Doctor Waring."

"I've heard it," she coughed. "Mrs. Peyton has been anything but definite, but there's rumors and hints and where there's a smoke, there's bound to be fire. I wish you'd at least look into it, doctor."

"Yes," agreed Emily Bates, "do look into it, John. Persuade him, Mr. Lockwood. Not of his duty, he never misleads, but he is bringing forth a lot of looking on this matter as a duty."

"What a pleader you are, Emily," Waring said.

"Then shalt thou call, and the Lord shall answer—isa."

O Thou who are so distant that no reach of our thought can compass Thee, and so near that we are apt to overlook Thee, hear our prayer. Our Saviour taught us to address Thee in the endearing names of our homes. We can call ourselves Thy sons, and we can call Thee our Father and our Friend. And we are not as unimportant as sometimes we seem, for we are less than the child, to care for us Thou art more than the mother. As in spring days men walk in their gardens to see how their flowers and fruits are growing, so may we go through our souls to observe what the divine nature is bringing forth there. May we see much love, aspiration, hope, courage and other riches of Thy grace. Here we promise more faithfully to cultivate the good seeds and eradicate the weeds. And our promise is not a passing wish, but we pray that it may be a consecrated purpose. Bless, O God, our weakness for righteousness. Bless our homes with children that shall develop in integrity and usefulness. Preserve us for the best and longest time of time more than those of eternity. In all trouble, help us to say, "If God be for us, who can be against us?" Aid us to hold our own thought and love and hope dear, and may we have gone to their heavenly home. May we prepare for reunited fellowship with them, and unvelled communion with God, by a nobler living. In our Master's name. Amen.

REV. JOHN W. LANGDALE, Cincinnati, O.

Young man, go in debt for something which is going to increase in value the longer you own it.

Many fortunes have had their beginning when a young man bought a bit of real estate, forcing him to form a systematic plan of saving to pay for it, within five or six years, or other words within a limited time.

If a wise purchase is made the property will not only increase in value but the young man who has formed the habit of saving by setting aside a certain sum each month, has formed a habit which is even more valuable than the property interest.

Too many young fellows go along for years shirking all responsibilities except the bare necessities of food, clothing and the sort of good times they enjoy.

When the young man is ready to marry he has too little to make the start in justice to a family but he marries probably and he and the girl have some pretty sledding to get along.

Don't put off saving till you marry. Get a financial start before so much responsibility comes.

Make savings and investment a part of your life and invest wisely in real estate you have investigated.

Doesn't know whether she cares a bit or not."

Be Want Ads produce results.

# THE MYSTERY GIRL

A Detective Story  
By CAROLYN WELLS

Copyright, 1922, by J. E. Lippincott Company. Serialized by Lester Srodaska.

(Continued From Page One)

Mrs. Bates is a nice sweet-spoken lady, a widow of four years' standing, and I do say she's just the one for Dr. Waring's wife. She has dignity, and yet she's most human."

Emily Bates was human. Not very tall, a little inclined to plumpness, with fair hair and laughing blue eyes, she was of cozy, home-loving sort, and her innate good nature and ready tact were unfailing.

At first she had resisted John Waring's appeal, but he had persisted, until she found she really liked the big, wholesome man, and without much difficulty learned to love him.

Waring was distinguished looking rather than handsome. Tall and well-made, he had a decided air of reserve which he rarely broke through, but which, Emily Bates discovered, could give way to confidence showing depths of sweetness and charm.

The two were happily matched. Waring was 42 and Mrs. Bates half a dozen years younger. But both seemed younger than their years, and retained their earlier tastes and enthusiasms.

The two were bound up, heart and soul, in the welfare of the university. Mrs. Bates' first husband had been one of its prominent professors and it was a family tradition, well known and loved by the cheery little lady.

Perhaps the only person in Corinth who was not in the approach of the natal of John Waring and Emily Bates was Mrs. Peyton. Waring present housekeeper. For it meant the loss of a position, which she had fully filled for 15 years or more. And this meant the loss of a good and satisfactory home, not only for herself, but for her daughter Helen, a girl of 15, who lived there also.

Not yet had Waring told his housekeeper that she was to be de-throned, but she knew the notice would come, and that it was de-throned only because of John Waring's disinclination to say or do anything unwelcome to another.

It was a very cold February afternoon, and Mrs. Peyton was serving tea in the cheerful living room. Emily Bates was present, and she seldom allowed herself, for she was punctilious regarding conventions, and Corinth people, after all, were critical.

The two outsiders, who were not only un-much courted, and if there was an underlying hostility it was not observable on the part of either.

"I came today," Emily Bates said, as she took her seat from the Japanese buffet who offered it, "because I want to tell you, John, of some rumors I heard in the town. They say she has a puppy for you."

"Trouble brewing," Waring said, smiling jolly, as he stirred his tea. "One immediately visions Macbeth's witches, and their trouble brew."

"You needn't laugh," Emily flashed an affectionate smile toward him. "The phrase is used it often means something."

"Something vague and indefinite," suggested Gordon Lockwood, who was one of the family.

"Not necessarily," Mrs. Bates returned. "More likely something definite, though perhaps not very alarming."

"Such as what?" asked Waring, and from what direction? Will the freshmen make me an apple pie, or will they serve me tea, do you think?"

"Be serious, John," Mrs. Bates begged. "I tell you there is a movement on foot to stir up dissension. I heard they would contest the election."

"Oh, they can't do that," Lockwood stated. "nor would anybody try. Don't be alarmed, Mrs. Bates. I'm sure we'll win all that going on, and I can't think there's any 'trouble brewing' for Doctor Waring."

"I've heard it," she coughed. "Mrs. Peyton has been anything but definite, but there's rumors and hints and where there's a smoke, there's bound to be fire. I wish you'd at least look into it, doctor."

"Yes," agreed Emily Bates, "do look into it, John. Persuade him, Mr. Lockwood. Not of his duty, he never misleads, but he is bringing forth a lot of looking on this matter as a duty."

"What a pleader you are, Emily," Waring said.

"Then shalt thou call, and the Lord shall answer—isa."

O Thou who are so distant that no reach of our thought can compass Thee, and so near that we are apt to overlook Thee, hear our prayer. Our Saviour taught us to address Thee in the endearing names of our homes. We can call ourselves Thy sons, and we can call Thee our Father and our Friend. And we are not as unimportant as sometimes we seem, for we are less than the child, to care for us Thou art more than the mother. As in spring days men walk in their gardens to see how their flowers and fruits are growing, so may we go through our souls to observe what the divine nature is bringing forth there. May we see much love, aspiration, hope, courage and other riches of Thy grace. Here we promise more faithfully to cultivate the good seeds and eradicate the weeds. And our promise is not a passing wish, but we pray that it may be a consecrated purpose. Bless, O God, our weakness for righteousness. Bless our homes with children that shall develop in integrity and usefulness. Preserve us for the best and longest time of time more than those of eternity. In all trouble, help us to say, "If God be for us, who can be against us?" Aid us to hold our own thought and love and hope dear, and may we have gone to their heavenly home. May we prepare for reunited fellowship with them, and unvelled communion with God, by a nobler living. In our Master's name. Amen.

REV. JOHN W. LANGDALE, Cincinnati, O.

Young man, go in debt for something which is going to increase in value the longer you own it.

Many fortunes have had their beginning when a young man bought a bit of real estate, forcing him to form a systematic plan of saving to pay for it, within five or six years, or other words within a limited time.

If a wise purchase is made the property will not only increase in value but the young man who has formed the habit of saving by setting aside a certain sum each month, has formed a habit which is even more valuable than the property interest.

Too many young fellows go along for years shirking all responsibilities except the bare necessities of food, clothing and the sort of good times they enjoy.

When the young man is ready to marry he has too little to make the start in justice to a family but he marries probably and he and the girl have some pretty sledding to get along.

Don't put off saving till you marry. Get a financial start before so much responsibility comes.

Make savings and investment a part of your life and invest wisely in real estate you have investigated.

Doesn't know whether she cares a bit or not."

Be Want Ads produce results.

bringing in other matters till that's settled.

"Going to be married soon, Uncle Doc?"

"We are. As soon as your aunt will select a pleasant day for the ceremony. Then, that attended to, I can devote my mind and energies to this other subject. And meanwhile, my boy, if you hear talk about it, don't make any assertions—rather, try to hush up the subject."

"I see—and I will, Doctor Waring. You don't want to bother with those things till you're settled down married man? I know just how you feel about it. Important business, this getting married—I darsay, sir."

"It is—and so much so, that I'm going to take the bread-eat-off right now, for a little private confab. You must understand that we have much to arrange."

"Run along—bless you, my children! Pinky waved a teacup and a saucer beneficently toward the pair as they left the room and went off in the direction of the doctor's study."

(To be Continued Tomorrow)

bringing in other matters till that's settled.

"Going to be married soon, Uncle Doc?"

"We are. As soon as your aunt will select a pleasant day for the ceremony. Then, that attended to, I can devote my mind and energies to this other subject. And meanwhile, my boy, if you hear talk about it, don't make any assertions—rather, try to hush up the subject."

"I see—and I will, Doctor Waring. You don't want to bother with those things till you're settled down married man? I know just how you feel about it. Important business, this getting married—I darsay, sir."

"It is—and so much so, that I'm going to take the bread-eat-off right now, for a little private confab. You must understand that we have much to arrange."

"Run along—bless you, my children! Pinky waved a teacup and a saucer beneficently toward the pair as they left the room and went off in the direction of the doctor's study."

(To be Continued Tomorrow)

## Separation of Roads

Practical, Says Gray

Washington, Dec. 10.—Carl R. Gray, president of the Union Pacific, was among the witnesses called at the hearing before the Interstate Commerce commission of the Southern Pacific-Central Pacific separation decision Saturday. He declared that the separation of the two systems presented no insurmountable obstacles from the railroad operating standpoint. The two roads, by joint use of facilities, tracks and terminals, could give Pacific coast shippers service equal to that which they now have, he declared, and without any increase of rates.

He discussed methods of joint use now in vogue in many parts of the country, and declared such arrangements were "conventional" because of the degree to which railroads had adopted them.

Mr. Gray concluded, had entered into the case before the commission solely because an independent Central Pacific line would be to its interests.

Hearings in the separation matter will continue next week.

## Klan Parade Develops

Into Free-for-All Fight

McKinney, Tex., Dec. 10.—A Ku Klux Klan parade Saturday developed at one time into a free-for-all rock throwing fight between the klansmen and men watching the parade. Several klansmen received bruised heads, it was said, and several of the unmasked participants were bruised. One man was bruised severely on the head when struck by a rock. Window lights in a passing interurban car also were broken out by flying missiles.

## Adams County Poultry Show

Will Be Opened Wednesday

Hastings—Adams county's second annual poultry show will open Wednesday. At the Clay county show, Adams county won 45 ribbons on the 30 birds entered. County Agent Davis of Adams county entered the White Plymouth Rock which was declared grand champion.

Parson Flays Mt. Clemens.

Mt. Clemens, Mich., Dec. 10.—Unless "wide open" conditions here are checked, Rev. Thomas C. Sykes, pastor of the local Presbyterian church, says he will take the matter to the governor. Vice, gambling and bootlegging flourish openly, the pastor charges. Voters in Macomb county, where Mt. Clemens is located, evinced wet sympathies at the election, November 7, when they defeated Rev. Caleb Rutledge, republican candidate for sheriff, by almost 2 to 1. Rutledge promised to close every "blind pig" and put every gambling house out of business in Macomb county.

Sittings—made before December 22 will be finished in time for Christmas.

Please arrange appointments as soon as possible.

Heyn Studio  
Paxton Block  
16th and Franklin

Florida  
A life in the open and your favorite sport under ideal conditions.

Only one night en route. Pullman passengers only. A new train leaving Chicago 12:01 noon, St. Louis 4:04 p. m., every Tuesday, Thursday and Saturday. Birmingham 5:45 a. m., Jacksonville, 8:50 p. m. Through sleepers to St. Petersburg and effective January 2nd through sleepers to Miami. Observation, club and dining cars.

From Chicago daily 8:15 p. m., leaves St. Louis 10:34 p. m. A fast time, on-time, all-steel train, famous for its satisfying service. Less than a day and a half to Jacksonville. Arrives Jacksonville 7:45 a. m. Observation and drawing-room compartment sleeping car, dining car and coaches. Through sleeper car to Savannah and Tampa. Through sleeper to Miami, effective December 31.

For reservations, fares and descriptive booklet, "Florida, Where Winter Is