

# How to Keep Well

By J. 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 address envelope is enclosed. Dr. Evans will not make a diagnosis nor prescribe for individual diseases. Address letters in care of The Bee. Copyright: 1922.

## Eczema—A Hodge-Podge

What is called eczema is a grab bag into which the doctors throw a multitude of unrelated skin troubles and into which the people pitch about all the eruptions not already thrown in.

Since the collection is a hodge-podge, it follows that what will cure one case will not cure another, and this means that there are as many remedies for eczema as there are for colic, and our stock owning friends tell us that there are a thousand sure cures for colic.

It also follows that no one way to prevent eczema will prevent all cases. Now that is out of our system and we begin to get down to cases—the largest single cause of eczema is harmful diet. That does not mean too much meat or too much sugar or too much grease, nor any other error in that group as a rule.

It means that some food which is wholesome to some people is unwholesome to that individual. For example, tetter on the baby's head may mean that the baby cannot tolerate milk even though it is mother's milk of good quality. Some cases of tetter in babies is due to milk that is too rich in some one ingredient or another.

Drs. Knowles and Corson say in the Transactions of the American College of Physicians that about one-sixth of the eczematous eruptions they have encountered are the results of occupation. As a rule, most of the occupation eczemas are on the hands and also as a rule are worse on the right hand. This is because the hands and particularly the right hand dabbles in the harmful substances.

In certain occupations in which the skin of other parts of the body are smeared with the harmful substances, those areas develop eczema.

In some trades the poison is rubbed into certain parts of the body by the clothing and eczema develops in such areas. It develops in places where the skin creases. Sweating is a factor, since it either puts the poison in solution and thereby makes it worse, or washes it away and thereby decreases the danger.

The person who for a long time has worked at a given trade without trouble, and then develops skin trouble, even though all surrounding conditions are as they were, or seem to be so, wonders or doubts that the trade is the cause. When eczema develops, the explanation lies in some change of the amount or the strength or character of the harmful substance. Or it may be due to different weather conditions or to some factor which we do not understand.

Among the occupations which are most liable to cause eczema are washing, cooking, handling sugar, photography, working in the manufacture of chemicals and ammunition. Dyeing the hair is a frequent cause.

**HEAD COLDS**  
Melt in spoon; inhale vapors; apply freely up nostrils.  
**VICKS VAPORUB**  
Over 17 Million Jars Used Yearly

**THE TIGER**  
has arrived and so has  
**THE LOTUS WOMAN**  
You can meet HER at any bookstore. Nathan Gallizer and Eric Pape will introduce you.

You're Welcome in  
**Wellington Inn**  
When in  
**Omaha**  
Room Rates \$1.50 to \$3.00  
"SERVICE WITH A SMILE"

**Bowen's**  
THE VALUE GIVING STORE  
An Ideal  
Christmas Present  
an "ELDREDGE"  
Two-Spool Sewing Machine

**Births and Deaths.**  
**Births.**  
John and Teresa Gault, hospital, girl.  
Anton and Carmela Minardi, 2603 Pierce street, boy.  
Fred and Ruby Cappins, hospital, girl.  
Byrnie and Catherine Holmquist, hospital, girl.  
Alfred and Jessie Peoples, hospital, boy.  
Senon and Regina Marena, Box 4, Gibson, Neb., girl.  
Michael and Lulu Clines, 3220 South Nineteenth street, girl.  
Payette and Merrile Ollis, hospital, boy.  
Raymond and Susie Peterson, 1818 North Sixteenth street, boy.  
Lucine and Edith Shook, hospital, boy.  
Fred and Ida Victor, 227 Locust street, girl.  
Paul and Mildred Taylor, hospital, boy.  
William and Susie Brown, 2320 North Twenty-eighth avenue, boy.  
Carl and Esther Jensen, Twenty-fourth and Scott street, girl.  
Fred and Mattie Holmes, 1317 North Twenty-sixth street, girl.  
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Harry and Hilda Meyers, Fort Omaha, Neb., boy.  
Fred and Catherine Coyle, 4915 North Twenty-seventh street, girl.  
**Deaths.**  
Raymond De Witt, 8, Fifty-sixth and V street.  
Stefan Jastranckas, infant, 3522 V street.  
Mrs. Annie Pike, 28, 2215 Arbor street.  
John D. Daley, 78, 5102 North Fortieth street.  
Dr. Will H. Sherraden, 61, 6021 Davenport street.  
Mrs. Anna B. Stiles, 56, 2711 Dewey avenue.  
Lena N. Holman, 86, 2012 Elm street.  
Bertha Diehoff, 40, 1623 Burt street.  
Andrew Longo, infant, 1903 South Eleventh street, girl.  
Nancy Valien, 46, hospital.  
Francis Marian Barnes, infant, 3240 Redman avenue.  
Tighman H. Wilburn, 39, hospital.  
Mrs. Leona Murtagh, 38, hospital.  
Sabina Moore, 58, 2625 North Sixty-fifth avenue.  
**Marriage Licenses**  
Marriage licenses were issued to the following couples:  
Norman Zlotkin, 26, Omaha, and Esther Belzer, 21, Omaha.  
Clyde W. Ross, 27, Omaha, and Alvina E. Hensman, 22, Omaha.  
James Harris, 45, Council Bluffs, Ia., and Stella Cavett, 40, Council Bluffs, Ia.  
Paul L. Presser, 25, Omaha, and Alice Linn, 24, Omaha.  
Thomas J. Finerty, 26, Lincoln, Neb., and Hazel C. Raper, 19, Lincoln, Neb.  
John P. Swift, 22, Omaha, and Marie Olson, 26, Omaha.  
William C. Silbert, over 21, Omaha, and Marjorie I. Parsons, over 21, Omaha.

**\$29.75 and Up**  
Sold on Easy Terms  
Value-Giving Bargains  
—in—  
Used Sewing Machines  
"Howe" Machine .....\$2.50  
"Davis" Machine .....\$5.00  
"Household" Machine...\$7.50  
"New Home" Machine .....\$9.00  
"New Window" Machine .....\$12.50  
"Goodrich" Machine...\$15.00  
"Singer" Machine...\$18.00

Trade Your Old Sewing Machine for a New "Eldredge" Two-Spool.

**H.P. Bowen Co.**  
The Value-Giving Store  
Howard St. Between 15th and 16th

## Common Sense

A "Liability" Which Might Make You Rich!

Did you ever think of a saving system as a liability? You have thought for a long time that it is an impossibility for you to save anything, any more than you do at present, out of your income.

As an illustration, supposing you were to lose your present job and had to take one at five or ten dollars less per week, you would immediately adjust your expenses to keep within the amount you were to get, would you not?

If this would be possible under such circumstances it is always possible. If something should come up which would make it seem necessary for you to meet a certain demand each week, could you not do it?

Supposing you put away five or ten dollars a week as a debt you owe end which you had to meet each week. You would accomplish it, would you not?

So, you see how it would be possible for you to make a substantial saving if you considered the matter seriously enough and provided for it. Consider your saving as a liability and you will save, that is all.

**"Sweet Potatoes" Seized.**  
Cincinnati, Dec. 11.—Four thousand quart bottles of bottled-in-bond whiskey in 170 barrels labeled "sweet potatoes" were seized in the Big Four railroad yards here by federal prohibition agents and Cincinnati police.

**REPLY.**  
It is altogether probable that some one in your family is a diphtheria carrier.

The chances are strong that the germs live in the throat of some one in your house.

Have the health department make cultures from every throat in your household.

**Diabetic Serum Promising.**  
W. C. writes:

"1. Do you believe in the new diabetic serum recently discovered in Toronto, Canada?"

"2. Is that serum known to be a cure?"

"3. Is the experimental work or research work finished?"

"4. Where could a diabetic patient get this serum treatment?"

**REPLY.**  
1. Yes, it is very promising. I had an article about it a few months ago. I am watching the reports about it with interest.

2. Perhaps the statement is too optimistic.

3. No.

4. Many private physicians are trying it out.

**Child's Navel Projects.**  
Mrs. J. F. F. writes: "I have a 3-year-old son whose navel projects a half inch. He wore an abdominal belt for six months or more, which did not seem to do any good."

"He plays fine and it does not bother him, and he seems to be in perfect health in every other way."

"If it is dangerous, what would you advise me to do or have done?"

**REPLY.**  
I doubt the necessity of doing more than you are doing.

Does the binder fit properly? Does it hold the rupture back? Does the child wear it all the time?

**Daily Prayer**

O, My Master, let me haste to my work today and may I do my best as Thou seest. Teach me to be truthful and to look up as a touch with Thy hand. Help me to do a good deed, if I may, speaking a word of cheer to the downcast and a few good things for the hungry. Help me, Lord, to remember those who cannot pray for themselves—the sick, the insane and all those troubled in mind and heart. Help me, Lord, to pray for those who have no one to pray for them and who feel that life is all dark. So may Thy footsteps make the daily path look as sunshine. So may the brightness of Thy glory gild all the rough and hard places in my work. Lord help me. Amen.

REV. FREDERICK J. COMPTON,  
Pastor Holy Trinity Church, York, Neb.

**Parents' Problems**

How can a girl of 15 who dislikes all manual occupations be led to take an interest in sewing and in doing other things with her hands?

One girl who hated to sew became quite an expert needle woman, because she undertook to clothe a baby who belonged to a poorer neighbor. An outside motive often succeeds in doing more for us than we know ourselves.

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**SUN**

NOW AND ALL WEEK  
Two Hours  
of Laughter

**CHAS. RAY**

In His Old-Time Form  
"Alias Julius  
Caesar"

**LARRY SEMON**

In a Travesty on the Popular  
Game  
"Golf"

You'll  
Say  
So!

**SUN**

THIS WEEK

**WORLD**

NOW PLAYING  
All Omaha Is Laughing at  
**Billy "Swede" Hall**  
and Company in "Hilda"  
ROSS, WYSE TRIO  
With Tony, the Wonder Boy  
4 OTHER STAR ACTS

A Superb Photoplay  
**"THE BLOT"**  
with Claire Windsor

**EMPRESS**

NOW PLAYING  
"STRANDED" A Novel Minstrel Offering.  
Featuring George Wilson, the Oldest  
Minstrel Star on the Stage.  
Genevieve Davis and  
Beatrice Bradner in  
"Harmonie"  
Arthur Lloyd—"Humorous Card Index"  
Paul Howard—"Flexible Comedian"

**BILLY DOVE**  
In "Youth to Youth."

**WASH KIDNEYS**  
IF THEY HURT

Take Salts to flush Kidneys  
if Back pains you or  
Bladder bothers.

Flush your kidneys with salts occasionally, says a noted authority, who tells us that too much meat and rich food may form uric acid, which almost paralyzes the kidneys in their efforts to expel it from the blood. They become sluggish and weakened then you suffer with a dull misery in the kidney region, sharp pains in the back or sick headache, dizziness, your stomach sour, tongue is coated, and when the weather is bad you have rheumatic twinges. The urine gets cloudy, full of sediment, the channels often get sore and irritated, obliging you to seek relief two or three times during the night.

To help neutralize these irritating acids, to cleanse the kidneys and flush off the body's urinous waste, get four ounces of Jad Salts from any pharmacy here; take a tablespoonful in a glass of water before breakfast for a few days, and your kidneys may then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate sluggish kidneys; also to neutralize the acids in urine so it no longer irritates, thus often ending bladder weakness.

Jad Salts is inexpensive; cannot injure and makes a delightful effervescent lithia water drink.

**Watch Your Step!**  
Sherlock Holmes  
Is Coming in  
**THE HOUND OF THE BASKERVILLES**

**EMPRESS—Thursday**

**RUTH ST. DENIS**  
Ted Shaw and Denishawn Dancers  
Thursday, Dec. 14th  
**BRANDEIS THEATER**  
Mat. 2:30 p. m.; Ev'g 8:15 p. m.  
Auspices American Legion Auxiliary.  
Prices 50c to \$2.50 (Tax Free.)

"OMAHA'S FUN CENTER"  
**Gavety** MAT. & NITE TODAY  
PRE-WAR PRICES  
"SHORTY" "RIB"  
**McALLISTER & SHANNON**

"HIPPITY HOP!"  
EXTRA! Sugar-Foot Snowball,  
Columbia Burlesk  
Harmonics Playing Feet  
Ladies' Tickets, 15c or 25c at Daily Mat., 2:15  
Sat. Mat.; Joe Marks & "Youthful Mat."

**UKULELE DANCE**  
TONIGHT  
Ukulele Free to Each Lady.  
It's a Novelty Dance Worth While.  
PRIZE MASQUERADE DANCE  
WEDNESDAY NIGHT.  
**Empress Rustic Garden**  
"The Live Spot of Omaha." Al "Raggy"  
Rubin's Orchestra.  
Admission 50c, including Tax. Reser-  
vations Free. Call At. 5645.

# Lloyd George

Writes An

# ANSWER TO POINCARE

in

Next Sunday's Issue

of

The Omaha Sunday Bee

The British ex-premier's views on the latest French demands are being cabled from London for publication *Next Sunday*.

Lloyd George analyzes the proposals with his usual engaging frankness and incisive directness.

This is the second of a series of copyrighted articles by David Lloyd George published EXCLUSIVELY in The Omaha Sunday Bee. Others will follow from week to week.

Interesting  
Informative  
Illuminating

# READ Lloyd George

in

# THE OMAHA SUNDAY BEE