

# Twenty Mid-Winter Graduates of Omaha High School



Arthur Robinson



Minnie Malchien



Lynn Sackett - Pres.



Ethel Padmore



Louis Kowaleksi



## The Doctor's Answers On Health and Beauty Questions

By DR. LEWIS BAKER

The questions answered below are general in character; the symptoms or disease are given and the answer is given in a general way of similar nature.

Those wishing further advice, free, may address Dr. Lewis Baker, College Bldg., College-Hillwood Sts., Dayton, Ohio, enclosing self-addressed stamped envelope for reply. Full name and address must be given, and only initials or fictitious name will be used by the doctor in answering. The prescriptions can be filled at any well-known drug store. Any druggist can order of whole-saler.

**Miss M. C. writes:** "I have been taking medicine for rheumatism for over two years. I take a grain salicin tablet twice a day, and a grain of camphor with a grain of belladonna every three hours. I also take a grain of belladonna with a grain of camphor every three hours. Headaches, toothache, rheumatism, etc., are relieved by this treatment. I am getting well."

**Miss M. G. writes:** "I have been affected by rheumatism for over two years. I take a grain salicin tablet twice a day, and a grain of camphor with a grain of belladonna every three hours. I am getting well."

**Answer:** The most efficient prescription I have ever given for rheumatism is: Iodide of potassium, 2 drams; sodium salicylate, 4 drams; camphor, 1 grain; belladonna, 1 grain; oil of camphor, 1 oz.; honey, fluid extract, 1 oz.; and syrup camphorated camomile, 5 oz. Mix and take a teaspoonful at meal times and at bedtime.

**"Miss W. writes:** "I have suffered with asthma of the head for many years. This has become so bad that it has affected my blood, also causing me to sweat heavily in a very great extent. I shall appreciate an immediate answer, as I suffer greatly."

**Answer:** I would advise you to purchase a 2 oz. package of Vitanil powder; take one-half teaspoonful of the powder and add to it a pint of warm water; stir until the water turns pale green. Take a certain balm by Miller, one teaspoonful of powder, with one ounce each, vanillin, 4 drams oil, and 1/2 oz. of oil of orange. Mix and take a spoonful of this mixture every hour.

**Answer:** The splendid laxative, home-made cough syrup is made by mixing a 2 oz. bottle of orange juice with 1/2 oz. of oil of camphor, 1/2 oz. of orange oil and a pint bottle made at home.

**Answer:** I once recommended the use of a home-made cough syrup. "I had to find it the best cough and cold syrup that I could find. It was made by mixing the sweetest orange oil and oil of camphor with a grain of camphor sugar syrup. Directions on the bottle tell how to make and use. It is a fine, cheap remedy."

**"Miss J. writes:** "I am bothered greatly with indigestion. Things I like to eat nearly always cause me to feel ill after eating them. I have a very poor appetite. I have tried various remedies, but have not been able to get rid of it. I frequently cannot sleep."

**Answer:** A very excellent treatment which is widely prescribed for its gradual curative action, as well as the instant relief it affords, is talcum troponium, packed in small tablets. One tablet is to be taken after each meal, followed by a glass of milk. This will bring the appetite back again. The tablets are easily dissolved in water and may be taken with a spoonful of orange juice.

**Miss G. writes:** "I would like you to prescribe a good hair and scalp treatment. My hair is faded and falling and none of the remedies I have tried have done any permanent good."

**Answer:** Go to your druggist and obtain a 4 oz. bottle of hair tonic. Apply it to the scalp. This treatment differs from all and I have actually seen the astonishing transformations which result from its use. The dandruff and scaling are gone and the hair appears darker and thicker. It makes the hair glossy, wavy and full of intense natural color."

**Miss M. writes:** "Owing to my extreme thinness I am frequently embarrassed by slight remarks of young people. Can you prescribe a safe remedy to increase my weight?"

**Answer:** I have no many gratifying reports from the users of three grain Alpenheits tablets. These are a good emetic and diuretic. Take a little tablet as a specific and prescribe them to all who are asthenic, thin, wasting, nervous and before using. Continue a sufficient time to properly reduce the weight."

**Mr. D. C. writes:** "I have always been afraid to try to reduce my weight, but now I will probably do it. I am taking a grain of camphor, 1 oz. of glycerine and 5 oz. of aromatic vinegar. Mix, shake well and for a few days take a spoonful of this mixture every hour. This will help me to lose weight."

**Answer:** Have the following prescription filled at your druggist: 1 oz. of glycerine, 5 oz. of aromatic vinegar. Mix, shake well and for a few days take a spoonful of this mixture every hour. This will help me to lose weight."

**Answer:** Obtain separately to avoid substitutes, 1 oz. of glycerine and 5 oz. of aromatic vinegar. Mix, shake well and for a few days take a spoonful of this mixture every hour. This will help me to lose weight."

**Answer:** I am recovering from a long illness but am very weak, nervous, sleepless and have little appetite. Can you give me a good tonic restorative treatment?"

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