About Your Health

Things You Should Know



by John Joseph Gaines, M. D.

INFLUENZA.

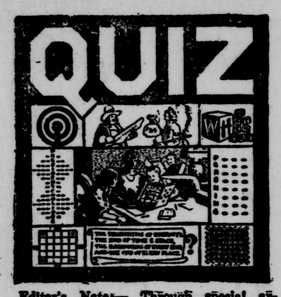
The onset of influenza is invariably sudden and intensive. There are no warnings of its approach. One point, of which we are reasonably certain is, that the infection enters the system thru the breathing passages. During epidemics, the gargle and nasal douch should be used freely after all exposure, as a possible preventive. Contact with suspected cases should be scrupulously avoided if possible. Large or small public gatherings, where a dozen or more are coughing, are very dangerous, and traveling in over-heated trains that are usually crowded, often scatters millions of influenzal germs.

Weakness is the predominant symptom—indeed that may be the only diagnostic symtom. No other disease prostrates the victim so thoroughly from its moment of onset. There is nothing like this weakness. Sometimes there is fever—at other times none, or so little as to escape notice. Active delirium is common in febrile cases. It is in this stage that pneumonia usually supervenes, if at all. Absolute rest in bed is imperative, and should be resorted to promptly.

Alcohol in diluted form, has proven of inestimable value in the treatment of influenza, if its use is carried on until free sweating occurs. It appears to be antagonistic to the poison, and is useful in combatting the terrible weakness. It should only be used with the advice and observation of the physician. Many doubt the efficacy of vaccines, though I have found them of great value in my cases, and am never without them. Strict quarantine is a wise measure that should not be neglected, in localities where influenza is prevalent. Good nursing is an essential upon which too much emphasis cannot be laid.

NEXT WEEK—
"A WINTER TALK."

QUIZ



Editor's Notes— Through special arrangement with The Educational Book Co., N. Y., this newspaper now offers its readers this interesting feature, "QUIZ", being extracts from that book, endorsed by Eugene C. Gibney, Director of Extension Activities, New York Board of Education. These puzzles will be found intellectual as well as instructive.

Puzzle No. 15.

State six words that spell the same both ways: 1, A form of address; 2, An animal; 3, Found in fruits; 4, A logical document; 5, Part of a ship; 6, Midday.

Puzzle No. 16.

DROPPED VOWEL PUZZLES

"D- -ll th-g- -d y-- c-n,
-n -ll th- w-ys y-- c-n,
T- -ll th- p--pl- y-- c-n,
-n -v-ry pl-c- y-- c-n,"
-t -ll th- t-m-s y-- c-n,
-n th- q---t-st w-y y-- c-n,
-s l-ng -s -v-r y-- c-n."

Puzzle No. 17.

I am a body of people. Change my initial, and I am a comparitively small number. Another change, and I am a Christian name. Once more, and I become a bird. Again give me a new initial and I am an extremely useful instrument. Sometimes of very humble origin. Change it again, and I become a marshy place. Another change, and now you surely know me well. Yet one more change, and you'll find me in a cave.

Answers to Last Week's Puzzles.

Puzzle No. 11. The letter "L"; Puzzle No. 12. The farmer divided the field into seven portions with a tree in each as shown in the sketch at the left; Puzzle No. 13. Ark. Mass. Mo. Wash. Md. Pa.; Puzzle No. 14, "Nothing after all."



Send your answers to this newspaper. The first five solutions received to each set of puzzles will receive ten credits; when such winner has obtained 100 credits he will be entitled to a "QUIZ CLUB" button or pin. 500 credits will entitle the winner to receive an attractive prize and also have his name printed on the honor roll.

Practical Instructions In HOME SEWING

By Ruth Wyeth Spears



SLOT SEAMS.

In the small plan at the right I have shown the process of making the slot seams that are used to trim many of the more tailored costumes. To make this kind of seam you will need a stay strip of the material as shown at A. This strip should be cut as long as the seam is to be and about an inch and a half wide. The edges of the seam should be turned back and basted to the stay strip so that there is a narrow opening or slot between them. The stitching as shown at B and C is usually made about three-eights of an inch back from the edges.

It is always best to press a seam of this kind both before and after it is stitched.

READERS:— RUTH WYETH SPEARS' illustrated pamphlet "ALTERING PATTERNS AND FITTING" is free. She'll answer your dressmaking problems. Write her in care of this newspaper, enclosing stamp for pamphlet.

DIX "SHOCK PUNCHER" IN PARAMOUNT PICTURE

Well, we had the right dope on Richard Dix in "Too Many Kisses," didn't we? You have but to read the reviews from all over the country to learn that it's just about the funniest picture of 1925. Dix takes another leap upward in his skyrocket to fame. Folks like this big, husky, handsome, regular guy.

Dix has a worthy successor to "Too many Kisses" in "The Shock Punch," by the same author. In this one, Richard tickles your funny-bone and he does some high class knock-down-and-drag-out fighting with Walter Long on the one lone girder that formed the twenty-sixth floor of the new American Tel. and Tel. Building downtown, New York, that will have you gasping and clinging to the chair. (At least, one cameraman got so faint from fright, he had to be lowered tenderly to the ground in the arms of one of the twenty professional sky-climbers who act in the picture.)

Frances Howard is the girl in "The Shock Punch," but you won't know this Frances. You know, Frances always played flapper roles on the stage till she hit "The Swan." She's a swift, dazzling, sweet and pretty flapper in "The Shock Punch." She has taken off her black wig and shows you her own fluffy brown bobbed hair. She's a very nifty stick of dimpled dynamite in this film.

Then there's also Gunboat Smith, the ex-champ pugilist, swapping punches with Richard, who is no mean socker himself. Paul Panzer, Theodore Babcock, Percy Moore, Charles Beyer and Jack Scannell complete the cast of prominent players.

"The Shock Punch," which will be shown at the Palace next Friday and Saturday, 4th and 5th was adapted for the screen by Luther Reed from the Liberty Magazine story by John Monk Saunders. Paul Sloane directed.

Rank Health With Three "Rs" Is Plea

By MARIE K. JOHNSON

As an educational subject for children, health should hold equal rank with the three "R's" in the curriculum of public schools. Doctors declare that without a healthy, sturdy body it is impossible for the child to have a healthy, happy mind.



Marie K. Johnson.

Neglect of childhood defects may result in permanent physical impairment later on. Many childhood ills are traceable directly to malnutrition.

High school students especially need a variety in foods for at this age their growth is rapid. The protein or "building food" should be abundant for high school boys and girls. When they buy their luncheons, high school pupils are apt to display a preference for chocolate sodas, cream puffs and candy. An appetizing luncheon put up at home is much to be preferred to the sort the boy or girl might obtain at the corner store near the school.

Meat is all right for the school luncheon but it should be put up in tempting form. If sliced thin it is more appetizing in sandwiches than if in thick pieces. Beverages or soup may be carried in thermos bottles but the bottles must be carefully washed and aired daily after using.

Milk is recommended for an important place in the boy's or girl's diet because of its proteins, minerals, phosphorus and calcium, necessary for the development of the body and in the case of calcium and phosphorus for the building of bone and teeth. Evaporated milk has come into favor as a health builder for children as well as adults because by removal of 60 per cent of the water it is rendered more than twice as rich in food value as ordinary milk and by a process called homogenizing more digestible than bottled market milk.

Crisp lettuce and celery, carefully washed and dried, may be so wrapped in oil paper that they will be fresh and in good condition at lunch time. Lettuce should not be used in sandwiches for wilted lettuce is almost indigestible.

Be a Milk Tippler, Says Dr. Schireson

Peaches and cream complexions of American women have their foundation in a milk diet, according to Dr. Henry J. Schireson, famous Chicago dermatologist and facial plastic surgeon.



Dr. Schireson.

Doctor Schireson has won fame by beautifying motion picture, musical comedy and vaudeville stars and many society women of America. He transformed Fanny Brice's nose, rejuvenated Eva Tanguay's face, removed sixty-four pounds of adipose tissue from Truly Shattuck in one operation, straightened the cross eyes of the leading lady of Singer's midgets, and has performed other corrections for making people young and beautiful.

Doctor Schireson has one infallible prescription for the attainment of beauty. It is: "One quart of milk a day, one hour of sunshine, and repeat ad libitum."

"Beauty specialists and cosmetic makers," says Doctor Schireson, "would be driven out of business in a few weeks if all the women of America would drink their quart of milk a day.

"Babies and children have complexions of angels for the reason that they are fed largely on milk. Milk used externally or internally is a beautifier. Anna Held, I believe, was the first actress who adopted the milk bath. While this was a novelty at the time, and her press agent undoubtedly made the most of it, the principle in itself was sound. But a beauty secret of even more value is the daily quart of milk taken as a part of the diet.

"The milk-fed girl is easily distinguished by the velvety texture and the healthy color of her skin. Milk is a wonderful body builder, because it contains every structural element. It is, in a way, an elixir of life.

"Authorities agree that milk is the most nearly perfect food but it is an extremely delicate one as well. Heat sufficient to kill all bacteria is the essential of absolutely pure and sterile milk. One of the advantages of evaporated milk, which is simply fresh cow's milk with sixty per cent of the water removed, is that it is entirely sterile and is more easily assimilated than ordinary market milk.

"Milk is mentioned forty-seven times in the Bible. The Promised Land of the Israelites was said to flow 'with milk and honey' and Ovid graded milk as second only to nectar, the drink of the gods."

In Confidence by Flo



Readers desiring a personal reply can address Miss Flo, in care of this newspaper

CAN I MAKE A RICH GIRL HAPPY

Dear Miss Flo:—I am very much in love with a girl, who I am quite sure, loves me, but I hesitate to ask her to marry me, or even express my sentiments, for several reasons. First of all, socially, her position is far above mine, and I'm afraid if I did tell her of my love for her, she might think I had her father's money in mind, or the social position I might attain were she my wife. She is the daughter of my employer, who is very wealthy. I met her in the office one day, and her father asked me to take her to lunch. That was the beginning. Frankly, she hasn't discouraged me. She has in fact, almost encouraged me by inviting me to her home, motoring and parties. She has always been accustomed to living luxuriously and having everything she wants; which, of course, my salary would not afford. Do you think that if we were married she would be happy as a poor man's wife? CARL.

* * *

As to whether the young lady in question would be happy married to a comparatively poor man, I cannot say. It depends entirely upon her character, whether she is idealistic or realistic, practical or sentimental.

If she is the kind of a girl who thinks more of clothes than she does of a good husband—if she is cabaret crazy, and is never happy unless she is rushing from place to place every evening—then she would be very miserable and dissatisfied as a poor man's wife—and would make the husband curse the day he married her.

Fortunately, though, the modern girl is rather a business-like person. She knows just what things cost and how far money will go and the luxury-loving young woman of today is apt to save the young man from making the mistake of marrying her—if she knows he cannot afford it. She gently and firmly declines to share his humble lot.

But, on the other hand, there are many girls, the daughters of rich and indulgent fathers, accustomed to all that money can buy, who willingly put love above fine clothes and jewels and cars, and who are perfectly willing and happy to be a poor man's wife. She has learned the value of riches and has found that her happiness is not bound up in material things. It would not make such a girl unhappy not to have all the things to which she has been accustomed—she would rather have love in a cottage than a palace with a man to whom she was indifferent.

The idea that when a young man marries he should be able to support his wife in the style in which she has been accustomed to live is all wrong. It is demanding that he start where her father leaves off, and that is asking too much of him.

So, if you really and truly love the girl—if you find her sweet and companionable—if you are sure you are capable of repaying her, with love and consideration throughout the years, for having given up the material things of life for you—pop the question and see where you stand with her. Youth and romance have always gone hand in hand—they are natural companions—and no luxury in the world can substitute if they miss each other.



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