Democratic Watchman.

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Your Health

THE FIRST CONCERN.

Eczema Usually Due to Faulty Digestion.—There are many forms of inflammation of the skin. Eczema is one of the most common of them. Infants suffer from it more than from any other skin trouble. It is a very uncmfortable thing to have.

It usually indicates a poor condition of the digestive tract. Any digestive disturbance may be caused by irritation of the clothing, too strong soap, or cold, damp winds.

Like almost every inflammation, eczema begins with a redness of the skin; then small blisters appear and break, followed by a scale or crust. There is terrible itching, and a baby may scratch itself badly, causing infection, unless the finger-nails are kept very short.

It most often happens on the the face, though other forms attack the arms, legs or body. The hands may be the seat of trouble.

Eczema of the scalp in babies may occur before or after weaning, and pain and soreness of teething may come with it. The constant irritation may wear the baby out. Fresh milk, beef juice and a little orange juice daily should cure the worst cases.

Adults in a run-down condition are apt to have eczema. It may be the outward signs of a poorly working stomach and intestines, or it may mean that the kidneys are not operating properly.

No matter whether it is the young child or the adult who is afflicted with this trouble, the first thing to do is to regulate the bowels. The diet must be looked into thoroughly and corrected.

In infants diet is of especial importance. Fat must be reduced and constipation corrected. Probably something in the food will have to be changed at your doctor's direction.

Too highly seasoned food or alcoholic stimulants may produce this skin disease. Any excess in the diet must be overcome before a person may expect to cure the eczema.

The local treatment for infants and adults is about the same.

There are many persons who have sensitive skins. In such cases nothing but the purest water, such as distilled water, should be used, or water softened by the use of borax. The mildest soaps should be used.

In eczema the thick crusts which form may be removed by using a poultice made of boracic acid and starch.

Make it into paste by mixing four tablespoonsful of starch and one-half tablespoonful of boracic acid with a little cold water.

Stir until the powders are dissolved. Then pour on one-half or more of boiling water and stir briskly. When cool spread a little on gauze or thin, clean cloth and apply. After a few hours the crusts will be softened and the poultice can be removed without irritating the tender skin.

For the distressing itching which comes with eczema ordinary baking soda and water will relieve it in a solution for outward application. One tablespoonful of hyposulphite of soda to a quart of water makes an excellent solution for outside application.

Balanced Diet.—We are living today in an age of great activity. It is necessary that we have the proper food to keep the body in good condition.

Every housewife must feel the responsibility of choosing the right food to keep her family physically fit. There are certain simple rules to follow.

The important foods which produce energy and repair body waste are divided into three general classes—proteins, carbohydrates and fats. A balanced diet calls for these food elements in the following proportions:

One part of protein made up of the flesh foods, like meats, eggs and the dairy products. These are for building and repairing the muscles and framework of the body.

Three parts of fat, such as are found in butter, cream, oils and cooking fats, oily nuts and fat meats. These furnish energy and round out the body. They give flexibility to the joints and the muscles.

Six parts of carbohydrates, made up of sugars and starches, such as potatoe, cereals, bread, sugars and other sweets. These furnish heat and energy.

There are other foods, also, that are needed to provide the mineral salts. These elements go to make the teeth, bones and other tissues of the body. The foods must contain roughage and a sufficient vitamin content to protect the body from disease.

Meals are not necessarily well balanced even when they contain one of each class of foods, for much depends upon the proportions used. Do not use too many similar foods; variety shuld be the rule.

If you have meat for dinner, you should not include a dessert made up of milk and eggs. If you do it will be supplying more protein than is necessary. If the meal includes no meat, but bread, butter and vegetables, then you will have a balanced meal by including a custard or rice pudding made mostly of milk.

"BEE KING" OF AMERICA HAS BILLION WORKERS.

Two hundred miles of bee hives extending in an unbroken chain around the great Okenfenokee swamp near Waycross, Ga., together with hives set in every penetrable portion of the vast lowland, make up one of the world's largest apiaries. This swamp is second only to the Florida Everglades.

J. J. Wilder, owner of this mammoth colony of bees, declares that contentment of workers is an essential to the hney-making business as to any other industry.

The wilderness of Okefenokee abounds in the things necessary to bee contentment. Tupelo gum and gall berries, which make honey that will not granulate, are found in the swamp with hundreds of other wild flowers attractive to honey bees.

Wilder's desire to become a bee raiser was born when he was four years old. His mother denied him the privilege of eating all the honey he wanted, so he decided when he grew up he would own so many bees he could eat honey with every meal.

In his early teens he became interested in bee culture. He placed the bees in a glass hive, where he watchd every move the bees made.

From that hive has grown a business producing nearly 1,000,000 pounds of honey a year, which is shipped to all parts of the world. During the World war the government took Mr. Wilder's entire output and sent it to Europe. He now owns more than 1,000,000,000 bees filling 15,000 hives.

SPRAY RINGS INSURE HIGH QUALITY WISCONSIN FRUIT.

Wisconsin's 169 spray rings, with a combined membership of 1,800 persons living in 27 different counties, account for the high quality of Badger apples grown during the season of 1929, according to C. L. Kuehner, extension horticulturist at the Wisconsin College of Agriculture.

Consistently high yields and favorable prices reward extra effort on the part of farm orchardists, says Kuehner.

Wisconsin spray rings, especially emphasizing insect control, disease eradiction, orchard fertilization, hand picking, grading, and careful packing have aided the improvement of fruit quality.

Spray rings, in addition to raising the yield and improving the quality of Wisconsin apples, have afforded their members opportunity to pool their resources in purchasign supplies. Consequently considerable savings in the amount of cash that necessarily needs to be expended for the purchase of spray materials, fertilizers, grading machinery, and other orchard supplies have made possible, Kuehner points out.

TOO MUCH WOOD LEFT IN PRUNING THE RASPBERRY.

When it comes to pruning the black raspberry, most growers leave too much wood—that is, leave too many canes and too long side shoots, or canes, on the upright canes. In the spring, when the young canes are about three feet high, nip their tips off, thus causing them to branch and become sturdy and strong, forming a well-shaped bush. No further nipping or heading back, is necessary until the following spring before any signs of growth takes place. Go through at that time and cut out the weak, slender, unevenly branched ones, leaving not over six or seven of the strongest sturdiest ones, and the laterals or side branches, on; these should be cut back to four or five inches. Here is where most growers make their mistake in pruning black raspberries—they leave these side branches too long.

EXHAUST CLEARS FOG IN FRONT OF AN AUTOMOBILE.

Hot air sprayed out in front of an automobile by an attachment on the exhaust of the car has been found effective in clearing away London's time-honored fog, the American Automobile association reports.

The rising current of heated air created by the device, a recent invention, literally lifts the fog about ten feet in front of the front wheels and does it quickly enough to permit a forward speed of about fifteen miles an hour in the densest fog.

The fog lifter can be attached to any car's exhaust and is much simpler than the average windshield wiper. It has been tried out in London and is being adopted by the motorists there.

The jury had acquitted the defendant of horse stealing because of the powerful plea of his lawyer.

"Honor bright, now, Bill, said the lawyer, as the two left the court house, "you did steal the horse didn't you?"

"Well, now look here. I'll be honest with you. I always did think I stole that horse until I heard you make that speech to the jury. Now I'll be doggoned if I ain't got my doubts about it."

He (dreamily)—Would that I were a star in yon heavens.

She (icily)—I'd rather you were a comet.

"Why?"

"Then you'd come around only once every fifty years."

Tillie: "But mother, I can't marry him. He's an atheist, and doesn't believe there is a hell."

Mother: "Go ahead and marry him, dear, and between us we'll convince him he's wrong."

A teacher asked her class to state the difference between the words "results" and "consequences."

A bright girl replied: "Results are what we expect and consequences are what we get."

EVIL SPIRITS IN ECUADOR WILDS

Assassins Paid to Carry on Strife Bred by Old Land Grants.

Guayaquil.—The stretch of land lying between the Vinces and Pueblo-viejo rivers on the western bank of the Guayas contains some of the best cattle and cacao farms of Ecuador, and its dark, dank forests of cacao trees seem to be the stronghold of the spirit of murder—that is, deliberately planned slayings by hired assassins, who are ready for a few dollars to snuff out a man's life with a shotgun from behind some thicket, or, as in the case of the recent Mendoza killing this city, even in a theater crowd.

There are reasons for this, deep-rooted in the form of the land holdings, which date back to old grants either to former Spanish functionaries of the crown for services, or to old revolutionary soldiers. The grants have been sold in the form of shares which were never properly surveyed or delimited, and disputes over them engender hatred. The inefficiency of the laws for punishing cattle-stealing and other forms of lawlessness and the opportunity offered by the frequent revolutions for some bandit or bad man to commit crimes with impunity to the war cry of "Viva somebody or other" also forced the larger plantation owners to organize their own bands of guards in self-defense

Paves Way for Slaughter.

But once the respect for human life was lost through indulgence in more or less warranted and legitimate killings of real bandits and robbers, it was an easy step to killing an obstreperous neighbor, who may or may not have had some right to his claims to land.

One's sensations in riding for the first time in a large cacao plantation are errie. For miles one is hemmed in on all sides by the closely planted trees—at distances of nine to twelve feet—the tops of which meet overhead to shut out the sun completely, making it impossible to see more than a couple of hundred yards at the most directly down the row one is riding in, and then only in a comparatively young plantation. Every acre or so there is a large matapalo tree with its many buttresses making ideal hiding places for any sort of real or imaginary peril, and so even to the foreigner at peace with all the world there comes a feeling of uneasiness and even dread. One can imagine the sensations of some hacendado threatened by an enemy or of one who has had to use the "law of flight" on some cattle thief.

This is where the recent murder of Enrique Mendoza, prominent planter, which has startled Guayaquil, had its origin. All the principals in this tragedy have holdings in this fearsome district, and while most of them had lived in Europe, the force of custom and perhaps circumstances was greater than the restraining influence of any associations abroad.

From the current versions of the crime, it seems that the younger Mendozas, Alberto and Enrique, considered themselves wronged by their uncle Felipe and his agent in Guayaquil, Lautaro Aspiazu, and that Enrique had threatened Aspiazu. The actual killer, who was imported for the deed from up the river, asserts he was hired by Aspiazu to do the job for 6,000 sucres, and that he was promised immunity.

Strange Third Degree.

When this man, Carriel Pincay, was in jail he was submitted to a strange form of third degree. When his food was brought in the sentry halted the bearer and said that all food for him was suspected of being poisoned, and so it must be tested on a dog. Thereupon some of the meal was fed to a stray cur, which died in typical strychnine convulsions. This so impressed Carriel Pincay, although it was betraying one of his former masters, that he made a clean breast of all the circumstances of the recent killing, as well as of many more, telling of the famous alligator pool into which Felipe Mendoza was said to have thrown several persons, and giving details of several famous murders in years past.

Carriel Pincay, who had run barefoot all his life and was dressed up so that he would not attract so much attention as he awaited his intended victim on the theater steps, tried to run after stabbing Enrique Mendoza, who was leaving the theater after the Sunday evening performance with his wife. But Carriel Pincay was caught easily. He said he could not run with shoes on, as they hurt his feet.

He received 100 sucres in advance for his "trabajito," or little job, and now, in jail and to be tried for murder, he is trying to get a lawyer to bring suit against Aspiazu and Mendoza for the 5,900 sucres which he asserts are due him.

Japanese Girls Knew Art of Makeup Centuries Ago

New Orleans.—Centuries before the European or American woman found lipstick and rouge necessary aids to beauty, the Japanese girl knew the art of facial make-up, Mrs. Katsuji Debuchi, wife of the Japanese ambassador to the United States, visiting in New Orleans, said. The powder was really a paste, however, and liquid rouge is still used, she said.

Loving Restraint Need of Modern Generation?

Don Juan is by no means a master of love. On the contrary, he cannot love, because he has not learned that which can be experienced only at home in the nursery—fidelity. He who has seen at home how true parents are to each other, how faithful is their love for their children, as a rule will himself become a faithful and dependable person. He will simply copy what he has seen at home. Today we are in a tidal wave of faithlessness. The innumerable divorces of our day will become even more numerous when the children of the divorced parents grow up. They very likely will not be faithful to their sex partners, because they have not experienced what fidelity is, and what its value may be. They miss the happiness and satisfaction of fidelity, and take freedom in exchange. They are appallingly free. They can always fulfill their desires until the fulfillment itself is no more desired. Within their souls they long for duties.

In the hands of a guide one is apt to be abused. Love is the only protection against abuse. If we love our guide we never feel abused, and if he loves us he will certainly not abuse us. All of us have met such guides in our childhood. The few—becoming less and less rare—who have not enjoyed this experience in their first years, it seems to me, can never be entirely happy. Freedom is all right, but affectionate coercion is also a necessity for men as well as for animals.—From "Critique of Love," by Fritz Wittels.

Varying Opinions as to "Books All Should Have"

There is a house in Chelsea which bears the intriguing sign, "The House of the Nine Books." The nine books are those which, in the occupiers' opinion, ought to be in every home.

They are the Bible, Plato's "Republic," Homer, Horace, "The Arabian Nights," Dante's "Divine Comedy," "Don Quixote," Shakespeare, and Grimms "Fairy Tales."

This is an interesting list, but how many people will agree with it? Many of us would like to substitute Milton for Horace; and if Grimm is included for the children's benefit, wouldn't Hans Christian Anderson be a better choice?

But no two people would make out the same list. What would you say were the nine books that ought to be in every home? Write them down and ask your friends to do the same, and you will be amazed, both at the variety of the titles, and also at the way in which some of them occur in every, or almost every, list.—London Answers.

Friend of the Helpless

Margaret Haughley, after being left an orphan and later losing her husband and baby, went to work as a laundress in a hotel in New Orleans. She spent part of every day visiting the orphans' home and taking food to them. She secured this food by asking various merchants for it. Later she established a dairy and bakery which were very successful. The money which she made she spent for her orphans. Through her generosity three large orphan homes were erected in New Orleans, besides a home for the aged and infirm. The statue erected in her honor in New Orleans is said to be the first statue of a woman ever erected in the United States.

Famous Pair of Friends

Damon and Pythias lived in the fourth century B. C. Damon, a Pythagorean of Syracuse, was celebrated for his friendship with Pythias, or Phintias, a member of the same sect. Pythias plotted against the life of Dionysius I of Syracuse and was condemned to die. As Pythias wished to arrange his affairs, Damon offered to place himself in the tyrant's hands as his substitute, and to die in his stead should he not return on the appointed day. At the last moment Pythias came back and Dionysius was so struck by the fidelity of the friends that he pardoned the offender and begged to be admitted into their fellowship.

Assemblies of Bards

The word eisteddford (from the Welsh eistedd, to sit) is a name applied generally in Welsh to any meeting or concourse of people, but more particularly to the assemblies, who anciently formed an hereditary order. These meetings were forbidden by Edward I, at the conquest of Wales, but they were renewed by Henry VII, who was of Welsh origin. They were revived during the last century, and eisteddfods are held periodically at various Welsh towns in succession at which prizes are awarded for proficiency in the Welsh tongue, and for poems in that language, and playing on the harp.

Long Symbol of Authority

Since the days of ancient Rome the fasces has been the symbol of authority. Originally it was a bundle of elm or birch rods, from which the head of an ax projected, fastened together with a red strap. In the beginning this was an emblem of authority carried by lictors. This country is as much at liberty to use this ancient emblem of authority as is the Fascist government of Italy. It is a coincidence that on certain of our coins what is now the Fascist emblem should have for many years been a part of the decorative design.—Washington Star.

Hubby found some holes in hi stockings: "You haven't mende these," he said to his wife.

"Did you buy that coat you promised me?" she asked.

"No-no."

"Well if you don't give a wra I don't give a darn."