

Your Health

THE FIRST CONCERN.



I have nothing against any brand of climate except ours.

An insurance man got me all het up recently by offering some sick insurance that is noncancelable. Whadaya mean, I naturally wanted to know. Well, it turned out that the sick insurance I carried might be canceled at the end of the year if the company should decide to leave me in the lurch. So I had to summon Henry and hear his defense. Sure, Henry told me, we can decline to renew your policy whenever we decide that you are a bad risk; but we'll sell you one containing a clause which makes it non-cancelable, if you wish to pay an additional premium to cover that additional risk. Then being a friend as well as an insurance man Henry explained, Suppose you would like to spend each winter in some nice balmy climate, like—here insert name of your favorite winter resort—why, then it would pay you to have a non-cancelable sick insurance policy, for all you need is a doctor who will certify that you're badly run down and simply must go fishing down there for several weeks in the winter time, etc. Pretty soft, if you are fond of wintering in the South and have the right kind of doctor to indorse your claim.

This changing climate is largely that sort of thing. The patient, not the doctor, proposes the change, if indeed a doctor is consulted at all. In cases where the wisecracker yet misguided invalid sincerely seeks benefit to his health and "tries" such a change without the advice of a physician, the result is almost always disappointment and sometimes disaster.

Twenty-five years ago a medical teacher in the wards of a hospital asked one of the students, "Why do we advise change of climate in a case of asthma?" The student answered: "Because you can't do anything for him and hate to have him hanging around." A very good answer for 25 years ago. Today a better answer would be that we ship the patient off somewhere because we are not up on this skin testing for allergy and we are too narrow and selfish to refer the patient to a doctor who is prepared to determine what foreign substance is accountable for the asthma. If the doctor finds that out, then the patient may be able to avoid contact with the foreign substance and so escape further attacks; or the patient may be immunized against the substance if it is impossible to avoid contact with it.

True, some sufferers from chronic respiratory disease, chronic arthritis, chronic nephritis, and one thing or another, find a reasonable degree of comfort in wintering in a soft climate, where they venture out of doors nearly every day. Those of us who have to do our wintering right here at home need not feel too envious of these fitting folk. If one can overcome the cold and dampness phobia, all the benefits of open air life, except perhaps in degree, are available here in our dreadful home climate, wherever it may be. Of course there's a greater quantity of ultraviolet rays in the southern sun in the winter time. But if that's the invalid's need, it is simple enough to install a window or two of material which admits the ultraviolet rays of sunlight, and bask in it naked for a while every sunny day, in indoor comfort.

Speaking of asthma, ultraviolet light is always helpful, whether the doctor is bestirring himself to determine the cause or not.

Your good looks depend to a large extent upon the appearance and condition of your skin. A perfect complexion is of more importance than perfect features. Everyone admires a beautiful skin.

Absolute cleanliness of the skin is the first consideration. Your complexion cannot be kept clean by merely dabbing a little water upon it. Plenty of soap of a fine quality is essential in order to cleanse the pores of the skin and to keep it in good condition.

An abundance of water is required to wash away the dirt and germs which accumulate in the day's work.

A general bath should be taken at least twice a week. But in these days most people could not think of letting a day pass without a bath. A brisk rub will stimulate the circulation of the blood, and a bad complexion will show amazing improvements with outside cleanliness.

That is not all, for cleanliness within is also essential. You cannot have a beautiful complexion if your system is clogged with waste materials from undigested food, or poisoned by the evil effects of constipation. You should drink plenty of water, not too much at mealtime but before or after eating. This will help to cleanse the system.

There are germs in the air and germs in the dirt with which we are in constant contact. Of course, it is the skin that suffers first.

The skin is one of the most important organs of elimination of the body. The dead cells are constantly cast off, carrying with them the waste substances of the body as well as the dirt and germ accumulation.

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(Copyright, 1917, Western Newspaper Union.) It has been said that three-fourths or nine-tenths, or some such big proportion—the exact figures do not matter—of the business of the world is done on credit. If this was not true there wouldn't be much business done for no currency system could be devised that would furnish enough money to meet the needs of commerce if every article sold had to be paid for in actual cash. The amount of money in circulation in the United States is only \$47 per capita and this would not go very far if everyone had to keep enough cash on hand to pay for all that he might buy. The greatest of financiers need credit. They keep their resources employed and at times are in need of ready cash. The same thing is true at times of men of smaller means. The credit system, as it is used sometimes, especially in the smaller communities, is abused and works a serious hardship upon the business men of the town. Some merchants, to avoid the loss that results from such abuse of the system or possibly to enable them to sell goods at a lower price than their competitors, operate strictly on a cash basis, but the great majority of merchants in every community give those customers who are responsible and honest the privilege of a charge account and the chances are that some sort of a credit system, properly safeguarded, will always continue to be a feature of legitimate trade. Ask Catalogue House for Credit. You who have a reputation in your community for being at least fairly responsible and upright know that when you desire it or need it you can obtain credit from at least some of the merchants in your town. But some time when you are in need of some article of merchandise and are a little short of ready money, order what you want from a mail order house in Chicago or some other city and ask them to please charge it till the first of the month.

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