

HOW TO KEEP WELL

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Editor of "HEALTH"

HOW TOOTHBRUSHES ARE MADE

TOOTHBRUSHES are by no means a recent invention. Primitive peoples either in past centuries or in present-day remote regions, did not have bristle brushes as we have today, but they did keep their teeth clean. Strangely enough, the brushes used by early races are practically like those used today in the South seas and among Central African tribes. A piece of soft wood slightly larger than a lead pencil is either beaten or chewed, until it is soft and the long wood fibers are separated, forming a brush on the end of the stick. This is rubbed up and down, instead of across the teeth as our modern toothbrushes are used, so that the fibers go in between the teeth, polishing the teeth and also cleaning out particles of food which lodge in the spaces between the teeth. In Central America and South America, a piece of sugar cane is chewed until the cane is soft and the teeth are cleaned with this. In some other tropical countries, a small piece of bamboo is used.

There are several advantages about this stick toothbrush. One is that, after one has been used, it can be thrown away. Here the savage has an advantage over the civilized man who gets his toothbrush at a drug store or department store. He can have as many toothbrushes as he wants and he does not have to pay anything for them. A stick toothbrush is really more effective for cleaning teeth than our modern form, as dentists are finding out. They are now advising their patrons to brush their teeth up and down and special toothbrushes are being made for the purpose.

Modern toothbrushes, says the American Exporter, are made of animal bristles. These are usually hog bristles, the best grades of which come from the colder parts of Siberia and China, where wild hogs abound, which live out in the woods all the year round. Evidently, the colder the climate, the stronger, longer and stiffer bristles the hogs must have to protect them from the cold.

These hog bristles are shipped to this country arranged in "bunches," according to length. They are also sorted by color. Handles of toothbrushes used to be made entirely of bone. They are now made of a celluloid compound.

They are made in many sizes and shapes of handles, straight and curved, large and small. Many dentists have specially shaped brushes made for their patients. After all, any brush is good if it is used often, thoroughly and intelligently.

POTATO BUG POISON FOR MOSQUITOES

EVER since it was proven that malaria was carried solely by mosquitoes, every effort has been made to find an easy, cheap and sure way of killing mosquitoes. After the mosquitoes have hatched out, it is practically impossible to kill them. Mosquito nets and window and door screens will keep them out of houses and away from beds. But no screens are absolutely mosquito proof and screens and nets do not protect those who are out doors at night.

While the mosquito on the wing cannot be killed, the larva or "wigglers" can be killed while they are living in water or the breeding places can be destroyed by draining the pools or oiling the water. But both these methods are difficult and expensive.

Scientists have long been hunting for some kind of poison by which the mosquito larva can be killed easily and cheaply. In the last report of the Rockefeller Foundation, Dr. George E. Vincent, the president, announces that the United States public health service has found that ordinary paris green, used for years by farmers and gardeners to poison potato bugs, is just as effective in killing mosquitoes. This promises to be a more effective way of controlling malaria than anything heretofore tried.

Experience proves, says the report that large groups of people will not take quinine long enough to get rid of malaria. As soon as the sick person feels better, he stops taking quinine. Several ways of controlling mosquitoes have been tried. Drainage on a large scale, ditching to drain small tracts, planting minnows in ponds, lakes and streams to eat up the larvae, spraying creosote or crude oil on the water to suffocate the wigglers are all good but expensive.

The public health service has found that a mixture of 99 parts of ordinary road dust and 1 part of paris green, sprinkled on the water, will kill the larva but do no harm to the fish or live stock. The government has tried scattering this powder over large areas from airplanes. It is not necessary to remove the vegetation from the water or to drain the area to be powdered. One pound of paris green will make 100 pounds of powder. The airplane flies low over the swampy region, slowly scattering the dust as it goes. The dust settles on the water and kills the wigglers.

Everyone expected wonderful results from flying machines. No one ever dreamed that they would be used to kill mosquitoes.

SUGGESTIONS TO AVOID ACCIDENTS

Seasoned Drivers Fail to Make Allowance for Faults of Novice.

As a result of several recent investigations into accident causes in which it was shown that collisions often result from the inability of seasoned drivers to make allowances for the shortcomings of beginners, the accident prevention department of the Chicago Motor club has outlined for motorists some suggestions as to safeguarding car users through better understanding between drivers.

Special Recommendations.
The recommendations of especial importance are as follows:
"Whenever a driver seems to be usurping the right of way at an intersection when he is not entitled to do so it is safer to assume that he is inexperienced and not willfully disrespectful of law and order. Too many motorists seek to 'teach others a lesson' at the wrong time, and the inevitable result is an accident.

"The proper time to teach the new driver the rules of the game is before he has to apply them. The experienced driver who leads the beginner into believing that the only way to learn to drive is to enter heavy traffic and 'sink or swim' is only encouraging the worst form of recklessness.

Willfully Reckless Driver.
"The willfully reckless driver may change his mind at the last moment and avoid trouble simply because he drives well enough to know how to avoid it, but the inexperienced driver has no such advantage."
"There will be about 1,000,000 new drivers this year if car sales continue at the present rate. Although skill in operation of the car is an easier matter to acquire by reason of the great improvement in controls, traffic conditions are more complicated than at any time in the history of the automobile and knowledge of rules of driving and courtesy has never been more important. In view of present conditions the experienced motorist cannot afford to mistake ordinary inexperience for willful recklessness."

Proper Tire Equipment for the Vacation Trip

The motorist who starts on a vacation trip without proper tire equipment is likely to find that he has been penny wise and pound foolish. Nothing so quickly ruins the pleasure of a vacation trip as tire trouble. Replacing tires out in a broiling sun is anything but fun, and, besides this, it causes delay which many times upsets schedules and definite plans.

If a motorist has to purchase tires at some mountain or canyon resort he usually finds that freight and extra profit have been tacked on, so that the price is extremely high.
By carrying two or three spare tires, depending, of course, upon the length of the trip, the vacationist is prepared in case of punctures or blowouts to quickly change and proceed on his way. The safest course of all is to put the new tires on the wheels and use the old tires as spares. There is much less likelihood of puncture in a fresh new casing than there is in a thin, worn tire.

Tube Vulcanizing

It often happens that in vulcanizing a tube, particularly in the open air, the rubber is burned. This may be obviated by making a collar about four inches high to fit around the vulcanizer, using several thicknesses of ordinary wire mosquito netting, fastened together with a couple of rivets of wire run through. This should be placed over the vulcanizer just before lighting the gasoline.

Constant Driving Will Keep Car in Good Trim

"I don't believe I can drive that far in a day," says the typical motorist, contemplating a 300-mile jump. "I'm not in trim."
And yet this same motorist will expect his car to take him any distance any time regardless of whether it is in trim.
The car that is going day and night always is ready for the long trip, or the hard trip, because it has to be in good condition to stand the daily grind. The car that is never really ready is the one that stands in the garage all week. It may have a water leak, or its carburetor may not be adjusted for the change in the weather. Cars are like their drivers in a great many respects, and the matter of being in trim is one of them. Exercise is vitally essential to good service from a car.

This is clearly demonstrated when a car has been in storage for a long period. Everything is stiff when the car starts. Things do not work at their best. Tires are low, springs are rusty, even the stale gas in the tank makes the engine lumpy. The car that is in trim never acts this way. It is always ready, always capable of meeting the demands.

Emergency Filler Very Handy Automobile Tool

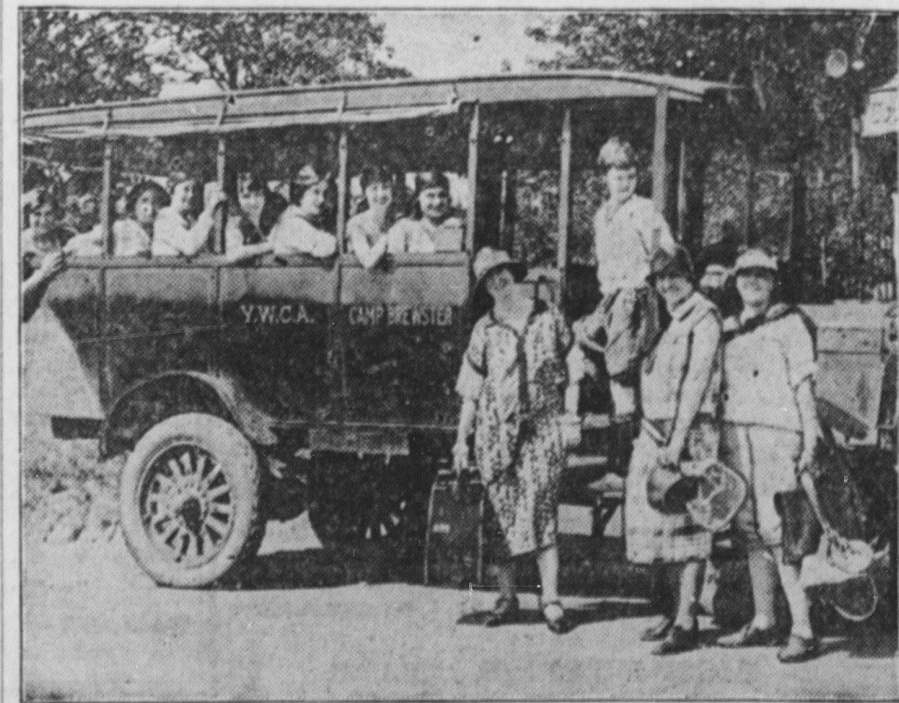
When one is in the country and discovers that the radiator has to be filled with water, but is handicapped by not having a pail or similar receptacle, the rubber floor mat will be found quite serviceable. By folding it, as shown in the detail, and holding the edges together firmly water can easily be carried in it and poured through the radiator opening.—Joseph A. Moffitt, Phoenix, Ariz., in Popular Mechanics Magazine.



Handy Emergency Filler.

Accidents Prevented by Proper Control of Horn
The experienced "Sunday driver" type of motorist thinks the only thing the horn is for is to play a never-ending concert in the ears of pedestrians. Horn control is a fine art and its proper use can prevent accidents.
Excessive use of the horn indicates a novice driver, but its proper use shows the veteran. The novice relies upon his horn to keep others out of danger. The veteran relies upon his control of the car. He slows down for people crossing the streets. He doesn't toot his horn and force them to jump. The novice has to rely upon his noise maker because in nine cases out of ten he is outriding his brakes.
Watch the novice as he approaches a corner. He doesn't slow down, figuring another car may be coming at the rate of 25 feet a second. No, no—nothing like that. He starts "squawking" 25 feet from the corner depending upon his noise to get him through. The veteran driver slows down and uses the horn less in all instances.
A really good driver can do without a horn in most instances. The novice seems to feel he could do better with a steam calliope.

BUSSES NOW ARE LARGEST USERS OF GAS



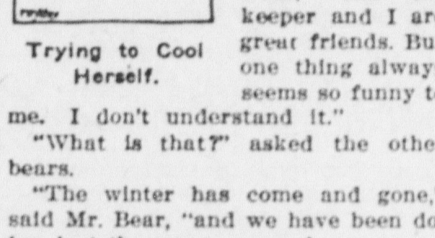
schoolgirls Make Splendid Use of Busses on Trips into Country.

The increased use of busses in this country is causing a noticeable jump in annual gasoline consumption. One bus in constant operation consumes from ten to twenty times as much gasoline a year as the average passenger car.
The 70,000 busses in operation in the United States last year used 271,000,000 gallons of gasoline, a supply sufficient for 700,000 pleasure cars. The busses covered a total distance of 1,900,000,000 miles and the gasoline consumption for each vehicle has been estimated at from 4,000 to 10,000 gallons.
The rapid expansion of bus lines is expected to show a greater increase in gasoline consumption during this year.

Daddy's Evening Fairy Tale

BEAR CHATS

"Of course," said Mr. Bear, "I used to live in the woods."
"Of course," said the other bears. "We've heard you tell so many stories of those wonderful days."
"We have heard you tell of adventures and narrow escapes, of all sorts of thrilling, exciting things."
"I like the zoo," continued Mr. Bear, "and the keeper and I are great friends. But one thing always seems so funny to me. I don't understand it."
"What is that?" asked the other bears.
"The winter has come and gone," said Mr. Bear, "and we have been doing just the same as usual."
"If we had been free we would have been filling up our tummies with berries and all sorts of goodies so that we wouldn't have wanted to eat anything until the early spring."
"We would have gone to sleep for the winter if we had been free, but here in the zoo, of course, we couldn't."
"Now the prairie dogs went to sleep just the same as though they had been out of the zoo."
"In or out of the zoo, they do the same. But we do differently."
"We aren't allowed to eat a great, great, great deal which would last us all winter."
"The keeper sees that we get fed regular meals, so that we can't sleep, or rather so that we don't want to go to sleep for so long a time."
"When we are free we have great autumn feasts, and then great winter sleeps, but here in the zoo we eat when the keeper feeds us and we sleep regular daily or nightly sleeps, and little naps, too."
"But it always seems very strange to me," continued Mr. Bear, "when the autumn has passed and I find myself still awake looking around at the people and the snowstorms and the winter."
"Still, I believe in changing one's ways to suit the place one is in, so in the zoo I live zoo ways and when free I live free ways."
And the other bears all agreed that they thought it best to do just the same.



Trying to Cool Himself.

Then Mrs. Polar Bear began to speak.
"Listen, children, boys and girls," she growled, as she sat, trying to cool herself upon a big cake of ice which the keeper had given to her.
"You all think it is hot, and you're right. Gracious, mercy me, but you're right. It is hot and it seems better than ever, though I think that every summer."
"Now, I see you walking about, and you take out your handkerchiefs and you mop your foreheads and fan yourselves. You go in wading and swimming whenever you can and you eat ice cream, too, whenever you can."
"I have no objection to any of these things which you do. But just remember, children, and tell your daddies and your mothers to remember it, too."
"Remember that you've all put your furs away for the summer; that you've put away your winter clothes and you've taken out summer ones."
"You wear short sleeves, and often you don't wear stockings. But the polar bears can't change their clothes. They have no summer outfit."
"They do not store away their clothes. They can't."
"And what is more, in the winter you not only bundle up, but you live in houses which are warm. I'm told, and you never go swimming in ice-caked pools or anything like that."
"But the polar bears do. No weather is too cold for them. In the winter they love ice, too."
So can you imagine what it is to them in the summer, when they can't put on cool things and when they aren't nearly so used to the heat as you are? No they aren't used to it, for the home of the polar bears is far up North, where there are icebergs and where the weather is never of the kind that makes people fan themselves.
"So don't complain of the heat too much, for there are others who feel it more than you. Ah, there is some one who knows it," added Mrs. Polar Bear, as the keeper put another huge chunk of ice in her yard—something which he did many times these hot days.

Like a Farthing

Why is the North pole like a quarter of a penny?
Because it is a far-thing.

Cautious Youth
A rather stout man was having difficulties under his car when he looked out and saw a boy sitting on the fence. "What are you doing there?" he asked. "I was just watchin'," replied the boy. "And if—"
"And if what?"
"And if I could run faster, I'd laugh."

Movie Reels for Lepers
The exiles of the Canal Zone leper colony are in touch with the rest of the world through the movies. Three of the most important organizations have joined to send reels to this obscure settlement near Balboa. The first shipment recently made consisted of 200 reels and once in the hands of the lepers they will never leave the colony.

Spread of Electric Power
The importance of electrical power in the industrial life of the nation is indicated by the United States geological survey, which reports that public utility power plants now have a capacity of 23,838,000 kilowatts, the highest ever shown.

Or None
"I would like to give my uncle 100 of these cigars. Can you think of how I can give him even greater pleasures?"
"Yes. Give him only 50."—Munich Filigende Blaetter.

More or Less
Postmaster Solomon Seches of Memphis, discussing a mail swindle that had hit Tennessee hard, ended with the philosophic remark: "What America needs is more plow shares and less of the oil kind."

New "Long Distance"
The telephone line between Fort William, Port Arthur and Winnipeg, was opened in May, thus inaugurating a new long-distance telephone service in Canada.

The Old Line
Young Flapper—Girls were different in your days, weren't they, grandpa?
"Well, we told 'em so."—London Answers.

Not at All
"You saw that play? What did you think of it?"
"Oh, I liked it, but really, it is hardly a play to which a girl could take her mother."

No More
Archie—Last night I dreamed that I proposed to you and you said "yes." Do you believe in dreams?
Madge—I did until just now.

Black-Faced
"Say, did you see her flush?"
"Embarrassed?"
"No, all spades."—California Pelican.

Putting It bluntly
Schoolmaster—Now, Rogers, what are you doing? Learning something?
Pupil—No, sir. I'm listening to you.
It is not a greater point of wisdom to discover knowledge than to hide ignorance.—Quarles.

Instal on having Dr. Peery's "Dead Shot" for Worms or Tapeworms and the drugist will get it for you. 372 Pearl St., N. Y. Adv.

You'll never acquire popularity by telling your neighbors how to do things.

TWO WOMEN FOUND HELP

By Reading Experiences of Other Women

Mrs. Nina Matteson, Box 206, Oxford, N. Y., writes—"If it had not been for your medicine, I could not have done my work as it should have been done. Mother told me of Lydia E. Pinkham's Vegetable Compound, and I had read in different papers what it had done for different women. She wanted me to try it, so my husband got me one bottle at first; then I took two others. Now I am feeling quite strong again."

Mrs. Ernest Tanguay of Adams, Mass., says she was ill for four years and could not sleep nights or go out on the street. She read about the Vegetable Compound and decided to try it. After taking eight bottles she was able to do all her work and go anywhere and is quite herself again.
This dependable Vegetable Compound is a household word in thousands of homes. The fourth generation is now learning the merit of Lydia E. Pinkham's Vegetable Compound.
For more than half a century, this reliable medicine has been used by women with very satisfactory results. If the Vegetable Compound has helped other women, why shouldn't it help you?

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Professor—Young man, name a great universal time saver.
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BED BUGS—the most disgusting of all insects! Get rid of them with FLIT.
Flit spray destroys bed bugs, roaches and ants. It searches out the cracks and crevices where they hide and breed, and destroys insects and their eggs.
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