

Let Our Motto Be
GOOD HEALTH
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SCHOOL LIFE A HEALTH ADVENTURE

SCHOOL in the minds of children and parents of children is a health adventure for all. During the summer, children are usually in a good state of health. They spend most of the time out of doors and so store up sunshine. Outside of a few digestive disturbances, caused by sunburn or bad water on some camping trip or overeating of picnic food, they have been quite generally free of ailments since early last spring.

Now how will they stand the fall and winter, housed as they will be for hours a day with some forty other children coming from as many different family environments? Will they be exposed to some disease, such as diphtheria, scarlet fever, whooping cough, or measles? Will there be an epidemic of colds? Will some child in the room show signs of tuberculosis, making you uneasy for the health of your own?

Particularly is school a health adventure for the child of five or six years who is entering for the first time this new life of education, and who has never before been in close contact with other individuals than his own family group and his neighboring playmates. It is a critical time for this little John or little Mary. Every one gets accustomed to the invisible bacteria in one's own home. When a child starts school, he or she has an established community of bacterial life in the covering layers of the nose and throat that is much like the bacterial life in the covering layers of the nose and throat of the other members of the family. Now he enters another germ world completely. Each child transfers the germs from his own body through hands, pencils, coughing, sneezing, loud talking and shouting, to the nose and throat of other children. The school and recreation places become clearing houses for the exchange of the bacterial flora of the upper respiratory passages.

If your child has had tonsillitis, adenoids, or chronic sore throat, he or she will carefully collect, preserve and grow all the newly acquired germs from the forty or more other children. If your child, on the other hand, has a nose and throat that are perfectly normal, these organs will function so as to tend to destroy most of the new invisible visitors. As a result there will very soon be established a different kind of bacterial flora in the nose and throat which is harmless to the child. Your physician can determine whether your child's nose and throat are normal. Abnormal and diseased tonsils and adenoids should be corrected before a child starts school.

Diphtheria can be prevented by vaccination. You should have your child immunized or vaccinated against diphtheria for the following reasons: First, to prevent an illness that terminates fatally about once among every ten or twelve cases of the disease. Diphtheria is a very serious ailment, one of the most serious a child encounters. Diphtheria is avoidable and it is useless to subject your child to this hazard. Second, you should want to protect the other children in the school against getting diphtheria from your child. During the period of sore throat before the actual croup or diphtheria develops, a child spreads thousands of diphtheria germs, and is a serious menace to the health and even the life of his playmates. Third, vaccination will prevent the heart, kidneys or other body organs from damage which may develop as a consequence of the disease. Recovery from diphtheria may leave irreparable damage to vital body organs. Recently Doctor Armstrong of the United States Public Health Service reported that children vaccinated against diphtheria enjoy a resistance to other diseases more than unvaccinated children. It is a protection you should give your child.

Have your dentist see that your child has no decayed or defective teeth that will give trouble during the school year. The dentist can anticipate toothache and can repair the damage before the pain begins. And he can aid in advising diets to make healthier and stronger teeth.

Also see that your child's eyes are not defective. A child does not know whether he has or has not good vision. Children who cannot see the printed line clearly do not recognize bad eyes as the trouble because they have never enjoyed correct vision.

Satisfactory and rapid progress of your child in school will depend more upon his or her state of health than upon the teachers, books or system of instruction. In educating our children we spend a lot of money for buildings and their maintenance and for the teaching staff, only too often forgetting the importance of health in the process. A properly trained school physician who devotes to his duty enough time to locate these children who need help represents a wise investment. He can do a multitude of things that will prevent illness and aid a child in adjusting himself to his school environment.

However, no matter how much health supervision there is in the schools, the health of the child is primarily the responsibility of the parents. Give your John and Mary a good 1934-35 school year by starting them in right.

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Plaid for Style-Wise College Girl

By **CHERIE NICHOLAS**



PLAIDS to the right, plaids to the left, plaids everywhere in the autumn style parade, did one ever see so many plaids as are flaunting their gay colors and bold patterns throughout fashion's realm this season? Plaids in alluring lightweight woolsens, in smart rayon weaves, stunning taffeta plaids and knitted plaids, too, they are all among "those present" in the early fall collections with very special emphasis given them in the much-featured showings of campus fashions.

Evidently, according to the fall style program, the college girl is supposed to dine, to dance, to play golf and tennis, to motor, to study and even to sleep in plaids. Not fiction but fact, this about sleeping in plaids, for one of the smartest items to enroll in a college wardrobe is a sleeping and lounging pajama outfit of gay plaid. The most practical are made of smart cotton prints which are styled with cunningly designed tunics which are made delightfully feminine, with such dainty details as collar and cuffs of scalloped white organdie piped with the plaid, together with a wide sash of the plaid material which ties gypsy fashion in a big romantic bow at one side.

A leading question put up to the college girl is as to whether she will have her frock, suit or ensemble of all-plaid "alone by itself" or shall it be partly of plaid and partly of a weave in solid color. Either or both is the answer, for the advance showings present as convincing arguments in favor of one as the other. An outstanding fashion is the dress which is tailored of all-plaid with not a frill or furrow to mar its sophisticated simplicity. You see the idea illustrated to the right in the picture. The girl seated is also wearing a frock of this type, in brown and light beige, made in shirtwaist fashion. The buttons are

AUTUMN CHIC
By **CHERIE NICHOLAS**

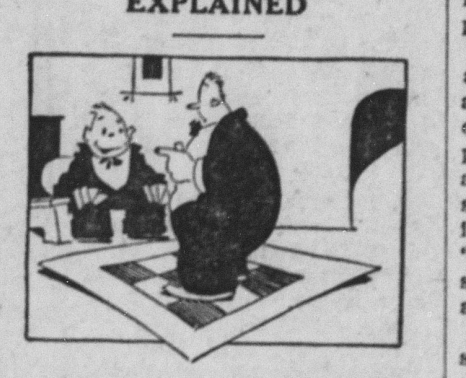


The new tweeds are simply stunning both as to color and novelty in texture and weave. The latest suit models styled of tweed have both a jacket and a long topcoat. Unless you have already proved it to your own satisfaction you have no idea how really useful and practical these three-piece suits are. The model pictured is in a very swagger-looking brown, beige and red checked tweed. The long manish topcoat can be worn as a separate fall wrap. The square patch pockets on the jacket are distinctive.

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CAP AND BELLS

WHERE'S THE MOUSE?
A little boy one evening, after he had been put in bed, began to cry and the maid was sent upstairs to soothe him. After a short lull, the crying broke out with renewed vigor, and his father went to investigate.
"What's all the noise about?" he demanded.
"Well, Mary said if I kept on crying a mouse with big green eyes would come and sit on the end of my bed, but it hasn't come yet."



EXPLAINED
"Going away on your vacation?"
"No."
"Then why the pleased expression?"
"Just learned the wife's relations are not coming here for theirs."
Must Be Well Ahead by Now
"She broke him off smoking so that he could save money."
"And did he save money?"
"Yes. He got so interested in saving money that he broke off their engagement so that he could save still more."

Imagination's Influence
"Some of the great women of history were partly creatures of poetic fancy," said the professor.
"Perhaps," said Miss Cayenne, "popular imagination subjected them to its evolutionary influence and, like Topsy in 'Uncle Tom's Cabin,' they just grew!"

Hygiene Lesson
"Why must we keep our houses scrupulously clean?"
"So that we are safe if company comes unexpectedly."

The Coward
"That's the second time today I've seen that man following that woman in another car, yelling at her all the time."
"Yes, that's old Johnson. He's teaching his wife to drive, but he's not taking any risks himself."—Bystander Magazine.

Too Many
"Mother, is it true that an apple a day keeps the doctor away?"
"Yes, apples are good for your health."
"I don't think so. I just ate 13 green ones and I think I'm going to need a doctor."

Prompt Reply
"Have you talked to the man in the street about this money question?"
"Yes," answered Senator Sorghum. "I met a man in Chicago one night and I said what kind of money do you prefer. He simply drew a gun and said, 'What kind have you?'"

SHE KNOWS
"She says he wishes she could see herself as others see her."
"That's just an excuse for spending a lot of time with a compact."

Innocent Bystander
"You have been called a malefactor of great wealth."
"It's all a mistake," answered Mr. Dustin Stax. "I'm not a malefactor. I'm a victim of circumstances. I hit a streak of luck that brought profit, but I don't know how it happened any more than you do."

Playing Safe
Hotel Clerk—Inside or outside room, sir?
Guest—Inside, I guess. It looks like rain.

Maybe He Was Home
Mother—Jimmy, did you get that loaf of bread I sent you for?
Jimmy—No, mother, the store was closed.
Mother—What? Closed at this hour of the day?
Jimmy—Sure. There was a sign on the door that said "Home Baking."

On Her Toes
"I had to kiss him, I felt so sorry for him."
"Was that after you'd accepted him, dear?"

Good Site Helps Roadside Selling

Markets Along Busy Highway Do More Business, Says Cornell Expert.

By H. R. Varney, Department of Farm Management, New York College of Agriculture.—WNU Service.
If you want to make your roadside market a financial success, place it on a heavily traveled highway. This is one of the main points to consider. The department recently studied 163 roadside markets in all parts of the state and plans to get further information on this type of business.

The market should be on a level road or on the top of a hill, because many motorists will not stop their cars either up or down a steep grade. The market should be clearly seen from some distance in both directions. Get rid of, or avoid, obstacles such as bushes, buildings, or large sign boards. The market should be in a shady location, because shady spots are not only more inviting to customers, but aid in protecting produce from the sun. Stands along curves in the highway are not favorably situated because automobiles parked on curves frequently lead to accidents. The approaches to the market should be wide and inviting, and ample parking space should be provided. Sales have been increased one-fifth to one-fourth by "across the road" parking. Many persons and cars around a stand tend to attract many more.

Location of the market on the right side of the highway going toward the city may mean more business. Travelers who go toward the city usually make larger purchases than those who leave town, and motorists prefer to stop on the right side of the road. If possible, locate the market near a logical stopping place. Sites near camps and places of amusement often mean increased sales.

Finally, aim to make use of any special landscape attractions in the vicinity.

Terraces Will Control Drainage of Lowlands

Much of the poor drainage in rolling areas of farm lands in the Middle West will be controlled or reduced automatically when the lands are properly terraced, says A. T. Holman, agricultural engineer at the federal soil erosion farm, at Bethany, Mo. Good systems of terraces frequently reclaim 10 to 20 per cent of low wet areas and at the same time save nine-tenths of the erosion losses on rolling high lands. Unterraced watersheds permit the run-off from higher lands to flow over low-bottom lands. If the water does not form gullies in the bottoms, it may make seepy swamps or bogs out of them. Terraces check and distribute the flow of water from the hill land and permit the soil to absorb as much as it needs. The surplus, in wet seasons or from exceedingly heavy rains is conducted along terrace channels to outlets and does not run down the hillside in gullying torrents.

In checking and distributing the flow of water, terraces with broad, flat, or slightly rounded drainage channels are most effective. The bottoms of the water channels may be made in the form of a narrow U, but should not be in a sharp V shape.

Cleanest Pigs Grow to Be Fattest, Worth More

Contrary to general belief the pig is not in his natural element when he is surrounded by filth, observes a writer in Pathfinder Magazine. According to a recent finding by the Department of Agriculture the pig fattens most easily when he is kept in a clean place. In most cases the pig's apparent liking for things unclean is forced upon him by his keeper. The food he is given makes him appear to be a scavenger, when in fact he is not. No care is usually taken to keep his pen clean, but in spite of this you will find that, if there is any possibility of it, he will have a dry corner in which to sleep. It is true that on hot days in summer you will find him lying in a mudhole if there is one handy. But it is a desire to keep cool rather than to wallow that takes him there. Give him a chance and he will be almost as clean as any animal on the farm. Anyway, for bigger hogs for marketing the department prescribes clean pens and pastures, and a weekly bath.

Scum in Tanks

A common method of keeping down the green scum or algae which grows in water tanks in summer months is to keep a bag of copper sulphate crystals handy and swish this back and forth through the water a few times when the scum shows a tendency to get a start. One part of copper sulphate to 1,000,000 parts of water will destroy the algae, but is harmless to all live stock and most fish. In some cases a length of copper wire laid in the tank will supply the slight trace of copper needed to control the scum.

Control of Weeds

Application of fertilizers, mowing at the proper time and pasturing with sheep or goats are three effective ways of controlling weeds in pastures, says the United States Department of Agriculture. Grass generally will dominate in a pasture if soil conditions are favorable. Therein lies the value of fertilizers. Phosphate and potash give better results if applied in the fall, but nitrogen should be applied in the spring. It is necessary to mow twice a year to eradicate some weeds.

ALUMINUM TO FOLLOW IRON

Mankind has progressed through the Stone and Bronze ages and is now at the end of the Iron age, according to Prof. Collin Funk of Columbia university. There is more aluminum than iron in the earth's crust, he says, and aluminum is lighter and can be made just as strong as steel for most purposes.

Railroads, he predicts, will lighten their equipment by using this metal, and speed up trains to 100 miles an hour to compete with the growing air traffic. Transatlantic boats will also be much lighter and operate at higher speeds, while buildings will do away with heavy walls and be constructed almost entirely of glass and light metal. He predicts that we will be well into the new age in another ten years.—Pathfinder Magazine.

Whitens, Clears The Skin Quickest Way

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Problem
Prehistoric man was furry. Did clothes wear off the fur?

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Healed by Cuticura
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Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold everywhere. Proprietors: Potter Drug & Chemical Corp., Malden, Mass.—Adv.

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If your child has Worms or Tapeworm, one single dose of "DEAD SHOT" Dr. Peery's Vermifuge will drive them out.
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