

UNIVERSAL MAGAZINE PAGE FOR EVERYBODY

Secrets of Health and Happiness

Swat Every Fly You See to Reduce Disease to Minimum

By DR. LEONARD KEENE HIRSHBERG.
A. B. M. A., M. D. (Johns Hopkins University.)



The hum of the fly, the buzz of the "skeeter" and the hop, skip and jump of the flea at this season of the year begin to make you remember that these insects are more than accidental carriers and distributors of shivers and shakes, typhoid, dysentery, malaria and typhus fever.

The animalcule malaria is a microbe visible under the microscope as tiny black dots in the red corpuscles of the sufferer's blood. In stages of prenatal development, the malaria parasites are alive unborn in the female mosquito's stomach, mouth and saliva. They are born when the female mosquito bites a human creature and thus inoculate the victim's blood. Here on alternative days or some regular interval, they mature and burst simultaneously from the confines of the red corpuscles.

Flies Love Filth.
It is at these periods that a shaking chill occurs in the victim of true malaria. Unless intelligent treatment with skillfully standardized amounts of quinine are administered the next stage and hearty female mosquito of the Anopheles type that happens along will pick up these unhatched microbes and breed them through their infancy for some other unprotected human.

As guilty as these females of the "skeeter" species, the ordinary common household variety of fly is worse. The mosquito, after all, is a clean creature compared with the filth-loving, eternally egg-laying, food-sucking housefly. There are a few persons who, by intuition and instinct, cannot abide a fly. To them its very name is anathema. They know that the only safe, clean and healthy fly is a dead one.

Extremes in Cure.
The fly, by reason of its habits, asso-

Answers to Health Questions

X. L. K. Q.—I am very fleshy. What can I do to reduce?

A.—Food laxatives, such as uncooked bran, help in the reducing process, as do green vegetables and exercise. Drink plenty of water only between meals to flush the kidneys. You must observe simple rules. Don't sleep too much. Don't overeat. Eat of lean dishes, eat unless you are hungry. Don't drink alcoholic beverages. Don't eat bread, except gluten bread toasted, and this in moderation.

R. S. F. Q.—For the last year or more I have been suffering from lack of energy. I always feel fatigued after. Please advise what to do.

A.—You: teeth, nose, eyes, lungs, skin and kidneys must be searched for a focus of infection, a nest of vegetable germs. Once the source is found and its cause removed, the tired feeling will disappear without drugs and so-called "blood purifiers" or "tonics." Play tennis and other outdoor exercises.

THANK YOU.—Please tell me what to do for peeling skin on the bottom of the foot.

2. What can be done for "persistent blues."

A.—Apply a little of the following to the feet:
Pink calamine 2½ drams
Zinc oxide 2 drams
Glycerine 2 drams
Phenol 30 drops
Lime-water 2 ounces
Rose-water 2 ounces

2. You should mix with the public mortar and forget all of your old troubles. Learn to swim, dance, play tennis, etc. for the "blues."

X. X. X. Q.—Will you please tell me what to do for a heart that beats hard?

A.—This may be due to either lack of physical exercise or to excessive use of cigarettes on one.

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HATS—BOTH SAILORS

By Crerie



It may seem merely a coincidence to some that SHE should wear a sailor hat, but HE knows why and so do all their friends, who tenderly smile because everything amacking of the sea—though it be only in name—is wonderfully dear to her since HE became a sailor-oh! "Good soldier" is what they call her sister when her sailor's away—she SHE who wears a sailor's ring vows while he's conquering U-boats that SHE will be a good SAILOR—bless her and Jack, who thinks she never wore a hat half so becoming!

How to Treat Deep-Ringed Eyes in Beauty Ways

BY LUCREZIA BORI
The Famous Spanish Prima Donna

City-bred women sometimes show a faint, bluish shadow which should and can be easily avoided—deep ringed eyes—whether it be some internal and organic, or the indiscretion of late hours—there are some external aids that may help to eradicate these unsightly wrinkles. One simple remedy is:

1½ ounces almond milk
4 ounces rose water
60 grains alum

Disolve the alum in the rosewater, then pour slowly into the almond milk, stirring constantly. Bottle and use as needed.

Sometimes unsightly lines appear around the eyes because of eye strain, worry or sleeplessness. Early attention should be given this condition, for the longer it is delayed the more difficult it is to remedy.

Sleep Best Aid.
The simplest remedy is rest. This means more sleep, and if possible an hour's nap during the day in a darkened room.

Another help is to massage the wrinkled places gently. First, slap the parts lightly with the finger tips as this tends to stimulate circulation and brings blood to the surface of the skin. After this, soothe by patting with cream—not a cold cream preparation, but cream from your own body.

Other Simple Helps.
Careful daily attention to the eyes will sometimes ward off the unpleasant lines and wrinkles. Unfortunately, it is necessary for some of us occasionally to put a heavy strain on our eyes. At such a time special care should be paid to the eyes and skin.

Give the eyes a bath regularly—preferably using an eye cup in which a boracic solution has been filled. One level teaspoonful of boracic dissolved in a quart of filtered water may be bottled and kept for daily use. It is better to dissolve the borax in boiling water before bottling.

This daily eye bath is very refreshing and serves two purposes. First, it is wholesome for the eye, checking and remedying inflammation. This bath also is very soothing to the muscles and the nerves around the eye, and will ward off the wrinkles that spring from over-exercising.

Incorrect massage of the face will often produce tiny wrinkles around the eyes. Remember never to massage downward from the eye, but upward and outward from the nose.

Just a little timely care and you will save yourself the deep-ringed eye, which is portentous of premature old age and evidence of personal neglect.

To-morrow's HOROSCOPE
By Genevieve Kemble
THURSDAY, JULY 11.

An eventful and profitable day is forecast for this day's astrological reading. The greatest of benefits, Jupiter, is regnant, promising success, gain, and warm seas dissolved in a quart of filtered water may be bottled and kept for daily use. It is better to dissolve the borax in boiling water before bottling.

It didn't know that supply house belonged to Johnny Jay Bird," said Willy. "I didn't know that supply house belonged to Johnny Jay Bird," said Willy. "I didn't know that supply house belonged to Johnny Jay Bird," said Willy.

Whenever Willy Chipmunk thinks about taking things that belong to other people, he is a little bit of a thief. He is a little bit of a thief. He is a little bit of a thief. He is a little bit of a thief. He is a little bit of a thief.

WINIFRED BLACK

Writes About "Likes and Dislikes."
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Winifred Black

My Dear Winifred Black—
Will you please write something on the cause of revolution of feet? I suffer from it so much. I like a man or woman, and inevitably there comes this revolution of feet—one fight?

CLARE.
My Dear Clare, I haven't the slightest idea whether you ought to fight your revolution or your first impression or not; it all depends upon the other person. I don't see why you think it's so important as to how you feel about everyone you meet. I am quite concerned about the way people feel about me, but I don't think the world is going to stop or the sun fall out of the sky if I like Mary Jones and so on, or if I finally decided that I can't bear the sight of her.

Don't "Ticket" Everyone.
Why should you either like or dislike everyone that you meet? People were not created for the sole purpose of being loved or hated. But there are all kinds of people in the world, and what you think of them is not of such tragic importance after all.

Don't you take yourself and your likes

and dislikes a little too seriously? People are like flowers and like fruit. I love roses, but that doesn't mean that I can't like violets too. Peaches and cream make a delicious dish, but so do strawberries. If there is cream enough, or if somebody serves them in a glass bowl with plenty of crushed sugar, why should you always be trying to ticket people and tell yourself whether you like or dislike them? Have a good time with them, appreciate their good points, don't try to find perfect human beings. If you did find them you wouldn't know what to do with them.

Be Less Decided.
Be a little less decided, a little less concerned, with what you think and feel and do. This is a pretty busy time just now. I don't see how anyone can find energy enough to either hate anyone or take a violent fancy to any single person. There is too much to do.

Work and rest and laugh and sing, and read and work and rest again, my dear, and you won't be so anxious about that "revolution" that seems to give you so much distress just now.

The official aviation boot for the American army is a moccasin made very large, so that it can be quickly put on over the regular army shoe, and as easily taken off. The lining is of sheepskin with wool, half an inch thick, and the leather used is elk hide, finished in oil.

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Are You Deceived?

Have you been led to believe that the knife is the only cure for piles?

If so, it is unfortunate, for many thousands are being cured by the use of Dr. Chase's Ointment. Sometimes after operations have failed, and when doctors have said that an operation was the only hope.

It won't cost you much to try this treatment in your own home. It is sure to relieve, and usually effects complete cure.

WOMEN! MOTHERS! DAUGHTERS!

You who tire easily, are pale, nervous or irritable, who are subject to fits of melancholy or the blues, get your blood examined for iron deficiency.

EXHAUSTED taken three times a day after meals will increase your strength and endurance 100 per cent in two weeks! In many cases—Perrin King.

NO MORE EXHAUSTED! Perrin King, M.D., has shown by his analysis of blood that a single dose of his "Blood Tonic" will increase the iron content of the blood in three days.

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FLEET FOOT
has proved its necessity to the well-dressed woman who values ease and comfort in all her out-door life.
She finds FLEET FOOT so satisfactory for sports and holiday outings that she wears FLEET FOOT for housework and shopping, too.
The cost is so small, that she can have several pairs of FLEET FOOT for the price of one pair of leather shoes.
FLEET FOOT shoes are made for men, women and children—for work and play—for every summer need and occasion.
Don't leave for your holidays without having one or two pairs of FLEET FOOT.
None genuine without the name FLEET FOOT stamped on the sole. Look for it.
The best Shoe Stores sell FLEET FOOT.

ADAMS California Fruit Gum
While you work—when you hunger—when you're dry—any time you want a treat—the flavor is there, there, there. Carry a packet in your pocket.
The succulent juices of finest fruits combined with the purest refined chiclet to provide you with a confection that "fairly makes your mouth water."
BUY IT TRY IT
Prominently displayed in most stores
ADAMS (the original) TUTTI FRUTTI GUM
ADAMS Pure Chewing Gum
ADAMS California Fruit Gum
CANADIAN CHEWING GUM CO. LIMITED

But Lydia E. Pinkham's Vegetable Compound Restored Her Health and Stopped Her Pains.
Portland, Ind.—"I had a displacement and suffered so badly from it that at times I could not be on my feet at all. I was all run down and so weak I could not do my housework, was nervous and could not lie down at night. I took treatments from a physician but they did not help me. My Aunt recommended Lydia E. Pinkham's Vegetable Compound. I tried it and now I am strong and well again and on my own work and I give Lydia E. Pinkham's Vegetable Compound the credit."
—Mrs. JOSEPHINE KIMBLE, 335 West Race St., Portland, Ind.
Thousands of American women give this famous root and herb remedy the credit for health restored as did Mrs. Kimble.
For helpful suggestions in regard to such ailments women are asked to write to Lydia E. Pinkham Medicine Co., Lynn, Mass. The result of its long experience is a success.