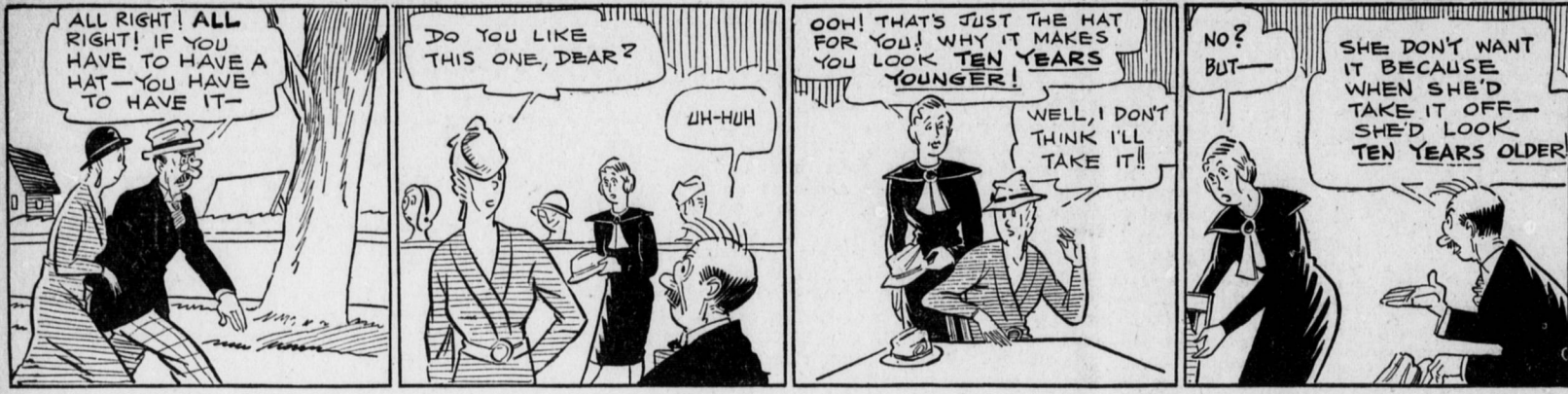


THE FEATHERHEADS

By Osborne  
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Good Reason

That Body of Yours

By JAMES W. BARTON, M. D.

Eyes and Teeth

A YOUNG man was having his eyes examined by a physician, and to the surprise of the physician and the patient the eyes had improved considerably since the examination one year previous. As his work and reading habits had not changed, the physician was at a loss to account for the improvement until he asked some questions.

"You are feeling better physically than you were a year ago, are you not?" "Yes!" the patient answered, "I feel brighter and more like work, not so lazy as I was a year ago." "Had any dental work done?" "Yes, I had an X-ray of my teeth and the dentist found three teeth that were badly infected and removed them. I felt lazier than ever for a few weeks but I feel fine now."

This was the explanation of the improvement in the eyesight. Dr. William F. C. Steinbugler tells us in the New York State Journal of Medicine that pyorrhea, dental decay, and root infection are frequent causes of eye infection, and, in addition to affecting the eyesight, set up local inflammations in and about the eyes.

The most dangerous form of tooth infection is that in which the pulp (nerve and blood vessels) is affected, as this diseased or poisonous material is forced into the blood stream and hence goes to all parts of the body including the eye.

Doctor Steinbugler admits that every effort should be made to preserve the teeth owing to their importance in breaking up food and allowing the digestive juice in the mouth to moisten and soften food, and turn starch into sugar, nevertheless it should be remembered that in doubtful cases the eye should be given first consideration and the removal of infection from the mouth should come before preserving the teeth.

During the war a very skillful pilot began to make poor landings. He was ordered to report for medical examination and it was found that his tonsils were in very bad condition. Removal of tonsils restored his vision to normal and there were no more poor landings. Infection was the cause of the trouble.

If therefore your eyesight seems to be falling or you are troubled with any inflammation about the eyes, a visit to the dentist is advisable before having your glasses changed.

Asthma and Hay Fever

SOMETIMES wonder what hay fever and asthma sufferers must think as they read daily of the wonderful cures being obtained by various physicians throughout the world, and yet despite the various treatments they have received, they still suffer with hay fever and asthma.

What are the various "cures" that are thus recorded?

The cures are first aimed at the causes of these two ailments—sensitivity to certain foods, furs, feathers, pollen of plants, various dusts in the home; ailments or deformities in the nose, throat, or bronchial tubes; acute infections such as influenza, bronchitis, pleurisy, scarlet fever, whooping cough, measles.

Before treatment is undertaken the patient is thoroughly examined and tested by the various substances, now known to be hundreds in number. Treatment is then given according to what the examination and various tests showed.

This treatment consists of varying drugs, of which adrenalin stands first; proper attention to diet, rest, and outdoor exercise; vaccines; the surgical removal of adenoids, tonsils, growths of deformities in the nose and throat; the use of pollen extracts before and during the hay fever season.

Dr. T. S. Heaton, Toronto, who made a study of the various causes and different methods of treatment, gives conclusions reached after reviewing some of the work and writings of sixty-six physicians doing research work on hay fever and asthma.

He believes that the treatment of hay fever and asthma by the avoidance of the substances that cause these conditions is the best method at this time. Rooms in which these substances cannot enter and the use of air filters are of great value in fighting these ailments. Avoidance of the foods known to cause hay fever or asthma is the best method of treating this particular type. "Certainly asthma and hay fever are difficult to cure. Certainly, too, the special treatment by extracts can help many at any age."

So, if you are an asthma or hay fever sufferer and think you have tried everything, just ponder over these remarks by Doctor Heaton, and try to discover if there is not something you have left undone.

Pituitary, Chief Gland

Man's destiny is ruled by his glands, chief of which is the pituitary, situated in his skull and no bigger than a pea.

EXPERT SUMS UP FORMIDABLE LIST OF EYE DEFECTS

Many a driver who sees clearly, so far as he is aware, and who pays attention to the road still finds driving a car hazardous business. Such a man will be interested in what Dr. Alvah R. Lauer, of Iowa State college, says about the physical shortcomings of apparently normal people.

Clarity of vision is merely one of the qualities of normal eyesight. A secondary quality is width of the field of vision. Normally, a person looking straight ahead detects the presence of a car when it pulls up beside him, but some do not become aware of it until it moves ahead. Extreme sufferers from narrow vision are said to possess tunnel vision, but many persons have less than the normal field of 185 to 195 degrees and do not suspect the fact.

Depth of vision also is necessary to safe driving. This means that the man behind the wheel must not only be able to see a car in the road but must be aware of whether it is traveling with him, standing still, or coming toward him, and approximately how fast. Depth perception is linked with another point, eye dominance. Many people who get headaches when they are tired do so because they are seeing out of only one eye, although they do not know it. Two eyes are needed for three-dimension sight.

Color blindness is a common and widely recognized fault. Another thing needed for safe driving is strength in the hands for emergency use; there must also be the ability to judge speed of movement, and the right amount of awareness to sudden noise. All these and many other abilities are part of every person's makeup in varying degrees. We recognize them by saying a driver is alert, or capable, observant, quick, cool, but seldom think to discover which particular combinations of perception and nervous control produce these desirable qualities. It goes without saying, however, that a driver who recognizes his deficiencies can take steps to compensate for them.—Detroit Free Press.

Cloudy Weather

Jones—Why do you let your wife rule the house?  
Smith—Because if I didn't let her reign she'd storm.

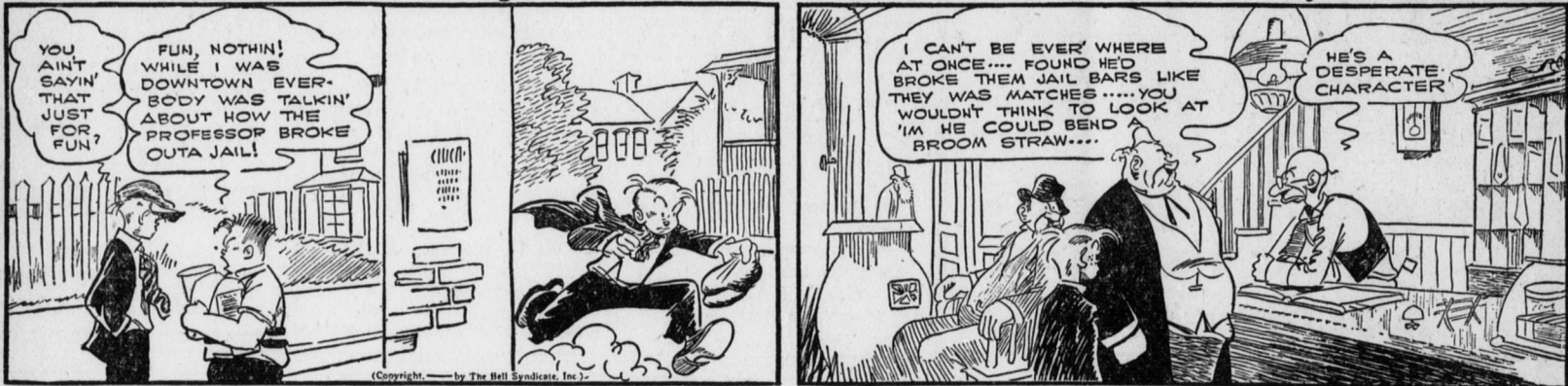
FINNEY OF THE FORCE

By Ted O'Loughlin  
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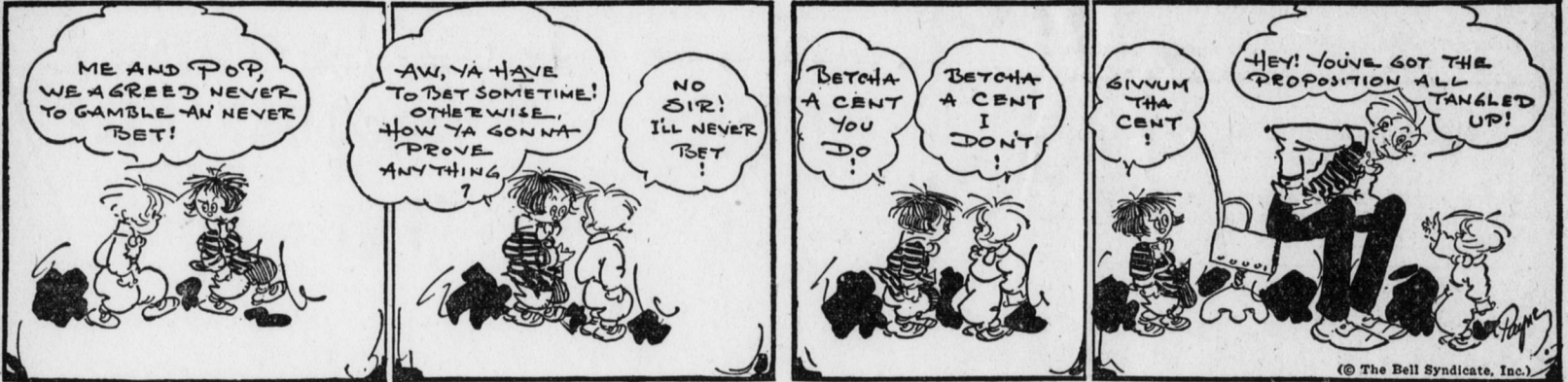
Pretty Talk

BOBBY THATCHER—A Man Of Might!



By GEORGE STORM

'SMATTER POP—Ambrose Can't Lose This One



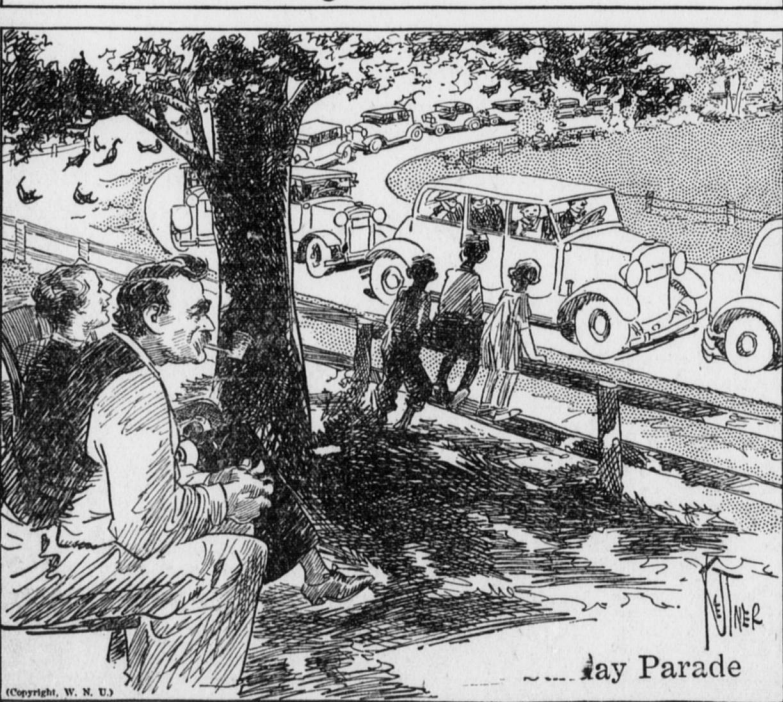
By C. M. PAYNE

'KEEPING UP WITH THE JONESES'



You Don't Mean It, Eddie!

Along the Concrete



Our Pet Peeve

