

In the past twenty or thirty years while the death rate among babies, youths, young adults, and even persons of advanced age, has steadily declined, thanks to better public health measures and improved sanitation, the death rate for adults of mature increased. This anomaly is at present giving the health authorities of high time to start a drive against the conditions which account for the dangers of middle age. We know those conditions pretty well.

While such scourges as tuberculosis, pneumonia, typhoid fever and the food infections called "cholera infantum"



ONLY A QUESTION OF TIME. Hearache Cures, Grippe, Neuralgia and One Day Cold Cures Often Centain Acctanitide.

have been diminished in prevalence as sanitation has improved, the four apoplexy. great degenerations of middle ageother three perils of maturity.

from a break or rupture of a small stroke of paralysis.

artery in the brain. The artery rap tures when some excessive strain is put upon it, as from too hearty eating, great anger or other emotional ex citement, excessive physical effort alcoholic excess or other excesses But the artery would withstand the strain were it not a diseased or degenereated artery. It is damaged by ill usage. The victim has lived toc fast, too well, too strenuously. He has age, that is, middle age, has steadily neglected the vital matter of persona! hygiene, and worn out his arteries too early in life. He may have overthe whole country concern, and it is worked-he likes to think so; but usually it is not overwork, but the resort to alcohol, tobacco or even drugs to tide over periods of fatigue or ex haustion from overwork, that accounts for the degeneration of the arteries.

Apoplexy may occur in spite of a low blood pressure, although an extremely high blood pressure is most frequently present in one with the predisposition to apoplexy.

Over-cating is recognized as one of the cheff, if not the chief, predisposng causes of the arterial diseases which bring on apoplexy. People who begin to put on superfluous weight after thirty-five years are Lot necessarily headed toward apoplexy, yet they will make no, mistake in adopting hygienic measures of prevention for the good of general health. Not only the obviously stout and plethoric or full-blooded individual, but also the pale and slender may have a stroke of paralysis. Still, the stout, over-nourished type, with short thick neck predominates among victims of

One of the most effective preventamamely, cancer. Bright's disease, heart tive measures known today is the andisease and apoplexy-have slightly hual medical examination. When your increased in prevalence. The cause doctor knows you, as a mechanician of cancer is as yet unknown, but we knows a machine he has overhauled know much about the causes of the thoroughly once a year, he is capable of detecting the earliest changes in Apoplexy, for instance is commonly heart action, blood pressure, kidney called a stroke of paralysis, and is function and general conditions which produced by hemorrh, so into the brain always long a fedute a threatened

The Acetanilide Habit.

People who taink self-treatment for minor allments of what seems to be slight illnesses in the beginning, is economy-and there are still many who harbor that debasion-ought to know a few things about the dangers of the red corpuscles being crowded of acetanilide.

Acetanilide is a comparatively cheap chemical derived from coal-tar. In its effect it varies but slightly from phenacetine and tinpyrin. But, being the cheaper chemical it is more commonly employed in the popular headache remedies, the neuralgia and migraine tablets, the "grippe" and "cold" remedies. In fact, acetanilide is dispensed with a lavish hand by the manu-



BEWARE OF GREEKS BEARING GIFTO.

Hearache Cours, Crippe, Neuralcia and One Tay Cold Cures Often Contain Acetamilide.

facturers of all sorts of popular nostrums intended to kill ache or pain or distress.

Acetanilide does knock out pain, but at some cost to physical well being. It benumbs the vital brain centers, depresses the heart, destroys red corpuscles, and tends to weaken or paralyze the nerves. That is how it hills pain. That is also the reason ren that might be good for a layman why the "poer" Food and Drugs Act to read. sequires that makers of dope containting acetenilide or phenacetine must be almost anything from heshwerms to istate the quantities of the poison on the label. Look at the label before make a careful examination of from figron down the "harmless" remedy!

weakness appearing. This manifests itself by a strange sensation of numbness and coldness all over the body. Along with it, perhaps, the lips and Enger-nails or cometimes the whole surface of the skin may become blue or livid. This latter change is in part due to circulatory weakass, but largely to a serious change in the blood, the oxygen of the hemoglobin out by the poison.

Nausea, collapse, vomiting, cold blue skin, faintness, clammy perspiration and other alarming, sometimes fatal symptoms may follow even a few doses of acetanilide in one whose heart or blood is not perfect.

Some people grow so fond of the effect of the migraine, neuralgia cr pain tablet containing this drug that they take it daily or several times a day, whenever they feel tired or weary or depressed in any way. Such a habit is ruinous to the health, and has repeatedly led to the insane hospital.

The anemia (lack of blood) and nervous weakness produced by frequent resort to alleged "safe" medicines containing acetanilide of its congeners are exceedingly difficult to overcome,

even when the habit is stopped. Before you indulge in the "cold cure" that kills a cold in one day, or the headache or grippe or migraiue c: neuralgia tablet or powder that comes so highly recommended by those who profit on the sale, better make surc about the acetanilide.

Look the label over carefully. If in doubt, consult the health authori-

QUESTIONS AND ANSWERS.

Keep the Calt Growing. My boy of five years has not gained any weight in eight months and, naturally, I am a little more anxious than I would be if one of my colts would stop growing. I would appreciate any

Answer-From the description, it may heart disease or tanalis to taberculesis. Take him to a good doctor, one who will teen to thirty minutes, and ask a lot of One who takes a few doses of head-and habits. We are sending you our free literature. Write to the Children's Bureau, Washington, D. C., for free nublications, or read "Our Baby." by Clock; "We and Our Children." by Weeds Hutchinson, or "Care of the Child is Health," by Oppenheim.

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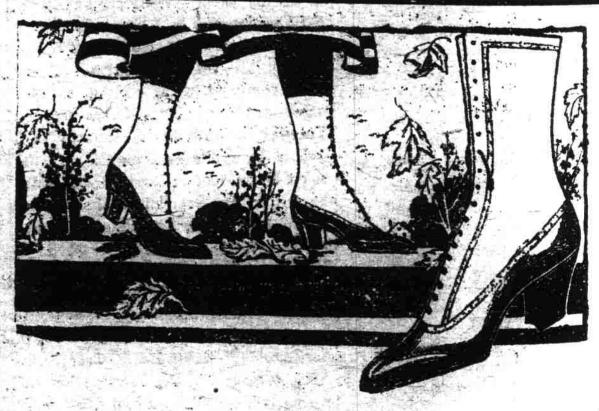
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