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DOAN'S PILLS

THE FAMILY DOCTOR
By JOHN JOSEPH GAINES, M.D.

HANDLE SUMMER FOOD WITH CARE

Disease germs have three avenues of entrance into the human system. They may be inhaled, swallowed, or may get in through scratched or incised wounds of the skin.

In warm weather, when most of our houses are wide open, the danger of inhaled germs is practically nil. Pure air is a wonderful disinfectant, capable, except against the tuberculosis germ, which should be guarded against at all seasons.

Most acquired infections in summer, are of the digestive tract; the bacteria are swallowed with food or water. We should, therefore, be discriminative at this season. Edibles taken raw, must be scrupulously clean, and thoroughly masticated. Fruits should be ripe, fresh, and free from punctures by twigs or specks of decay. Don't give the child a banana that is green, or part-ripened, or punctured through the skin. Potato salad that is carried over from meal to meal—better throw it away, or do without the mixture entirely.


See that all cooked food is thoroughly done, especially meats. It is not good policy to eat the boiled ham that you had left over from the picnic, especially if it reposed in the basket on the ground for a few hours. The same

is true of cake, wrapped in newspaper and kept in the same basket. Flies haunt outdoor picnics. They love to crawl over deviled eggs, potato salads and the like. It is not pleasant to think of what they may shake off from their filthy feet and bodies.

It goes without saying that all drinking-water these days should be attested in purity, by a capable rather than a political official. A stitch in time saves more than nine. Put nothing of doubtful purity into your stomach, and be careful not to overload.

TODAY and TOMORROW

by FRANK PARKER STOCKBRIDGE



HABITS hard to break

Man is a creature of habit. Most of our actions and most of our so-called feelings are what they are because we have acquired the habit of going through a fixed routine and don't have initiative enough to change our habits of work and thinking.

I think this inherent trait of human nature lies at the bottom of most of the failures to change the world overnight. Reformers of all types are prone to overlook the hold which habit has on the human animal. It would not be difficult to make the world a much better place to live in for everybody, if only enough people could be jarred out of their habits of living and made to see that there are better ways of doing things than those to which they are accustomed.

RUTS get deep

Most of the world runs in ruts. We stay in our ruts because it is easier than to try to get out of them, or because our fathers before us traveled in the same ruts. The deeper the rut, the longer people have moved in it, the harder it is to get out of it.

The only really free individuals are those who succeed in getting out of the ruts in which their fellows are moving. Once in the rut, the individual is merely one of the crowd. He is not free to move in any direction except that in which the crowd is moving. He has to follow a pattern or a trail marked out for him by others.

No man is entirely free from some sort of restraints. The worst slaves, however, are the ones who could be free but who prefer to stay in the rut and revile the more enterprising ones who have succeeded in climbing out of it. It is human nature never to shoulder the blame for one's own condition, but to try to find a scapegoat who is responsible for all of one's individual troubles.

STUPIDITY an obstacle

Nobody can watch the world go by for as many years as I have been permitted to do so without coming to the conclusion that the chief obstacle in the way of human progress is not greed or tyranny but stupidity. Show me a man who prides himself on being conservative, and, nine times out of ten, I will show you that his so-called conservatism is merely stupidity. He has been taught, or has taught himself, certain fixed rules which, to his stupid mind, chart the only perfect course of life. He refuses to listen to any suggestion that a new way or a different way of doing things might be better for everybody, including himself.

I do not mean to suggest that the new way or the different way is always the better way. What I am trying to say is that the true conservative, if he is intelligent, will look at any new ideas with an open mind and an impartial eye, instead of dismissing them from all consideration merely because they do not conform to his preconceived ideas.

LEADERSHIP scarce

The only way the mass of mankind gets out of the old ruts and the habits which handicap it is when some forceful character who

has set himself free from the inhibitions which bind most of us to the old ways, points out a new way so persuasively that first a few and then the many are induced to try it.

Such leaders are rare. Not very many of them are born in any generation. When they do arise they change the world.

I have in mind particularly one young man who has achieved the presidency of a great business enterprise because he was not afraid to try new ways of doing things, and has been successful in persuading huge numbers of people to accept new ideas, while his competitors in the same line of business have been content to stay in the rut and follow the patterns which their predecessors laid down for them. While they were losing money, he started new ventures at the bottom of the depression and made them pay.

AIR Germany

Col. Lindbergh, who has just been looking over Germany's aircraft development, was surprised at what he found there. Germany is far ahead of the rest of the world in lighter-than-air craft and is recovering the leadership that she held before the war in heavier-than-air navigation.

I was reminded of a remarkable prophecy written nearly 150 years ago by an almost forgotten German scholar and author, Jean Paul Richter. Richter died in 1825, and years before that he wrote that the time would come when England would be master of the sea, France master of the land, but that Germany would be ruler of the air.

I don't know on what Richter based that prediction, but it has come near to being a reality.

"Yes, I like to give my husband variety in his meals, especially at dinner time."

"Really, how do you manage it?"

"Well, I give him boiled ham, but I buy it from a different shop every day."

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