PAGE EIGHT

Copeland's Health Talk Hands Carry "Flu"

BY ROYAL S. COPELAND, M. D.

(United States Senator And Former Health Commissioner of Now York.) Many dangerous ailments are carried by the hands. Some of them are distinctly "hand-conveyed" disease. Associating with us just as unconscious of being menaces as we are of their existence, are Every once in a while we hear of an outbreak of "carriers of disease. typhoid fever or diphtheria. On investigation by

The carrier has had the disease, perhaps years

the health authorities it is found that a carrier has been responsible for the epidemic. susceptible persons. Then there is trouble. the hand of death.

Laboratories everywhere have studied influenza, seeking to find its cause and then to devise a remedy

I am sorry to say little has been determined. After ten years of intensive study we are almost as helpless now as we were in October, it matter, really?" 1918. As I write, we are hearing of mul/itudes of influenza cases

throughout North America. When these words are printed there may these words are printed there may have been recorded the story of another epidemic. I pray not. Have we learned nothing about

influenza? Chiefly this-that it is a hand-borne disease. Of course the secretions of the

nose and throat, sprayed into the air by sneezing or forcible talking, may carry the germs. When this moisture is received by the lips or nose of another, there may be infection with influenza. But it is more likely that the hands of an infected person moistened by his saliva or ped to \$45 on the Chicago market. other secretions, may come in con-But such is not so, and you can tact with the hands of a well pertake the word of Mme. Irene Pavson and be conveyed to the nostrils loska, well known Chicago Civic opor mouth of the latter.

era diva, for that. Because of this danger it is tremendously important that the household utensils, such as dishes, knives and silver, should be opera roles, her position has been thoroughly boiled after use by a person with influenza, Soap, towels, wash-cloth and everything touched by the sick person should not be used by another without previous cleansing.

Frequent washing of the hands with soap and abundance of water should be the habit of one who travels in street cars or handles articles used by others. On coming into the home there should be thorough cleansing of hands and face. as well as the opening of the nostrils

Kissing the baby or greeting anyformer wife had divorced him 24 body with a friendly kiss, should not be practiced during the prevalence influenza, bronchitis, pneumonia, or even the common cold. Any contact

jumping nervously. Irene signed her name to the paper. This means that should payment be defaulted for any reason whatever, the former Mrs. 0 Mesirow can come into court, and Irene, who sings and signed, will have to sing to pay.

THE CLEVELAND STAR

"And, O, what a shame it is," Irene complained when interviewed n the cozy northside apartment where she and the doctor are spend ing their honeymoon. "I am really not the surety or guarantor of the note at all It was all the result of that woman's work. She has been so spiteful and mean. I was simply maneuvered into the position withso spiteful and mean. I was simply

out thinking of its significance. Able To Meet Own Alimony. "Dr. Mesirow is perfectly able to meet his own alimony bills, and my

ago, and recovered from it. But the tonsils or name on the paper was placed there gall bladder continue to harbor and to breed the simply in the capacity of a witness carrier, they are spread and come in contact with and a formality. The principal was Mr. Leonard King, a friend of us In 1918, and to a lesser extent in 1919, the both

"At any rate, if a husband in this whole world suffered from influenza. More perinstance were worth only \$45, he sons died from its effects than were killed in all would scarcely be a tribute to that the wars of history. Nothing appeared to stay woman, who fought so long and hard to retain him and made life It was natural that scientists should accept the

so miserable with persecution for challenge and exert their every effort to defeat both of us. I signed the paper this form of attack from mankind's chief enemy. simply in the capacity of a friend, as I would have signed it for any friend. And my friend in this case

> is now my husband, so what does The "that woman" referred to by

the diva, and not without a little heat, is Dr. Mesirow's first wife. She had been estranged from him and sued for divorce a few months after July, 1927, when the specialist was called to the singer's bedside during a critical illness.

WEAK, KUN-DUWN **Opera Diva Guarantees Husband's** Ex-Wife \$45 Per

Alabama Lady Could Hardly Lift Her Head. Began Chicago, Ill .- One might think To Feel Stronger After from reading the dispatches that the bull market quotation on prime Taking Cardui. husbands with curly hair had drop-

> Loxley, Ala.—"I was in an awful bad state of health," says Mrs. Charles Jerkins, of this place. "I was all run-down and weak as could

be. I did not have the strength of According to Mme. Pavloska, who a kitten. Some days I could hardly sings a sweet soprano as the Juliet lift my head from the pillow. "I looked like a skeleton, I was and Madame Butterfly in numerous

so thin and haggard. It took all seriously misrepresented before the my will power to drag myself around the house. I never walked any far-ther than I had to, for it hurt me country because she went the surety on her new husband's alimony guarto stand on my feet. "My back and sides hurt me until antee of \$45 a week, which must be

paid his former wife. thought I could not stand it. Wedding Follows Divorce.

Week.

Weddirg Follows Divorce. This car e about with much in-volvement and double time tempo in the county building here the other the county building here there the county buildi day when the new husband, who is

"One day I read about how other women had been helped by taking Cardui, so I thought I would try it. I found it a splendid medicine. Af-Dr. Maurice E. Mesirow, a local eye ear, nose and throat specialist, and the owner of a wonderful crop of curly hair, took the operatic Irene to feel stronger and able to do to wed in the same office where his things.

"From that time to the

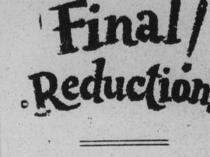
hours earlier. As one of the conditions of the separation, the former Mrs. Mesirow insisted upon proper surety for the



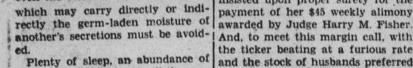
SHELBY, N. C. WEDNESD'Y, JAN. 16, 1929

are to be carried over. Many forever. It's a loss to us suitable items for spring. but an awful Savings to **REMNANTS ½ PRICE** you. We put the lid back The sale has left us with many high grade short lengths. Buy them now at

on Saturday night. Butterfly Skirts and 1 TOO **Fancy Sweaters**



July are such prices found in our store. We cut our prices to reduce stock and raise cash.



fresh air, day and night, all the sunlight possible, regular exercise, simple food, regular habits, these should be had and practiced all the time. But in time of influenza they are

M. B. Q .- Would cheap reading glasses hurt the eyes? 2 .- Will you please tell me what take a deep breath which seems to come from my stomach.

A .- Yes, it is most unwise to wear glasses which have not been prescribed for your particular vision. Have you eyes properly examined.

2. May have an asthmatic condi-H. P. Q.-What do you advise accordingly. for pimples and blackheads?

A .- Correct the diet by cutting down on sugar, starches and coffee. Eat only simple food. Avoid constipation. Be sure the teeth, tonsils and nasal sinuses are all right.

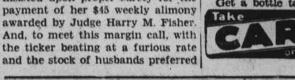
SAYS MAN OF 45 LEARNS EASILY AS BOY OF 15

to think that they are too old to New York .- The custom of dads learn, and leave the schooling all junior, was challenged before the meeting of the American Association for the Advancement of Science here today.

Findings about brain receptivity, that put heretofore supreme youthfulness in the background, were described by Prof. A. I. Gates of the Teachers college of Columbia university.

"Recent studies of children and 0 adults," he said, "indicate that new types of educational agencies for infants and adults both seem im-

"The old notion that the teens se the prime of life for has been definitely dis-The decade from 20 to 30 erior to any other; the decade m 30 to 40 is at least equal to span from 10 to 20, and even 45 a man can hold his own with son at the presumably recep-and versatile age of 15 in all ms of learning and memorizing."



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