

Copeland's Health Talk

Hands Carry "Flu"

BY ROYAL S. COPELAND, M. D.

(United States Senator And Former Health Commissioner of New 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 "carriers of disease."



DR. COPELAND

Every once in a while we hear of an outbreak of typhoid fever or diphtheria. On investigation by the health authorities it is found that a carrier has been responsible for the epidemic.

The carrier has had the disease, perhaps years ago, and recovered from it. But the tonsils or gall bladder continue to harbor and to breed the carrier, they are spread and come in contact with susceptible persons. Then there is trouble.

In 1918, and to a lesser extent in 1919, the whole world suffered from influenza. More persons died from its effects than were killed in all the wars of history. Nothing appeared to stay the hand of death.

It was natural that scientists should accept the challenge and exert their every effort to defeat this form of attack from mankind's chief enemy.

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, 1918. As I write, we are hearing of multitudes of influenza cases throughout North America. When 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 other secretions, may come in contact with the hands of a well person and be conveyed to the nostrils or mouth of the latter.

Because of this danger it is tremendously important that the household utensils, such as dishes, knives and silver, should be 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.

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Plenty of sleep, an abundance of 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 vital.

M. B. Q.—Would cheap reading glasses hurt the eyes?
A.—Yes, it is most unwise to wear glasses which have not been prescribed for your particular vision. Have your eyes properly examined.

2. May have an asthmatic condition—have the chest examined.
H. P. Q.—What do you advise 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.

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

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TRY STAR WANT ADS

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

"And, O, what a shame it is," Irene complained when interviewed in the cozy northside apartment where she and the doctor are spending 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 without thinking of its significance.

Ab'e To Meet Own Alimony.
"Dr. Mesrow is perfectly able to meet his own alimony bills, and my name on the paper was placed there simply in the capacity of a witness and a formality. The principal was Mr. Leonard King, a friend of us both.

"At any rate, if a husband in this instance were worth only \$45, he would scarcely be a tribute to that woman, who fought so long and hard to retain him and made life so miserable with persecution for both of us. I signed the paper 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 it matter, really?"

The "that woman" referred to by the diva, and not without a little heat, is Dr. Mesrow'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, RUN-DOWN

Alabama Lady Could Hardly Lift Her Head. Began To Feel Stronger After Taking Cardui.

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 a kitten. Some days I could hardly lift my head from the pillow.

"I looked like a skeleton, I was so thin and haggard. It took all my will power to drag myself around the house. I never walked any farther than I had to, for it hurt me to stand on my feet.

"My back and sides hurt me until I thought I could not stand it. I saw myself growing gradually weaker and I did not know what to do. I tried several things but nothing helped me.

"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. After I began to take it, I soon began to feel stronger and able to do things.

"From that time to the present I have taken Cardui several times when I was run-down in health. It has never failed to help me." Cardui should help you, too. Get a bottle today.



ADVERTISMENT RELATING TO LOST POLICIES. TO WHOM IT MAY CONCERN: NOTICE IS HEREBY GIVEN THAT

Fire Policies Nos. 6819152 to 75 of the Scottish Union and National Insurance Company of Edinburgh, requiring for their validity the countersignature of a duly authorized and licensed agent, have been lost. Since these policies have not been regularly countersigned, or issued, or reported to, or accounted for, or any premiums received thereunder by this Company, they will be valueless and void in the hands of whomsoever they may fall and any claim thereunder would be illegal and fraudulent. If found these should be returned to The Scottish Union and National Insurance Company at Hartford, Connecticut. No claim or any nature purporting to be based upon them will be recognized by the Company. The public will please take notice accordingly.

SCOTTISH UNION & NATIONAL INSURANCE CO., of Edinburgh, By S. A. MINTER, Special Agent. 31-7c

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THURSDAY—FRIDAY—SATURDAY—LAST DAYS

Paragon's Sale

Final Reductions

TAKE ADVANTAGE

Of this sale this week as we positively go back to regular prices next week.

You may be sorry when your neighbor tells you about the bargains she got at the Paragon Sale—and you failed to attend. Three more days and you save money on any item you purchase.

JUST 3 MORE DAYS

The word final is emphatic—Our prices are as low as we, or any other merchant can offer in such high grade merchandise as found in this store.

If you miss these bargains, it's your own fault as we close the Sale Saturday night.

A STORE WIDE CASH RAISING SALE

LAST DAYS PIECE GOODS REDUCTIONS

Every bolt of Piece Goods in our store has a yellow tag that tells the story. Buy now and for future needs.

DAINTY PRINTS Value to 39c 23c

WOOL JERSEY TUB'NG 98c



Entire Stock WOOLEN FABRICS 1-4 - 1-3 and 1-2 PRICE

Cut to move—No woollens are to be carried over. Many suitable items for spring.

REMNANTS 1/2 PRICE The sale has left us with many high grade short lengths. Buy them now at 1/2 price.

YOU MAY BE SORRY FOLKS — OUR

Half-Price SALE

OF

Coats & Dresses

CLOSES SATURDAY NIGHT

If you have been putting it off you'd better not wait longer. You know as well as we, that Dresses and Coats cannot sell at 1/2 price forever. It's a loss to us but an awful Savings to you. We put the lid back on Saturday night.

Butterfly Skirts and 1/2 TOO Fancy Sweaters



BUY FURNITURE NOW

If there is any item of furniture you need to complete your home—Now's the time to buy. Everything in the furniture department has been marked down and we have had so far, a wonderful sale in this section.

Come this week and you'll buy it cheaper.

Values Without Equal

From Our Furniture Department

MATTRESSES

That Sell for \$12.50

\$6.95

50 pounds is the weight. Just about 25 more at this price.

WINDOW SHADES

That Sell For 85c.

59c

59c is strictly a sale price. They are 85c next week. All colors.

THERMO PULL-OVERS \$1.98



Men's \$5.00 Lumberjacks \$2.95

Absolutely All Wool.



SWEATER CLEARAWAY!

Bring your ladies to the Paragon this week and fit them in high grade sweaters at prices not duplicated in town. Sweaters are "white elephants" in the summer and we do not want to carry them over.

They are here for you — But don't wait 'til the sale is over.

BRADLEY \$10 COLLEGE SWEATERS SALE PRICE \$6.95

Colors of tan, red, navy, black and white. A sweater that will wear for years.

Boys' All Wool V Neck PULL-OVER SWEATERS SALE PRICE \$1.69

Nothing wrong with them but just too many. Ask for this particular number. They're good.

CHILDREN'S FANCY SWEATERS 98c

You'll find in this lot Sweaters that sold before sale priced from \$1.50 to \$2.50.

BOYS' LEATHERETTES \$2.95

The boys go wild over these leatherettes. They're warm and rain proof.

Teddy Bear Suits For SMALL CHILDREN \$3.95

Colors of Pink, Blue, Tan, Red and white. Superb Quality.

BOYS' Coat Sweaters 98c

Boys' Navy



Children's Lumberjacks \$1.00

Regular Price \$1.50.



THE PARAGON DEPT. STORE

JANUARY STORE WIDE CLEARANCE SALE CLOSES SATURDAY.