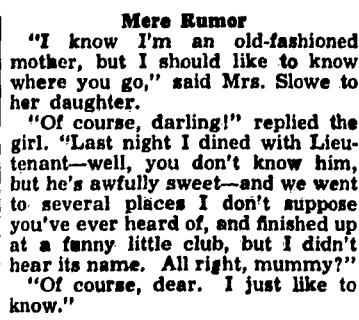
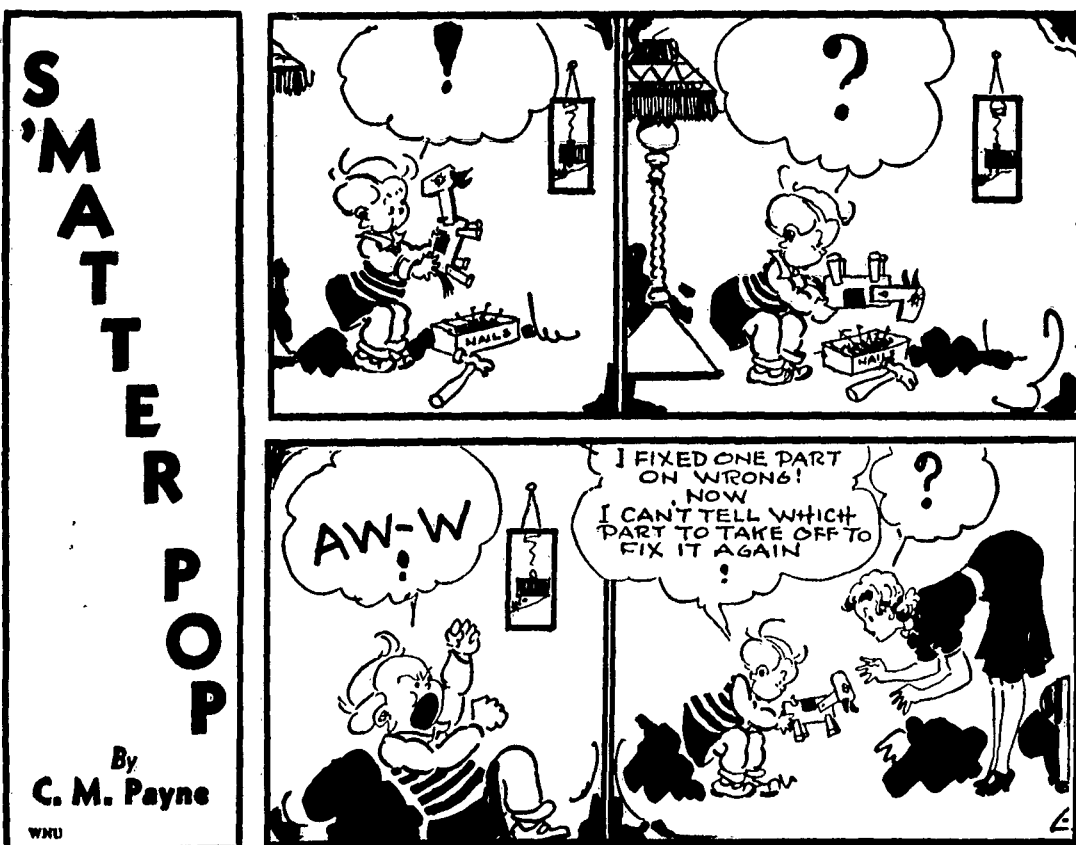
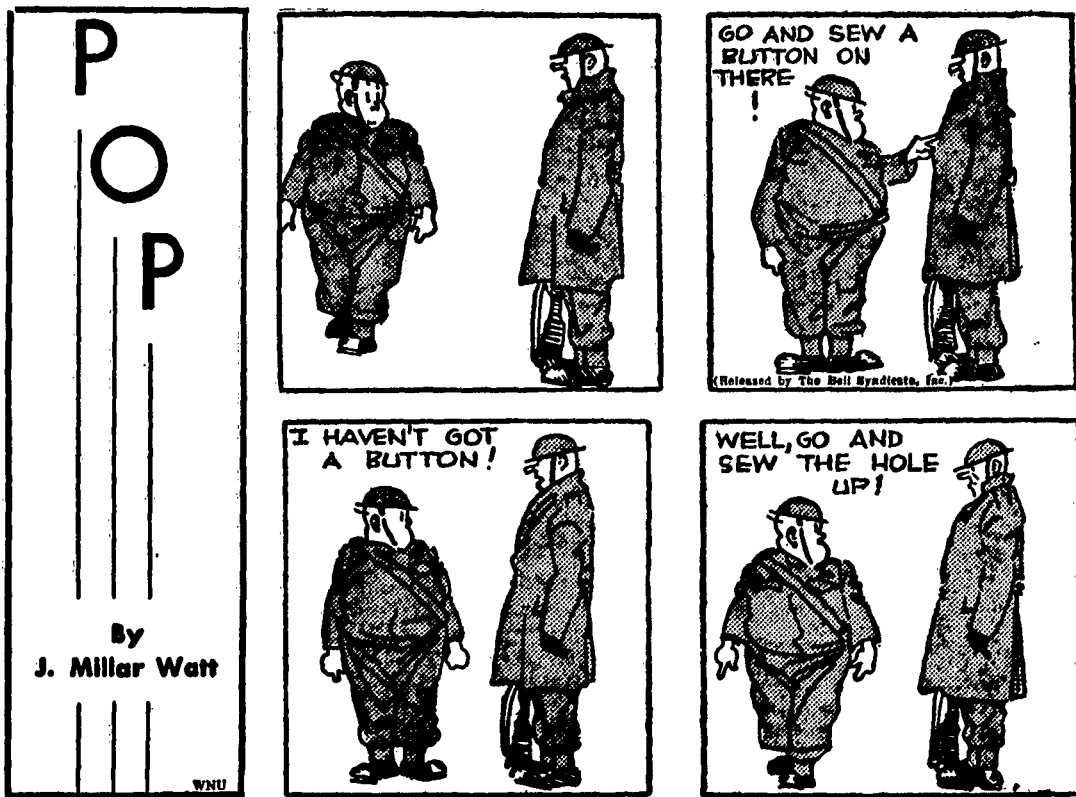
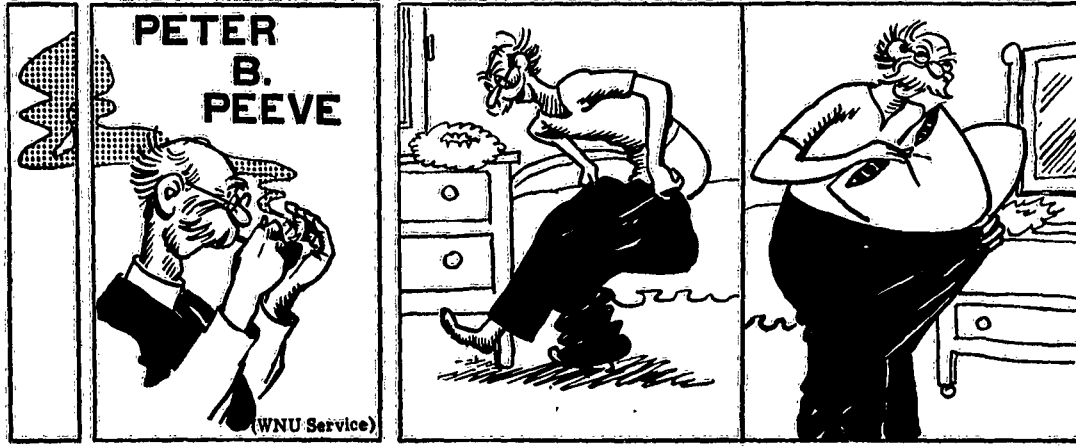


OUR COMIC SECTION



TO YOUR Good Health

by DR. NATHAN S. DAVIS, III

INFLUENCE OF WEATHER ON HEALTH AND DISEASE

Everyone knows of people who can predict a change in the weather because rheumatic or previously injured joints become stiff and painful, but few appreciate that such changes affect the health and well-being of all. In the days before bacteria and viruses were proven to be the causes of many of our most common diseases, most of them were believed to be due to climatic and weather conditions.

Typhoid fever, cholera and other water-borne diseases and malaria, yellow fever and other diseases carried by insects that breed in standing water were most prevalent in wet seasons. They were considered to be caused by high humidity, high atmospheric pressures and dampness. As it became known that one or another type of organism caused such diseases, the members of the medical profession paid less attention to the effects of weather on health.

However, some attention is again being given to the influences of weather on health and disease. It is known that in the north temperate zone, "colds," sore throats, sinus

CAUSES FOR MILITARY REJECTION

The relative proportion of defects that have been the principal causes of rejection at local Army induction stations:

Teeth	19.32%
Eyes	13.25%
Cardiovascular System	6.18%
Musculo-Skeletal Defects	4.90%
Mental and Nervous	10.48%
Ears	9.52%
Hernia	5.28%
Lungs	5.00%
Venereal	4.44%
Feet	3.64%
All Others	17.99%

infections, bronchitis and pneumonias are most prevalent from November through April but the probable connection between the high incidence and the lack of ultra violet rays from the sun during these months is not appreciated.

It has long been known that a stimulating climate, one in which weather and especially temperature varies greatly causes civilization to reach the highest levels. However, extreme changes have a detrimental effect, especially on the sick who may even be benefited by constant temperature and weather conditions. For example, the individual who has a high blood pressure and hardening of the arteries benefits from a constant fairly warm climate and reacts badly to the marked changes in temperature, humidity and atmospheric pressure. Such an individual will often consult his physician when there has been a sudden and great rise in temperature with an equally abrupt rise in humidity, and barometric pressure and state that he feels much worse and is sure that his blood pressure is much higher than usual. But under such circumstances, instead of being higher, the blood pressure is often distinctly lower than it has been. This fall in blood pressure and the changes in the circulation and in cellular chemistry that result, is probably the reason that so many, under such atmospheric conditions, have "strokes."

These rapid changes in the weather conditions also have an effect on the healthy and seem to decrease their ability to withstand infections. Everyone knows that colds are more prevalent during a winter thaw with relatively high temperatures following abruptly on an unusually cold spell. Such weather is also "pneumonia weather."

There are, then, plenty of reasons for the development of aches and pains with changes in the weather; for your feeling blue and depressed in bad weather and full of vim, vigor and vitality when the sun is shining, the weather cool, and the barometer low.

The cattle know when to leave their pasture, but a foolish man knows not the measure of his own appetite.

QUESTION BOX

Send questions to Dr. Nathan S. Davis III, Winnetka, Ill. (Enclose a self-addressed, stamped envelope.)

Q.—Will buttermilk and lemon juice bleach freckles?
A.—Buttermilk and lemon juice are harmless and not very effective. Perhaps the new method of peeling skin safely may be of help for freckles.

Q.—Are boils caused by a virus, or some external cause? M. S.
A.—Boils are usually caused by a staphylococcus, a bacterium and not by a virus. Both are external causes.

PATTERNS SEWING CIRCLE



sire swish. Or, if you prefer flaming colors, make it in a soft wool crepe.

Barbara Bell Pattern No. 1479-B is designed for sizes 12, 14, 16, 18 and 20. Corresponding bust measurements 30, 32, 34, 36 and 38. Size 14 (32) with short sleeves, bias skirt, requires 4 1/2 yards 35-inch material, straight skirt 2 1/2 yards 54-inch material. One-half yard 35-inch material required for dickey collar. Send your order to:

SEWING CIRCLE PATTERN DEPT.
Room 1324
111 W. Wacker Dr. Chicago
Enclose 15 cents in coins for Pattern No. Size
Name
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ASK ME ANOTHER? A General Quiz

The Questions

1. How many times was William Jennings Bryan defeated for the presidency of the United States?
2. Members of the Caterpillar club are what?
3. What is the weight of a baseball?
4. The word Bible is derived from Greek and Latin words meaning what?
5. How many rooms are there in the White House?
6. What is the meaning of riposte?
7. Why are bells rarely used in an orchestra?
8. What is the Japanese Emperor Hirohito's family name?
9. What is Canada's oldest province?

The Answers

1. Three times.
2. Aviators who saved their lives by parachute leaps.
3. A standard baseball weighs five ounces.
4. Books (Biblia, after the Phoenician city Byblos, whence papyrus was exported).
5. About 50 rooms, counting kitchens, valet bedrooms and corridors used as sitting rooms.
6. A quick, sharp retort.
7. Because of the length of their vibrations and the number of overtones. Bell sounds are generally produced by a glockenspiel or tubular chimes.
8. He has no family name.
9. Quebec.

BRVAO for the new silhouette—

shaped by this long, torso-molding top, low waistline and full, swirling skirt! If you are out to get the world by the tail you simply must have one of these dirndl frocks—and it is typical of the young spirit of the times that you'll probably be your own dressmaker and turn out this style perfectly for yourself! Pattern No. 1479-B offers nothing fancy—merely that perfect but-ton-front top with its immaculate, snowy white collar, short sleeves set in with a smooth straight shoulder line and a skirt gathered on at a sinkily low waist. It's a dress for stiff fabrics, faille, taffeta or moire if you de-

Household Hints

Be sure to arrange the dishes cooking in your oven so that there is plenty of space between them and the food will brown evenly.

Picture frames should be selected to harmonize with the pictures for which they are intended.

A teaspoon of salt added to the water in which eggs are boiled makes them easier to remove from the shells.

Lipstick stains on linens and cotton can nearly always be removed by the use of warm water and mild soapsuds.

Celery leaves, sprigs of parsley and slices of onion may be used effectively and economically to season soups. Add the seasoning to the soup while it is cooking and strain it before it is served.

More Raleigh Jingles

Beginning the middle of January, Raleigh Cigarettes will again offer liberal prizes in a big jingle contest to be run in this paper. One hundred and thirty-three prizes will be awarded each week —AdV.

A CYCLE OF HUMAN BETTERMENT

ADVERTISING gives you new ideas, and also makes them available to you at economical cost. As these new ideas become more accepted, prices go down. As prices go down, more persons enjoy new ideas. It is a cycle of human betterment, and it starts with the printed words of a newspaper advertisement.

JOIN THE CIRCLE READ THE ADS

DROP

TWO DROPS THAT colds' watery misery and colds' sneezy sniffles...

Just two drops Panstro Nose Drops in each nostril as directed helps give that cold air as cold clogged nasal breathing passages open up—and air rushes in its healing aid. 250 buys long lasting supply. Demand the genuine, economical.

PENETRO NOSE DROPS

By Reason Reason is the law of law; nay, the common law itself is nothing else but reason.—Coke.

DON'T LET CONSTIPATION SLOW YOU UP

When bowels are sluggish and you feel irritable, headachy and everything you do is an effort, do as millions do—chew FEEN-A-MINT, the modern chewing gum laxative. Simply chew FEEN-A-MINT before you go to bed—sleep without being disturbed—next morning gentle, thorough relief, helping you feel swell again, full of your normal pep. Try FEEN-A-MINT. Tastes good, is handy and economical. A generous family supply costs only

FEEN-A-MINT 10¢