ROSEBURG NEWS-REVIEW

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ROSEBURG, OREGON, SATURDAY, JUNE 19, 1926.

BILLION DOLLARS WASTED.

Writing in The Nation's Business, issue of June 5, William Fortune, a prominent figure at the recent annual meeting of the Chamber of Commerce of the United States, declares that it is possible to save from waste and extravagance in our government as much as a billion dollars a year. To do this, he says, it will be necessary to cut from local taxation about 15 per cent; but if we include federal budgets, an average of less than 10 per cent will be enough to make up the aggregate saving of a billion dollars. It can be done, and it should be done, without eliminating anything essential and without retarding progress. It may be accomplished through wise economy and better efficiency. "Wise economy" does not mean indiscriminate opposition to public expenditure; it means that waste should be eliminated.

If every chamber of commerce striving for the welfare and prosperity of its locality will vigorously assume this task, it may be able to point to more substantial results than it can achieve in any other way. A widespread effort under the leadership and direction of a great national organization is needed. If the chambers of commerce of the United States can become the means of accomplishing even one-tenth of the possible saving, it will be no mean achievement to be able to show definitely that they have rendered service worth a hundred million dollars.

Any organization that can prove that it has rendered service worth a hundred million dollars a year will command great respect. Committees seeking accession to membership will be equipped with a new, forceful and understandable appeal to reluctant and hard-headed citizens who have heretofore failed to be convinced of their duty to support organized civic endeavor. Even a hundred million dollars impresses some people. But frankly, figures are used only to give tangible form to an important task and to make it comprehensible to everybody. Lurking unrevealed within the bigness of figures is the hope of far greater possibilities for the good of our people and our country. The gain from success will be vastly more than may be realized from merely pecuniary benefits. It will be revealed in a new era of wiser living.

If the twenty-eight hundred chambers of commerce scattered over the United States and the 900 other business organizations associated with the United States Chamber of Commerce, embracing about eight hundred thousand members, join in the battle against waste and extravagance, something is going to happen. Waste and extravagance and taxes will soon go down. Wiser living and better general prosperity will soon begin to go up. Our country will be better for the renewed and the needed interest in it, and conscious participation in its affairs by citizens who have too long been neglecting their patriotic duty.

SAVE THE WILD LIFE.

Destruction recently of 38 deer in Cow Creek Canyon, near Glendale, apparently by poison put out to destroy weeds along the railway tracks was an occurrence probably unforseen by either the railway company or the game authorities. That both will take steps to guard against a repetition of the slaughter may be taken for granted. Wild game is one of the most valuable assets in Douglas county and deer comprise the foremost item. Nothing within reason or the range of practicability should be left undone for their protection. The Cow Creek incident of recent date may be charged chiefly to the railway company's thoughtlessness, displayed while engaged in the legitimate work of exterminating weeds to protect railway property from fire. On that account few reasonable persons will be disposed to utter censure, but the company will be expected to exercise the utmost care in its future operations.

While on the subject of wild game, it is noted with regret that silver grey squirrels, once so plentiful in Douglas county, are rarely seen nowadays. Their almost complete disappearance is not due, however, to any cause over which mankind had any control. Three years ago the silver grey squirrels in several counties began dying at an alarming rate, and investigation disclosed that they were affected with a disease akin to tuberculosis. Occasionally one of these handsome, lively animals is seen in the forest and the hope exists that ultimately, with proper protection from hunters, the wooded areas will resound as heavily with their chatter as in times past.

Thanks are due the state game warden for changing his original intention of stocking Douglas county with wild turkeys. A news item of recent date announced that the turkeys would be liberated in Josephine county instead. Domestic turkey growers of Douglas county will feel relieved at the knowledge that their own flocks will not be exposed to the hazards of open seasons on the wild variety or to the possibility of their fowls straying to the forests for association with their undomesticated kin. Broccoli raisers will also be the gainer in not having to provide food for additional turkeys.

In closing let us bid welcome to the newcomer in the waters of the Umpqua—the shad. Large schools of this valuable food fish are reported to have ascended the Umpqua for the first time as far as lower Garden Valley. They afford no pastime for the angler, however, turning aside from all bait and artificial lures so far tried. They appear to be for the seine alone, but so far none have tried that method in the river.

California is moving to Oregon. A trip down the Pacific highway almost any afternoon will prove the assertion. Hundreds and hundreds of California cars are visiting Oregon this summer and it must be a revelation to the boys from the sunny south to gaze upon our marvelous scenery.

PRUNE DICKIN'S

By Bert G. Bates

GOOD EVENING FOLKS—

Jupe Pluvius emptied
His sprinklin' can
In our midst
This a. m. and
Gosh it makes a
Feller feel good
To go out and
Splash aroun' in it.

✣ ✣ ✣

DUMBELL DORA THINKS

Oklahoma is a city in Japan.

✣ ✣ ✣

A feller was talkin' gawf on the main stem this a. m. and he said he thought he'd put a green in his backyard so's he could practice puttin' and Kenny Quine said he had something better than that. He had a lotta tall grass there and he thought he'd toss some balls out in it and practice huntin' 'em.

✣ ✣ ✣

The wuss thing about a refrigerator is that it makes the butter hard to spread.

✣ ✣ ✣

Saw a mighty old flivver on the main drag today. The tag on it said B. C. 707.

✣ ✣ ✣

Once a fella slipped and fell on the sidewa.k period if you'd been there you'd heard the crash of glass period he wasn't cut however comma and we might say there is no use in crying over split milkdash only comma in this instance comma it wasn t milk period.

✣ ✣ ✣

If you haven't a bumbershoot it would be a good idee to wear a Strawberry carnival sombrero.

✣ ✣ ✣

This rain may not be good for the hay but think what it'll do to the fairways.

✣ ✣ ✣

We hope those Boy Scouts who left yesterddy for the summer outin' took along their galoshes.

✣ ✣ ✣

A gopher in a trap is worth a dozen in the front lawn.

✣ ✣ ✣

DIRTY WORK AT THE CROSS ROADS

The night was dark and moonless; the wind sighed through the leafless trees. The autumn night was dark and chill.

"Is there no other way?" a sweet girlish voice from the car asked.

"No other way," answered a deep bass.

"Oh, I can't. Never, in this dark. It's awful! I, who am used to the straight road—I—I—I—can't! Why, it's terrible! Isn't there some other way?"

"No other way," answered the deep voice again.

"Here, I will give you my purse, my rings—all of them if you do not ask me to do this terrible thing."

"No, young lady, orders is orders. This concrete isn't hardened yet. Ye'll have to detour."

✣ ✣ ✣

Haven't you heard the chronic grouches along the main stem complainin' "Why don't they do this" and "Why don't they do that". We wonder whoinell is "they"?

✣ ✣ ✣

Loud is the weepin', wailin' and gnashin' of molars this week of the abandoned sweeties whose brave Poppas have gone to the battle front with the nashnul guard and ever' time a flivver backfires some damsel faints, thinkin' the enemy has pierced the lines at Camp Jackson and are invadin' the peaceful Umpqua Valley.

✣ ✣ ✣

Late Perkins Sez:

"Now that the rain barrel is full there hadn't oughta be no excuse fer not takin' the Satiddy night dip."

HEALTH BULLETIN

How to Keep Well In Hot Weather
(State Board of Health.)

Keeping well in hot weather is largely a matter of using common sense in aiding the body to carry on its normal functions in a normal way. The human body possesses a wonderful means of keeping the body temperature constant, even under extremes of heat and cold. But like any other automatic mechanism, you cannot expect it to act satisfactorily if you overload it or overdrive it, when it is already under a strain.

When the weather is hot, the surface blood vessels are expanded and the sweat glands bathe the body with perspiration. By evaporation, the skin is cooled—the rapidity and degrees of cooling depending on the rate that the air is moving. Drafts are harmless in summer, unless the cooling of the body is too rapid. A fan is as useful to the human machine as it is to an automobile.

A daily bath keeps the pores open. Light clothing aids in rapid evaporation of the perspiration. Some exercise is essential, but over exertion in the hot sun should be avoided. The matter of diet is one of importance. The Eskimo eats heartily of fats and oils. His tropic brother lives largely on fruits and vegetables. There is a reason. Fats, sugars, and starches are heat producing. Nature gave us green vegetables and fruit in abundance during the summer season. Overeating overloads the system. Eat moderately of a varied diet. Ice cream, sodas, and sundaes may satisfy the palate and temporarily cool the throat, but they are heat producing, nevertheless.

Food spoils more quickly in hot weather on account of the rapid growth of the organisms of decay. Be careful when away from home that the food served is not tainted; that fruit is not over-ripe. Plenty of cold water is essential; an extra amount is needed in summer on account of the activity of the sweat glands. Plenty of sleep or, at least, plenty of rest in bed, even if it is too hot to sleep, will aid in keeping one strong and well during the heated period.

As long as you drink freely of water, keep the head and neck well protected, wear clothing suitably light and loose, the sun seldom has any injurious effect on healthy individuals who are temperate in their food and drink.

MOVIE NOTES

Majestic Theatre.

Three players registered so successfully in Marshall Neilan's screen production, "The Great Love" that the director immediately cast them in his succeeding offering, "Wild Oats Lane," which will be on view at the Majestic Theatre Sunday and Monday.

They are Viola Dana, who plays the leading feminine role; Robert Agnew leading man, and George Barnum, who plays the part of the father of the girl.

"Wild Oats Lane" is one of the most interesting stories Gerald Beaumont has written.

Antlers Theatre.

Indicative of Al Christie's intention to make "Up In Mabel's Room" even more successful on the screen than it was on the stage, is the list of players chosen to support Marie Prevost, the star in that comedy, which opens Sunday at the Antlers Theatre, for three day's run.

Harrison Ford, known for his work in "Lovers in Quarantine," "Little Old New York," "Janice Meredith" and "Smilin' Through," among others, heads the supporting cast. Phyllis Haver, once a bathing girl, now one of the most popular feature actresses, will be seen in an important role. Harry Meyers of "Connecticut Yankee" "Robinson Crusoe" fame. Sylvia Breamer, Carl Gerard, Paul Nicholson, Maud Truax, William Orlamond and Arthur Hoyt complete the cast.

Liberty Theatre.

Promising some of the most absorbingly dramatic scenes that have ever been filmed, "The Only Way", dramatic version of Charles Dickens' "A Tale of Two Cities," makes its debut at the Liberty Theatre, beginning Sunday with Sir John Martin Harvey as the star. He plays the immortal lover, Sidney Carton, whose spectacular sacrifice for sake of a girl he secretly loved has never been matched in English literature. A most brilliant portrayal of the story and of the character is forecast by advance reports which accord the star a personal triumph equal to that which he has won for many years in the same role on the speaking stage.

"The Only Way" was dramatized by Freeman Wills from the Dickens masterpiece, and Martin Harvey has starred in it in every English speaking country in the world with tremendous success. The sparkling personality of the star blended with a profound depth of dramatic feling has made his stage appearances as Sidney Carton enthralling to his audiences. These qualities have been caught by Herbert Wilcox as producer in the screen interpretation of "The Only Way."

A good selection of mantel brick and tile at Metzgers.

FINGER PRINTS OF VAGRANT TO BE SENT TO SEATTLE

A transient, giving the name of Jack Smith, was picked up here today and is being held on a vagrancy charge, while an investigation is being made. Smith in a general way answers the description of the man wanted in the Sylvia Gaines murder at Seattle, and his fingerprints have been taken and are being forwarded to that city. He claims to have been employed in the wheat fields at Pendleton, but is quite vague as to the work done recently. A number of new fountain pens were taken out of the lining of his coat, evidently having been stolen. His coat bears a Seattle brand. He is about 37 years of age, 8 feet 9 or 10 inches in height, weight about 160 pounds. Initials "A. E." are tatooed upon his forearms. The man was picked up by Chief of Police Ketch following his arrival on a freight train this morning. Officers are inclined to believe that the man is wanted for some minor crime, but on the possibility that he may be the man wanted in Seattle his fingerprints are being forwarded.

DYING ENGINE MEN ASSERT NO DANGER SIGNALS OBSERVED

(Associated Press Leased Wire.)

PITTSBURGH, June 19.—The Pittsburgh Gazette-Times today quotes George McConnell, brother of William S. McConnell, only surviving member of the crews of the Cincinnati Limited that crashed into the Washington express near Blairsville intersection Tuesday, as saying William told him from his bed at the Latrobe hospital that the block signal was "clear" and no red flares indicating danger ahead were visible.

A committee probing the cause of the wreck, which caused a death toll of fifteen, was told yesterday by Flagman D. S. McDonald and Brakeman T. W. Beecher of the stalled Washington express that flares had been placed and that two block signals set, one indicating caution and a second a command to stop.

William McConnell was fireman on the second engine of the limited, and, according to the statement credited to his brother, was at the left window of the cab watching for the block signals when the limited approached Gray station.

The fireman saw a clear signal, the newspaper account says, and called across the cab "clear here, go ahead."

And his brother said the engineer, who with the crew of the first engine, of the limited, died in the crash, is said to have answered "clear here too." It was only a few seconds later, according to the re-told story of the fireman, that the crash occurred.

TRADES IN REAL ESTATE IN CITY REPORTED TODAY

A three cornered real estate transfer involving property in and near Roseburg, was reported today by the E. K. McLendon real estate company. J. B. Hughes traded his house and three acres on the Deer Creek road to the McLendon company for a house and four lots on 2nd Avenue, and will move to the residence soon to make his home. The Hughes property, in turn, was sold to H. M. Sayers, who recently disposed of his homestead at Tyee. Mr. Sayers is moving to the new location in order that his children may have the advantage of the city schools. E. K. McLendon purchased the home of Edward Morgan on Vista Avenue and Chadwick streets, in Overlook Addition, holding the property for speculation.

PORTLAND VOTING ON FIFTEEN-YEAR SCHOOL PROGRAM

(Associated Press Leased Wire.)

PORTLAND, Ore., June 19.—A special tax levy of $1,300,000 for operating the city schools during 1927 and a proposal to authorize a bond issue of $4,500,000 between now and 1932 to finance the school district's fifteen-year building program are the financial issues to be settled at the school election here today.

Two members of the school board will also be selected. The school board states that unless the tax levy passes the next school year will be cut to eight months and a curtailment of many subjects be made necessary.

MARKET RATINGS

(Associated Press Leased Wire.)

PORTLAND, Ore., June 19.—Weakness in the local butter market has become more pronounced during the last few days, as receipts piled up and shipping outlets dwindled. Los Angeles, one of the biggest outlets for local surplus, is not buying so heavily and jobbers get little encouragement from the south as to an early resumption of buying.

Cubes closed fractionally lower on the exchange with standards and firsts marked down a half at 37½ and 36c respectively. Extras and prime firsts held steady.

Both the local make and receipts of surplus cubes from country creameries have been heavy for the past week and it is with increasing difficulty that this surplus is moving.

Storage holdings are already large with better than a half million pounds in Portland storage alone.

Receipts yesterday amounted to 18,183 pounds with the local make placed at 24,139 pounds.

The local egg market is marking time with no chang ein prices during the closing session of the exchange. Extreme values for the week, when extras reached a 32 cent top, failed to hold. Receipts are more than sufficient for local consumption and jobbers are loathe to do much storing at current levels. Receipts yesterday amounted to 1948 cases. Jobbers shoved 225 cases into the cooler bringing the total holdings up to 51,328 cases.

Country dressed meats were pretty well cleaned up along the street Saturday and produce firms were figuring on little or no carryover. Prices held fairly steady with 15 cents the general top on choice light calves and 20 cents for choice light hogs.

In the poultry market light springs and hens were in plentiful supply most of the week and values hard to maintain. Stocks cleaned up fairly well at the close, however, and prices remained unchanged.

There is a good call for heavy hens and springs with offerings.

Milk steady. Best churning cream 39c net shippers' track in zone 1. Cream delivered Portland 41c. Raw milk (4 per cent) $2.20 cwt., f. o. b. Portland.

Poultry steady; heavy hens 25@27c; light 20@21c; springs white 18@20c; do colored up to 27c; young white ducks 30c.

Old potatoes nominal, $1.50 per sack; new 3c lb.

Onions nominal, $1.75@2.00.

Nuts steady. Walnuts No. 1, 18@24c; filberts nominal; almonds 30@31c; Brazil nuts nominal; Oregon chestnuts nominal; peanuts 9½@11½c.

Cascara bark nominally steady, 6c; Oregon grape root nominal.

Hops quiet. Old crop 30c bid; 3-year contracts 22c; 1926 contracts 24@25c.

PORTLAND, Ore., June 19.—Wheat: BBB hard white, hard white, bluestem, haart, federation, soft white, western white $1.43; hard winter, northern spring $1.38; western red $1.37.

SAN FRANCISCO, June 19.—(Federal-State Market News Service.)—Berries: Raspberries $1.30@1.60 crate; blackberries 40@45c a drawer, fancy 50c; Strawberries 65@75c, few 80@90c drawer; Loganberries 30@40c drawer.

Plums: Beauties 50@85c crate, few 90c; Formosa 65c@$1.00 crate; Santa Rosas $1.00@1.25.

DAILY WEATHER REPORT

U. S. Weather Bureau, local office, Roseburg, Oregon, 24 hours ending 5 a. m.

Humidity 5 p. m. yesterday	41%
Precipitation in ins. and Hundreths	
Highest temperature yesterday	76
Lowest temperature last night	55
Precipitation last 24 hours	.01
Total precip. since 1st month	.01
Normal precip. for this month	1.07
Total precip. from Sept. 1, 1925, to date	23.29
Average precip. from Sept. 1, 1877	33.50
Total deficiency from Sept. 1, 1925	10.21
Average precipitation for 48 wet seasons, (September to May, inclusive	31.12

Unsettled tonight and Sunday becoming fair Sunday; probably showers in mountains tonight. Rising temperature Sunday.

WM. BELL, Meteorologist.

DR. NERBAS
DENTIST
Painless Extraction
Gas When Desired
Pyorrhea Cured
Phone 438 Masonic Bldg.

Rippling Rhymes
By Walt Mason

MONTHLY BILLS.

When the monthly bills are floating, drifting to me through the mail, I am smiling, I am gloating o'er my store of useful kale. I am here in gaudy raiment, with my checkbook in my hand, and no man who asks for payment of a good bill will be banned. 'Tis my way of making happy all my toiling fellowmen; I write checks, and make it snappy, with my costly fountain pen. Some have plans sublime, far reaching, for the welfare of the race, and the rudiments they're teaching every moment, every place. But my hopes are meek and humble, quietly I strive to please, and I pay old Farmer Bumble for the honey from his bees. I would bring contentment closer to my neighbors, worthy gents, so I send to Griggs the grocer fourteen bones and thirty cents. I have no intense ambition to advance a mighty cause, or to better man's condition by the framing of new laws. I would be no peerless leader of a crusade high, sublime; I am happy gentle reader, when I've paid my bills on time. Then I know the undertaker sings a blithe and cheerful note, and the good, hard-working baker makes a payment on his boat. And the butcher feels he's able to buy lipsticks red and bright for his daughters, Mac and Mabel, who, when painted, are a sight. And the tinner and the tanner and the clergyman and clerk, all are showing, in their manner, that they profit by my work. Abstract good should not be flouted, helpful dreams should have their place, theories high may well be spouted by the leaders of the race. Let them talk on, donnerwetter! Up Parnassus let them climb! But I'll make the gray world better paying all my bills on time.

BEAUTY CHATS
Edna Kent Forbes

SKIN BLEMISHES

If you have any bad skin trouble such as persistent blackheads and pimples which do not yield to ordinary home treatment, go to a doctor about them. You may be suffering from some toxic condition which requires medical treatment, and you also may have infected the skin so badly that it keeps reinfecting itself. This frequently happens in the case of boils and carbuncles and in an enormous number of cases of facial blemishes. Internal treatments are of little use then because the infection is from without, and the only thing to do is to make the skin antiseptically clean until the germs are destroyed.

First, I'll give a simple blackhead treatment. Go to a druggist and get a tin of gritty soap sold under various names for mechanics' use. Mix it with about its own quantity of cold cream, steam the face by holding hot wet cloths over it for a minute or two, and then rub in a small quantity of this paste. Rub it in thoroughly and if a certain amount of dead skin rolls off don't be alarmed, this is only the outer layer of skin which is constantly coming off. Rinse thoroughly with fresh hot water, and if the skin feels the least bit irritated or dry rub on a small amount of cold cream and wipe off with a dry towel.

This is a blackhead paste which I have found excellent for treating all ordinary cases of blackheads and enlarged pores. Pimples, which cause blackheads, are a much more complicated trouble and very little can be said about them today. However, I would advise rubbing them thoroughly at night with sulphur or zinc ointment, leaving the ointment on as long as possible. This makes the skin antiseptic and prevents reinfection. To dry up the pimples touch them up frequently during the day with a saturated solution of acetanelid and alcohol. If you can't get this full strength alcohol will do or peroxide of hydrogen.

M. B. L.—The reason your hair gets oily now that it is short is because the scalp secretes the same amount of oil as it did when your hair was long, and that extra length of hair did not show the effects of the oil in the time between shampoos.

There is nothing wrong with your scalp, all you have to do now is to shampoo oftener than you formerly did.

The extra combing you are giving your hair has no effect upon stimulating the secretions. If your hats are very snug and warm they would be a cause for the trouble. The pilocarpine hair tonic would help rid you of the dandruff. If you care for it I will be glad to send you the formula.

Efficient Housekeeping
Laura A. Kirkman

ANSWERS TO INQUIRIES

TOMORROW'S MENU

Breakfast
Left-Over Prunes
Cereal
Boiled Slice of Ham
Muffins Coffee

Luncheon
Spanish Omelet
Whole-wheat Bread
Diced Bananas and Oranges
Jelly Iced Cocoa

Dinner
Roast of Beef
Gravy
Potatoes Spinach
Lettuce French Dressing
Cottage Pudding Coffee

Mrs. A. M.: "Some time ago one of our Column Sisters (Mrs. McC.) asked for the following directions: Knitted Bed Socks: Use natural-color knitting worsted and a number five bone crochet hook. Chain 60, join, chain three to start, then make one double crochet in each stitch for two rounds. When laid flat double fold should be six and one-half inches wide. Now work round and round in single crochet, always picking up on the back thread, till the sock is 17 inches long. Narrow four times at regular intervals in each round till eight stitches remain. Fold double and close by working four single crochet through the double thickness."

Answer: I am sure that Mrs. McC and many other women will appreciate these directions, for which I thank you.

Reader: "Kindly publish recipe for Gluten Bread."

Answer: Soften one-half cake of compressed yeast in one-half cup of luke warm water and turn it into a bowl. Add one and one-half cups of additional tepid water, three and one-half cups of gluten, ground, and one-half teaspoon of salt. Mix to a stiff dough and knead well, using more gluten if necessary to keep it from sticking to the bread board. Shape into a loaf and place in a buttered pan for two and one-half hours to rise (or till the dough is twice its original bulk) then bake 45 minutes in a moderate oven. If desired, you can mix the dough vigorously after this rising, and then let it rise again before baking it. Avoid having the water too warm, or the bread will be sticky; merely take the chill off the water before using. Here is another recipe you may find useful:

Gluten Gems: Mix together one cup of gluten flour, one-half teaspoon of baking powder and one tablespoon of sugar. (If this amount of sugar is allowed by your physician otherwise use a pinch of salt instead of the sugar). Now add one cup of water or one cup of cold, sweet milk, and stir in the beaten egg vigorously. Scrape the mixture into hot, buttered gem pans and bake 30 minutes in a hot oven.

Just a Girl: "Would you advise including silver in my hope chest?"

Answer: No. Silver is a favorite wedding present and most brides find that they have received all the silver they need from relatives and friends.

Tomorrow—Sour Milk Chocolate Cake

Diet and Health
By Lulu Hunt Peters, M.D.
Author of "Diet and Health" and "Diet for Children"

DANGEROUS TO DYE

Recently I got the following letter. If you are contemplating having your shoes dyed, do read this.

"Last summer I read an article in your column about poisoning from dyed shoes. It didn't interest me particularly; that, is, I wasn't interested personally in it at the time, and I forgot the details. However, I recalled the article very vividly last Saturday night! My husband came home with a very bad headache, a bluish color to his skin, and unsettled stomach to the extent that he had to vomit, and we remembered that he had been wearing oxfords which had been dyed earlier in the day and realized they may have poisoned him. The doctor we called had never seen such a condition, but gave him some medicine which helped his headache and helped to settle his stomach. His dark color was noticeable for about 24 hours and he was weak, but in a day or so he felt as well as usual.

"We would like to know how the poison was absorbed and just what took place in the body. —Mrs. P."

The article I wrote last summer was based on a paper in the American Medical Journal, written by Dr. Muehlenberger, Wisconsin State Toxicologist. The doctor wrote of shoe-dye poisoning in nine cases personally observed and 44 cases reported, including a remarkable outbreak of shoe-dye poisoning in an army cantonment in 1919. In this cantonment there were 17 cases among the soldiers who had dyed their shoes brown in order to match their puttees.

Since receiving Mrs. P.'s letter, I have seen a report of two cases in the newspapers, not so mild as Mr. P.'s. The poisoning from shoe dyes can be extremely severe and as shoe dyeing is very common, there is no doubt that there is need for further warning on the subject.

The shoe dyes known to be poisonous contain nitrobenzol or aniline as solvents. Both of these poisons can be absorbed through the skin, whether it is injured or not, although if the skin is broken in any way or if there is a profuse perspiration, they are absorbed more readily, according to Kober and Hayhurst, in their book, Industrial Health.

The symptoms of these dye poisonings, in mild cases, are headaches, dizziness, nausea, constipation; and in severe cases reeling and stammering speech, vomiting, bluish discoloration of the skin, sometimes convulsions and symptoms of paralysis. The bluish discoloration of the skin is due to some chemical change in the blood.

Treatment. Naturally, the removal of the dyed shoes, and the scrubbing of the feet would be one of the first things to be thought of. If the poisoning is acute artificial respiration and the

(Continued on page 6.)

My Dear Followers:

When sending for material which we offer you, please remember to enclose a stamped, self-addressed envelope bearing your full name and address. The pamphlet on reducing and gaining is the only one for which you must enclose ten cents in stamps extra. Address your letters to me in care of this paper. Make them as brief as possible, not over 200 words, and type or write them legibly with ink. Please sign your name as evidence of good faith—we will not use it in any way. Remember it is impossible for me to diagnose for you or to answer you personally. I appreciate very much the beautiful letters you send me and regret it is impossible to give you individual advice. The questions you ask will be answered in the column as soon as possible, if they are of general interest. Don't forget the stamped, self-addressed envelope if you expect me to send you the information I have offered.