

Home Health Club

Dr. David H. Reeder, LaPorte, Ind.

Whooping Cough: At the time of opening the public as well as private schools each fall, there usually follows a series of coughs, colds, whooping cough measles, chicken pox and other ailments which might easily be avoided if proper precautions are taken by school authorities or even by the parents.

Such precautions are not generally taken however, and the result is much extra work, expense and suffering for the individual families as well as the children.

Before it is opened for use, every school house should be thoroughly scrubbed, cleaned and ventilated and if there is the least dampness left after the scrubbing a fire should be built and kept going for a day, no matter what the temperature may be outside. In my own house I sometimes build a furnace fire when the thermometer registers as high as 85 or 90 degrees during the day. I do this whenever I find floors, windows or furniture are absorbing moisture so that they are likely to swell. I find that this pays, not only from the standpoint of the health of my family but the preservation of furniture and building.

Most school children spend the major portion of their vacation out of doors, but some have not been so fortunate and as soon as they appear at school the experienced mother or teacher can see at a glance that they are disease carriers.

What to do for or with them is a big problem which the welfare workers are trying hard to solve and in proportion to the real interest and honesty of their efforts they are going to succeed.

How can you protect your children from the infectious or contagious diseases with which they are bound to come in contact from time to time? I presume that whooping cough is one of the most commonly spread diseases among children and also few realize it, I can assure you that it is one of the most dangerous of such diseases. I wish I could impress this fact upon the mind of all parents because I find so much carelessness and indifference regarding it. Because of this attitude of indifference it is a serious problem and before you know it, half the children in your school may have it.

It is generally supposed that nothing can be done and that it must run its course. This is a mistake. Under modern methods of autogenous therapy in the hands of a physician who understands its technique, the attack is almost immediately aborted and the child thereafter is practically immune. Moreover it will not be so susceptible to cold, tonsil or bronchial troubles. This form of treatment can only be given by a physician who knows how and the secretions of other children cannot safely be used. It is an individual treatment and therefore not available as yet to all children, but a good old doctor in England told the members of the Royal Society of Physicians a few years ago of a very simple remedy which any parent may use and with the knowledge that it is not only perfectly safe but the cost is next to nothing. I have tried it many times and have recommended it in many hundreds of cases and I have known of no failures.

Garlic is the remedy and when you cannot get garlic use onions, the strongest you can get.

The method is simplicity itself. Try it at the first sign of coughing, don't wait for the whoop, although it is effective at any stage of the disease or for any kind of a cough.

Chop the garlic or onions up fine or grind them in a meat or vegetable grinder, make a poultice of this about a quarter of an inch thick and bind it on the bottom of the feet. Put a large pair of stockings on over all and leave the poultice on over night. Repeat each night until the cough is gone. Usually there is no cough or any sign of the disease after three or four applications. If one child in the family has the disease and all are treated in this way until the sick one is cured, the rest will not be likely to have it.

The child's breath will smell strongly of garlic next morning and for a week after the last application. That, however, is nothing to worry about.

Mrs. B. of Utah wants a cure for rheumatism.

"Dear Dr. Reeder: Kindly advise me of a proper diet for a woman suffering with rheumatism. My sister whom I have reference to, is a victim of rheumatism of the joints. She had swelling in hands, feet, elbows and knees for about a year and a half. Her knees have been very stiff lately.

"We have tried all doctors here, an electric blanket, hot springs and numerous other things, but with no avail. We would certainly be grateful if you could aid us in healing our sister.

"I am also asking how to relieve constipation. What fruits, etc. to eat.

"My sister is 42 years of age. Her urine test is highly acid."

Answer: I am sorry to be compelled to tell you that diet alone will not give the desired relief. This trouble comes from auto-toxemia or self-poisoning. Your sister is absorbing poison in the form of pus, from some source in her own system. All of the doctors, electric blankets, hot springs, or any other thing will not give her relief until the source of this infection is removed. Find the

source of infection and if it is humanly possible to do so, remove it, and Nature will then do the curing and the rheumatism will disappear of itself. The first place to look is for diseased teeth or tonsils and if they are O. K. there are a dozen other likely places.

A proper diet would be helpful, but not curative, raw fruits, raw vegetables, and nut meats, and occasionally eggs, soft boiled, scrambled or shirred; also buttermilk and cottage cheese may be used freely. Meat, beans, peas, and cream cheese should be avoided, especially if your sister has high blood pressure, which she is quite likely to have in this condition. For constipation eat raw fruits and raw vegetables.

All readers of this publication are at liberty at all times to ask any question pertaining to health. Address all communications to Dr. David H. Reeder, La Porte, Indiana, with at least 6 cts. in postage.

FARM BUREAU IN REVERSE ENGLISH

PROGRESSIVE STAND OF FARM BUREAU CONVENTION IS LATEST SURPRISE.

MAY BE POLITICAL TRICK TO GAIN VOTES FOR GANG IN NOVEMBER.

The report sent out by the Minnesota Farm Bureau federation's news service on the state convention held during the state fair reads like farmer-labor campaign literature and would be the cause of great rejoicing among Minnesota progressives were it not for the well known record of the farm bureau's past and the knowledge that this movement was organized for the purpose of preventing the farmer from making too much progress.

The farm bureau is now putting the reverse English on its former stand of keeping the farmer out of politics. The farm bureau always claimed that a political movement of the farmers was all wrong, that they should stay out of politics and work along co-operative lines. Then too they have generally had a bunch of bankers and lawyers to tell them just what kind of co-operation they should go into. In this way, the farm bureau was to keep the farmer safe and sane and keep him from joining in the political movements for the bettering of farm conditions.

Political Questionnaire.

But at the annual meeting at the state fair, the farm bureau folks decided to send out a questionnaire to every state and legislative candidate in Minnesota and put the candidates on record on matters pertaining to agriculture. This is going directly into politics, a thing that the farm bureau has always done on the sly but has claimed not to do. There is absolutely nothing wrong about the farmer going into politics. In fact, it is his only salvation. And the farm bureau folks realizing that the farmer is awake to it at fact have decided to put out this questionnaire. It will no doubt be worded in such a manner that like the funny strip in the paper "It doesn't mean anything" and Kellogg and Preus will be enabled to answer the same as Shipstead and Magnus Johnson and candidates for the legislature put up by the bankers and lawyers will be declared to be "just as good" as those who really stand for the welfare of the farmers. Anyone who knows the farm bureau's record is excused for looking with suspicion on the new move by this organization which was originally brought into being by those opposed to the growth of the farmer-labor movement.

Ways in which the county farm bureaus can be made productive of greater dollars-and-cents results were discussed at length. Several delegates explained how their farmers had been helped by supplying them with posts and Paris Green at considerable savings, but of course this is just a drop in the bucket. If the farm bureau is to be of any service to the farmers, the county agents will have to begin in earnest on marketing problems, not so much on what a farmer has to buy as on the produce he has to sell. This is something that the farm bureau has neglected at all times, not even making a pretense of bettering the marketing of grains, unless the Grain Growers fiasco can be called such. Production has been boosted for the benefit of those interests who brought about the organization of the farm bureau. It certainly has not helped the farmer, but it has helped the speculator.

Making Ready To Flop?

A special committee was authorized to make a thorough investigation of the ship subsidy and to report to the annual meeting in January. The farm bureau has been quoted as in favor of the ship subsidy graft. This has met such intense opposition by intelligent farmers that now, just before an election, the farm bureau has decided to appoint a committee to "investigate" the ship subsidy. That is trying to pull out of the hole and yet dodge the issue of postponing action on it till next January, when the election is over. Another committee was authorized to draft the federation's agricultural program for 1923.



Scene from that wonderful play the unloved wife that comes direct from Metropolitan Theatre St. Paul, to Turner Hall for Thursday Night Sept. 21. Seats now selling at Arbes Drug Store. Not a moving picture. Prices 50-75-\$1.00 plus tax.

A third committee was empowered to take much brains to see that the farm bureau is not looking at this thing from the standpoint of the farmer but from the standpoint of the food gambler. And yet it manages to get a great many farmers to fall for its palaver and support an organization which in reality is the farmer's most dangerous enemy.

Gray Gives Good Talk.

A discussion of how the business of farming can be made more profitable, by Chester H. Gray, former president of the Missouri Farm Bureau federation and a pioneer in the movement, was the feature of a general program in the Horse Show building, which preceded the business session. Mr. Gray discussed the farm bureau movement in its national phase. The Washington office of the American Farm Bureau federation, he said, scored one of its greatest victories when it established the principle that the national debt, now about \$500 for each person in the country, should be paid by income taxes. "This," he said, "throws the burden on the shoulders of those best able to carry it. For the first time in all history, the tax load has been shifted from those least able to pay." To one who has had a little more than a few years' experience in national events, the gall of the farm bureau in laying claim to initiating the income tax policy is appalling. That policy has been advocated by progressives in the United States for the past 20 years or more and resulted in the passing of an amendment to the federal constitution long before the farm bureau federation was born. That does not mean, however, that the tax burden has been shifted from those least able to pay even now. The income taxes have been lowered on those best able to pay, and that lowering has been done during the Harding administration, a fact that seems to have escaped the notice of farm bureau leaders.

Railroad Rates Too High.

Mr. Gray said railroad rates are too high, despite recent cuts. "If the railroads say they can not stand further reductions, we farmers reply that they should reduce their overhead and run the lines more efficiently." This sounds like a weak attempt at trying to imitate Magnus Johnson. The difference is that Gray has no solution except to "reply" to the railroads that they should reduce expenses. How much attention the railroads will pay to such "reply" is known from the past history of railway gouging of the public. Magnus Johnson would have said that railroads would have to cut out farming out work to auxiliary companies at preferential prices or else be taken over bodily by the government and run in the interests of the people for whose use they exist. When Magnus talks, he doesn't beat around the bush with a lot of pretense but comes out in square-toed fashion like he did at the Fort Hill picnic on Sunday of last week.

Gray on Production.

Speaking on production, Mr. Gray said farmers are entitled to "cost, plus a reasonable profit," only when they use good business practices in their work. "Farmers must produce efficiently, produce what the world wants and as much as the world wants," he said. This is the chief play of the farm bureau man. But if the farmer stays out of politics, as the farm bureau has been telling him he must, and just digs to produce "all the world wants," what about prices? That's the time the speculator makes use of the high productive ability of the farmer to deflate prices. Who fixes prices? Has the farmer anything to say about that? Magnus Johnson wants the farmer to have a say in the fixing of the prices on his produce—that is, wants a steady price on grains, a schedule for the year based on the cost of raising the grain and storage costs from month to month, cutting out the gambling in food products. If Magnus Johnson's plan of stabilized prices is adopted, then the farmer can go to work and produce "all the world wants," but otherwise, the more he produces the more he lowers his own wages for producing. It shouldn't

take much brains to see that the farm bureau is not looking at this thing from the standpoint of the farmer but from the standpoint of the food gambler. And yet it manages to get a great many farmers to fall for its palaver and support an organization which in reality is the farmer's most dangerous enemy.

For Terminal Co-operatives.

Mr. Gray followed his advice to produce "all the world wants" with a splendid statement of truth, but in such an impractical way that it doesn't do the farmers any good. He advocated the commodity marketing program of the national farm bureau organization, although no information is given as to what that program is, but he said that the farmer's problem will never be solved as long as he is content to confine co-operative marketing to local points. "We must become factors in the terminal markets," he said. This is the absolute truth. But how is the farmer to become a factor in the terminal markets? By organizing and financing vast terminal elevators, etc.? Has the farmer the capital to do such a thing? When he raises wheat and other grains at a loss and just makes a bare living from his dairy and hogs, can he be expected to furnish the enormous capital necessary to go into terminal marketing? It has been tried. The Equity Co-operative Exchange in St. Paul comes the nearest to a success along such lines. Magnus Johnson is vice president of this organization. It is now worth a couple of million dollars. But the Equity Exchange has reached its present successful condition through the sacrifice of time, energy and money by such splendid men as Geo. Loftus, J. M. Anderson, Magnus Johnson and others like them. And it is too much of a sacrifice for a few men. Most farmers are not willing to make such a sacrifice and it is too much to expect of anybody. And the Equity Co-operative Exchange has had to fight the bitter opposition of the Minneapolis Chamber of Commerce from first to last, and not the least of its obstacles has been the secret and even open opposition of the Minnesota Farm Bureau association. Townley proposed a system of state owned terminals in North Dakota, but the farm bureau, which now realizes that it must admit that farmers "must become factors in the terminal markets" was organized for the very purpose of heading off the Nonpartisan league. The election of Magnus Johnson to the governor's chair and a majority in the legislature who would co-operate with him would go a long way towards solving the terminal market problem for the farmer although it will never be completely solved before we get a national administration at Washington of the Magnus Johnson and Bob La Follette type.

SCIENCE AND TAXES.

Farming is beset by blights, pests and droughts, but none of these equal the depredations of the tax collector. Science has discovered remedies for the pests and blights, and the drought does not come every season; but the tax collector never misses a year. Science has discovered a remedy for the tax blight too, but the politician will not apply it till the farmer

John D. Rockefeller

attributes his success to the fact that he always made the other fellow put his proposition down in *Black and White*.

That's what the merchants of this town are doing for you. Their advertisements speak for themselves in *black and white*. And what they put down in *black and white* they stand back of.

They want your business. Their advertisements are an invitation to do business with them.

That's why they advertise, and the wise housekeeper never does her shopping nowadays until she has read the advertisements and posted herself on prices.

Is there an easier or better way of saving money?

It only requires a few minutes of your time to scan the advertisements.

The Boy Scout's motto is "Be Prepared."

That's what every housewife should be when she goes out to market.

Read the advertisements and you will not alone save many times the cost of the subscription to this paper, but you will save many dollars to add to your bank account.

Reading advertisements in this paper is profitable reading. Try it for a month and check up the pennies you will save.

That's another Rockefeller maxim: "Save your pennies and the dollars will take care of themselves."

There are hundreds of pennies to be saved by reading the advertisements in this paper every issue.

but not because he deserves the support of the common people at all. And if he is elected, he will probably run for re-election in two years from now with the backing of the reactionaries. His platform consists of one word, "ego," and that will adapt itself to most any wind in politics.

Not the Secretary of State.

Charles E. Hughes, present secretary of state, former governor of New York state, former justice of the United States Supreme court, and also once the Republican nominee for president, defeated by Woodrow Wilson, is getting the blame these days by some of our careless newspaper writers for a letter defending the seating of Newberry, which letter was written by another man, also by the name of Hughes, pretty much unknown to the people of the country altho he rattles around in the position of secretary of the national congressional campaign committee of the republican party. This latter Hughes, is also, therefore referred to in news dispatches as "Secretary Hughes" and some of our less carefully edited newspapers hail the statement as coming from the secretary of state, which is absolutely false.

The Mankato Free Press and the Minnesota Daily Star are amongst the papers making the mistake. One doesn't expect a paper edited by a sports writer to know much about political personages, but that one who has gotten his early education in viewing life from a side-door pullman and who is now one of the most rip-roaring advocates of a hundred per cent foolishness in this section should display his ignorance in this fashion is almost too sad for words.

insists. It therefore behooves the farmer to get into politics, which is the "science of government." A vote for Magnus Johnson for governor, Susie Stageberg for secretary of state and W. W. Royster for railroad and warehouse commissioner, and others of the same kind for the other offices, when added to enough other votes of the same kind, is the only thing that will tend to remedy the tax blight in Minnesota. Governor Preus, with his low pre-primary, which cost the taxpayers of the state \$400,000, and other equally extravagant expenditures to keep the machine in power, is the most expensive governor the state has ever had. Now he wants to add an army of state police to the already overburdened payroll that the taxpayer has to furnish the money for.

If you like the present high taxes and would like to pay still more, vote for the re-election of Gov. Preus of course. You ought to vote for what you want. But if you want a change, you will necessarily have to cast your vote for Magnus Johnson and the rest of the farmer-labor candidates.

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