

Home Health Club

By David H. Reeder, LaPorte, Indiana

Psycho-Analysis: The real meaning of this hyphenated expression is soul-analysis. Under this title an attempt is made to find out from study of the patient's actions, characteristics, reflexes, expressions, dreams and answers to a certain series of questions, just what part his sub-conscious mind has played in breaking down his health or his will power, his success or failure in life either mentally, morally, or financially.

It takes a keen analytical mind, free from prejudice either for or against the subject, to make a successful analysis or diagnosis of this kind. It is only during comparatively recent years that the medical profession have admitted that the subconscious mind had anything to do with the health.

They ridiculed, belittled, abused and persecuted those who practiced the healing art through suggestion or any other so-called mental healing. Like every other thing of real merit or inherent good, however, it thrived on persecution and as a matter of fact, every successful physician knew instinctively and practiced suggestion. Not only did he practice it, but he depended upon it as much as he did upon his medicines. He would not admit this to his patients, however.

Conditions have changed wonderfully during the past quarter of a century and at the present time it is admitted by the various medical associations that more than one-third of the people of this country have abandoned the drug method of cure and have gone over to the drugless professions.

Among these professions are the various so-called cults, but as these cults are producing about the same percentage of cures as are brought about by the older methods, they must have merit, so now the associations are taking the matter up in a rather vigorous manner.

Lord Dawson, who is the King's physician in England, begins his advice to the medical profession by advising them to study the sub-conscious mind through Psycho-analysis, which is good and sound advice, but he spoils it by condemning all of those non-medicals who have successfully used it heretofore, as rank fakirs, quacks and dangerous tinkers with agencies more powerful than a two edged sword.

Personally I believe that anyone who has a clear, sound and honest mind, with an honest desire to help his fellow man, can help him by properly directed suggestions. Science can help themselves, but most of us get better results by securing the right kind of help, from one who is trained in psycho-analysis or suggestive therapeutics.

Club Notes.

Appreciation: Mr. J. B. has something to say: Dear Doctor Reeder: I want to say, and say it emphatically, that in your recent article on the "Cause of all Disease," you give the first real honest-to-goodness information on the real nature of vaccination that I have so far found and I know from personal observation that you are correct.

I have read many articles by able physicians advising against vaccination, but when it came to getting down to brass tacks and telling the real reasons as they have told them to me personally, they hidestep, and when I ask why, they "Look wise and talk doubtful." One or two have frankly admitted that they did not dare, that it meant loss of bread and butter. Now I believe that the physicians, as a whole or class, are above the average in intelligence and also in honesty, but like all other humans, they make mistakes.

History proves that many of the supposed facts of yesterday are the discarded theories of to-day. I am positively convinced that Vaccination with cow-pox has been one of the greatest mistakes that has ever been generally accepted and of course it will die hard. I trust that your good work of education may continue for many years.

Any of the readers of this publication are at liberty, at all time, to ask questions pertaining to Health. Address all such communications to Dr. David H. Reeder, c. o. Home Health Club, LaPorte, Indiana, enclosing at least six cents in postage.

Miss Wanda Nelson who is attending the Normal school at Mankato is spending her vacation with her parents, Mr. and Mrs. N. E. Nelson.

Mr. and Mrs. G. W. Rosenau and family of Colgan, N. D. are making a two week's visit at the home of Mr. Rosenau's mother, Mrs. Fred Rosenau, residing on South Minnesota street.

Mr. and Mrs. P. W. Muske and daughter Luile of Albert Lea spent Christmas at the home of the former's parents, Mr. and Mrs. August Muske and with other local relatives and friends.

Mr. and Mrs. Jos. Witt entertained at a one o'clock Christmas dinner at their home on North State street. Those present from out-of-town were: Mr. and Mrs. Hintz of Courtland and Mrs. E. Simons of Chaska.

FARMERS' SHORT COURSE OPENS JANUARY 1.

The ninth annual Farmers' and Home-makers' Short course for men and women will be held at University Farm, St. Paul, January 1-6. Among the speakers announced are Henry C. Wallace, Secretary of Agriculture; Lotus D. Coffmann, president of the University of Minnesota; Thomas P. Cooper, dean and director of the College of Agriculture, Kentucky, and many others.

There is no charge for the course. Railroads have granted reduced fares. There are no educational or other requirements for entrance.

The University of Minnesota bulletin announcing the course declares that: "Farmers have taken their deflation losses. Prices of farm products are low. This is discouraging. But 'It is always darkest just before dawn!'"

The smaller the profits in farming the greater the necessity for using the best farming and marketing methods. The more, discouraging the outlook the more need for attention to recreation, health, and happiness in the home. The dawn of a new day is breaking for the farmer and his family. The more wisdom they use in their farming and home-making processes the sooner will the new day arrive.

The latest and best scientific and practical knowledge from farm men and women and from the men and women of the faculty and the leaders in thought upon the most important questions of farming and home-making in Minnesota will be available to you for six days during the short course.

For eight years past, farmers, their wives, sons, and daughters have gathered in hundreds at University Farm during the first week in January to exchange ideas and to learn new and better ways of doing things, which they can put into use the next year on their own farms and in their own homes. Hundreds more will be here this year. Will you come?

There are nine different programs in operation at the same time for men and almost as many for women. All are open without charge to any man or woman who wishes to attend. There are more lectures, discussions, demonstrations, entertainments, and similar exercises than a person could attend if he came every year for ten years.

Many Hundreds Attend Christmas Opening of New Lyric Theater

Hundreds crowded into the New Lyric Theater at its opening performance Christmas day. The theater, which has been remodeled and redecorated, presented a Christmas appearance with its Old Rose lighting effect, its cerise drapes and Christmas trees on each side of the stage. In addition to the headliner attraction of photo play, "Nice People," Manager Theodore B. Melzer had arranged for Marti Bros. to sing. They entertained at both afternoon and evening performances.

Mr. Melzer staged an innovation at the performances when he had the advertising slides thrown on a cerise curtain. This was then removed and the motion pictures were projected on the customary silver screen. The new foyer of the theater, with its artistic drapes, gave a tone of beauty to the entrances which brought many exclamations of pleasure from the large audiences.

Mr. Melzer announced today that every Monday night beginning January 8 would be "Family Night" at the theater. On these nights if the father and mother buy tickets all of the children will be admitted free.

Miss Alyce Foley, saleslady at the Bee Hive spent Christmas at her home in Madelia.

MARKET REPORT.

Corrected Dec 27, 1922.

Table with market prices for various commodities including wheat, flour, and hogs.

MAY ENTER COURSE FOR NURSES JAN. 4.

Nursing, like teaching, appeals to a woman because it is an expression of the natural functions of womanhood, said an announcement sent out this week by Miss Marion Vannier, acting superintendent of nurses at the Elliot Memorial hospital, of the University of Minnesota, in which she called attention to the fact that a new class will be entered in the school for nurses on Jan. 4, the beginning of the winter quarter.

The school for nurses, she explained, admits entrants at each quarter, as it continues throughout the entire year on a four quarter basis. Already 12 young women have registered to enter the school Jan. 4. After that the next date for admission will be April 3, at the opening of the spring quarter.

"The rearing of children, the care of the sick, the relief of suffering, the protection of health are essentially women's work," said her announcement. Women are always the chief agents of human betterment.

There is a definite urge of their own nature toward such a vocation as nursing, but there is an invitation, too. The profession gives to all newcomers an invitation to service, to positions of consequence, and to the adequate compensation these positions offer. In recent years nursing has developed large possibilities. Private nursing, hospital nursing, institutional nursing, visiting nursing are all services of relief to the sick. But opportunity does not end here. Public school nursing, rural community nursing, infant and child welfare work, industrial nursing are agencies of preventive medicine. These things mean not only making but keeping people well. They mean the making of better boys and girls, better men and women.

The Emil Steinhauer family of Lamberton were Christmas guests at the Steinhauer home on South Broadway. Erhart Bauch who recently married Miss Callie Steinhauer, also was a guest.

ESSIG AND VICINITY

J. C. Case and Herman Schroeder are home since Friday of last week on their vacation from jury duty until Jan. 8.

The play "All on Account of Polly" given by the young folks of school Dist. No. 50 under the supervision of Miss Helen Woebke, teacher, last Saturday evening was a decided success. All those taking part played their parts well and they were earnestly requested to give the play again which they might do within the next few weeks.

Rev. and Mrs. Gedick were guests at the homes of Mr. and Mrs. H. J. Albrecht and Mr. and Mrs. H. Wendland over Christmas.

Jack Kemkes drove to Carver Sunday afternoon to spend Christmas at the parental home.

We all enjoyed a "California Christmas" this year.

The Christmas services and programs were well attended at both churches here.

COURTLAND.

Erwin Schrader of Le Sueur spent Christmas at the home of his sister, Mrs. Edward Geisler, in Milford township.

Henry Poehler made a business trip to New Ulm Friday.

Miss Elsa Schroeder helped Mrs. Peter Seibel with the house work last week.

Mrs. Minnie Poehler and son Henry helped Mrs. Martin Spoering celebrate her birthday December 14. Mrs. Spoering is a daughter of Mrs. Poehler.

Mr. and Mrs. Peter Seibel spent Friday in New Ulm.

George Becker, Hugo Melzer, Adolf Truh, Wm. Ogting, Herman Hellmann, Robert Schroeder, and Jos. Schiller, took hogs to New Ulm for Mr. Schiller last week Thursday.

Mr. and Mrs. Herman Bendix and family visited at the Ed. Garbrecht home Thursday.

Herman Bendix and Fred Hevert were business callers Wednesday in New Ulm.

August Havemeier and son Henry made a trip to New Ulm Thursday.

Mr. and Mrs. Louis Precht and sons Gerhard and Albert visited at the Theo. Gieseke home Sunday.

Mr. and Mrs. Fred Bode celebrated their 25th wedding anniversary Sunday, Dec. 17. Friends and relatives were invited. All reported a good time.

Mr. and Mrs. Henry Ginkel and Mrs. Henry Poehler visited the Martin Spoering family Sunday.

Mr. and Mrs. Otto Doering and Mrs. Ida Luehman of New Richmond, sisters and brother-in-law of Mrs. August Epke were here to attend Mrs. Epke's funeral Sunday, Dec. 17.

Fred Hevert visited the Henry Pehling family Sunday evening.

Mr. and Mrs. Henry Braun, August Havemeier and Paul Havemeier, Mr. and Mrs. Fred Epke, Mrs. Arthur Harman, Mrs. Jos. Schiller and Mr. Hugo Melzer spent last Monday in New Ulm, as did also Mrs. Ida Luehmann of Richmond, Wisconsin.

Fred Hevert visited at the Aug. Havemeier home Tuesday evening.

Mr. and Mrs. Herman Bendix made a trip to New Ulm Friday.

Ed. Windhorn of New Ulm repaired Aug. Havemeier's car Tuesday.

Mr. and Mrs. Fred Ginkel, Jr., visited at the Wm. Meyer home Thursday evening.

Martin Brandes spent Friday in New Ulm.

In Dist. 33 a program and box social party was given by Miss Lillie Potter and others Friday evening, Dec. 22.

Elmer Meyer who was on the sick list is coming along nicely.

Mrs. Meyer visited her son, Henry Meyer Tuesday.

Elmer Gieseke visited at the Fred Groth home Friday.

Mr. and Mrs. Henry Meyer and Mrs. D. Bruns made a trip to New Ulm Tuesday.

Mr. and Mrs. Louis Precht and Mrs. Wm. Meyer spent Friday in New Ulm.

ADMITS HIS GUILT BEFORE JUDGE TO ONE INDICTMENT

(Continued from page 1.)

had disappeared. He went home at once and about midnight December 6 drove to New Ulm with a neighbor and informed the sheriff. He then took up the chase of the runaway couple, visiting all important cities in Iowa as far as Des Moines. On his return trip he stopped off at Mason City where Doris was found in a restaurant. The couple had been staying at a rooming house. They were placed under arrest and brought back to New Ulm on December 11. Doris had been at the home of her parents since December 11.

Hardie Telephones.

Miss Schoedl declared that she was employed in her mother's restaurant at Comfrey. Hardie came into the restaurant on the morning of December 6 and had breakfast, she asserted. After breakfast he phoned to the Nelson home and inquired "How is the weather out there?" This was the extent of his conversation, as she recalled. He inquired about the time of the freight train leaving for Butterfield.

Dr. Hilton Durbahn came from St. Paul yesterday noon and will spend several days this week at the home of his father, William Durbahn, on North State street. Dr. Durbahn is in the service of the state and inspects the tuberculosis sanatorium throughout the state.

Dismisses Charge.

Since the abduction indictment charged that "Doris Nelson, a minor child, had been taken from the home of her father for the purpose of marriage" Judge Olsen declared that no evidence to show the marriage intent had been introduced beyond the testimony of the girl.

"It is necessary in such cases that the testimony of the girl be corroborated," Judge Olsen said. "Evidence in addition to her statement has been introduced to show that she was taken from home but this does not hold true of the proposal for marriage. The charge of abduction will be dismissed."

Splinter Under Nail.

Sometimes a splinter gets under the finger nail so solidly that it is difficult to draw out. If a cold water bandage is put around the top of the finger and kept wet and cold it will in time loosen the splinter and minimize the danger of festering.

Renew Your Vitality. You don't feel quite as spry as you used to. You suffer from headaches occasionally. You are very susceptible to colds and your feet sometimes drag as you walk along. There is no doubt at all as to what is the matter with you. You are suffering from nerve pressure; consult a competent chiropractor. Let him give you Chiropractic Vertebral Adjustments and you will soon find that your vitality has been renewed and you feel at least ten years younger. Persist in taking these adjustments and you will be surprised. Consultation and spinal analysis free. DRS. PAUL & PAUL. 200 1-2 No. Minn. St. Phone 181 New Ulm, Minn.

IT'S GOT TO GO NOW!

Dry Goods, Ladies Ready-to-Wear, Grocery Departments Must be Closed Out to the Bare Walls. CRONE'S. A sure enough Close-Out of the following Departments: Dry Goods, Ready-to-Wear, Grocery, Crockery.

Mighty Closing-Out Sale. Opens The Second Week With Values Bigger Than Ever.

CHEAP! CHEAP! CHEAP! CHEAP! -AND THEY LAUGHED AT HENRY FORD. WHY DO YOU SUPPOSE PEOPLE ARE CROWDING "CRONE'S" STORE? TO BUY BUY INFERIOR MERCHANDISE? TO GET STUNG? -NOT BY A LONG SHOT!- THEY ARE COMING HERE, THEY ARE BUYING HERE, BECAUSE NOWHERE ELSE CAN THEY BUY GOOD RELIABLE DRY GOODS, LADIES READY-TO-WEAR, GROCERIES AS CHEAP AS AT "CRONE'S."

BEAR IN MIND, It's a Bonafide Closing Out Sale of Above Mentioned Departments. TIME WAS WHEN A WHITE WASHED ELEPHANT COULD PASS AS PERMANENT WHITE IN THE MERCANTILE BUSINESS, BUT "CRONE'S" NEVER RESORTED TO SUCH DECEIVING TACTICS. WE ARE GOING TO END THIS CHAPTER OF OUR BUSINESS CARRIER WITH OUR MOTTO: "SELL TO OTHERS--AS YOU WOULD BUY FOR YOURSELF!"

Ladies' Fine Suits. Up to \$45.00 Values. Come early and get your pick \$15.00. Here They Go. 40 in. Georgette Creps, \$2 \$1.29 value for. 40 in. Crepe de Chine, \$2.50 value for \$1.49. Brown linen crash toweling, 30c value 19c. While they last BLUE ROCK EARLY JUNE PEAS 20c value 2 Cans for 25c. OIL SARDINES Regular 6c value 3c. GIRLS' AND MISSES Gingham Dresses. Values up to \$3.00. Closing out at 50c.

Friday Remnant SALE. Thousands of useful Remnants in lengths from 1 to 10 yards, will be placed on Sale Friday at 1-2 price and less. You will find: wool dress goods, silks, table damask, percale, gingham, flannels, sheeting, laces and embroidery, ribbons, etc., etc., etc. We advise you to be here bright and early. Come--turn the corners in a hurry.

Saturday. From 10:30 A. M. to 1:30 P. M. FOR 3 HOURS ONLY OR WHILE LOTS LAST. \$1.00 SALE. Here are just a few items: Child Fleece E. Z. Waist Suits regular 98c value - 2 for \$1.00. Ladies Black Mercerized Hose, 50c value - 5 pr. for \$1.00. "Caron Yarn", all colors 4 oz. skeins - 2 skeins for \$1.00. 2 oz. skeins - 4 skeins for \$1.00. Ladies black silk lace Hose, regular \$1.50 value, 2 pr. for \$1.00. Choice of regular 75c gingham 3 yards for \$1.00.

There'll be a Scramble for this Lot of Ladies' and Misses Coats while they last \$5.00. Eagle Lye 4 Cans for 25c. Large Package Gold Dust 30c value 18c. Here They Go One Lot All-Wool Dress Goods, \$2.00 values 98c. 36-in. Cretones 50c values 29c. 40-in. and 36 in. curtain scrim, 75c value 39c. Ladies' Winter Coats Values to \$40.00 \$14.75 Surely a Wonderful Bargain.

Ladies' All Wool UNION SUITS \$2.00 Value \$1.89. Ladies' All Wool 2-piece UNDERWEAR \$2.00 Value \$1.19. CRONE BROS. CO. New Ulm, Minnesota.