

# Ida's Notebook

Ida Risser



I've just had a good incentive to get my fall housecleaning finished. You see, the Bible study group met in my home the other evening. And besides putting the house in order, I also had the study to prepare. In a way, it didn't seem fair — I was torn between polishing the silver or going over the lesson

one more time. But, as always, the people came and the people went and now I can turn my thoughts to other things.

My reflections on a recent trip to Baltimore are pleasant. The Fine Arts Group that I traveled with went first to the Walters Art Gallery. The museum has recently

expanded to accommodate the large collection of works of art from ancient Egyptian times to early 20th century. It was willed to the city of Baltimore in 1931 by Henry Walters, the son of William Walters who had a very large private collection.

There was simply too much to see in the few short hours that we spent there. There were not only pictures, statues and jewelry but also tapestry and furniture in the huge building.

Our bus then took us to Harbor Place or, as it is often called, Inner Harbor. It is truly an interesting mix of shops and restaurants. After buying our lunch, we carried it to an outdoor bench to eat and watch the parade of people going by. The ship, U.S. Frigate Constellation and the World Trade Center building were nearby. Smaller boats were continually moving in the harbor.

There were many specialty shops closeby including one that carried only kitchen utensils and gadgets or every conceivable kind. Another shop was filled with butterflies in various forms while still another had only paper products.

Our group had a reservation at the National Aquarium for three o'clock and so avoided standing in line for hours. However, when we got inside, we found wall to wall people and it was difficult to view all the exotic fish that were on

display.

We did see the sharks and the authentic rain forest but I'd advertise waiting a few months until the rush of the crowds is over before going to Baltimore to see the aquarium.

## Overweight? You're taking risks

LANCASTER — Medical evidence is clear that overweight and obesity increase the risk of illness and death from coronary heart disease, high blood pressure, stroke, diabetes, and others.

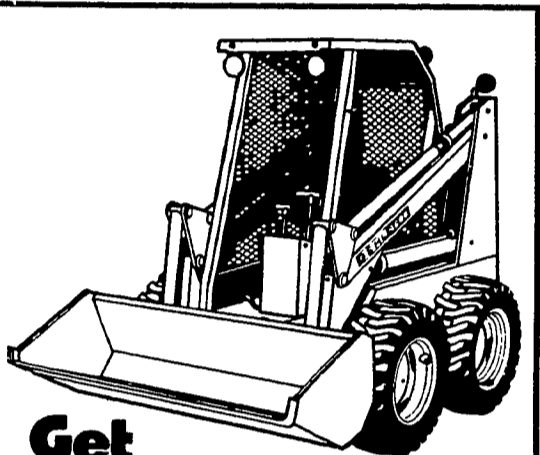
Overweight individuals often have above average blood lipid levels (triglycerides and cholesterol) and a reduced tolerance for carbohydrates. Degenerative arthritis and gout are more serious when one is overweight. The hazards of surgery, pregnancy, and childbirth are also magnified in the obese, and heavy people are more prone to accidents because they are less

agile than their normal weight friends.

Obese people experience increased distress in hot weather, fatigue, backache, and foot problems

Obesity can lead to maladjustment problems. While more overweight individuals are psychologically normal, obesity, especially in the young, can cause anxiety, alienation, and low self-esteem. This can lead to despondency and depression, which leads to more eating, and weight gain.

For your own safety and health, learn to control your weight.



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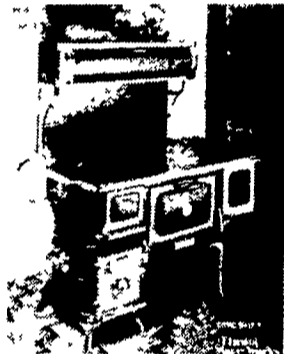
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## HEADQUARTERS FOR A FULL LINE OF WOOD AND COAL STOVES

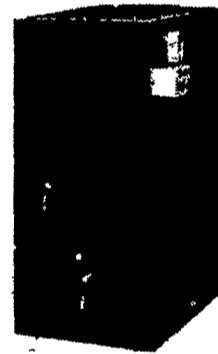
Elmira Oval Wood or Coal Burning Deluxe Cook Stove



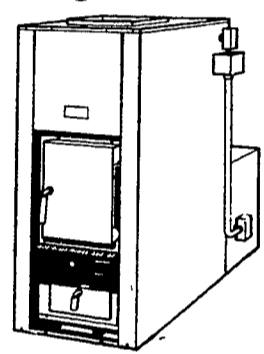
Enterprise Airtight Coal Furnace



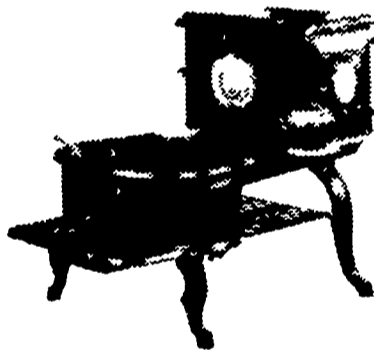
Monarch Wood or Coal Furnace



Monarch Quality Airtight Wood or Coal Burning Add-A-Furnace

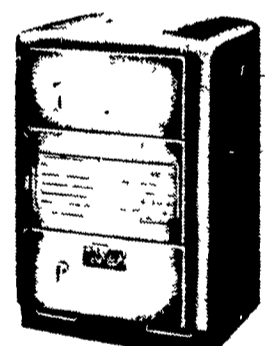
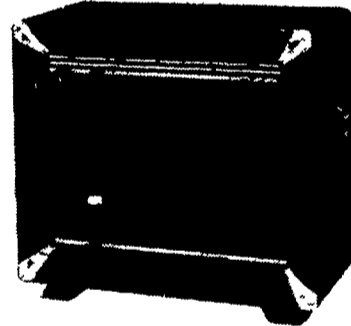


Enterprise Queen Cook Stove

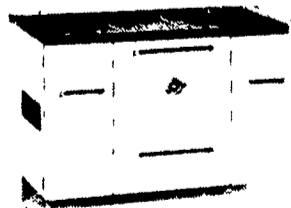


### Warm Morning Coal & Wood Heaters

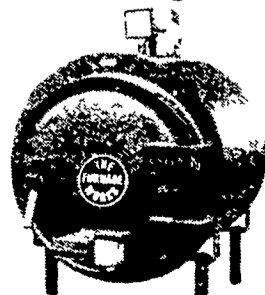
Wood Burning Circulator



Enterprise Coal Range



The SFB-3 Wood Burning Boiler

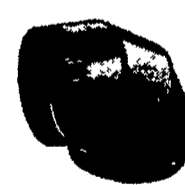


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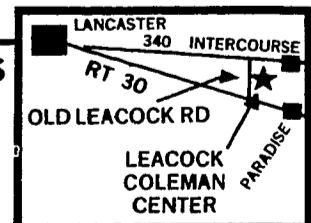


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