

SAFETY FIRST.

"Safety First" means everything that those two words imply; They don't need stand between the rails to watch the trains go by. Nor try to light a cigar with a stick of dynamite, Or kick a lion in the ribs to see if he will fight.

Some men take such chances at their work most every day. Forgetting for the moment those depending on their pay. "Safety First" means happiness to the kiddies and the wife. 'Tis better to be careful than be crippled all your life.

The massive wheels of industry need men to make them turn, Keep them going steady and your place in life you'll earn. With broken spokes and bent ones a wheel cannot turn true. Think "Safety First" and act it. There's much depends on you.

SERMON ON BALD-HEAD'S.

By L. A. Miller.

Ye Editor seems to have it in for the individual who made a gentle and disparaging remark about bald-heads—that being a polished topic, I should like to make a few brief remarks regarding bald-heads. I have a neighbor who, by the way, is a most congenial, whole-souled fellow; he is, comparatively speaking, yet a young man, and he is hopelessly bald; his head resembles a well-polished billiard ball. He recently asked me, why are some men bald headed? This is a plain, plump question, and the plain, plump answer is: Because they ought to be. The bald-headed man has himself to blame to a certain extent, but not altogether, as baldness is one of the things he can saddle onto the ancestors from away back.

He is to blame for not allowing the wind to blow through his hair, and for shutting the direct rays of the sun off from it. His ancestors were guilty of the same offense, the punishment for which extends to their posterity; even to the fourth generation. Some forms of baldness are due to a scurf, or disease of the scalp. This is readily cured with mild applications of sulphur, followed in a few hours by a thorough washing. In some instances a tonic applied to the scalp is also necessary, in cases of this kind the scalp does not assume the smoothness and glare of a billiard ball.

In a majority of instances men are bald because there is no necessity for there being hair on their heads. Hair was intended for a covering and protection for the head, and as long as it was thus used baldness was unknown. As soon, however, as man began wearing close, warm caps and hats, that soon nature recognized the fact that it was no longer necessary to keep up the supply of hair. Necessity is the first law of nature, and it ceases to act, as a law, almost as soon as man supercedes it by rules of his own. It will be noticed that the line of baldness, except in cases of scalp disease, never extends below the edge of the hat crown. From the line where wind and storm strikes the hair it grows well enough, and there is no trouble in keeping it growing.

The beard does not drop out from the same cause that the hair of the scalp does. Women are rarely troubled with baldness, and when they are it is from disease of the scalp. Their bonnets and hats are so constructed and so worn that the wind can blow through them almost without hindrance. Of late women have gotten into a fashion of wearing patches, frizzles and wigs. These cause baldness, or thinness of the hair on the parts where they are worn. If these fashions are kept up for many years the number of bald-headed women will increase, just as it did when it was the fashion in England for ladies to wear wigs from the time they entered society until they died. It is possible, therefore, that the bald-headed row in our theatres may have ladies in it who can show clear titles to seats therein by taking off their false hair.

One of the most prolific causes of baldness, is hair starvation. There is very little flesh, or soft tissue between the skull or scalp from which to draw plying the hair are necessarily small, nourishment. The blood vessels sup- and are not able at best to support it fairly. Anything, therefore, that will reduce the blood supply to the scalp will tend to impair the quality and quantity of the hair. Not only is the hair starved by the blood supply being cut off, but by its being impoverished. If the blood is not rich in the elements necessary for the formation of hair, the quality of hair will be greatly impaired. For this reason the hair of the dyspeptic and poorly nourished persons is usually dry, dingy and stubby. Ladies notice this when their health begins to fail.

Upon the whole, the great causes for baldness are: Lack of necessity for hair on top of the head, and starvation by shutting off the necessary nourishment. A tight band around the head not only acts as a compress on the larger vessels leading to the scalp, but it also numbs the nerves which control to a greater or less extent the flow of blood to the parts. Atrophy and absorption of the hair bulbs follow, the little cells are closed and the scalp becomes perfectly smooth and shiny. An air-tight, dark colored hat added to this band renders the failure of the hair crop doubly sure by shutting out the sunlight and air, as well as by performing, imperfectly, the functions of the hair—the protection of the skull and brain.

How natural it is for the populace to howl and shout its hearty approval when a "masher" gets thrashed for insulting a woman, and public sympathy goes out to a woman who has been abused by a brute of a man.

—The "Watchman" gives all the news while it is news.

74,000 ACRES BOUGHT FOR PENNSYLVANIA NEW NATIONAL FOREST.

Washington, D. C.—Purchase of 74,025 acres of land to form the nucleus of the new Allegheny National forest in Pennsylvania has just been authorized by the National Forest Reservation Commission. Twenty-seven tracts of cut-over and burned lands, on the headwaters of the Allegheny river in Warren, Elk, Forest, and McKean counties, were contracted for at an average price of \$2.75 an acre.

"It is less than a year," said W. W. Ashe, secretary of the Commission, "since authority was given the Federal government to acquire land for national forest purposes in Pennsylvania. By protection and systematic management, the cut-over lands so acquired will again be made to contribute to the timber supply of the State and Nation, supplementing in this way the forests which the State itself is acquiring and putting under management. Because of its enormous industrial needs Pennsylvania ranks among the first in its timber requirements. Four-fifths of the lumber used by its industries and people is now produced outside its borders. For this reason the people of Pennsylvania are vitally concerned in the up-building of productive forests both in their own and other States.

"There are in the United States 80,000,000 acres of at-one-time forest land now cut over, badly burned, unproductive and contributing nothing to the timber supply of the country. In addition to being idle, these lands tend to augment seriously the flood situation of our great rivers. This condition makes it important for the government to acquire as soon as possible such portions of this land as most urgently require protection and are

valuable as sources of future timber supply. With a view to meeting this condition the Commission has recently recommended an appropriation of \$2,000,000 for the fiscal year 1924 for further purchases."

His Intellectual Equal.

Johnson patted Jackson's dog on the head. "A nice little dog," he said. "But why don't you teach it some tricks?" Jackson was a man who lacked energy.

"I've tried," he replied, "but the dog won't learn."

"Not much intelligence?" queried Johnson.

"Too much," answered Jackson. "I can see by the expression of his face that the dog doesn't see any more sense in the tricks than I do."

Johnny Explains.

The weather was beautiful and Johnny was tempted to play truant. Next day, pondering over an excuse for his absence, he decided to imitate his mother's handwriting. With trembling hand he wrote a capable excuse and handed it to his teacher.

"Johnny," said the teacher, "are you sure your mother wrote this? Look at it."

Johnny looked at the straggling handwriting, and said:

"Well, miss—mother stutters."

Not Her Train.

Excited Old Lady (to Gateman)—"Young man, is that my train standing there?"

Gateman—"No, Madam, can't you see that that train belongs to the Pennsylvania System?"

Excited Old Lady—"Well, I'm going to take that train!"

Gateman—"Better not, Madam;

there have been a lot of trains missed around here lately."

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July 13, 27 Aug. 10, 24 Sept. 7

Tickets good returning within 16 days. Valid in parlor or sleeping cars on payment of usual charges for space occupied, including surcharge. Tickets good via Delaware River Bridge Route 36 cents extra round trip.

Stop-overs allowed at Philadelphia in either direction.

See Flyers Consult Ticket Agents Proportionate fares from other points

Ocean Grove Excursion Aug. 24

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