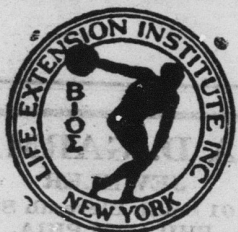


Your Health, The First Concern.



FRUITS AND FRUIT JUICES GOOD AID TO HEALTH.

"To grow old means to change internally in a particular way, not to have lived so many months or years; it is Life and not Time that brings Age."—Julian Huxley.

(By Dr. Daniel R. Hodgdon)

Fruits and fruit juices are one of the fundamental aids to a well regulated system. The use of them is a safeguard against many evils. Although fruit contains from 75 to 90 per cent. water and is not a concentrated food in the sense that meat, eggs, fish and cheese are, it is, however, a vital essential for health.

In these days when fruit may be shipped readily and quickly from various parts of the country this health producing food is accessible at all times of the year. There is no question but that the use of fruits will reduce illness and prolong life.

First of all the water which fruits contain may be considered a valuable contribution to the necessary supply demanded by the system, as well as a deterrent to the desire for stimulating drink. Fruits contain roughage, nature's stimulant to the movements of the digestive and eliminating organs. Fruits supply the great essential roughage of waste which every normal human being requires in his diet and which is often lacking from the modern menu.

The average individual may think that fruits are acid-forming foods, since they contain an acid, but just the opposite truth prevails. Fruits are alkaline-forming foods, that is, they form an alkaline ash in the system. Foods which produce acid conditions in the body are eggs, fish, meat, oatmeal, wheat flour, whole wheat, rice, crackers, corn. Foods which produce alkaline conditions are beans, prunes, raisins, beets, carrots, celery, nuts, melons, lettuce, potatoes, lemons, oranges, currants, cauliflower, orange juice, peaches, raspberry juice, cherry juice, cabbage, apples, radishes, turnips, asparagus, pineapples and strawberries. A few exceptions among fruits contain benzoic acid. Benzoic acid is changed in the body into hippuric acid. Such fruits as cranberries, plums and prunes are of this character.

All fruits contain mineral substances such as calcium, magnesium, iron, phosphorus and potassium. The interesting thing to be considered regarding these minerals is that they are quickly and easily assimilated from the fruit into the body and are essential in cases of anemia or poor blood. Fruits and fruit juices are the natural tonics, and an orange or an apple will provide more real mineral matter which will be assimilated than many bottles of tonic.

Fruit and fruit acids in the fruit juices prevent the decay of teeth since they prevent the formation of tartar on the teeth. Fruit juices cause the mucin which forms in a thin film on the teeth to congeal or coagulate. It is under this film of mucin that sugar and starch from the foods we eat tend to ferment. The fermentation causes lactic acid, and acid which destroys the protective enamel of the teeth. After this film is coagulated it is easily removed with the brush and consequently the teeth are kept in good condition. For these reasons fruit should be eaten at the close of every meal. The habit has now great functions—that of creating and preserving the teeth add tone of keeping the stomach in good condition. Where one finds he is unable to eat fruits because they tend to irritate the stomach, or because they are constipated, strained fruit juice will be found to be helpful to both stomach and bowels.

Another essential found in fruit is vitamins. It is for this reason that a generous supply should be taken every day.

TAKE CARE OF YOUR HEART.

(By Royal S. Copeland, M. D.)

A perfect machine is smooth and regular in its running. If it is jerky, suddenly stopping and starting, or if it is noisy, you suspect trouble, of course.

The perfect heart is regular in its pulsations, going steadily along, quite deliberate in its action. If the pulse drops a beat now and then, is painfully slow, or suddenly develops speed like a race-horse, the symptom deserves attention.

I do not mean by this that one of these happenings is a sign of something dangerous. It may be a passing thing and of no consequence whatever. Indeed, it may be a chronic and ever-present condition and yet be of little importance.

It is not at all uncommon to find a person in pretty good health who has considerable irregularity of the heart's action. The doctors give it a long, hard name—"arrhythmia." Of course, in simple language, this means nothing more than lack of rhythm.

It is not at all an uncommon thing to find that the pulse of young children and young adults, too, is quite irregular. As they grow older, the heart settles down to perfect regularity.

After a severe attack of one of the fevers, the heart's rhythm may be disturbed for a time. Great care must be taken after diphtheria and influenza. These diseases have a tendency to attack the heart muscle and to damage it seriously. The other fevers disturb the heart, but do it

little real harm. The loss of rhythm is restored when recovery is complete.

Most of what we call the functional irregularities disappear as soon as the victim exercises vigorously. When I was a young doctor I was a United States pension examining surgeon. One of my associates on our board was a wonderful doctor. He knew more about the heart than any other physician I ever met.

The examining board met in my office on the third floor of the building. When we had an ex-service man with an irregular heart, my colleague would direct him to run down the stairs to the street and return at once.

It was surprising how many disturbed and irregular hearts would become steady as a clock after this rather strenuous exertion.

Of course, seriously involved hearts would not be benefited by exercise. On the contrary, violent effort is likely to do harm. The irregularity may be greatly increased by it.

Dyspepsia, anemia, excessive nervousness, the abuse of liquor, tobacco, tea or coffee, overwork and overwork—these are among the causes of irregular action of the heart. Plenty of sleep and out-of-door life will help to restore health. Nothing is more important than the chewing of proper food with good teeth and leading the sort of life we call "sensible living."

Have You a Heart?

"One of the two major problems that are troubling public health officials at this time is heart disease. The increase in deaths from this cause has been too consistently on the upward slant to assume an attitude of indifference toward it," said Dr. Theodore B. Appel, secretary of health, today.

"There are so many predisposing causes to the impairment of the heart that a generalized statement regarding it is difficult to make. However, if bad acting hearts were the worst hearts the question would assume more or less simplicity. But often, just the opposite is true. Hearts, the behavior of which is consciously bad, are frequently suffering only from functional disturbances which may lend themselves readily to treatment. On the other hand, it is the heart which seems to be operating smoothly but which, owing to an organic defect, suddenly snaps, that causes such a high mortality.

"If it were possible to issue regulations against heart disease, if the heart were susceptible to the quarantine procedure, if it were an infection spread by contact and thus capable of control by health officials, heart disease would soon be compelled to give way to public health efforts. But such is not the case.

"Heart disease is an individual matter and to a large extent is to be controlled, if controllable, only by the person involved. Conduct of one's life habits has undoubtedly something to do with the development or non-development of this trouble; frequently it is the sole cause. Rules to protect one against the onslaughts of heart disease, even if it is a resultant condition due to childhood infection, can be stated with more or less assurance. The difficulty lies in the inability to develop in the average man or woman a heart consciousness. "Everything's moving smoothly, why worry?" is the general attitude. But that doesn't stop making hearts stop.

"People who are always ill, or think they are, or are afraid they will be, are not an attractive type. There are too many of these trouble hunters in the world today. But it is one thing to be a fanatic and quite another to view your body and the relation of your daily habits to it in a sensible, logical and safe manner.

"A heart complex or any other kind of fear is damaging. But to realize that you have a heart, and that its proper functioning is in a measure based on how you treat it, is only common sense—and not so common at that. Now for some helpful rules:

1. Do not over-eat.
2. Do not under-exercise.
3. Do not over-exercise.
4. Plenty of sleep.
5. Be sparing of stimulants. This includes coffee, tea and tobacco.
6. Don't worry.
7. Visit your dentist twice a year.
8. Have a physical examination every year.

"All these rules are important. It will not pay to disregard any of them. But whatever you do, be sure to carry out rule number eight. A visit to your doctor, who is capable of locating deteriorating heart tendencies long before you will ever be conscious of them, may add many years to your life. Take your heart, therefore, to your doctor for examination. And thus thwart its possible intention of taking you on a long, long journey. Have a heart!"

Dealers Advised to Leave Inspector's Stamp on Meat.

An efficient inspection service is maintained by the United States government to assure the meat buyer that he is getting a sound, wholesome product that was prepared in a clean, sanitary meat-packing establishment. Meats which pass the rigid government inspection are marked by a stamp "U. S. Insp'd & P's'd." The stamp is absolutely harmless," the United States department of agriculture declares in commenting on reports that some dealers frequently cut it off of carcasses and also retail cuts of meat. The marking fluid is a vegetable coloring material made of approved ingredients and is as harmless as fruit juices. The inspection stamp is put on all wholesale cuts of inspected beef, veal, pork, lamb, and mutton, and is the United States government's assurance that the meat was from a healthy animal and was prepared in a strictly sanitary manner. The government inspectors first examine the live animals and follow through each process of preparing fresh meat or meat products for market.

This protection, which the United States department of agriculture provides under authority from Congress, enables consumers to distinguish properly inspected meat from that

which has not been slaughtered and prepared under such a safeguard. Consumers, therefore, should request dealers not to cut off the inspection stamp, since its removal destroys the official assurance as to the meat's wholesomeness.

The Driver's Risk.

A few more decisions like the one of the United States Supreme court ruling that automobile drivers, not trains, take the risk at crossings, should have a very beneficial effect, but will it?

The Supreme court emphasized the decisions as a "once for all" rule of conduct for the control of courts, but even the courts do not seem to have learned—at least some of them—that the automobile driver who gets himself hit by a train, and not the train, is responsible.

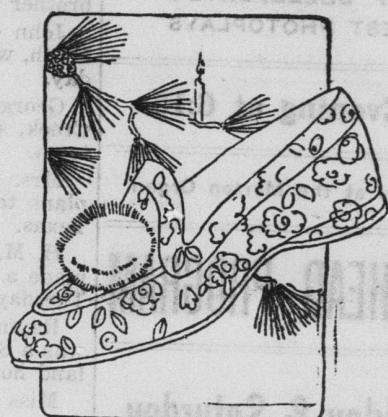
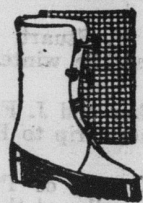
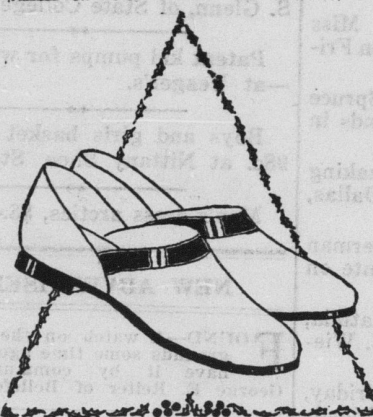
This has been fixed as the rule of law. It is also the rule of common sense. Trains operate on schedules over a fixed route. They travel at a high rate of speed and they are very apt to kill people who get in front of them.

These are facts that should be known to every grown person. If there are individuals who do not know them, then they have no more business driving an automobile than a maniac.

But the truth is that in practically every crossing accident, the real cause is carelessness and not a lack of knowledge as to the facts. In the case appealed to the Supreme court, on which there was a recent ruling, the victim was a merchant who frequently crossed the track where he was killed. The Supreme court justice who wrote the opinion said it was plain that his familiarity with the danger did not relieve him from responsibility for his own death.

The great trouble seems to be that the chance-taker at crossings never sees himself as the victim of a crossing accident. He views it impersonally, thinking of the poor fellow who hasn't brains enough to escape being hit by a train. Then, didn't have gumption enough to take the precaution that is necessary at every crossing, regardless of the driver's familiarity with it.

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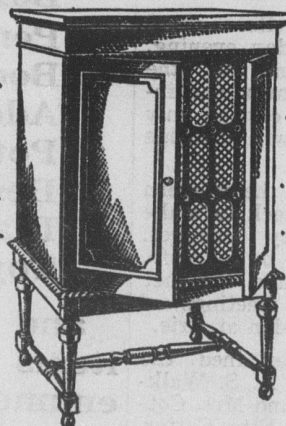
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