

Your Health,
The First Concern.



Everybody knows a lot about the muscles. But do you know you have two kinds of muscles?

There are some which work automatically. Entirely without your knowledge or conscious effort these muscles do their work. They are called involuntary muscles.

A striking example is the heart. This organ is made up of muscles. They contract and relax without your aid and in spite of anything you may try to do to prevent it. Asleep or awake, year in and year out, your heart—Old Faithful—goes on about its business.

Most of our muscles are of a different sort—the voluntary kind. They never act except when we order them to do so. They are entirely within the control of the will.

Shut your hand, clench it tightly. See the knuckles grow white, so great is the pressure of these voluntary muscles. Open the hand, spread out the fingers—your will to do this is all that is needed. The muscles respond to your desires.

So long as you are in normal health the voluntary muscles will do as you command. When they fail to answer your summons, something is wrong.

Some children are afflicted by the loss of control of certain muscles. The face may be drawn into horrid grimaces. The head is drawn to one side, the eyes wink rapidly, one shoulder is raised and the arm twitches. An onlooker is shocked at the antics of the sufferer.

Of course, the child is unhappy over the effects of muscular contractions which he cannot control. He is ashamed to face his playmates.

This peculiar form of disturbance in the voluntary muscles is known to the doctors as "chorea." By the laity it is called "St. Vitus' dance."

About one-fifth of the nervous diseases which children have is this particular ailment. Children from 5 to 15 are the ones most commonly afflicted. It is "outgrown" usually and rarely continues into adult life.

Chorea is a city disease. Of course, it may be found anywhere, but the housing and feeding problems of the city poor are factors in its production. Overstudy, worry and excessive fatigue are in the background of many cases.

Bad teeth, diseased tonsils, rheumatism, measles, whooping cough and scarlet fever—any one of these may be the beginning of an undermining of the nervous system. St. Vitus' dance may follow.

If the teeth are defective or the tonsils diseased, the doctor will give attention to their condition. When these troubles are removed, it is very probable the child will improve rapidly. Not only will the nervous disturbance disappear, but also the general health will be better.

Eyestrain cannot be disregarded as among the exciting causes of chorea. Properly fitted glasses may do a lot of good.

The child must not be laughed at or ridiculed. If he cannot be protected from this misery, he must be taken from school. Rest and fresh air are important. So are good food, regular exercise and entertainment.

The killing and maiming power of the automobile is spoken of from time to time but the effect of this eloquence up to date seems to be extremely slight. The newspapers recently have been giving much space to automobile accidents; a careful analysis of this unfortunate news indicates that a majority of the casualties refer to children, said Dr. Theodore B. Appel, Secretary of the Department of Health.

Too many people behind the automobile wheel are checking up on the manufacturer's claim for speed, and thus having discovered the thrill of power habitually exercise it.

Race-track velocity is dangerous even on a race track, but on the streets of a city it is criminal, for it is under these circumstances that the automobile asserts an independence which results in accident or death.

City highways are not speedways and the sooner the average driver realizes this fact and cuts down his extreme driving, just that soon will fatalities to pedestrians show a decrease.

On the other hand, it is not always the motorist's fault. Grown-ups and children especially are prone to dash out into a street in an utterly careless manner. It is at a time like this that even machines under control get in their deadly work for they are not given a chance to do otherwise.

The safety idea, which primarily involves the automobile driver, has a close second in the pedestrian's personal concern for his welfare. This talk however is especially directed to parents.

An automobile danger-consciousness must be developed in the children. Safety to life and limb should be emphasized to the point that youngsters will be on guard against the reckless driver and even against the automobile that is entirely under control. If the deliberate production of a fear complex is ever justified it becomes so with respect to the automobile's unfortunate ability to hurt and slay.

Health officials have made remarkable strides within the past twenty years regarding conservation of child life. But no amount of information or scientific prevention can argue with a car going fifty miles an hour on a city street when a child thoughtlessly runs into its path.

STATE, PIONEER IN PAPER MAKING HAS 13 BUSY MILLS.

Employs 7200 with Annual Output Valued at \$60,000,000; Much Wood Imported.

Pennsylvania, home of the first paper factory in the colonies, today has thirteen pulp mills in operation, according to a study made by the Department of Forests and Waters. The capital investment in the industry, depending entirely upon the forests, is \$50,000,000 and the value of the annual production reaches \$60,000,000. The first paper factory was established at Roxborough, now a part of Philadelphia, in 1793. One of the owners became State Treasurer and another Attorney General.

David Rittenhouse owned a half interest in this pioneer paper mill and his partners were the celebrated William Bradford and Thomas Tesse. David Rittenhouse was State Treasurer in 1777 and William Bradford was Attorney General in 1791. The paper made in this mill was from rags and turned out in single sheets by hand labor. Pennsylvania can lay claim, not only to the first paper mill among the colonists, but also the first soda pulp mill and the discovery of the sulphite process of pulp manufacture.

A patent was taken out in 1830 by Louis Wooster and Joseph E. Holmes, of Meadville, for making paper pulp from wood. They used slacked lime and aspen trees in the process. This is not only the first record of making paper pulp from wood in Pennsylvania, but the first definite record of its manufacture in the United States, according to researches of State Forester Joseph S. Illick.

The first experiments with the sulphite process in Pennsylvania were made by Benjamin Tilghman, of Philadelphia, in 1865.

Today there are thirteen pulp mills in Pennsylvania. Blair county has four. York and Elk counties two each and there is one mill in each of the six counties of Erie, Potter, Clinton, Monroe, Montgomery and Philadelphia. These pulp mills show a capital investment of \$50,000,000 and annual products worth \$60,000,000. The industry employs 7,200 persons and the wages and salaries run approximately to \$12,500,000 annually. They consume 420,000 cords of pulp wood annually. Seventy per cent of this is imported into the State and thirty per cent is home-grown. The principal species used are softwoods, including spruce, hemlock, balsam, fir and yellow pine.

It is estimated that 500,000 acres of well-managed forest land will be required to maintain the pulp mills of Pennsylvania and supply them continuously with wood. The pulp companies now own about 100,000 acres of woodland in the State.

The largest machine for making book paper in the United States is located at the plant of the P. H. Glatfelter Paper company, of Spring Grove, York county. This machine makes a sheet of paper 168 inches wide at the rate of 600 feet per minute.

Detour Bulletins to Show Complete Data on Touring.

Distribution of the weekly detour bulletin issued by the Pennsylvania Department of Highways, in improved form, was started yesterday with the 1928 construction season in full swing. Old route numbers are used temporarily until pole markings have been changed in accordance with new numbers.

The weekly oiling schedule, formerly issued in folder form and tabulated according to counties, is incorporated in the detour map with a distinctive coloring.

A black base map, the same type employed in former years, shows the complete State Highway system. Detours are shown in red overprinting, roughly indicating the route of the detour. Detailed explanatory notes furnish complete information as to the type of road, length of detour, with any warnings necessary as to hazards in bad weather.

Oiling operations under way during the week are overprinted in green, showing the exact location of the oiling. This work is carried on a half-width system in checkerboard fashion. Work on the left hand side continues for a quarter of a mile, when operations are transferred to the other side, leaving the half highway clear until the first oil treatment has dried.

Incorporation of the oiling schedule with the detour bulletin furnishes complete information to the motorists who would avoid detours and desires to keep his car free from oil.

Bulletins are distributed or display at garages, service stations, club rooms of automobile associations and various public places which afford the widest display.

The department does not attempt to furnish this bulletin to individuals for their private use due to the limited number available. Each bulletin is calculated to serve as many as possible.

Measure, 128 Years Old, Meets Present Standard of Bureau.

H. H. Colgan, sealer of weights and measures in Adams county, has forwarded to the bureau of standards in the Pennsylvania Department of Internal Affairs a set of five liquid measures ranging from a half pint to a gallon, with a request that they be tested. The measures are probably the oldest in use in the State, having been made in 1800 by Gillard Dock, of Harrisburg.

The measures are of copper, with brass trimmings, and are in excellent condition, notwithstanding their one hundred and twenty-eight years of usage. Tested with the standard measures in the department, they were found to be accurate and will be returned to Colgan with the suggestion that they be used for another 128 years in testing measures in Adams county.

—Subscribe for the Watchman.

GLOOMY PROPHETS SEE DREADFUL YEAR AHEAD.

World-wide catastrophes, including wars, floods, earthquakes, and violent industrial upheavals, will make the year 1928 one of the worst in history, according to the popular prophetic almanacs published in London.

Old Moore's almanac, probably the best known, predicts wars and rumors of wars throughout the world. Industrial unrest will occur at intervals. The political parties in Britain will undergo startling and unexpected changes with at least one big upheaval likely to set Britain in a ferment.

Western nations are urged to guard against the awakening of China, with its consequent reaction on the oriental temperament.

In the first of the five eclipses which occur during the year, three of the sun and two of the moon, it is predicted that every effort will be made to bring about the fall of the British government and to involve Britain in warfare. Political enterprising in Rome will endanger the peace of Europe, the forecasters say, and the Mediterranean basin will become a seething cauldron by the first week in August.

The next eclipse, it is prophesied, will witness martial feelings in Italy toward Austria. Secret plots against Britain will be hatched. War in the East will be followed by active warfare in many places.

A revolution among transport workers and mysterious deaths in high places feature the third eclipse, says old Moore. Otherwise the period is a blank.

The falling of the fourth eclipse on the horoscope of Mussolini is a final warning to the projector of the Roman empire, it is predicted. Mussolini is told to beware of France. There is a sign of active hostilities from the Rome eastwards. This will be followed by a great earthquake. Europe will face many exchange problems, and Britain will be no exception.

Danger to London is predicted in the final eclipse. There will be great alarm among the inhabitants and a hasty exodus. The city will be under a "cloud" greater and more distressful than the worst of its historic fogs. The people will have to face great hardships in regard to food supplies and transport service of all kinds.

Some compensations are offered. The people will become more sober, while religious effort will receive a good deal of encouragement. Good weather is predicted.

As a final warning, however, old Moore foreshadows the spread of Russian propaganda in India and China.

Raphael, "the Prophetic Messenger," has no soothing oil in his almanac.

He predicts floods, earthquakes and widespread death and disaster early in the year, to be followed by a cres-

cendo of disaster at the year end. December will be marked by great storms, and devastating earthquakes, affecting America, France and Europe. Britain will be faced by the danger of a great mining disaster.

March brings news of wars and be endangered, the almanac states, while fascism is likely to fall as a house of cards. A fearful fire and a railway accident, hurricanes, and seismic shocks will follow.

Sickness, labor revolts, a great spread of drug victims and other forms of vice, a wave of crime and an outbreak of pests of various sorts, are also predicted in the new year.

Dutch Inhale Oxygen to Cure Air-sickness.

The Dutch air lines are trying out a new cure for air sickness. It involves the inhalation of oxygen before the final flight commences, and it is estimated that an inhalation of six minutes will prevent sickness for about six hours. No inconvenience or discomfort is experienced by those who undergo the treatment.

To keep milk sweet in hot weather stand the jug or bowl of milk in a large basin of water, to which a handful of salt has been added. A tiny pinch of soda also helps to counteract the acidity.

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