

Your Health,

The First Concern.



Since it was organized in 1913 the Institute has examined over 600,000 people and has accumulated priceless data bearing upon the best health human bodies, interpreting the conditions of analyzing human lives and as to the upbuilding of health.

The purpose of the Institute's examination is not the diagnosis of so-called "disease" but the detection of physical impairments, pre-disposition to disease, or faulty living habits, the correction of which would have a beneficial influence on the life of the person examined.

The health publications of the Institute, which you will also receive as a subscriber, cover a wide range of practical subjects relating to good health and the prevention of disease. All of this health literature, before publication, is referred to the specialists on the Institute's Hygiene Reference Board and criticism, so that the information as finally published represents the consensus of opinion of the highest medical and health authorities in the United States.

LOOK FOR YOUR DANGER SIGNALS.

Not long after I was asked to write a certain article which, I frankly admit, would have appealed to practically every body. The idea behind it might have been expressed in some such title as:

WHAT IS THE DANGER SIGNAL AT YOUR AGE.

Naturally, everyone who read that question would have liked to know the answer that would apply in his own case. And this was to be given by warning people of the diseases most likely to attack them at specific ages: at twenty, thirty, forty, and so on.

They were to be told what probably would be the first symptoms of these diseases and were to be advised to regard such symptoms as danger signals.

But I did not write the article—and for this reason: The time to begin looking for danger signals is before you have evidence of serious trouble. In most cases, there are at least caution signals long in advance of actual disease.

If these caution signals are heeded, the disease may be escaped; or, at any rate, deferred, sometimes for many years. The earlier these warnings are noted—and heeded—the longer, more comfortable, and more useful your life journey will be.

The trouble with many persons is that, like a reckless or careless railroad engineer, they run past these caution signals. The red light of warning is hung up before them, perhaps by their physician. Or it may be that nature sets the signal against them by making them conscious of something wrong in their physical condition.

They may have no serious disease at present. The threatened wreck seems to be far ahead of them; and in the meantime, they tell themselves, everything will probably clear up. So they keep on past the warning signals, until the wreck comes.

There is another class, also; an amazingly large one, composed of people who do not even suspect that there are any of these signals for caution along their route.

Most of the persons who come to us at the Life Extension Institute for a physical examination, do so because they have had, or think they have had, warnings of danger. But an extraordinary number of them assure us that "nothing is the matter," and that they want to be examined merely as a sensible precaution.

Their attitude is absolutely correct. It is precisely the one I wish every man and woman would take. But the point I want to make right here is that the great majority of these people who say that "nothing is the matter" with them do not know whether there is or not! In practically every case there is at least a caution signal. And in very many instances there are real and immediate danger signals.

I could describe hundreds of these cases. One man, for example, came to us for an examination, although he declared that the only thing that mattered with him was that he had calluses on his feet. He did not think they were a danger signal, of course; but they hurt him, made him think about his body, and so prompted him to have himself gone over.

His motive was largely curiosity to see how he would show up. When the examination proved that he had a blood pressure of 240—it should have been nearer 140; that he had marked thickening of the arteries, enlargement of the heart and other very undesirable conditions, he was the most astonished man in New York.

Yet the only trouble he had noticed was calluses on his feet! Plenty of real danger signals had been present, but he had not known they were there.

Even when people do think that they perceive danger signals in regard to their health, they are very likely to misinterpret these warnings. If they have a pain in the back, for example, they jump to the conclusion that they have kidney trouble. Yet it probably means nothing of the sort.

BANKS LARGEST USERS OF AIR MAIL LINES.

Air transportation has reached into the daily activities of the population of the United States far more extensively than is generally appreciated, according to a survey made. It has shrunk the map of the continent to the size of Texas. Mail, express and passengers, speeding 100 miles an hour through the air, are working rapid changes in business and social habits.

More than a quarter of a million letters daily were being carried over 23 air routes before the new 5-cent rate went into effect. This new rate increased the mail 30 per cent. Air mail planes fly approximately 19,000 miles daily, or four-fifths of the distance around the earth, it is shown by the American Air Transport Association.

Increases in the rate of call money brought air mail into greater use by banks. With call money rates fluctuating between 6 and 8 per cent., banks and financial institutions separated by the distance from coast to coast, save three days in time, and three days of interest on millions of dollars.

Each day approximately \$24,000,000 in negotiable papers, bearing interest, arrives in Wall Street by airplane from all parts of the United States. It has been estimated that in a year capital arriving in New York by air would total \$7,200,000,000. Interest saved on this sum by air mail should reach \$432,000,000, figuring interest at only 2 per cent.

Recent increases in call money rates would substantially expand the daily total of interest involved. This accounts for the banks and investment houses being rated as the largest users of air mail and the second largest users of air express.

Motion picture companies, distributing their containers of films, have taken a commanding lead in the use of air express. This makes every theater patron, anxious to see the latest releases, a beneficiary of air transport.

The greatest increase in mail postage carried through the air, which has grown from a few hundred pounds daily to more than three tons every 24 hours, has become since night flying over 7500 miles of lighted airways put the mail planes on a 24-hour schedule.

Short haul air mail business between Boston and New York, Chicago and St. Louis, Chicago and Minneapolis, and other closely situated cities is growing rapidly no less than the long hauls which have been carrying more than half of the total. Towns and cities all over the United States are responding to the quest of the Department of Commerce for more airports. The first six months of this year approximately 557 have developed airports.

Shooting Ducks, Geese and Coons Permitted.

Pennsylvania sportsmen who have made a careful study of the often revised regulations governing seasons and bag limits realize that now the first legal hunting may be done. The real small game season, because of the ruling which limits hunting to three days a week, did not begin until Thursday morning, the 18th.

Shooting of wild ducks, geese and raccoons then became legal. The season for both ducks and geese will continue until January 15. The bag limit for the former of the combined kinds is 15 for a day and 60 for the season. The daily limit for wild geese is five and 30 for the season's legal total. Wild fowl is one of the few kinds of game which may be hunted every day except Sunday until the close of the season.

Raccoons may be hunted until November 30. Trapping them is legal only during the month of November. Hunters who took the field will do well to go armed with a copy of the regulations and spend their spare moments making sure that they are following the various provisions of the revised game laws.

The season for squirrel, wild turkey, ruffed grouse, made ring neck pheasants and partridges will continue until November 30, but shooting will be permitted only Thursday, Friday and Saturday of each week.

Rabbits, the chief objective of the great majority of hunters, will not be legal game until Thursday, November 1. The three-day rule will apply to them during the month of November, but they may be hunted six days a week during the first 15 days of December. The day limit bag for rabbits is five and that for the season 30.

The bear season also will begin November 1, with the three day rule applying during that month and the six-day plan for the first 15 days of December.

It is not believed that the Commission will alter its ruling on an open season for deer during the first 15 days of December.

America's Grape Crop.

America's grape crop will be the largest in the history of the country this year. How do you figure it out that California once saw the ruin of its vineyards? Evidently vineyards never started in real earnest until Mr. Volstead started out of the Middle West for Washington.

With evidence of a record grape crop this year producers and shippers are being urged by the Bureau of Agricultural Economics, United States Department of Agriculture, to practice "careful grading and packing and wide distribution to prevent an unprofitable season."

The total grape crop is forecast by the Department at 2,844,764 tons as against 2,606,712 tons last year. Of this quantity, California will produce 2,538,400 tons of grapes of all classes compared with 2,406,000 tons in 1927. All States outside of California expect a combined crop of 306,000 tons of grapes, or 53 per cent. more than their light production last season. Eight other Western States with probably 1,587 tons show very little increase over 1927, but the leading eastern and mid-western sections report sharp gains.

JUST WHAT IS TAMMANY HALL?

In going to the Tweed days for something with which to asperse the Good Governor of New York State, the Republicans remind us of Simeon Ford's fussy boarder at the old Grand Union Hotel, opposite the Grand Central Station, who complained on being served with ox-tail soup that "it seemed like going a good ways back for soup." They have no nice fresh Tammany scandals to serve up because there are none to be had. When Charles F. Murphy took the organization in hand after Richard Croker vacated, he cleverly got rid of the term "Boss" which smelled bad and sounded worse even though sanctioned by Thomas C. Platt—but there again Platt was a Republican, and Republicans are respectable enough to get away with anything. You do not hear much, do you, about the "dimpled obligations" of the Republican party to which Platt gave such close attention and from which he drew liberally for campaign and other funds? Whatever might be said about Croker, he was honest until William C. Whitney greased him to get the Broadway street railway franchise, already foul with scandal, in which Tammany had no share. But coming down to Murphy and from that time on it is impossible to discover a stain on the record of the organization. Croker cut some slices personally out of the first subway, but more as an investor than a grafter. The big things were gone when Murphy came into power, though he was credited with a share in the profits of the excavations for the new Pennsylvania station which was not a matter of public concern. Judge Olvany who succeeded him has carried no other title than leader and has shown no signs of developing into a boss. He has sold the old hall, that Tweed built and is building a new one on the corner of Seventeenth street and Fourth avenue where the building stood in which William Lloyd Garrison died in 1867. The structure carried a tablet to that effect and we wonder if Mr. Olvany will have it gummed upon the face of the new tiger's den and if he does, what grandson Oswald Garrison Villard will say about it. Olvany has sent good men to Albany and the city government, now under Hall control for the first time since Mayor Van Wyck's wretched day when Croker bloomed in full flower, has functioned to everybody's satisfaction, even the vaudeville Mayor getting praise on all sides. Indeed, he stands so high that the sedate New York Times which prints only fit things had him trailed by special correspondents during his recent tour abroad and gave him the space due an Emperor at a shuddering cost for cable tolls. What more do the Roanokers need to know than that? The Hall, we may frankly state, is a political and benefit association combined and is only two weeks younger than our sacred constitution having been founded in 1787, by one William Mahoney, a revolutionary soldier, sometimes credited with serving on both sides, in that he was not necessarily alone. At any rate, he was with us when we won which is the main thing. We need not rehearse all of its long history. It stood by Aaron Burr and Jefferson against Alexander Hamilton and the centralizing Federalists. It was in pretty good hands until Fernando Wood and Tweed took turns at using the power it possessed. Wood was a Philadelphia printer, and with his brother Ben owned the old Daily News and made money out of the lottery business and the policy game that succeeded it. Fernando was twice mayor of New York. One of our most useful and engaging citizens of today is his son, Henry A. Wise Wood, so named out of the respect Fernando bore the Governor of Virginia for hanging old John Brown. He at least bred well, whatever else the old sinner may have done. Tweed we lay to Warner and the Republican campaign committee. We have also said enough about the rot in the mind of Murphy, though we do not mind adding that the latter was the shrewdest and wisest man who ever played politics around our village. He had read the Sermon on the Mount and knew how to take an enemy with him. When he stole Grout and Fomes from the reformers and used them to elect George B. McClellan mayor, he won laurels that have never faded—not that McClellan was of any use to him though he did well by the city and is a placid professor at Princeton nowadays. The Hall of today is run by the leaders of the thirty-six election districts who also have to see to paying the bills, something they never fail in doing. A general committee of about fourteen thousand members is behind them, while Olvany leads and carries on a successful law business which has not been damaged by his taking part in Tammany politics. His father was a leader of the American or Know-Nothing party in the old Ninth Ward who became a Republican. Murphy made him a judge because he was prominent among the Masons whom the Pope is believed to abhor. He was a Protestant until about six months after he became leader of the Hall, when he went over to Rome. Of the thirty-six district leaders four are Jewish and thirty-two are Catholics. So far as known they are all capable men who look out for the interests of their districts, help the poor, get boys out of scrapes and perform other useful and patriotic functions which include getting out the vote on election day. They also have to see that voters register, a formality not required up-state, where a voter's name stands on the voting list until transferred to a tombstone. Even then in close elections others have been known to vote for him. This is one of the things you Roanoke people ought to think about when you hear New York knocked the way they are doing it down South. Every restriction that can be thought of has been placed upon the city by legislation to make voting pure, while the woods have been left wide open. That is one of the reasons why Al Smith has never carried the truly rural counties, which are over-represented in the Legislature and so keep that body Republican. When these fellows begin talking about election frauds, it is only

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fair to say that the only box-stuffers sent to jail in three decades have been prosecuted under Tammany rule. We would like to see what would happen to the Philadelphia Republican majority if it had to be rolled up under metropolitan restrictions. To wind up, we need only to say that Tammany is today a very human and helpful organization, which stood by the South whenever it deserved it, and sometimes when it did not, just to serve the Democratic cause, which the South now is seemingly disposed to forget. The Governor of New York does not deserve to have Tweed's old clothes draped on him and the South should be ashamed to have any part in the process, however dry

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