

Your Health,

The First Concern.



RHEUMATISM CAUSED BY MEAT DIET.

In these days when the packers are conducting such a persistent campaign of misinformation to induce people to believe an exclusive meat diet safe and wholesome, and to persuade the average citizen to eat more meat when he is already eating too much, it is interesting to find definite, scientific proof of the damaging effects of a meat diet.

According to Science (Oct. 12, 1928, p. XIII), Doctor Mühlen, the noted Swedish archaeologist, who has been exploring stone-age ruins in Gothland, has found numerous skeletons and other remains of an ancient people who inhabited the island at least five thousand years ago, and who lived on an exclusive meat diet. Summarizing the interesting discoveries of Doctor Mühlen, Science tells us that his examinations "disclosed numerous abnormal conditions, excrescences and deformities, showing that this prehistoric race must have been afflicted with rheumatism of the joints and similar diseases. These were probably brought on to a great extent by their meat diet, which also has been found to cause deformations of the jaws. It appears, too, that the Swedes in those days must have suffered very much from decayed teeth and toothaches. Another disease which evidently haunted ancient Visby and its inhabitants was rickets, and frequent epidemics seem to have ravaged the population. The death-rate among children must have been very great."

"The present epidemic of influenza calls for caution and care on the part of the individual. Unfortunately, it is not the sort of thing that lends itself to mass-control," said Dr. Theodore B. Appel, Secretary of Health.

"Those who strive to keep their physical tone at a high point, thus increasing their resistance to germ onslaughts in general, will develop an excellent armor provided that unnecessary contact with crowds and suffers of the disease is carefully watched."

"A very general tendency has been noted on the part of some to capitalize the present situation by offering to the public various allegedly high-powered and highly advertised preventives. And in this connection, it may be said that if one is suffering from a flu complex the best thing to do is to forget it. Expensive articles flashily brought to the attention of the public by way of hand bills and other publicity media usually have as their main object the extraction of money from one's pocketbook rather than that of rendering a definite service."

"Moreover, the perfectly legitimate procedure of immunizing against colds has already assumed much prominence in the present outbreak. However, when it is realized that a definite time is required to develop immunization after treatment, its utility as a means of immediate protection in the present situation becomes plain."

"Which resolves the proposition for the individual simply to this: Use ordinary care and protection, stay away from those having the disease, live according to the basic living laws, which involve exercise in the fresh air, plenty of sleep each night, reasonable consumption of wholesome food and the elimination of personal concern."

"If you should become ill, call your doctor immediately and follow his instructions implicitly. Put not your trust in false gods."

"The time has fortunately long since passed when the average man and woman, fearing the rigors of winter, suddenly adopted red flannels and chest protectors at the first appearance of cold weather. Indeed the pendulum has swung quite the other way, and while much common sense is thus displayed and better health results, there is always the possibility of going to extremes," said Dr. Theodore B. Appel, Secretary of Health.

"While human adaptability to climatic conditions is remarkable, it also has its limitations; and these frequently are overlooked until the penalty for gross carelessness or disregard makes itself apparent by way of disease. We can bank on nature for a great deal but it is an excellent plan also to realize its limitations."

"One of the matters that needs especial attention at this season of the year, indeed at all seasons, is protection for the feet in wet or sloppy weather. Fortunate fashion has sensibly decreed that the feminine foot shall be shod in protective gear when the ground is damp. Therefore, for the majority the only risk in this matter arises when one is literally caught in the rain. The thin shoe lacking the assistance of the galosh is likely to result in wet feet. Under such conditions the shoes and stockings should be removed as soon as possible even though decided inconveniences be required to accomplish it. Far better than a cold, pneumonia, or worse."

"However, be that as it may, one of the greatest hazards in this connection is now run by the male of the species. To him, 'rubbers' for some illogical reason are more or less considered to be an indication of femininity. Under the false security of

heavier soles men will therefore valiantly and foolishly splash along on rain-soaked pavements and make their way through slush—a notoriously penetrating substance—and thus consider their masculinity vindicated by the noticeable lack of any kind of additional foot protection.

"It is safe to say that many hundreds of men will this winter become very ill and some will die for the very simple reason that their feet got wet and then remained wet for some time afterward. This statement also applies to many women and children. Therefore, be on your guard against wet feet."

WILSON'S REACTION TO THE VOLSTEAD ACT.

The first semi official record of President Wilson's reaction to the overriding by Congress of his veto of the National Prohibition Act was unfolded last week by Dr. Hugh H. Young, of Johns Hopkins Hospital.

Dr. Young recalled the expressions of the former President and was moved to break a silence of more than nine years concerning them by the reading of a newspaper editorial, "settling the record."

The editorial concerned the record, by Ray Stannard Baker, of Wilson's declaration of his belief in the advisability of the settlement of the liquor issue by local option in each community. Mr. Wilson had delegated to Mr. Baker the task of writing the story of his entry into political life.

In a few words, Dr. Young said the President painted as "hypocrites" those Congressmen who voted to override his veto, many with "cellars stocked with liquors," and declared them "jumping at the whip of lobbyists."

The war over, it was brought out, the President believed the prohibition of liquor as enforced by the wartime prohibition act to conserve grain was unnecessary. This provision was included in the National Prohibition Act.

At the time President Wilson expressed himself on these questions, in 1919, he was ill and was being attended by Dr. Young. When the latter called to see the President, Congress was overriding his veto. As Dr. Young was conversing with the sick President, a messenger arrived at the room with the report of what the congressional body had done. The President grew very much incensed. "These miserable hypocrites, in the House and Senate," President Wilson declared, with vehemence, "voting to override my veto of the bill, many with their cellars stocked with liquors and not believing in prohibition at all—jumping at the whip of the lobbyists."

"The bill is utterly unnecessary. It was passed during the war for the purpose of saving grain. The need has gone by. The country would be better off with light wines and beers."

"I was tremendously impressed in Europe with what General Pershing had done to decrease drunkenness and disease by putting the American Army on a light wine and beer basis, through general order No. 77. The war is over and there is no need for this bill."

Electric Street Railways in 1927 Set New Safety Record.

One passenger out of every 155,000,000 carried by the electric railways of the United States in 1927 was fatally injured. This remarkable record, the best made by any common carrier, was made public at the last annual convention of the American Electric Railways Association.

Accident prevention work has made tremendous strides in the industry during recent years. So great is interest in this highly important work that an international accident prevention movement has been started, comments the Pennsylvania Public Service Information Committee.

Electric railways in this country make no secret of the fact that they are actuated by financial, as well as humanitarian motives, in joining this movement. In addition to the suffering caused injured persons, the actual cost of accidents on electric railways in the United States, as disclosed at the Cleveland convention, is about four per cent. of the entire gross receipts. This is less than it was a few years ago, but in the opinion of leading electric railway men, still too high. Some estimates disclose the accident cost to be as great as the net earnings of all electric railway properties.

Instruction of Blind Makes Good Progress.

Dr. F. Park Lewis cites an amazing exhibition in the New York Institution for the Blind. Blind children of twelve or thirteen years were given a number of three figures at random and were directed to multiply this by another number of three figures, such as 972 and 628. They did problems like this aloud and in concert without their raised point slates, as accurately and as rapidly as one of the sighted observers could have done it with pencil and paper.

The blind must as far as possible do all the things they have been doing. Writing is more easily accomplished than one would imagine. Doctor Lewis describes a practical method.

A rubber band is passed around a pad where the writing should begin. Two other light bands are passed vertically around the pad at about half an inch from each edge of the paper. As each line is completed the horizontal band is slipped down an inch. By keeping the finger on the band an even and legible writing can be produced with little practice.—Hygeia Magazine.

NEW DIVORCE CODE REPEALS OBSOLETE LAWS.

A bill codifying the divorce laws of Pennsylvania was transmitted together with a report of recommendations to the opening session of the general assembly at Harrisburg January 1st.

The proposed law, drawn up by John H. Fertig, assistant director of the Legislative Reference Bureau at the instance of a concurrent resolution of the House and Senate adopted in 1927, provides for the repeal of thirty-four existing obsolete measures on the subject of divorce and the annulment of bigamous marriages. A few minor changes in existing laws are provided for in order to make the divorce code's provisions harmonious and clear, but the basic law would be in no way changed.

Grounds for divorce from the bond of matrimony as codified in the proposed law are:

1. When a marriage has been heretofore or shall hereafter be contracted and celebrated between any two persons, it shall be lawful for the innocent and injured spouse to obtain a divorce from the bond of matrimony whenever it shall be judged in the manner hereinafter provided that the other spouse

(a) At the time of the contract, was and still is naturally and incurably impotent or incapable of procreation; or

(b) Has knowingly entered into a second marriage, in violation of the previous vows he or she made to the former spouse, whose marriage is still subsisting; or

(c) Shall have committed adultery; or

(d) Shall have committed wilful and malicious desertion and absence from the habitation of the injured and innocent spouse without a reasonable cause, for and during the term and space of two years; or

(e) Shall have by cruel and barbarous treatment endangered the life of the injured and innocent spouse; or

(f) Shall have offered such indignities to the person of the injured and innocent spouse as to render his or her condition intolerable and life burdensome; or

(g) Shall have procured the marriage by fraud, force, or coercion, and which has not been subsequently confirmed by the acts of the injured and innocent spouse; or

(h) Shall have been convicted as principal or as accessory, either before or after the fact, within or without the Commonwealth, of the crime of arson, burglary, embezzlement, forgery, kidnapping, larceny, murder, either in the first or second degree, assault with intent to kill, voluntary manslaughter, perjury, rape, robbery, sodomy, buggery, treason or misprison of treason and be sentenced to imprisonment for any term exceeding two years by a competent court having jurisdiction.

2. When a marriage has been heretofore or shall hereafter be contracted and celebrated between two persons within the prohibited degrees of consanguinity or affinity according to the tables established by law it shall be lawful for either of said parties to obtain a divorce from the bond of matrimony in the manner hereinafter provided; or

3. If any spouse, upon any false rumor, in appearance well founded of the death of the other, when such other has been absent for the space of two whole years, hath married or shall marry again, it shall be in the election of the party remaining unmarried, at his or her return to have his or her own marriage dissolved by divorce on the ground of bigamy and the other party to remain with the second husband or wife. Any such action shall be instituted within six months after such return.

Grounds for divorce from bed and board or legal separation would be: Upon complaint and due proof thereof, it shall be lawful for a wife to obtain a divorce from bed and board whenever it shall be judged that her husband has:

(a) Maliciously abandoned his family; or

(b) Maliciously turned her out of doors; or

(c) By cruel and barbarous treatment endangered her life; or

(d) Offered such indignities to her person as to render her condition intolerable or life burdensome, and to have forced her to withdraw from his house and family; or

(e) Committed adultery.

At the end of the codification, Fertig suggested a new section at the suggestion of the department of health which would enable the department to collect and compile divorce statistics similar to those now gathered of marriages.

Weaving Again By Hand-Loom.

Believe it or not, but right in the middle of this age of "modern" women, business women, feminist movements, bobbed-haired channel swimmers and girl air pilots, old-fashioned hand-loom weaving, the art and solace of the colonial American housewife, has come back into fashion.

They are selling handlooms, and selling them rapidly, in New York department stores. Not the cumbersome ancient ones that took up half a room to themselves, but compact and practical miniatures which can be set up on a card table—made to fit

DON'T GET UP NIGHTS

Rev. D. Lee, Portsmouth, N. H., says: "Come or write to 101 Crescent Way, and I will tell you how in a short time the bladder irritation was relieved by Lithiated Buchu (Keller Formula). My case was of long standing and painful. Was bothered 4 to 5 times each night." It acts on bladder as epsom salts do on bowels. Drives out foreign deposits and lessens excessive acidity. This relieves the irritation that causes getting up nights. The tablets cost 2 cents each at all drug stores. Keller Laboratory, Mechanicsburg, Ohio, or locally at C. M. Parriah's, Drugist.

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The revival of weaving in city apartment and rural home can be traced to more reasons than the rarity of hand-woven fabrics, which have made them a novelty and hence expensive, according to Sarah Barnes, who has investigated this feminine phenomenon for an article appearing in the current issue of The Farm Journal.

The fact that hand-woven dress materials, scarfs, rugs, towels and other articles have become exclusive and expensive, has led many women to take up the craft, she ends. Many of their products find their way to the smart little gift shops, which buy them at a big profit to the maker and sell them at a bigger one for themselves.

But even among fashionable women, with whom money is not a fac-

tor, the weaving craft has spread. They want exclusive, personalized designs and find that the looms also give an outlet to the natural craving for self-expression.

Moreover, The Farm Journal article declares, many housewives, today find themselves growing restless under an enforced idleness brought about by mechanical household equipment which leaves them with many vacant hours.

Women naturally crave some such outlet for pent-up nervous energy, a fact is generally recognized by physicians.

With the increase in numbers of shoes in almost every woman's closet, bags with pockets big enough to hold a pair are excellent. They can hang on the door or back on the wall behind the clothes.

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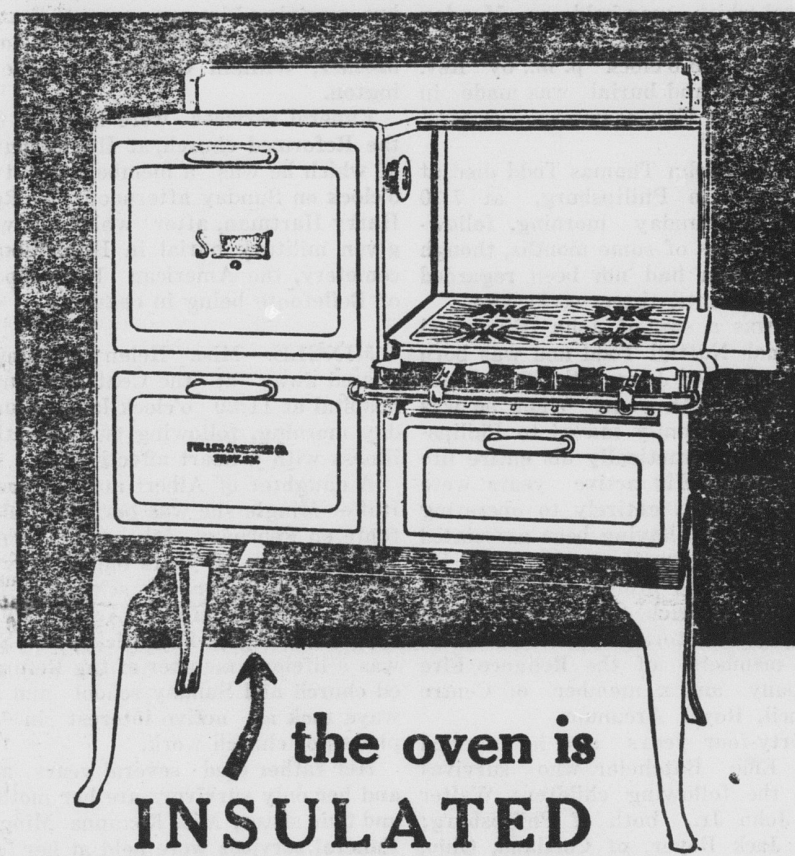
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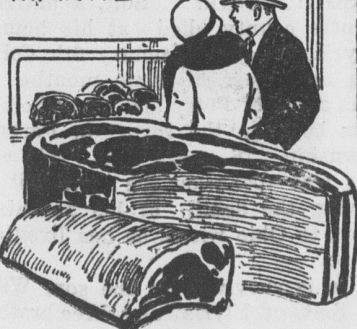
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