## Your Health,

The First Concern.

Another remedy which has recently been found of very high value, is diathermy. This is applied to the chest, one electrode on either side, and a strong current is passed through the affected lung. The diathermy is nothing more than an application of heat, the source of heat being electric energy. High tension waves of a character essentially the same as that of the currents used in radio broadcasting

are used. If the measures suggested are employed in connection with proper feeding and good nourishing in the very beginning of the disease, the mortality rate will be exceedingly

According to the Weekly Bulletin of the California State Board of Health, "During the month of July, 1927, one hundred and two people were seriously poisoned six died. followers seriously poisoned six died. followers seriously poisoned six died. followers seriously poisoned six died. were seriously poisoned, six died following the eating of the large mussel, Mytilus californianus, Conrad, which had been freshly gathered at fourteen different beds on the open shore line of the Pacific coast in the vicinity of San Francisco. The origin of the poison is not definitely established, but some of the points are discussed in this article. From the experiences thus far collected it is quite apparent that the use of mussels on the California coast during the summer months is always dangerous."

the time. The reason is, they are of their products, knowing that they scavengers and subsist largely on bacteria and the detritus of dead food and drugs act, and those who things in the sea water. The oyster are inclined to take advertising things in the sea water. The oyster are inclined to take advertising is now one of the chief sources of claims at face value will frequently typhoid infection.

A big automobile racing over a smooth concrete highway sends out from its headlights beams of light which may be seen for many miles. A touch of a button or a switch and the brililant illumination is reduced to a mere incandescent glow. The device that does this is a dimmer. And there are many sorts of dim-The most brilliant illuminator in the world is the human intelligence. The normal brain sends out a brilliant light. It blazes up and sparkles with illuminating ideas and throws off meteors of thought which like the pillar of fire which led the Israelites of old out or Egyptian bondage, have led the human race out of the midnight of savagery and superstition to this day and age of glorious enlightenment.

And there are brain dimmers, a lot of them-means by which the brain is obfuscated, adumbrated, flabbergasted as they say in Dixie Land. And strangely enough, these brain dimmers are popular. The explanation of this anomaly is found in the fact that the dimmer, by perverting the judgment, creates the impression that it is an accelerator instead of a dimmer.

Among the most popular and potent of brain dimmers are alcohol and tobacco. A man who is weary takes a glass of grog and feels stronger. If tested by a dynamometer, however, his strength will be shown to be less than before the grog was taken. His muscles are dimmed by the paralyzing influence of alcohol. His fatigue center is dimmed. Its sensibility is lessened and so the feeling of fatigue is diminished and he is fooled into thinking that he is stronger when, in fact, his muscular power, his endurance, his dexterity, his accuracy of aim-all his physical powers are lessened. If a man who is cold takes alcohol, he at once feels warm, but if his temperature is taken with a thermometer it is found to be lowered. There is nothing more dangerous for a freezing man than alcohol in any form. Arctic explorers learned this long ago and when exposed to great cold avoid alcohol as a most dangerous drug because of its dimming or depressing effect upon the heart and other organs concerned in circulating the blood and keeping the body warm. A hungry man takes alcohol and ceases to crave food, not because he has been fed but because alcohol has dimmed the hunger center.

The cigar, the cigaret, the pipetobacco in any and all forms are dimmers which lessen sensibility of every sort. Many writers smoke under the impression that tobacco stimulates the imagination and so renders the mind more fertile with ideas. The fact is pipe dreams do not make good literature. The late Jacob Riis, one of the most beloved of popular writers, felt sure he could not write without the aid of a cigar; but when persuaded by the writer to try the experiment he discovered that he was able to write much better without the cigar than with it and renounced the weed, though unfortunately too late to avert the consequences of longcontinued smoking to which hundreds of able writers have fallen victims while regarding tobacco as a friend instead of an enemy.

A conspicuous example of the adumbrating effect of tobacco is seen in its influence upon the finer qualities of the mind, especially the moral or ethical sense. Tobacco unquestionably benumbs the conscience. A smoker who finds himself disturbed whiff. The rude manners of most proper shaping and pruning.

smokers and the utter disregard they show for non-smokers who have great repugnance for the odor of tobacco or may be highly sensitive to its toxic effects, are obvious proofs of the dimming of the moral sense of the smoker.

#### No Known Drug Can Cure "Flu."

"It is the intention of the Food, Drug and Insecticide Administration to take immediate action under the food and drugs act against all preparations represented by label or by circular accompanying the package as preventives or treatments of influenza, la grippe, pneumonia, and related diseases," W. G. Campbell, Director of Regulatory Work of the United States Department of Agriculture, said today.

There is a widespread and probably a fully justified public apprehension about influenza and some manufacturers have not hesitated to take advantage of this situation by advertising their preparations in every available quarter as preventives or cures for the disease. Unfortunately, the food and drugs act does not reach false advertising statements appearing in press, or in any advertising medium, not included with the package of the preparation itself. The food and drug enforcing authorities are therefore powerless to check such misleading advertising, serious as the consequences may be in the case of those who are led to depend on such ineffective products and neglect the

"It is a fact generally accepted by medical authorities, based on worldwide medical experience," added Mr. Campbell "that there is no known drug or combination of drugs which will prevent or cure influenza. Products labeled as effective for this purpose will unhesitatingly be classed as misbranded within the meaning of the food and drugs act and treated accordingly.

"It may not be amiss to add," said Mr. Campbell, "that manufacturers are usually cautious about putting All mussels are dangerous and all unwarranted claims upon the labels render themselves liable under the find that the labels themselves, or circular accompanying the packages of the drugs, do not repeat these claims.'

#### Another Rush Forecast to Obtain Driver's Cards.

Renewal of automobile operators' licenses for the fiscal year beginning March 1, 1929, reached a total of 502,546 during the week-end, Benjamin G. Eynon, registrar of motor vehicles of the Pennsylvania Department of Highways announced, warning that only four weeks remain in which 1,500,000 drivers will be required to get license if they wish

Bureau clerks issued the first 1929 license on January 8. Since that time applications have been received at the rate of 33,000 a day, a slight increase over last year's rate. Registrar Evnon feels that motorists throughout the State should be prompt in filing applications to avoid a last minute "rush" similar to the

annual congestion over license tags. A rate of 44,000 renewals a day druing the entire month remaining must be maintained if all drivers are to receive license, Eynon warns. Total licenses issued for 1928 to date is 1,898,977, leaving nearly a million and one-half drivers without new license certificates.

## The Skyscraper Church.

"A church cannot hold its own in modern conditions unless its material of the crossing. form is equal to its spiritual greatness," said John D. Rockefeller Jr., in New York recently, addressing a group of business men in the interest of the Broadway Temple.

Mr. Rockefeller described the competition the church faces with material interests and cited Trinity Church, fronting Wall street and dwarfed by towering business structures, as an illustration of what ought not to hap-

"We do not want the business world to look down on churches," he said. "We do not want the average man to think that business is indifferent to churches. The old church spire is a thing of the past. I believe that a towering building such as is planned here will draw many to it that might not otherwise enter the doors of a church."

Mr. Rockefeller said he sincerely hoped he was a Christian before he was a Baptist. He has already given \$325,000 to Broadway Temple (Methodist) and has promised another \$100,000.—Christian Advocate.

#### Basketball Game is Blamed for Large Increase of Flat Feet.

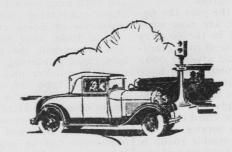
nigh school students of the Middle West, is responsible for a growing increase in broken arches or "flat feet," cruiting service officers.

Of 192 recruits examined last year by Dr. E. P. Kunkel, chief medical examining officer for this district, 110 were rejected and a large majority of those turned down were former high school basketball players who had 'flat feet," according to Dr. Kunkel.

Eighty youths all of whom had played basketball, were rejected for 'flat feet" by the South Bend, Ind. recruiting office according to a local Marine officers.

train the young tree to the desired tion, rural school administration, protype of framework and to maintain gressive education, and chemistry the framework of the older tree in and physics. The English and French by the prickings of conscience lights condition to produce the maximum departments will conduct two sepa cigaret and is soon entirely comfortable. Tolstoy said he never felt a twinge of conscience after the third

# There are many reasons for the ease of steering the new Ford



THE new Ford is exception. ally easy to steer because of the well - proportioned weight of the car, the steelspoke wheels, the co-ordinated design of springs and shock absorbers, the size and design of the steering wheel, and the simple mechanical construction of the steering gear.

The Ford steering gear is of the worm and sector type used on high-priced cars and is three-quarter irreversible.

In simple, non-technical language, this means that the car responds easily and quickly to the steering wheel, yet there is no danger of the wheel being jerked from the hands of the driver by ruts or bumps in the road. A light touch guides the car, yet you always have that necessary feel-of-the-road so essential to good driving.

Strength of materials and careful workmanship give unusual stability to the Ford steering gear and housing.

The steering worm, for instance, is splined to the stronger, of course, than if a single key were used to hold

the shaft and worm together. The steering worm sector is forged and machined in the same piece with its shaft.

The housing of the steering gear mechanism is made of three steel forgings, electrically welded together. This housing is then electrically welded to the steering column. Such a one-piece steel unit is naturally much sturdier than if several parts were used and bolted or riveted together.

Throughout, the new Ford steering mechanism is so simple in design and so carefully made that it requires practically no attention.

The only thing for you to do is to have the front steering spindles, spindle connecting rods, and drag link lubricated every 500 miles and the steering gear lubricated every 2000 miles.

For this work, you will find it best to consult the Ford dealer. He has been specially trained and equipped to help you get the greatest possible use steering worm shaft and is from your car over the long-

est period of time at a minimum of trouble and expense.

## FORD MOTOR COMPANY

#### PEDESTRIAN HAS THE RIGHT OF WAY.

A decision has just been handed down by the United States District Court of Appeals, upholding a pedestrians's right-of-way at a crossing despite traffic signal shifts, according to the legal department of the Amer-

ican Motorists' Association. In effect the court holds that pedestrians have the right-of-way not only at uncontrolled crossings but also when they have entered an intersection on a green light and further holds that the pedestrian has the right of way until he reaches the opposite curb, without regard to the change of lights during his passage

The decision is regarded by the association's legal department as just and is being called to the attention of the motoring public in order that the motorist may have full knowledge of his legal responsibility.

"When a pedestrian steps from a curb to cross the street, having a green signal with him, he does so by way of invitation and he cannot be charged with contributory neglect if the signal switches when he is in the street. Caught in this position, the obligation rests upon the motorists not only to observe the situation, but to wait until the crossing is clear,"

the decision declares. "Many automobile drivers," continued the court, "seem to imagine that with the shift of the signal they are given a clear right-of-way against intersecting traffic. In this belief they recklessly start their machines regardless of persons who are already on the intersection. It is the duty of drivers of machines to exercise greatest vigilance and care under such circumstances and not only to have their machines under control but to stop and wait until pedestrians have had an opportunity to clear the crossing. Failure to observe these pre-Basketball, the major pastime of cautions constitutes negligence on the part of the driver, which, in case of accident, is chargeable to him."

it was disclosed here by Marine re- Penn State Offers 350 Summer Courses.

> Three hundred and fifty courses of study, ranging from the most simple kindergarten problems to the most intricate and advanced studies of the sciences, will be offered at the twentieth annual summer sessions of the Pennsylvania State College, it is announced by Dean W. G. Chambers, director of the session.

Among the courses to be offered are art education, dramatics, nature study, music, physical education, -Use pruning shears and saws to home economics, vocational educa-

#### NEW FORD ENGINE MARVEL OF EFFICIENCY.

The engine of the new Model A Fords represents one of the most remarkable engineering accomplishments in the history of automotive development. While not radically new in principle or design, it represents a combination of engineering principles which has produced the best tested performance features of the older types of automobile engines with the most important features of the newer types.

Without abandoning entirely the principles of the old low-compression, low-speed motors in favor of the extremely high-speed, high-compression type, Ford engineers have developed a medium speed, medium-compression motor that has proved itself much better adapted to the needs of a light car. A wide variety of uses under all sorts of road conditions and in widely varying climates are thus served more satisfactorily than would be possible with a radically high-speed, high-compression motor.

Its power, smoothnes and flexibility are remarkable for its size and weight. The Model A motor develops 40 brake horsepower at 2200 revolutions per minute.

The combination of these features has produced a motor that gives unusual speed and power for its size and weight and at the same time one that is long-wearing, economical in fuel consumption and simple to operate and maintain. Because of its comparatively low speed it does not work the self-destruction that comes as a natural result of wear when moving parts are operated at the higher rate of speed, and yet it has considerably more power, speed, smoothness and flexibility than the low-speed motors:

Deaf Mutes Prove Best Pennsylvania Motorists.

Deaf mutes have proven themselves the nearest "perfect" of all Pennsylvania's motorists, according to statistics compiled by the Keystone Automobile club. None of the 177 deaf mutes holding operators' licenses have ever been involved in an ac-

"Incapacitated drivers, that is persons with one arm, one leg, one eye or some form of physical defect also hold high place in the State's safety records. There are 7656 "incapacitated" drivers in the State.

## Poultry Judges Place Second.

Penn State's poultry judging team won second place among six college teams at the Madison Square Garden Poultry Show in New York City. Ralph R. Minick, a senior whose highest score on the Nittany team, which was coached by E. W. Callenbach, of the college poultry department.

The irritation that causes getting up highest score on the Nittany team, nights. The tablets cost 2 cents each at all drug stores, Keller Laboratory, Mechanicsburg, Ohio or locally at C. M. Parrish's, Druggist.

#### BACK-SEAT DRIVER MENACES MOTORIST.

"If the "back-seat driver does not feel at ease in an automobile without giving instructions to the driver he should stay at home or use some other means of conveyance," said S. Edward Gable, president of the Pennsylvania Motor Federation, recently.

"Much has been said and written in jocular vein about the "back-seat driver," continued Mr. Gable, "but this type is a serious menace to the saftey of a motorcar and its occupants. The difficulty is that neither the lawmakers nor the drivers subjected to the annoyance can get at the root of the evil. Correction of the condition must come through the "rear-seat" drivers themselves."

The old proverb that "two heads are better than one" is not applicable to the motorcar age, according to Mr. Gable. He prefers one clear head behind the wheel to two, three or more trying to control the car from other points.

"It takes a clear head and strict attention to the road to operate a car in a safe and sane way," he concluded. "Too frequently passengers attempt to tell the driver what to do. Such action naturally diverts the operator's mind and distracts his attention. It should be condemned severely.

"If every driver in every car gives undivided attention to the task at and, unmolested by comment from passengers, there will be fewer acci-

#### CARELESS SMOKERS CAUSE BIG FIRE LOSSES.

Every year \$100,000,000 worth of property goes up in flames in the United States because matches burn too long. That is the conclusion drawn from recent experiments by the United States bureau of standards. The average time required to light a pipe or cigarette was found to be ten seconds. The stick of a match burns an additional twenty

A million matches, says Popular Science Monthly, are used in the United States every minute. Many of these start fires after they are thrown away. The experimenters found that special matches with water glass coated sticks up to half an inch of the head, burned only half as long as ordinary ones. While proving so effective for lighting purposes, they are generally consumed before they could set fire to surrounding grass or rubbish.

#### Few Bad Driving Habits Among Average Drivers.

When a motor car engine heats persistently for no apparent reason it often is due to bad driving practices. Keeping the foot continually on the clutch pedal while driving will cause the clutch to slip and make the engine labor. Keeping a foot on the brake pedal also makes the car pull hard and cause overheating.

Some drivers fail to advance the spark after starting the engine. This causes the engine to overheat. The spark should be kept as far advanced as possible. The excessive use of low gear when it is not necessary or the failure to shift the low gear when the car is laboring in sand or mud or up a steep grade, also will cause the engine to overheat.

Overheating reduces the engine's power and increases the wear. The cause should be traced and the trouble removed as soon as posible.

#### Russians Use Rats to Exterminate Rats.

Rat-eating rats are being bred in Leningred. Thirty pairs of rats were put in thirty cages, and for a long period given no food. In some cases one member of the pair then ate the other. These rat-eating rats were then in turn paired, until by process of elimination several super rat-eating rats were developed. Breeding was then begun with these ravenous monsters as a base. The idea is to develop a system of self rat extermination. Rats are a serious problem in Leningrad, 2,000,000 being there; and many methods of extermination are being tried. The loss to Leningrad through destruction by rats is estimated at \$2,500,000 annually. Rat extermination centers have been formed in 220 co-operative stores, ninety-six factories, ten storehouses, three markets and thirty-eight other establishments. And now the rat-eating rat is to be let loose on his brethren.

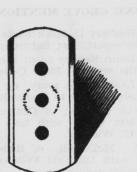
## Illinois to Use Corn Stalk Paper.

If the Illinois Senate adopts a reso lution offered by Sen. Randolph Boyd of Galva the solons will pen their correspondence and transact all of their official business on paper made from cornstalks.

At present there is a paper plant at Danville turning out such a product. Boyd wishes it encouraged, for if it meets success other such plants doubtless will spring up, affording to the farmers of the State a market for what formerly was usually considered as a waste product.

### DON'T GET UP NIGHTS "Danger Ahead If You Do"

R. S. Fessenden, Shrewsbury, Mass. Says, "I will tell or write my full experience with Lithiated Buchu (Keller Formula.) How the irritation was relieved, that caused getting up 6 to 7 times each night." It acts on bladder as epsom salts do on bowels. Drives out foreign deposits and lessens excessive acidity. This relieves home is at Imperial, Pa., had the the irritation that causes getting up



. . a month of good light in your garage costs as little as a single razor blade



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It is pleasing to the palate and is assimilated so readily that it is the exceptional person who cannot take it easily. If you are rundown in strength take Scott's Emulsion! Scott & Bowne, Bloomfield, N. J. 22-33

Free SILK HOSE Free Mendel's Knit Silk Hose for Women. guaranteed to wear six months without runners in leg or holes in heels or toe. A new pair FREE if they fail. Price \$1.00.

YEAGER'S TINY BOOT SHOP.

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It will be to your interest to consult us before placing your Insur-

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