POINTS ON KEEPING WELL.

DR. FREDERICK R. GREEN Editor of "HEALTH"

WHAT CAUSES HEART DISEASE?

MUCH time is being given today to the study of heart disease, not as in previous years to the individual case, as to the murmurs, peculiar valve sounds and exact conditions of a single patient, but rather to what might be called the study of heart disease in the mass.

What causes it, what is its most frequent cause, what age and class of patients are most frequently afflicted, what cases are preventable and how can they be prevented? These are the questions which are now occupying the time and attention of men especially fitted to investigate

In the American Heart Journal, a bulletin published by the American amount of publicity for himself, but guilty. Society for the Prevention of Heart his desk is stacked high with letters Disease, Drs. John Wychoff and Claire Lingy of New York present a study of 1,000 cases, enough to give a fairly good number of the various said it was just about right for safety, good mechanical condition. kinds of heart trouble.

In these thousand cases they found that about one-fourth, or 250, were caused by, or at least preceded by rheumatism; two-fifths, or about 400, of a bus operating between Lima and with a clear, wide roadway ahead. were caused by artiosclerosis or hardening of the arteries; one-tenth, or 100, were caused by syphilis; other diseases, such as scarlet fever and diseases of the kidneys, caused another tenth, while the rest were due to causes which could not be learned.

Rheumatism, which causes heart disease, was generally rheumatism of early life. Only rarely did it occur after fifty years of age. Ninety-five per cent of rheumatism causing heart disease occurred before fifty, and 50 per cent of these occurred before thirty. So it is evident that any effort to prevent the heart disease caused by rheumatism must begin 20 years before the patient had heart disease. It must begin before he is thirty and before he has rheumatism.

In three-fourths of the cases of rheumatic heart disease, the patient had had one or more attacks of rheumatic fever. In one-fourth of the cases, the patient had had tonsilitis. So it comes down to this, that the

way to prevent heart disease is by preventing rheumatism among children and young people and especially people under thirty. And the way to prevent rheumatism in children and young people is by preventing tonsilitis, infected teeth, abscesses and infections generally, as well as preventing scarlet fever.

So it's like the house that Jack built. It isn't simply preventing something after the patient is past fifty. It's preventing the cause far back and stopping the cause of that.

HICCUP

HICCUPS, like many other commany things and are a symptom in many diseases. Everybody has them at times and, in the great majority of cases, they are harmless and temporary; in some cases, however, they are persistent and exhausting.

A hiccup is a muscular spasm. The muscle in this case is the diaphragm, a muscular partition which stretches from the ribs and the backbone to the front of the chest wall, forming a thick, heavy wall dividing the chest above from the abdomen below. When this muscle contracts suddenly, usually just as the lungs are being filled with air, the glottis, in the throat, closes as the diaphragm contracts, causing the peculiar jerk.

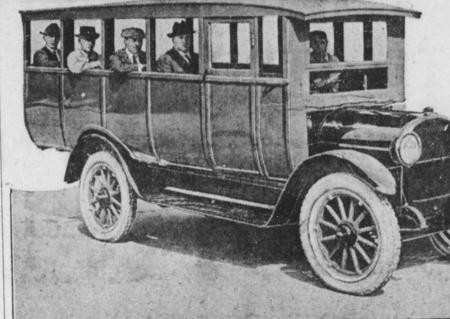
The milder forms cannot be better treated than by following the advice that Eryximachus gave Aristophanes in Plato's day. The Greek philesophers had gathered for a discussion. When Aristophanes' turn came to talk, he had the hiccups and couldn't speak. Eryximachus, who was a physician, advised him to hold his breath, to gargle some water, or if neither of these remedies were of any use, to tickle his nose with a feather until he sneezed. The breath holding and the water drinking were of no use, but the tickling did the business. Aristophanes then indulged in a long and poetic rhapsody, to the effect that the tickling had appealed to the harmony of his body. But Plato, always a hard-headed old philosopher, said Aristophanes had the hiccups because he had eaten too much.

That was thousands of years ago, but Plato said all there was to say on the subject of hiccups.

But hiccups may appear in some serious conditions. An abscess of the liver, a new growth in the abdomen or the chest, enlarged glands at the root of the lungs, may, any of them, cause long-continued and persistent hiccups. It is frequently present in the last stages of uremic poisoning, in typhold fever, in hemorrhage of the brain. During the severe epidemic of influenza in 1917-18, some cases were accompanied with severe hiccups and were known as "hiccuping flu." It is also found in "sleeping sickness" and

in some forms of hysteria. Simple methods are all right for simple cases, but in severe cases more vigorous methods must be tried. Blisters or plasters over the back of the neck, cold applications or strapping the lower ribs with adhesive tape or, in cases demanding extreme measures, ether, chloroform or morphine may be

JUDGE DECIDES FIFTY-ONE MILES SAFE



Typical Style of Western Bus.

asking for copies of a recent ruling made by him that a speed of 51 miles an hour was not unsafe. In fact, he is dry, the road clear and the car in but, of course, it depended wholly upon other conditions.

The ruling was made in the case tained "part of the time" was 51 miles | limit."

of 1926, covering cars and trucks:

E. P. Middleton, judge of Urbana. an hour. The driver, E. A. Larrick, Ohio, is getting not only a liberal was indicted, tried and found not

Judge Middleton held that "a driver may go 45 miles an hour and still not be guilty of speeding, if the pavement

"If a driver were to pass a school house at recess time at a speed greater than 15 miles per hour he might be of the state of Ohio against the driver found guilty of traveling too fast, but Urbana. The driver was arrested by without curves, and a car mechanicaltwo officers, who, happened to be pas- ly perfect, 51 miles an hour is not in sengers, and who swore the speed at- excess of the so-called lawful or legal

REGISTRATION ESTIMATE FOR 1926 SHOWS SLIGHT INCREASE

Revised registration figures reported to the bureau of public roads, Department of Agriculture, show an increase of 1,927,141 vehicles registered during the first six months of 1926 as compared with the corresponding period of 1925, an increase of 10.8 per cent.

Total motor vehicle registration for the six months, according to the revised figures, was 19,697,832 vehicles. This is 118,064 in excess of the figures published July 29 in Motor Age. The following are the revised registration figures for the first six months

19	.602 New Hampshire	78,979
Francisco	1.165 New Jersey	575,237
Friname		46,571
WI WITHIUM	, and	1,562,492
	9,570	*371,353
	0,010	144.079
	3,7-1	1,370,756
	0,303	490,000
Florida 40	7,777 Oklahoma	195,641
Georgia 23	8,618 Oregon	1,326.682
Idaho 8	4,161 Pennsylvania	
Illinois 1,21	7,265 Rhode Island	96,652
	0.704 South Carolina	151,012
lowa 64	8,282 South Dakota	155,763
	3,561 Tennessee	227,775
Dr. de sem erro	7.104 Texas	904,050
Mentucki	6,500 Utah	81,830
Phonium	8,466 Vermont	62,899
Bruine	7,491 Virginia	277.125
MINITALINA	77	326,500
	ii,iaa	183,788
	Wisconsin	590.797
	4,356	
	0,030	
MILMAUMIN	13,400	
Montana 9	2,340 9,669 Total	19 697 532
Nebraska 32	9,669 Total	10,001,000

Nevada 20,527 *All states but North Carolina report details for the first six months, 1926. North Carolina has registration year ending June 30, which full year is used here.

WAR ON SCHOOL CHILDREN LIFTS

Warnings Issued Against Dangerous Practice.

Almost simultaneously Traffic Commissioner Donahue of Washington, D. C., and the American Automobile association came forward with timely warnings to motorists against the dangerous practice of giving "pick up" rides to children on their way to and from school.

The traffic commissioner branded the practice as a breeder of street accidents in which children, playing on the big-heartedness of the motorist, are often the victims.

The least that usually happens, Donahue declares, is a nasty traffic snarl created by the distraction resulting from a child's cry for a lift and ing along the front edge, as shown, the interruption of the flow of traffic as the "big-hearted" motorist snakes his way toward the curb in an effort to gratify the wish of the child.

Cause of Accidents.

annually because children do not realize that this practice constitutes one of the gravest of highway hazards and parents and motorists should concentrate their energies on discouraging this habit which seems to be manifesting itself on a constantly habit. larger scale," the A. A. A. national headquarters declared.

Appeal to Parents. In the opinion of both Donahue and officials of the national motoring body, the problem calls for full co-operation on the part of parents and motorists. Nelther, they declare, can afford to shirk responsibility in the matter. Teachers, too, can do much toward discouraging the child from taking such risks.

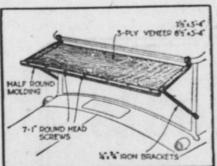
Turn Spare Tire

Realizing that the rear of the car is the wrong place to carry a spare tire, the efficient car owner at least tries to make the best of it. That is why he makes it a point to turn the spare around now and again, so that one side of the tire will not always be exposed to the mud, water and oil from the roads. If the tire carrier is such that the spare must hang in the same position all the time, at least the shoe can be turned.

Veneer Most Excellent

for Making a Sun Vizor

The illustration shows how to make a simple sun vizor. Three-ply veneer is excellent, as it is light and warps little.. After you have bent the brackets out of 1/4 by 1/4-inch iron, cut the



A Sun Vizor You Can Make Yourself Out of Materials That Are Not Hard to Obtain.

veneer to the right size and fasten it in place. Two small strips of moldwill greatly improve the appearance, and dark green lacquer makes an excellent finish .- Popular Science Month-

AUTOMOBILE FACTS

He isn't the "innocent pedestrian" after he has acquired the jay-walking

Almost anybody can own a car, but comparatively few have learned their

driving lessons. When riding in somebody else's car, don't be a back-seat driver. Give him a chance to drive.

The early bird catches something else if he lets his engine race and wakes up the neighbors.

It's well they are building new highways, with the daredevil motor speeders acting as if they own the eld. It's your real optimist who buys the

remain idle until gasoline gets cheaper. Another reason airplaning is safer than motoring is because there is

car with the idea that he can let it

CHRISTMAS TRIFLES THAT ARE SUITABLE



From old and cultured China came the little "jade tree" which i so much admired everywhere. It has been imitated in many ways and has quaint, stiff flowers fashionable for decorative purposes. These are made in several ways: some of translucent shells, tinted in colors, others of orlinary fabric flowers dipped in clear shellac, and others of crepe paper, heavily painted with sealing wax paint, as in the tree pictured. Thread wire is used to support the edges of the petals and leaves and heavier wire wound with strips of paper for the stems. A pot or jardiniere holds the tree, which makes a lovely gift.

Meant to Be Useful



There are a number of things that this pretty lady can do besides merely being pretty, and therefore she presents herself as a pleasing Christmas gift for other dainty ladies. A little doll torso, mounted on a wire frame, is dressed up in panniered skirt and surplice bodice, like a colonial be Her dress may be of crisp silk or of fine crepe paper and she wears a cluster of little flowers on her corsage, and a band of ribbon about her hair. Sometimes she shades an electric light, and sometimes conceals a telephone, or she may cover a bottle of toilet water.

. . . . Gifts Made of Ribbon



A wristbag full of joy awaits any member of the family who wakes up Christmas morning to find herself possessing a bit of finery like the pretty bag, or the garters shown here. The bag is simply made of two pieces of wide, black ribbon cut rounded at one end and sewed together. Two shirred tucks are run in above the seam. It is lined with colored silk and gathered into a filigree silver mounting. Narrow black and pink satin ribbon is shirred over flat elastic for the garters, which are finished with bows and rhinestone ornaments.

. . . . A Pretty Glove Box



Thin brocaded silk, glued smoothly, with a stainless glue, over a heavy cardboard box, makes this pretty glove box. The silk turns over the edge a half inch and a narrow strip of it forms the hinge. The box is lined with heavy mottled paper and fancy gold so much less fresh gravel to cause braid borders the top and the small picture at the center.



TAKE "BAYER ASPIRIN" - Genuine

Proved safe by millions and prescribed by physicians for

Neuralgia Headache Colds Lumbago Toothache Neuritis Rheumatism Sciatica only "Bayer" Accept package which contains proven directions.

DOES NOT AFFECT THE HEART

Handy "Bayer" boxes of 12 tablets. Also bottles of 24 and 100-Druggists. Aspirin is the trade mark of Bayer Manufacture of Monoaceticacidester of Salicylleacid

They "Growed Up"

An East side resident took her fouryear-old daughter to call on a neigh- high-speed camera the United States bor who had just been blessed with bureau of standards experts are asher eighth child.

properly admired, the little four-year- ments, it is thought, will make gunold exclaimed: "But mamma, where nery more accurate. are all the rest of the little babies? I heard you tell daddy she had four News.

Accuracy in Gunnery By means of a vacuum tube and a

certaining the vibrations of guns un-After the baby was brought out and der various conditions. The experi-

All that one gains by falsehood is boys and four girls."-Indianapolis not to be believed when he speaks the truth.-Aristotle.



cially prepared for Infants in arms and Children all ages. To avoid imitations, always look for the signature of Chart Hetchere

Proven directions on each package. Physicians everywhere recommend ft.

Solving the Problem Auntie, who lived in Indianapolis, had made Madge, whose home was in Wisconsin, a new coat. When it was tried on it was too large. Though small in size and young in experience, she realized something was wrong. She gazed at herself in the mirror for a moment, then remarked: "I wish auntie had made it high up around my neck so it wouldn't go down so far over my feet."-Indianapolis News.

Freshen a Heavy Skin

With the antiseptic, fascinating Cuticura Talcum Powder, an exquisitely scented, economical face, skin, baby any help. and dusting powder and perfume. Renders other perfumes superfluous. One of the Cuticura Tollet Trio (Soap, Ointment, Talcum) .- Advertisement.

Decollete

She (at the opera)-Why don't you take your eye off that woman in the box? He-Because I think she should

have something on her.

One 50-cent bottle of Dr. Peery's "Dead Shot" will save money, time, anxiety and health. One dose expels Worms or Tapeworm. 372 Pearl St., N. Y. Adv.

Was He Profane? "I beat him, auntie, after deuce had

been called four times." "That wasn't the expression I heard him using, my dear."-Passing Show. London.

Today's Big Offer to All Who Have Stomach Agony

Read About This Generous Maney Back Guarantee

When you have any trouble with your stomach such as gas, heaviness and distention, why fool with things which at best can only give relief. Why not get a medicine that will build up your upset, disordered stomach and make it so strong and viger-

ous that it will do its work without Such a medicine is Dare's Mentha Pepsin, a delightful elixir that is sold by your local dealer and druggists everywhere with the distinct understanding that if it doesn't greatly help you your money will be gladly returned.

doubt help you.

CHURCH SOCIETIES, we have an easy plan-for you to make extra money. Write MR. HUFF, Crafton, Pa.

It has helped thousands-it will no

Should Reduce

it's made into a dress for my wife.

Childers-What kind of goods is broadcloth, anyway? Lawrence-Any kind of cloth after

Charity is the cream generated by the milk of human kindness.

Only small minds seek revenge.



ton Pittsburgh . New York