

PLAN TO WAGE WAR ON HEART DISEASE

Association to Open Clinics and Educate Public to Perils of Infirmary

HOMES MAY BE FOUNDED

An organization called the Philadelphia Association for the Prevention and Relief of Heart Disease has grown out of a certain serious fact that for some reason has escaped popular attention: that each year heart disease takes more lives than either cancer or tuberculosis. The figures for 1921 in Philadelphia alone are representative:

Deaths	1749
Tuberculosis	2219
Organic heart disease	2219

The association has opened headquarters at 1011 Clinton street with Miss Mildred R. Strong as executive secretary, and proposes to reduce not so much the ratio of the figures as the figures themselves.

The situation that has given rise to the association is not that heart disease is on the increase, or that a world of highways, jazz, automobile shows, psychanalysis and prohibition has produced a generation of weak hearts, but that modern methods of examination and diagnosis have enabled physicians to discover many thousands of hearts in need of care and correction.

No Line of Demarcation
As the study of heart diseases has progressed it has grown, like the study of mental diseases and of tuberculosis, into a sharp line of division between the abnormal and the normal heart.

Also it is recognized that there are no two hearts, any more than two minds, precisely alike in their situation and needs, and the association deduces that in this city there must be thousands of persons whose hearts need skilled observation.

This problem subdivides itself two or three times when it is understood that such persons are scattered among a dozen social and occupational milieu. Patients who may be found to have cardiac weaknesses cannot be allowed to continue at occupations that aggravate the weaknesses.

Rebuilding Is Essential
After patients who have suffered from heart disease have been discharged from hospitals there should be a sort of gradual preparation before they are allowed to resume routine work of any sort.

This in many cases may mean hardship for their families unless there is some form of relief from outside sources. Thus the association proposes a sort of economic adjustment bureau after the model set up by the Health Council.

There are similar associations in New York and some other cities with which this one is to be affiliated by the creation of a national association. The experience of the New York Association, which is now six years old, will be the guide for the work here.

Most of the apparatus is already at hand and needs but to be co-ordinated and public interest and co-operation assured.

The organization of heart clinics in all, or nearly all, of the city hospitals is the first step. In fact, several hospitals have already such clinics. Each hospital and its staff of experts, will be entrusted with the relief of whatever hearts are bowed down with weight of work, or whatever else, within its designated district.

Clinics to Be Opened
Persons known to have heart disorders will be persuaded to report at the clinic at suitable intervals, and others who may or may not have them will be encouraged to report at least once.

At these clinics will be made examinations not merely of the heart, but of all other organs of the body. In these examinations the X-ray, the electrocardiograph and blood and urine analyses will be used. Where disorder is found to be elsewhere than in the heart, the patient will be turned over to the appropriate clinic.

Heart patients will be told what they may and may not do, will be told, as nearly as the physicians can guess, how much exertion their hearts will tolerate. A later date will be appointed for the patient's return to the clinic, and in the interval a social worker will visit him at his home and place of occupation to see if the instructions given at the clinic have been heeded or neglected.

Children to Be Helped
Another important phase of the work contemplated by the association is among the children of the public schools. There is said to be much heart disease among children, left in the wake of diphtheria and scarlet fever, and often unsuspected by parents. The virtue of detecting even slight heart aberrations among children and correcting them before adult life is quite apparent.

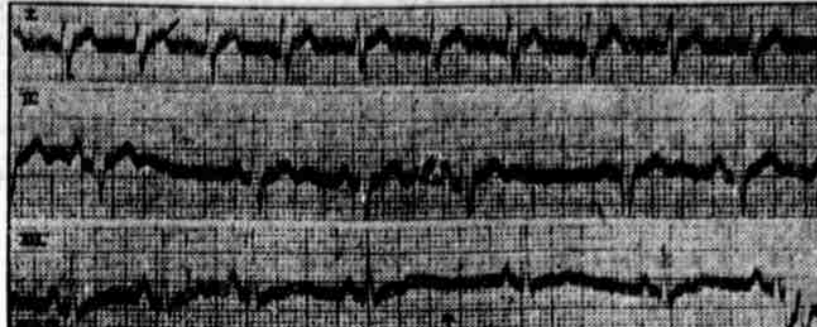
The creation of convalescent homes will come in the course of time. Here, perhaps, will be the largest field for the vocational training that will have to be placed in the association's undertakings. Certain heart diseases need not destroy one's value as a wage earner or bread winner, for the experience of the New York association has shown that the other expenses will be met by funds supplied from the Welfare Council.

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Now **46c** lb
Sold only in our Stores

AMERICAN STORES CO. AMERICAN

A BACKSLIDING HEART?



The picture shows an electric cardiogram made by the heart of a supposedly healthy individual after more or less severe exercise. The straight, solid lines in the lower two "leads" indicate a sino-auricular block. This is a heart still within physiologic limits but in need of periodic examinations.

FINDS DR. COOK'S DIARY RECORDING '89 NORTH

Hobo on Arctic Trail Recovers It in Igloo of Lone Eskimo

Oldtown, Me., Jan. 19.—(By A. P.)—A hobo on Arctic trails who has with him a notebook and other relics of Dr. Cook's expedition of fourteen years ago is described in a letter received here from Kenneth M. Clark, a Harvard graduate, who is now cruising timberlands in the Northern Quebec wilderness.

Exploring a strange trail with a guide, Clark wrote, he found a rough igloo, nearly buried in snow. Inside was a lone Eskimo or half-breed, clothed in furs. A notebook in a corner of the hut, together with papers and bits of metal, apparently parts of a sextant, caught Clark's eye, and examination of the book disclosed the name of Dr. Frederick A. Cook. The pages contained notes on weather, latitudinal and longitudinal data, condition of ice floes and other memoranda. Eighty-nine was the farthest north position decipherable, Clark wrote.

With the help of his guide, the timber cruiser said he learned from the lone occupant of the igloo that he was a wanderer of the wilderness. He had been with the Cook expedition, he indicated—one of the few who stayed with the explorer after his party had been split by blizzards, thinned by scanty provisions and forced to turn back when the dogs went mad.

Before leaving the man said he took the notebook and other articles and had been carrying them since. (It was in 1900 that Dr. Cook came out of the North with the claim to discovery of the Pole on April 21, 1908, which caused heated controversy with Admiral Peary, who characterized Cook's claim as a "gold brick.")

Chester Stores Wrecked by Fire and Explosion
Mysterious Blast in Schwartz Building as Flames Rage

Chester, Pa., Jan. 19.—The Kiwanis building in the heart of the business section, Seventh street and Edgemont avenue, was almost destroyed early today by a fire and a mysterious explosion. The latter occurred on the second floor. The loss is estimated at \$75,000 to \$100,000.

The building was tenanted by the Metropolitan fruit stores, which last week lost \$1500 in a taxi hold-up on Chester pike; Mallman Brothers, haberdashery; Spear Brothers, a department store, and Nick Vourinos, confectionery store.

For many years Schwartz, the owner, used the entire building as a department store. It was the largest in the city.

Elkton Marriage Licenses
Elkton, Md., Jan. 19.—Marriage licenses were granted here today to the following: Alexander F. Martin and

P. R. T. TOLD TO FILE 1921 EXPENDITURES

Commissioner Clement Upholds City in Demand for Submission of Figures

The P. R. T. was instructed today to produce figures tomorrow throwing light on the company's expenditures for the last twelve months.

The order was given by Public Service Commissioner Clement at a valuation hearing in City Hall. Assistant City Solicitor Rosenbaum made the request which Mr. Clement upheld.

Coleman J. Joyce, counsel for the P. R. T., explained that an auditor has been busy for some time on the task, which is not completed. He said the auditor could not tell the commissioner any more than he told Mr. Joyce. "Apparently the auditor has told you nothing," Commissioner Clement remarked. Mr. Rosenbaum said he has made repeated requests for the figures. He referred to the company's monthly financial statements as "too indefinite."

The Assistant City Solicitor referred to the petition concerning the Frankford elevated which Richard Waglein, president of Council, and T. E. Mitten, president of the company, had sent to the Public Service Commission. Mr. Rosenbaum expressed regret that the City Solicitor's office had not been given an opportunity to examine the petition before it was sent to Harrisburg. He added the document was not thorough enough and that it omitted important details.

"The automatic cancellation clause should not have been eliminated from consideration," Mr. Rosenbaum said. He meant the proposed clause which would automatically terminate a Frankford elevated agreement six months after the valuation of the P. R. T. lines is completed.

Mr. Joyce replied that the company never considered the automatic cancellation clause a serious obstacle to an agreement.

The regular monthly meeting of the Board of Directors of the P. R. T., at which the annual report is made, was scheduled to take place Monday, but was postponed. Members of the board said that the meeting was skipped because it was known in advance that a quorum could not be present.

If the meeting has been held as usual the receipts and expenditures for 1921 would have been made public and the city then could have received the information which Mr. Rosenbaum has been seeking.

CHOCO-PIC

tomorrow we'll tell you

How much do you pay for your lunch?
Reckoned in terms of clogged brain and mind dulled by wrong food

No, we don't mean the actual amount of the bill, but the price you pay in slowed-up effort and mental ineffectiveness for full two hours after eating.

If the sum could be reckoned for any big business at the end of a year it would make a deadly total.

Try this health-and-beauty rule instead. Pass over the rich meats, sauces and sweets on your luncheon bill-of-fare, making your meal on a simple bowl of Bread-and-Milk.

It may seem at first like Spartan fare, but after a few trials the delicious completeness of its goodness will dawn upon you, and you will find real delight in the wholesome, honest flavor of this food that can do so much for you.

One meal a day of Bread-and-Milk will make you well and keep you well.

Bread-and-Milk together form the perfect, balanced food, containing every element needed by the body for growth, fuel and protection from disease.

bread-and-milk
at every meal

AMERICAN STORES CO. AMERICAN

As the Crow Flies

When the crow wishes to reach a certain destination, it flies there in a straight line. Instinct tells it that a straight line is the shortest distance between two points.

In food distribution, the shortest route between the Producer and Consumer is over the counters of our immense chain of Grocery Stores and Meat Markets. We are the connecting link between your market basket and the Miller, the Canner, the Packer, the Grower, etc. The advantage that our Producer-to-Consumer Plan offers the public is shown in the low prices at which we are able to sell our high quality merchandise.

What would groceries be costing today were it not for the Asco Stores?

Screened Air!

So exacting are we in every detail connected with the baking of Victor Bread that we even screen the air before it enters the Dough Rooms in our three big sunshine bakeries.

6c

Victor Bread Big Loaf

Victor Raisin Bread With big fat raisins loaf 10c

Cereals	Asco Buckwheat	Jams & Jellies
Asco Farina.....pkg 10c	10c pkg	Pure Jelly.....glass 10c
Gold Seal Oats.....pkg 8c	Makes delicious "hot cakes"	Del Monte Jams.....can 12 1/2c
Asco Corn Flakes.....pkg 7c	Asco Golden Syrup	Southwark Jams.....jar 15c
2 Min. Wheat Food.....pkg 7c	9c can	Temptor Grapejam.....jar 25c
Post Toasties.....pkg 10c	Delicate flavor	Temptor Assort. Jams.....jar 25c

Is It Any Wonder

Louella Butter is called "the finest butter in America". Every pound contains the pure, rich cream from 10 quarts of milk!

Louella Butter lb **46c**

Richland Butter lb **42c**
Pure creamery prints.

Fruits	Orange Marmalade	Vegetables
Calif. Evap. Peaches...lb 19c	23c Big jar	Sugar Corn.....can 8c, 12 1/2c
Calif. Evap. Apricots...lb 29c	Equally big value	Asco Maine Corn.....can 14c
Sun-sweet Prunes...lb 12c, 17c	Fancy Oregon Plums	Tender Peas.....can 12 1/2c
Fancy Sliced Peaches...can 16c	25c Big can	Asco Peas.....can 19c, 25c
Calif. Yellow Peaches...23-29c	Just melt in your mouth.	Choice Tomatoes...can 10c, 14c

Special for This Week! **ASCO Sliced Bacon** pkg **13c**
Dry, sugar cured, with 2 ozs. less moisture than the pound than ordinary pickled bacon. Trimmed of all waste, sliced as you like it and packed in dustproof containers.

ASCO Teas 1/2-lb pkg **12c** 1-lb pkg **23c** Orange Pekoe India Ceylon Old Country Style Plain Black Mixed
lb-pkg **45c**

Desserts	N. B. C. Chocolate	Dried Beans & Peas
Asco Cornstarch.....pkg 7c	lb 29c	Best Soup Beans.....lb. 7c
Asco Jelly Powder.....pkg 9c	A dairy delight	Calif. Lima Beans.....lb 10c
Blue Rose Rice.....lb-pkg 9c	Creamy Cheese	Red Kidney Beans.....lb 10c
Asco Rice.....lb-pkg 12c	23c lb	Fancy Green Peas.....lb 10c
Pearl Tapioca.....lb-pkg 10c	Rich, full flavored.	Yellow Split Peas.....lb 10c

The Pick of the Nests
The big Gold Seal Eggs are picked for their size and weight. Strictly fresh—every one of them—right from the barnyard to your market basket.

Gold Seal Eggs carton of twelve **47c**

Selected Eggs doz **37c**
Every one guaranteed.

ASCO Oleomargarine	Juicy Grapefruit	Sweetheart Toilet Soap
lb 20c	6c and 8c each	6 cakes for 25c
A butter substitute of absolute purity and recognized merit. This price special for this week.	Oranges, doz. 27c, 40c, 50c	Stock up at this low price. This brand of soap is well known.
	Hawaiian Pineapple	
	11-oz can 15c	
	Delicious juice always.	
	Med. size 23c can, cut to 19c.	

Rich, Rare Aroma
The delicious Asco Coffee has an enticingly fragrant aroma that you can't resist. Have you ever had a cup?

ASCO Coffee lb **25c**

ASCO Evaporated Milk tall can **10c**

Every Day Needs	Gold Seal Flour	Big Values
Mixed Vegetables...3 cans 10c	5 lb. Bag. 23c	Best Table Salt.....bag 5c
Pearl Barley.....lb 6c	Milled from the best wheat.	Asco Spices.....can 5c
Corn Meal, yellow or white lb 2 1/2c		Toilet Paper.....small roll 4c
Best Pink Salmon.....can 12c		Best Toilet Tissue.....roll 10c
Red Alaska Salmon.....can 25c		Asco Boneless Codfish, bk 10c
Domestic Sardines.....can 5c	Asco Baking Powder	Asco Threaded Codfish, pkg 9c
Sardine Herring...big can 19c	5c, 9c, 17c can	Asco Beans.....can 9c

These prices effective in our Philadelphia, Camden and suburban Stores