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FOODS THEY BUILD OR DESTROY AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT By ALFRED W. McCANN

If the people knew the truth concerning the meaning of bacteria in milk, both good and bad bacteria, they would no longer tolerate the condition which, as it now stands, is responsible for the loss of so much human life. Mother nature intended cow's milk for the food of calves. Nature also intended that the milk of the cow should be consumed at the udder. Milk from the clean udder of a healthy cow is practically sterile. At least it contains none of the germs of disease. Consequently the milk, obtained in its food at first hand from a healthy supply, is in a great measure safeguarded against the possibility of contamination from outside sources. Because cow's milk is such a wonderfully perfect food, containing all the elements necessary to the health of the human body, it has been applied not so much to the needs of calves as the needs of humanity. The calf under normal conditions is not handicapped by the milk of the healthy cow. The calf under normal conditions, is not only free from germs, but it is fresh. The child, however, receives cow's milk that is from a cow who is not free from germs, but it is fresh. If cleanliness is not observed the milk becomes infected at once, even though it be good as it leaves the udder. If not kept cool the germs multiply by the millions. One drop of milk may contain 40,000,000 bacteria twenty-four hours after milking. If not brought from the cow to the consumer quickly these germs, with their children and grandchildren of many generations are brought with all their dangers directly into the defenseless intestines of the child. It is quite possible that the germs of scarlet fever, typhoid fever, diphtheria and other diseases are introduced through careless or dirty methods of handling. The germs of tuberculosis are introduced through a diseased udder or through small particles of manure, which is frequently found infected with virulent tubercle bacilli. Ten years ago in the United States much of the market milk delivered to the large cities, such as Boston, New York, Chicago, San Francisco, Washington, and Philadelphia, was proved to be old, warm, and dirty. The average milk of New York and Washington revealed the presence of 30,000,000 bacteria per cubic centimeter. A cubic centimeter is much less than a teaspoonful—twenty-five drops. These enormous figures inspired bacteriologists in the study of such milk in order to determine the extent to which dirt, warmth, and age were responsible for such high scores in milk, which should have no germs at all or a score of less than 100,000. Bacteriologists in all parts of the world took up the study. As a result practically all that is known concerning the badness of bad milk and the meaning of bacteria as an index of milk quality is now known. Not only are these dangers and conditions fully understood but the conditions out of which they develop are also fully understood. Not only have practical and efficient methods of controlling these

dangers been evolved but simple and food proof programs, the application of these rules, as a result of trial but the elimination of such dangers, have been developed. But so sluggish is human nature and so indifferent are the people as a body that the great truths which now stand ready to serve humanity are so tragically ignored that to-day, only a fraction of the sum-total of milk produced in the United States falls under the protecting influence of the application of these rules, as a result of which the last year reported by the census director at Washington, 159,435 infants under one year of age perished in the United States. A large proportion of these untimely deaths was brought about by gastro-intestinal diseases due to bad milk. If milk were a transparent fluid the luxuriant growth of bacteria and their accompanying poisons, as indicated by a score of 30,000,000 to the cubic centimeter, would be evident to the naked eye. Because milk is not a transparent fluid the presence of these infant-murderers is not even suspected. The human eye can easily see a colony of bacteria however microscopic the single germ may be. It is common even now for milk to reach New York and Chicago containing 150,000,000 bacteria per cubic centimeter. Ever these enormous quantities cannot be detected by the naked eye. In one glass of such milk organisms originating in the intestines of warm-blooded animals described by scientists as E. coli, are to be found in vast numbers showing pollution with animal excrement from the cowsheds and human excrement from the farm privies. Dirty flanks and unwashed udders are responsible for the presence of E. coli so are the unclean hands of the milkers. Apart from the filthy conditions indicated by the presence of E. coli, which in themselves are offensive to common decency as well as a danger signal, are to be found in large numbers in raw milk the germs of bovine tuberculosis. Bovine tuberculosis is transmissible to the child, particularly under the age of sixteen. Bovine tuberculosis transmitted to the child through infected milk, butter, pot cheese, ice cream, meat and other products does not necessarily kill. Although death from such cause is frequent among infants. It usually maims or cripples. Its ravages do not manifest themselves at their worst until early adult life. The germs which bring about the untimely deaths of nearly 200,000 infants under one year of age in the United States annually can all be present with the germs of tuberculosis in a single glass of contaminated milk. These dangers could be seen by the naked eye the people would be so impressed by them that they would rise up and support their public health officials in all efforts to obtain a pure milk supply. I believe that even though the eye is unable to picture for them the dreadful significance of the facts, they can nevertheless be made to understand some measure of the appalling truth. I believe also that with such an understanding milk reform will be brought about automatically in much shorter time than the little army of noble but discouraged scientists, with whose work I am familiar, believe possible. Hence the facts that are to follow.

WILLIAMSPORT MAKES COMPLAINT Attack the Depot Facilities of the Pennsylvania System Today

Complaint was filed to-day before the Public Service Commission by the city of Williamsport against the depot, ticket selling and baggage handling facilities of the Northern Central, Philadelphia and Erie and Pennsylvania railroads at that city. The complaint is signed by members of the city council that all passenger trains be stopped at what is known as the Market street station, that a ticket office be opened at that station and baggage handled. At present, it is charged, only certain trains stop at Market street and that the depot facilities are really at what is known as the Park hotel station. The arrangement is declared to be unreasonable. The Merchants and Business Men's Association of Sunbury and vicinity filed complaint against the electric service of the Northumberland County Gas and Electric company in Sunbury charging that on various days in August the current was shut off at several times, that the voltage is inadequate for business and that establishments are compelled to install gas lighting to afford proper illumination.

RE-ELECT DR. YATES Members of the Fourth Street Church of God at their annual congregational meeting last night, re-elected the Rev. William N. Yates, to serve as pastor for another year. Other routine business was transacted. This will be the seventh year that the Rev. Dr. Yates has been pastor of the Fourth Street Church.

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BATTLE TO DEATH IN DARK HOUSE Jealous Husband Kills Stranger He Finds With Wife in Home

Pittsburgh, Sept. 7.—The story of men of primitive instincts battling to death in darkness, through an hour and a half, was calmly related to Police Commissioner Walsh, of the North Side, by John Nessler, of Hypolite street. Nessler killed the unidentified man, whose battered body was found under the bleacher seats at Old Exposition Park, he declared, because he found him on Sunday night with his wife in the kitchen of their apartment. "I struck at the fellow," Nessler declared to Police Commissioner Walsh, "and when I landed the blow on his face he returned the blow. Although the interior of the house was in darkness, we continued the fight. At one time the fellow broke his hold on me and, picking up a chair, demolished it across my back. A few minutes later I, too, got a chair and cracked it to pieces on my antagonist's back and shoulders. We struggled up the steps, locked in each other's embrace. From one bedroom to another we fought, until, as far as I could see, the fellow had fled. We struggled for an hour and a half. Then I secured hold of a sharp-pointed hammer and struck the fellow on top of the head. "Later I dragged him to the steps and threw him headlong to the floor below, where I struck him another blow with the hammer. "I waited about midnight and then I carried the man on my back to the baseball ground. The man, I am sure, was breathing when I left him under the bleachers. Nessler, his wife, Mary, are under arrest, charged with the crime.

Warrior King Refuses to Unsheath Sword

Athens, Sept. 7.—A dramatic moment marked a military horse show given recently in the stadium. The jumping and riding exhibitions were over. The white-skirted ezones had marched impressively past the royal tribune, and the royal ezones were drawn up before King Constantine and Queen Sophie to sing Greek folk songs. Several songs passed pleasantly enough. Then there came one about the exploits of Constantine Paleologus, Emperor of Byzantium. Even to those who could not understand the words there was something stirring in the melody. His heard, but he made no movement. His left hand grasped the hilt of his sword. But the sword remained unsheathed, and the song went on. Only when the King had gone and the crowd was straggling down the street that ran in front of the royal residence, some man shouted that it was shameful that the applause for the king had been paid for by German money. A crowd gathered instantly. There was a shot. An officer cut the man who had shouted in the head with his sabre. A score of secret police sprang up in a moment and the offender (not the officer) was carried off through an unfinished building, down back streets, to jail.

"NO TIPS" MOVE London, Sept. 7.—The "no tips" movement is gaining favor in London hotels. In one week six of them announced that they had decided to abolish the tip nuisance by adding a small percentage to customers' accounts.

THE WORDEN PAINT AND ROOFING COMPANY, HARRISBURG, PA., AND HAGERSTOWN, MD. Have recently completed contracts with the Chestnut Street Market Company, Bethlehem Steel Company, G. W. & C. L. Doehne, Horace Hipple and the Harrisburg School Board for the application of Manco Asphalt Cement over tin roofing, which they are now applying over metal and combination roofings.

Manco Asphalt Cement is a solid composition of Trinidad Asphalt and zinc. The material is specially prepared and manufactured by the Philip Carey Company of Cincinnati, O. This covering is not an experiment, the goods having been thoroughly tested out, as a serviceable waterproof covering, for the past ten years, in acid, alkali, and cinder proof, and a natural preservative of the exposed metal or combination roofings.

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Manco Asphalt Cement is high melting, will not creep or run in hot weather, and will not become brittle in cold weather, and after the cement is set, can be walked or worked over the same as paint.

Estimates and prices will be cheerfully furnished on application, as well as any information desired concerning the material, and method of application.

The Worden Paint & Roofing Company give their written guarantee to maintain the covering waterproof for a period of five years, on all Manco work done by them.

Keep in mind that Manco Asphalt cement is not a paint, but a solid material, retaining a strong fire to melt it, and that it is applied to the surfaces while in a heated condition.—Adv't.

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