

STOOP SHOULDERS

Little Talks on Health and Hygiene By Samuel G. Dixon, M. D., LL. D., Commissioner of Health

Atlas bore the weight of the heavens upon his head and hands, according to a Greek myth, but those of mankind who carry the burden of life, too often let it rest upon their shoulders. Stoop shouldered men and women by the thousands are to be found among the followers of sedentary occupations. Nine out of ten when the subject is mentioned will square away their shoulders and say, "I'm getting a little careless about that." Then they make a momentary resolve that they will brace up and overcome the fault. That it is a fault and one that has a distinct bearing upon health there is no question.

No system of physical culture is complete which does not include exercises which teach erect carriage and deep breathing. One of these is impossible without the other. In this lies the chief ill effect of stoop shoulders. To maintain good health we should use our lungs to their normal capacity at all times. The proper purification of the blood through oxygenation requires ample breathing. Drop your shoulders forward and then try to take a full breath; see how impossible it is to do so in that position. Breathing with the shoulders forward and the breast bone depressed is only partially accomplished. The lower portion of the lungs cannot be emptied and instead of receiving a supply of fresh air they will be filled with residual air. To work, sit or walk day after day with the shoulders hunched forward means that the lung capacity is lessened just so much and a corresponding loss of vitality results.

Such a posture also permits the sagging of the diaphragm, a resulting displacement of the abdominal organs and leads to serious digestive disturbances. Do not resort to shoulder braces or other mechanical means to correct stooping shoulders. These are but makeshifts which do not remedy the real trouble. Make the mental effort necessary to keep the body erect. By maintaining proper posture the muscles can be strengthened and made to do their work of holding the body upright.

When children exhibit a tendency to grow stoop shouldered parents and teachers should see to it that they are given physical exercises to correct the fault.

ATHLETIC RULE CHANGES

Decathlon to Be Substituted for All-Around Championship

The special committee appointed by the delegates of the Amateur Athletic Union to amend some of the general and athletic rules of the association has completed its work, and copies of the proposed changes have been mailed to the Board of Governors for approval.

Changes in twenty of the rules have been suggested, some of which are radical. In most cases the committee recommended changes which would conform with the rules decided on by the International Amateur Athletic Federation Union at its meeting in France last summer. A notable change is substitution of the Decathlon—the ten-event all-around contest of the Olympic games—for the all-around championship, which has been the blue ribbon event in track and field competitions since 1884.

TIE IN EASTERN LEAGUE

Camden and Reading in Extra Series to Decide Title

Philadelphia, March 22.—A special meeting between the representatives of the Camden and Reading teams, which finished on even terms in the Eastern League Basketball League, met President Scheffer at the Bingham hotel yesterday afternoon to arrange for the playoff.

It was decided to play the first game in Camden to-morrow night and the second game in Reading on Wednesday. If a third game is necessary, the place of contest will be decided after the second game is played.

Omega Oil for Pains in the Back

Put a steaming hot towel over the painful spot for a few moments to open the pores; then rub with Omega Oil. Quick relief usually follows this simple treatment. Trial bottle 10c.

Wide Lumber Narrow Lumber

Long lengths.

Short lengths.

Any kind of lumber you want is here in our yard.

And if we don't have the exact size we can easily cut it to suit.

It makes no difference how small your order is, you will get it promptly.

United Ice & Coal Co.

MAIN OFFICE Forster and Cowden Streets

WHY HAIR FALLS OUT

Dandruff causes a feverish irritation of the scalp, the hair roots shrink, loosen and then the hair comes out fast. To stop falling hair at once and rid the scalp of every particle of dandruff, get a 25-cent bottle of Danderine at any drug store, pour a little in your hand and rub well into the scalp. After a few applications all dandruff disappears and the hair stops coming out.—Adv.

C. V. NEWS

JUDGE GILLAN AGAIN IS A CANDIDATE FOR THE BENCH

Franklin County Jurist Gets Endorsement for High and Important Office From Majority of the Attorneys Practicing Before Him

Chambersburg, March 22.—W. Rush Gillan, President Judge of the Franklin county courts, whose term of office will expire this year, formally announced on Saturday that he will be a candidate to succeed himself. Judge Gillan was elected to the bench ten years ago on the Democratic ticket, yet politics played no part in his judicial career and his name will go on the Non-partisan ballot next fall with the endorsement of both Republicans and Democrats.

Thirty-five members of the Franklin county bar, lawyers of varied political faiths, petitioned the Judge to again be a candidate for the bench and that petition it was that influenced the well known jurist to make the formal announcement on Saturday. Those lawyers who sought the candidacy announcement from Judge Gillan represent seventy-six per cent, of the attorneys now in active practice before the local bar.

In his letter announcing his intention to again be a candidate for the bench, Judge Gillan, in part, said: "I have endeavored to administer the law according to its letter and spirit, with out regard to my opinion as an individual and without regard to the opinions or prejudices of any class."

Deputy Court Clerk's Wife Dies

Carlisle, March 22.—Following an illness of nearly four months, Mrs. Laura A. Mentzer, wife of deputy clerk of the courts Fred B. Mentzer, died Saturday morning at 9.30 o'clock at her home in Springville. Death was due to a complication of diseases. She was 56 years, 6 months and 20 days old.

Surviving her are her husband and two daughters, Mrs. Francis Dunn, of Philadelphia, and Myra at home. Four sisters, Mrs. Solomon Shelton, of Newville; Mrs. Samuel A. Fry, of Enola; Mrs. C. H. Leib and Mrs. Irwin Weist, of Boiling Springs, also survives, as do one brother, George B. McCaleb, of Shippensburg.

The funeral will be held Tuesday morning at 10.30 o'clock from the Evangelical church, Carlisle.

Fall Fatal to Aged Lady

Gettysburg, March 22.—As the result of injuries sustained when she fell down several steps, Miss Charlotte Moore died Saturday morning at 9.15 at the home of her nephew, Andrew Becker, 217 South Washington street. She was aged 90 years, 10 months and 6 days.

Miss Moore was ascending the steps at the Becker home three weeks ago last evening when she lost her balance and fell backward, landing heavily at the foot of the stairway.

Pastor Accepts Call

Waynesboro, March 22.—The Rev. J. Marshall Rutherford, Philadelphia, has notified the session of the Presbyterian church of Waynesboro that he will accept the call extended to him to become pastor here. He will take charge of his work in Waynesboro, Sunday, April 11, and will remove here about that time. Mr. Rutherford is pastor of the Westminster Presbyterian church, Fifty-eighth street and Chester avenue, Philadelphia, and has been very successful there.

TOBACCO BUYERS ACTIVE

Only 25 Per Cent. of Last Year's Crop in Hands of Lancaster Growers

Lancaster, Pa., March 22.—The leaf tobacco dealers of Lancaster have at last commenced their long delayed buying of the 1914 crop of Lancaster county, but it is a question now how much best quality goods they will get. Nor will they get it at as low prices as they had calculated upon, though the prices they are receiving are very much too low for the growers. The big outside concerns have bought fully 60 per cent. of the crop, and another 10 per cent. has been taken by local packers, leaving 25 per cent. still in the growers' hands.

It is significant of the changed condition of the Lancaster tobacco market that prior to the last three or four years the entire crop was either sold on the field, before the plants were cut, or before the Christmas holidays. The last few years plenty of growers had their tobacco on hand up to the time the spring work on the farm began, which was a serious handicap, as the cure of the tobacco took them from other very necessary work. The crops sold the early part of the present season brought from 9 to 10 cents, probably a fourth of the tobacco bringing this, while those sold recently did not bring more than 6, 7 or 8 cents a pound. The last named figure was for tobacco that the grower could have sold early in the season for 10 cents, but it was held for better prices. Growers, alike with the packers and cigar manufacturers, looked for a spring boom, but as this appears backward about coming the growers are now anxious to sell. As the new tobacco was cured under very unfavorable weather conditions, a good deal of concern is felt by the packers over the question of it going through the sweat properly, failure to do so entailing heavy losses upon the owner.

William F. Weiser Dies at York York, March 22.—William Franklin Weiser, prominent banker and churchman of this city, died yesterday after a year's sickness of anaemia. He was cashier of the Drovers' and Mechanics' National bank, a member of the National Geographical Society, the National Bankers' Association and was prominent in the Masonic lodge affairs of this city. Mr. Weiser was 70 years old. He leaves a wife and two children.

See Window Display To-night

Bowman's

Call 1991—Any Phone

Founded 1871

See Window Display To-night

A Gigantic Sale of Bedspreads, Sheets and Cases

Commences To-morrow--Tuesday

An Event Extraordinary---Beyond Question Presenting the Greatest Economies in Bed Apparel Ever Brought to Your Attention

Now this may seem a bit forcible, but the facts remain, and we intend showing every visitor to this sale what genuine Bowman economy is—these goods having been purchased when cotton was at its lowest.

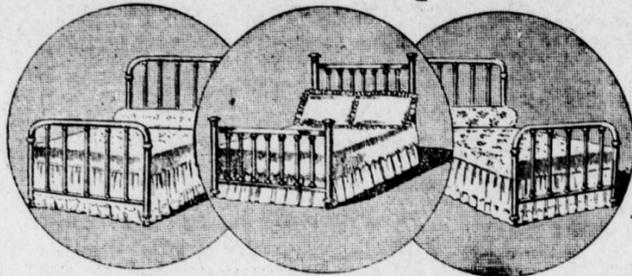
The Story is This

During manufacture small spots or too much bluing got on them which caused them to be classed as "seconds," but where the thrifty housewife or rooming house mistress, who will let that interfere with saving from a fourth to a third, when the first visit to the wash tub will make them look like new (and few are ever used before washing).

Note this—EVERY THREAD IS PERFECT, and no holes or imperfections will be found.

Conveniently arranged on tables with cards bearing prices and sizes.

1,188 Bed Spreads In a Dozen Different Grades



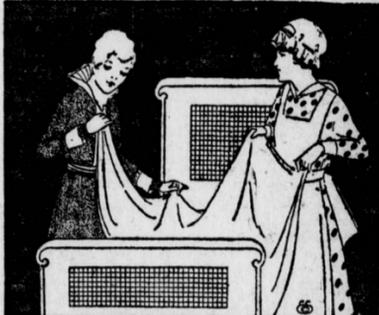
It was a real Christmas-morning treat to watch these cases being opened, and bundle after bundle of the prettiest, and most delightful patterns show themselves. The qualities are extremely pleasing, both as to weight and texture. Many are particularly well adapted to hotel and rooming house use. If you happened to be among the number who have seen these spreads, you'll realize the wonderful savings in store for you.

- \$5.00 Satin Spreads, \$2.95
\$3 Marseilles Spreads, \$1.95
\$1.75 Crochet Spreads, \$1.25
\$1.50 Crochet Spreads, \$1.00
\$1.00 and \$1.25 Spreads, 80c
A Table of Sample Spreads, Priced From 50c to \$5.00
\$4.00 Satin Spreads, \$2.55
\$2.50 Marseilles Spreads, \$1.60
\$1.50 Crochet Spreads, \$1.10
\$1.50 Hotel Spreads, \$1.00

2,174 Sheets From the Country's Leading Mills

Coming from such well-known mills as Utica, Mohawk, Pequot, Nesponsitt, Portland, and others, is a guarantee in itself of unusual wearing qualities, and a notable feature is the fact that little "dressing" has been given them, thereby displaying the real, fine textures. On account of conditions, stated above, they have been stamped "O," or "ES," or similar identification marks. Some have the original trade marks on. In these we also call attention to hotels and rooming houses, as well as hospitals and institutions, also housewives who will lay in a supply for some time to come, or those desiring one or two.

- Sheets, at 76c
Sheets, at 65c
4,720 Pillow Cases at Saving Prices
Sheets, at 73c
Sheets, at 45c
Sheets, at 69c
Sheets, at 35c, 3 for \$1.00
Sheets, at 65c
Special Sale of Hemstitched Sheets



DIE FOR LACK OF HEROIN

Sisters Laid in Large Stock of Drug in Hope of Breaking Habit

Pittsburgh, March 22.—Astounding conditions are revealed in connection with the death Saturday of Mrs. R. A. Kirby in the West Penn Hospital, followed yesterday by that of her sister, Mrs. T. A. Decker. Both resided in Homestead, and the death certificates show that both were victims of "chronic heroinism."

Memorial Service for Clergyman

Willow Street, March 22.—Memorial services were held here yesterday commemorative of the death of the Rev. Henry M. Herman, D. D., a former minister of the church, who died Saturday at Dayton, Ohio, aged 89 years. He was a graduate of the Franklin and Marshall College, and of the seminary in 1862. He served churches in Pennsylvania and Ohio, and when he was cast visiting in this section a short time ago, he requested that the services to be held in his honor. The Rev. H. S. Shelley, pastor, had charge.

Odd Fellows Celebrate Anniversary

Marietta, March 22.—The Bethel church list night was the scene of the fortieth anniversary of the founding of Cassiopeia Lodge, Odd Fellows, when the Rev. William H. Marshall, of Harrisburg, delivered an eloquent discourse on "The Two Foxes." Aston's brass orchestra, of Columbia, furnished the music. There was an elaborate musical program given and Miss Gertrude Y. Villev was the piano accompanist. To-day the annual entertainment was held and the executive committee of the State met here.

Retired Farmer Dies at 80

Little Britain, March 22.—Uriah G. Gray, 80 years old, a retired gardener and farmer, died yesterday from a complication of diseases. He was a member of the Mennonite church. He leaves three children and a number of grandchildren.

License Court Finishes Work

Ebensburg, March 22.—With the exception of one application all of the license petitions for 1915 have been disposed of by Judges F. J. O'Connell and M. B. Stephens. A total of 29 has been granted against 300 in 1914.

To File Deeds for Camp Site

Lebanon, March 22.—Colonel L. V. Raueh, keeper of the State arsenal, Harrisburg, was in Lebanon Saturday and called at the office of Recorder Charles T. Doll, where he looked up a number of records in connection with the recent purchase of the 1,300 acres

Thieves Create Newspaper Famine

Darby, Pa., March 22.—Newspaper thieves, who have been active in the two or three weeks, produced another newspaper famine in Darby, yesterday stealing 150 papers in a bundle Fifth and Main streets, and a bundle of 50 from Ninth and Main street. Last Sunday a bundle containing 15 papers was stolen.