

Care of the Eyes



- 1—Don't Read Fine Print.
- 2—Don't Read By Dim Light Or By Direct Sunlight.
- 3—Don't Read While Riding On a Train.
- 4—Don't Read While Lying On a Lounge Or After Going to Bed.
- 5—Do Not Bend Over A Book And Look Straight Down. When You Read Hold the Book About 14 Inches Away. If You Are Near Sighted or One of Your Eyes Is Better Than The Other Get Glasses Fitted to The Eyes.

IF YOUR EYES NEED GLASSES OR YOUR GLASSES ARE TO BE CHANGED CALL OR WRITE AND I'LL CALL TO SEE YOU. IF YOUR GLASSES ARE BROKEN MAIL THEM TO ME. I'LL RETURN THEM REPAIRED. EYE GLASSES GIVEN ON TRIAL. DON'T PAY UNTIL FOUND SATISFACTORY.

Dr. Alexander S. Ryesky

OPTOMETRIST

Formerly a Resident of Patton
Paul Azzara House BANESBORO, PA.
P. O. Box 442

BY OUR BLOOD WE LIVE

If you tire easily, are subject to cold hands or feet—if you catch colds readily or have rheumatic pains—your blood or circulation is probably at fault and you need

SCOTT'S EMULSION

OF NORWEGIAN COD LIVER OIL

which is nature's easily-assimilated food, to increase your red corpuscles and charge the blood with life-sustaining richness. Scott's creates warmth to throw off colds and gives resistance to prevent sickness. No Alcohol in SCOTT'S. Every Druggist has it.

SCOTT & BOWNE, BOSTON, N. Y.

Identify Your Nails
The nails of the fingers and toes are the most reliable index of the health of the body. Well-bred nails are long, thin, and have a pinkish color. They are not brittle and do not break easily. They are not overgrown and do not have a white spot in the center. They are not yellowed and do not have a white ring at the base. They are not curved and do not have a white line at the tip. They are not flaking and do not have a white spot at the base. They are not overgrown and do not have a white spot in the center. They are not yellowed and do not have a white ring at the base. They are not curved and do not have a white line at the tip. They are not flaking and do not have a white spot at the base.

Fourteen Piece Infant's Outfit
The Fourteen piece infant's garment and accessories in this outfit.
BABY BUNTING KNOT WEAR
outfit is well made from the finest quality material and will wear from two to three times as long as ordinary garments. In the outfit there are 14 pieces of clothing: 1 long-sleeved, double fold, light weight, half buttoned; 1 cotton and wool abdominal band, with shoulder straps and reinforced zipper when long sleeves; 4 long-sleeved cotton undershirts; 1 white woolen night gown with shirring string in bottom hem; 1 double-breasted dress; 1 pair of cotton-knit footie-boots; 1 pair of cotton-knit socks; 1 pair of white socks; 1 baby's hair brush; 1 baby's wash cloth.

Don't fool with a cold. Cure it.

CASCARA QUININE
The old family remedy—in tablet form—safe, sure, easy to take. No nausea—no unpleasant after effects. Cures colds in 24 hours—Crisis in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it—25 cents. At Any Drug Store.

ACT TOGETHER TO STOP FLOODS

Co-Operation by Counties, the State and Nation Suggested

CONGRESS PAVES THE WAY

Enacts Legislation for Joint Contributions to Funds for Erection of River Regulation Works in All Parts of Country.

Much consideration and study is being given the form which the river regulation legislation to be introduced at the next session of the legislature shall take. The plan which has the most advocates is the one under which the necessary works are to be constructed by the federal war department out of funds provided by the states and counties affected, as well as the national government, and acting in co-operation with the State Water Supply Commission.

In order to make such a plan workable in Pennsylvania new legislation was required and to that end a bill was prepared which permitted counties to issue bonds the proceeds of which could be expended by the war department in conjunction with other funds appropriated by the state and nation. This bill was passed in the session of 1911. No new legislation by this state was required to entirely legalize proceeding with the storage reservoirs and other river regulation works in this way, but an Act of Congress was necessary. The Congress of the United States became impressed with this idea of co-operation and at its recent session enacted a law which put this principle into effect. The law provides:

Relates to Flood Control. That all money appropriated for works and projects relating to flood control hereafter authorized shall be expended, and all examinations, surveys, and improvements of such works and projects shall be made under the direction of the Secretary of War and the supervision of the Chief of Engineers; and all the provisions of existing law relating to examinations and surveys and to works of improvement of rivers and harbors shall apply, so far as applicable, to examinations and surveys and to works of improvement relating to flood control. And all expenditures of funds hereafter appropriated for works and projects relating to flood control shall be made in accordance with and subject to the law governing the disbursement and expenditure of funds appropriated for the improvement of rivers and harbors.

All examinations and surveys of projects relating to flood control shall include a comprehensive study of the watershed or watersheds, and the report thereon in addition to any other matter upon which a report is required shall give such data as may be practicable in regard to the extent and character of the area to be affected by the proposed improvement; (2) the probable effect upon any navigable water or water way; (3) the possible economical development and utilization of water power; and (4) such other uses as may be properly related to or connected with the project. And the heads of the several departments of the Government may, in their discretion, upon the request of the Secretary of War, detail representatives from their respective departments to assist the Engineers of the Army in the study and examination of such watersheds, to the end that duplication of work may be avoided and the various services of the Government economically co-ordinated therein; Provided, That all reports on preliminary examinations hereafter authorized, together with the report of the Board of Engineers for Rivers and Harbors thereon, shall be submitted to the Secretary of War by the Chief of Engineers, with his recommendations, and shall be transmitted by the Secretary of War to the House of Representatives, and are hereby ordered to be printed when so made.

Federal interest involved. "In the consideration of all works and projects relating to flood control which may be submitted to the Board of Engineers for Rivers and Harbors for consideration and recommendation, said board shall, in addition to any other matters upon which it may be required to report, state its opinion as to (a) what Federal interest, if any, is involved in the proposed improvement; (b) what part of the expense, if any, should be borne by the United States; and (c) the advisability of adopting the project.

"All examinations and reports which may now be made by the Board of Engineers for Rivers and Harbors upon request of the Committee on Rivers and Harbors relating to works or projects of navigation shall in like manner be made upon request of the Committee on Flood Control of all works and projects relating to flood control." Thus the machinery for participation by the federal government is provided by an Act of Congress. To completely carry out the proposal of co-operation by the counties, the state and the nation, all that is required is an Act of the Pennsylvania legislature, committing the state to such river regulation projects. The passage of such an act will be sought in the session of 1917.

GET TOGETHER FOR PERMANENT PROSPERITY.

Every man and woman engaged in American factories, mills and mines, whether they know English or speak it, are naturalized or intend to become citizens, have a direct interest in maintaining industrial prosperity. When times are good, all workers should not only be thrifty in habit and lay up a little something for possible rainy days, but they should do all they can to keep the good times with us. Simply because your language is different from that of the foreman, overseer, superintendent, manager or owner of the plant in which you earn a living is no excuse for misunderstanding your own common interest in prosperity by hating your partner in your own industry or listening to and following the gospel of dissension and violence which selfish agitators so often preach. Do not blindly follow the man who tells you how hard your lot is. Often he is doing so untruthfully and for the purpose of getting you to contribute membership money for his own support in idleness. Agitators get rich by preying on the men in American industry, whom they urge into unlawful or harmful acts by misrepresenting conditions or holding out foolish and false promises of better things if they follow their orders. You know conditions yourself, and you know or ought to know that the man or men whom the agitator who pictures your employer as an inhuman driving machine is actually a partner with you, interested in having the plant or industry successful.

The more successful your plant or industry becomes, the more room for you to grow with it will be. It should be your feeling, then, that you will not do so little as you may find it convenient to do, but to do just as much as you possibly can do, and then reasonably expect to share in the rewards that always come to the efficient worker.

Do not be a clock watcher in the factory. Those who wait for hours to strike or whistles to blow and "soldier" at the bench, machine or in the office, never get ahead in the ranks of industry. They never get any more pay because they are not worth any more, and often are worth less than they get. Remember the old adage that a man who never does any more as much as he gets paid for, never gets paid for any more than he does.—Industrial Conservation, N. Y.

PUTTING BUSINESS RIGHT WITH THE PUBLIC.

A few years ago some big industrial organizations and certain railroads employed business tactics which, according to the popular idea, would make the financial adventures of Finance Morgan or Captain Kidd look as unimpressive as the verbal exploits of Bobby Binkley.

All are more or less acquainted with the details. We all concede that there were some glaring abuses, but the public when it came to apply a remedy looked upon these abuses as comparatively few institutions and instead of looking the trouble where it lay, it seriously assailed everything imaginable as business—the trust magnate, the independent manufacturer, ready and anxious to obey the law, the small retailer, a law abiding and useful citizen—the innocent and the guilty suffering alike. Scarcely the law was invoked not to regulate, but to persecute.

There could be but one result. Business was demoralized, and the whole country has felt the evil effects. Now the public is beginning to realize its error and in a rather grudging way is making some concessions. Business is being permitted to speak for itself, and a movement has been instituted by the leading business men of the country under the title of the National Industrial Conservation Movement for the purpose of repairing the damage that has been done. Nothing revolutionary is contemplated. The plan is simply to educate the public by taking it into the business man's confidence. Meetings will be held in various towns and industrial centers. All classes of citizens will be invited. The purpose of these meetings is to give the public a new and correct viewpoint as to the effects of drastic legislation and restriction of business on the prosperity of the country. Every effort will be made to give the public a clear view of the problems and difficulties which beset business.

Special favors are not sought through these meetings, only fair play. It is believed that once the citizen grasps the situation his whole attitude toward business will change and that he will readily co-operate toward bringing about better conditions. Commercial and other civic organizations and the local press are already showing great interest in this movement, and it is reasonable to believe that much good will come from it.—Industrial Conservation, N. Y.

Common Capitalists. Every man or woman who possesses a dollar or owns a set of tools is a capitalist. People generally make the mistake of thinking that the only form of capital in existence is the national currency—the dollar, franc, ruble mark, lire or pound sterling. Yet every body knows that many a successful business man's only original capital was brains, knowledge, ability, determination or ingenuity. It would be well for more people to recognize this truth before abetting efforts by action or attitude, ceaseless efforts on the part of some political or other self-seekers, to hobble business men and industrial development. Such is the spirit of industrial patriotism which is needed in America.—Industrial Conservation, New York.

OUR BUSINESS MEN ASK FOR PUBLIC CO-OPERATION

Leaders Point Out Partnership Between Capital and Labor.

SAY INTERESTS ARE MUTUAL

Our Future Prosperity Depends on a Better Understanding and More Practical Application of Get-Together Spirit in Industry—Must Eliminate Trouble-Breeders and Agitators.

A better public understanding and appreciation of the needs and problems of our American industries is conceded on every side to be one of the important national requirements for the development of our future industrial prosperity. Few people seem to understand that the majority of our business men are fair minded, reasonable beings, legitimately engaged in the development of our economic resources.

In the opinion of our business leaders this misunderstanding leads the public, through the legislators, into thoughtless and unnecessary acts of reprisal against all branches of industry, which are often inimical to the best interests of their own community. To cure this lamentable condition it is first essential that a closer degree of co-operative action for the common good be established between employees and employers. The first step in this direction is to eliminate the selfish, destructive agitator. This happy event would greatly facilitate a general get together spirit among employers and workers.

The Work That Men Do.

The nation is confronted with more work than ever before—ships to build, factories to enlarge, railways to complete, new foreign business to be attracted and help to be extended to the unfortunate on the other side. There are about 30,000,000 men at work; if they work ten hours a day that is 300,000,000 hours a day or 30,000,000,000 hours a year. If they work eight hours it is 240,000,000,000 or a difference of 60,000,000,000 hours a year. At eight hours a day this means that about 2,000,000 men must be employed to do the work that would be done by the 30,000,000, and where are they to come from?

During the past year there has been a unified and standardized building currency system tried and not found wanting. Before there was any other system and it was worked out.

There are 62,000 stockholders of railroads in the United States. A large proportion of them depend on the earnings of the carriers for a meager income. Many of these stockholders have less than \$1,000 a year income, and they are unable to earn more. Being elderly persons or women, their funds of these are for their support of the railroads who depend upon their stockholders to pay their rent and their grocery bills.

Labor and Capital Are Partners. The manufactured output of the United States amounts to \$23,000,000,000 in value per annum. This is three times the amount of the yearly output of the ranches, farms, orchards and gardens. It is a dozen times the output of the mines. It is larger than the combined manufactures of any two foreign nations. Labor received, as its share of the fruits of industry, wages amounting almost to seven billion dollars in the single year of 1914. Does not this prove that the interests of employees are joint with those who employ them and that a real partnership exists?

Today there are over 100,000,000 people in the land who must be fed, clothed, sheltered, kept warm and many of whom travel for health, pleasure and business. The railway systems are in many places overtaxed in doing this work.

What will be the conditions when there are 100,000,000 people to be served? This means an addition of at least 50 per cent to the number of tons of freight moved one mile and the number of passengers moved one mile.

There was a total mileage of 41,988 in the hands of receivers in 1915, the total capitalization of which was \$2,284,000,000. In that year alone 20,143 miles of road went into the hands of receivers, and these roads had a total capitalization of \$1,070,808,028. This compares with 4,222 miles in 1914 with a total capitalization of \$190,571,446, in receivers' hands. This is not a healthy condition; it is a malady that affects directly and indirectly every one in the country.

Railways do not belong to a few rich men or bankers. There are at least 1,500,000 owners of the securities of American railways. There are 1,500,000 men approximately employed in the railway service. The insurance companies have \$1,500,000,000 invested in railway securities representing 20,000,000 policy holders; savings banks have \$800,000,000 invested in which banks there are 11,000,000 depositors.

From 1900 to 1913 the States enacted 90,001 and congress enacted 2,013 new laws, which involved the consideration of more than one-half million legislative propositions, or an annual production of over 12,000 new laws to be assimilated by the business world.

SHOPS AND PLANTS FAVOR INDUSTRIAL BETTERMENT WORK

Actively Aid Welfare Plans of Every Description For Employees.

PHILANTHROPY NOT INTENT.

Comfort and Contentment of the Workers Considered Paramount.

Hundreds of millions of dollars have been expended during the past decade by American manufacturers for those forms of industrial betterment, in behalf of employees, that are generally classed as philanthropic or beyond the mere requirements of laws and contracts.

Decent manufacturers—and they are in the vast majority—as are the decent people of other classes—are opposed to grinding child labor, and they strive to pay a living wage to all of their employees. They go much farther than that, as a study of American industry will show. They devote time, money and effort to provide every possible supplementary means for promoting the convenience, the comfort, the health, contentment and happiness of their workers and of the families of employees. Very few manufacturers consider such work or expenditure to be philanthropy, but, rather, a necessary feature of their business. While their motives may be as altruistic as those of the average of mankind, they find that it is good, from the business point of view, to promote as far as possible the welfare of their employees. Industrial betterment pays.

Industrial betterment means an attempt to provide the best kind of working and living conditions, and it implies the co-operative responsibility of the wage earner and the employer in bringing those conditions about and in improving them from time to time. It is not a dole to be handed to the wage earner, but is a token of that spirit of mutual helpfulness, under right conditions, should permeate industry.

A thorough description of industrial betterment activities in the United States would require more space than is contained in the most voluminous encyclopedia to be found in the libraries. Indeed, volumes might be written about the welfare work of a single corporation alone—the National Cash Register Company, for instance, or the International Harvester Company, the United States Steel Corporation, Chesney Brothers, the Curtis Publishing Company, the Bethlehem Steel Company, the American Telephone and Telegraph Company, the Eastman Kodak Company, and one of the leading railroad companies, the principal banks, Waukegan's, or any of a host of other concerns which have developed activities of the sort. There is hardly a concern in the country doing business on a fairly extensive scale that has not initiated some form of industrial betterment for its employees. The houses do not go to the larger concerns exclusively either, for many of the smaller business units have developed this side of their activities to a remarkable extent. Naturally it is easier for the larger corporations to put highly trained specialists in charge of the various branches of industrial betterment work.

The fundamentals of industrial betterment are observed in furnishing recreation, sanitary, safe working conditions. Educational and entertainment features, facilities for study and recreation, special opportunities for the exercise of thrift and provisions tending to remove the dread of and to mitigate the sufferings occasioned by sickness, disability or invalidity are matters which next receive attention. Well lighted, well ventilated and otherwise pleasant and safe working places, restaurants, reading rooms and libraries, rest rooms, emergency kits and hospitals, club rooms, assembly rooms, gymnasiums, lockers and bathing facilities, recreation grounds, bonus and profit sharing plans, special housing accommodations, facilities for the purchase of homes on easy payments, discounts in the purchase of goods, industrial and other educational classes, lectures for entertainment or instruction, moving pictures, excursions, field days, medical attendance, safety committees for accident and fire prevention, sickness, disability and invalidity funds, insurance or benefit associations and pensions are some of the customary features of industrial betterment work, the variety of which has no limit.

Tens of thousands of lives are saved each year and hundreds of thousands of lesser accidents are prevented annually through the accident prevention campaign and feature of industrial betterment. The Eastman Kodak Company in three years reduced the accidents in its plants by over 75 per cent per annum through a progressive safety campaign. The Pennsylvania Railroad in ten months decreased the serious injuries of its 33,242 shop employees over 63 per cent by the installation of safety devices and by the constant instruction of the workmen in extending due caution. As a result of its safety campaign the United States Steel Corporation reduced serious and fatal accidents in its various plants by 46 per cent since 1900. Each year 2,300 of the men employed by the corporation escape who would have been injured under the previous conditions.

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