

LITTLE TALKS ON HEALTH AND HYGIENE BY Samuel G. Dixon

YOUR HEALTH AND THE WAR

If we are to go to war, let us have the lesson of the tremendous bearing of health problems on our armies in camp and our citizens at home well learned beforehand, so that we may not have to learn it by bitter and calamitous experience. It would seem to be a late date to have to point out the almost self-evident fact that sickness will decrease and national efficiency by just so much, whether it be among soldiers or non-combatants, but the general public does not yet give enough attention to this aspect of war's demands, the accent being placed on more spectacular elements of preparation.

Each individual must consider himself a unit of great population to be kept able to meet whatever comes along. If there was ever a time when the individual had the duty of taking thought of how he could keep in good health, it is now.

One of the first elements of the health of a nation at war—or at peace, for that matter—is its food. It cannot be healthy and strong without good food and plenty of it. Therefore agriculture and gardening must be intelligently and intensively stimulated, so that larger crops shall be brought forth.

The housewife's task will be to economize the food supply and cook it with skill, so as to make her meals tasty and digestible.

The streams from which our domestic water supply comes should be carefully guarded against pollution, so that communities shall not run the risk of being infected with some deadly disease.

Vaccination against typhoid is a valuable step in preparedness under conditions as they are at present, and the Commonwealth of Pennsylvania, through the agents of the Department of Health, is prepared to give the virus for vaccination to those who cannot afford to purchase it.

While our water supplies have been improved in the Commonwealth so that typhoid fever has been cut down 75 per cent, vaccination against it during this emergency should bridge us over a period when we must attain the highest efficiency of health and give the health departments throughout the Commonwealth time to continue their work of reducing the pollutions of our streams, and enable our people to go on with their daily labors and produce foods and all other things necessary for us to maintain our strength during any war.

Smallpox is a loathsome disease that is often fatal and under the best of circumstances creates a long period of incapacity for work, and one which demands the strictest kind of quarantining of all who may occupy the same home. This can be absolutely prevented by vaccination. The presence of smallpox would greatly handicap the efficiency of our great Commonwealth of Pennsylvania in serving the nation in time of war.

The Life Extension Institute, with whom we are working, has estimated that nearly half the body building food and 70 per cent of the sustaining food on American tables is derived from grains such as wheat, oats, corn, rye, barley, rice and buckwheat, and that these grains are to the human machinery what coal is to the machinery of industry, the greatest source of heat and power.

The time has come to consider these matters in a spirit of patriotism. It is the duty of every citizen to attain physical fitness, and of the people as a whole, to take measures for the increased production of food materials.

Waste destruction of food is an injury to our country just as positively as destruction of munitions or arms, for in the last analysis a nation that is well fed is the nation that will prevail. These are matters already claiming the attention of the Federal Government.

Hand to hand with the mobilization of factories and munitions must go the mobilization of agricultural products, the planting of as many acres of land as possible with grain and vegetables, and the distribution of the crops in the most economical way.

THE PREPARATION OF SAIL FOR POTATOES

To the farmers who are planning to grow potatoes this year, there are a number of essentials that they should clearly bear in mind. The first important factor is the selection and preparation of the field to be used for this crop. The soil should be of a loose, friable nature; a gravelly, shaly, or sandy loam soil will usually give the best results. Be sure to select a soil that is well drained, for potatoes can not under any conditions do their best on soil that contains and excessive amount of water. Plenty of moisture is essential to successful potato growing but this moisture must be brought up from deep down in the soil by capillary attraction. Anything in the nature of a water soaked soil is objectionable for potatoes.

A field selected for potatoes should be one that is in a high state of fertility and cultivation. It should preferably be a heavy clover sod. An alfalfa sod is the best of all but very few farmers are in a position to use an alfalfa sod for potato growing. A good clover sod comes second and a timothy sod third. It is well to select a field that has been well manured the previous year. This application of manure will have accomplished two things: 1st, it will furnish plant food and a certain amount of humus to the soil and secondly, it will produce a much heavier sod to turn under than would otherwise have been the case.

Fall plowed land is preferable to spring plowing, but where spring plowing is necessary it should be done just as early as possible and be sure that you have set your plow to turn furrows at least eight inches deep. Do not guess at this but measure it to be sure that you are down to the proper depth. A very good rule to follow when plowing spring plowing is to plow an acre or two and immediately follow with a spike tooth harrow so that the surface can be smoothed down and pulverized, so that any balk-

The Italian at the Grand Monday, April 9th

George Beban, the celebrated character artist, related an amusing little story the other day upon his arrival from enacting some scenes for "The Italian," Thomas H. Ince's master production. The actor plays the part of Beppo Donnetti, a Venetian gondolier, who comes to America. With him when he left New York last October, Mr. Beban took an old suitcase, which he intended to use in the picture. While enacting the scenes of his departure for America, a motley group of Italians was gathered on the dock watching with intense interest the actions of the performer. The



news spread quickly that the actor was George Beban. Italians know Mr. Beban—his fame for his interpretation of Italian characters having spread throughout the world—and the humble laborers were awed to see him in person. Suddenly an accident marred the progress of the work. The suitcase which Mr. Beban had placed temporarily on the edge of the dock slipped and fell with a splash into the water. It sank and the actor's face assumed proportions of length. Then one of the disheveled crowd grasped the opportunity of expressing his esteem for the actor. He rushed across the street to his little room and returned with a dilapidated old bag, which he proffered to Mr. Beban. The actor accepted it with thanks and used it of good advantage in the picture. The donor would not take it back, so Mr. Beban now has a unique memento of his work among the resident of the Ghetto.

STATE AGRICULTURAL NOTES

It is reported that the frost penetrated the ground to an unusual depth during the winter, as much as five and six feet in some places.

The scarcity of female household help has decreased the number employed on the farms of the State during the past year almost two thousand.

Westmoreland county ranks first in the number of pure bred stallions on the farms and Washington county leads in the number of pure bred bulls, boars and rams.

There has been a marked increase in the number of pure bred bulls in the State during the past year, estimates making the total now 9,700 as compared with 8,830 a year ago. There has been a more general interest in dairying throughout the State.

There has been a decided stimulus to sheep breeding and over four hundred pure bred rams have been increased the flock during the year. Secretary of Agriculture Patton's advice to raise sheep has been taken seriously by many farmers and for the first time in many years an increase instead of a decrease in the number was noted.

Approximately 50 per cent of the farmers in Pennsylvania are using lime for agricultural purposes. Reports indicate that farmers generally are pleased with the results obtained from the increased use of lime and the tendency seems to be to use still more.

It is estimated that Pennsylvania farmers held on March 1, a total of 16,965,000 bushels of corn, almost five million bushels less than during the past two years at that time.

It is estimated that seven per cent more of the 1916 wheat crop was shipped out of counties where it was grown than in 1915. This represents almost two million bushels.

It is estimated that the 1916 potato crop in the United States was 74,284,000 bushels short of the 1915 crop. Germany's crop was 1,212,530,000 bushels short and Great Britain's almost 80,000,000 bushels short. The crop in France was about 15,000,000 short.

Statistics show that about \$4,000,000 worth of firewood is used annually on the farms of the State, but Pennsylvania ranks as one of the small consumers in the total of \$225,426,000 worth of firewood used on the farms of the United States.

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ing of the surface soil will be prevented. Harrow the potato land thoroughly every ten days or two weeks up to the time that planting should begin. By following this system, you will have a maximum amount of moisture stored up in the soil and you will be holding it there by this frequent working of the surface. For the best results with potatoes it is necessary to have a loose deep seed bed and by following the above method, your seed bed should be in ideal condition.

GOVERNMENT CROP REPORT

Washington, D. C., March 8, 1917. A summary of the March crop report for the State of Pennsylvania and for the United States, as compiled by the Bureau of crop estimates (and transmitted through the Weather Bureau), U. S. Department of Agriculture, is as follows:

Wheat on Farms
State—Estimated stocks on farms March 1 this year 4,700,000 bushels, compared with 5,512,000 a year ago and 5,462,000 two years ago. Price on March 1 to producers, \$1.76 per bushel, compared with \$1.13 a year ago and \$1.42 two years ago.

United States—Estimated stock on farms March 1 this year 101,000,000 bushels, compared with 124,448,000 bushels a year ago and 152,903,000 two years ago. Price on March 1 to producers, \$1.64 per bushel, compared with \$1.03 a year ago and \$1.51 two years ago.

Corn on Farms
State—Estimated stock on farms March 1 this year 17,000,000 bushels, compared with 21,552,000 a year ago and 21,702,000 two years ago. Price March 1 to producers, 112 cents per bushel, compared with 79 cents a year ago and 83 cents two years ago.

United States—Estimated stocks on farms March 1 with 244,448,000 bushels, compared with 1,115,559,000 a year ago and 910,894,000 two years ago. Price March 1 to producers, 101 cents per bushel, compared with 68.2 cents a year ago and 75.1 cents two years ago.

Corn of Merchantable Quality
State—The percentage of the 1916 crop which was of merchantable quality is estimated at 81 per cent, compared with 80 per cent of the 1915 crop and 88 per cent of the 1914 crop.

United States—The percentage of the 1916 crop which was of merchantable quality is estimated at 84.0 per cent, compared with 71.1 per cent of the 1915 crop and 84.5 per cent of the 1914 crop.

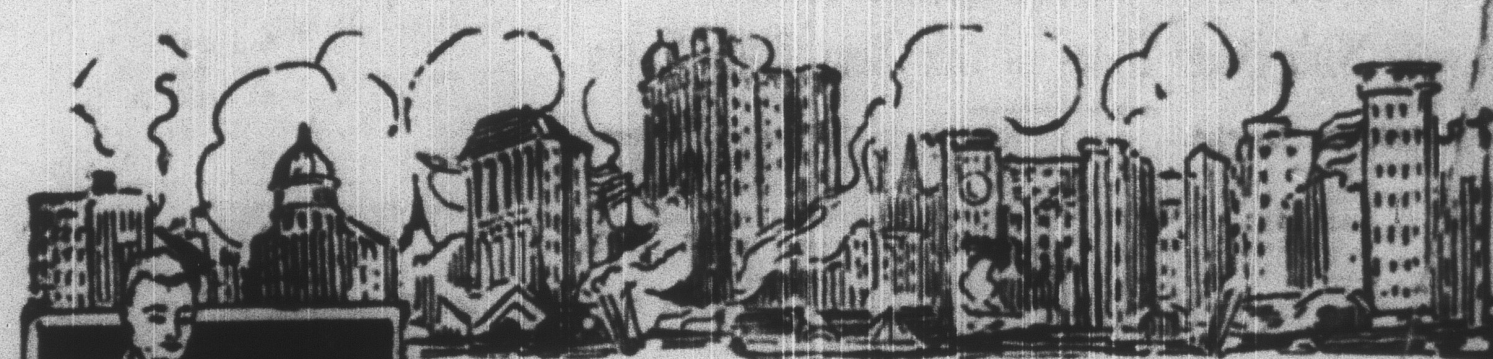
Oats on Farms
State—Estimated stocks on farms March 1 this year 18,628,000 bushels, compared with 12,300,000 a year ago and 12,554,000 two years ago. Price March 1 to producers 65 cents per bushel, compared with 50 cents a year ago and 59 cents two years ago.

United States—Estimated stocks on farms March 1 this year, 394,000,000 bushels, compared with 427 cents a year ago and 521 cents two years ago.

Barley on Farms
State—Estimated stocks on farms March 1 this year 47,000 bushels, compared with 45,000 a year ago and 45,000 two years ago. Price March 1 to producers, 75 cents per bushel, compared with 65 cents a year ago and 80 cents two years ago.

United States—Estimated stocks on farms March 1 this year 32,800,000 bushels, compared with 58,301,000 a year ago and 42,889,000 two years ago. Price March 1 to producers, 96.9 cents per bushel, compared with 92.1 cents a year ago and 67.7 two years ago.

Attend the Easter Monday Dance at Sunset Park



Committee of Social Hygiene Says Less Crime in New York

Among the most used FALLACIES concerning alcohol beverages is the one that holds that crime is the principal cause of crime, and that if Prohibition were the world would rapidly approach the millennium. How completely the statements of the Prohibitionists about crime with details may be seen by comparing the following despatch sent to a Philadelphia paper that preaches Prohibition, with certain FACTS gathered from Government sources. Says the despatch with a date line of January 7, from New York: "Vice of Philadelphia New York has been greatly reduced in the past few years according to the annual report of the Bureau of Social Hygiene, of which John D. Rockefeller, Jr., is the head. Probably at no time in the history of the city have there been the conditions in saloons, restaurants and hotels in recent months." In the same time (1915-1916) the United States Internal Revenue, according to the despatch without exception, more than doubled in the past few years in New York, while in the same time, according to the despatch, "vice of all kinds has been greatly reduced."—PENNSYLVANIA GENERAL ASSOCIATION.

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