

## EBENSBURG BOY HOME FROM FRANCE

EBENSBURG, Oct. 22.—George Griffith, son of Ex-Sheriff and Mrs. Webster Griffith, of this place, who recently returned to the United States after serving in the American field service of the French Ambulance Corps, "Somewhere in France," returned to his parental residence on Saturday. The local young man enlisted last May, for a period of six months. Mr. Griffith had about one month to serve when the ambulance corps was taken in charge by the American Army. He returned to the United States with 17 other Princeton students, who had volunteered their services in the Ambulance Corps. One of Mr. Griffith's chums, a young man named Hamilton, met his death in the service about two months ago. He was killed by an exploding shell.

Mr. Griffith stated that a large number of the wounded men conveyed to the base hospital by his fellow-workers and himself were removed from the third-line trenches, which were located from three and one-half to five miles from the base hospital. French cars are used extensively in the ambulance service, but two-thirds of the cars used are Fords. He said the battle line is about 250 miles long and about 50 miles wide, extending from Belgium to Switzerland. Mr. Griffith stated that the ambulance men work in sectors of about five miles each. During 11 days in July Mr. Griffith's sector removed 1,800 wounded men to the base hospital. The ambulance corps do not remove the dead from the field.

Mr. Griffith said that if Uncle Sam had not entered in this great war, Germany would have forced peace terms on France several months ago. France has been almost devastated. He believes that the war will be over within one to two years. Mr. Griffith expresses himself as being anxious to return to France and expects to enlist in some branch of the United States Army.

Mr. Griffith stated that almost anything can be bought in as large quantities as desired if the purchaser has the money. Everybody gets enough to eat in France, including the peasantry. All of the farming is being done by old men who are unfit for military service.

So that the same result of a feast was arrived at by a different route. My associate, being a man of humorous viewpoint, was just accenting this condition.

When I asked him why he thought of the more roundabout way of the Romans, he replied that you got some hilarity with it. "You get more out of treating yourself by debauch, than drugs," he said, and that is the way a good many people look at it, unfortunately.

The Roman custom is recognized historically as having continued long afterward in other races, and perhaps it is still surviving today, in principle at least, among individuals here and there.

Still, the mass of our people have a more sensible view. It is known that a fast will relieve nature while she is coping with the task of overcoming extra burdens that have been laid upon the system. The debauch, which is generally what high livers make of their "feast," on the contrary is seen generally as something that overloads the system and adds to nature's burden, even though it mentally stimulates the subject, sometimes to the point where he might be guilty of crimes. And there is the hilarity—a thing to be remembered and temped the subject to try the same remedy the next time.

The alcohol that goes with over-indulgent living makes an over-demand for water upon the tissues and gradually changes their physical condition and interferes with their physiological action. The result is that permanent harm is done. Each time an excess of alcohol is indulged in there is left a permanent imprint upon the digestive system that will never be erased. Each time this imprint will become deeper until the subject is idly marked as an alcoholic. Fortunately we all know the effects of alcohol today and avoid it, excepting in its proper place and then use it only in moderation.

### Reversed.

"Her husband works nights."  
"Well."  
"She's complaining all the time that he never spends his days at home."  
Detroit Free Press.

### FEAST OR FAST?

Little Talks on Health and Hygiene by Samuel G. Dixon, Commissioner of Health

In civilized life men find it impossible to pay proper attention to their meals. They cannot eat regularly and have no time to eat slowly, and they apparently will not eat what they have learned by precept and experience is fitting for those who do work indoors that requires intense mental application. Failing to follow the laws of health over a period of time, they begin to feel inert mentally and physically; their work becomes a burden; eyesight loses its acuteness, while the natural white of the eye is lost and it becomes congested, showing sometimes a yellow tinge; the appetite begins to fail; natural sleep is broken up and interrupted, and when awakening comes, the mind is puzzled by confused ideas.

When these symptoms are recognized, men of experience know it is because the food taken has been in excess of the demands of the body.

Such a man was a laboratory associate of mine years ago. Occasionally he would salute me in the morning and say, "What do you prescribe, doctor, a feast or a fast?" He meant that he felt he had been neglecting all outdoor exercise for a long time and had not at all neglected taking heavy and frequent meals, until now his system was out of balance and something had to be done to restore balance. Query—should he fast himself back to health, or should he emulate the old Romans and start with a feast?

Most people are familiar with the ancient Roman feast, whose features we would describe nowadays more accurately with the name of orgy or debauch. These feasts always made them sick and the physical reaction would be such that no food was taken into the system for some time afterward.

## DESTROYER HAS NARROW ESCAPE FROM SUBMARINE

WASHINGTON, Oct. 22.—Coolness and quick maneuvering by Commander Walter H. Vernou probably saved the American destroyer Cassin from destruction in an encounter with a German submarine in the war zone on October 6, the navy department was advised today by Vice-Admiral Sims in his full report of the fight, meager details of which were received last week.

Before she had an opportunity to fire a shot, the destroyer was hit on the stern by a torpedo, which killed Gunners' mate Osmond Kelly Ingram, slightly wounded five others of the crew and put one engine out of commission.

The Cassin had been searching half an hour for a submarine first sighted five miles away when Commander Vernou suddenly saw a torpedo 400 yards distant and making for the ship at great speed. Realizing that his vessel was in imminent danger of being hit amidships and broken in two, the commander ordered full speed ahead and the wheel hard over. The patrol boat was just clear of the torpedo's path when the projectile broached on the surface, turned sharply and hit its objective.

Recovering quickly from the shock of the explosion, the Cassin continued the search to be rewarded by the showing of the U-boat's conning tower. Four shots were sent at the German and two came so close that the submarine quickly went under again. She was never again sighted. With all men alert at their stations, the destroyer continued its hunt until darkness. Later, conveyed by other American and British patrol boats she made port.

In the face of the fact that Pennsylvania has just passed through the worst forest fire season since 1908, Chief Forest Fire Warden Wirt reports that the average fire burned over just about half as large an area as in 1915, while the number of thousand-acre fires is twenty-five per cent under the 1915 record.

The total number of forest fires reported during the 1917 spring fire season is 1,746. The number reported in 1915 was 1,101, and in 1916, 1,103. The average area burned per fire was 157 acres in 1917; in 1915, 306 acres; and in 1916, 152 acres. The fall season for 1917, which is opening favorably, will probably reduce the average

for the whole year to less than 140 acres.

The records of the Department of Forestry show that the fire wardens had to contend with unusually difficult weather conditions last spring. Two fires burned in January and seven in February, a very unusual occurrence. During one week in May over a hundred fires were burning every day, the number of fires for this one week being 843, almost half the total number. The total area burned over was 275,097 acres, the total direct loss was \$567,972, and the total cost of extinction was almost \$35,000. Indirect losses, such as damage to watersheds and losses to labor, probably amount to several millions of dollars in addition to the direct timber loss.

Of the twelve counties which had over 50 fires each, Schuylkill leads with 108, followed in order by Luzerne with 92, Monroe with 88, Centre with 81, and Dauphin with 72. Of the nine counties which had over 10,000 acres each burned over, Dauphin leads with 20,757 acres, followed by Lycoming with 20,193 acres, Elk with 18,389 acres, Luzerne with 17,622 acres, and Centre with 15,949 acres. Of the nine counties which suffered losses of \$100,000 each, Juniata leads with a total damage of \$71,714, followed in order by Lycoming with \$57,690, Centre with \$35,492, Luzerne with \$29,458, and Blair with \$25,766.

One hundred and eighty of the fires burned less than one acre; 1232 burned less than 100 acres; 1658 burned less than 1,000 acres; and only fifty-nine burned over a thousand

acres each. The largest single fire burned over 6,200 acres in Juniata county, and caused an estimated loss of \$62,570. The second largest fire burned over 5,000 acres in Jefferson township, Dauphin county, but the damage was estimated at only \$5,000.

### All in the Shuffle.

A government official was discussing the morality of certain war profiteers.

"Their morality reminds me," he said, "of a professional gambler who always won at cards, whereas at the races he always lost."

"Oh, pahaw, George," his wife said to him one day, "you make me tired. Why is it you always bring home a horse-collar roll when you play poker and turn up broke when you play the horses?"

"My love," said George quickly, "I don't shuffle the horses."—Washington Star.

"Does the removal of the appendix make any difference in a person's weight?"

"It does, if the person is accustomed to carrying all his money in his pocket," replied the man; "he had recently paid a surgeon's bill.—Birmingham Age-Herald.

Judge—"One year and fifty dollars fine."

Prisoner's Lawyer—"I shall make a motion to have that sentence reversed."

Judge—"All right. Fifty years and one dollar fine."—Pork.

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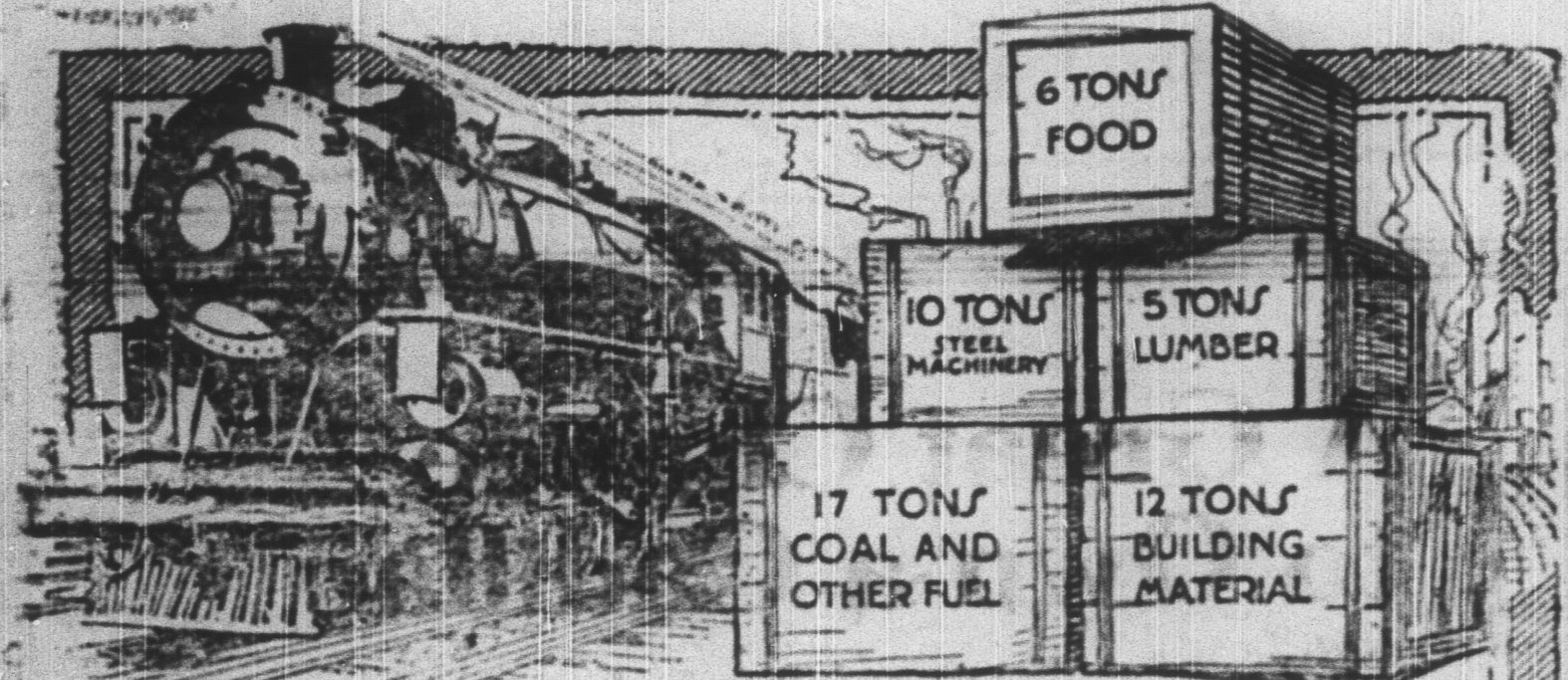
Thursday, Friday & Saturday,

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in

"SEVEN KEYS TO BALDPATE"



## Why the Railroad Problem Is YOUR Problem!

The railroads of the United States transport a billion tons of freight annually—50 tons to a family. This freight represents the business activities of the nation.

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### Net Blouses at \$3

Dreasy yet practical blouses of white net, daintily trimmed with tucks, val edges, medallions and embroidered.

### French Voiles at \$3

—Exquisite blouses with high or low collars; lapel or full front, finished with val. or venise laces, tuens and buttons.

### Crepe de Chines at \$3.50

—Beautiful models in white, flesh, navy, brown and black; trimmed with lace, tucks and medallions, elastic waistband.

### Georgette Crepes at \$5

—In white, flesh, maize, tea-rose, taupe, brown, green, navy and black; trimmed with lace and hand embroidery; high or low collars.

### Suit Blouses at \$6

—Of striped taffeta in navy, green, brown and black; tailored models with hy-low collars and turnback cuffs.

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—In flesh, white, navy, brown and black; hand embroidered or beaded fronts and trimmed with filet lace, very exclusive.

### Extra Sizes at \$3

—In fine voiles, beautifully trimmed with lace and embroidered odd sizes from 46 to 53; extra full front.

### Tailored Blouses at \$5

—Of crepe de chine for stouts in white, flesh and black; extra full front; roomy armholes and well made; sizes 45 to 53.

### Stout Sizes at \$7.50

—Of georgette Crepe in flesh or white, beautifully trimmed with tiny tucks, filet or venise lace and fancy pearl buttons.

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