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"YOUR HEALTH"

"Yes I had a touch of ptomaine poisoning."

How often is this remark heard. Yet it is doubtful if there is such a substance as a ptomaine.

A ptomaine is described as an alkaloid formed by the action of putrefactive bacteria on nitrogenous matter.

In other words, it is supposed to be a poison arising from dead or putrefactive material.

Many authorities insist that the so-called ptomaine poisoning cases are acute digestive upsets caused, almost always, by living bacteria.

Food poisoning is usually due to contamination of food by certain bacteria or bacterial toxins.

Food may cause illness either because it contains living bacteria, which—after entering the human system grow in the intestine or blood and produce poisons.

Butulism is one of the most active of these food poisonings.

It is most often found in home preserved vegetables or home-canned fruits served as salad.

Butulism is caused by spore-bearing, gas-forming bacillus, or germ, which is found in the soil.

When a housewife puts up certain vegetables, such as string beans, corn, spinach, olives, asparagus, beets or artichokes, this germ may be on the product and may not be killed by the heat of the canning process.

Commercial canners have discovered how to kill this germ.

Prevention of butulism in home-canned vegetables and fruits may be secured by boiling all home-preserved foods for at least six minutes just before serving.

If the can shows evidence of leakage around the rubber ring, or the food appears spoiled or contains gas bubbles, or has a cheesy or rancid smell — it is better to destroy the contents than eat them.

Countless chickens on farms have died from "limber-neck" because spoiled canned food was thrown into the yard.

Be safe — and boil all home-preserved foods for six minutes before serving.

"LIVE AND HELP LIVE"

By DR. CHARLES STELZLE, Executive Director, Good Neighbor League

When the average man gets to the point where he boastfully declares that he has taken for his motto for life the slogan "Live and let live," he often imagines that he is practicing the height of unselfishness and fairness to others.

It is quite true that in the world of competition, in which men are ready to destroy anything or anyone that stands in their path toward success, it is an admirable trait to give the other fellow a chance for his life, when so many others are ready to "knock him down," to quote Charlie McCarthy.

And yet, in a sense, all that is promised is that he will let the other fellow alone. He will let him live if he manages to survive. That is, he won't put anything in this way which will keep him from living. And this is certainly an advance on the philosophy of "dog eat dog."

But there's another consideration which should be kept in mind. Its basis is found somewhere in Scripture, although it has been widely quoted with variations, namely, "No man liveth unto himself." None of us can go through life without affecting others lives for good or ill. The way we live vitally affects the lives of our associates, our friends and neighbors.

Booker T. Washington once said that we cannot keep a man in the gutter without getting into the gutter with him. And I think it was George Washington who said that "we had better hang together, or we will all hang separately."

It'd like, therefore, to suggest a further consideration of the motto we are discussing. Write it down this way: "Let live, and live." This means that it is only as we let the other fellow live that we ourselves shall live. It's a matter of self-preservation. If the other fellow goes down, we'll go down with him.

But we can't stop here. There is still too much selfishness in this expression of our interest in the other fellow, if we are to accept it as our life's motto. There's another Scripture verse which should be considered in our discussion. It is the principle laid down by Jesus. This great Teacher once declared: "He that saveth his life shall lose it, and he that loseth his life for my sake — shall find it."

One could write the history of all human progress around this declaration.

Mrs. Eleanor Roosevelt recently said: "I will do more than live and let live; I will 'live and help live.' That's the idea practically stated. It is the whole philosophy of being a Good Neighbor."

CARD OF THANKS

We wish in this manner to thank the many friends and neighbors who assisted us in our recent bereavement, the illness and death of our mother, Mrs. Julia Bertisin; for the floral offerings, expressions of sympathy and use of cars at the funeral.

The Children

A number of American Indian women are being elected to represent their people on tribal councils.

DR. STITES NAMES

AIDE AT CRESSON

Cresson—Dr. Thomas H. A. Stites last week assumed his duties as medical director of the Cresson State Sanatorium, succeeding Dr. Louis A. Wesner of Johnstown.

The appointment of W. L. Fry to be superintendent of maintenance in charge of the grounds and buildings at the Cresson institution was announced by Dr. Stites. Mr. Fry had been the master mechanic at the Huntingdon State Industrial School. He was formerly the master mechanic at the Cresson institution from 1912 until 1922. Mr. Fry succeeds R. G. Callan of Cresson.

No other immediate changes in the staff or personell of the institution are contemplated for the immediate present, Dr. Stites said.

A dress worn by a movie star recently was made of 27 quarts of milk, converted into beads.

GRANGE MEETING AT BRADLEY JUNCTION

Banner Grange, Patrons of Husbandry, conducted an interesting meeting last week in its hall at Bradley Junction. A feature of the evening was a discussion by two students of St. Francis College on the current debate question of the college forensic department "Resolved, that the United States Should Cease to Use Public Funds, Including oCredit, for the Purpose of Stimulating Business."

John O'Connor of Loretto presented the affirmative of the question and Robert Dietrick of Patton the negative. An open forum discussion followed the addresses, but there was no decision on the question. Guests at the meeting were County Agent H. C. McWilliams, of Ebensburg and Englebert Farabaugh, deputy state master of the Grange, each of whom spoke briefly. Mr. Farabaugh discussed Grange fire insurance and the advantages of cooperative buying by Grange organizations. Cecil Springer, master of Banner Grange, presided.

A new idea in poultry raising is to produce chicks every month in the year, rather than during spring and summer only.

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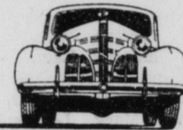
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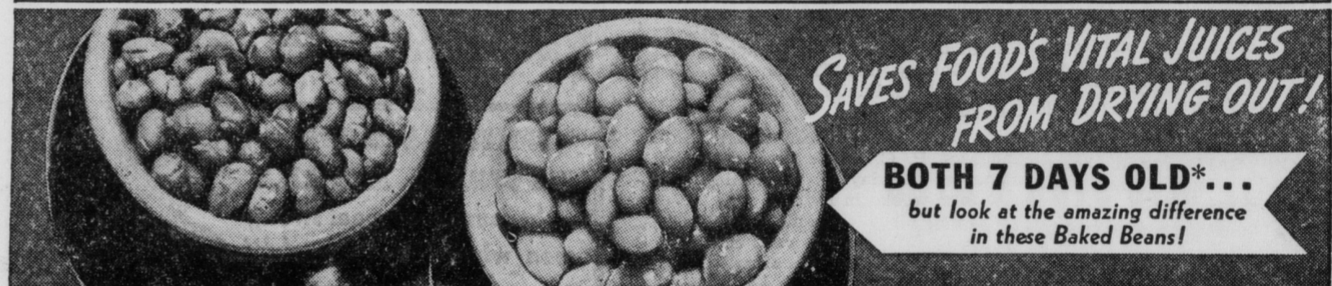
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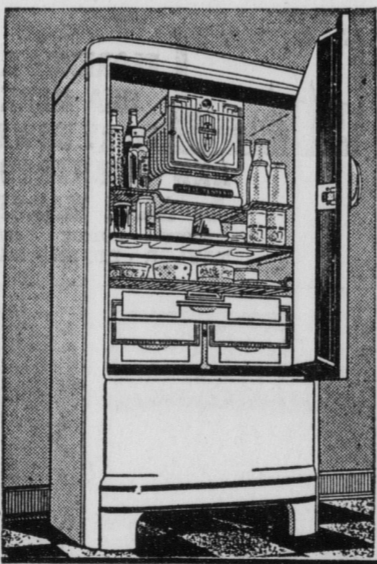
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