

**SOME FACTS ON THE DIFFERENCE BETWEEN MAN AND A FISH BY MEDICAL ASS'N**

"He swims like a fish." This, a common expression, is not accurate. Man is essentially a terrestrial animal. When he assumes the aquatic he is somewhat out of his sphere. Aquatic animals are adapted to withstand the effects of water—but man is not. For instance, aquatic animals have the ability to close the nostrils involuntarily or at will—an adaptation conspicuously lacking in man. Proper method of breathing is man's

only natural method of protecting the mucous membranes of the nasal passages when swimming. By exhaling through the nose while the head is submerged and inhaling through the mouth while the head is above water, the swimmer tends to maintain a positive air pressure in the nasal cavities and thereby protect the and eustachian tubes from water. When a swimmer jumps into the water feet first from an elevation the rush of water into the nasal cavities may readily cause acute infections of the sinuses, the middle ear and the mastoid in swimmers of all ages. Aquatic animals have the ability to close the ear to keep water out. The ear of man was not intended to withstand the vitiating effect of water.

Aquatic animals are equipped for long immersion in chilling water, some by layers of blubber, some by fur, some by both. Man has no such compensating mechanism for the maintenance of a normal temperature in any medium colder than his normal surroundings. Chilling the body surface causes constriction of the blood vessels which lowers resistance and favors infection. Sitting around in a wet bathing suit without benefit of warm rays of sun is like sitting in a basement wrapped in a wet blanket. No—man is not aquatic. He may be a poor fish—but he is not a real fish.

**NAME HASTINGS MAN AS DEPUTY RECORDER WITH BOOST IN PAY**

William M. Strittmatter of Hastings was officially appointed first deputy recorder by Recorder of Deeds Leo F. McKenrick on Monday, succeeding J. Lawrence Luther, who was discharged from the position on May 8th. Mr. Strittmatter had been second deputy. He received an increase in pay from \$170 to \$200 a month.

J. A. Custer of Ebensburg, who has been a clerk in the recorder's office was appointed second deputy. The action followed a meeting of the salary board.

**JOE'S CUT-RATE STORE**

**SPECIAL SALE!**

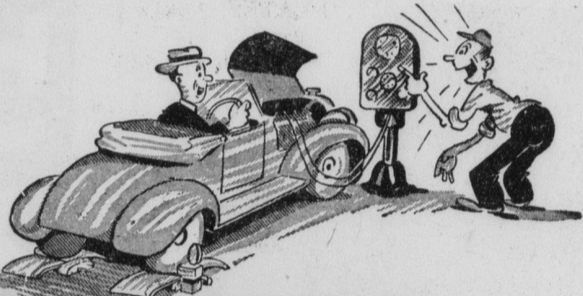
- Men's Heavy WORK SHIRTS.....49c
- Men's Heavy WORK PANTS.....98c
- Men's Heavy WORK SHOES.....\$1.48
- Mens DRESS SOX.....5c
- GRIFFIN'S WHITE SHOE POLISH.....9c
- Men's Double Overalls.....98c
- Men's Straw Hats.....69c

**Joe's**  
Cut-Rate Store  
Barnesboro, Pa.

**J. EDW. STEVENS**  
FUNERAL DIRECTOR

**KNOWN BY SERVICE**

PHONE SERVICE, Day 31-M., Night 31-J.



*first aid for sick cars*

HAVE A REALLY ACCURATE, SCIENTIFIC EXAMINATION MADE . . . . PUT YOUR CAR THROUGH OUR **INDOOR PROVING GROUND**

Guessing is bad business! We save you money and save our time by testing your car on our "Indoor Proving Ground"—the remarkable Bendix-Feragen Chassis Dynamometer. You can SEE exactly what work is needed—and after we've done the work, you can SEE for sure that it's well done.

BENDIX-FERAGEN DYNAMOMETER INSPECTION and CORRECTION EQUIPMENT

Here's one shop where there's no driving of your car through crowded traffic to GUESS at carburetor adjustment, ignition system efficiency, valve timing and seating, combustion, back pressure, power, pick-up, fuel consumption, compression, cooling efficiency and chassis noises. We check all this, and more, with speed and accuracy—it's part of our service. And we PROVE our work on the same machine—the Bendix-Feragen Chassis Dynamometer. Drive in and see this remarkable equipment we've installed to serve you better.

**BUY A DYNAMOMETER TESTED USED CAR**

A VERY FINE SELECTION OF LATE MODEL CARS AT VERY ATTRACTIVE PRICES

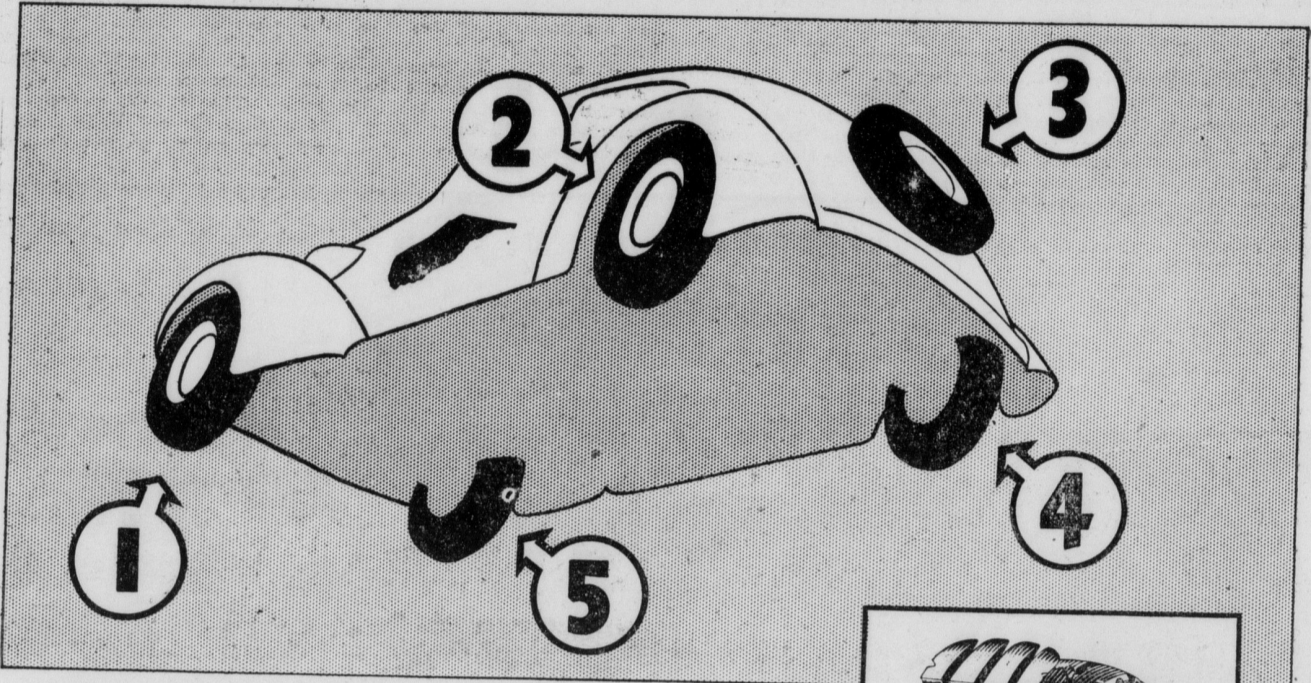
**WESTRICK MOTOR CO.**

PHONE 2101

CARROLLTOWN, PA.

BUY BENDIX PRODUCTS

*What do you mean*  
**CARRY FIVE SPARES?**

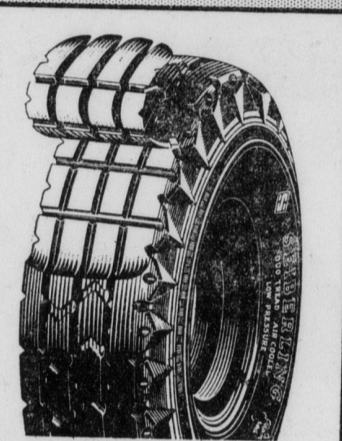


When you equip your car with modern TWO-TREAD Seiberling tires you actually are carrying

five spare treads because each tire has TWO TREADS instead of one.

This patented tire will double safe mileage and cut your tire cost. No other tire in the world is like it. Protected by rigid Seiberling Patents it is the safest and most economical tire money can buy!

See us today. We make liberal trade-in allowances on your old tires and guarantee to cut your tire cost.



Two Treads, one underlying the other. When the first tread wears off, the second tread appears. Keeps you safe to the last mile!

**SEIBERLING TWO TREAD AIR COOLED TIRES**

- CAMBRIA MERC. CO. .... Marstellar, Pa.
- WIDBER GARAGE ..... Windber, Pa.
- GOLDY'S GARAGE ..... Colver, Pa.
- HOLTZ AUTO CO. .... Hastings, Pa.
- BARNES STORE CO. .... Bakerton, Pa.

- PORTAGE MERC. CO. .... Portage, Pa.
- J. E. HOUCK ..... Hastings, Pa.
- MODERN AUTO SERVICE..... North Spangler, Pa.
- BARNES & TUCKER ..... Barnesboro, Pa.
- REVLOC SUPPLY CO. .... Revloc, Pa.

**PATTON BASEBALL**

AS REPORTED TO US BY BARBER "JIMMY" LEONE

Patton made it two straight over the Dycart club last Thursday by a score of 2 to 1. Dick Burkey pitched a masterful game, striking out nine batters and being in trouble only in the ninth inning when they scored their lone

tally. Henninger had a three-base hit and Baranick and Tinnik each collected two singles.

The Cardiff club handed Patton its first defeat this season, on Saturday, 4 to 2. It was a close game all the way and but for a few bad breaks Patton might have won. Joe DUBYAK started the game but was relieved by Dick Burkey in the sixth inning. DUBYAK had three strike-outs, Burkey seven. The only extra base blow by the Patton boys was a two base hit by Dan Jenkins.

The Patton club came right back on Sunday and defeated Conemaugh in a see-saw battle, 9 to 8. The local boys put on a three run rally in the eighth inning to clinch the game. The Conemaugh pitcher, Sipak, drove a home run over the left field fence in the last inning, to end their scoring. DUBYAK started the game, but was wild and had to be relieved by Dick Burkey in the third inning. This was Dunk's first start this year and he couldn't gain his control, but he'll be in the box with some fine pitching before long. Burkey struck out eight Conemaugh batters. Henninger and John Hndak each had two-base hits and Dan Jenkins collected one for three bases.

Patton plays a return game with the Conemaugh team on Thursday, and Coalport comes to the Patton field on Saturday. Another game at home is scheduled for Sunday with Ramey.

Ted Ott, the booking agent for the Patton team, is assuring the fans of some fast clubs to appear on the local diamond.

The Patton High School Track team put up a favorable showing at Altoona last Saturday. Frank Cossitor set up a new district record in the half mile, winning this event in the record time of two minutes, 3 and six-tenths seconds. Cossitor also won the mile event with Tommy Reed finishing a colse second.

Cossitor and Reed will compete in the finals this week at State College. The meet is on Saturday. We wish them luck.

**STATE WILL PAVE HASTINGS STREET**

Residents of Hastings, protesting the condition of Spangler street, in the borough, which connects routes 36 and 219, Monday were assured of relief by

next month. Officials of the state highway department have announced that a surface treatment will be applied to the street about June 5th. A petition signed by more than 250 residents was presented borough council.

**A NEW Banking SERVICE!**

**Bank Money Orders!**

A MODERN NEW SERVICE FOR THE TRANSFER OF FUNDS. RATES ARE LOW. SERVICE IS QUICK.

Less Inconvenience and Red Tape in Handling. The Ideal Method for Handling Your Payments If You Don't Carry A Checking Account.

COME IN — WE'LL GLADLY EXPLAIN THE LOW RATES AND SERVICE.

**First National Bank at Patton**