

JUNE GRAND JURY SUBMITS REPORT TO COURT FOLLOWING SESSIONS

Commending District Attorney Mayer and his staff "for the prosecution of drunken drivers on the highways," and recommending that "justices of the peace and aldermen be more diligent in deciding the type of classes that should be brought before the grand jury." The June grand jury completed its work last Friday in submitting its report to the court. The jury was headed by Robert V. Lutz of Blacklick township.

The jury commended the county commissioners and heads of county institutions for the "efficient manner" in which they are conducted. The report follows:

County Poor Farm—Thursday, June 8, 1939, the Grand Jury visited the Cambria County Poor Farm and Home for the Aged, where they found it to be operating efficiently and economically. We suggest the chairs in the ladies' sun porch be replaced by new cane-seated chairs. We recommend that a portion of the ground be enclosed to be devoted to outdoor recreation for the female inmates of the institution. We also recommend that benches be placed throughout the grounds for greater comforts during the daytime recreation. We commend Mr. and Mrs. L. A. Zubrod for their efficiency in conducting this institution.

County Jail—Friday, June 9, 1939, we visited the county jail and found it to be operating in an efficient manner. E. H. Knee is to be commended on his capability as warden.

County Juvenile Home—Friday, June 9th, 1939, the Grand Jury this day visited the Children's Home of Cambria County, which is undergoing extensive repairs, which the grand jury feels will add greatly to the efficiency in the operation of this institution and also increase the physical and mental growth and development of the children by the improved living conditions. We commend Mrs. Emma Daugherty and staff for the efficient manner in which the home is being conducted.

Court House—Friday, June 9, 1939, the grand jury inspected the court house of Cambria county and found the various offices and rooms in excellent condition. We recommend the seating arrangements in the grand jury room be investigated with a view to reversing these arrangements so the glare from the windows does not annoy the jury.

"We heartily commend the Cambria county commissioners for their efficient and economical management of the various institutions under their supervision.

"We recommend that the justices of the peace and the aldermen be more diligent in deciding the type of cases that should be brought before the grand jury.

"We commend the office of the district attorney and his staff for the prosecution of drunken drivers on the highway."

SOME FACTS CONCERNING THE AMOUNT OF WATER TO BE CONSUMED GIVEN BY M. D.'S

Humans are heavy drinkers. They average about six to eight glasses of water a day. In the summer time they usually drink much more.

How much water to drink? The sensation of thirst is the best guide to the amount of water required by the body.

Thirst is conditioned largely by the amount of salt consumed.

Forced drinking water is not a good thing, unless there is fever or a definite suppression of thirst which may be caused by a low salt diet.

Under normal conditions a fluid intake of 2½ or 3 quarts a day, including all beverages, coffee, tea, milk, soda pop, etc., is quite adequate except in very warm weather.

There is no harm in drinking more, provided the circulation is normal and other conditions of the body are favorable.

There are many unsafe springs, wells and streams; persons who venture into the country, away from their safe sources of water, should exercise great care.

Safe springs are so labelled by the Pennsylvania State Department of Health—and all city water has been made safe.

Many believe that running water purifies itself.

This is not true. The faster water runs the less it purifies itself, because, instead of permitting suspended solids to settle it carries them along.

Be sure of the source of the water you drink and then let your thirst be your guide.

So let's imbibe in a glass or so. Of that best of drinks—H₂O.

WOMAN TAKES OWN LIFE WITH RAZOR BLADE

Mrs. Barbara Zevagac, 34, of Cambridge Springs, Crawford County committed suicide last Thursday night by slashing her wrist at the state sanatorium, Cresson where she had been a patient the last three years. She used a safety razor blade. Her death was attributed to self inflicted wounds, aggravated by her weakened physical condition as a result of her long illness.

CRESSON ALLOCATION APPROVED BY JAMES

Harrisburg.—Governor James signed a dozen bills the other day, most of them appropriations for state aided institutions.

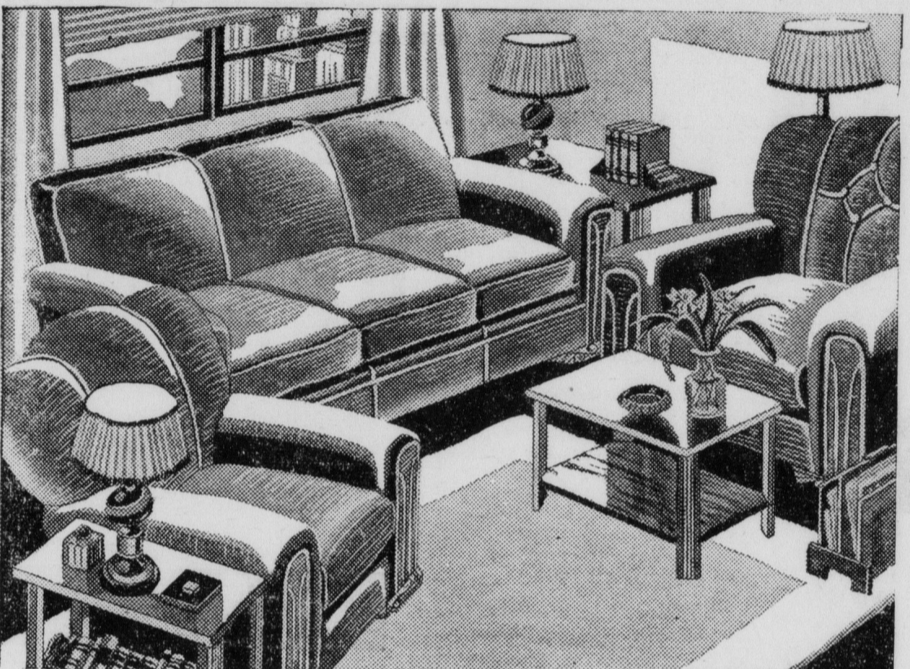
The measures included Cresson Volunteer Fire Company, for protection of the Cresson Sanatorium in Cambria County, \$1,000.

Brides' Home

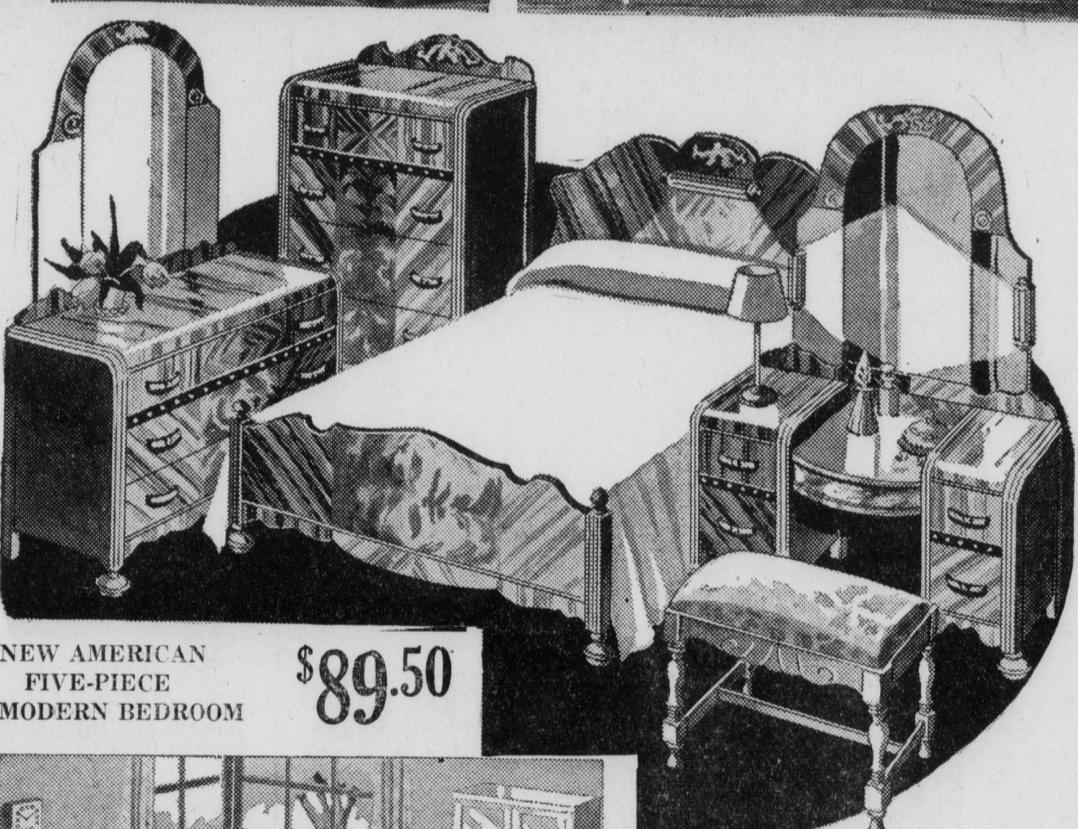


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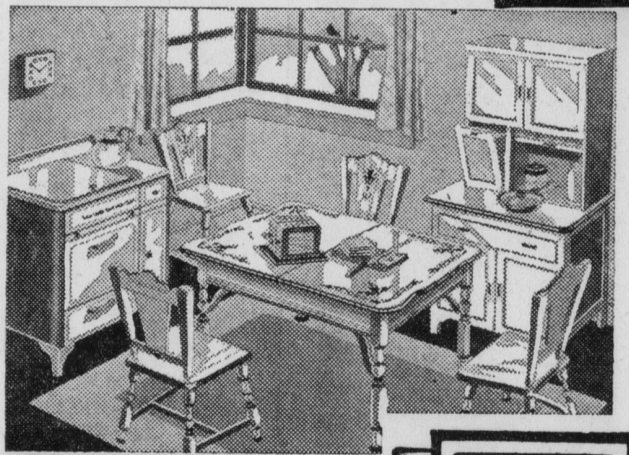
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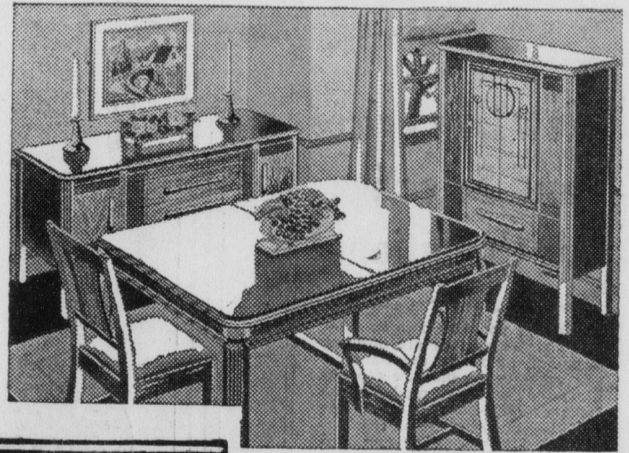
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