

YOUR HEALTH

From Educational Committee of Board of Trustees of the Medical Society of Pennsylvania, which Cambria County Medical Society is a component . . .

Man trips over his own feet in his mad dash for progress.

He has mechanized the world and endangered his health in doing.

Every new chemical process devised by man adds to some type of health hazard.

Biological changes are followed by eugenic, nutritional and disease involvements.

All developments in physics and in engineering which make living easier have their health aspects.

The introduction of steam, gas and electricity into our lives have produced an industrial age changing the population from rural to one mainly urban.

City life, in turn, has resulted in slums, overcrowding, smoke, dust and fumes, noise, accidents, occupational diseases, malnutrition and a better

opportunity for the spread of infection.

Quick methods of transportation bring foreign diseases to our shores in a few hours.

Diseases arising in one part of the country are soon spread all over the map.

New drugs and serums tend to lose their treatment value as diseases develop resistance to them.

Deaths by accident rival those by disease.

Man must do some definite, intelligent health planning on a par with his other achievements.

The ultimate object of health planning is the production of physically fit, mentally alert, socially wholesome individuals.

And they should live in the best environment science can provide—which means a healthy environment.

We have the knowledge about our health but have practiced it to the full extent.

—One tanker can in a year carry across the Atlantic enough gasoline to run 20,000 army trucks 10,000 miles each.

FARM CALENDAR

Timely Reminders from The Pennsylvania State College School of Agriculture

Store Root Crops.

To prolong the season of using root crops, they need a cold, moist storage place. In most instances, they may be kept for three to six months in the cellar or an outdoor storage pit, say vegetable specialists of the Pennsylvania State College. Good sound specimens should be selected for this long-time storage.

Take Care of Harness.

With leather in great demand, it is wise to take good care of farm harnesses. Horse specialists of the Pennsylvania State College point out that new harnesses will be hard to get and therefore, the old harnesses should be kept in good repair and also be well oiled to preserve the leather.

Make Houses Warm.

Weather-stripping or tightly fitted storm doors and windows will help to curtail the loss of heat from the houses. Agricultural engineers of the Pennsylvania State College recommend also the use in insulation over ceiling and attic walls. Be sure that the heating system is operating efficiently, too.

Control Orchard Mice.

Now is the time to put out poison bait to kill orchard mice, say Penn State fruit specialists. For a cost of only a few cents, a whole acre can be treated and the trees saved from girdling by the mice. Put the bait in the runways of the mice.

Market Much Wool.

Thirty-one wool pools this year marketed cooperatively 651,000 lbs. of wool for 4101 farmers in 43 Pennsylvania counties, report livestock specialists of the Pennsylvania State College. The average handling cost was a half cent a pound.

Curb Flower Diseases.

A fall clean-up of the old plant parts of flowers will help to control diseases next year, remind Penn State plant pathologists.

THE COMMON DEFENSE

FIGHT FOR FREEDOM!

One of the things that three years of war has taught us is that democracy does not go unchallenged in the world, not even among some Americans who admittedly prefer a totalitarian government to our own.

This has come as a shock to all of us who hitherto had supposed that democracy was so obviously superior to any other kind of government—even with its mistakes and failures—as to preclude any doubt as to its worth. But we know now that democracy must be guarded and defended, extended and believed in, or else be lost. If we want to keep this country free and democratic we must know so well what democracy is, and feel so deeply about what we know, that we do not hesitate to teach our convictions in the schools—both to people born in America and to those born elsewhere who now seek citizenship.

We do not want to hear any more of the dispirited viewpoint recently put forth by an educator in charge of one of our citizenship education programs. He had instructed the 300 men and women under him, who are teaching Americanism to some 9,000

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*All statements based on reports compiled by the Michigan State Highway Department and the Statistical Department of A. M. A.

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aliens, to avoid controversial subjects. Fascism and Nazism are two of the controversial subjects to be avoided, according to him.

"Fascism is a highly controversial subject," this educator said. "As a government agency we have to be careful. We have people who represent every conceivable viewpoint."

One would suppose that an American government agency, which exists to teach Americanism to aliens, would be careful above everything else to teach Americanism, and to teach it proudly and with conviction. You just can't do that without getting into a controversy today.

But if you are arraigned of controversy you should not think that you can teach Americanism at all. If you are afraid to stand up to the totalitarians and say that as an American you believe in representative government, in civil liberties, in equal justice and in equal rights for all, who kind of an American do you think you are? Have things come to pass in this land that people who teach Americanism are afraid of controversy with such butchers as Hitler and such snipers as Mussolini?

This situation is incongruous. This is the third year of a world-wide controversy in blood and death with the Axis, and we are part of it—but 300 teachers who are teaching Americanism in one of our cities are instructed to avoid all controversial subjects, among which Fascism and Nazism

are included. As the fourth year of the war for freedom gets under way, let us declare ourselves devoted to democracy and unafraid to say so.

THE HOME FRONT

The adage "actions speak louder than words" was but one of many things to come home to haunt the Axis in recent weeks. Our North African offensive told Axis analysts they were completely wrong in their assertions that Americans were too soft and too unwilling to sacrifice to be successful in today's total warfare.

From Casa blanca to Tunis, American actions convinced the world that if it's total war the Axis is seeking that's what they'll get. To make the American soldier, sailor and marine the best pound-for-pound fighting man in the world calls for considerable shrinkage of our softness of living here at home.

We Americans are getting along on less sugar so that ships may be used for transporting troops. We have given up the annual new car so our men in the field may have the best and the most tanks, planes and ships.

We have given up much of our past remand for gasoline and rubber so it may be used on the battle fronts where it will do the most good.

But actually—have we given up so much? Are we suffering so badly?

We will have to give up more. We'll do so gladly here on the Home Front to keep our men in North Africa, Guadalcanal and elsewhere supplied with all it takes to mean the difference between victory and defeat.

TWENTY-TWO PER CENT OF THE FAMILY PURSE NOW SPENT FOR FOODS

Pennsylvania's housewives use 22 per cent of their family income to fill their food baskets, John H. Light, Agricultural Secretary, declared.

Light pointed out, that although food prices rose 36 per cent above the 1935-39 levels, average family incomes rose 57 per cent in the same period. "Workingmen's families can thus buy a basket of specified food products for the smallest share of family income since 1913," he said.

Primarily because of increased prices received for eggs, meat animal and dairy products, the index of prices paid Pennsylvania farmers advanced six points during the month ending October 15, Light said.

