

Christmas Lifesaving Plan Urged for Happier Holiday

Take Time, Practice Courtesy Main Themes

Chicago.—The National Safety Council has announced a nationwide Christmas savings plan to stop accidents.

"If every American will join this savings plan before the holidays, a real yuletide bonus, that of human life, will be paid," said Ned H. Dearborn, the council's president.

The campaign has been joined by more than 160 national organizations, and by city and state public officials and civic leaders. They will unite in creating an awareness of the special holiday hazards, and will enlist voluntary cooperation from every American to hold accidents to a minimum this Christmas.

The year-end holiday season is the most dangerous period of the year, Mr. Dearborn said, and accidents annually mar the celebration in thousands of homes. Traffic accident deaths on both Christmas Eve and on Christmas Day are about twice as high as the annual daily average.

This year, with the holiday consisting of four days for many

persons, the toll could be even higher than the 31 traffic deaths reported during the four day Christmas week end last year, Dearborn warned.

Travel is especially heavy over long holidays, which encourage traditional family get-togethers even when members must drive a considerable distance. The festive spirit of the season, plus the normal winter hazards of bad weather, slippery roads and longer periods of darkness create added danger.

- For a safe and merry Christmas, the National Safety Council suggests these precautions:
1. Driving or walking, put the Christmas spirit of good will towards men into practical use by being extra courteous to others. And take your time.
 2. If streets are icy or slippery, keep your speed down and your caution up.
 3. If you imbibe Christmas spirit in liquid form, stay away from the steering wheel of a car.
 4. Avoid home hazards, too. Don't use candles, be sure fire wires and wiring are in good condition and keep gift wrappings away from the fireplace or other source of heat.

Population Taking Drop In Majority Of Area Counties

Centre was the only one of six south central Pennsylvania counties to show an increase in population between 1940 and 1950, the bureau of the census at Washington noted last week in releasing the official county totals of the 1950 census in the United States.

Centre County increased from 52,008 to 55,922 in the decade for a 7.5 percent increase, fourth largest in the state. Bucks county, with a 1950 population of 144,650, showed a 31.5 percent gain to lead the state. Delaware county gained 33.3 percent and Cumberland county 21.3 percent.

Cambria county, with 209,541, in 1950, dropped 1.3 per cent in ten years; Clearfield county was down 6.7 percent with a population of 85,957, and Huntingdon county declined 2.3 percent to a population of 40,912.

State county population dropped from 140,358 in 1940 to 139,314, ten years later, a reduction of six-tenths of one percent. Bedford county lost one-tenth of one percent with a 1950 population of 48,774.

The six county south central Pennsylvania area dropped from 81,394 in 1940 to 87,181 a decade later, a loss of 8.55 percent.

Pennsylvania's total population of 33,096,022 was a "net" 1.8 per

Ebensburg Woman Loses Eye In Crash

An Ebensburg woman lost an eye as a result of an auto accident on icy Middle Avenue, in Johnstown, on Saturday night.

Police said Mrs. Jessie Crawford, aged 41, of South Center Street, Ebensburg, underwent an operation for removal of the eye on Sunday. Her condition is reported as fair.

Mrs. Crawford was reported to have been thrown out of her car when it skidded into an iron post shortly before 11 p. m. Saturday. Besides the injury to the right eye, she suffered a cut of the scalp and bruises of the body.

Ohio Hunter Finds Human Skeleton In Windber Area

An Ohio hunter Monday notified Windber police that he had located a skeleton while deer hunting in a wooded area in Ogle Twp. near that town.

Police said Mrs. Jessie Crawford, aged 41, of South Center Street, Ebensburg, underwent an operation for removal of the eye on Sunday. Her condition is reported as fair.

—Erie County ranks first in the value of grapes and cherries produced.

cent gain over the previous decade, although 28 counties reported decreases.

Postmasters Give Mailing Tips to Aid In Fast Deliveries

Time of Mailing Said Especially Important

Postmasters over the north of the county believe a word or two to the wise will help make Christmas as merry as it should be.

The 1952 Christmas season is officially under way. At all of the postoffices there is an enormous job to do. Naturally the main concern of postmasters is the delivery of all gift packages and Christmas cards by Dec. 25.

There are about 154,000,000 people in this country today. More than ever before. More people. More Christmas mail. That means of course that a helping hand from the public really is necessary.

So Postmasters want to explain what can be done. As for all of our local postoffices, they're getting ready to do a good job.

Postmasters have briefed their employees on what to expect. It is predicted that the Christmas mail this year will set an all-time record, exceeding even that of last year.

Time of mailing is especially important, and the earlier the better. Postmasters emphasize it is everybody's business to follow the timetable for Christmas mailing. Parcel post mail to service men overseas, had Dec. 5 as its deadline, and for out-of-state, Friday of this week is the suggested deadline. Local and state delivery should be mailed by Dec. 10. It would help a lot.

Since there are lots of folks who still want to send packages to loved ones overseas, the suggestion is made that all gifts now going abroad should be sent by air parcel post, and all holiday cards by air mail.

Stock up on supplies of sturdy cardboard, strong cord, wrapping paper, and parcel post labels. Then mail your gift packages two or three at a time. If you wait to mail them all at once, congestion increases.

Wrist Drop Advent Hard On Alcoholics

Alcoholics are in a bad way when they get wrist drop. They can't raise the glass to their lips.

Wrist drop and foot drop are manifestations of alcoholic neuritis.

Neuritis as seen in heavy drinkers is an inflammation of the nerve.

This condition is not directly due to the alcohol but to the nutritional deficiencies which accompany alcoholism.

Neuritis does not appear in all alcoholics, but only in some of those who do not eat when they drink or whose diet is in some way inadequate.

Vitamin deficiencies, the effect of antivitamins and vitamin imbalance, all are implicated in alcoholic neuritis.

It has been shown that individuals may take massive amounts of alcoholic beverages and not develop neuritis, provided they eat enough.

Alcohol, itself, does not cause neuritis of this type.

The same symptoms may be found in cases of malnutrition and pellagra.

The vitamin content of alcoholic beverages is low, although beer has the caloric value of milk, and wine the caloric value of soft drinks.

Treatment of alcoholic neuritis consists of vitamin replacement, care of the medical and surgical complication of the alcoholic condition, and physiotherapy.

The prognosis is good for mild cases of alcoholic neuritis.

The patient who insists upon drinking himself into the delirium tremens class, and sees flying skinks, needs a lot of help.

'Meet Your Doctor' Pays Dividends Prior to Operation

"Mrs. H., meet Doctor D." That was a happy introduction.

Mrs. H. was facing a surgical operation, she knew her surgeon, but she was concerned about who was going to administer the anesthetic.

She wanted to know what was going to be done by the anesthesiologist, how much it was going to hurt her, and how she would feel afterward. All of these are of importance to a patient who is about to be operated upon.

There is considerable premeditation necessary to prepare the patient for operation. Premedication has four desirable aims. First, to allay apprehension; second, to decrease pain; third, to suppress undesirable reflexes and fourth, to counteract undesirable side effects of the anesthesia and anesthetic agents.

The visit of the anesthesiologist with the patient before the operation does them both a lot of good. It tends to lessen the patient's apprehension and gives her a feeling of confidence in the anesthesiologist. The anesthesiologist has opportunity to study the patient and to review the patient's history or previous surgery, allergies, respiratory and circulatory peculiarities. Good anesthesia starts with a personal and adequate evaluation of the patient.

Girl Hurt In Crash Near Carrolltown

A Portage area girl was injured last Thursday night in a two-car accident on Route 219 near Carrolltown.

Lois Long, 19, Portage R. D. 1, is a patient in Miners' Hospital, Spangler, with back injuries suffered shortly before 11 o'clock

when the car in which she was riding reportedly was sideswiped by another automobile.

Hospital attendants list the girl's condition as satisfactory. Driver of the car was the Long girl's brother, Raymond, 23. He was not injured. Mrs. Clara Long, their mother, also was a passenger, and received dispensary treatment in the Spangler institution.

State police of Ebensburg subdivision identified the other driver

involved as Paul Hicks, 21, of East Freedom, Blair County.

SUSPEND CLASSES
Pittsburgh.—(PNS)—When a cache of 150 dynamite caps was uncovered at St. Raphael's School here, classes were temporarily suspended while a squad of 31 policemen scanned the area for other caps, but without success. No explanation could be given for the presence of the caps.



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OPEN EVENINGS UNTIL 9:00 Beginning Wednesday, December 10				
KARPS CREDIT JEWELERS "GIVE A GIFT OF JEWELRY"				
Tenth Street		Barnesboro		
 FRATERAL RING Choice of "his" lodge emblem in 10K gold. \$24.95	 1881 ROGERS 52 piece service for 8. Complete with chest. \$49.75			

GIVE YOUR DARLING A Gift She Can Wear



Young as she is... she's a female at heart and nothing will thrill her more at Christmas than a gift she can wear—a pretty little dress, which—around skating skirt, a colorful sweater... Big ideas for little girls—and "baby" items—at low prices.

Lowly Holiday Frocks in newest styles, arctic, overland, cotton and other quality material. Sizes 8 Mo. to 18 Mo.; 1 to 3; 3 to 6, and 7 to 14.
\$2.95 to \$6.95

All wool long sleeve cardigan and all wool angora alpaca in a wide selection, bright colors and soft pastel.
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A fine selection of purses, hats, gloves, slippers, pajamas and many other fine gifts for children and teens.

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On Dec. 15-19-20-22-23!
On Christmas Eve (24th)
Until 8:00 P. M.

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Nose Has Several Other Functions Besides Smelling

The nose has other functions besides smelling, and being something for people to look down on.

The nose is part of the natural airway in man.

It serves to make the breathed-in air acceptable to the delicate air cells of the lungs.

The nose warms and humidifies the air and removes from it irritating foreign matter.

In addition, the mucous membrane of the nose secretes a constant blanket of sticky fluid which protects against the invasion of germs.

In fact, this nasal mucous contains an antiseptic substance which dissolves many germs breathed into the nose.

There are also hairs just inside the nostrils to protect against the invasion of foreign matter.

A common disorder of the nose is rhinitis, an inflammation of the membrane lining that causes a stopped-up sensation.

Catarrh is a popular form for an excess of secretion, a disorder usually due to infection of disease.

Infections, allergy, extremes of temperature, exposure to chemical fumes and drugs cause pronounced swelling of the nasal tissues, increased mucous flow and a noticeable change in the acid-base balance of the nasal secretion.

In nasal disorders, the aim is to restore the free passage of air and occasional use of a substance to constrict the blood vessels of the nose is indicated.

As in the common cold where there is no proven treatment, the idea is to clear the nasal passage-way, control secondary infection and make the patient as comfortable as possible.

MANSLAUGHTER INDICTMENT
Somerset (PNS)—Twenty-four-year-old Norman E. Crider, of York, has been indicted by the Grand Jury here on four charges of involuntary manslaughter as the result of an accident on the Pennsylvania Turnpike, in which four persons were injured as a bus Crider was driving sideswiped a truck loaded with steel.

—The Delaware River forms the eastern boundary of seven of Pennsylvania's counties.