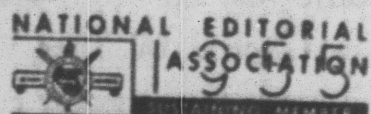


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MEMBER OF PENNSYLVANIA NEWSPAPER PUBLISHERS' ASSOCIATION The endeavor of the Union Press-Courier is to honestly represent organized labor in all efforts to obtain economic freedom. Material for publication must be signed by the writer as an evidence of good faith.

A Plaque for An Outstanding Native

A couple of weeks ago the writer had the privilege of being invited to a private showing of a film depicting the medical life of Dr. Lawrence F. Flick, a native of Carrolltown, who has imprinted his name and memory in medical history as one of the prime proponents of what now are the methods followed in the control of tuberculosis. It is within the memory of many of our readers that the ravaging "consumption" spelled doom to those so afflicted. No longer is that the case.

The film is in the possession of Dr. L. A. Wesner of Johnstown, who is prominently identified with the Society for the Prevention of Tuberculosis. We had the privilege of seeing it at the home of Mr. and Mrs. Bernard Flynn of Carrolltown. Dr. Wesner is of the thought that it would be fitting and proper that a permanent recognition of his birthplace be marked with a plaque of some enduring marker. The house in which Dr. Flick was born is still standing—about three-quarters of a mile south of Carrolltown. The thought of Dr. Wesner likewise will have the support of a host of others in this area.

There may be some question as to which Northern Cambria native during his lifetime actually did the most for mankind. It is our belief that Dr. Lawrence Flick should be accorded that honor, and we'll take an active part in helping promote Dr. Wesner's thought. Dr. Flick was born Aug. 10, 1856, and was graduated from the classical course at St. Vincent College, Latrobe, in 1875, and from the Jefferson Medical College at Philadelphia in 1879. He died in Philadelphia in 1937, at the age of 81 years.

Dr. Flick spent the greater part of his lifetime in the study of the disease that has been such a plague on mankind—tuberculosis; and in his research made for himself a place in medical history among those of the great. He died of heart disease. Yet as a youth he had cured himself of the "white plague." Other physicians at that time were skeptical when he originally asserted tuberculosis was contagious, not hereditary. But he proved his point, and he also proved that the disease—known for generations as consumption, mankind's greatest single scourge—could be cured. At the time of his death, in a great measure due to his efforts, tuberculosis had dropped to sixth among all causes of death in the U. S. It probably rates even lower now.

Following graduation as a medic, Dr. Flick practiced for a year in Philadelphia, and then had to forego practice because he was stricken with the disease. With little money and few prospects of earning much because of his weakened condition, he set out for California in an effort to conquer the malady and regain his health. It was that trip that put him on the track of a treatment for TB and led to international fame as a physician.

In California Dr. Flick obtained work on an orange ranch near Los Angeles, making orange boxes for 3¢ apiece. He was unable to work for more than half a day, and the limited pay he received meant a limited food supply. He arranged an eating schedule which consisted of one full meal a day, supplemented with oranges (the ripened fruit was free to the workers) and milk, which could be obtained for 25¢ a pail. The combination of oranges, milk, fresh air and sunshine, with a minimum of physical effort, worked wonders and within a year Dr. Flick gained 60 pounds and complete recovery.

That simple treatment, rigidly adhered to by this Carrolltown native, became a standard practice throughout the medical world and proved a boon to countless thousands of tuberculosis sufferers after Dr. Flick proved its worth on himself and his patients. He returned to Philadelphia, resumed his practice, and read and studied every book and pamphlet about tuberculosis then available. He became convinced that the prevalent theory that the disease was hereditary was wrong.

His medical colleagues were skeptical, but he proved his point in a practical test in a Philadelphia area where research disclosed the disease was attached to houses rather than to families. To prove his findings, he made similar studies in the same houses of the incidence of smallpox, typhoid, scarlet fever and diphtheria. Results were almost the same and his theory was vindicated.

He then took the next logical step—a demand for special hospitals for the treatment of tuberculosis, and a couple of them were afforded. He helped to found the Free Hospital in the Quaker City and became president of White Haven Sanatorium. Henry Phipps, Pittsburgh steel magnate, became interested in Dr. Flick's progress and the two gentlemen went to Europe. It was then that the Henry Phipps Institute for the Study and Prevention of Tuberculosis was conceived, with Phipps' millions and with Dr. Flick as the guiding light. Out of it tuberculosis truly became a conquerable disease and Dr. Flick's name lastingly engraved in medical history.

The film that Dr. Wesner shows in the interest of the Society for the Prevention of Tuberculosis depicts the battles Dr. Flick had with his medical colleagues in advancing his theory of treatment. Absolute skepticism was mostly the reception he first received. Vividly shown was the attitude of doctor, patient and family when someone was stricken with TB. Some of the very important features of modern-day treatment, such as fresh air and plenty of it, were forbidden by the doctors. If you had "consumption" you were as good as doomed.

But Dr. Flick never forgot his native community despite his ceaseless efforts in the battle to wipe out tuberculosis. He found time for other interests. He used to like to visit his home community from time to time, and his particular hobby was a study of church history of the Catholics in America and of the history of the Benedictine Order in our own area. He wrote several authoritative treatises and was one of the founders, and for years president, of the American Catholic Historical Society.

He won many honors from educational institutions, medical groups and historical societies throughout his lifetime. In fact, awards, not stoppings, marked his later life. Northern Cambria County has produced many men who became more or less famous. Perhaps Charles M. Schwab was our greatest industrialist, but Dr. Lawrence Flick has etched his name on the good of humanity itself. Had it not been for the control of tuberculosis, countless numbers of people who have lived to advanced ages would long before have gone to their graves.

The idea of a plaque or some fitting permanent memorial to perpetuate the memory of Dr. Flick's birthplace should be the common thought of our residents. Dr. Wesner, incidentally, is anxious to show his film to Northern Cambria service clubs and other organizations, and their memberships will find it both interesting and educational. You may reach him by addressing "Dr. L. A. Wesner, Johnstown, Pa."

"As I See It"

By STATE SENATOR JOHN J. HALUSKA

Well the Hoxsey Clinic at Portage is really making world headlines.

The Pure Food & Drug agents, backed by the American Medical Assn., made their second raid upon this outstanding American institution endeavoring to confiscate medication that is being used for treatment of suffering humanity.



Sen. Halsuka, concerned and my interest in the matter. Unfortunately, however, it is a game of a million cats and one mouse and I hope to "mouse" them to death before I come to the end of my trail.

The Hoxsey Cancer Clinic is open as usual and will continue to operate for many years.

The American Medical Assn. is really beginning to look silly in endeavoring to match illegally our precious medication just so they may be able to break it down and learn for the first time how cancer patients are being treated. With them it is quite apparent that they have adopted the 2-G system, and that is "Gold before God"; but with us the records show that we are interested in those poor victims who have been butchered and burned, and then sent to us for relief and hope.

We can save the AMA all of this embarrassment of acting like school children by making raids upon this institution and show them first-hand how cancer is being treated.

Any doctor who has any courage within his heart is welcome to come to Portage and spend six months in our institution—or if he wishes he may go to Dallas, Tex., which is a larger institution—and be trained in the proper technique and the various methods used in coping with this great disease.

Every drug that is used at the Hoxsey Clinic in Portage is the approved type that can be purchased in any drug store in the country. There is no secret in the formula that is used at Portage insofar as the drugs are concerned, but the secret, if you will call it that, lies in the use of the proper combination of these

drugs that the AMA just has no knowledge of.

For a simple illustration, you may take an Aika Seltzer tablet and place it in your mouth. It has no effect upon your system. Or you may drink a glass of water, and it has no therapeutic value. But drop the Aika Seltzer tablet in a glass of water, and then immediately a reaction is created.

So it is with the treatment of cancer. The combination of various drugs has been the Hoxsey formula of which the whole world is now talking about. The AMA and its members who are guilty of these raids should bow their heads in shame and feel that they are committing a crime in endeavoring to stop our institution from treating humanity.

Our clinic is only six weeks old and already we find that it is impossible to take care of all the patients who are pouring in from all parts of the country.

We shall be only too happy to train doctors who are interested in learning our secret so that they in turn can go back to their respective hospitals and take care of the thousands of people who are dying daily, having been afflicted with this dreadful disease.

Again we remind them that Wm. CHILLICOTTE, the doctor who took 30 patients whom they had diagnosed as terminal cases and whom they can no longer cure or give hope to, and placed them in our hands, and the other half under their, without charge, and then take a human count six months from the first day of treatment and see how many we have saved and the amount they have saved, if any.

This proposition is being placed on the table to make them "put up or shut up" and the American people are demanding this showdown.

So either they come to our clinic and be treated under our direction in the treatment of cancer or have them place patients under our care that they have failed to save and determine once and for all whether the AMA and the Hoxsey Cancer Clinic is treating and curing cancerous patients. Stealing our tablets is just as much a robbery as that is not treating cancer, and by this time the cats should know that the mouse is not playing.

SEN. JOHN J. HALUSKA through the town.

Patton is a bustling town and has availed itself in creating an atmosphere of new industry to it in obtaining new industry.

Timber was one of the principal industries, along with coal. Some of the timber was used for making hedges for pick-up trucks, wagons and buggy spokes, which were in demand. An iron foundry was set up to produce mining equipment, and development of coal brought the railroad and expanded the timber industry into props and mine ties.

A Phillips-Jones shirt factory in Patton employs over 500 persons, and several other men are employed in the clay works.

There are many churches in town and their members are a very liberal people. There is a fine feeling of religious tolerance and cooperation in the community.

Patton also can be proud of its fine public park and swimming pool, and its local administrations are to be congratulated on their efforts in having Cheat Creek straightened out, making the town free from floods.

There are many other expenses that the farmer can include in arriving at his net profit. The thing to remember is that expenses for personal use are not deducted. The maintenance of the farm, for example, are medical expenses, for example, are not business expenses. If there is any question about whether or not an expense should be deducted, consult the local Internal Revenue office.

LETTERS TO JANE

By A. PAULINE SANDERS, PH.D. Irona, Pennsylvania

Dear Jane, Truly we are in the midst of arriving at his net profit. The thing to remember is that expenses for personal use are not deducted.

In a split second there is a rumble of thunder mingled with the flashes of lightning, accompanied by rain in varying degrees.

Yes, Spring is here. To the young men it means it take 30 patients whom they had diagnosed as terminal cases and whom they can no longer cure or give hope to, and place them in our hands, and the other half under their, without charge, and then take a human count six months from the first day of treatment and see how many we have saved and the amount they have saved, if any.

Professional cleaning is recommended because carpet sweepers and vacuum cleaners cannot remove adhesive atmospheric soil or prevent some traffic soil and dust from penetrating to the base of rug caps. Clean rug will give added years of satisfaction—lasting longer and remaining more beautiful.

Professional rug cleaning—a product of the scientific, commercial and live—is one of the fastest growing service industries in the nation. In 10 years its volume has increased from \$35 million, annually.

Here is an authentic Pennsylvania Dutch recipe for Dandelion Salad:

Wash and chop 4 cups dandelion. Cut 3 slices of bacon into pieces and fry until crisp. Remove bacon bits from the drippings. Mix 1 1/2 tablespoons flour, 1 teaspoon salt, 2 tablespoons sugar. Add 1 egg, 1/4 cup vinegar, 2 cups water or milk. Stir until well blended with drippings. Cook until thickened. Cool slightly. Pour over dandelion greens and mix lightly. Garnish with sliced or chopped hard cooked eggs. Use 3 eggs for this amount of greens. Sprinkle bacon bits over the top.

When the first slender spears of asparagus appear in stores or in your yard it is spring. Like the first robin, fresh asparagus means the cold winter days are behind us.

The season for this vegetable is relatively short. During the 3 months of its season we should enjoy it to the fullest. The fresh asparagus means the ability to cure everything from toothache to drowsy, from heart trouble to being stingy.

Today we take a more realistic approach to the health aspect of asparagus. We know that it is rich in vitamins and in the various mineral salts.

Green asparagus, especially in a good source of vitamins. Recent research has shown that it is a source of rutin, a substance which helps maintain the good health of the capillaries—the minute blood vessels.

"Grass," as it is called in the produce trade, also is valuable for the cellulose it contains. A certain amount of milk should be consumed every day in order to maintain good health. The white part of the stalk can be eaten as well as the tips. Even the tougher portions normally disregarded make a delicious dish when sliced very thin, stewed until tender and served in a light cream sauce. A single spear contains a mere two calories—what good news for us who watch calories!

Good asparagus should be tender. The tips should be removed and spread. The stalks should be straight and quite brittle.

Cut or break off each stalk as far down as it snaps easily. Remove scales with knife. Wash thoroughly, using a brush.

The 5 or 6 stalks in a bundle with a string. Stalks upright in the bottom part of a double boiler. Sprinkle with salt (about 1 teaspoon). Pour in 1 to 1 1/2 inches of boiling water. Cover with double boiler, inverted. Boil 15 to 20 minutes or until just crisp-tender. Lift out by placing the string with a fork. Place on platter or plates. Cut strings.

Using this method for cooking is bound to result in a uniformly cooked stalk.

Facts About Cambria County

By MAHON BAUMGARDNER, Cambria, Pa. COUNTY JUDGES, AND PATTON BOROUGH

Judge Francis J. O'Connor, who signed the petition to divide Carroll Twp. into two new townships, was born in Somerset County. He and his brother, John B., opened a law office in Johnstown, and while residing in Johnstown he was elected a judge in 1901. He defeated incumbent Judge A. Barker and died in office later, being buried at the old homestead where he was born. You can see his marker in the cemetery near his home.

James W. Leech, who represented the petition, was born in Indiana County and moved to Conemaugh Borough. He was first a school teacher and later was elected county superintendent of schools—being the first county superintendent that I can remember.

Later he studied law, was admitted to the Cambria County bar, and elected district attorney. He was a candidate for judge on the Republican ticket and was defeated by Marlin B. Stephens, who also was born in Indiana County. The latter died a bachelor, making his home with his brother, John H., who also was a lawyer, the two practicing law together.

Stewart Kinkead was prothonotary of the county when his duties also included those of the clerk of courts. Frank Hobb was in the first clerk of courts of this county, and your writer of these articles was the first deputy clerk of courts. He had charge of all criminal cases, and before prohibition days received applications for license. He had charge of bond issues of which there were legion.

All of these men have passed on with the exception of the writer.

This may be a diversion, but many of you who read these articles will have their memories refreshed of some history of which you may know nothing or very little about those men that were at the helm when Carroll Twp. was erected into East and West Carroll Twp. This was on Sept. 5, 1910.

We will discuss briefly the Borough of Patton, which was formed Sept. 4, 1893. This was almost 20 years prior to the formation of the two townships.

When the petition was presented to the court, there were no more than 80 freeholders residing in the part that they asked the court to pass upon. I have in my files the names of the persons who signed the petition. That was in 1893.

The petition was sworn to by E. C. Brown on May 31, 1893, before Justice Paul Zahner. The petitioners were represented by Roland D. Swope, Esq., of Clearfield. The Grand Jury of the June term of Quarter Sessions was presented with the petition, and after a full investigation the majority of its members voted in favor of incorporation. The foreman of the jury was A. L. Longaker. The vote was taken June 5, 1893, and on Sept. 4, 1893, the court directed that the certificate be entered of record. Daniel A. McGough was recorder.

The description of the limits of Patton Borough's boundary is too long to recite. Suffice it to say that both Cheat Creek and Little Cheat Creek passed

LETTERS TO JANE

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Using this method for cooking is bound to result in a uniformly cooked stalk.

There are so many ways to serve this prize vegetable to the family. Try rolling the cooked stalks in thin slices of boiled ham. Place rolls in a shallow casserole and cover with tangy cheese sauce. Bake until piping hot. Lo, the meat and vegetable dish all in one. You may prefer rolling the cooked stalks in egg sauce to cracker crumbs to be fried in deep fat. Use to garnish a broiled steak or serve with Hollandaise sauce.

Speaking of sauces, here are several tricks: Sauté 1/2 cup sliced almonds in 1/4 cup margarine and call it Almond Butter Sauce. Use 1/4 of a cup of sliced mushrooms and 1/4 cup margarine with 2 teaspoons lemon juice and you have Mushroom Butter Sauce. A Bacon & Bread Sauce is made by frying 4 strips of bacon until very crisp. To 3 tablespoons of the bacon drippings add 1/4 cup bread crumbs and heat until browned. Place constantly. Add crumbled bacon.

Although the movement of canned corn for the season has been very good, large amounts remain to be marketed. Grocers' shelves are being stocked from the heaviest supply of canned corn in 5 years. It is one of the best buys right now. Fortunately the rich distinctive flavor of juicy corn kernels makes it a favorite among vegetables.

Fried corn makes high both at the table and on a picnic. It is a "just right" when the family goes fishing.

The pepper and onion can be prepared at home. The other ingredients can be measured and ready to add when it time to put it together at the camp fire. It is a mouth-watering side dish. Here is the how:

Melt 2 tablespoons margarine in a frying pan. Add 1/2 cup chopped onion and 1/4 cup chopped green pepper; 2 1/2 cups whole-kernel corn, drained; 1/2 teaspoon salt and pepper. Cook until vegetables are dry and lightly browned. Add 1/4 cup milk or cream and heat thoroughly.

Canned corn stands ready for all sorts of menu uses—in soups, fritters, puddings, cold vegetable salads, and vegetable combination dishes. In many of these it is a preference whether you use cream-style or whole-kernel style corn.

But for CORN and EGG CASEROLE it is best to use cream-style. Toss it with sautéed celery, onion, bits of ham and chopped parsley. Top it with eggs in nests made from shredded ham. Result is a one-dish meal that is different and a promise will be popular.

Saute 1 medium onion, thinly sliced; 1/2 cup chopped celery in 2 tablespoons drippings or margarine. Cook 10 minutes. Add 2 cans or 4 cups cream corn and about 1 cup ham bits or deviled ham. Cook over low heat for 10 minutes. Turn into a well-greased casserole. Break 4 eggs over the top. Arrange ham bits around eggs to form nests. Bake in a 350 deg. oven for 25-30 minutes or until eggs are done.

By the way, the next time you make baked corn, substitute cheese-flavored crackers. I use about 30 crackers or 2 cups milk, 1 can corn, to 3 eggs. With these amounts of milk and eggs it is wise to set casserole in a pan of hot water for baking. The texture should be light. Cheese crackers add protein food value.

A smart corn relish can be made from 1 box or 1 can of

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