



Food

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By
CURTIS HOWE SPRINGER
Pres. National Academy

As houses well stored with provisions are likely to be full of mice, so the bodies of those that eat much are full of disease.

—Diogenes.

All the world is chasing the rainbow of life endeavoring to find a pot of health, happiness and success at its end, and as the children of old in the fables quest, we are lost seeking it and it is always just beyond. There is now a true philosophy that teaches us that health, happiness and success are within us, and that we have no need to wander far from home on a tiresome pilgrimage.

Science unfolds at last the secrets of youth and the reason for the decrepitude of old age. It tells most interestingly the adventures of man of history who sought to prolong their youthfulness, Philethes, by bathing in the blood of innocent boys; Kreages, by eating the brains and drinking the blood of his slaves fattened on eels; of Ponce de Leon, who discovered Florida in his search for the fountain of perpetual youth; and the men and women of today listening eagerly to the promises of patent medicine "phonisms" which restore health and youth with a dozen bottles.

Science makes promises as radical as any of the fakirs of history but it has the endorsement and testimony of the honored thinkers and is based upon Natural Law, the expression of the Divine will of the creator. It solves the problems of youth and old age, declaring decrepitude but one of the many diseases the human race suffers because of a violation of Natural Law.

The trees and animals do not worry about living their allotted time, they obey the laws of God and unless man interferes with them as he has with his own development as it takes to mature.

It is not perpetual youth that we really desire or should wish to maintain; what we wish is perpetual youthfulness, the health, vigor, and optimism of early years. The normal, successful person does not wish to be always twenty-one; he says with Browning:

Grow old along with me!

The best is yet to be,
The last of life, for which the first
was made!

Our times are in His hand
Who saith: "A whole I planned,
Youth shows but half; trust God;
see all; nor be afraid."

Birth, growth, reproduction and death are the order of life, but the question for us is: Are we living as long as Natural Law indicates that we should live. The goose lives from eighty to a hundred years, the horse from twenty to forty, and all animals live five to ten times as long as it takes them to mature.

Man's failure to do as well is no ones fault but his own. He thinks he can cheat Natural Law and then buy something to pay the damages. Antidote after antidote has been given for the infirmities of old age but that was considering "Old Age" as a necessary evil; now when we know that "Old Age" is a condition brought on by wrong living and destructive thinking, and that you can be eighty years young as well as eighty years old, we can adopt methods to prevent and sure senility.

(Continued Next Week)

-Brooklyn-

Calvin A. Fisher, Correspondent
Phone Dallas 300

Mr. and Mrs. Harry Garrahan spent the week-end in Johnson City, N. Y., where they visited at the home of Millard Eaves.

Mrs. Emma G. Shaver, who has been under the doctor's care for the past several weeks with glaucomas of the eye, is considerably improved, a fact her many friends will be pleased to learn.

Among the Brooklynites who attended the Bloomsburg Fair on Friday, were Mr. and Mrs. Clyde Veitch.

Mrs. Him of Wilkes-Barre, mother of Thomas Him, spent the past week at the katters' home.

Construction work on the new community hall which is being erected by J. L. Sullivan, is nearing completion. The hall, when completed, will be one of the finest in the Back Mountain section. It will be used for banquets and athletic events.

-Ceasetown-

Born, to Mr. and Mrs. Alex Czelusniak, twin boys. Mother and boys are getting along nicely.

Mrs. Kathryn Yudicak and Mrs. Kathryn Palvick spent Friday afternoon with Mrs. Amos Reakes of this place.

Lower Electric Rates for Customers of Luzerne County Gas & Electric Corporation

WE are pleased to announce that effective November 1, in accordance with a revised tariff schedule now on file with the Public Service Commission of Pennsylvania, residential customers served by this company will receive a substantial reduction in electric rates. The total saving to all customers will amount to approximately \$90,000 annually.

The new net monthly rates for residence service follows:

9¢ per k.w.h. for any part of first 30 k.w.h.

7¢ per k.w.h. for any part of next 30 k.w.h.

4¢ per k.w.h. for use in excess of 60 k.w.h.

Minimum charge for consumption
of 11 k. w. h. or less per month, \$1

We have also filed revised schedules covering commercial lighting and agricultural service, in which the first block of k.w.h. has been reduced from 10c to 9c per k.w.h.

This is the second reduction in electric rates made in two and one-half years, aggregating savings to customers of about \$190,000 annually, and is in line with the company's policy to share with customers any economies effected by improvements in operation or through increased use of the service.

We hope these lower rates will still further promote the use of electricity throughout our territory.

Luzerne County Gas & Electric Corp.

A. J. LLEWELLYN,
President

"No Community Can Grow Faster Than Its Public Utilities"