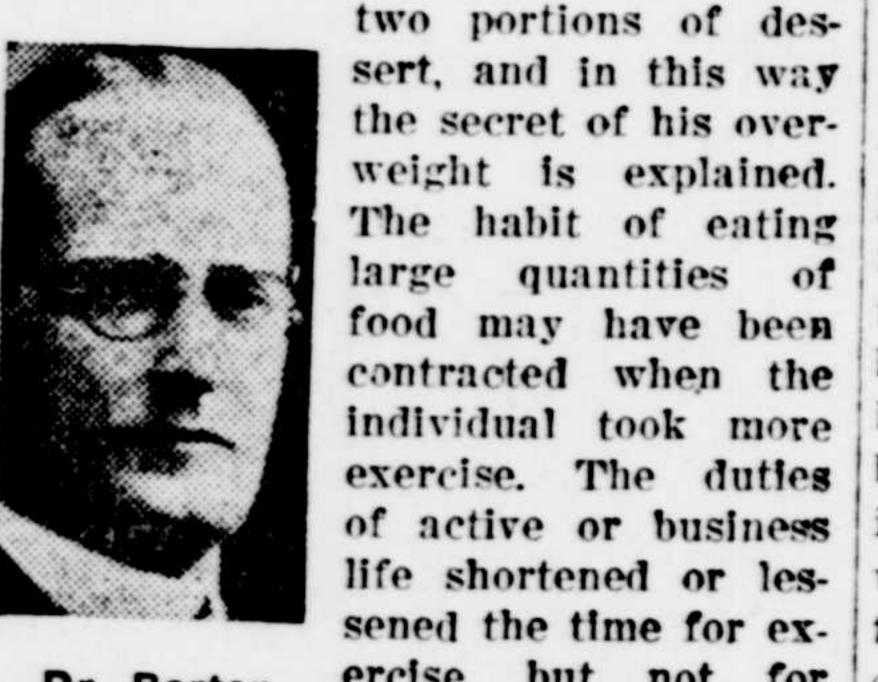
DR. JAMES W. BARTON Talks About

Safe and Sure Reducing

66 HE treatment of obesity (overweight) is far more simple than we are often led to Plan Aims To Protect believe. During the course of the treatment the patient's strength should improve and his cheerfulness be maintained. Obesity is due to too much food and too little exercise. Insufficient thyroid juice may ercise causes obesity."

take fruit between meals, or to enjoy Fish Protective Association.



amount of exercise."

Old Words Still Apply.

weight-pride in one's appearance- get out if the quail are surprised by a was the biggest factor twenty-five stray dog or cat or wild enemy, as a years ago in getting these individuals hawk, owl, fox or weasel. This way

and also because they increase the rate at which the body processes work, thus further preventing the formation of fat.

ering of the body weight.

Exercise Holds Protein.

Exercise helps to hold or maintain protein in the system because exer-

al weeks' trial.

The pituitary extract which is used In these cases when the excess fet | When April comes, the boys and girls is on shoulders, breasts, abdomen and who have taken part in this conservahins, but not on the lower legs or fore- tion activity, should write to C. Clemwe but at that time. . . .

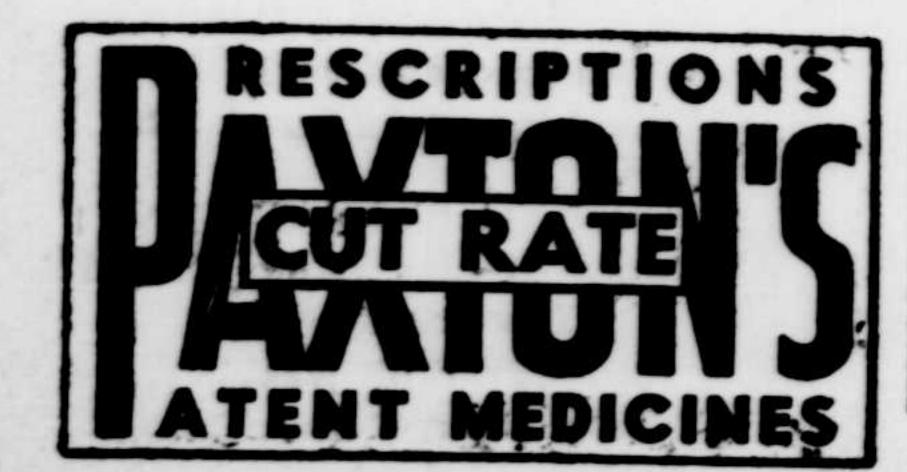
A Patient's First Visit tor is in a state of fear. He is thereby more easily influenced by 'suggestion' award the cup. and the attitude of the doctor, whether | Last year the cup was won by Miss encouraging or discouraging, can pre- Hilda Page of Stemmers Run, Baltifoundly affect the nervous system through the emotions, and thereby practically every chemical action throughout his body may be affected. Herein is the scientific explanation of the fact that the best of tonics is

"But an essential factor in hope is faith. The patient must believe in his doctor, in his knowledge, care, and

"The doctor will have to give good grounds for his faith, and in order to inspire this faith no aspect of the case must be neglected." I am quoting Dr. W. Langdon Brown

in the British Lancet.

Wm. Pepper Constable ATTORNEY-AT-LAW Macyland Trust Building BALTIMORE, MD.



Boys And Girls For Protecting Game

State Game And Fish Protective Asso. Offers Cup

Game Birds In Winter By Feeding And Sheltering

A public-spirited member of the occasionally account for a case, but Maryland State Game and Fish Proin ninety-nine cases out of one hun- tective Association has again, as last dred too much food and too little ex- year, come forward and offered a cup, even better than last year's, to be The above was written by Dr. Elli- awarded in April to the Maryland boy ott P. Joslin of Boston twenty-five or girl between the ages of ten and years ago in Modern Treatment, edited eighteen, who shall, in the winter of by Dr. Hobart A. Hare, professor of 1936 and 1937, do the best piece of work therapeutics and materia medica, Jef- in Maryland in feeding and protecting ferson Medical college, Philadelphia. | bob-white quail, partridges, ruffed | "Excess of food. Eating is much of grouse, pheasants, doves and other game a habit. Thus the patient may be ac- birds. The contest will again be sponcustomed to eat before retiring, or to sored by the Maryland State Game and

The winters of 1934, 1935 and 1936 the secret of his over- were very hard; the latter part of last weight is explained. winter was unusually severe and wild-The habit of eating life has suffered greatly. The cold is food may have been that causes the distress and death of the contracted when the birds. When ice and snow cover every individual took more bit of seeds, berries, grass, etc., the exercise. The duties birds have nothing to eat when the need of active or business is the most pressing. The colder the life shortened or les- weather, the more the birds must eat sened the time for ex- to keep warm to supply the extra enbut not for ergy to work and escape their enemies. Constructing and attending to feed-"Lack of exercise. Lack of exercise ing stations, as they are called, is being is fully as common a cause of over- done by many of our grown-ups and is

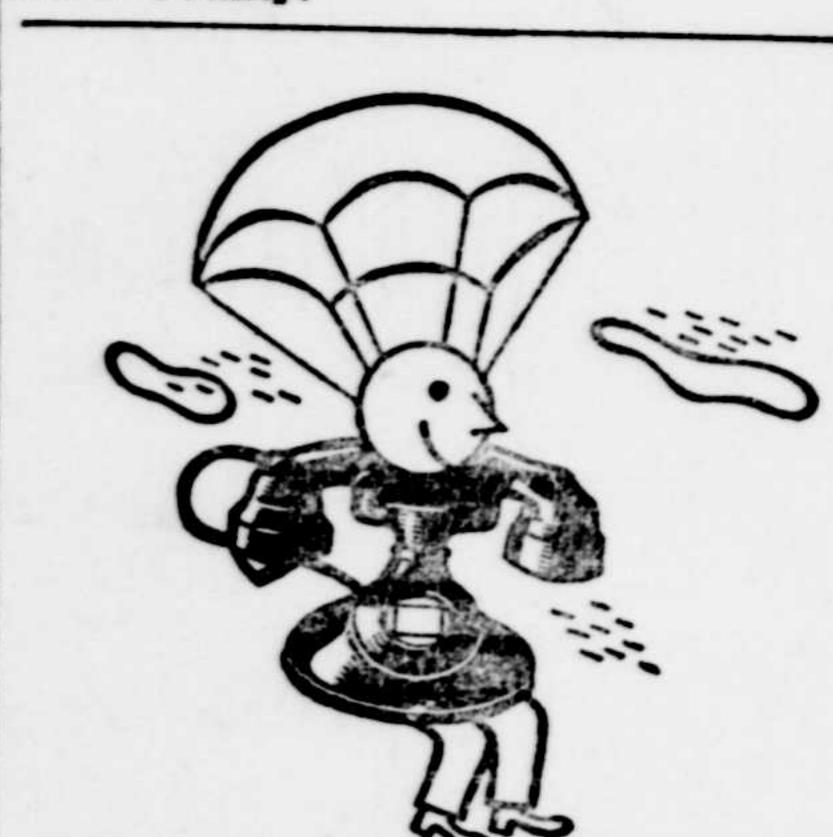
weight as increasing the amount of stimulating and delightful recreation. food eaten. Two individuals may exer- All that is necessary to do is to find a cise and eat alike, yet one sleep an sheltered place where quail or other who sleeps the hour longer naturally chooses a reclining chair and the other selects an upright chair. One is There are several types of these. One quiet while the other makes frequent is built by setting two sticks in the movements even in the simplest con- ground, having forks or crotches in the versation—always on the move—thus upper ends and placing a "ridge pole" using up the food eaten and prevent- across from one to the other, forming ing gain in weight. Gain in weight a top, lean sticks, branches, boughs, usually takes place at that time in life weeds, brush, cornstalks, fodder, straw when one is most apt to decrease the sheaves, sod, bunches of roots or what you can get. Build in the sticks, etc. first and finish off with the cedar or You can thus see that while these pine boughs or straw or turf, etc. If words from Doctor Joslin are new necessary, tie or sew through this with about twenty-five years old they apply old hay bale wire or tar rope or the like, exactly today as to the cause of nearly to keep the wind and snow from tearevery case of overweight—too much ing it away or in holes. Always leave food or too little exercise, or both. | two or more places open in the ends In the treatment of overweight the or sides opposite each other so there same reason for trying to reduce the will be more than one exit or place to

to eat less food and take more exer- the birds can get out "by the back door" and away. Birds must have small The recommendation as to diet was sharp gravel grit, too, for the digestion that all foods be reduced; that is, the of their food, so be sure to rake away total intake be reduced. Then of the or remove enough snow or ice or sod foods eaten starches and fats should to expose this necessary gravel, either be cut down most and proteids (meat, inside or outside nearby. If there is eggs, fish) very little or not at all. Pronone at that location, get a supply telds are needed to maintain the somewhere else and put it in the shel-

Another good kind of shelter is made by leaning rails or parts of rails or any of the articles used in the other kind of Cutting down completely on table shelter, against a fence or rock or bank. salt in the diet at once causes a low- so as to form a space between. Close parts of the ends, if desired, but do not forget the two places to get out. This type is called a "lean-to." Any kind of feeding station built on the side of a cise develops or builds muscle, just as hill and if on a level place or otherwise, hill is better on the south side of the to be gradually lost. For this reason if located to the south or southeast of a exercise should always be used to re- hill, stand of timber, or even one tree duce weight. It is not generally receg- or bushes or any object that will break mized that muscular work uses up fat the wind force. The ground inside the and sugar but not protein. In other little house should be clean and if words exercise favors the less of the leaves or snow blow in, remove them. very threes which it is most desirable | Scratch grain, wheat, chick grain and to remove in the treatment of ebestly. buckwheat are good food with which Exercise should be prescribed along to keep the shelter supplied and any with the diet above mentioned (cet- boy or girl who cannot otherwise seting down on starches and fats but not cure the food necessary, can obtain a on protestals). The exercise should be supply free of cost to the boy or girl by progressive, regular, and suited to the applying to the local salaried district eeds or ability of the patient to game warden. A little trail of food strewn out a few foot, beginning at the Doctor Jeslin speaks also of the use entrance, will help the birds find the of thyroid extract which was in use food when the feeding is begun especially. Have a trail leading from each on the feed and increasing the exer cared for daily and keep a sharp lookout for tracks or other signs of vermin

arms was not in use for rectuding son Brown, 4016 Parkwood Avenue, Baltimore, Maryland, telling in detail of their accomplishments and the Cup Committee of the Maryland State Game "Every patient who consults a doc- and Fish Protective Association will

more County.



LONG DISTANCE DOWN! RATES

Effective January 15, many interstate Long Distance telephone rates were reducedfrom 5c to \$1.00 each for three minutes, depending on distance. This is the eighth reduction in the last ten years. National Leaders Plan Gigantic Ball to Honor President and Raise Infantile Paralysis Fund



to the Chief Executive's heart, A group of proteges of the Warm Springs, Ga., Foundaton, where and for infantile paralysis sufferinfantile paralysis sufferers are treated. Below, President Franklin D. Roosevelt, whose birthday January 30 is inspiration for the Colonel Henry L. Doherty, for nation-wide parties to raise funds for the fight against infantile the fourth year chairman of the paralysis, and Colonel Henry L. Doherty, national chairman of the national celebration, is being asball for the fourth year.

sisted by many of the country's foremost leaders in plans for the events. Among those on his com-|William T. Manning, Harvey S. | brations the greatest series of mittee are: Vincent Astor, Post- Firestone, Keith Morgan, General parties ever staged.
master General James A. Farley, John J. Pershing, Owen D. Young, Meantime in cities, towns and Ambassador Joseph E. Davies, Howard Chandler Christy, Charles hamlets throughout the nation Will H. Hays, Carl Byoir, general G. Dawes and Admiral Cary T. millions of Americans are making director, Colonel Edward M. House, Edsel B. Ford, Walter P. Chrysler, Capt. Eddie Rickenbacker, picture and theatrical stars are preparations for parties that will eclipse in size and colorful enterpicture and theatrical stars are tainment those of any previous joining forces to make the cele-

The President's

The American nation will again honor the birthday of President Roosevelt on January 30 by RESTORING HEALTH to crippled children.

In every American community, the President's Birthday Ball has been the means of substituting hope for despair in the lives of people afflicted by infantile paralysis.

That it will be again is the greatest tribute the nation can pay to a great leader.

The funds raised by the annual Birthday Ball are divided equally between the Warm Springs Foundation, where Mr. Roosevelt was restord to health, and local hospitals.

Every child victim of the dread malady in America is given courage by the knowledge that a man, afflicted as he, became a President of the United States.

Nothing could be more fitting than that the birthday of Mr. Roosevelt should symbolize this HOPE OF RE-COVERY for every American child making the brave fight he once made AND WON.

Cecil County will join in the celebration with a Ball in the Elkton State Armory

Friday Evening, January 29, 1937

The Committee has secured the services of Billy Isaacs and his Commanders for this Gala Event. Dancing 9'till 1

Help This Worthy Cause

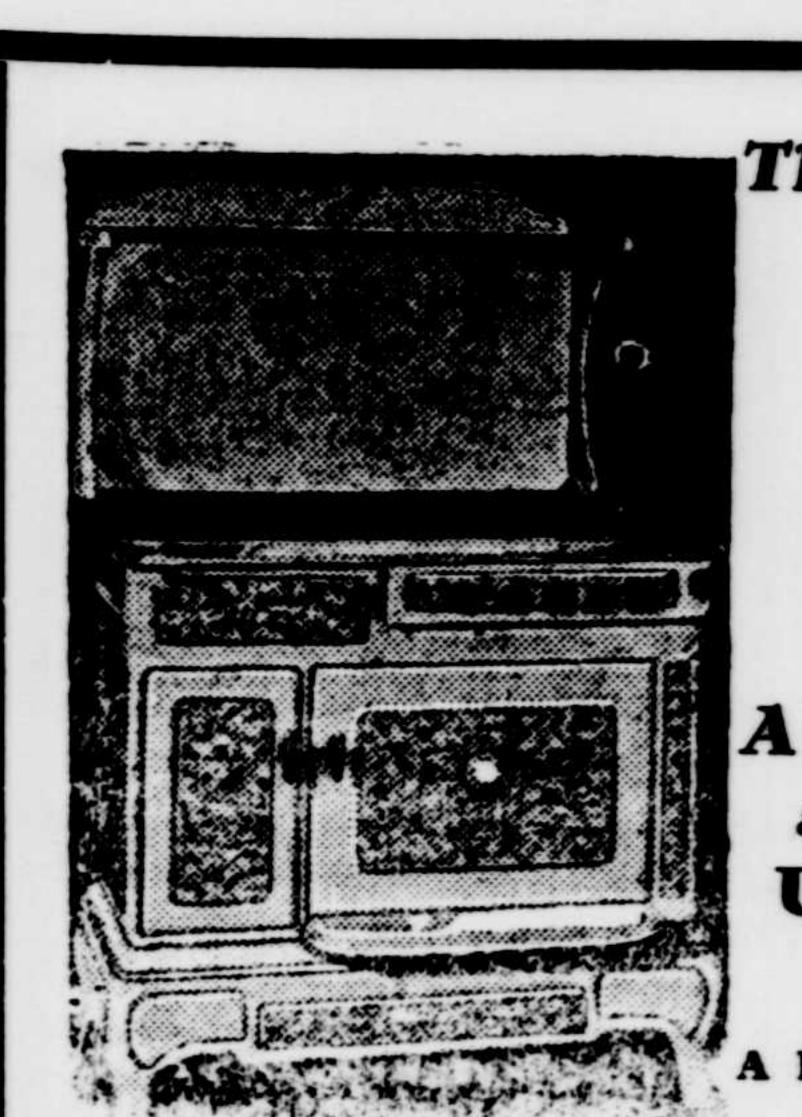


REAL ESTATE, INSURANCE BONDING, AUTOS FINANCED ROBERT J. McCAULEY, Agent ELKTON, MARYLAND Phone 107 Clayton Bldg.

Beware The Cough From a common cold

No matter how many medicines you tated tissues as the germ-laden phlegm have tried for your cough, chest cold is loosened and expelled. Druggists or bronchial irritation, you can get realso know the effectiveness of Beechlief now with Creomulsion. Creomul-sion not only contains the soothing mulsion top for coughs because you elements common to many remedies; get a real dose of Creosote in Creosuch as, Syrup of White Pine Com- mulsion, emulsified so that it is palat-Licorice Root, fluid extract of Ipecac to the very seat of the trouble. effect, fluid extract of Cascara for its factory in the treatment of coughs, mild laxative effect and, most impor- chest colds and bronchial irritations tant of all, Beechwood Creosote is and especially those stubborn ones that perfectly blended with all of these to start with a common cold and hang on reach the source of the trouble from the for dreadful days and nights thereafter. inside. Creomulsion can be taken fre- Even if other remedies have failed, your quently and continuously by adults and druggist is authorized to guarantee children with remarkable results. sion in their own families as well as with results from the very first bottle

with Tar, fluid extract of able, digestible and potent for going powerful phlegm loosening Creomulsion is guaranteed satis-Creomulsion and to refund every cent Thousands of doctors use Creomul- of your money if you are not satisfied in their practice knowing how Creo- Don't worry through another sleepless mulsion aids nature to soothe the in- night-phone or go get a bottle of flamed membranes and heal the irri- Creomulsion right now.



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The Perfect Combination A Bengal Range

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We will also operate Daily Service from Elkton, North East and Perryville to Baltimore, Washington, Frederick, Harrisburg, York, Lancaster and Intermediate Points, and connections to the South.

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