This Week



By Arthur Brisbane

AMERICA'S ENEMY—FAT.
A SHORT-HORN BULL.
A ROOF TO THE EARTH.
10-POUND BABY?—WRONG.

What is more dangerous than ocean travel, riding on railroads, or flying in an airplane?

The answer, given by Mr. Johnson, of the National Life Insurance Company, is FAT.

Fat kills Americans more rapidly than anything else. Fatty degeneration of the heart kills many. Fat accumulates on middle-aged business men, and that kills them before their time.

In old age especially fat is dangerous. And in old age it is most difficult to get rid of dangerous fat. The heart won't stand exercise that might take the fat off. The feeble will cannot control diet.

The safest place in the world as regards accidents is the cabin of a big steamship on the ocean.

Next in safety comes a railroad train, and before long the flying machine will be safer than either.

The man in greatest danger is the fat man past middle age, eating heartily and hurriedly when he is tired. Don't insure him.

Good news for little automobile owners. Gasoline prices are slashed all over the country. Yesterday, in Eastern territory, the cut was three cents a gallon. In the Middle West many buy gas under 14 cents. It makes a big difference to those that count the cost of living and motoring.

It means nothing to the big men; they don't care what gasoline costs. And many of them, owning oil stocks, feel rather sad. A three-cent cut in gas may mean a $30 drop in oil stocks.

A short-horn bull was sold in the Argentine Republic yesterday for $60,000, record price for that breed. The real record is the price paid in this country by the Carnation Farms Company for a Holstein bull—$102,000.

These prices show what can be done by breeding among animals. You can get a perfectly good bull for $40. But a little change in the shape of the animal, produced by a careful selection of the mysterious chromosomes, makes a big difference.

Students of eugenics think careful breeding will produce equal improvement in human beings. They are mistaken.

Learned men, including churchmen, once taught that there was a roof to this earth, solid, held up by its own strength and called the sky.

When Galileo denied it and said the earth was a round ball whirling around the sun, he had to get down on his knees saying that he "retracted, abjured and abhorred his false teachings"—which happened to be perfectly true.

The idea of a solid sky above us, with stars planted in it here and there, faded out. But now the radio experts of the Navy say the earth actually has a "roof" of another kind. It exists, presumably, where our thin atmosphere melts away into the ether, "an ionized region in the higher levels of the atmosphere," the scientists call it.

The "imponderable ether," so dense that solid steel in comparison is like a coarse fish net, certainly does enclose our earth and its thin atmosphere.

Radio waves such as we use may be able to travel outside that atmosphere. If so, science will find some other wave that will take messages to other planets.

If light-producing waves can travel from the sun to the earth, men will find some wave that will carry information from the earth to the sun and beyond.

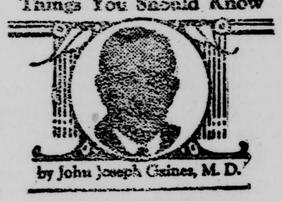
Learn, proud parents, that the much praised "ten-pound boy baby" isn't the thing at all. The average normal boy baby weighs 7½ pounds at birth.

One learned Italian has written a book to prove that women, by special diet, can and should keep the unborn child from becoming too fat for its own sake and for the mother's sake.

We have a lot to learn about taking care of children before they are born, including the science of saving them from piling on fat that makes birth more difficult and is lost right after birth.

About Your Health

Things You Should Know



by John Joseph Gaines, M. D.

Ice Cold Drinks

The invisible microbe is ever industrious to find suitable media for growth, otherwise his implant will fail. Your respiratory passages, your digestive canal, or your eliminative channels must be in a lowered state of vitality, if dangerous bacteria colonize to do hurt. Practice over-loading your stomach until its normal function is impossible; it becomes tired, "flabby" and incompetent. You chill the respiratory passages by unwise exposure—the resulting stasis and congestion at once affords lodgement for active, health-destroying germs. Conversely, the well-cared for digestive tract, and the carefully "groomed" throat are seldom attacked, being in themselves provided with natural antiseptics which resist disease. It is only when defenses are broken down, that this sort of foe attacks.

One of the most harmful practices is the immoderate use of ice-cold drinks. What frozen air is to the breathing apparatus, cold drinks are to the lining of the digestive tract. The walls of the stomach are chilled to a point far below normal, stopping healthy secretion at once. This weakens the delicate glands until bacteria find easy access. Snow and ice should never be swallowed by a healthy individual, no matter how pure they are. It is cold that does the mischief. Surgeons know that a large per cent of appendicitis operations are on ice-water and ice-tea habitues, and that also, there are about five times as many cases in hot as in cold weather. The logical advice is, never drink ice-cold fluids habitually. Never expose the breathing organs to extremely cold air for prolonged periods. Proper observance of these precautions may save a life.

Next Week
DANGER IN COLD, BUT—

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AMERICANS SHOULD PRODUCE THEIR OWN RUBBER.... Harvey Firestone

MARY'S LITTLE BOND

Mary had a little bond,
Secure as bonds can be,
That paid a handsome four per cent—
It was a liberty,

A faker came to town one day
With tales of money made
In Hokum stocks or something such—
And took her bond in trade.

Mary sadly wishes now
That she had been content
To let her fortune slowly grow
At magic four per cent.

SENSE AND NONSENSE

Up-State paper reports that Mrs. Rittenhouse sustained a broken wrist last week, and she has had to give up crocheting while her wrist is knitting.

31 CARELESS DRIVERS AT BUT ONE CROSSING

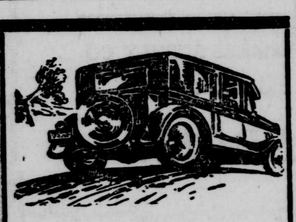
Railroad Officials Check-Up At Two Crossings To Get Correct Number

In the interest of safety and avoidance of accidents at public road crossings, the American Railway Association, Safety Section, are inaugurating a campaign from June 1st to September 30th.

The Pennsylvania Railroad Company, Delaware Division, recently made a check of two road crossings for an eight-hour period, from 7:00 a. m., to 3:00 p. m., Monday, July 6th, with the following results.

Main street crossing, Clayton, Del., 493 automobiles crossing tracks, 12 careless drivers; Straight road north of Berlin, Md., 572 automobiles crossing track, 31 careless drivers.

Between Delaware Junction and Delmar on the main line and branches of the Delaware Division there are 406 public highway grade crossings and 551 private grade crossings. While all of these crossings are not as important as the ones selected for the test, yet the fact that there were 43 cases of reckless driving in an eight-hour period at only two of these crossings, and which cases had possibilities of serious injury or death, indicates an alarming disregard of safety principles, which should receive the serious thought of every one with the view of eliminating the tragedies which so frequently occur.



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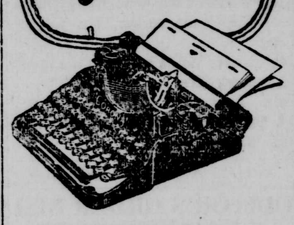
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405. WHITE 406. WHITE RIPPLE

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LOSES WIFE AND FORTUNE

Heir to $108,000 bequeathed to him by his Dover grandmother, Frank H. Donovan, a Los Angeles, Calif., street car conductor, will lose the money because his wife has divorced him.

The divorce was granted Saturday in Circuit Court in Baltimore by Judge Charles F. Stein. Under the terms of the grandmother's will the legacy was to be given to Donovan on condition that he be married before August 14, 1923, and be living happily with his wife by 1930. The Dover grandmother was Mrs. Sallie A. Owens.

Awarded the divorce and custody of her two children, Mrs. Donovan showed to the court a Los Angeles newspaper, dated December 29, 1923, and telling of her husband's legacy under the queer terms of the will. She said she had received none of the money and had not even heard from her husband since he was named a beneficiary under the will. She added, however, that she suspected the Los Angeles newspaper was sent to her by Donovan.

Mrs. Donovan testfied that she was married February 14, 1915, in Beaufort, S. C., and that her husband left her without cause in June, 1921.

Do you read the Toad Hollow Brevities each week? You miss a hearty laugh if you do not read it.

'TOP! LOOK! BEFORE YOU DRINK

Going on an automobile trip? If you are, you will be interested in these suggestions from Mr. Abel Wolman, chief of the Bureau of Sanitary Engineering, of the State Department of Health.

In the midst of the vacation period, and with the season of greatest typhoid fever sickness approaching, a word of warning to the tourist and camper may be helpful in combatting the unseen foe of health that so frequently lurks in springs and wells, even in those that produce a water refreshingly cool and of sparkling attractiveness.

In the State of Maryland a project is now in development to maintain "markers" for the guidance of tourists to water supplies that are regularly inspected, analyzed and found safe by the State Department of Health. This plan includes, in addition to public and camp water supplies, the possible marking of private supplies at as convenient intervals as may be found practicable.

It is the practice of the State Health Officials to inspect the existing tourists camps and to suggest such sanitary improvements as may be necessary. This practice is resulting in an increasing number of safe camping grounds throughout the state, but until the above mentioned plan is placed into effect, much unnecessary risk may be avoided if campers will use reasonable care in selecting their camp site, or if tourists will take the precaution of using only water from a public supply, all of which in Maryland are under constant supervision of State Health Authorities.

If at any time water must be obtained from a well or spring of unknown quality, the owner's claim that it is the best water in the county should not be given as great consideration as the nature of the surrounding and the protection furnished the supply. If there is a toilet, stable, chicken yard, or other source of contamniation near the supply; or if it is not effectively protected against surface wash and pump drippings, the water is at least potentially dangerous and should not be used for domestic purposes until it has been boiled.

In general, if the tourist will bear in mind that typhoid and other intestinal bacterial diseases can be contracted only by getting the germ from another human body into their own—by swallowing it—and will avoid ill-kept locations for camping and doubtful water supplies for drinking and domestic uses, the chances of the pleasure of their trip later being destroyed by sickness can be reduced to a minimum.

Claiborne-Annapolis Ferry, Inc.

SUMMER SCHEDULE
Effective May 22, 1925
Daily and Sunday

Lv Annapolis	Lv. Claiborne
8.00 A. M.	8.30 A. M.
11.00 A. M.	10.00 A. M.
1.00 P. M.	1.00 P. M.
3.00 P. M.	3.30 P. M.
6.00 P. M.	7.00 P. M.

B. Frank Sherman, General Mgr.

DR. W. A. SMITH
DENTIST
House and Office
409 MARKET STREET
Office Hours—9:15 a. m. to 5 p. m.
Appointments by mail or telephone



Your Birthday
Is it this Week?

September 13-19

If your birthday is this week, one of your strongest characteristics is your demand for personal freedom. It is difficult for you to submit to the rule of others. While rather shy and timid, you are quick to express your own views, often thinking your ideas better than any one's else. However, you are tolerant of other people's views, providing you are permitted to enjoy your own peace and opinions. You are a keen observer; small details never escape your notice. You are critical, but your criticisms are usually of a corrective kind, made without any ill-feeling. You have a fine sense of honor, and never betray a trust reposed in you.

The women are the greatest match-makers in the world, fond of arranging matrimonial alliances among people they know, and equally as fond of breaking off such matches as seem to them inharmonious and unsuitable.

When intellectually developed, persons born under these dates are capable of great accomplishments. However, when undeveloped they are egotistical, verbose severe and unkind. The woman make fine authors, musicians, artists, designers, and milliners. The men make fine editors, printers, and salesmen.

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