



Know Thyself

By DR. CLIFFORD C. ROBINSON
Fellow American College of Surgeons

HOW'S YOUR HEART?

THE engine of a great ocean liner gets a rest after driving the ship 4,000 miles across the ocean. The human heart, a more wonderful engine, never gets a rest until it stops for good. Its weight is only about three-quarters of a pound. Day after day and year after year it throbs away at the average speed of seventy-two beats a minute. It drives the blood throughout the body to repair waste and build new tissues.

If an ounce of prevention is worth a pound of cure, what can we do to prevent this wonderful little engine from getting out of order? Medical science knows more about the heart today, and the means of combating its diseases, so there is always hope for you, if your heart has gone wrong.

Health Is Priceless

The most trivial defects should be checked up at once. Examination by a physician once or twice a year is not too great a price to pay for priceless health. To wait until you have to reform or live the hygienic life is like drowning man grasping at straws. Early heart defects may have been caused by the toxins of scarlet fever, diphtheria, pneumonia or acute rheumatism, which is frequently a children's disease and a heart disturber. Be careful of your children and guard against all diseases of the nose and throat. A healthy throat will go a long way toward staving off any beginning heart murmurs or endocarditis.

Sometimes weak heart has been caused by early athletic excesses, when the heart has been severely overtaxed and its muscles stretched. This may mean leaky heart and the end of athletics for the patient. At the period of puberty, both boys and girls are liable to have some increased arterial tension and heart action. If fathers and mothers are sensible, and correct hygienic laws are explained to them, serious heart and blood troubles may be avoided in later years.

Sanitation Necessary

Do not under any circumstances wear the same clothing at night as you have during the day. This habit, if kept up, may cause poisons which have been thrown off by the pores of the skin to be reabsorbed by the blood and injure the heart action. This may apply to country people more than to city folks. It may be good heart advice to say that in the country or on the farm a bath-tub is just as important as a telephone and perhaps more so.

Overindulgence in "eats," especially heavy meals at night, or continued high living are responsible for about one-half of the poor worn-out hearts. Many of you who dress in a hurry,gulp down your breakfast, rush for a train, or dash up the elevated stairs like a wild man and wear that serious expression on your face, are living like an army with all its reserves in action. It's bad business for a weak heart or a strong one either.

Stimulants Dangerous

Avoid all alcoholic stimulants when any heart trouble appears. Don't let the insurance man tell you that he will have to turn you down on account of a tobacco heart. If you are in doubt about what your body thinks of smoking, remember what happened to you when you smoked your first cigar.

Chronic nephritis, leaky heart, long-continued high blood pressure, apoplexy, or angina pectoris, in fact any serious menace to the heart action is not for you to try to remedy except under a physician's care. It cannot be conclusively shown at present to just what causes the increase of heart disease in our country is due. Outside of the general reasons indicated, it may be ascribed to our lack of fitting into our rapidly changing civilization.

GROCERS' PICNIC LATER

Event Postponed to Aug. 15 Because of Harding Death.

The picnic of the Indianapolis Retail Grocers Association at Columbia Park Wednesday has been postponed until Aug. 15 because of President Harding's death, it was announced yesterday. The program otherwise is unchanged.

Orval Miller, 1844 S. East St., today found the glass broken from the front door of his store. Nothing was missing. Marcellus Twyman, 1933 Cornell Ave., reported a thief took a check for \$19.30 from his pockets. C. W. Hickman, 2113 Sugar Grove Ave., said his home was entered by a thief who took his wife's wrist watch valued at \$40.

Burglars entered Claud Perkins' barber shop, 417 S. East St. A pair of electric hair clippers valued at \$35 and a razor hone valued at \$5 were missing.

E. A. Kadel, 220 W. Thirtieth St., said a thief entered his home early today and took his trousers. The trousers were found in the yard, but \$39 was missing from the pockets.

Former Neighbors
Ice Cream Makers

Sparta sent her sons to war, but the little colony of Friends around West Newton and Friendswood, south of Indianapolis sends her sons to the city to make ice cream.

Nine men, composing the organizations of three out of the six Indianapolis ice cream manufacturers were born and reared in this colony. They are R. W. Furnas, now dead, who organized the Furnas Ice Cream Co. about 1875; J. Martin Antrim, now vice president of the Furnas company; W. H. Ballard, founder of the partnership of the Ballard Ice Cream Company which began making the ice cream in 1875; C. W. Field and A. Reeve, two other partners of the Ballard organization; Roscoe Jessup, W. A. Antrim, Arthur Edwards and Bert Boatwright, all of the Jessup and Antrim Ice Cream Company, which began business about 1900.

J. Martin Antrim of Furnas and W. A. Antrim of Jessup and Antrim are brothers.

All of the men mentioned belonged to the Fairfield Quarterly Meeting of the Friends Church, composed of the Fairfield church near Friendswood and the church at West Newton.

R. W. Furnas, W. H. Ballard, C. W. Field, C. A. Reeve and Roscoe Jessup went to church and school together at the Fairfield church, while J. Martin Antrim, W. A. Antrim, Arthur Edwards and Bert Boatwright went to West Newton.

Meetings Here
Wednesday

Wabash University Alumni—Luncheon. Severin. Indianapolis Association of Credit Men—Meeting, 4 p. m.; dinner, 6 p. m.—Lincoln. Real Estate Board—Luncheon. C. of C. Buyers' Club—Luncheon. C. of C. Lions Club—Luncheon. Lincoln. Kiwanis Club—Luncheon. Claypool. Indiana Dairy Products Association—Dinner—Lincoln. Delta Upsilon—Luncheon. Lincoln. Officers of American Legion—Luncheon. Spin-Arms. Sigma Nu—Luncheon. Board of Trade.

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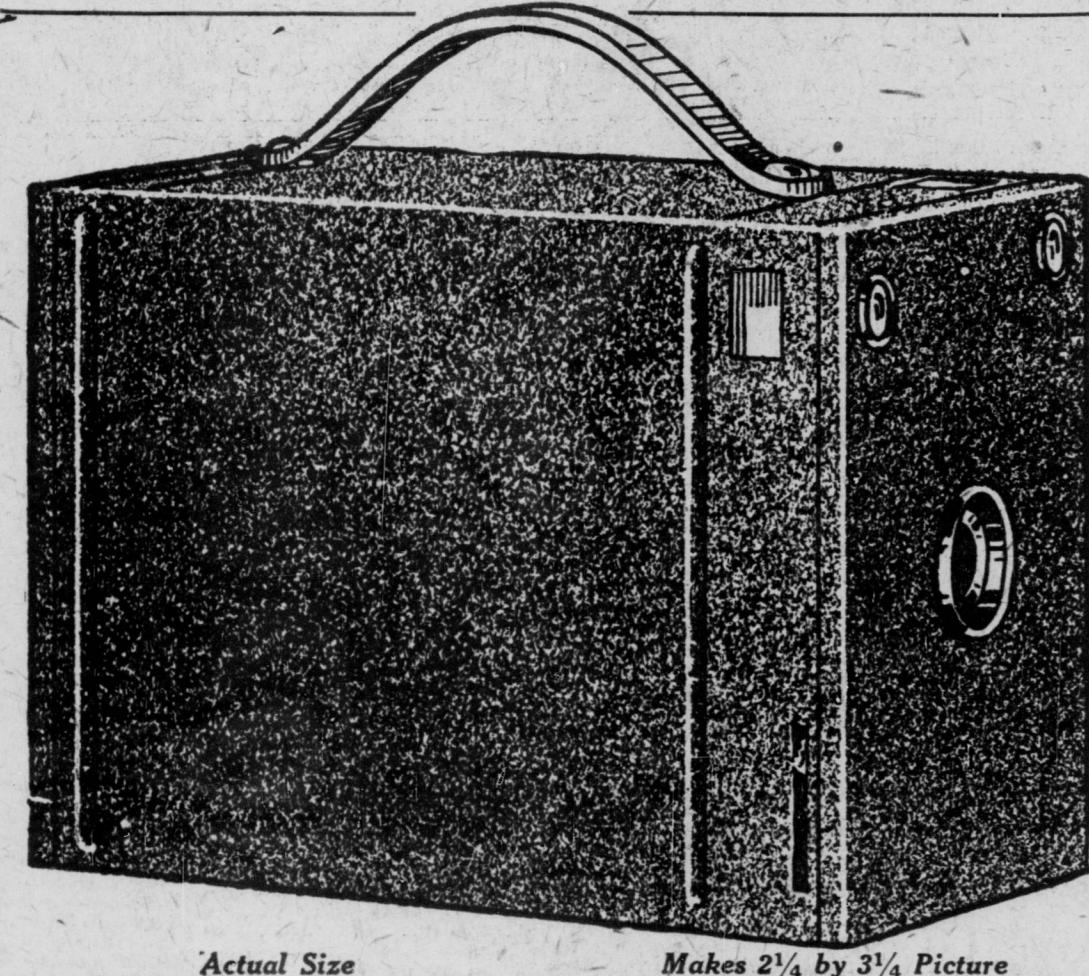
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