The Effect of Tobacco Smoking Upon The Heart and the Arteries.

The effect of tobacco upon the heart is indicated by the pulse. Through the action of the irritating poisons upon the nerves the heart is greatly stimulated. The pulse is stronger and much more rapid. Normally there are about seventy-two pulsations per minute. Under the stimulus of tobacco smoke there are frequently cases in which the pulse rises to more than one hundred. Within about fifteen minutes after the indulgence the irritation ceases and the narcotic effects begin to manifest themselves. The strength of the heart beat falls far below the normal. The pulse is described as "small," "feeble," and "irregular." There is a partial paralysis of the heart. It sometimes misses a beat. In the habitual smoker this enfeebled action of the heart is continuous, except when the habit is being indulged. Hence it is that one smoke calls for another. This is especially true of the cigarette. The boy whose heart has become thus enfeebled lacks energy. He is physically and mentally lazy. It would be dangerous for him to undertake anything requiring great exertion. The extra strain thrown upon the heart might result in sudden death. From boys having such hearts nature wisely takes away the ambition to exertion. A little extra exertion produces palpitation of the heart and shortness of breath.

There is a diseased condition of the heart which is so characteristic of chronic tobacco-poisoning that it has been appropriately called "tobacco heart." Medical statistics show that about one in every four smokers have this condition. During the Spanish American war about three-fourths of those who volunteered for services in our army had to be rejected because of unfitness for service. Ninety per cent. of these rejected volunteers were smokers. When a call was made for our young medical men to enter the army, of sixty-seven who volunteered, forty-three were rejected because they had tobacco heart. When England called for volunteers during the Boer war, out of twelve thousand who applied at Manchester, nine thousand had to be rejected, chiefly because of tobacco heart. "They come to us," said the examiners, "with their fingers stained with nicotine."

During the last thirty years the death rate from diseases of the heart and arteries has increased monre than one hundred per cent. There has been a larger increase in the death rate from diseases of the kidneys and from cancer. The increase in mortality from these diseases is confined to the male population. Women live longer than men. The death rate between the ages of forty and fifty is growing rapidly among men. That there is a connection between this increase in the mortality of men and the smoking habit there is no room for doubt. The cigarette did not find its way into the United States until about fifty years ago. We are now beginning to reap the effects from its use.

Dr. J. Pawinski, head of a hospital in Warsaw has made a careful study of 3,156 cases of hardening of the arteries. They were studied in two groups. The first group consisted of 675 cases in which the hardening was located in the arteries that supply the heart. Smoking, obesity, and alcohol were the chief causes of this disease. Smoking was a simple factor in 209 cases, a combined factor in 248 others. Obesity was a simple factor in 137 cases, a combined factor in 147 cases. Alcohol was a simple factor in 63 cases, a combined factor in 167 cases. In the second group of cases which included all cases of arterial hardening not included in the first group obesity was a simple factor in 278 cases, alcohol in 116, and smoking in 105. Smoking was a combined factor in 380 other cases, alcohol in 370, and obesity in 262. Putting together the effects of tobacco which lead to arterial hardening we have: 1. The poisoning effect of nicotine upon the tissue elements of the arteries which leads to their atrophy and to the growth of connective tissue in their place. 2. Changes in the tension of the walls of the blood vessels, especially the heightened tension due to disturbances of the controlling nerves. 3. A possible disturbance of the activity of certain glands producing certain hardening secretions. The Warsaw statistics indicate that this may have a part in the hardening process.

(To be continued.)

C. E. FORLINES.

LINEBORO.

Horatio Wentz was greatly surprised by the pupils of his school, April first, on the occasion of his forty-first birthday. The evening was spent in the playing of games and refreshments were served. Those who participated in the surprise were: Mrs. H. F. Wentz, Misses Gladys Armstrong, Edna Wertz, Treva Warner, Estella Miller, Ethel Wareheim, Anna Webster, Anna Ketterman, Agatha Wareheim, Miriam Miller, Messrs. Merl Wertz, Jacob Frederick, Leroy Miller, John Krebs, Thomas Ketterman, Albert Miller, Henry Miller, Clifton Warner and Veryl Cramer. Mr. Wentz was the recipient of many useful presents.

At the last meeting of the Lineboro Volunteer Fire Company, a committee was appointed to meet the Road Commissioners of Carroll County, and work out plans to procure an improved road from Lineboro to Manchester. The committee consists of Willis Tracy, H. F. Wentz, George Warner and A. G. Wentz.

Sunday school will be held at 9 a. m.

Church services will be held at 7 o'clock Sunday evening, at which time Rev. Noll will preach his trial sermon.

Christian Endeavor will be dispensed with Sunday evening, owing to the church services.

Mrs. William Currens is slowly improving from an attack of rheumatism.

William Kopp, Sr., has been on the sick list for the past week.

Irving Keiser, who broke his leg during the winter, is out and is walking on crutches.

A. G. Wentz is enlarging his warehouse, at the canning factory.

Amos Kerchner is enlarging his barn.

William Currens is building a new barn. The foundations are of concrete.

George Rupp is adding a glue room to his furniture factory.

Oscar Stewart is improving his property by putting in new sewers and cement sidewalks.

Miss Anna Tracy visited friends in Hanover, recently.

C. F. Kerchner made a business trip to Hanover.

Mrs. Frank Miller was in Baltimore, recently, on business.

The "Barefoot" Tire——and Why.

30 x 3 } ...Ford Sizes.....	{$10.40
30 x 3½ }	{$13.40
32 x 3½	$15.45
33 x 4.....Safety Tread	$22.00
34 x 4.....\"Fair-List\"	$22.40
36 x 4½	$31.60
37 x 5	$37.35
38 x 5½	$50.60

CONSIDER now the means by which many *Tires* have been given maximum Traction,—*i.e.*, by means of a "sandpapery" texture in the Rubber of their Anti-Skid Treads.

Every time the Brakes are put on, to make *such* Tires grip the road, the relatively hard, unyielding, and comparatively brittle, texture of the Rubber in their Treads causes these Treads to *grind away* on the pavement, to WEAR OUT fast at the point of contact.

The *sudden* efficiency of their *grinding-Traction* also tugs so sharply on the Rubber Adhesive between the layers of Fabric in Tire as to separate these layers.

There is little "give" to them—just as there is little "*slide*" to them.

So, they gain Traction at the expense of *Mileage.*

Naturally such Tires require *a great BULK of such Rubber* in order to deliver reasonable Mileage before worn out.

And, therein they differ radically from GOODRICH "Barefoot" Tires.

Because,—the Safety-Tread on Goodrich Tires is made of "Barefoot-Rubber," a new, and exclusive compound which discards unnecessary whitish "frictional" ingredients that are heaviest and inert, as proved by their lighter weight.

HERE is how it acts in Automobiling,—

—When the weight of the Car bears on this clinging "*Barefoot-Rubber*" Tread, and the power is applied to go ahead or reverse, the wonderful *stretch* in the "Barefoot" Rubber Sole (or Tread) of the Goodrich Tire acts as a sort of Lubricant between the Fabric Structure of the Tire and the Road.

Then, the *Barefoot*-Rubber "Toes," of the Goodrich Safety-Tread Tire, CLING to the pavement (instead of *grinding against* it), in such manner as your Bare Foot would *cling* to a slippery surface—*without Grind*, and so, with the minimum of Frictional Heat or Wear for *maximum* Traction.

Goodrich "Barefoot-Rubber" is now made into *Goodrich* FABRIC Tires,—*Goodrich* Silvertown Cord Tires,—*Goodrich* Inner Tubes,—*Goodrich* Truck Tires,—*Goodrich* Motor Cycle, and Bicycle, Tires, as well as into *Goodrich* Rubber Boots, Over-Shoes, Soles and Heels.

Get a Sliver of it from your nearest Goodrich Branch, or Dealer. *Stretch* it thousands of times, but *break* it you can't.

That's the Stuff that GOODRICH Black-Tread Tires are made of.

THE B. F. GOODRICH CO.
Akron, Ohio

GOODRICH——"BAREFOOT" Tires

The New Sharples Suction-Feed Tubular Cream Separator

A Recent Great Advance Stride in Cream Separator Construction.

Since the beginning of the centrifugal separator, its one great province has been to SAVE—SAVE cream, SAVE butterfat, SAVE the warmth freshness and value of skim-milk: SAVE labor, SAVE quality of product—always SAVING. What it saves is its value; it has no other value. When one separator saves more than another it is a better separator, a great deal better separator, for every farthing of such saving is net profit—goes right into its owner's pocket. Anything less than best in Separators is dear as a gift.

The New Sharples Suction-Feed Separator means a great saving over anything that has previously been possible with any hand-driven separator in existence.

Four thousand tests, separate, carefully made observations by disinterested individuals show a possible saving of great magnitude to the users of the Sharples Suction-Feed Separator over any other system.

It skims clean at widely varying speeds of handle.
No other does.

It delivers unchanging cream at varying speeds.
No other does.

Its capacity may be increased at will, by turning handle faster.
No other can.

A 400 lbs. per hour separator skims 500 lbs. or more per hour to perfection, merely by turning the handle faster.

A whole train of important advantages, which no other separator manufactured has or can have, came into existence with and are incorporated in the wonderful Sharples Suction-Feed Tubular Separator.

Broad patents cover and protect these advantages for the exclusive use of the purchasers of these separators.

Fresh Supply Northern Grown GARDEN SEEDS.

Phone 263.

Farmers Supply Company
Liberty St., Westminster, Md.

MEN

Even those who have been treated elsewhere without obtaining results

COME TO US
We Show Results

quickly and at small cost, in all private and chronic diseases of men, such as **Blood Poison, Varicocele, Hydrocele, Stricture, Weak Bladder, Lost Vitality, Pains in Back,** and all contracted **diseases.**

CONSULTATION and ADVICE **FREE**

We use the very latest methods such as Prof. Ehrlich's 606 and 914 Neo-Salvarsan, Gonorrhea Vaccine and Rheumatic Phylacogen, which guarantees positive results without interference with your work.

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DR. HAMRICK,
AMERICAN SPECIALIST
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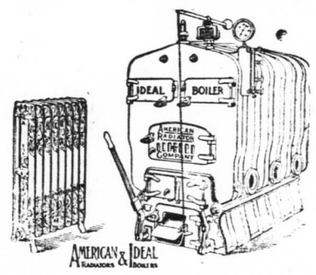
BALTIMORE, MD.

When in Baltimore, visit our Free Museum for Men



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Steam and Hot Water Heating, Plumbing, Roofing, Tinning.

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New and second-hand Wheels, Bicycle, Gun and Graphophone Repairing a speciality.

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IS THE SLOGAN.

We are Always Prepared to Supply Your Needs in our Line, "Thus Saith"

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If it's Groceries
If it's Crockery or Queensware
If it's GOOD Coffees or Teas
If it's Pratt's or Hess' Poultry or Stock Remedies
If it's Chicken Feed, Oyster Shells, Charcoal or Grit
If it's Lamps, Chimneys or Burners
If it's Victor Machines or Records
If it's Cigars and Tobacco
If it's Peaches, Prunes or Raisins

We Have Them

Quality Unsurpassed and Guaranteed.
PROMPT DELIVERY.
FRANK S. STEWART & CO.

All Women Need

a corrective, occasionally, to right a disordered stomach, which is the cause of so much sick headache, nervousness and sleepless nights. Quick relief from stomach troubles is assured by promptly taking a dose or two of

Beecham's Pills

They act gently on the stomach, liver, kidneys and bowels, assisting and regulating these organs, and keeping them in a healthy condition. These famous pills are vegetable in composition—therefore, harmless, leave no disagreeable after-effects and are not habit-forming.

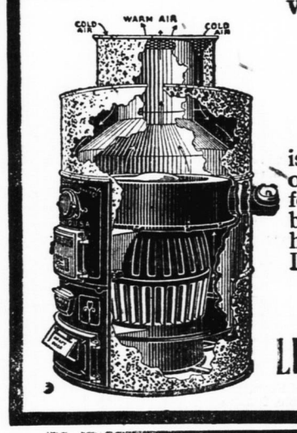
A box of Beecham's Pills in the house is a protection against the many annoying troubles caused by stomach ills, and lays the foundation

For Better Health

Directions of Special Value to Women are with Every Box.
Sold by Druggists Throughout the World. In boxes, 10c., 25c.

A Big Double Saving to You—

The Caloric costs less to install because you don't have to cut holes in the house and there are no pipes to buy. It furnishes perfect heat with just one register. Takes less room than other furnaces and is many times more convenient than stoves. The



Easily Installed — PIPELESS CALORIC FURNACE — Saves Fuel

is guaranteed to save you 35% of your fuel bill. It burns coal, coke or wood. It is patented, designed on scentific lines with exclusive features. Special double ribbed firepot and high domed air chamber insures thorough burning of coal. Can be easily installed in any house new or old. Guaranteed satisfactory. **Come In and See It.** Let us prove what the Caloric will do.

For Sale by

LLOYD D. SCHAEFFER, Agent, Pennsylvania Avenue, WESTMINSTER, MD.

SANDYVILLE.

Owing to inclement weather there was no service at either church on Sunday. There will be preaching this Sunday morning at Sandy Mount at 10.30.

Preaching at Pleasant Grove Sunday night at 7.30. All are cordially invited to attend these services.

Sandy Mount Sunday school will be re-organized this Sunday morning at 9.30. Good attendance is desired.

One of the deepest snows for years fell on Saturday and Sunday of last week. It was a record breaker, twenty-two years since such a snow at this season. About fifteen inches or more fell. It came as a great surprise to everybody.

Mrs. Almyra Lockard, of Bethel Heights, spent several days last week visiting Mr. and Mrs. Irving Baxter, Baltimore.

Miss Grace Yingling, of Sandyville, was the guest of Miss Mary Fuss, at Glyndon, a couple days recently.

Dr. James Zepp, of Westminster, visited Mr. and Mrs. Emory Zepp Saturday and Sunday.

Those who were in Baltimore last week attending the Sunday meetings and did some shopping were Mrs. Wilson Zepp, Mrs. William Westaway, Mrs. Thomas Shilling, Mrs. Orpha Young, Mrs. Guy W. Caple, Mrs. Paul Brown, Mr. and Mrs. Bertrand Caple, Myra Shilling, Fillmore Hoff and Lewis Tanner.

Miss Lottie Caple, of Shady Lawn spent last week visiting Mrs. D. G. Banks, of Baltimore.

Miss Maria Shilling, daughter of Mr. and Mrs. Thomas Shilling, of this place, and Luther Brown, son of Noah Brown, of Meadow Branch, were married Wednesday evening at the parsonage, Finksburg, by the bride's pastor, Rev. Carroll Maddox.

TURKEY FOOT VALLEY.

Mr. and Mrs. Edward Stonesifer and children took a straw ride to the home of the former's parents, Mr. and Mrs. Isaac Stonesifer, near Pleasant Valley, on Monday evening.

Mr. I. G. Lawyer, of Union Mills has been busy the past few days working in his apple orchard.

Mr. Charles Crist and family, of Westminster, moved on Monday to the farm of William R. Unger, near Cherrytown.

Those spending Sunday, April 2nd, at the home of Charles Furry were Mr. and Mrs. Edward Stonesifer and children, Emma, Margaret, Joseph, Harry and John, Elmer Erb and Mr. Nusbaum, of Union Mills.

Mr. Irvin Kroh, of Silver Run, was in this vicinity on Monday taking orders for tomato plants. Mr. Kroh states he will have about 80 acres grown this year.

Mr. and Mrs. Erb and daughter, Helen, spent Sunday afternoon at the home of Josiah Erb.

Mr. Charles Furry and son, Stanley, were on the sick list, but both are able to be out and about again.

Mrs. Edward Stonesifer spent Tuesday with her brother, Robert Cartin, and family, near Silver Run.

FINKSBURG.

Rev. Carroll Maddox has returned for another year, and we are all ready to welcome him for the fourth successive year.

Mr. T. C. Stocksdale and daughter spent Monday in Baltimore.

Mrs. Murray Shreeve and daughter, Ollie, visited Mrs. Wm. Hietzman, Baltimore, the past week.

The Misses Horner were called to Baltimore by the illness of their brother, Atlee Horner, who is seriously ill at this writing.

Mrs. William C. Benson has her home under roof, on State road, near Asbestos. Vernon Stocksdale builder.

George Brandenburg has laid plans for his new house on the lot recently purchased from Hugh Ely and wife. Mr Saylor, of Smallwood, is the contractor

We have two buses on our road now, equal to Paris, a bus on the minute or the hour.

Planting onions and counting the chickens before they are hatched is the news of the day.

Grass is growing and grain is looking well since the April snow has disappeared. There will be no 6 foot rye stalks this year in April.

FOLEY KIDNEY PILLS
FOR BACKACHE KIDNEYS AND BLADDER
SOLD EVERYWHERE.

NOTICE TO CREDITORS.

This is to give notice that the subscriber has obtained from the Orphans' Court of Carroll County, in Maryland, letters of Administration on the Personal Estate of

ELLEN CROFT,

late of Carroll County, deceased. All persons having claims against the deceased are hereby warned to exhibit the same, with the vouchers thereof legally authenticated, to the subscriber, on or before the 20th day of October, 1916, they may otherwise by law be excluded from all benefit of said estate.

Given under my hand this 20th day of March, 1916.

ADAM A. CROFT,
Administrator.

mar24-4t

NOTICE TO CREDITORS.

This is to give notice that the subscriber has obtained from the Orphans' Court of Carroll county, in Maryland, letters testamentary on the Personal Estate of

JAMES C. MYERLY,

late of Carroll county, deceased. All persons having claims against the deceased are hereby, warned to exhibit the same, with the vouchers thereof legally authenticated, to the subscriber, on or before the 24th day of October 1916, they may otherwise by law be excluded from all benefit of said estate.

Given under my hand this 20th day of March, 1916.

MARGARET R. MYERLY,
Executrix.

mar24-4t

NOTICE TO CREDITORS.

This is to give notice that the subscriber has obtained from the Orphans' Court of Carroll county, in Maryland, letters Testamentary on the Personal Estate of

MARY A. LANE,

late of Carroll county, deceased. All persons having claims against the deceased are hereby warned to exhibit the same, with the vouchers thereof legally authenticated, to the subscriber, on or before the 7th day of November, 1916, they may otherwise by law be excluded from all benefit of said estate.

Given under my hand this 4th day of April, 1916.

ANNA J. YINGLING,
Acting Executrix.

apr 7-4t

NOTICE TO CREDITORS.

This is to give notice that the subscriber has obtained from the Orphans' Court of Carroll County, Maryland, letters Testamentary on the Personal Estate of

JOHN W. W. PORTER,

late of Carroll County, deceased. All persons having claims against the deceased are hereby warned to exhibit the same, with the vouchers thereof legally authenticated, to the subscriber, on or before the 7th day of November, 1916, they may otherwise by law be excluded from all benefit of said estate.

Given under my hand this 3rd day of April, 1916.

JOHN L. FREYMAN,
Executor.

apr 7-4t

SALE BILLS PRINTED ON SHORT NOTICE AT THIS OFFICE.

HORSES AND MULES!

I will receive at my STABLES on East Chestnut Street, Hanover, Pa., THURSDAY, APRIL 13th, one (1) carload of Ohio and Kentucky Horses by Express. Also one carload of Broke and Green Mules.

ALL FINE STOCK.

H. A. SMITH,
apr 7-tf Hanover, Pa.

TRANSFERS AND ABATEMENTS.

Notice is hereby given to all persons interested that the County Commissioners of Carroll County, will sit for the purpose of hearing applications for transfers and abatements at their office, in the Court House, Westminster, Md., as follows:

April 18, Districts Nos. 1 and 2
April 19, Districts Nos. 3 and 4
April 20, Districts Nos. 5 and 6
April 25, Districts Nos. 7 and 8
April 26, Districts Nos 9, 10 and 11
April 27, Districts Nos. 12, 13 and 14

The Board will sit from 9 a. m., until 3 p. m., on each of said days, and notice is hereby given that after the sittings as aforesaid no transfers or abatements will be made to affect the levy of 1916.

MARTIN D. HESS,
apr 7-2t Clerk and Treasurer.

$4.00
Round Trip
PITTSBURGH
APRIL 22
Regular Trains Leave WESTMINSTER 11:47 A. M.
Returning Leave Pittsburgh not later than 9:50 P. M., Monday, April 24th.
WESTERN MARYLAND RY.

FOLEY KIDNEY PILLS
FOR BACKACHE KIDNEYS AND BLADDER
SOLD EVERYWHERE.

Fire and Tornado INSURANCE

I write all Insurance in STANDARD COMPANIES AT STANDARD RATES. Which are as cheap with better security than non-Standard Companies.

I am prepared to write all classes of Fire and Tornado Insurance in the very best STANDARD COMPANIES at the very best STANDARD rates, with the very best STANDARD Security.

I also write Automobile Insurance in Standard Companies. Call and see me before placing your Insurance.

CHAS. E. GOODWIN,
No. 96 East Main St.,
Westminster, Md.

FOR RENT!

A small farm of about 10 acres, about two miles from Westminster on public road, good buildings, best of fruit, possession at once. Apply to

mar 31-3t JOSEPH E. HUNTER.

FOR SALE!

Store Fixtures, Scales, Cash Register, Safe, Show Cases, Coffee Mill, Horse and Wagon, Surry, Market Wagon, Harness, etc; will sell separately. Apply to

EDW. W. CASE,
211 East Main Street,
Westminster, Md.
C. & P. Phone 122. apr 7

MARYLAND STATE VACCINE AGENCY!
DR. WAITMAN F. ZINN,
22 EAST PRESTON STREET,
BALTIMORE, MD.
Phone Mt. Vernon 6244. apr 7-3t

SPRING FERTILIZER

Our Peerless Mixture Fertilizer is the best for Potatoes, Corn and all Spring Crops.

Respectfully,
apr7-3t N. I. GORSUCH SON CO.

FOR SALE!

Good Chestnut Wood, sawed and split, $4.00 per cord. Oak Wood $5.00 per cord. Delivered anywhere in Westminster. Also Seed Potatoes for sale.

ORVILLE C. ZEPP.
Phone 800-F 11 apr 7-1y

"All Work Guaranteed"
Is my Motto.

You will be pleased if you have your work done at

John H. Sullivan's

Carriage and Wagon Works.

Green and Liberty Streets, Westminster, Maryland.

REPAIRING DONE.
New work only built to order.
MONEY SAVED IS MONEY MADE.
You can save if you deal with me.
mar 3 1y

FARM FOR SALE!

A FARM OF 245 ACRES, in good state of cultivation, 150 Acres in cultivation; 20 Acres in Pasture with running water, the rest in Timber. New Tenant House with 7 rooms, metal roof; large Dwelling House with new metal roof, new barn 44x70 with metal roof; pure spring water at house and barn. This property is situated on the Deer Park Road, four miles from Finksburg, 5 miles from Reisterstown; 1½ mile to State road; adjoining the lands of David Leister, Thomas Dell and Bollinger's mill property.

Apply to
CHAS. F. BOLLINGER,
mar 10-2m on the farm.

F. LaMOTTE SMITH,
SURVEYOR.

Prompt Attention given to all work.

Bond Street,
Westminster, Md.
C & P. Phone 234.
mar 10-3m

LOOK!

Thoroughbred Barred Plymouth Rock Eggs for sale.

RUSSELL L. HAINES,
E. Green St., WESTMINSTER, MD.

Let Us Print Your Stationery.