

Proper Brakes Vital To Car Operation

Among Most Important Mechanisms to Be Tested

All motorists know that it is impossible to stop a car by pushing on the floorboard, yet many drive cars with brakes of negligible effectiveness.

Brakes are perhaps the most important single item on a vehicle as far as safety is concerned. The fact that many people drive vehicles with poor brakes was shown last year, when 890 fatal accidents and 26,200 non-fatal accidents in the United States were caused by defective brakes.

When you take your car or truck to one of the State's mechanical inspection lanes for its check-up sometime this year, brakes are among the most important mechanisms to be tested.

The Manual of Motor Vehicle Mechanical Inspection Requirements has this to say about braking effort:

"All motor vehicles except motor trucks or tractor-trucks with semi-trailers originally equipped with four-wheel service brakes may not in this respect be altered, shall be capable of producing a total braking effort of not less than 54 per cent of the vehicle weight (corresponding to a stopping distance of 25 feet at 20 miles per hour).

"All motor vehicles originally equipped with two-wheel service brakes shall be capable of producing a total braking effort of not less than 30 per cent of the vehicle weight (corresponding to a stopping distance of 45 feet at 20 miles per hour).

"All trucks or tractor-trucks with semi-trailers originally equipped with brakes on all wheels may not in this respect be altered and shall be capable of producing a braking effort of not less than 43 per cent of the permissible gross vehicle or vehicles weight (corresponding to a stopping distance of 30 feet at 20 miles per

hour). "Semi-trailers or trailers having a gross weight of two tons and all house trailers of 1,000 pounds gross weight or more, shall be equipped with brakes controlled or operated by the driver of the towing vehicles and shall conform to these specifications: 30 feet at 20 miles per hour."

All the stopping distances set forth in the above requirements would be on dry, hard level stretch of highway, free from loose material when brakes are applied. The State Inspection Program has purchased special sets of brake testing equipment, and will be able to tell in a few seconds whether the brakes on your vehicle measure up to standards.

ENTERTAINS BRIDGE CLUB
Mrs. C. R. Holmes entertained her bridge club Tuesday evening at her home. Those enjoying the evening were Mesdames W. G. Barbee, T. L. Jessup, C. E. Johnson, H. C. Stokes, C. M. Williford, M. R. Campbell, Miss Helen Morgan and Miss Mary Sumner. The high score prize went to Mrs. Barbee. A salad course was served.

Health and Beauty

By Dr. Sophia Brunson

VITAMINS

"Do white cabbage and hard heads of iceberg lettuce contain as many vitamins as the green vegetables?" asks a puzzled housekeeper.

No, the green vegetables are richer in vitamins than the white. It is probably due to the chlorophyll or coloring matter. When this is bleached out of celery, asparagus or any other vegetable, it is rendered less useful to the body.

Until modern knowledge revealed the reason for eating greens, people consumed them in the spring because they had an idea that they did something to the blood that was helpful, and somehow purified the system. At any rate, they craved greens and felt better when they ate them. Then, too, they helped the bowels to move, and provided variety in the diet.

Now we know that green leaves are

a rich source of vitamins A, B and C, all of which are necessary to nutritive well-being. The sunshine is the factor that manufactures the color. The dry seeds are poor sources of vitamin A. The green shoots that are sent up from the seeds are much richer in it. Green cabbage contains more vitamin A than white cabbage. The green water plants of the ocean are sources of abundant supplies of vitamin A. That is why so much of it is found in cod liver oil. Vegetable iron is now made by extracting it from spinach and other greens. It is easier to assimilate, for it is organic instead of inorganic iron.

"The relationship between the vitamin A content of such familiar edible plant tissues as lettuce and asparagus and their degree of greenness has been cogently demonstrated by Crist and Dye at the Michigan Agricultural Experiment Station in East Lansing. Their investigations have dealt with the effects of light of various qualities. By the selection of suitable glasses, acting as light filters of different potencies, it has been possible to produce all degrees of greenness in asparagus shoots of the same age under comparable environmental conditions." The analysis showed that the asparagus that contained the largest amount of chlorophyll, that is, the one that was the greenest, possessed the greatest amounts of nutritive vitamins.

The coloring matter in vegetables is said to be rich in vitamins. Prof. Lafayette B. Mendel Sterling, professor of physiological chemistry at Yale, says that "recent experiments have shown that yellow vegetables such as carrots, yellow turnips, yellow corn and sweet potatoes abound in important vitamins which are found in butter and cod liver oil."

It seems as though these vegetables might be used as a substitute for cod liver oil in the diet of children. Strained, they would be more appetizing and palatable. We see that even the white corn meal and potatoes are not so rich in nutrition as the yellow. The yellow color is imparted to butter by the green grass, and it is the chlorophyll in that which is the vegetable analogue of hemoglobin in flesh foods.

All these colors are manufactured in the laboratory of nature, through the action of sunshine on the chemicals in the soil. The more we learn about nutrition the more wonderful it becomes.

ONE MINUTE SPORTS QUIZ

1. What was the biggest gate in boxing history?
2. What gate was second largest?
3. When were the first Olympic games held—within 500 years?
4. What Major Leaguer holds the most hits, lifetime record, and how many comprise that total (within 200)?
5. How many no-hit games were

pitched in the majors last season?

The Answers

1. The second Tunney-Dempsey fight—\$2,658,600.
2. The second Louis-Conn fight—\$1,925,564.
3. 776 B. C.
4. Ty Cobb—4,191.
5. Three.

SUNDAY SCHOOL LESSON

(Continued from Page Seven)
the Spirit of God in our hearts (1 John 3:24).

Lyman Abbott, in *The Other Room*, declares: "The difference between the mortal and immortal life is not made by death. The immortal life is the life which pain, sickness and death cannot terminate. It is the life of faith, of hope, of love. Such life is immortal life, because mortality

cannot touch it. The body is always dying; it is in an ever-perpetual process of decay; but the spirit of faith, hope, and love is in no process of decay; it is not mortal. It is eternal because it stands in no time-relation; not because it begins beyond the confines of time—there are no confines,—but because it has no time-boundaries.

"All life has its laws. If we obey the laws of the spiritual life we have a right to spiritual life. There are laws of the body; and if one complies with these laws, he has a right to health. So there are laws of the spirit; and if one obeys them, he has a right to expect spiritual life, which, because it is the life of the spirit, is a deathless life."

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