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Smooth-surfaced Ruberoid offers you a roofing in three weights. It is made of felt, saturant and coating that have demonstrated their worth through the test of time. Or you may obtain Ruberoid with a mineralized finish of permanently colored red or green slate, that is unusually attractive in appearance as well as serviceable.

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95 Madison Avenue, New York

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### Our Health Talk

### "Not 70 Years but 100 Should Be Average Life," Says Dr. Smith

EET Dr. Stephen Smith of New York, who, in 1922, is celebrating his hundreth year of residence on this earth. Fifty years ago when the American Public Health Association was born, Dr. Smith officiated at the ceremony. He was its first president. Last November, the association, now grown to be a mighty power in the land, held its semi-centennial in New York City, and made it an occasion to honor its first president, striking a medal which bears the imprint of his features.

What a Scientist of 99 Has to Say

R. SMITH, vigorous and energetic, appeared at the meeting and declared that he had a tremendous announcement which he would make at the banquet given in his honor. When the time came, he calmly broached to the hundreds of visiting physicians, and other men of science, the audacious statement that instead of his age being exceptional it should be the rule—that all men should live to be one hundred.

"We have too long been content with the Mosaic dictum which places man's life at three score and ten," said he. "We now live under very different conditions. Science holds sway. Man's physical construction is adapted to a service of 100 years. Let us push our standard forward 30 years and count man's normal life a century."

# Have a Doctor Examine You Once a

T IS to prevention that you must look if you are personally interested in joining Dr. Smith and his group of centenarians. You must discover the "little things" and give them early attention if you would check the degenerative diseases that are apt to rob you of your prime. Few indeed are the deaths that occur from genuine "old age." Men go to their deaths with bodies capable of splendid function save and except for one damaged or-gan. Perhaps it is the heart that is at fault, perhaps the kidneys are incompetent, possibly some other organ. But searching back to the real point of origin, there will be found some apparent trifle.

Let us be sensible. Modern aids to diagnosis make it quite possible to find the flaws in the human machine, while there is yet ample opportunity for repair. Once a year submit your body to a searching examination by a skilled physician. Place no confidence in the smiling, urbane individual who can tell at a mere glance that "you are perfectly all right," Go to a real medi-cal man, one of the kind whose researches stopped yellow fever and are conquering typhoid, and pay him a reasonable fee for a thorough examination. As long as you go quietly along from year to year, repairing small faults before they grow into big ones, keeping up efficiency regularly, there is no reason whatever why you should not be developing into full power in your 80's or 90's and placing yourself securely in the list of those who may see "a century well done."—Dearborn Independent.

## Making Tomato Canneries Pay

WHY is it that tomato canneries have so often not been a success in the South?" asks a reader.

Because the attempts have been Because the attempts have been made by inexperienced people and without the cooperation necessary for such an undertaking. Because the undertakings have been on too small a scale, with not enough volume of business. Because of insufficient capital and going off "half-cocked." Because attempts have been made to sell a product that was not known, and because there has been no adequate mancause there has been no adequate marketing organization behind the business. The North has two months in which tomatoes ripen; the South has four months. With an adequate plant efficiently operated, a supply of tomatoes, and businesslike marketing, the South can compete with any other part of the world in canning.

C. L. NEWMAN.



WHAT if it does? Just reach up on the shelf and get that bottle of good old Gom-bault's Balsam. Rub just a bottle of good old Gombault's Balsam today! Keep it always on hand for any emergency. It's so effective one bottle lasts a long while.

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