



Empires perish, but lead pipe lasts

THIS piece of lead pipe had been buried in the ground nearly 1900 years when it was dug up by workmen excavating for a sub-cellar in Rome.

Vespasian was emperor when this pipe was made—the inscription tells that. When Vespasian laid water-pipes of lead in the streets of Rome, he followed the example of Julius Caesar, who sent plumbers with his legions into barbarian lands. Lead pipe laid by these Roman invaders has been dug from English soil.

☞ ☞ ☞



For centuries lead's non-corrosive qualities have made it the favored metal for water-pipes. Lead gutters, pipe-heads and leader pipes have been used for hundreds of years to carry off the rain from the roofs of buildings. Such lead work is often very beautiful and ornamental.

Often you see a steel skeleton, a bridge, a roof, a railing that has been painted a flaming orange-red. This brilliant coat is red-lead, an oxide of lead. "Save the surface and you save all" is an imperative maxim where exposed metal surfaces are concerned, and red-lead is the most reliable protection against rust that has yet been discovered.

You are surrounded by lead, in your home and on your travels. There is lead in your rubber boots, in the tires of your automobile, in the bearings of the machinery that makes things for your use or transports you from place to place.

☞ ☞ ☞

Civilization has found hundreds of uses for lead and its products, and of them all the use of white-lead in paint is undoubtedly the most important.

Paint is used to decorate and preserve almost everything that is built or made, and the principal factor in good paint is white-lead—made by corroding pure metallic lead and mixing it with linseed oil.

Most painters simply add more linseed oil to the white-lead, in order to make the paint they use. Paint manufacturers use white-lead, in varying quantities, in the paint they make. The quality of any paint is largely dependent on the amount of white-lead it contains, for it is the white-lead that gives to good paint its durability.

"Save the surface and you save all" means that paint prevents decay and ruin. The highest protective power is found in those paints which contain the most white-lead.

National Lead Company makes white-lead of the highest quality, and sells it, mixed with pure linseed oil, under the name and trademark of

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Our Health Talk

By E. E. WASHBURN, M. D.

Spring Fever; Vaccines; Boric Acid

A WOMAN subscriber writes in regard to "spring fever" and asks if a "tonic" is necessary for this complaint.

During cold weather, part of the food we eat is, used to keep the body warm. Hence the body does not require as much food in the summer as in the winter, but too many people continue to eat as much food with the coming of spring as they did during the cold months. This would not be so bad if they were careful to get sufficient outdoor exercise to use up the excess food; but, unless exercise is taken and the body made to perspire, the wastes from this extra amount of food are retained in the system. Then they cause the tired feeling known as "spring fever."



DR. WASHBURN

Outdoor exercise, such as walking or working in the garden, the eating of less meat and more vegetables and fruits, and the avoidance of constipation, are a much better "tonic" to ward off spring fever than anything that comes in a bottle.

Other subscribers have written to ask the following questions: (1) Is there a "vaccine" for flu and colds, and is it any good? (2) How do you prepare a saturated boric acid solution? (3) How can normal salt solution be made?

At present there is made a vaccine to prevent colds and also one to ward off influenza. Many doctors have reported good results from the use of such vaccines, while many others have found them of little or no value. Up to the present, such vaccines have not come into general use and are costly as compared with the cost of typhoid vaccine, for example.

To make a saturated solution of boric acid, take an ounce of the boric acid powder and add it to a pint of cold water; heat until the water boils. Let the solution cool, then strain through a clean muslin or gauze and pour into a bottle for keeping. A saturated solution of boric acid is mildly antiseptic and is an excellent eye wash. It should be noted that borax and boric acid are not the same drugs.

A normal salt solution is supposed to contain about the amount of salt that is found in the body secretions. It is a good wash for the mouth and throat and other mucous surfaces, and as a gargle to clean a sore throat. To make the solution, add a heaping teaspoonful of fine table salt to one quart of clean boiled water; this will make a normal salt solution for all practical purposes and for such uses as are mentioned above. For injection into the body to replace a loss of blood, the normal salt solution is made in a more careful and accurate manner.

Mistakes From Our Readers: Don't Make Similar Ones

I SET out a promising little crape myrtle last winter, but neglected to protect it by driving stakes around it. The result was that just after it leaved out nicely this spring, somebody ran over it and ruined it, breaking it off right at the ground. Next time I will protect my young nursery stock with stakes on three or four sides. P. C.

We made a mistake by planting watermelons on the same field two years in succession. A fatal disease, watermelon wilt, attacked them. Where this occurs it is necessary to fertilize with wood mold and commercial fertilizers. Manure often contains and carries germs of the disease. W. D.

In the spring I decided to get a start of purebred poultry. Looking over the advertisements in The Progressive Farmer, I found just what I wanted. I ordered yard eggs instead of paying more and getting the best. I got a good hatch, but have all sizes, when if I had gotten the eggs from pen No. 1, I would have gotten chickens more uniform in size. It pays to buy the best. L. A.

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