

# Democratic Watchman

Bellefonte, Pa., June 9, 1916.

## YELLOW-BELLIED SAPSUCKER (Sphyrapicus varius)



Length, about eight and one-half inches. Only woodpecker having top of head from base of bill red, combined with a black patch on breast.

Range: Breeds in northern half of the United States and southern half of Canada; winters in most of the states and south to Costa Rica.

Habits and economic status: The yellow-bellied sapsucker is rather silent and suspicious and generally manages to have a tree between himself and the observer. Hence the bird is much better known by its work than its appearance. The regular girdles of holes made by this bird are common on a great variety of trees; in all about 250 kinds are known to be attacked. Occasionally young trees are killed outright, but more loss is caused by stains and other blemishes in the wood which result from sapsucker punctures. These blemishes, which are known as bird pecks, are especially numerous in hickory, oak, cypress, and yellow poplar. Defects due to sapsucker work cause an annual loss to the lumber industry estimated at \$1,250,000. The food of the yellow-bellied sapsucker is about half animal and half vegetable. Its fondness for ants counts slightly in its favor. It eats also wasps, beetles (including, however, very few wood-boring species), bugs, and spiders. The two principal components of the vegetable food are wild fruits of no importance and cambium (the layer just beneath the bark of trees). In securing the cambium the bird does the damage above described. The yellow-bellied sapsucker, unlike other woodpeckers, thus does comparatively little good and much harm.

## BREWER'S BLACKBIRD (Euphagus cyanocephalus)



Length, ten inches. Its glossy purple head distinguishes it from other blackbirds that do not show in flight a trough-shaped tail.

Range: Breeds in the West, east to Texas, Kansas, and Minnesota, and north to southern Canada; winters over most of the United States breeding range, south to Guatemala.

Habits and economic status: Very numerous in the West and in fall gathers in immense flocks, especially about barnyards and cornfields. During the cherry season in California Brewer's blackbird is much in the orchards. In one case they were seen to eat free-fruit raisers began to plow his orchard almost every blackbird in the vicinity was upon the newly opened ground and close at the plowman's heels in its eagerness to get the insects exposed by the plow. Caterpillars and pupae form the largest item of animal food (about 12 per cent). Many of these are cutworms, and cotton bollworms or corn-earworms were found in ten stomachs and codling-moth pupae in 11. Beetles constitute over 11 per cent of the food. The vegetable food is practically contained in three items—grain, fruit, and weed seeds. Grain, mostly oats, amounts to 54 per cent; fruit, largely cherries, 4 per cent; and weed seeds, not quite 9 per cent. The grain is probably mostly wild, volunteer, or waste, so that the bird does most damage by eating fruit.

## Another Essay in W. C. T. U. Contest.

Following is the essay prepared and read by Miss Grace King in the annual W. C. T. U. prize contest:

### ALCOHOL AND TOBACCO.

Throughout the world we find many people who have acquired the habit of using certain substances, which interfere with the health of the body. These substances are chiefly alcohol and narcotics.

One of the greatest dangers that a young person has to meet is that of acquiring the alcohol habit. Fortunately it is not so common as the tobacco habit. Nevertheless it has destroyed hundreds of thousands of young people, and has been a stumbling block to thousands of others. Alcohol is sometimes called a stimulant, because it excites the brain and seems to give strength. Is alcohol a food then, if it seems to give strength to the body? To answer this question let us make a comparison. If you receive into the stomach a piece of bread or beef, nature welcomes its presence. The juices at once take hold of it, dissolve and transform it into material for the use of the body. This material is taken into the blood where it is used to build up broken down tissues. Soon it becomes flesh.

If, on the other hand, you take into your stomach a little alcohol, nature treats it as a poison, and seeks to rid herself as soon as possible. Alcohol, then, is not like bread or beef, taken hold of and broken up by the process of digestion. Food is digested; alcohol is not. Food nourishes the body; alcohol does not. Food gives force to the body; alcohol excites reaction and wastes force.

The effect of alcohol upon the body depends upon the amount used. When alcohol is used in sufficient quantities to produce intoxication, it is very disastrous to health. It injures the action of the heart, interferes with circulation, and impairs the digestive organs. Moreover, it has a very important influence upon the moral nature. The drunkard loses his sense of responsibility. His whole body becomes diseased. His mind becomes dull and his ambition disappears. The use of alcohol destroys a man's chance of the highest success.

The officials of a good railroad will not accept the service of a man who is known to drink any kind of alcoholic liquor.

It is claimed that the present commercial supremacy of the United States is due to the fact that there is less drinking among our workmen than among those of the European countries.

Why, then, do men drink alcohol? They do not drink it simply to supply heat and power. A few cent's worth of bread will supply more heat and muscle strength than can be obtained from a much larger sum of money spent for any form of alcoholic drink.

In the first place some persons enjoy the taste. Then there are those who enjoy the excitement produced, and there are others who have become so accustomed to using alcohol drinks that they find it difficult to overcome the habit.

Narcotics have just the opposite effect. Instead of exciting unusual activity, they dull the action of the body, and have a tendency to put people to sleep. One of the most common narcotics is tobacco. Tobacco is a poison. Like other poisons, one may become so accustomed to its use by beginning with small quantities and gradually increasing them, that large quantities smoked or chewed have but little effect on older persons. The prominent constituents of tobacco smoke are carbonic acid, carbonic oxide, ammonia gases, and nicotine. Carbonic acid tends to produce sleepiness. Carbonic oxide causes a tremulous movement of the muscles and heart. Ammonia bites the tongue of the smoker and causes dryness of the mouth and throat. The most active element in tobacco is nicotine. Nicotine is a powerful poison. The amount contained in one or two strong cigars, if taken directly into the blood would cause death. Nicotine itself is complex, yielding a substance which gives the odor to the breath. It is this which makes one sick and sleepy, when he smokes or chews tobacco for the first time. Mild narcotics like tobacco share with the stronger narcotics, though in less degree, the power of making the user want more. There are many reasons for refraining from the use of tobacco.

Tobacco is of no absolute value to the human body. It neither acts as a food nor serves any other useful purpose.

The use of tobacco by the young, may check the proper growth and development of the body.

Tobacco causes thirst and depression that only too often leads to the use of liquor. Of all forms of tobacco, cigarettes probably do the greatest amount of injury. A person who uses cigarettes is likely to "inhale" the smoke. This means breathing the smoke into the lungs, which is far more injurious than simply taking it into the mouth, because the nicotine is carried down into the air cells of the lungs. It is no common sight to see boys of ten years old and under, puffing the dangerous cigarette, thus undermining health and intellect. Even when told of the perils they incur, they scarcely listen, for do they not see their elders smoke and prosper? Most of them do not understand that there is more danger to the young than to the old in the tobacco habit, more danger to some constitutions than to others, and more danger in the cigarette than in the pipe or cigar.

Although alcohol is likely to do us more harm than any other kind of drink or food, still we should be careful to avoid all form of overindulgences. We should make up our minds to be moderate in all our eating and drinking, for in this way only shall we be able to do our share of the world's work, unhindered by any form of ill health.

—They are all good enough, but the WATCHMAN is always the best!

## Headaches.

Headaches are a source of misery to a great many people and to a still greater number of those who have to associate with the owner of the aching member. They arise from a variety of causes, but always there is a cause, and, in the majority of cases, the cause can be discovered and a future attack prevented. Headaches are a good thing, for, like all our aches and pains, they are given for the purpose of warning us that something is going wrong in the bodily machinery, and if we are wise we will look carefully for loose screws or rusty hinges.

Drugs may relieve the aching for the time, but their use on subsequent occasions is equivalent to an admission that we are too ignorant, indolent, indifferent or stupid to search out the cause of the trouble, and that we rather enjoy our invalidism. It is easier to swallow a small tablet or powder occasionally than to use our brains for ferreting out the cause of our bad head and to correct our errors of living, but the headache "cure" only serves to make us more sensitive to pain in future and to lower our general bodily resistance to illness. So much has been said about the danger from the use of these drugs that we only remark here that the warning has been none too strong.

The great majority of headaches can be traced to our most common faults of living—overeating and lack of sensible muscular exercise. From one or both of these errors there arises trouble somewhere along the food canal, and usually there is constipation, with absorption of poison, which, reaching the brain through blood, sets off the pain-alarm, so that we may know we have sinned. In some cases of headache there may be a lack of proper food materials, with resulting poverty of the blood, while in others some article of diet precipitates the headache each time.

Eyestrain is frequently a source of headaches and they can be prevented by wearing appropriate glasses, by avoiding excessive use of the eyes, or by careful lighting when reading or working. General fatigue may bring on headaches, as also emotional extravagance and mental depression, and the means of preventing future attacks is evident.

Many sufferers from headache inherit a weakness in this direction, which is a good reason why the cause which precipitates the attacks should be searched for and removed.

More or less continuous headaches may be a symptom of Bright's disease, of "rheumatic" and gouty conditions of the blood, of tobacco poisoning, of hardening arteries, of disturbances of the working thyroid gland or of local conditions, such as displacement of the nose and of the cavities of the skull which communicate with the nose, carious teeth and very rarely of tumors or other diseases of the brain or of acromegaly.

While the cause of most headaches can be traced best by the sufferer himself, the piece of detective work may require the aid of a painstaking physician and his advice, rather than

his drugs, should be helpful. By way of relief during the attack a harmless and often efficacious remedy is massage—a process which may be carried out without special training by gentle rubbing of the scalp and stroking downward of the neck. A prolonged hot foot bath or the use of a hot-water bag to the feet will often relieve a head that is oversupplied with blood and a laxative relieves many cases in due course of time. Aside from such simple remedies for

# ENJOY your MEALS



Can't, if you're too done up to eat. And you're bound to tire, after a morning in the kitchen, over a coal range. For it's wearing, beyond a woman's strength, to carry wood and haul coal from bin to kitchen.

And you can't control the heat of a coal range. Most times you've far more heat than you need—a waste of fuel—that turns the kitchen into a nerve-racking furnace.

A New Perfection Oil Cook Stove offers you a way to end kitchen drudgery and at the same time to economize, for the Perfection burns kerosene, the cheapest fuel. Think—no coal, no wood, no shaking, no ashes, no fear of the fire going cold. Instead, heat when you want it and exactly as much as you want.

A New Perfection is inexpensive. Ask

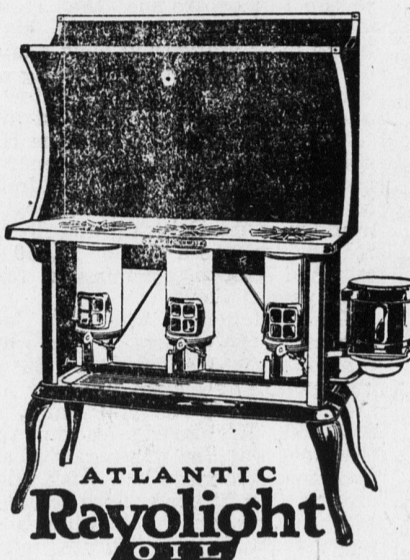
your dealer to show you its fireless cooker, its separate oven, its combustion chimney, its long-lasting wick.

Be sure, though, you use Atlantic Rayolight Oil in your Perfection. That's essential. For it is just as necessary to discriminate in buying kerosene as it is in selecting flour. It takes use to prove either. You don't have to buy a flour on trust; neither need you take a chance on kerosene.

For you can ask for Rayolight with the positive assurance that every gallon will be like every other gallon. A kerosene that will burn without smoke or smell, but that will yield a great and a cheap heat.

With all its advantages Rayolight costs no more than ordinary, unreliable kerosene. Buy it by name, where you see this sign:

## New PERFECTION Oil Stove



THE ATLANTIC REFINING CO.



Philadelphia Pittsburgh

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Fancy Wisconsin Cheese, with mild flavor. At the present market value of Cheese it should retail at 28c to 30c per pound but we still hold our price down to 25 cents. It's a fine bargain at this price.

We have made no advance on Canned Corn, Peas and Stringless Beans. At our present prices they are as good value as any food product on the market.

Our White potatoes are good size and fine quality Also Parsnips, Onions, Turnips, Sweet Potatoes and Cabbage.

If you are not pleased with Syrup in tin cans and pails try our fine goods sold by the quart and gallon. We have a pure Sugar and a fine grade of Compound goods at 50c and 60c per gallon. Sure to please you.

California Naval Oranges—seedless. The smaller sizes are all gone for this season, but we have fancy fruit at 30c, 40c, 50c and extra large at 60c. Have just received some very fancy New Mackerel. Try them.

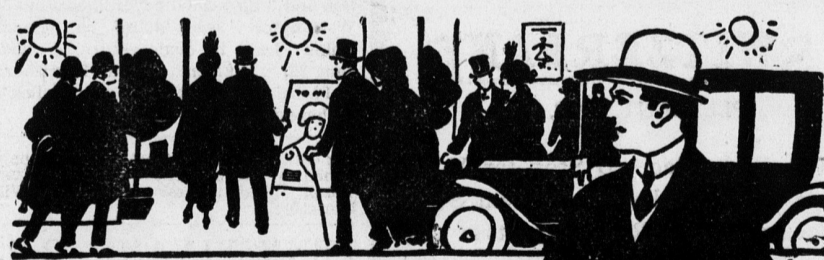
We have the Genuine New Orleans Molasses—new crop, light colored, heavy body to sell by the quart or gallon. It will please you.

Evaporated Peaches, Pears, Apricots, Prunes and Raisins, all at reasonable prices. Come to the store that has the goods you want.

If you are not using our Vinegar, just try it and see the difference.

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BELLEFONTE PA.

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Shoes.

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## Fishing Season is at Hand

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