Democratic Watchman.

Bellefonte, Pa., March 16, 1917.

Health and Happiness

Under these head lines will be continued a series of articles begun November 10. They have been compiled and edited with a view to progressive study and thought on subjects affecting our personal well-being.

Number 15.

INFANTILE PARALYSIS, HAY FEVER, CANCER.

(Items of interest from the last Annual Convocation of The American Association for the Advancement of Science.)

In an address on "Infantile Paralysis and the Public Health," Dr. Simon Flexner, director of the Rockefeller Institute for Medical Research, declared that he was "more or less fearful that infantile paralysis may be more wide-spread in the United States next summer, but there may be, perhaps, not so much of it in the Eastern States." Dr. Flexner asserted that it now was possible to say that the disease was infectious and contagious and caused by a living micro-organism.

"I believe that the disease is here to stay for a period," he told the scientists. "It has never disappeared since its introduction here in 1906. The indications are that the community that suffers severely one year may escape the next. Prior to 1906 this disease established an epidemic home in northern Europe. In 1906 something happened to change this. That year the disease migrated and came here and at the same time extended over European countries which had prior to that been free of it. It is the first time in the history of any disease that an epidemic has circumnavigated the globe.

"One of the puzzles of this disease is that the term 'infant paralysis' is not correct. It is a misnomer because the disease can appear without any paralysis whatever resulting. Paralysis is merely an incident of the disease. During the recent epidemic more persons had it and were not paralyzed than had it and were paralyzed."

TALK OF TUBERCULOSIS AND HAY FEVER.

Addressing the American Anthropological Association, Dr. Harley Stamp, of the University of Pennsylvania, explained a new diagnosis of early evidences of tuberculosis by blood pressure. By this method, he declared, traces of tuberculosis could be detected some times four years in advance of methods previously used.

In an address on "Medical Engineering," Dr. P. A. Maignen, of Philadelphia, asserted that hay fever is not a blood or tissue disease, but is caused by the presence in the respiratory tract of very large germs.

"These germs," he said, "have several stages of existence, latent and active. They grow and multiply in some cases in May and June, and in other persons in August. At the appointed time their number and activity become so great that they block the air passages entirely and nature revolts against their presence, hence sneezing and coughing, without which the patient would choke to death."

"The hay fever germs cannot enter the circulation. They are too big. They are very much larger than the blood cells. What then is the use of injecting something into the blood to neutralize something that is not there? The only proper way of dealing with hay fever is to get rid of the germs by destroying them in the respiratory tract or expelling them therefrom."

WARNING TO TOBACCO USERS.

A warning to tobacco users against the peril of cancer was given by Dr. Joseph C. Bloodgood, of Johns Hopkins University, in a symposium on diseases. "Tobacco users," he said, "are more subject to cancer than those who do not use it."

Dr. James Ewing, of Cornell University Medical School, said that although radium has produced "very important palliative results in advanced cases of cancer, and has even, in a considerable number of cases, apparently caused a complete disappearance of the disease, yet it cannot be relied upon to effect a permanent cure in the last stages of inoperable cases."

DR. GREELY'S SPECULATIONS CONCERNING INFANTILE PARALYSIS.

Dr. Horace Greely, of Brooklyn, writing in The Medical Record (New York, January 13) is inclined to think that the curious history of the epidemic of poliomyelitis or infantile paralysis may be better explained if we adopt the hypothesis that it is caused by a group or family of organisms. He says:

"If certain cases were contracted from the lower animals, it would explain such occurrences as coincident or prior epidemics of distemper (as reported from Alaska by Pierson,) or of extensive paralytic disease of fowls, as occurred in the Washington epidemic and as has been reported in connection with the Westphalia (Germany) and various Scandinavian outbreaks. This would also help to explain the rural sporadic cases and the greater number of males, especially among adults, that it attacks when prevailing in the country. This was notable in the Iowa epidemic, as reported by Frost.

"The ready growth of the organism in milk and its resistance to heat would render it easily possible for certain cases of the disease to be caused by infection carried in this medium. It is evident that pasteurization would not protect. However, for milk to be directly held responsible for many cases, we might have to incriminate the cow as a potential 'carrier' of the germ.

"In connection with the readiness with which the germ grows at ordinary summer temperature (70 degrees Fahr. and over) and the striking effect on-coming cool weather has had upon all epidemics, one cannot avoid the conclusion that multiplication of the organism as a saprophyte (organism that lives on dead organic matter,) must take place and be of main importance in the spread of the disease.

"The remarkable way in which the spread of the malady is affected by the atmospheric temperature; the experiments detailed in reference to the growth of the organism at temperatures known to prevail when the disease is at its height, and its ready growth in milk and resistance to the pasteurization process, together with the case incidence among the children of milk-drinking age, all strongly indicate that milk may be a very important factor in the spread of poliomyelitis."

What Makes Paper High?

The wood pulp importations into the United States would not and do not supply the paper manufacturers of the country, yet, taken alone, their volume in pounds would seem sufficient to provide newspaper and book paper, not merely for a single nation, but for the world. That is to say, the wood pulp imported into the United States during the fiscal year ended June 30, last, weighed more than a billion pounds, or ten pounds for every man, woman and child in the country. More than two-thirds of this material was supplied by the Dominion of Canada, while the greater part of the remainder came from Norway and Sweden. Many causes contributed to the reduction of the output and importations of wood pulp for the year 1915-16 by about 180,000,000 pounds, and these are, in almost every case, traceable in the war. Principal among them are shortage of labor in the wood pulp producing countries, and inadequate and expensive transportation facilities.

In a thousand ways, since the conflict began its consequences have been brought home to individuals and to families in the remotest parts of the earth. The results are felt in the forest solitudes of Canada, in the great pampas tracts of Argentina, in the isolated hamlet of the Australian hinterland and in the bustling industrial cities of the United States, and wherever they are felt they impress upon the thought of man the fact that no race, no nation, no community can live unto itself alone without sinking into degeneracy. A bit of the pulp ground from the tree in Norway, Sweden or Canada becomes a newspaper, and the newspaper, with its message or information, returns perhaps to the cabin of the woodsman, or to the worker in the pulp or paper mill, or perhaps it is sent around the world, or from reader to reader, until it finds its way into the trenches of contending hosts.

Whenever it is written that paper is scarce or high, that its consumption must be reduced, that newspapers must cut down in size, that there is a threatened famine in the supply of one of the most essential products of the age, he who looks below the surface discovers, in the backwoods of Quebec or Ontario, pathetic aspects of the present vast tragedy, for somewhere there will be found the lumber camps abandoned, the axes thrown aside, the deserted little gardens in the settlement that ceased to be when, with the winds from over the sea, came the call, "The King needs you, and he needs you now."—Ex.

Predicts Movies in Colors.

One of the pioneers of advanced photographic processes in this country, Frederick Ives, of Philadelphia, gave the New England Photographer's association information that color photography promises to do away with black and white moving pictures— that the processes of color photography may without doubt be applied successfully to the films. Mr. Ives certainly stated a fact when he said that the public will care nothing for black and white movies when it can have colors in their native truth and beauty; but it is also true that good black and white pictures are better than poor color photography—not merely replicas in color or prints in color on paper, but the direct reproduction of nature on the plate—Mr. Ives seems to go too far in saying that it is a thing that "anybody can do." No doubt he means by this that anybody who has the skill, time, zeal and money to devote to it can accomplish it. The process of direct color photography still remains, in practice a thing of the single plate impression, it cannot yet be duplicated or printed in its exactness, and consequently is a much more expensive thing than ordinary photography.

The natural color film, when achieved, will certainly be a wonderful, delightful thing. It will give us the whole lovely world on the screen. But it is as yet a thing to be accomplished.

How Clouds are Colored.

The color of a cloud depends on the manner in which the sunlight falls upon it and the position of the observer. It will be noticed that high clouds are always white or light in color, and this is because the light by which they are seen is reflected from the under surface by the numberless drops of moisture which go to form the clouds. Heavy rain clouds on the other hand, are found much nearer the earth, and so the light falls on them more directly from above, giving a silver lining to the clouds, though the under surface appears black, owing to the complete reflection and absorption of the light by the upper layers. Seen from above by an observer in a balloon the blackest rain clouds appear of the most dazzling brilliant white.

Warned.

"Robert," said his teacher, sternly, "you are incorrigible. I shall certainly have to ask your father to come and see me."

"Better do that, teacher," responded the youngster; "pop charges $2 a visit."—Boston Transcript.

What the Music Did.

From the Boone (Iowa) News-Republican.

Following the musical program Mrs. J. T. Brown read an article on "Personal Devils." Seventeen were present.

Roads in China.

Eevery Chinese road is a forced contribution on the part of individual Chinamen to the public welfare. But nothing on earth is of so little interest to a Chinaman as public welfare. That he should be compelled to make any contribution to it is extremely galling to him. Add to that the fact that the road is made across his land is still counted as part of his land when it comes to paying taxes, and you may form some idea of the reluctance with which the Chinese landowner gives up his portion of the public highway. The very sight of neighbors and strangers making use of that strip of land brings the bitterest resentment to his bosom.

In order to lose as little soil as possible, he puts the road at the end of his field, where the adjoining owner must share one-half of the public donation with him. But his neighbor's land may not be the same length as his, so that the two pieces of road do not fit together well. Chinese highways have a wonderful tendency to zigzag.

The road is the exact width of the Chinese vehicle. It is true that carts must meet somewhere, but for such inevitable meetings no provision is made, in such cases the driver must turn out on the planted field. To prevent that, the owner has cut a ditch alongside the road, as deep and as steep as gas-main ditches in our cities. The driver on the road can neither turn out for the driver he meets; nor can he pass under or over him. Just how the two will pass is one of the many Chinese puzzles, which the landowner does not think that it is his business to work out.

Constant travel over this road causes dust, which is blown across the near-by fields, and tramples the surface of the way down hard. Both causes lower the road perceptibly. As soon as the rains begin and the land has received its full of water, the remaining moisture seeks the lowest level—which is the road. But one road is still lower than another, so that the water flows in the direction of the lower "highways." The higher roads form creeks, and the lower ones collect the water into lakes. In any case, travel is out of the question during the rainy season.

The action of the flowing water is not favorable to the roadbed. The water tears away the loose soil and cuts great gaps in the path. Gradually the roadbeds become well-nigh impassable.

The farmer does not trouble himself about the uneven road; he is concerned with his field. In case some soil has been carried away by the water, he digs into the road and throws whatever soil he can get back into his field. It sometimes happens that a roadbed is lowered as much as one foot during a single year. Next year's rains will work still worse havoc; but why should the farmer worry? Public welfare is concerned, not he. If folks wish to travel by a better road, they may look for one.

The obvious suggestion that roads be built higher than the fields falls on deaf ears. One farmer could not do it by himself. To find two farmers agreeing on this one issue would be too much to expect in China. As for the traveling public, not one of them would raise a finger to encourage the farmer; that would help too many other people. The municipal government on its part has enough to do keeping the imperial highway in order; rural roads are none of its concern.

Should the Chinese villager come to see some day that the welfare of the many is the welfare also of the few, and that service is worth while according to the benefit it affords others, these troubles will doubtless have an end. Meanwhile traveling in the land of Confucius is, not a pleasure, but a penance.—Youth's Companion.

When Eggs Were High.

"What's the use of buying diamonds. They are just small pebbles. You can't eat them or get any real good from them."

"But they show you are wealthy."

"You can get the same result by having egg on the chin. And you have the satisfaction of eating the eggs, as well."—Louisville Courier-Journal.

As to the Spanols.

Among the Jews of various origins that inhabit New York city, there is one race, numbering about fifteen thousand, whose members are of a type quite distinct from all others. They are known as "Spanols," and are the descendants of the Jews who were expelled from Spain during the reign of Ferdinand and Isabella, and who found refuge in the Turkish dominions. They have almost nothing in common with their coreligionists; even their religion has forms and ceremonials peculiar to itself. They speak a strange tongue, and their manners, customs, and traditions are Oriental rather than Semitic.

"Physically, they are a fine race," says a writer in the New York "Sun," "but in the centuries since their expulsion they have not kept pace intellectually with their brethren in other countries. That is not because they lack natural quickness, for they are a shrewd and quick-witted people, but because they have no facilities for education in the land from which they came.

"Since their immigration into this country, five years ago, they have been little affected by American influences. They still remain strangers in a strange land, even to their coreligionists, whose Yiddish they cannot understand and whose ways are foreign to them. They have, perhaps, a closer kinship with the peoples of Latin America, whose language resembles their own, and for whom they are often mistaken. Ther language, which is called 'Ladion,' is probably more like Mexican than the Spanish of today, but its alphabetic characters are Hebraic. A newspaper in that tongue, called America, is published in New York city.

"The Spanols have acquired many of the traits of the Turk from long association with him, and, in accordance with the principles of the Koran, refrain from drinking alcoholic liquors. Their beverage is coffee, and they sit for hours in the coffee houses and chatter incessantly amid clouds of Turkish tobacco smoke. Like the Turk, too, they have occasional fits of indolence. Like him, too, they are very hospitable."

Mining Timber.

You know all about mining, or, at least, you know the sort of things that are obtained from the depths of the earth, such as gold, iron, coal, salt and precious stones. Did you ever hear of mining timber? The chances are that you did not, and yet there was a time when the mining of white cedar was one of the most important industries of New Jersey.

Those who delved in the swampy earth in pursuit of great and perfectly preserved logs were not compelled to dig deep pits, for the trunks of those prehistoric trees were seldom more than fifteen feet below the surface. Many of the logs were as much as six feet in diameter, and one was found with 1,080 annual rings. Beneath this tree, which had flourished in its native forests for more than a thousand years, there was dug up another tree of an even earlier forest with more than 500 rings.

New Jersey is by no means the only State in the Union or the only part of the world where prehistoric trees are to be found so perfectly preserved that even their characteristic odor is retained. Near Salem, O., a large quantity of timber was dug up at a depth of forty feet, the trees incased in a thick layer of glacial mud, and it is nothing uncommon in eastern Michigan for the diggers of wells to encounter tree trunks sixty feet down in the soft earth. The wood thus obtained is the best wood to be had, especially for the cabinet work. In Germany it has long been the custom to dredge the deep bed of the Rhine for ancient logs, out of which the cases of the finest toned pianos are constructed.—Ex.

A Different Matter.

Near-sighted Woman—"The boy that is worrying that cat ought to be thrashed within an inch of his life."

Servant—"It's your boy, ma'am."

"My boy! Tell him that if he will stop I'll give him a piece of cake."

——If you find it in the "Watchman" it's true.

Moving

With the first blush of Spring comes the moving season. Don't forget that it's impossible for the telephone company to move everyone at once!

If you're planning a change, call the Business Office *at least two weeks* before vacating and let us know your new address. That will insure your telephone being in service there when you arrive.

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