### County Correspondence

Items of Interest Dished up for the Delectation of "Watchman" Readers by a Corps of Gifted Correspondents.

#### PLEASANT GAP ITEMS.

Miss Belle Dunklebarger, of Bellefonte, spent Sunday at her home at

Jane Miller, of Bellefonte, spent Sunday with her sister, Mrs. Henry

Mrs. Ulrich, of Spring Mills, spent a few days with her daughter, Mrs.

Miss Clara Dunzik, of Winburne, is visiting at the home of her brother, here at the Gap.

Samuel Poorman left. Monday morning last on a business trip to Cleveland, Ohio.

Miss Viola Irvin has returned home after an extended visit with her sis-

ter at Punxsutawney. Roy Reish, who is employed by the P. R. R. at Tyrone, is spending a few days with his parents.

Mr. and Mrs. George Wise, of Tyrone, spent a few days with Mrs. Wise's mother, Mrs. Armstrong.

Mr. Artz and the girls who are employed at the knitting factory raised a large American flag at the factory Saturday morning.

The flag raising held at this place last Saturday evening was largely attended. The flag was furnished by the P. O. S. of A. Lodge of this place. The speakers were Miss Bertha Rimy, Mr. Edward Blanchard, Capt. S. Taylor and Chaplain T. W. Young, of the western penitentiary. The music was furnished by Our Boys band, of Milesburg.

They're talking now about amending the marriage game: And if they do, I fear they'd make that ancient sport extremely tame. But there's one change that I would make I'd cut the clergyman's remark:

"Has any one a reason why this loving pair should not embark?" I'd have him utter words like these Before the halter is fastened fast, The court will hear what you may say, Why sentence should not now be passed

### BOALSBURG.

Irvin Johnson, of Clairton, spent few days in town last week Miss Louella Ross spent the weekend with friends at State College.

Some of our enterprising citizens are arranging for a lecture course for next winter. Mr. and Mrs. John W. Keller spent

Sunday at the home of Harry Musser, on the Branch. Dr. Glenn, of Bradford, was a

guest at the home of Mrs. M. A. Woods, recently. Miss Margaret Weber and brother

Linn, of State Sollege, visited friends

William Stuart last week. Paul Rupp returned to his employ-

The B. H. S. ball team went to Centre Hall on Saturday and defeated the Centre Hall team with a score

Mr. and Mrs. John Stamm, Mrs. John Gramley and Mrs. Alfred Osman were Altoona people who visited in this vicinity last week.

Mrs. Harry Hoy and little daughter Margaret, of Ferguson township, spent last week at the home of Charles Mothersbaugh.

G. E. Meyer and sister, Mrs. Wil liam Mothersbaugh, motored to Altoona last week to attend a musical given by the glee club from Hood Col-

## LEMONT.

Last week was cold and wintry. The farmers are quite busy plow-Margaret Williams is able to be

The swallows have come to spend

Wheat looks fair to good now, but much of it was killed by the winter.

James Grove, Lloyd Houtz and Mrs. Norris Martz are all on the sick list.

Ella Bottorf is having the buildings re-roofed over her farm occupied by H. F. Houtz.

The fishermen were in evidence on Monday but the catch was small along Spring creek. The County Commissioners repaired

the iron bridge near Oak Hall roller mill, on Monday. The Bell Telephone company is putting on four new wires between Le-

mont and Boalsburg. An areoplane was seen sailing over Oak Hall and Boalsburg Monday and Wednesday nights of last week. No one seems to know what it was

#### doing in these parts. AARONSBURG.

Sumner Wance, who is employed in Milton, spent Sunday with his family Miss Lydia Walter, of Coburn, has come to live with Mrs. Louis Mensch,

at least for the summer months. Mr. and Mrs. Otto and son Morgan who spent several weeks in the east-ern part of the State, have returned

Harvey Haffley, of Akron, Ohio, who was home on his first visit since

going to Ohio, has again gone back to Akron. Mrs. H. M. Coll and son Donald, of State College, have been in our town for a week or more, Mrs. Coll having

come here to see her aged parents, Mr. and Mrs. Keener.

Prof. and Mrs. L. J. Bartlett on Wednesday evening entertained the senior class of the High school at dinner at their home. Plans were made for a delightful evening.

Mrs. Caroline Mayes returned home on Friday of last week, after spending five weeks among relatives. She spent some time with her daughter, Mrs. William Bohn, in Chicago Junction, Ohio; while there she visited her brother in Bellvue, Ohio. Before coming home she went to Franklin, Pa., to visit her sister, Mrs. Lorenzo Wilt. However, she says Centre county is the place yet for her to live.

#### EAST BRUSH VALLEY.

Up to this writing, no day without furrow.

No results of trout fishing were reported yet.

D. D. Royer has a crew of men engaged at laying a new water main. Maude Stover made herself popular on Sunday by wearing her straw

Some of our farmers attended the Peachey horse sale at Millheim Mon-

With anxious hearts and minds our kiddies are nearing their last day of

Mr. Cyrus Brungard and family, of Centre Hall, motored to our little dale on Sunday. Dr. Jacob Spangler, of Tylersville,

transacted business in our midst on last Friday. Harry McCool increased the stock

around his premises by adding thereto a highly pedigreed collie dog. J. J. Gramley and C. H. Bierly were numbered as being first to sow oats,

and H. Y. Stitzer as potato boss. H. A. Meyer is at present sporting a new Dodge car, which he purchased from the C. H. Breon Auto Company. A lively bunch from Rebersburg spent Thursday evening very pleas-antly at the home of Mr. and Mrs.

Paul Hackman. W. A. Winters and Holl Winkleblech purchased four head of horses at the Yoder horse sale, at Vicksburg, on last Tuesday.

Mr. H. Elmer Bierly (noble man) & Co. have contracted to saw several thousand shingles in this section, but thus far have not turned up. That he really is married is untrue.

#### Japan's Aim Told by a Japanese Diplomat.

the daily news, and there is the greatest diversity of opinion in this country as to Japan's political purposes. To rightly understand Japan, however, one must dig deep into her his-

It is significant that this most misunderstood nation has maintained cresolis compositus, U. S. P. (comforeign relations" as far back as the pound solution of cresol.) eighth century. Then, oversea trade was regarded as a Government monopoly, but foreign visitors were invited to visit the island empire.

After a period of seclusion, which continued most effectively from the seventeenth century to the beginning of the printeenth Language condition. A little daughter, Priscilla Ann, resumed foreign intercourse. As to arrived at the home of Mr. and Mrs. the present aims of Japan, especially interesting article appears in the new

"The Japanese have, they think, suffered much from the misunderstandideas; what they want is to be underand judged on their own account.
"The ambition of the Japanese peo-

ple has been to be recognized as an equal by the Great Powers. With this object in view, they have spared no efforts to introduce what they considered superior in the Western civilization, although it may perhaps be doubted whether in their eagerness. they have always been wise. They have always resented any discrimination against them as an Asiatic people, not merely protesting against it, knowing that such would not avail much, but making every endeavor to

remove reasons or excuses for it. "The Japanese have also been considered in some quarters to be a belof proper knowledge of Japanese character and feelings.

have a voice in the council of nations; they demand that they shall not be discriminated against because of the color of their skin, but that they shall rather be judged by their deeds. With this aim, they have made great efforts; where charges brought against them have any foundation in fact, they have endeavored to make reforms; where they are false or due to misunderstandings they have tried to live them down, trusting to time for their vindication. They are willing to be judged by the intelligent and impartial world; a fair field and no favor is what they claim, and think they have a right to claim, from the world."

-They are all good enough, but the "Watchman" is always the best.

CASTORIA Bears the signature of Chas. H. Fletcher. In use for over thirty years, and The Kind You Have Always Bought.

### 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 person-Number 16.

CARE OF DIPHTHERIA IN THE HOME.

(Diphtheria concluded.) (From United States Public Health

Report.) Care of diphtheria in the home.-Proper care of the diphtheria patient in the home is the keystone in the control and prevention of diphtheria. It is here that the private citizen, if he does his full duty, becomes an efficient unit in the campaign against preventable disease. The communicability of diphtheria and the fact that "carriers" of the germ result from contact with persons sick of the disease, renders imperative the strict

isolation of diphtheria patients. The sick room.—The first rule in care of diphtheria in the home is to place the patient in a separate room. This room should, if practicable, be on the story of the house the least in use, though its adaptability as a sick room should be taken into account. Rugs, carpets, draperies, and all upholstered furniture are to be removed. What furniture is left should be of

a kind which may be readily cleansed. There is no need for fancied attempts at purifying the air by means of hanging sheets wet with disin-fectants and the like. If possible, the mattress should be completely covered with a rubber sheet which can be washed from time to time with a dis-

infectant solution. Separate linen, bed clothing, etc.-Separate towels, bed clothing, night-gowns, eating utensils, and drinking vessels should be provided for the patient's exclusive use. These should always be kept free from contact with those used by the rest of the family.
After being used by the patient they are to be soaked for an hour or two in one of the disinfectant solutions given below and then boiled for one-half hour in soapsuds.

Attendant for the patient.-The patient should be provided with an attendant who remains with the patient and holds no communication with the other members of the family. This attendant should be the only person caring for the patient or coming in contact with him, apart from the attending physician.

Use of disinfectants.—A tub of good disinfectant solution should be at hand Japan is an ever-current feature of for soaking articles which have been used by the patient. A basin of disinfectant should also be provided for cleansing the hands of the attendant. Proper disinfectant solutions are-

(a) Two per cent solution of phenol (carbolic acid); (b) Two per cent solution of liquor

A 2 per cent solution is made by adding 3 ounces (6 tablespoonfuls,)

All articles used by the patient should be soaked for one to two hours as regards the United States, a most in the disinfectant solution, and then boiled for one-half hour in soapsuds ment at Pitcairn on Monday, after spending several weeks with his par- Baron Kikuchi, president of the Im- Discharges from the nose and throat of the patient are to be received into perial University of Kyoto and president of the Imperial Academy of Japan.

pieces of cotton gauze, or old, clean squares of linen, which are then placed immediately after use into the so-Among other interesting things, lution of disinfectant. They are then Baron Kikuchi writes in the Britan- burned. Partially eaten food is also

disposed of by being burned.

Care of the attendant's hands.—
It is important to remember that the ing of their motives, feelings and lands are extremely likely to become ideas; what they want is to be understood fully, and to be known for what they really are, be it good or bad. They desire, above all, not to be lumped as Oriental, but to be known and judged on their own account. solution and then in hot soapsuds. This precaution must always be taken by the attendants before eating.

Other precautions for the attendant. —A loose gown or a wrapper should be provided to protect the attendant's clothing. This covering should always be regarded as infected and not sent out of the room until it has been soaked in disinfectant for an hour. It should then be boiled. In the case of female attendants, the hair should be completely covered by a cloth or hood when engaged in caring for the pa-tient. The patient may cough violently in the attendant's face, thus spraying the attendant with the mouth and licose nation. No sooner was the war with Russia over than they were said to be ready and eager to fight with should at once be washed in disin-Charles Corl has been busy baling to be ready and eager to fight with should at once be washed in disinhay and straw, near Shiloh, this last the United States. This is another misrepresentation arising from want it has been uncovered. If the hair has been covered, the covering should be placed in the disinfectant solu-

"It may be repeated that it has ever been the ambition of the Japanese people to take rank with the Great Powers of the world, and to physician. These are kept outside of the statement of the s Gowns and head coverings should also be provided for the attending

use a mouth wash regularly. A good one for this purpose is made by mixing 1 ounce of peroxide of hydrogen in a glass of water and adding 10 or 15 drops of a 10 per cent alcoholic solution of thymol.

Immunizing the attendant.—All at-

tendants on diphtheria cases should receive a protective dose of diphtheria

Bath after recovery.—After recovery the patient's entire body, including the hair, should be bathed in warm soapsuds. The patient should then be removed from the room and dressed in clean clothes which have

not been in the room during the sick-

Subsequent treatment of the room. -The subsequent cleansing and disinfection of the room, after the patien's recovery will, in cities, be covered by the regulations of the local

should be carried out: The room should be thrown open freely to the air and sunshine. All bed linen, towels, nightgowns, and the like are to be disinfected in the manner previously described. Books and toys used by the patient should be burned. The floors and the walls, up to a height easily within reach, should be thoroughly scrubbed with a hot disinfectant solution. Mattresses are best disinfected by steam. Otherwise, they should be burned. If, however, they have been thoroughly pro-tected by a rubber sheet, after re-moval of the latter they may be sunned on both sides for a number of

successive days. Reporting the case.—The efficient control of diphtheria depends upon exact knowledge of its prevalence. It is the public duty, therefore, of all citizens to report cases of diphtheria to the sanitary authorities and to have the houses in which such cases exist

placarded. It is, similarly, the duty of the householder scrupulously to observe all regulations made by the local health department with respect to the quarantine of diphtheria cases. cases of sore throat, especially if occurring in more than one member of a family, should be isolated and steps taken to have throat cultures sent to the health office for examination.

Duration of isolation in diphtheria -Persons suffering from diphtheria should be isolated until cultures taken from the throat on at least two successive occasions fail to show the presence of diphtheria germs.

While diphtheria germs may persist in the throats of convalescents for periods of time which will try the patience of the most philosophical, nevertheless, the role played by "carriers" in the spread of the disease is so important that the necessity for

enforcing this rule is obvious. Other precautions.-When a household in which there is a case of diphtheria is engaged in any occupation having to do with the handling or distribution of food, such as the grocery business, dairying, and the like, such occupation should be discontinued until recovery of the pa-tient from diphtheria, and diphtheria germs are found to be absent from the throats of all the members of the

family. Should the patient be removed to a hospital for contagious disease, business should not be resumed by the other members of the family until it has been shown that diphtheria germs are absent in cultures from the throats of all the other members of the family, and the necessary cleansing and disinfection of the premises

have been done. Treatment of "Carriers."—The treatment of diphtheria-bacillus "carriers" is still a difficult problem.

So far as actual cases of diphtheria are concerned, these should be kept isolated until two successive throat cultures are negative. There can also be no doubt as to the propriety of excluding children who are "carriers" from schools, or of prohibiting "carriers" who have to do with the handling of foodstuffs from engaging in their occupation until their throats are free from diphtheria

It seems likely that the best thing to do with "carriers" when they are not school children or engaged in the handling of foodstuffs, is to give them a dose of antitoxin and let them go directing attention to the use of mouth washes and giving instruction with respect to the precautions to be taken in associating with others, especially with children. It is not the actuin most communicable diseases a certain dose of the germ seems to be required before we contract diphtheria. The actual diphtheria case scatters the germs in relatively large amounts. By giving the "carrier" a preventive dose of antitoxin we prevent the subsequent development of diphtheria, in his case, and thus diminish his dan-

ger to the community. General precautions against diphtheria.—The natural resistance of the human is a real safeguard and everything which tends to increase this resistance is of service in warding off attacks of diphtheria. Attention to personal hygiene, and the maintenance of a robust state of health by the use of suitable food, exercise and plenty of fresh air should be of serv-

ice in reducing susceptibility.

Physical conditions, which dimin sh resistance to infection, such as diseased conditions of the nose and throat, adenoids and enlarged tonsils—should be corrected. The presence

## Medical.

## Good News

MANY BELEEFONTE READERS HAVE HEARD IT AND PROFITED THEREBY.

"Good news travels fast," and the bad back sufferers in Bellefonte are glad to learn where relief may be found. Many a lame, weak and aching back is bad no more, thanks to Doan's Kidney Pills. antitoxin. At the first sign of any throat trouble a full dose should be given.

Our citizens are telling the good news of their experience with this tested remedy. Here is an example worth read-

Cleansing the room.—The room should be thoroughly aired two or three times a day. In cold weather the patient should be protected from draft by covering the head with a sheet. No sweeping should be done, but the floor and furniture wiped up with cloths dampened in disinfectant solution. After use the cloths should be soaked in disinfectant.

Bath after recovery.—After recovery at the postion of the protected from a dull ache across the small of my back for several weeks. At times, when I bent over or lifted anything, a sharp pain shot through my back. I had heard of Doan's Kidney Pills and I knew that they were good, so I began taking them, procuring my supply at Parrish's Drug Store.

They cured me."

Price 50c at all dealers. Don't simply

of these defects besides increasing the liability to disease, exerts an un-fortunate influence on the physical de-

velopment. Teach children the importance of the mouth as a gateway of infection and that the only things which natboard of health. When the householder must follow his own initiative in this matter the following measures dren, as early as possible the instinction of the counteract, in young children, as early as possible the instinction. tive habit of carrying everything to the mouth and teach particularly the danger of such practices as putting pencils, coins, and similar objects in the mouth, the use of the common towel and drinking cup, taking bites of the same apple or piece of candy and all acts which lead to an exchange of the mouth fluids between

#### human beings. WARNING.

Do not neglect a sore throat. Inflammation of the throat is only a local manifestation of a more serious and systemic condition and should always be regarded with suspicion. Diphtheria and scarlet fever make their early showing by evidences of changes in the normal condition of the throat and for this reason it is best to have a physician immediately to settle all matters of doubt regarding early sore throats.

### Hood's Sarsaparilla.

Nervous Spells

And Combination of Troubles Relieved by a Combination of Medicines.

A quotation from one recent letter: "I have been taking Hood's Sarsapa-rilla and Peptiron Pills as a course of medicine and find this combination has worked like a charm. They told me I had neuralgia, and certainly I was in a very low and discouraging state of health. I suffered extremely with nervousness and had neuralgia pains so I could not sleep nights.

"Those nervous spells were awful! "I heard about taking Hood's Sar-saparilla and Peptiron Pills—one before meals the other after-the suggestion struck me favarobly so that have taken the medicines carefully and faithfully with most pleasing re-

"It is a long time now since I have had one of those severe nervous spells. I can do a good days' housework, can work in my garden and walk a mile."
Mrs. Fred J. Weekley, Bagdad, Fla.
Your druggist will be pleased to
supply you with these good medicines.

# Get the Best Meats.

You save nothing by buying poor, thin or gristly meats. I use only the LARGEST AND FATTEST CATTLE and supply my customers with the freshest, choicest, best blood and muscle making Steaks and Roasts. My prices are no higher than poorer meats are elsewhere.

I always have - DRESSED POULTRY -Game in season, and any kinds of good meats you want.

TRY MY SHOP. P. L. BEEZER. 34-34-1y.

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N B. SPANGLER. Attorney-at-Law. Pra tices in all the Courts. Consultation in English or German. Office in Crider's Exchange Bellefonte, Pa. 40-22

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### Physicians.

S. GLENN, M. D., Physician and Surgeon State College, Centre county, Pa. Offic at his residence. 35-41

### Dentists.

DR. H. W. TATE, Surgeon Dentist, Office the Bush Arcade, Bellefonte, Pa. All modern electric appliances used. Has had years of experience. All work of Superior quality and prices reasonable.

RESTAURANT.

Bellefonte now has a First-Class Res-

Meals are Served at All Hours Steaks, Chops, Roasts, Oysters on the half shell or in any style desired, Sandwiches, Soups, and anything eatable, can be had in a few minutes any time. In addition I have a complete plant prepared to furnish Soft Drinks in bottles such as

SODAS SARSAPARILLA, SELTZER SYPHONS. ETC., r pic-nics, families and the public gener-y all of which are manufactured out of e purest syrups and properly carbonated.

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High St., Bellefonte, Pa

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25 per week, total disability, (limit 52 weeks) 10 per week, partial disability. PREMIUM \$12 PER YEAR, payable quarterly if desired

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# Good Health

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