

GERMANS INHUMAN TOWARD PRISONERS.

London.—A report on the treatment of British prisoners of war during their transport from France and Belgium to Germany has been issued as a White Paper. It deals with the period August-December, 1918, direct evidence having now been obtained from forty-eight officers and seventy-seven N. C. O.'s and men, whose statements are appended to the report.

In almost every case the treatment of the British prisoners was barbarous, but the most striking fact brought out by the testimony given is that this treatment was deliberate and carried out by order. The few instances of humanity shown "force into all the greater relief," as the report states, "a remarkable record of organized cruelty." For that cruelty the German Imperial Government was responsible. The principal means used were:

"First. Careful neglect to give medical treatment to wounded prisoners during journeys which lasted two to five days.

"Second. Overcrowding of officers and men—wounded and unwounded—usually in uncleaned horse and cattle racks.

"Third. Nonprovision of sanitary accommodation. Elementary requirements of decency and cleanliness were constantly refused.

"Fourth. Deliberate deprivation of food and water. The German Red Cross nurses habitually declined to supply the British prisoners.

"Fifth. Differential treatment of British and French prisoners with the object of degrading the British. At all stages of the journey British prisoners were displayed to the execration of the crowd.

These were the almost universal methods employed against the "English swine," the usual epithet applied by German officers, men and civilians to the British prisoners. One officer was compelled by a German nurse to walk naked from his stretcher to a station buffet (used as a hospital), a distance of 100 yards, which he did after a sentry called up by the nurse had forcibly removed his only covering, a blanket, and had given him "one or two gentle prods" with his bayonet.

BEHAVIOR OF CIVILIANS. The behavior of the civilians was worse even than that of the military. The report, summarizing, with much moderation, an overwhelming mass of evidence says:

"Of all journeys without exception, whenever the train stopped—and halts were always long and frequent—a dense and highly hostile crowd was found on the platform, who surged round the carriages and trucks containing prisoners, throwing stones with knives and revolvers and insulting them with the grossest forms of abuse. German officers often took an active part on these occasions.

"Well-dressed women were constantly prominent in these scenes, and often at wayside stations rows of school children would be found drawn up, chanting choruses of abuse. At Torgau, for example, a party of thirty officers, arriving in the evening after a three days' journey, were marched through the town with a thin guard of old Landsturm troops, and had great difficulty in getting through the immense spitting, threatening crowds, mostly well-dressed people of the middle classes, which thronged the streets. At one large house several ladies in evening dress stood at an open window shouting and shaking their fists. One of these officers describes how, as they left the train at Torgau Station, a woman leaned from the window of a first-class compartment and spat in his face.

In the long record of cruelty toward suffering and defenseless men, one kind of exception stands out. In several cases, though by no means in all, the guards in charge of the prisoners showed them what kindness they could, usually by procuring food and water. In some instances the food thus smuggled in was all that the prisoners got. The men who did these acts were nearly all in humble positions—there are not half a dozen cases in the 125 records of German officers showing any concern for their charges. Generally the guards who exhibited kindness were in fear of being discovered by their officers.

MARTYRDOM ON JOURNEY. One instance in which the prisoners were not subjected to the abuse of the crowds at the station is given. The men were simply put into a wagon and left for seventy-two hours without any attention. This happened in October on the journey from Douai to Hanover.

"We were put (says Private J. O'Neill, Royal Irish Regiment) into horse wagons in batches of seventy-five, and were three days without food and water. No one even opened the door of the box the whole time. My wound was getting maggoty; it had only been dressed once, by the French sister (at Douai)."

Captain E. M. Middleton, R. A. M. C., records that on the journey to Hanover his first escort proved decent men. At Cologne the escort was changed.

"The new officer in charge of the train was the other and more plentiful type, the loud-voiced bully and cad. We, in our ignorance, came to the conclusion that he must be either half-drunk or not quite sane. After constantly meeting the type for a number of months we know now that he was neither of these things, only German. Our first introduction to him was when he arrived at the window and screamed a number of unintelligible sentences at us. The only word we could recognize was 'Schweinhund,' a particularly offensive German epithet, which recurred frequently."

Sergeant G. Gilling, Scots Greys, shows another, but no more pleasing, aspect of the German officer. A party of 350 to 400 British wounded were gathered at Mons.

"The moment we arrived at Mons we all were taken into the station, where two trainloads of German

troops (cavalry) had just arrived. These troops were drawn up in two lines, we were made to march through the lines and were subjected to gross insults and ill-treatment. Curses were hurled at us, the men spat on us and kicked us, we were struck with sabres and bayonets, and Germans were not particular as to whether flesh wounds were inflicted or not; men with walking sticks had these snatched from them and were beaten with them; very many men with crutches had these kicked from under their arms, and when patients fell the crutches were used to beat them with. During the episode German officers and N. C. O.'s were with their men and they, far from discouraging their men, encouraged them, even to the extent of cursing us in German and English and in taking part in these cowardly assaults."

In nearly all the prisoners' statements reference is made to the revolting behavior of the nurses of the German Red Cross society. In the whole of the testimony there are but three or four instances of Red Cross nurses showing any trace of humanity to the British prisoners. Lance Corporal J. Abbott, Dorset Regiment, speaks of getting water from Red Cross nurses "occasionally." Captain Gilliland, L. N. Lance, related that the doors of the cattle truck in which he, a "lying down case," French Zouaves, and Indian soldiers were confined, were pulled open, and Red Cross women, when they heard that the prisoners had had no food for three days, went to get them some sausage sandwiches.

"But before they could give them to us they were prevented by German officers, who said, 'These are English prisoners, and they are to have nothing.' Similarly in another instance where a German Red Cross sister had an impulse of humanity and tried to get prisoners some food, 'she was pushed away by the military guards.' But no intervention by the military was needed in other cases. The Red Cross women showed a positive hatred of the British—they refused anything to them, however desperate their need.

"We saw some German Red Cross nurses," says one prisoner; "the only thing I remember about them is that some of them spat in our faces."

Change of Residence of German Aliens. A German alien enemy changing his place of residence to another place within the same registration district shall immediately report such change to the registration officer of the registration district and present to such registration officer his registration card for the purpose of having endorsed thereon by such registration officer the change of residence. A German alien enemy who desires to change his place of residence to a place of residence within another registration district must obtain a permit. Such German alien enemy must present himself to the registration officer of the district in which he then resides and make application for the permit on a form supplied by the registration officer, and present his registration card to the registration officer for the purpose of having the permit of change of residence, if granted, endorsed on the registration card. If the registration officer denies the application there may be an appeal under certain circumstances to the United States Marshal for final action.

A change of residence in violation of the regulations subjects an alien enemy, among other penalties, to arrest and detention for the period of the war.

The registration officers who acted in the registration will continue to act as registration officers for the purposes stated in respect to permits for change of residence.

A Pound of Honey. When you eat a spoonful of honey you have very little idea as to the amount of work and travel necessary to produce it. To make a pound of clover honey, bees must take the nectar from sixty-two thousand clover blossoms, and to do this requires two million seven hundred and fifty thousand visits to the blossoms by the bees.

In other words, in order to collect enough nectar to make one pound of honey, a bee must go from hive to flower and back again two million seven hundred and fifty thousand times. Then when you think how far these bees sometimes fly in search of these clover fields, often one or two miles distant from the hive, you will begin to get a small idea of the number of miles one of the industrious little creatures must travel in order that you may have a pound of honey.—Ex.

How Marbles are Made. Of course every real boy plays marbles, but not every boy knows how they are made. Many are of baked clay, porcelain, or glass, but the original marbles were fashioned from the substance from which they take their name, and many are still made of it, and in great quantities in Saxony. A very hard stone, containing carbonate of lime, is used. This is broken into square blocks and about one hundred and fifty of these blocks are thrown into a mill, in which is a flat slab of stone, with many circular furrows on its face. A block of oak of the same diameter as the stone, a part of which rests on the small stones, is made to revolve on the slab while water flows upon it. The whole process requires but a quarter of an hour, and one mill can turn out twenty thousand marbles a week.—Ex.

State Sets Rules and Terms for Use of Farm Tractors. Harrisburg, March 27.—The State Department of Agriculture has prepared a form of application for service of one of the State's farm tractors in which the rates are given as harvesting sixty cents per acre; discing, \$1.50 per acre, and plowing \$3 per acre. The State will require payment of twenty per cent. of the amount due upon signing of the contract and the remainder immediately upon completion of the work. More than 500 applications for tractors have been received.

—Subscribe for the "Watchman."

Health and Happiness

"Mens sana in corpore sano"

Number 38.

"What's on the menu?" asked the hungry man. "Well," replied the waiter, "a few articles of food are mentioned. But most of the space is taken up with government instructions on what not to eat."—Washington Star.

How the Value of a Food is Determined

Dietetics has at last come to be a science. It is no longer a matter of guesswork how much a man should eat daily, for the properties and values of foods have been studied by the same methods which have determined the qualities and values of soils and ores.

Foods may be well compared with fuels for food is actually burned in the body by the aid of the air we breathe and, when burned, produces heat. When taken into the body, digested, assimilated, and used, food-stuffs produce the same amount of heat and other forms of energy as if outside of the body; hence the number of calories represented in a given foodstuff may be taken as a measure of its food value.

Before a definite value can be placed upon anything there must be a standard or measure for it. When we buy dry goods, we buy them by the yard, the yard being the standard of measure for this kind of goods. When we buy potatoes, we buy them by the peck, this being the standard of weight. When we buy milk, we buy it by the pint, this being another standard of measure. Thus for all commodities or substances on which are to be placed definite values, there must also be definite standards of value. Accordingly, if the quantities of heat produced by various foods are to be compared, there must be a definite measure for heat; but since we cannot measure heat by length nor by weight, nor by any other of our common standards of measure, it becomes necessary for us to measure it by what it can do. So the standard adopted is the amount of heat required to raise the temperature of one pound of water 4 degrees F. or to raise one kilogram of water 1 degree C. This unit we call a calorie (the root of which means heat). That is, food, the fuel of the body, is measured in fuel-units, called calories. It has been found that one ounce of sugar, one ounce of dry starch, and one ounce of dry protein each produces 116 calories, or energy units. One ounce of fat, however, produces 264 calories which is almost two and one-fourth times as much as either protein or carbohydrate. Expressed in grams, one gram of protein and one gram of carbohydrate each—produces 4 calories or energy units; one gram of fat produces 9 calories.

QUANTITY OF FOOD. In that very excellent book "How To Live" by Prof. Irving Fisher and Dr. Fisk, this topic is admirably presented as follows:

"Many people eat too much, that is, too many calories; some eat too little, that is, too few calories. In both cases the person is usually unaware of the fact, because he makes the mistake of measuring his food by its weight or bulk. Some foods are concentrated, that is, contain many cal-

ories of food value in a given bulk; others are bulky, that is, contain few calories in a given bulk. For instance, olive oil is concentrated, and most vegetables are bulky. A third of an ounce of olive oil contains 100 calories, which is as much as is contained in a pound or more of tomatoes, lettuce, celery, cucumbers, string beans, asparagus, or watermelon.

It will help to give a picture of food values, if we note how much it takes of some of the common foods to make a given amount of food value, say 100 calories. It is surprising in how many cases the ordinary amount of food served at table happens to contain about 100 calories. We find 100 calories in a small lamb chop (weighing about an ounce); in a large egg (about 2 ounces); in a small side-dish of baked beans (about 3 ounces); in 1 1/2 cubic inches of cheese (about an ounce); in an ordinary side-dish of sweet corn (about 3 1/2 ounces); in one large-sized potato (if baked, about 3 ounces); if boiled, about 4 ounces); in an ordinary thick slice of bread (about 1 1/2 ounces); in one shredded wheat biscuit (about an ounce); in a very large dish of oatmeal (about 6 ounces); in two apples (about 7 ounces); in a large banana (about 4 ounces); in half a cantaloupe (about 9 ounces); in seven olives (about 1 1/2 ounces); in a very large orange (about 10 ounces); in an ordinary pat of butter (about 1/2 an ounce); in a quarter of a glass of cream (about 2 ounces); in a small glass of milk (about 5 ounces)."

How the amount of energy or calories in any given weight of the common foods is calculated is explained in "Food Requirements and The Menu," Extension Circular, No. 65, The Pennsylvania State College, as follows:

"Knowing the amount of energy yielded by protein, fat and carbohydrate, and knowing through chemical analysis the percentage of protein of each of these food elements in any given food, it is possible to calculate in any given weight of any one of the common foods, the amount of energy produced by the protein, the fat and the carbohydrate, as well as the total amount of energy yielded by the given weight of food.

For example, in 100 grams of milk (1 ounce equals 28.29 grams) there are 3.3 grams of protein, 4 grams of fat and 5 grams of sugar. Each gram of protein yields 4 calories, each gram of fat 9 calories, each gram of sugar 4 calories. Hence 3.3x4 equals 13.2 calories derived from protein; 4x9 equals 36 calories derived from fat; 5x4 equals 20 calories derived from sugar; or 69.2 total calories.

That is, out of the total 69 calories yielded by the 100 grams of milk, 13 calories are derived from the protein."

Next week, "The Amount of Food Required by an Individual."

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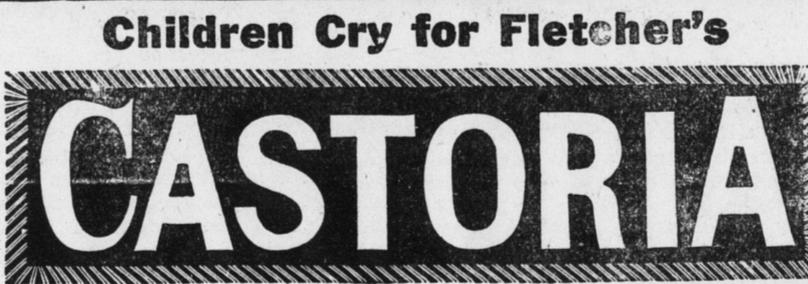
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