

HEALTH SCHOOL

Pennsylvania State Department of Health.

Questions.

1. What danger may arise from sneezing?
2. Name two diseases which may be transmitted by sneezing?
3. How should a sneeze be covered?

SNEEZES

A-Choo—A-Choo—A-Choo. "God Bless you," they used to say. Now it's "Confound you," or something worse. The sign in the street car, "Cover a Sneeze," had been there a long time, but no one paid attention to it, until an epidemic of influenza took the lives of 47,000 people of Pennsylvania in one month.

The following letter from one teacher to another tells a story of its own. Brallsburg, Penna.

Dear Jennie:
Your remark in your last letter, "You can't sometimes always tell," had its exemplification in my school today. Tony Morelli was the exponent and the cause, a health lecture. Tony appeared to be paying attention to everything except Dr. Strong, our School Medical Inspector, who was telling the class how certain diseases are borne from one person to another. He laid special stress upon tuberculosis and explained how germs of that disease were almost always present in the sputum (spit, he called it) of persons having it, that when the sputum dried the germs were liberated and could be breathed in by others. He said that common colds were often contracted by breathing in germs which had been expelled by the coughing or sneezing of others who had colds. That this danger was greatest in crowded, ill-ventilated quarters. He said of the great outbreak of influenza, that its extent might have been lessened if all persons had followed the practice of covering coughs and sneezes.

When the Doctor finished, I allowed ten minutes for each pupil to write the points of the talk they had just heard. Here's where Tony came in. The rest of the papers were good, bad or indifferent, as such papers in a school room average, but Tony, with apparently little effort, produced this: "Coughs and sneezes spread diseases, and O, that spit! Beware of it."

I have completely reorganized my opinion of Tony and, while I should scarcely class him as a budding Kipling, I give him credit for quick perception and brevity of expression, and he has demonstrated to me the value of school instruction in health.

They say "It's hard to teach an old dog new tricks," and as a rule the conclusions of the "They" are the deductions of experience, but let us set the young generation straight.

While the two great political parties are contending as to the best way to save the world and make it safe to live in—let us, School Teachers, save the people from being weaklings and cripples by teaching of practical lessons of health.

Yours as ever,

ELLA.

Diphtheria—Scarlet Fever—Measles—Spinal Meningitis—and other diseases, in addition to influenza and the common cold, are transmitted by the secretions of the nose and throat.

Did you ever shoot at a barn door with a shot gun?

Do you remember how the shot from a muzzle less than an inch were scattered from edge to edge?

There is a similar occurrence when a pint or more of air is propelled violently through a pair of small calibre nostrils—except that instead of leaden pellets, are usually active, living disease germs, riding upon tiny, invisible droplets which spread far like a distance of six feet or more.

A sturdy unobstructed sneeze from the rear row in the movie house, may protect its vanguard of infective germs (two, three or even four seats ahead, while the rank and file, mounted upon invisible droplets, hover in the air to be breathed by occupants of the intervening chairs. Often no harm results because nature's resisting power overcomes the germs before they can establish permanent lodgment.

Sometimes, however, the resisting power fails, or is insufficient, and then comes infection and disease—which might have been avoided had the sneeze been covered.

A cough or sneeze should be covered by the handkerchief, or if there be no time for that, by the hand, which should be immediately washed.

The "Annapolis" Assigned as Training Ship.

The United States has gone into the shipping industry on an enormous scale. There are more than 28,000 vessels now flying the American flag. The merchant marine will call for trained officers to command these ships.

It is not generally known that the State of Pennsylvania offers a wonderful opportunity to young men to enter the merchant marine as officers. Recently there returned from a 6000-mile cruise to the West Indies and north Atlantic ports a class of cadets from the Pennsylvania Nautical

DEMOCRATIC STATE AND CONGRESSIONAL CANDIDATES

The electors of Pennsylvania will be called upon to vote for one person to represent this State in the United States Senate and four persons as Congressmen-at-large. The Democratic candidates are well distributed throughout the State. Its candidate for United States Senator, Major John A. Farrell, M. D., resides at West Chester, and its candidates for Congress-at-large and their places of residence are as follows: Charles M. Bowman, Luzerne County; John P. Bracken, Allegheny County; M. J. Hanlan, Wayne County, and John B. McDonough, Berks County. These men are representative Democrats and prominent citizens.



MAJOR JOHN A. FARRELL
Candidate for United States Senator.

Major John A. Farrell, M. D., of West Chester, was born in Chester County Pennsylvania, June 18, 1874; received his early education in the public schools of his native county, the State Normal, at West Chester, the University of Pennsylvania; after which he read medicine and has since practiced in Chester County. He has served as president of the Chester County Medical Society.

His political activities began at the time he attained his majority, when he became a member of the Democratic County Committee of Chester County, on which committee he has served continuously ever since. Every reform movement in local and state politics during the past twenty years has had his vigorous support. He is an active member of the Woodrow Wilson League of Chester County, a strong Democratic organization, of which he was one of the founders.

Dr. Farrell was among the first to enlist from Chester County in the World War. He became Major of the Second Battalion, 23d Engineers, seeing much active service in the front line through the Meuse-Argonne campaign, and has an enviable record for efficient service. At the close of the war, following his discharge from the service, he took an active part in the organization of the Bernhard Schlegel Post, American Legion, at West Chester, and was a past officer of the Sons of Veterans.



JOHN B. McDONOUGH
Candidate for Congressman-at-Large

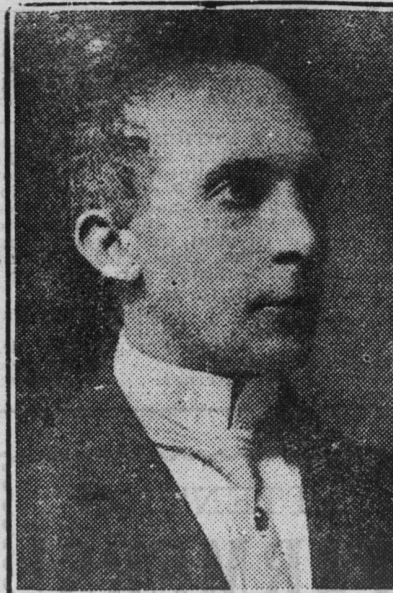
John B. McDonough was born April 5, 1880, in the city of Reading, where he now resides; educated in schools of Reading and at Brunner's Business College; served as Democratic City Chairman for two terms; member of Democratic State Executive Committee, and has always been active in Democratic politics.

Mr. McDonough took an active part in the United War Work drive and in all other war activities and patriotic movements. He owns the Telegram Printing Company of Reading.

school. Governor Sproul is responsible for the new impetus given the nautical school, and the State Legislature made an appropriation for its maintenance.

The United States Navy has assigned the "Annapolis" for use as a school ship. It is a staunch, handsome warship. Most of the officers and instructors have been assigned by the navy.

The "Annapolis" will remain in the port of Philadelphia during the winter, where classes will be conducted, and next spring will start out on another long cruise. Applications to the nautical school will be received



CHARLES M. BOWMAN
Candidate for Congressman-at-Large

Charles M. Bowman was born September 22, 1871, in Wilkes-Barre; he attended the public schools of his native city; graduated from Dickinson College; studied law at Dickinson School of Law and the University of Pennsylvania; admitted in 1896 to the Luzerne County Bar and has since then been in the active practice of his profession at Wilkes-Barre.

He has been active in Democratic politics, serving five terms as a member of the City Council of Wilkes-Barre; in 1911 he was the Democratic candidate for District Attorney for Luzerne County.

During the world war Mr. Bowman was active in the Liberty Loan drives, Red Cross and other war work activities, giving whole-hearted and undivided attention to their success.



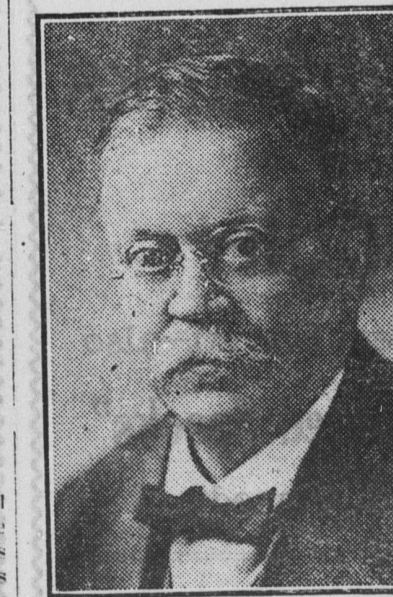
JOHN P. BRACKEN
Candidate for Congressman-at-Large

John P. Bracken was born December 5, 1875, at Gallitzin, Cambria County; was educated in the public schools and graduated from college in 1894 with the degree of Master of Arts; prior to 1895 he was associated with his father and brothers in the coal, lumber and water business; since then he has been engaged in the coal, commercial business, and at present conducts a general brokerage business at Pittsburgh.

He was a member of the Borough Council of Gallitzin and president of that body; a delegate to the Democratic National Convention in 1912 and during that year a member of the Allegheny County Democratic Committee.

Mr. Bracken enlisted May 24, 1898, as a private in the Seventeenth U. S. Infantry and was advanced to sergeant serving until the end of the Spanish-American war, and is a member of the Camp Hunt Post, United Spanish-American War Veterans.

Mr. Bracken is married and resides with his wife and six children at Dormont, a suburb of Pittsburgh.



M. J. HANLAN
Candidate for Congressman-at-Large

M. J. Hanlan was born June 21, 1863, in Palmyra Township, Wayne County; went to work in the White Mills Glass Works when but eleven years old; at sixteen was lock tender on the Delaware and Hudson Canal; attended the

district school during the winter months and graduated from the Howley High School; is a graduate from the Mansfield State Normal School; has taught school; is a lawyer by profession.

Mr. Hanlan has served as clerk to the County Commissioners of Wayne County and three terms as Prothonotary of his native county, and also served three years as solicitor of Wayne County; was a delegate to the Democratic State Convention in 1898 and again in 1906.

He took an active interest in all the war activities and was chairman of the Four Minute Men in Wayne County.

He resides at Honesdale; is vice president of the Chamber of Commerce, secretary of the Honesdale Realty Company, and a director of the Farmers and Mechanics Bank of Honesdale.

In addition to the above there will be elected a State Treasurer and an Auditor General. The Democratic candidate for State Treasurer, Peter A. Elssesser, comes from the eastern part of the State, and the Democratic candidate for Auditor General, Arthur McKean, comes from the western part, and are representative men in their respective sections.



PETER A. ELSSESSER
Candidate for State Treasurer

Peter A. Elssesser was born April 14, 1867, near Hanover, York County. From the time he was ten years of age and until he had passed his majority, he attended the public schools of York and Adams Counties and schools at Abbottstown and East Berlin. He also taught in the common school, and acquired a knowledge of shorthand. On account of family privations, spent most of his time among strangers, working on farms, the summer and doing chores during the winter while attending public schools.

Mr. Elssesser was a member of the following war work activities: War Council of York County; War Camp Community Service of York; Board of Instruction for Draft Board No. 1 of York; Community Labor Board of York; Four Minute Men; Chairman United War Work Campaign of York.



ARTHUR MCKEAN
Candidate for Auditor General

Arthur McKean was born March 13, 1882, in lower Burrell Township, Westmoreland County; educated in the public schools of Parnassus and New Kensington; graduated from Geneva College in 1904 with the degree of Bachelor of Science; is a graduate of the University of Pittsburgh; then attended the law school of the University of Pittsburgh; studied law and was admitted to the Beaver County Bar in 1909, and subsequently admitted to practice in the Federal Courts and the Supreme Court of Pennsylvania; now engaged in the active practice of law in the office of Colonel Joseph H. Thompson, late Colonel of the 110th Infantry, and is located in Beaver Falls.

Mr. McKean served as a Justice of the Peace and school director in College Hill borough; was a member of Pennsylvania Legislature during session of 1911.

RUNVILLE.

Samuel Furl's sale was well attended last Saturday.

Roy Fetzer, of Tyrone, visited at the home of Harry Fetzer last Sunday.

Austin Brewer, who is employed at Williamsport, spent Sunday among his friends in this place.

Samuel Shirk, of Bellefonte, was an over Sunday visitor at the home of his brother, Jacob Shirk.

Mr. and Mrs. Thomas Hoover, of Lock Haven, visited at the home of Jacob Shirk last Saturday.

Paul Bennett and wife, of Curtin, spent Sunday with the former's parents, Mr. and Mrs. Paul Bennett.

Rev. Orledge, wife and little son, of New Florence, visited among their friends in this place the fore part of last week.

There will be a C. E. convention held in the United Brethren church in this place on Friday evening, October 22nd. All are invited to attend.

Mrs. E. R. Lucas and Mrs. Charles Shaver and two sons, Willard and Clyde, and Thomas Berkhamer, of Altoona, autoed to Runville last Sunday and spent the day at the home of L. J. Heaton.

Mr. and Mrs. Charles Johnson and four children, of Kittanning, and Mr. and Mrs. William Johnson and son Grover, of Wallace, autoed to Runville on Sunday afternoon and called at the home of L. J. Heaton and Mrs. Sallie Friel.

If you want all the news you can get it in the "Watchman."

Subscribe for the "Watchman."

MEDICAL

Renewed Testimony

No one in Bellefonte who suffers backache, headaches, or distressing urinary ills can afford to ignore this Bellefonte woman's twice-told story. It is confirmed testimony that no Bellefonte resident can doubt.

Mrs. J. C. Johnson, 356 E. Bishop St., says: "I can't say too much for Doan's Kidney Pills. They are the best remedy I have ever used for backache and weak kidneys. I was a great sufferer. I could hardly straighten up or get around the house. I had dizzy spells and would nearly fall over. My kidneys acted very irregularly. A member of my family had used Doan's Kidney Pills and on his advice, I got a box of Doan's from the Green Pharmacy Co. They did me more good than anything I ever used. The backaches became normal and now I am enjoying good health. Doan's certainly cured me and I highly recommend them to any one having backache or kidney trouble."

Mrs. Johnson gave the above statement October 21, 1907, and on October 18, 1918, she added: "I am very glad to confirm my former endorsement of Doan's Kidney Pills. No one knows better than I what a wonderful benefit they have been to me, for they cured me of a serious kidney trouble."

60c, at all dealers. Foster-Milburn Co., Mfrs., Buffalo, N. Y. 65-42

OUR CORRECT
suits & overcoats
are perfectly made.
They fit too!

Don't think that "tailors do not make our clothes. On the contrary, the BEST TAILORS on earth put their best workmanship into our suits and overcoats.

The BEST MATERIALS also go into our garments.

You no longer go to the shoemaker for your shoes; there's no need of going to the TAILOR anymore for your clothes. Our suits and overcoats are all ready to slip right on, and you can see what the finished clothes look like BEFORE you buy them. Pay us less money and get BETTER clothes.

Wear our good, "Nifty" clothes.

A. FAUBLE

Bellefonte, Pa.

WE feel that we are equipped for any business relating to banking. Long experience has given us confidence in our ability to serve you.

The First National Bank
BELLEFONTE, PA.

61-46

"Would you like some views of the hotel to send to your friends?" "Sir," said the disgruntled guest, "I presume it will be better for me to keep my views to myself."

ECZEMA!

Money back without question if HUNT'S Salve fails in the treatment of ITCH, ECZEMA, RINGWORM, TETTER or other itching skin diseases. Try a 2 cent box at our risk.

65-26 C. M. PARRISH, Druggist, Bellefonte