

## HEALTH SCHOOL

Pennsylvania State Department of Health.

### Questions.

3. How can persons be made immune to diphtheria for life?
2. How long does the protection which a dose of antitoxin gives, last?
3. How can persons be made permanently immune to diphtheria for life?

### THE LEAK

Some fifty years ago a prominent Pennsylvanian remarked that "There would be no more great inventions, because there was nothing left to invent." Today his Grandson operates an aeroplane.

Two men sat together in a railway train. The tall, thin one was a Manufacturer, who had made his way, the stout one with heavy eyeglasses was a Physician.

As the train stopped they saw on the house across the way a state quarantine sign, "Diphtheria." "That," said the Manufacturer, "is a disease which has cost me thousands of dollars, through loss of time of my employees."

"That," said the Physician, "is a disease which will not bother your successors in business."

"Nonsense! Antitoxin will cure if given early and will prevent, if given to one who has been exposed, but Diphtheria cannot be completely stamped out."

"Not only can, but will," asserted the doctor; "just as Small pox, the one time scourge of the world, has been made negligible by vaccination, as Typhoid is no longer a danger factor to the Army, so Diphtheria will be eliminated by 'Toxin-antitoxin.'"

"And what is Toxin-antitoxin, and how is it different from antitoxin in general use?"

"Antitoxin," said the physician; "will cure diphtheria if given in sufficient doses—in time: lesser doses of antitoxin will prevent diphtheria in those who have been exposed to the disease, but the protection does not last more than a few weeks."

"A second attack of diphtheria is frequent because the 'Toxins' or poisons of the disease stimulate the blood to form protective substances which remain in the body."

"Toxin-antitoxin" is a combination of the actual diphtheritic poison with sufficient of the antitoxin or antitoxin to prevent harmful effect. The patient is inoculated as it were with the poison of the disease and its antitoxin, but the 'Toxin' influences the blood to form defensive agents just as in actual diphtheria."

"I see," said the Manufacturer; "you sort of fool the blood."

"Well, you might call it that."

"Then your idea is to give Toxin-antitoxin to everybody?"

"Not every person, for all are not susceptible to Diphtheria."

"How can you separate them?"

"Easily—The 'Shick Test'—babes under six months are usually immune, above that—The 'Shick Test.'"

"Never heard of it," said the Manufacturer.

"Perhaps not, you laughed because I never heard of 'Lemo.' Every man to his trade, you know; 'The Shick Test' is employed to determine whether or not the individual can catch diphtheria. It consists of the injection between the layers of the skin of the forearm, of a specially prepared minute dose of diphtheria toxin; if within two or three days, a characteristic redness and swelling of the arm at the point of injection is noticed, this shows that the individual can catch diphtheria; if there be no such appearance the person cannot catch it."

"Good so far as you go," said the Manufacturer; "but how are you going to make practical application of it?"

"You employ young people in your factory?"

"Lots of them; didn't I say I'd been hard hit by diphtheria?"

"Why not advise it for your employees? After the 'Shick Test' tells them they are subject to diphtheria, they will be anxious to take toxin-antitoxin to render them immune for life."

"But that will be only one factory."

"I am telling you, other doctors are telling other people, the State Department of Health is advising the procedure for the protection of human life."

"How about school children?"

"Parents owe it to their children to save them from diphtheria, all children who show susceptibility should be protected by the administration of 'Toxin-antitoxin.'"

"Is there danger in the administration?"

"No more than in giving diphtheria antitoxin, and its universal success needs no comment."

"I am glad we saw the placard," said the manufacturer.

Last year Diphtheria cost Pennsylvania 1833 lives; the year before 1770, and the year before that 2019. This is a LEAK which can be stopped.

"Toxin-antitoxin" when indicated by the "Shick Test" is the answer.

Needless to say, the test and "Toxin antitoxin" should be administered only by a physician.

### THE NATIVITY.

While shepherds watched their flocks by night,  
All seated on the ground,  
The angel of the Lord came down,  
And glory shone around.

"Fear not," said he, for mighty dread  
Had seized their troubled mind;  
Glad tidings of great joy I bring  
To you and all mankind.

"To you, in David's town, this day  
Is born of David's line,  
The Saviour, Who is Christ the Lord;  
And this shall be the sign:

"The heavenly babe you there shall find  
To human view displayed,  
All meanly wrapt in swathing bands,  
And in a manger laid."

Thus spake the seraph; and forthwith  
Appeared a shining throng  
Of angels praising God, who thus  
Addressed their joyful song.

"All glory be to God on high,  
And to the earth be peace;  
Good-will henceforth from heaven to men  
Begin and never cease."

### Economic Effects of Prohibition.

Washington, District of Columbia.—The Jones-Works Excise Law became fully effective November 1, 1914. It contained many restrictive provisions and under it not more than 300 bar-rooms could be licensed. The Sheppard Prohibition law became effective November 1, 1917, and national prohibition January 16, 1920.

Persons convicted of crime in this district and sentenced for a period of one year or less are sent to the workhouse. The commitments to that institution from 1914 to date will indicate whether restrictive and prohibition laws have had any effect. The figures given in the following tables are official for the number of prisoners committed for the fiscal years ended June 30:

1914	1915	1916	1917	1918	1919	1920
6590	6472	6458	5582	3232	2511	833

The decrease from 1914 to 1920 is 87.36 per cent. In that period the population of the District of Columbia increased approximately 25 per cent, which would make the ratio of decrease about 90 per cent.

The number of husbands committed for non-support were:

1914	1915	1916	1918	1919	1920
134	120	130	98	25	18

The decrease from 1914 is 86.5 per cent.

Two classes of crimes will illustrate the tendency:

	1914	1919	1920
Assaults	551	168	70
Disorderly conduct	1173	165	35

In the former class the decrease is 87.3 per cent, and in the latter 97 per cent. Considering the increase in population the ratio of decrease is approximately 90 per cent, and 98 per cent, respectively.

The official figures from the reports of the Associated Charities for the years ended September 30 are as follows:

	1916	1920	per cent.
Families befriended	2767	968	64

Alcoholic problem in families befriended.. 527 35 93.3

These results have been accomplished notwithstanding the proximity of Baltimore and notwithstanding the propaganda and extraordinary efforts of the wets to discredit prohibition in the capital of the United States.

—Ladies comfort shoes, rubber heels, \$5.00 at Yeager's, until Christmas only. 51-1t

McClain Says Meat Dealers are Profiteering.

Philadelphia, December 20.—While retail meat prices have shown slight reductions, Frank B. McClain, state fair-price commissioner, said that the price of beef to the consumer is out of all proportion to the prevailing wholesale costs.

"If there ever was a class of merchants," said Commissioner McClain, "who justly could be charged with extorting almost criminal profits from the public, it is the retail meat dealer of today. The only dealers who are justified in charging the high prices they are asking are those who handle the choicest cuts of beef, as those cuts have not been reduced very materially in wholesale price."

"But prices of cattle as well as wholesale prices of beef, in all grades up to the prime grades, are lower today than since 1911, and the consumer still is paying virtually war-time prices for those grades of beef."

Elmira, N. Y.—Advertised prices here show substantial reduction in the cost of living: Small lean fresh pork loins, whole or half, 22c; pound; boneless rib or rump roast beef, 25c; fresh home killed chickens, 35c; fresh sliced liver, two pounds, 15c; fresh ground hamburger 18c.

Pretty Christmas Customs.

In some of the small towns on the Riviera a curious custom takes place on Christmas eve, when at the chief church in the town, during the midnight mass, a number of shepherds from the hills make their appearance wearing the picturesque dress of their calling.

The chief shepherd carries a lamb in his arms and, advancing to the high altar, gives it to the priest as a Christmas offering from the shepherds and a symbol of the Nativity.

In some towns of southern Germany a pretty custom prevails on Christmas eve.

A veiled woman walks through the streets after nightfall, carrying a child, chosen for his beauty and goodness to personify the infant Saviour. The cottage windows are left ajar so that the representative of the Christ-Child can leave some gift upon the

Every good child thus finds on Christmas morning fruit and sweets, but the bad children only receive a birch rod, typical of well deserved chastisement.

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

### Animals in Cold Weather.

The wild animal that minds cold the least is undoubtedly the rabbit. Indeed, it is said that the rabbit is, of all warm-blooded creatures, the most capable of withstanding low temperatures. A rabbit which had got into a block of ice was imprisoned there twelve hours. When freedom was finally secured, it began almost instantly to feed.

Hares, too, can stand a lot of cold so long as they can get food. The Alpine hare, which is found in Cumberland and Scotland, never seem inconvenienced by the worst frosts. The Arctic fox is another creature which no degree of cold seems to bother. It is one of the very few animals of the Arctic regions which does not hibernate.

Of domestic animals sheep come first as cold resisters. In a great blizzard which swept England in 1891, sheep were dug out of the drifts that had been buried twenty-four days. They were still alive. Next to sheep in cold weather hardness come goats and then pigs.

Among the birds, thrushes and blackbirds seem able to endure less cold than the finch tribe, of which the house sparrow is the commonest type. The hedge sparrow appears, of all birds, to be the most affected by cold.

Perch enjoy cold weather and freezes, comfortably making their winter homes in lakes that are frozen practically solid.

For Sale.—Sixty houses and lots.—J. M. Keichline. 65-40-3m

### Children Cry for Fletcher's

# CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of *Chas. H. Fletcher* and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Coughs, Colds, Whooping Coughs, Sore Throats, Bronchitis, Asthma, Hay Fever, and all the ailments of the lungs and throat, are but trifles with Castoria. It is the only remedy for Infants and Children—Experience against Experiment.

### What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

### GENUINE CASTORIA ALWAYS

Bears the Signature of

*Chas. H. Fletcher*

### In Use For Over 30 Years

The Kind You Have Always Bought

THE CENTAUR COMPANY, NEW YORK CITY.

### Letz Feed Mills

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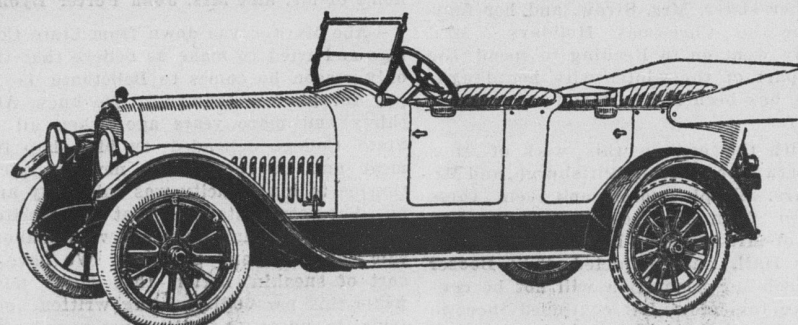
(Electric and Line Machines)

### Chicken, Dairy and Horse Feed

### Calf Meal

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Satisfying Performance Economy of Operation  
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### BEEZER'S GARAGE

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Shoes.

Shoes.



## Yeager's Shoe Store

### Just a Suggestion

There is not any gift which would be appreciated more than a dressy pair of shoes or a pair of comfy bedroom slippers . . . . .

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THE SHOE STORE FOR THE POOR MAN

Bush Arcade Building 58-27 BELLEFONTE, PA.

Come to the "Watchman" office for High Class Job work.

## Lyon & Co.

## Lyon & Co.

THE STORE WHERE QUALITY REIGNS SUPREME.

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Hosiery, silk, wool and lisle for men, women and children.

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Pocket Books, leather, velvet and bead bags.

Ties. A large assortment for men and boys.

Dresses, Coats and Suits at Clearance Sale prices.

Furs of all kinds.

### ....SPECIAL....

Lancaster Gingham for aprons or dresses per yard..... 18c  
Muslin, unbleached, 36 inches wide, per yd..... 15c  
Outing Flannels, light and dark, per yd..... 30c  
Georgette Waists all colors and black..... \$4.75  
Ribbons for fancy work and hair ribbons, all colors, per yard..... 25c

Convince yourselves by coming in and allowing us to prove that we are selling the "Best Qualities" at the "Lowest Prices."

## Lyon & Co.

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THE STORE WHERE QUALITY REIGNS SUPREME