ANOTHER SWAT FOR THE FLY

Supreme Court of Maine Adds Ita Voice to Denunciation of Almost Universal Pest.

The dog having had his day before the Supreme court in Washington, we now find the "busy, curious, thirsty fly" preening his wings in the solemn precincts of the Supreme court of Maine as a co-defendant. He finds few sympathizers. For his size he is the most malodorous and detestable of beasts, and the mischief he does is immeasurable. In this case the court of appeal was told that a summer boarder had engaged rooms at a hotel for two weeks and had left at the end of four days, declaring the flies intolerable. The Supreme court upholds the plaintiff in his refusal to pay for

his infested accommodations. The Journal of the American Medical association makes the case the text of one of the most excoriating denunciations of the fly that have been penned; but will the fly care? Not a bit of it. "A fly," wrote Emer- | the lungs. son in his despair, "is as untamable as a hyena." Probably a fly was teasing the sage of Concord as he wrote. The best thing Josh Billings ever said was "D- a fly!" Shakespeare would As a carrier of pestilential putrescence the fly is without a peer. The help of the Supreme court of Maine is welcome in putting him down.-Philadelphia Public Ledger.

WILL TAKE LAND FROM SEA

People of Holland Meet Problem of Expanding Population in Characteristic Dutch Fashion.

After many years' deliberation the people of Holland have decided that they need more land, and, having reached that decision, they have gone about the acquisition of it with characteristic Dutch energy and determination, says Popular Mechanics Magazine. The program contemplates the building of a 30-mile dike across the outlet of the Zuyder zee and gradual reclamation of parts of that body by means of smaller dikes and a filling-in and pumping process. The damming of the north end of the Zuyder zee presents difficulties, not only on account of the length of the dam, but also due to the fact that at the Friesland shore end the water depth varies from 11 to 33 feet. The foundation of the great dam will be, literally, billions of all sizes of tree branches, lashed together into great bundles. These will be sunk. forming a supporting mat of enormous area. Upon this will be placed a thick layer of coarse crushed stone, and on this powerful foundation will be reared the masonry of the dike.

Plant Diseases Costly.

Millions of bushels of grain, fruit and vegetables and a big tonnage of cofton were lost to American farmers | pharynx, with the frequent sequence last year by plant diseases, according to figures compiled by the plant disease survey of the Department of Agriculture. The survey said that the statistics indicate that lack of prompt application of known measures of control was largely the cause of the loss.

wheat, 50,000,000 bushels of oats, 80,bushels of potatoes, 40,000,000 bushels of sweet potatoes, 185,000 tons of tomatoes, 850,000 bales of cotton, 5,000, bushels of apples.

Tuberculcsis Ebbs and Flows. The decline of tuberculosis is likened to that of leprosy by Dr. Louis University of Cambridge, Leprosy was scourges, but has become practically extinct in western countries. Tuberdeclining at an increasing rate, its deaths having fallen off nearly 60 per cent since 1865. Apparent causes of otherwise improved social conditions, more and better food, and the adoption of methods of real ventilation. The war has given tuberculosis a new lease of life in European nations, especially in half-starved Austria, where it runs riot.

"Polite" Motor Horn. The magazine Motor announces the arrival of the courteous motor horn. Up to now the motor horn has been decidedly cacophonous. It squawks unpleasantly; it bellows alarmingly; it

"But the new horn, which is appearing on the market, has a tone that is at once polite and powerful. It warns, yet does not offend the sensitive ear. The tone-adjusting mechanism is so contrived and arranged that the horn is easily regulated for any degree of vociferousness, but it yet carries a warning to the pedestrian.

utters noises disagreably suggestive of

On Their Mettle.
'The head waiter and his assistants

are flustered."

"I've noticed that." "And there seems to be great excitement in the kitchen."
"What do you suppose is the mat-

"A yisiting chef has just dropped in and offered a seven-course dinner."— Birmingham Age-Herald.

-Subscribe for the "Watchman."

HEALTH SCHOOL

Pennsylvania State Department of Health.

Questions. Are colds contagious? 2. What are the frequent sequelae or after effect of a cold?

3. What means may be taken to

COMMON COLDS

prevent a cold?

The house vestibule is plain, but the lose, the vestibule of the lungs, has a number of bony projections covered with a membrane crowded with small vessels filled with heated blood, which stand out like radiators to warm the breathed in air, before it passes into the throat and lungs.

In health, this membrane constantly secretes a thin fluid which serves the two-fold purpose of lubricating the parts, and assisted by the airy growth in the nose, of capturing and preventing the passage of germs into the further air passages which terminate in

As long as conditions are normal the mucous membrane with its secretion acts as an adequate protection against disease germs and there is little danger of their penetration beneath its have said it if he had thought of it. surface. But when for any reason the circulation is interferred with and the vitality of the part lessened, disease germs which were before unable to do harm, penetrate the surface and the result is what is known as "Cold in the Head," which frequently extends into the throat and the lungs, often

results in pneumonia and death. The Vase Motor Nerves, which control the contraction and expansion of arteries play an important part in the constant warfare which is being waged by the defensive forces of the body against its silent enemies-the disease germs. The blush which suffuses the face of the timid girl, the pallor which marks sudden fright and the deep red flush which denotes anger in the man, are all caused by the action of the Vaso Motors, either in causing the arteries to open up and allow a greater inflow of blood, or to become smaller and lessen it. In whatever part of the body the Vaso Motor stimulates the blood vessels to contraction, there is a decreased blood supply which means lessering of nutrition and a consequent lowering of resisting power. The Vaso Motors have a tendency to play in pairs, particularly those governing members which are alike, as the eyes, the hands, etc.

The Vaso Motor Nerves not only appear to work in pairs in members which are alike, but certain portions of the body sympathetically respond to stimulation in certain other portions of the body. As for instance, there is a response between the reet and the throat. Though the body be warmly clad, cold, wet feet will result in a depression in the circulation and general nutrition of the throat and

of sore throat. The nape of the teck has a sympathetic relation to the whole head Frequently a draft upon the nape of the neck is followed by a common cold. When the resisting power of the mucous membrane is lowered the germs The plant disease survey estimated | begin to develop repidly. Nature atthe losses at 112,000,000 bushels of tempts to expel them by sneeezing, then comes a short period of dryness 000,000 bushels of corn, 50,000,000 of the membrane, which is followed by a watery discharge. If the cold stop at this stage it is attended with little discomfort and no danger. But there 000 bushels of peaches and 16,000,000 is a tendency for the germs to go further. Should they go upward into the upper sinues of the bone, between and back of the eyebrows, into the cavities back of the cheek or along the bony tubes which lead from the throat Corbett, lecturer in pathology at the to the ears, serious complications which may require long and continued formerly one of the world's great special treatment is apt to follow. Should they make their way backward -the throat and lungs may become inculosis seems to be following, as it is fected-making an open road for

germs of pneumonia or tuberculosis. When a cold has once started, the germs become more virulent and when the change are lessened overcrowding, coughed or sneezed much more likely to penetrate the mucous membrane of other persons. Therefore, on account of this communicability, persons who are suffering from what is known as a common cold should avoid close contact with other persons and should never cough or sneeze without covering the mouth and nose with a handkerchief. As the germs are contained in the saliva, care should be exercised about using drinking vessels, knives, forks and spoons after any person having a cold.

The secretions of the mouth and nose come in frequent contact with the hand. Therefore, "Clean Hands"at all times—especially before eating.

Whatever depresses the physical forces of the body-predisposes it to colds. As for instance, insufficient food or sleep, over fatigue-of all kinds-over-

work, either mental or physical. To guard against colds, clothing should be of such texture as to permit skin ventilation-warm feet-overshoes in damp weather, proper house ventilation with the temperature never above 70 degrees. Keep the skin clean and the muscular system toned

by systematic daily exercise. Crowded places such as street cars. and public gatherings, usually poorly ventilated and over heated are ideal c'ther for contracting or spreading

If a common cold shows a tendency to extend to the throat and lungs, consult a physician at once.

TRAVEL AT TERRIFIC SPEED

Electrons Can Be Sent Through the Air at the Rate of 60,000 Miles a Second.

An airplane doing 200 miles an hour is considered to be a fairly speedy object, but its flight is cumbersome compared to another form of movement, a form that has been measured, and one that man can make at will. The 200 miles an hour becomes pale when it is known that man sends certain things at the rate of 60,000 miles a second, or more than twice around the world while a watch ticks. This is about one-third as fast as light travels, and if the objects mentioned could be directed they would reach the moon in four seconds.

The units thus created are electrons. and they have been sent at the terrific rate of speed mentioned in glass tubes from which a certain amount of air has been pumped. They are what Crookes called the "fourth state of matter," solid, liquid and gas, having long been familiar to every one. There is a theory now held by some scientists that these electrons are the basic matter of everything in, on or under the earth, the substance of which molecules and atoms are made, and that they are in themselves force or movement, that every one of them has been on or in the earth since the origin of time millions of years ago, and they always will be in some form or otherperhaps a diamond, perhaps a human being, perhaps a child's toy or part of a mountain or sea.

CRADLE OF THE HUMAN RACE

Seems to Be Ample Proof That Mid-Asian Plateau Was the Original Emigration Point.

Somewhere on the lofty mid-Asian plateau, scholars tell us, was the region whence the human race dispersed and was distributed. If the theory seems to cynics a little like a sentimental engraving, we have to trust the authorities. At any rate, in that now thinly populated district are the relics of early civilizations, earlier than any now known to history. It is significant that the most ancient civilized countries that we know, Babylonia, Chaldea and their successors and rivals, the peoples of the far-off foretimes in Asia Minor, Egypt, India, China are the frontiers or extensions of this central area, whence wave after wave of invasion has flowed immemorially. Man in the hunting stage has to follow the game for his food and his clothes. Therefore it is probable that Central Asia was the old home whence emigrated mammals whose descendants now live in other

Old England's Twelfth Night. Twelfth night is a time-honored festival in England, the chief feature of the evening being the cutting of a cake containing various small articles of special meaning. The incomparable Pepys rarely fails to make special reference to the date in his diary. He has been to see "Twelfth Night" and finds it "but a silly play, not relating at all to the name or day." At another time his wife and her company stay up all night to celebrate, but he merely chooses his piece of cake and goes to bed. Again he attends a great dinner on twelfth night, and as his piece of the cake contains a clove, "the mark of the knave," he slyly manages to stuff it into the slice taken by another man. A year or so later he celebrates the date with a simply gorgeous time at his own house, his guests staying all day and until midnight. He says: "In the evening I did bring out my cake-a noble cake-and there cut it into pieces with wine and good drink. . And so we were mighty merry till it was midnight; and, being moonshine and a fine frost, they went home, I lending some of them my coach to help to carry them."

Burials in "the Abbey."

Westminster Gazette: How many more burials will there be in Westminster abbey? Within its walls lie the remains of close on three thousand people, and so numerous are the monuments and memorials that it is impossible to prevent them jostling each other without the slightest pretentions to artistic arrangement. Both Westminster abbey and St. Pauls' are excepted from the general prohibition of intramural interments, but the time has almost arrived when, from sheer want of space, no further burials will be possible in the abbey. It has been suggested that a national mausoleum should be provided by utilizing the old "undercroft" to the east of the Great Cloisters, part of which is the Chapel of the Pyx and part of the gymnasium of Westminster school. Though this is outside the abbey itself, it is in the abbey precincts.

Anxious to Help Brother.

A young woman in Denver had sought the advice of a woman friend with reference to the advisability of obtaining a divorce.

"Of course," said the friend, after a lengthy recital of the other's troubles had been communicated to her, "you've had your marital difficulties, just like the rest of us; but really, from what you have said, I shouldn't think you would be justified in taking this step. You have no other ground for seeking a divorce, have

"To be perfectly frank," said the young woman, "in addition to all that I have told you, I have a brother who is a lawyer, and I am very anxious to give him something to do."

SUNNY SPAIN

Titbits That Have Won Popularity in America.

"Turron," a Christmas Delicacy, Is Declared to Be Unsurpassed in the Line of Sweetmeats.

"Sea sleeves, each in his ink," reads the quaint label on the little cans that bring us one of the queer harvests of the Mediterranean. The ink is the protective fluid of the calamare, but the chef turns it to use as a sauce. Pen and ink fish is another name for this small squid, because his inner shell looks like a quill pen. Sea sleeves are a delicacy that one would have to get used to, like snails, white bait, and crawfish, but those who are fond of them rather pride themselves upon it. They can be found in all Spanish delicatessen shops, says a writer in the New York Evening Post.

But Spain's masterpiece, many think, is turron—a nougat incomparably delicate and rich, made from nuts, fruits, and honey, its sweetness varying somewhat with each of the places which are celebrated for its manufacture: Alicante, Valencia and Murcia. Turrones are in famous demand at the holidays, and Spanish groceries in New York are seldom able to fill all their orders, for this is a Christmas sweet par excellence. An epicure has called turrones "a sweetmeat delicious beyond words." The most popular of the several kinds is probably Turron Alicante. Others are Turron Jijona, Turron Yema, and Turron Mazapan.

Hearts of palm might be thought a tragic delicacy by the lover of trees, for every salad made of this asparagus-like edible means the death of a mountain palm. They come from Algiers, as well as from Spain, and the supply seems to hold out, but conservation does not concern those lands as yet.

The true globe artichoke, alcachofas al natural, keeps its unique flavor, though it journeys from Spain in cans. It is a portion of the immature, thistle-like flower, violet or white, and in no way resembles the more prosaic Jerusalem artichoke which looks like a potato. Artichokes grow wild in the south of Europe, but they never have been cultivated here except by wealthy epicures, and though purchasable in season at the finer markets, our public treats them rather formally -for a dish so appetizing.

Down on Pearl street there is a large Spanish grocery where all these Spanish allurements and many others may be bought, and where you will notice in particular the very aristocratic meats that do not disdain the tin can-partridges with truffles and nushrooms, stuffed hare, Catalonian sausages, "Galician dinner," fowls prepared with sweet red peppers. And then the quince paste, apricot paste, dried Malaga figs, almond cheese, and Spanish wafers.

Reclaiming Lost Paradise.

Efforts are being made to reclaim and plant parts of the vast tract of land which stretches for several miles around Rome and goes by the name of the Campagna Romana. It has been allowed to remain idle and uncultivated ever since the fall of the Roman empire. Before that time it was a sort of terrestrial paradise.

When Rome, however, was obliged to resign her position as "the mistress of the world" the campagna was abandoned and gradually became a marshy, malaria-infected desert, inhabited only by a few hardy shepherds.

Prince Aldobrandini has engaged a company to reclaim a huge estate of several thousands of acres which he owns in the campagna.

So happy have the results at the experimental station been that it is hoped that soon work may be begun for the total reclaiming of the whole of the campagna.

Paper Francs Until 1924.

According to latest reports, it will be some time before the metal tokens to be issued by the French mint to replace the notes of the smaller denominations in use in Paris and other cities will be in full circulation, says the Continental Edition of the London

No less than 300,000,000 of the jetons (or counters) are required, and, as the mint can only manufacture about 8,000,000 or 10,000,000 a month, it is likely to be 1924 before the total issue necessary is made. The department is also hampered by the lack of the requisite metal.

Claim Cure for Rabies.

A vaccine has just been discovered by two doctors of the Pasteur institute in Paris which, it is declared, provides a certain cure for rabies. The vaccine discovery, Professors Marie and Remlinger declare, has already been tried successfully on dogs afflicted with the disease and has effected speedy cures in every case.

The treatment can also be employed as a preventive, and any one taking it becomes immune to hydrophobia.

His "Home Brew." "Have you moved it yet?" asked an

excited householder as he rushed up to a group of husky men who were throwing his possessions into a van. "I guess you mean the plano, sir. We just chucked it in a minute ago." "Piano, nothing! I expected you to drop that. I'm talking about a big hamper that was in the basement."-

Birmingham Age-Herald.

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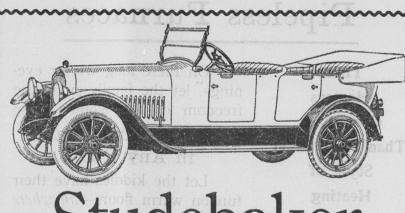
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