

WHAT DO SCIENTIFIC MEN SAY ABOUT TOBACCO?

One of the lively organizations in the United States is "The Life Extension Institute." It is devoted to the task, evidently, of extending the length of human life; in other words, it is helping folks to live longer. A strange sort of a purpose for folks to band themselves together for, but still it exists, and is doing a fine work.

The institute has set up what it calls the Hygiene Reference Board as a department for the specific purpose of finding out the scientific facts as to all matters of personal hygiene, including this important matter—the effect upon a person's health of his personal habits. The chairman of this Hygiene Reference Board is Professor Irving Fisher, and it has as members two such famous men as Dr. W. J. Mayo, the famous surgeon of Rochester, Minnesota; and Dr. Harvey W. Wiley, the well-known expert on pure foods. There are also about ninety other experts in the science of hygiene who serve this board.

Professor Fisher, chairman of the board says: "We already know enough of the serious evils of excessive smoking and the provable evils of moderate smoking to condemn smoking from a hygienic standpoint. A man who values his health, strength, and efficiency, who wishes to be safe or for the sake of his usefulness to others, is making a mistake, and one which he is likely some day to regret, in acquiring, or continuing the habit of smoking."

Dr. Mayo himself has expressed the deliberate opinion, as a result of his experience, that his research scholars, that is, those who devote their time to searching for new truth, do not do well if they smoke cigarettes. And Dr. Mayo is so well known as a high-grade scientific surgeon, that one can not think for an instant that his opinion is in any degree the result of prejudice.

Professor Bruce Fink, of Miami University, who has studied the literature on tobacco says: "In running through a large amount of literature from various sources of special study not a single article has been found written in the last twenty-five years that does not condemn tobacco to a greater or less degree."

Recently there appeared a very significant book on this subject entitled, "Tobacco and Mental Efficiency," by Professor O'Shea, of the University of Wisconsin. It is published under the name of the Committee to Study the Tobacco Problem. This committee is a group of between fifty-five and sixty prominent men who have organized this committee and put their money and time into it, not because they want to prove that tobacco is harmful or that it is a great benefit, but because they want to find out the facts about the matter, whatever the facts may be. They had discovered that a great many people were speaking and writing about the tobacco problem without knowing very much about the scientific facts in the matter, so they organized for the purpose of finding out the facts as far as it is possible to do so. The membership of this committee contains some of the most distinguished scientists in the country and some from Europe.

They do not endorse, of course, all that is in Professor O'Shea's book because he wrote it as a result of his own investigations and the conclusions in the book are his own. But it is significant that these outstanding men of science are interested in this matter. Professor Fisher, who has already been quoted here, is one of them and in the list are many men who, as a result of their own study on the subject, have concluded that tobacco is not good for adults if used in excess and is certainly an injury to those whose growth is incomplete.

Professor O'Shea made a special collection of the opinions of distinguished men in all walks of life and it is important to notice that while the opinions of these men naturally differ as to the effects of tobacco upon man, all who express their opinions as to the effect upon boys and girls and young people agree that the effect is always bad.

Professor Lombard, of the University of Michigan, has come to the conclusion that the use of tobacco lessens the power of the voluntary muscles, that we call into action by an effort of our will, and that the cause of this is the fact that tobacco has a depressing effect on the central nervous system. Professor Fisher says that numerous experiments show that tobacco produces arterial changes in animals. Clinical observations by some of the world's best authorities indicate that the same conditions are brought about in man by heavy smoking. The Phipps Institute, of Philadelphia, reported in 1912 as regards its patients, that, in 1908, among smokers the mortality was 17.6 per cent. of total number treated, among non-smokers, 6.6 per cent.; and that in 1909 the corresponding figures were 14.3 per cent. and 3.3 per cent. respectively. A recent study by Dr. H. Burr on longevity in relation to sex, maintains that the tobacco habit is "one of the very significant reasons why fewer men than women attain old age."

Dr. Huber states: "That use of tobacco has been observed to induce a diminution of the therapeutic effects of medicines, and to retard the healing of wounds. Unquestionably tobacco predisposes to pulmonary tuberculosis, and when diseases of respiration have developed, the tobacco habit certainly aggravates them."

Doctor Fisk, a well-known authority, in a book written jointly by himself and Professor Fisher, entitled, "How to Live," says: "Bush, in a series of tests on each of fifteen men in several different psychic fields found the following conditions among smoking students immediately after the period of smoking was completed:

- "1. A 10 1/2 per cent. decrease in mental efficiency."
"2. The greatest actual loss was in the field of imagery, 22 per cent."
"3. The three greatest losses were in the fields of imagery, perception, and association."

"4. The greatest loss, in these experiments, occurred with cigarettes." In the face of the testimony of these scientific men it looks as if there were really something to say about the effect of smoking on human life.—Ex.

PRECIOUS METALS IN GREAT BATTLE.

News of a platinum rush in Transvaal, South Africa, is virtually a war bulletin from the front in a great battle between two metals for world supremacy.

"Gold, the undisputed monarch of metals since civilization began, faces the challenge of platinum in a part of its domain," says a bulletin of the National Geographic society from its headquarters in Washington.

"But platinum has not won the war of precious metals—not by a great margin. Except in the Orient, the world's monetary system is still a loyal thrall to its liege lord, gold. Twice platinum has failed in the attempt to lure gold's staunchest defender to desert. As early as 1828 czarist Russia tried platinum coinage only to give it up in 1845. Soviet Russia announced that platinum, the pretender, would back its currency, but recently the Soviet has returned to the gold standard.

"Each contender in the battle of metals is versatile, and is outstanding in those qualities of character for which metals are admired. Not the least of their trials of strength have been held in arenas of modern chemical laboratories. Gold proudly maintains it can spread itself out more than any other metal. An ounce of gold beaten into gold leaf will cover 189 square feet. Platinum counters with the challenge that it can stretch farther than any other known metal. A cubic inch of platinum drawn into a wire, practically invisible to the human eye, would make a strand of wire 50,000 miles long. In other words, one cubic inch of platinum can be stretched out to encircle the earth at the equator twice!

"Both platinum and gold resist corrosion in ordinary atmosphere. Both are malleable, but here gold has the advantage. Both are heavy metals, but platinum weighs in slightly heavier. Platinum was once thought to be the only substance which could not be dissolved. Later investigations prove that aqua regia, nitric and hydrochloric acid, can conquer it, but its resistance entitles it to an important place in scientific and laboratory work. Gold melts at 1945 degrees Fahrenheit, platinum at 3191 degrees.

"Platinum is an important catalyst, that is, a chemical middleman. This property alone probably served to prolong the world war two or three years more than it would have lasted. As a catalyst, platinum helps make nitrates out of nitrogen in the air. Germany was cut off from Chilean nitrates during the war, and if it had not been for the supply she secured through the offices of electricity and platinum, she would have run out of explosives long before 1918.

"If Lydenberg in the Transvaal proves a good field, platinum will find quick use for it to fill in a big gap in her lines, for the original major source of the precious metal is running out. Before 1914, more than 90 per cent. of the world's platinum came out of Russian mines near Ekaterinburg, in the Ural mountains. But the best gravels there have been worked and now the world looks to Colombia in South America. Other deposits are known, some even in the United States, but the amounts are slim any place. Platinum, like most natural resources, is no respecter of man-made border lines, and is apparently not even particular about the continent where it takes up lodging.

"Neither platinum nor gold is the most precious metal, in the estimation of the world. That honor is reserved for radium which has been recently reduced in price to \$70,000 per gram, a price equivalent to \$2,000,000 per ounce. Iridium, a companion of platinum, is the second most expensive metal in general use. It is selling for \$375 per ounce, and the demand for it is very active because it is needed for platinum jewelry. Platinum is selling for \$117 per ounce."

Redeeming Mutilated Money.

One of the kindest functions of our government is the redeeming of money which has been mutilated. The money may have been partly consumed by fire, or gnawed by mice or rats when put away in some nook of the house for safe keeping. Rolls of bills have been torn into shreds by machinery, have even been run over by a railroad train. Many pathetic stories are connected with mutilated money, and were it not for a special department of our Treasury which redeems the money, the owners would face certain loss. The government must protect itself against fraud, but it does its best to make good a loss of this sort.

It is estimated that three hundred thousand dollars are redeemed by the Treasury annually. When a mutilated bill is sent into the Treasury for redemption, the pieces are mounted on paper. A piece of isinglass exactly the size of the bill is divided into forty squares and this is placed over the remaining parts. If the remnants fill twenty-four of the squares, or three-fifths of the note, the Treasury redeems it at face value. If more than sixteen and not twenty-four squares are filled, one-half of the value of the money is returned. Any part of a bill that covers less than two-fifths of the squares is not redeemable unless proof can be furnished that the other three-fifths of the bill were destroyed.—Ex.

Mandy—"Say, Boy, ah had de wust dream las' night."
Bow—"Wot about?"
Mandy—"Ah dreamed ah had died."
Bow—"Wot waked yo' up?"
Mandy—"De heat, of co'se."

Earliest Accounts of Trade Among Nations

From the time that men began to live in cities, trade, in some shape, must have been carried on to supply the town-dwellers with necessities; but it is also clear that international trade must have existed, and affected to some extent even the pastoral nomadic races, for we find that Abraham was rich, not only in cattle, but in silver, gold, and gold and silver plate and ornaments (Gen. 13:2; 24:22, 53). Among trading nations mentioned in Scripture, Egypt holds in very early times a prominent position, though her external trade was carried on, not by her own citizens, but by foreigners—chiefly of the nomadic races. The internal trade of the Jews, as well as the external, was much promoted, as was the case also in Egypt, by the festivals, which brought large numbers of persons to Jerusalem, and caused great outlay in victims for sacrifice and in incense (1 Kings 8:63). The places of public market were, then as now, chiefly the open spaces near the gates, to which goods were brought for sale by those who came from the outside (Neh. 13:15, 16; Zech. 1:10). The traders in later times were allowed to intrude into the temple, in the outer courts of which victims were publicly sold for the sacrifices. (Zech. 14:21; Matt. 21:12; John 2:14).

Loaded Shells Spelled Doom of Shot Towers

Until the loaded shotgun shell was developed shot was sold to the jobbing trade throughout the entire country packed in bags, which in turn were purchased by the man having a muzzle-loading shotgun, who was obliged to reload his gun with powder and shot whenever the gun was fired at game or target, says the Detroit News. The loaded shot shell and the breech-loading shotgun sounded the death knell of the old type of shot tower. The business of the ammunition concerns manufacturing shot shells grew by leaps and bounds so that the shot consumption of the country centered at the points where these shot shells were manufactured, notably in New England, and in the course of events these ammunition concerns began to manufacture their own shot, thus completely destroying the business of the many shot towers located throughout the country.

Pictureque Whitby Abbey

Other of the ruined churches of England have a more picturesque magnificence, but none a more ancient fame than Whitby abbey. Henri Pickard writes in the Cincinnati Enquirer. There the first rude poetry of England was written more than twelve centuries ago. There, earlier still, was held the synod which decided that the British church should keep Easter at the same time as the rest of Christendom, a choice which meant that Christendom should be united, and Britain remain within the influence of the civilization of Italy and Gaul. But the modern traveler who climbs the many steps which lead from the river to what was "high Whitby's cloistered pile" has seen nothing of the Abbey of St. Hilda. In the ruins on the hill there was no fragment older than Plantagenet times. But discoveries of great interest have now been made.

Leonla, a colored maid, had a taste for lofty ideas and high-sounding words. One of the members of the family in which she served was a tall elderly lady of imposing figure and fine carriage. One day after Leonla had for perhaps the hundredth time expressed to the lady her great admiration for her handsome figure the object of her praises exclaimed, "Why do you say so much about my appearance, Leonla? I am only an antique."

"What is that?" asked Leonla in astonishment. The lady explained to her. "Well," Leonla burst forth, "if that is what you are now, you shoudly is a powerful indication of what you has been."—"Youth's Companion.

In Something of a Hurry Every trade has its stock of well-known yarns, but occasionally a new one does occur, only, alas, in time to become a classic. A certain well-known newspaper man was holding forth to a group of writers, among whom was a rather famous novelist. The journalist was saying that he had recently been engaged in revising the obituaries held in readiness by his paper. Turning to the novelist, he added jocosely: "I've just been writing you up."

But the novelist, apparently, had not been following very closely, and waking up with a start, he asked eagerly: "When is it going to be published?"

Engelmann Spruce Valuable In its fullest development, Engelmann spruce becomes a large tree, a hundred feet or more in height and three feet or more in diameter, with a smooth, straight and only slightly tapered trunk. Great quantities of Engelmann spruce are cut for lumber. The wood is soft and straight-grained and is used for various construction purposes, as telegraph and telephone poles, as mine timbers, for the construction of log buildings, and to some extent as lumber for interior finish. In contrast with the only other spruce in Rocky Mountain National park, Engelmann spruce is of considerable importance commercially.

FOR AND ABOUT WOMEN.

DAILY THOUGHT. Ye, therefore, who love mercy, teach your sons to love it, too.—Cowper.

More legs and less neck will be in view next fall if the conception of autumn modes for the women prevails as revealed at the showing of the National Garment Retailers' association. Skirts fifteen or sixteen inches off the floor were not unusual at a showing recently at the Hotel Astor, while collars were invariably high. For tailored dresses there were vests that buttoned high at the neck. Sleeves on dresses were either long and tight or long and flowing but always long. The waistline was suggested more definitely than in recent seasons.

Fruit Lemonade—A lemon drink with an appeal to the eye, as well as to the taste, is the following, to be served in tall glasses. Into a shaker are put the juice of one lemon, two teaspoonfuls of sugar, some shaved ice, and sufficient water almost to fill the shaker. This mixture is shaken well and poured into a tall, bright colored glass, and to it are added one slice of orange, one slice of pineapple, one cherry, and one Malaga grape; it should be served at once to the expectant guest.

Iced Fruit Frappe—A beverage iced with fruit enjoyed by young people is iced fruit frappe. The juice of half a lemon and half an orange put into a shaker with one tablespoonful of powdered sugar and one cupful of cracked ice. This is shaken until the ice is melted. Then one tablespoonful of white grape juice is stirred in. This mixture is poured into a glass with any four fruits in season, and the whole is topped with a tablespoonful of ice cream or water-ice.

Every one today wants to look slender and reducing is a subject of greater interest than operations and the extinct servant girl. According to fashion and science, women are rapidly becoming a disappearing sex. The boyish figure sans bust and curves and waistline is the ideal silhouette. I can't tell you how you can become slender, but I can show you very easily how you can look several inches lighter than you do now. Almost any woman can reduce her actual measurements appreciably by proper corseting, proper lingerie and the proper size clothes. Old shapeseless corsets with bent and bulging bones, too much lingerie cut on too wide lines and made of clumsy materials, clothes that are too large, too long and too wide for the present fashion will make a mountain out of any potential feminine molehill.

The Corset and the Corset.—A few years ago during the vogue of the sweater with its concealing lines, women took off corsets, drew a long breath and let their figures go. Some of the results were good, others were bad. The large waist with the resulting lowering of the bust and straightening of the hip has a youthful air. But the diaphragm bulge, the middle-aged spread, the very pronounced increase in weight, have proved ugly and stubborn. Many women who have tried going without corsets are now wearing them again—not to make their waists smaller, but to flatten the abdomen and lower back.

Most young girls and practically all women need some sort of figure control. If they don't need it as a corrective, they need it as a preventive of the figure defects that come upon us so rapidly as a result of the motor, the bridge table and the increase in office and executive work among women. Not all women need corsets. Women with young slender figures find that the corset, which is a combination brassiere and hip-confiner, is sufficient. It is unboned and is therefore as soft and flexible as the natural figure. It keeps the figure straight without making it rigid. It is made of soft light fabrics such as brassiere material, broche coutil and fine washable satin and has elastic gores to fit in at the hip. You can either buy or make your corset. It is very easily made, and if the figure is large or small at one point or another the corset can easily be fitted when it is being made. These corsets have been enormously successful for several reasons—their excellent lines, their inexpensiveness, and the fact that they can be washed as easily and as often as any other piece of lingerie. They are supple enough for sports and dancing and their unbroken lines are perfect under the light fabrics of evening gowns.

For the figure that needs a firmer hold than the corset gives there is the corset. For average figures it is almost as light and boneless as the corset. It is made of soft broches and satins, usually in flesh pink, and is almost always combined with elastic gores. The firmer material is used at the front and back and is sometimes re-enforced at those points to flatten the abdomen and the back. It is always wide in the waist, practically topless and not very long, more a hip confiner than a corset. The brassiere takes care of the upper part of the figure.

For the figure that is heavier and more mature the corset becomes heavier with heavier material, more bones and more bust and with lacings. The laced corset should always be put on with the laces loosened. After it is clasped it should be drawn in back, up in front, and the garters should be fastened. It should then be laced and tied. It is slack corsets and bent corset bones that make many women look larger than they really are.

Grapefruit Mint.—A delicious drink, which, this time, excludes the lemon and substitutes both orange and grapefruit, is grapefruit mint. One grapefruit and two oranges are cut in half, and the juice is extracted by using a large glass lemon-squeezer. To this juice is added one cupful of sugar. The mixture is allowed to stand for one hour, being stirred occasionally. To it are added, at the time of serving, crushed ice, one pint of water, one pint of ginger ale, and one sprig of mint well crushed. The drink should be served while it still has a sparkle.

Pennsylvania Good Producer.

The Keystone State is a good place in which to live and work. The United States Census Bureau proves that every time it reports on our manufacturing industries and their operations. Figures just show that in 1923 their product increased twenty-seven per cent., the number of employees increased twenty-six per cent, and the wages paid actually were forty-four per cent more than in 1921.

Pennsylvania is a tremendous producer. In that lies the prosperity of its industries and its workers. The Auditor General's office estimated that in 1923 the State's manufacturing industries had invested capital amounting to \$3,664,352,638, so that for every

MEDICAL.

Backache is a Warning!

Bellefonte Folks are Learning How to Heed It.

Are you miserable with an aching back? Do you get up lame and stiff; drag through the day feeling tired, weak and depressed? Then you should help your kidneys. Backache is often the first sign of failing kidneys. Urinary troubles quickly follow. Neglected, there's danger of gravel, dropsy or fatal Bright's disease. Don't wait for serious kidney sickness! Use Doan's Pills, a stimulant diuretic to the kidneys, before it is too late. A resident of this locality tells an experience: Mrs. Ralph Hassinger, Oak Hall, Pa., says: "My back was weak and lame and I tired easily. My kidneys acted frequently, too. I used Doan's Pills and they soon strengthened my back and regulated my kidneys."

Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Pills—the same that Mrs. Hassinger had. Foster-Milburn Co., Mfrs., Buffalo, N. Y.

one of the 1,095,066 persons which the Census Bureau says were employed during that year there was actually \$3,348 of capital at work. This capital, the skill and industry of the 1,095,066 employees, and the capability of management are the foundation and assurance of Pennsylvania prosperity.—Philadelphia Bulletin.

—Get the Watchman if you want the local news.



The smith, a mighty man is he He gets as hungry as can be. —Young Mother Hubbard

And hungry men in this town are pleased to know that their wives are buying their meats here—where quality is assured and a saving in price certain.

Beezer's Meat Market ON THE DIAMOND Bellefonte, Pa.

Advertisement for 'A restful night on Lake Erie' featuring steamers 'SEEANDBEE' and 'CITY OF ERIE' with departure times and fares.

Large advertisement for 'Economy Sale' by Lyon & Co., featuring various dress goods, shoes, and coats at reduced prices.