

Bellefonte, Pa., March 5, 1926.

**FALL OFF MENTALLY DURING LONG FAST**

**Test Shows Result of Abstinence From Food.**

Can you rise to greater poetic heights and to clearer regions of thought on an empty stomach than on a square meal? From earliest times persons have claimed they reached rare esthetic levels by forswearing food, and now a scientist has set out to study the facts.

J. A. Glaze of the University of Chicago tested the psychological effects of fasting on a number of subjects and reported the results to the American Psychological association, which met at Cornell university recently. Two men and a woman lived on water alone for from ten to thirty-three days.

One of the most important facts determined was that the mental efficiency of all the subjects as shown by their performance of tests decreased during the fast in five of the tests out of the total of seven. The average loss in efficiency in comparison with the period before and after the fast, ranged from 1 to 24 per cent.

The subjects, however, gained in bodily steadiness during the fast, especially after they had been foodless for a week or more. They were able to point more steadily at small holes with a pointer. They could stand at attention, blindfolded and with vision, for two minutes at a time, with somewhat less wabbling than before the fast.

"The after effects of fasting," Mr. Glaze said, "are beneficial in many ways. One's mental activity seems to be increased, but this only takes place after the fast is over."

The subjects described their various experiences during the fast in diaries which they kept. One of them recalled his dreams and they were mostly about food. The sense of smell, it was agreed, was much more acute while fasting. The pangs of hunger were not noticed after the third day.

How physical desires may change with long fasts was illustrated by one of the men who had occasionally enjoyed a cigarette. After about three days he did not want to smoke at all, and only after he began eating normally again did he have any desire to resume smoking.

**Machine Reveals Ills**

Vagrant aches and pains which often afflict the stomach and are hard to identify may now be accurately located and classified by an instrument resembling a miniature seismograph, the device with which earthquake tremors are recorded, according to Popular Mechanics Magazine. The pain finder, devised by Dr. W. C. Alvarez, of the University of California, is said to register the course of such fills in almost any part of the abdomen and to reveal every step of the digestive processes. By the recorder, the passage of food through the digestive tract can be closely followed, and the exact spot and instant of the setting up of any trouble definitely learned in a few minutes. The instrument, called the multiple-electro-enterograph, is said to obtain its data by means of a pendulum swung in a vacuum tube and marks its records with a needle.

**Helping South America's Poor**

An American corporation—Cerro de Pasco—one of the largest copper producing concerns in the world, in an effort to help Peru better the living conditions of her poor, is importing fifteen pedigreed Hereford and Angus bulls from Colorado. They are to be crossed with the range cattle here in the hope of stimulating milk production. The low production of wholesome milk in Peru and Chile is believed one reason for the high mortality among children. The Cerro de Pasco, along with other American corporations, is showing much humanitarian interest in the poor and ignorant native workers, who have been exploited from time immemorial and still are by most native companies.

**Old Army General Orders**

Copies of two general orders, one promoting U. S. Grant from brevet second lieutenant to second lieutenant, and assigning him to the Seventh infantry, and the other announcing the death of John Quincy Adams, have been received by Col. Frank Morrow, commander of the Seventh infantry, U. S. A., at Vancouver barracks. The copies were sent by G. M. Knisely, an army veteran, who saved the orders from destruction years ago at Fort Leavenworth. The order announcing the death of Adams was signed by President James K. Polk, and was received by the Seventh infantry while on duty in Mexico in 1848. That promoting Grant was issued September 30, 1845.

**His "Pickup" Claimed**

Somebody stole E. B. Kerfoot's car at Hutchinson, Kan., and when it was returned to him from Missouri, Kerfoot found 100 \$50 bills in the spare tire. Kerfoot wasn't caring if the car was stolen again at that rate, but an Oklahoma bank has since claimed the \$5,000. Bandits had used Kerfoot's car in robbing the bank, overlooking the threel of loot afterward.

**SUCCESS WITH DELINQUENT CHILDREN SHOWN IN REPORT**

Agencies Co-operating in "Child Guidance Clinics" Under Commonwealth Fund See Improvement

New York.—Can our public schools prevent delinquency and crime by giving early and painstaking special attention to pupils who are backward or out of focus, or whose behavior makes them constant puzzles or pests to teachers and parents? Even though all such "problem children" are not necessarily headed for jail, will timely study of their difficulties make them happier and more effective citizens of the school and eventually of their community?

Affirmative evidence in this respect and a story of progress in establishing "child guidance clinics" and visiting teacher service to help such children are found in a report just issued by the joint committee on methods of preventing delinquency which summarizes four years of work under a program initiated and financed by the Commonwealth fund, one of the larger American philanthropic foundations.

In organizing this program for the prevention of juvenile delinquency the Commonwealth fund, after a careful survey of present needs in the field of child welfare, approved a scheme of co-operative activities to be carried on by the national committee for mental hygiene, the national committee on visiting teachers (affiliated with the Public Association of New York city) and the New York School of Social Work. By conducting local demonstrations, issuing publications and offering scholarships, it was proposed to develop scientific study of difficult and delinquent children in the schools and juvenile courts, to foster sound methods of treatment based on such study and to increase the number of trained and competent workers in this field.

Under the direction of the national committee for mental hygiene, says the report, demonstration child guidance clinics are now being conducted in Philadelphia and Cleveland. Similar demonstrations have been carried on for periods varying from six months to a year in five other cities.

As a result of this work child guidance clinics, fully supported by the local communities, are now in operation in St. Louis, Dallas, Minneapolis, St. Paul, Los Angeles, Memphis and Richmond. At these clinics children who are proving too much for the adults responsible for them are given systematic physical, psychological and psychiatric examination, and assisted by trained and sympathetic welfare workers to adjust themselves to happier and more normal ways of living.

**Judge Urges Mother to Spank Girl, Sixteen**

New York.—Magistrate Gresser in the Jamaica court urged Mrs. Margaret Ramsden to spank her daughter, Beatrice, sixteen, after the girl had been arraigned as a wayward minor.

Mrs. Ramsden, weeping, said she understood authorities would interfere if she undertook to chastise the girl. The court reassured her: "There are too many people meddling in everybody else's affairs and not minding their own business. They said the same thing last year, when I said that I always knocked some sense into my children's heads."

Magistrate Gresser insisted. "I tell you that, so long as she is under your roof, you have absolute authority to exercise such parental measures as are necessary to keep her a good girl. Your husband can take her across his knee and knock some sense into her. If parents exercised this authority we should have less waywardness among children."

**Fine Levied 18 Years Ago Threatens Man's Home**

Des Moines, Iowa.—Facing deprivation of his home to satisfy the state's demands for payment of a fine imposed 18 years ago, Charles Eddy, seventy-year-old painter, of Belle Plaine, has appealed to Governor Hammill.

The property has been ordered sold to satisfy the judgment of the Benton county court, imposed September 25, 1907, for a state liquor law violation. Eddy pleaded guilty and was fined \$300 and costs and sentenced to 90 days in jail.

He served the jail sentence, but was unable to pay the fine. The state for 18 years left Eddy unmolested. While the fine was growing to \$725 through increase of interest, he saved his money and bought a home.

Eddy's attempt to obtain a loan on his property brought to light the old judgment against him.

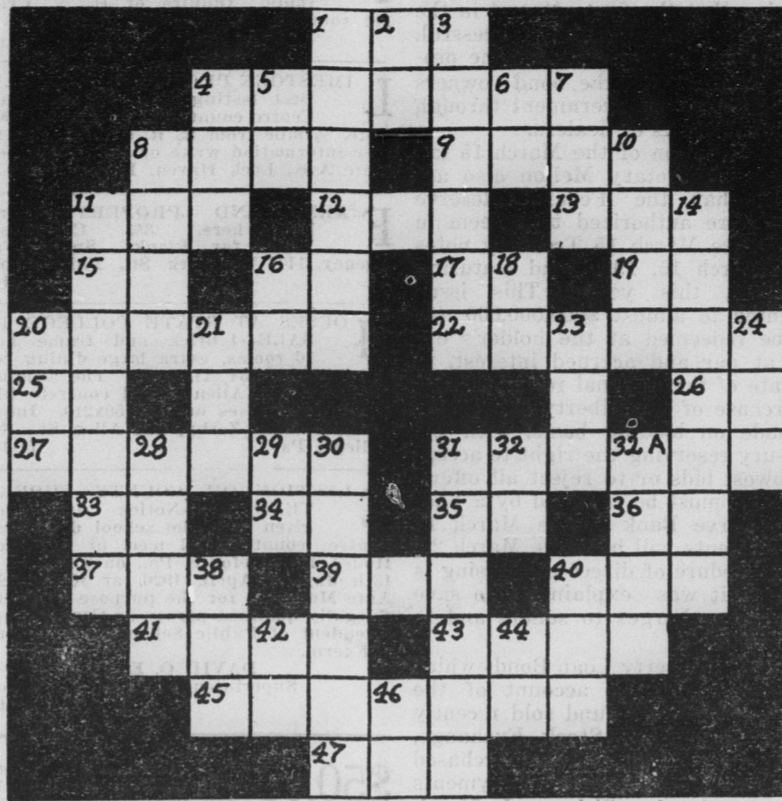
**Physical Defects in Students on Decline**

Jackson, Miss.—A vast decrease in physical defects of college students has been noted in examinations over the last decade at Mississippi A. & M. college. D. C. B. Mitchell, college physician, attributes the improvement to educational work in public health programs.

In a letter to Dr. F. J. Underwood, state health officer, he called attention to the improvement in teeth and corrected eye defects. "I find practically all teeth in good condition, whereas nine years ago I seldom found a set of sound teeth. There were 37 freshmen with properly fitted glasses. Nine years ago I found only six with glasses."

**HOW TO SOLVE A CROSS-WORD PUZZLE**  
When the correct letters are placed in the white spaces this puzzle will spell words both vertically and horizontally. The first letter in each word is indicated by a number, which refers to the definition listed below the puzzle. Thus No. 1 under the column headed "horizontal" defines a word which will fill the white spaces up to the first black square to the right, and a number under "vertical" defines a word which will fill the white squares to the next black one below. No letters go in the black spaces. All words used are dictionary words, except proper names. Abbreviations, slang, initials, technical terms and obsolete forms are indicated in the definitions.

**CROSS-WORD PUZZLE No. 4.**



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- |   |                  |  |   |
|---|------------------|--|---|
| <b>Horizontal.</b>  |                  | <b>Vertical.</b>                                 |   |
| 1—To sum up   | 9—Delicate       | 1—To state                                       | 18—Concerning                               |
| 4—Internal organs   |                  | 2—District of Columbia (abbr.)                   | 20—Expire                                   |
| 8—Growth on trees   |                  | 3—Puts off                                       | 21—To flow out                              |
| 11—Not many   |                  | 4—To swear solemnly                              | 22—Domestic animal                          |
| 12—Before (poetic)  |                  | 5—Part of "to be"                                | 23—Metal                                    |
| 13—To rap gently  |                  | 6—Rhode Island (abbr.)                           | 24—Hastened                                 |
| 15—Sun god  | 16—Conjunction   | 7—Insect   | 25—Behold                                   |
| 17—Railroad (abbr.)   | 20—To hate       | 8—What the butcher sells                         | 26—Exertion                                 |
| 19—Senior (abbr.)   | 29—To hate       | 10—Point of compass                              | 27—Governor of a province in ancient Persia |
| 22—The figure bounded by two radii and the included arc of a circle |                  | 11—Liberty                                       | 28—Part of "to be"                          |
| 25—That is (abbr.)  |                  | 14—To acknowledge, or to declare as one's belief | 28A—Same as 10 vertical                     |
| 26—Note of scale  |                  | 16—Bone  | 29—To ask                                   |
| 27—That which may be eaten  |                  | 20—Expire  | 40—Some                                     |
| 28—Initiation sash  |                  | 21—To flow out                                   | 42—Note of scale                            |
| 33—Conjunction  | 34—Preposition   | 22—Domestic animal                               | 44—Half an em                               |
| 35—Part of "to be"  | 36—Like          | 23—Metal   | 46—Mother                                   |
| 37—Crowd  | 39—Proper        | 24—Hastened                                      |   |
| 40—Donkey   | 41—Roman emperor | 25—Behold  |   |
| 42—To lease   |                  | 26—Exertion                                      |   |
| 43—European country   |                  | 27—Governor of a province in ancient Persia      |   |
| 47—Same as 13 horizontal  |                  | 28—Part of "to be"                               |   |

Solution will appear in next issue.

**Desire to Own Auto Adds to Wealth of U. S.**

Now that the trend of automobile absorption is no obvious country-wide, the statistical hounds who have been contending the saturation point has been reached for the motor car have taken a back seat, and there is every indication that automobile production and sales this year will exceed all previous years.

Our best little economists have established saturation points for the motor car more than once. Indeed every once in a while they burst into the song of sorrow. In every instance however the point set has been reached and passed and the industry is still growing by leaps and proverbial bounds.

The statisticians lose sight of the underlying cause of increased use of the motor car, which is its constantly increasing contribution to economic and social welfare. The same rule applies to the telephone, to the radio, to the talking machine and in fact to every civilizing influence that has been brought into use as a result of science and invention. The motor car is no longer regarded as a luxury. It is just part of normal existence. The high, the low, the rich and the poor use the motor car. Individual transportation is a recognized part of American life.

Naturally this demand for the motor car, which never existed in the case of the horse, has had an important bearing on finance which had had to adjust itself to meet the requirements of the times. The fact that the prospective motor owner has not the money to buy a car outright is no longer a block to his purchase. His confidence in the future, based on either experience or observation, is that the motor car will pay for itself while it is being used, or at least that the expenditure spread over a long period of time is a fixed charge of living that is altogether well worth while.

Particularly is this so in the country. The city man is rapidly reaching the point where he finds disadvantage in car ownership. The congestion is such that he cannot park, and certainly the traffic rules are such as to preclude the possibility of riding with pleasure. Garage rents are enormous and other expenses are correspondingly high. None of these conditions apply to the country. There are the open spaces, good roads, no garage rent and a full and free opportunity to get all there is out of a car whether for business purposes or for pleasure. Already more than fifty per cent. of all the automobiles manufactured in the United States are sold in towns up to five thousand population, and to the farmers, and the demand is increasing steadily.—Houtzdale Citizen.

**Maine Man Realized Handicap of Weather.**

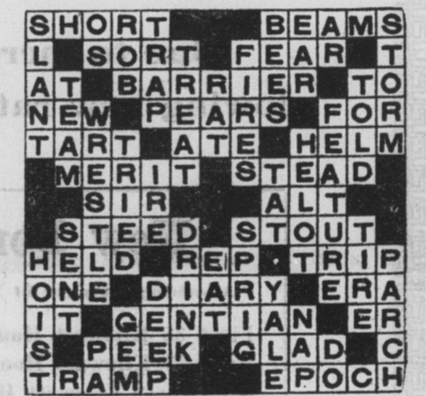
Governor Smith, at a dinner in Albany, was talking about New York's incredibly changeable weather.

"In a hotel lobby the other night," he said, "a Maine man told a New Yorker a hunting story.

"Yes, sir," he wound up. "I killed that b'ar with this here little pearl-handled penknife. Guess you never had a tussle with a b'ar, hey, stranger?"

"My goodness, yes," said the New Yorker. "I was fishing in Saranac lake one day when a big bear made a rush for me. He knocked the rod clean out of my hands, and so I was

**Solution to Cross-word Puzzle No. 3**



deprived of even that poor means of defense. But I grabbed the critter by the throat, roughed it up with him a bit, and then downed him and held him quiet till he froze to death."

"The Maine man nodded thoughtfully. "Yep," he said, "I've often wanted to try that dodge myself; but the weather up our way don't change as quick as it does down here in York State."—Exchange.

**Do You Know How The Weather is Forecast?**

The following is, in brief, the method of the U. S. Weather Bureau in making the daily forecasts read by millions each morning in the papers. It is interesting to note that comparison of these forecasts with the weather for the periods covered shows an approximate verification of 90 per cent. since 1891.

Twice a day, at 8 a. m. and again at 8 p. m., Eastern standard time, observations of local weather conditions are taken simultaneously at approximately 200 regular observing stations throughout the United States and the West Indies. Each Weather Bureau station is operated by one or more trained observers, and equipped with mercurial barometers, thermometers, wind vanes, rain and snow gauges and anemometers, as well as other devices which make a continuous, automatic record of the local weather conditions and changes.

The results of those observations are immediately telegraphed to the central office at Washington, and other forecast centers. Here they are charted for study and interpretation by experts trained to forecast the con-

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ditions that may be expected to prevail in the next thirty-six or forty-eight hours. A complete telegraphic report includes the following data: temperature, pressure (reduced to sea level), precipitation, direction of wind, state of weather, current wind velocity, clouds and maximum and minimum temperature since last observation. From this data the forecaster is able to trace the paths of storm area and approximately determine their subsequent courses and attendant weather conditions.—From Everybody's Magazine.

**State Pays for Losses Caused by Dogs Only Upon Proper Appraisal.**

In a statement to all owners of livestock and poultry who seek payment from the State for damages caused by dogs, Secretary of Agriculture, F. P. Willits, points out the need for proper

appraisal of the damage by local authorities.

The Pennsylvania Dog Law provides that the local appraisers shall examine the livestock or poultry killed or injured and that only upon proper appraisal can the claim for damage be legally approved for payment.

The Bureau of Animal Industry occasionally receives claims for alleged damages when the owner did not call upon the local appraisers for some time after the damage occurred and the livestock or poultry had been burned or otherwise disposed of. The law does not permit such claims to be paid. The only way compensation can be allowed is to have the local appraisers examine and appraise the killed or injured livestock or poultry immediately after the damage has occurred.

—Subscribe for the "Watchman."



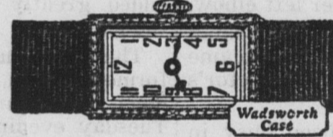
**"My, how old-fashioned!"**

This couldn't be you. In everything—your clothing, your automobile, the home you live in—you demand the "latest."

And yet, thoroughly up-to-date in everything else, one point may have escaped you—the watch you wear.

Style in watches is as important nowadays as style in clothing. One cannot be really up-to-date and carry a watch as far behind the times as the lady in the picture.

Our extensive assortment of reliable watches dressed in the famous Wadsworth Cases will be a revelation to you of the part played by style in the modern watch.



No. 104

**F. P. Blair & Son Jewelers Bellefonte, Pa.**

**Spring of 1926**

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**...at Faubles..**



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