

Famous "Flat Arch" in Church of St. Domingo

One of the objects which attracts the visitor in Panama is the "flat arch" in the ruins of the church of San Domingo. The edifice itself was built by Dominican monks in the palmy days of Spain's power.

At last an old monk, who was not supposed to know anything about architecture or engineering, had a dream in which was presented to him a plan for constructing an arch which would stand, relates a writer in Pathfinder Magazine.

Smoke Proved There Was Food in Homes

Smoking chimneys may be an awful nuisance in large cities, but there was a time in Japan when the sight of effusive chimneys so pleased a monarch of the country that he wrote a poem about it.

It was during a famine in the reign of Emperor Nintoku, according to "Peter Simple," in the London Post, and there was great suffering. Nintoku climbed to the balcony of his palace and saw a little smoke rising from the chimneys of the city.

On my roof Climbing, when I look out I see smoke rising. The people's kitchens Are in a flourishing condition.

Famous Bank's Nickname

The origin of "The Old Lady of Threadneedle street," the nickname of the Bank of England, never has been definitely established, according to the Kansas City Star, but the London Economist traces the appellation back as far as May 22, 1797, when William Pitt induced parliament to suspend cash payments at the bank.

Old Language Revived

Creditable and hopeful though it may be for a revival of Hebrew culture, the establishment of a Hebrew university in Jerusalem does not begin to compare in importance with the fact that little children are again talking, playing their games and calling each other names in that language of the prophets, which had once been classed as one of the world's dead tongues.

Many London Bridges

London bridge has never actually fallen down. Old London bridge, begun in 1170, was completed in 1209. It carried a row of timber houses, which were frequently burned down, but the main structure existed until the beginning of the Nineteenth century.

An Intelligent Interest

The rector of a country parish was showing one of his parishioners round his garden. He paused in front of the garden wall, into which had been built a huge boulder of granite, differing obviously from the red sandstone blocks that composed the rest of the wall.

WHAT IS A HEALTHY CHILD?

Were you a healthy child? Are you now a healthy man or woman? If you are a teacher; Are your pupils healthy children? If you are a parent; Are your children healthy?

What is a healthy child? Can you pick out from among your pupils the healthiest in the school-room? Or from your own children, those in your neighborhood, those who are healthiest?

If you can, and you probably can, though even doctors are sometimes deceived at first glance, you have already formed in your mind some standards by which to judge the health of a child.

Try this experiment: When you have decided which child is the healthiest, write down your precise reasons for choosing as you did.

Do the same for the child who is next to the top of your list.

When you have answered these questions, see how many of the points you have mentioned are given by Dr. Talbot in his description of a healthy child.—2

Good nutrition includes the following factors: Dry, clear eyes, smooth glossy hair; soft, smooth skin without eruption; bright facial expression; mouth kept closed; ability to breathe easily through the nose; clear hearing; ability to stand and sit erect with back straight, shoulders not sagging; a moderate amount of fat; musculature good; muscles well developed and not flabby; color of mucous membranes and of the skin reddish pink; no dark circles under the eyes; and finally an air of vitality, elasticity and joy, which is characteristic of childhood.

Has Doctor Talbot mentioned any qualifications which your child does not possess, or which had not occurred to you as points to observe in judging your child's health?

At a conference of extension workers, held in February, 1925, in New York City, Dr. Hugh Chaplin, pediatricist of New York City, and chairman of the New York Nutrition Council, demonstrated good growth and nutrition in children. Miss Miriam Birdseye, of the Federal Department of Agriculture, says in her report of this conference.

Beginning with two children, a girl and a boy, from eight to ten years old, clad, respectively, in a bathing and running suit, Dr. Chaplin discussed and illustrated the following points of a well-built body:

"Strong, even teeth, closing well, no cavities. Eyes clear and bright, no puffiness under eyes. Clear skin, not too dry or too moist. Good color in cheeks, lips, eyelids, and ear lobes. Even shoulders and flat shoulder blades. Deep, broad chest. Straight back. Flat abdomen. Firm muscles and sufficient, firm subcutaneous tissue. Straight legs. Normal size of knees and ankles. Strong foot arches. Anteroposterior foot position. Good posture.

"The manifestations of a properly functioning body—that is, a body in good running order, considered at the same time—were listed as follows:

"Alert expression. Unobstructed breathing. Clear, red tongue. Steady nerves, no restlessness. Cheerful disposition. Good muscular co-ordination. No distress on ordinary exertion. Proper weight for height, age and type.

"It was possible to illustrate all these points except that of effect of ordinary exertion. Data on this point and on the weight-height relationship was available from the school records."

If it is possible to secure a physician or some other person familiar with the anatomy of the body and the condition in health to demonstrate to your group the precise meaning of the terms used above, you will find it interesting and educational.

Most people can recognize a splendidly healthy man or woman, but it is a different matter to analyze, point by point, the factors that go to the making of the healthy body and the healthy personality.

If children are to be built up into healthier boys and girls, however, and if they are to grow up into the best possible specimens of men and women, is it not needful that all persons in charge of their welfare and education should know what points can be rated "excellent," and which points show need of improvement?

Miss Birdseye continues in her report: "Have you ever tried to find a perfectly developed child? If so, you know that they are almost as rare as humming birds in January. But the search is illuminating. Even if the child is up to weight for height, age and type, has a good color and is free from physical defects, such as diseased tonsils, adenoids or decayed teeth, he still may have abnormally large joints in knees, ankles or wrists; hollow or narrow chest; knock knees or bow legs, frequently pointing to early rickets; relaxed arches, pronated "turned in" ankles; relaxed abdomens, protruding where they should be held in almost flat by abdominal muscles in good tone; shoulders uneven, rounded or sagging forward; shoulder blades winged or projecting; faint lines or circles under eyes; back rounding out abnormally above and rounding in abnormally below or beginning to curve to one side or the other, teeth crowded or missing or marked with belts of defective enamel; jaws not closing evenly. It comes to seem even in schools attended by children who have had exceptional advantages almost like searching for a needle in a haystack to find a really well developed child. * * * Difficulties not the result of heredity, but of inherited tendencies * * * can with care be overcome. * * *

"Why," asked Miss Birdseye, "are these things true?" In her opinion it is because parents do not have a mental picture of the well-developed child as a standard toward which to build, a pattern to make them conscious of the deviations, slight at first and developing only gradually, that come about as a result of faulty feeding, lack of sleep, rest, or fresh air, lack of all-round exercise, especially for the trunk muscles, poor habits of sitting, standing and sleeping; in

short the things that do not seem worth bothering about because parents and children have not been educated to foresee their results; and most of all because we have not set before ourselves a positive standard.

"Is it not because we have lacked standards of optimal growth—really accurate eye-pictures of the well-grown child—that we have failed to notice these defects of build, carriage, and functioning as the children grow up? And is it not because we have failed to notice that things were going wrong that it has seemed easier to let the children form bad food habits, stay up late, get over-tired, sit and stand poorly than to train them at the proper time into habits that will make for good growth, all-round development and sound nutrition? Building a good habit requires the same things. Is it worth while to learn the process?"

MAKING THE HEALTH EXAMINATION EDUCATIONAL

In one locality where a health demonstration has been in progress for some time, the medical director has made a list of the points by which to judge a healthy child. Those who pass the examination with a certain high grade are given a certificate and their names and their pictures are entered in a large book kept for this purpose.

Great is the interest when the time draws round for the physical examination and the "scoring." The children know and their parents know exactly what points will be scored, and precisely what condition counts for a high score.

The health director of that demonstration says with reference to this scoring of healthy children:

"If the scoring is to be of the greatest educational value, the children should understand thoroughly, at the beginning of the period, just what is necessary to obtain a satisfactory score."

The making of the score card by which to judge a perfect child, or a fine specimen of a child is not an easy matter. Yet, it should be possible to do something along this line. Agricultural people are constantly making studies to determine the best strains of vegetables and animals for different purposes, and what the qualities are that make them more valuable for various purposes.

State and county fairs judge animals and other farm products, and award prizes for the best. The committees on award know precisely the points on which to judge these products.

Are not children of more value than many farm animals? Is it not worth study and time and effort to bring

them to as high a state of perfection as it is possible for them to reach?

Demonstrations from life are more effective than the pages of a book for building in the minds of children, teachers and parents a conception of what the healthy child is. People need to see, and to have certain things pointed out to them: "This color or shape or size is better than the other; and these are the reasons why."

If parents, teachers and pupils and all other persons connected with the schools, know the points to be observed in the health examinations some time before the examination is to be made, and have opportunity to make an effort to improve their condition or their score way to make a picture of his present state and at intervals to show improvement?

DEFINITE GOALS

Children themselves need to know not only the health rules but what condition of excellence each can hope to attain, and how it can be attained.

Should a child's posture be improved? What is wrong with it now? What improvement needs to be made? Is there some way to make a picture of his present state and at intervals to show improvement?

Has the child flat feet? The imprint of a wet foot on paper can be marked out with a pencil and improvement noted as the arch lifts due to proper foot exercises and the outline changes. The child will need to be shown what a healthy foot looks like and what kind of impression such a foot makes, in order to know what he is striving for.

The child needs some tangible record of his effort and improvement; so does the teacher. Both need, as well, to have definite goals. The ultimate goal of all health work is to produce healthy human beings who know how to maintain their health, physical and mental.

Do you realize that the study of the healthy human being is a fascinating study? Start your children making individual scrap books, or a school scrap book, with pictures and anything else which describes the healthy child, according to the points listed by Dr. Talbot or Dr. Chaplin. If your doctor or your physical education teacher finds a good example among your own children of an exceptionally fine foot or back or skin, or a child that is a good all-round specimen, have this noted in the book; perhaps snap-shot photographs could be put in also.

People need definite eye-pictures of healthy children. To discover and point out the children who can be used for these eye-pictures will prove both

interesting and educational.—By Harriet Wedgwood, Staff Associate, in the February Child Welfare Magazine—American Child Health Association.

Law Protects Nature from Petty Thieves

American Forest Week, recently observed, brings to mind that man has taken steps to protect nature's gifts from the ruthless destruction of other men.

In times past folks who did have country property used to visit farms and woodlands to procure vegetation such as shrubs, evergreen branches, fruit blossoms, and wild flowers for ornamental purposes. Now it is a criminal offense, punishable by a heavy fine, for any individual to pick flowers, strip trees of their branches, remove shrubs or any other kind of vegetation without the owner's consent.

"Why did you insist on your son getting a job where he would have to work all night?" "Well, you see these modern flats have no guest room and we often have friends who spend the night with us so with John working all night we can use his room while he can sleep in our bed during the day."—Cincinnati Enquirer.

MOVIE LOVERS CONTEST.

Opportunity to share \$10,000.00 in Prizes for Correct Titles.

How well do you know the successful motion pictures? If you would like to participate in a Movie Lovers Contest, in which \$10,000.00 in prizes will be distributed to the winners, send one dollar to the Circulation Dept., (B) Daily Mirror, 55 Frankfort Street, New York, N. Y., and get New York's best tabloid picture newspaper by mail for three months.



She Knows He's Safe

She neither leaves him alone at home, nor takes him out through dangerous traffic and inclement weather to shop. Her telephone makes this exposure unnecessary.

Mother need not leave the comfort nor the duties of her home to get her meats—a few words over the telephone will bring the family food.

Order your Meat over the telephone from us. Our service consists not only of free delivery, but guaranteed quality at lowest possible prices.

It will save you time, effort and money.

P. L. Beezer Estate

Market on the Diamond BELLEFONTE, PA.

Advertisement for CHICHESTER'S PILLS, THE DIAMOND BRAND, featuring a woman's portrait and text describing the medicine's benefits.

Advertisement for NATURE'S REMEDY, TO-NIGHT Tomorrow's Alright, featuring a box of the product and text describing its benefits for digestion and elimination.

Large political advertisement for the Republican Primary on May 18, featuring portraits of candidates Geo. Wharton Pepper, John S. Fisher, Col. Ernest G. Smith, and James F. Woodward, and a call to vote for the Pepper-Fisher-Smith-Woodward ticket.