

#### Weekly Health Talk.

"The time will soon be here," said Dr. Theodore B. Appel, Secretary of Health, today, "when the familiar words of 'spring fever' and 'spring tonic' will again be heard.

"It is not untimely, therefore, to indicate a remedy for spring fever and a substitute for bottled vim and and a substitute for bottled vim and vigor. Unquestionably, as warmer weather comes upon us a general las-situde is frequently noted in many people. Whether this is merely a psy-chological reaction or a physiological one really makes no difference. "There is a general tendency on the part of many persons, when in this

part of many persons, when in this state of mind or body, to give way to their feelings and at the same time attempt to bolster themselves by taking advertised remedies which are widely proclaimed to be potent in their tonic effects.

"While bottled tonics may contain ingredients that have a slight effect upon the general constitution, it is decidedly a great mistake to use them as a substitute for the natural pro-cesses. Nature is the greatest doctor on earth; medicines are merely ad-juncts and require, in addition, a definite effort on our part if they are to be of any value.

"Of course it is exceedingly easy to walk down town to a store and pur-chase a package which states on its chase a package which states on its wrapper that it will revitalize one. And in these days when 'canned goods' are so intensely popular, it is likely to be considered a line of least resistance and therefore followed. However, do not delude yourself into the idea that a dollar's worth of proprietary medicine can take the place of effort on your part. Nature does not work that way.

"Therefore, if you become the sub-ject of 'spring fever' and feel that you are in need of assistance to put you in proper shape for the warm weather, consider seriously your own personal habits first.

"It is easier to jump into your automobile and thus seek the broad highways, but this habit if over-indulged to the exclusion of physical exercise will not bring the results you desire. And this, no matter how many bottles of tonic you may consume. Long walks daily at this season represent one of the most effective methods of placing you in proper physical trim. The man or woman who religiously makes it a practice to walk several miles daily will soon discover the remarkable tonic effect of this type of exercise. It is not too much to say that those who practice it will need nothing else to stimulate their phy-sical activity and, in turn, banish all symptoms of that 'tired feeling.' "It may also be added that the question of diet is one to be seriously considered. Many people feel dull and lack initiative not only in the springtime but other seasons as well, for make he represents in which to go the simple reason that they continu-

ised, with eight yards, of broadcloth in lieu of my blue coat which was used for Colors at Fort Schuyler.' "-From Everybody's Magazine.

### The Cause of Dew.

As the earth is heated by the rays of the sun in summer, the constant rays supply new heat all the time. The sun keeps up a new supply during the day, although the heat from the earth is constantly rising into space. Heated air always rises, because it is light-er than cooler air. Now, because the heated air next to the earth rises, the earth begins to cool off just as soon as the sun ceases to supply needed heat, and the different objects on the earth's surface, such as grass and vegetation, are cooled down several degrees, shortly after sunset. On a clear summer's night, a ther-

mometer placed in the gass when the dew is on, will sink as much as from ten to twenty degrees below one placed in the air a few feet above. The warm vapor in the air coming in contact with the cooler bodies, as grass, or vegetation, or any other object that cools easily, is condensed and becomes

dew. Grass, leaves of trees, wood, etc., cast off their heat, or, in other words, cool quicker than stones and the like; the former will be covered with dew, while the latter will remain dry.

Dew is deposited more freely upon calm, clear nights, as the heat from the earth rises freely and is lost in space. On the cloudy night, the deposition of dew is almost entirely in-terrupted, for the clouds prevent the heat from rising. The surface of the earth and the vegetation is therefore not cooled enough to chill the vapor of the earth into dew.

When the wind blows, little or no dew is formed, since the warm air is brought constantly into contact with the trees and grass and prevents them

from cooling off. Dew rarely forms upon bodies on the surface of the water in mid-ocean, for the air and water do not vary enough in temperature to condense vapor, but it is a fact that ships when nearing land will have their decks ropes and sails covered with dew.

#### Pinning the Fault on the Employer.

How-in an apologetic and abusive manner of speaking-bone-headed are some employers in our proud land. And how fatally certain is an employer of success in a country that is dripping with money and feverish with people aching to spend it, if he shows a modicum, or even half a modicum, of brains. To make the application personal-

"Do not ring the joy-bells," I said on entering an automobile salesroom. "I only came in to ask a question."

The love-light went out of the eyes of the young man who had hurried forward. As I did not seem to promise a commission he did not care to waste time. Therefore he lost the possible sale of a car, for I had almost determined to buy one of the camping next spring. It is likely that I shall buy another car entirely

"Forty Thousand Eagles Killed!"

Under this heading the January Bulletin of the Massachusetts Audubon Society gives us these astonishing facts.

The enormous killing of eagles in Alaska was a subject which claimed special attention at the recent annual meeting of the National Association of Audubon Societies. Naturalists and bird-lovers, as well as many of the patriotic citizens, are becoming alarmed at the increasing destruction of our national bird. This slaughter of these birds in Alaska is due to the working of a bounty system which was established in 1917. From this year until 1923 a bounty of 50 cents was paid on 17,816 eagles. In 1923 the bounty was increased to \$1.00 and under the additonal price offered, 23,-996 eagles have been killed. The rec-

ords show that during the period from 1917 to September, 1926, bounties have been paid by the Territory of Alaska on 41,812 eagles. It was pointed out that in all probability this does not represent the total number killed, as usually one out of every four shot escapes to die a lingering death. The board of directors of the National Association of Audubon Societies, by official action, has requested the President to communicate with Alaskan high officials recommending a repeal of the bounty law on eagles in Alaska until such time as a careful investi-gation of its food habits can be made, for it is felt that the eagle should have

New Method Prevents Skidding.

his day in court.

A new method of finishing the surface of a paved highway with stone screenings has been devised to prevent skidding. One of the first pro-jects of this kind is a 7.8 miles highway leading out of Modesto, in Southern California.

The original pavement was widened to 20 feet by cement concrete shoulders placed on either side of the existing 15-foot base which was then

**Don't Get Up Nights** Nature's Danger Signal Relieved by Tenn.

Man. Wants Others to Know.

surfaced with asphaltic concrete, averaging two and one-half to four inches in thickness were placed along side the concrete shoulders.

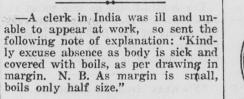
The screenings used for top finish were such as would pass through a on- fourth-inch square screen with not less than 90 percent of the total being retained on a standard No. 10 screen. The amount applied averaged from ten to fifteen pounds per square yard.

The cost for this seven and eighttenths miles of reconstructed highway was \$163,500.—"The Manufacturer."

#### United States Wasting Forest Resources.

Wasting Forest Resources While Importing Paper. The United States produces only about half of the 3,500,-000 tons of print paper consumed here annually, and only a small portion of wood pulp used in this production comes from our forests. By far the larger part of it is imported from Canada and other foreign countries. It is estimated that we waste annually 8,000,000 cords of wood. This takes into consideration the average of 40 per cent. of the log in making lumber, and the branches and small trees left in the woods as unfit for lumber purposes. B. T. McBain, who has been con-

nected with the pulp and paper industry for over 25 years, suggests that the best way to make the United States paper industry independent of foreign countries, is to conserve this terrific waste of our forest resources. —"The Manufacturer."



-The "Watchman" is the most readable paper published. Try it.

RHEUMATISM While in France with the American Army I obtained a noted French prescrip-

tion for the treatment of Rheumatism and Neuritis. I have given this to thousands with wonderful results. The prescription cost me nothing. I ask nothing for it. I will mail it if you will send me your address. A postal will bring it Write today.

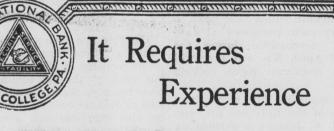
PAUL CASE. Dept. H. C-814 Brockton, Mass.

# The Making of a Will is one thing--

The assurance that your wishes will be carried out properly, is another.

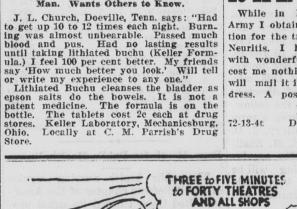
To insure this, as well as a prompt settlement of your estate, have your lawyer name this Bank as your Executor.

### The First National Bank BELLEFONTE



o act as the Executor of an estate. This Bank has not only the experience, but the permanency. facilities and resources which amply qualify it as a thoroughly reliable Executor. Come in and talk the matter over with our Trust Officer.





"Meat used to excess is a bad hab- for in my peevishness I walked into it at any time, and particularly is another agency and found one I liked The season is here when markets are filled with fruits and vegetables, con- delighted to reply to my questions. sequently there is no excuse for overindulgence in meat. Moreover, the vegetables contain many of the reconstructive elements which greatly assist in maintaining a proper physi-

ological balance. "One of the best prescriptions that I can suggest for this time," concluded Dr. Appel, "would take the fol-lowing form: Exercise, and plenty of it, in the fresh air. Restriction in the use of meat. The consumption of more fruit and vegetables. Eight hours of sleep each night. Plenty of work and a goodly dash of play.

"This is nature's own program for vim, vigor and vitality. It is merely common sense applied to the gentle art of living. Follow this prescrip-tion and medicine will not be required. But the proprietors were not at fault?" Rout spring fever and make real vitality your own. The prescription will do it. Step up and take it."

The First American Battle Flag.

this the case during warm weather. better. This salesman said he didn't care whether I ever bought. He was

"Have you time to make up six pounds of candy in six separate boxes?" asked Mrs. Pilgrim of a salesman at Burchell's. "It is for six bed-ridden soldiers." "No," said the salesman, turning vay. "I'm too busy."

away. Another salesman was not so busy, but Burchell's lost a customer. She will not risk meeting that sort of a salesman there again. I went into a comouflaged shop for ladies' lingerie by mistake and was aciduously told by mistake and went out abashed. It is true that I do not buy the frilly

Sure they were. No one else. Think it over.

#### How Slow Storvation Changes the Body.

It is perhaps little known that the first American flag displayed "at sea" was raised by Colonel Wynkoop, commander of the Royal Savage, one of Benedict Arnold's little fleet in Lake Champlain, in 1776. This flag was a replica of the first striped flag, hoisted over Washington's headquar-ters at Cambridge. It consisted of thirteen alternate red and white thirteen alternate red and white stripes in the field and retained the colors of England, the united crosses of St. George and St. Andrew on a blue ground, in the canton. This flag was known in England as "The Rebellious Stripes."

"A picturesque incident is told of "A picturesque incluent is clud of the first stars and stripes used in a military engagement," said Mr. Ames, foremost flag manufacturer in the country. "The revolutionary flag of thirteen stripes with a circle of thir-teen stars was adopted by the Continental Congress on June 14, 1777, but the statue was not officially promulgated until the 3rd of the following September. Meanwhile a copy of an Albany newspaper describing, the flag had fallen under the eye of a Continental officer from Massachusetts on his way with reinforcements to Fort Schuyler, formerly Fort Stan-wix, where the city of Rome, New York, now stands.

"He arrived at 5 p. m. on August The arrived at 5 p. m. on August 2nd and very opportunely, too, as it turned out. For the British attack-ed the fort the following morning, which was Sunday. Before the end of the day the garrison had run up the first American battle flag. White stripes from shirts and hospital band-core than \$2,140,000 over the totals of 1925, figures announced last week by the highway department disclosed. Last year receipts from license fees, amounted to \$23,933,461 as compared with \$21,790,193 in 1925. The number of pasenger vehicles ages alternated with red stripes made from the scarlet petticoat of a sol-dier's wife. A blue canton was improvised from the military coat of one Captain Abraham Swartout, who, a year later, wrote to the commandant of the fort requesting 'an order on the commissary to supply me, as prom-

Moscow is now said to be well fed and even well shod, and the awful times of starvation are past. But when things were at their worst, Prowhen things were at their worst, Fro-fessor Alexis Kharkovosky began a scientific investigation, which has now lasted some years, of the effects of in-sufficient food on all the people he could examine. There were 2,114 peo-ple on his lists, and he weighed and promised the generative in a fit examined them every six months, if they did not die in the meantime. He found that, first of all, the body's fat went. Then the muscles of his 2,000 people began to shrink, and after that their bodies. Some of them lost up to one-third of their body weight. The most curious thing was that they diminished in size like very old people. Among men the height was diminished by one and one half inches. Women's height shrank a little less, never quite as much as two inches The shape of the head changed, and it became relatively broader, as it shrank back and front. The length of the face decreased, and its breadth decreased even more.—"Reformatory Record."

### Motorist Fees Jump \$2,000,000.

Motor license receipts from Penn-sylvania motorists last year increased more than \$2,140,000 over the totals by the highway department disclosed. Last year receipts from license fees, operators' licenses and other sources amounted to \$22,933,461 as compared with \$21,790,193 in 1925. The number of pasenger vehicles increased from 1,162,824 two years ago to 1.276,519 in 1926. Commercial webicles at the class of last wave num

vehicles at the close of last year num-



# LYON and COMPANY

# Specials

### for the month of April

### Silks

Our Table of Silks, Taffetas, Messalines, Pongees and Moiries. Sale price 89c. per yd.

Curtain Scrims and Marquesettes 50c. and 60c. values at 20 c. per yd.

20% reduction on all Curtains, Draperies and Cretons. A wonderful assortment. Just the things to help brighten up the home at spring housecleaning time.

### **Closing Out Our Entire Shoe Stock**

Ladies high Shoes, per pr.	-	<b>59</b> c.
Ladies and Childrens low Shoes	-	\$1.00
Mens and Boys dress and work Shoes	-	\$1.48
One lot, broken sizes -	-	<b>29</b> c.

### Week-end Specials

One lot of Rugs, different sizes 79c. Window Shades 79c.

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