

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 vigor. Unquestionably, as warmer weather comes upon us a general lassitude is frequently noted in many people. Whether this is merely a psychological reaction or a physiological one really makes no difference.

"There is a general tendency on the 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 processes. Nature is the greatest doctor on earth; medicines are merely adjuncts 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 purchase 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 subject 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 physical 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 spring-time but other seasons as well, for the simple reason that they continuously eat too much.

"Meat used to excess is a bad habit at any time, and particularly in this the case during warm weather. The season is here when markets are filled with fruits and vegetables, consequently there is no excuse for over-indulgence in meat. Moreover, the vegetables contain many of the reconstructive elements which greatly assist in maintaining a proper physiological balance.

"One of the best prescriptions that I can suggest for this time," concluded Dr. Appel, "would take the following 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 prescription and medicine will not be required. Rout spring fever and make real vitality your own. The prescription will do it. Step up and take it."

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 lighter 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 thermometer placed in the grass 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 interrupted, 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.

New Method Prevents Skidding.

A new method of finishing the surface of a paved highway with stone screenings has been devised to prevent skidding. One of the first projects 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.

J. L. Church, Doevoile, Tenn. says: "Had to get up 10 to 12 times each night. Burning was almost unbearable. Passed much blood and pus. Had no lasting results until taking Lithiated buchu (Keller Formula). I feel 100 per cent better. My friends say 'How much better you look.' Will tell or write my experience to any one."

Lithiated buchu cleanses the bladder as a potent salve to the bowels. It is not a patent medicine. The formula is on the bottle. The tablets cost 2c each at drug stores. Keller Laboratory, Mechanicsburg, Ohio. Locally at C. M. Parrish's Drug Store.

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 salesman's office. "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 make he represents in which to go camping next spring. It is likely that I shall buy another car entirely, for in my peevishness I walked into another agency and found one I liked better. This salesman said he didn't care whether I ever bought. He was delighted to reply to my questions.

"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 away. "I'm too busy."

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 camouflaged shop for ladies' lingerie by mistake and was acrimoniously told by mistake and went out abashed. It is true that I do not buy the frilly stuff, but my wife does. A customer lost.

"But the proprietors were not at fault?"

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

How Slow Starvation Changes the Body.

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, Professor Alexis Kharkovsky began a scientific investigation, which has now lasted some years, of the effects of insufficient food on all the people he could examine. There were 2,114 people on his lists, and he weighed and 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 Pennsylvania motorists last year increased more than \$2,140,000 over the totals of 1925, figures announced last week by the highway department disclosed. Last year receipts from license fees, operators' licenses and other sources amounted to \$23,933,461 as compared with \$21,790,193 in 1925.

The number of passenger vehicles increased from 1,162,824 two years ago to 1,276,519 in 1926. Commercial vehicles at the close of last year numbered 206,321, as against 193,159 in 1925.

Of these Centre county had 7,659 passenger vehicles and 1,238 commercial vehicles.

"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 additional price offered, 23,996 eagles have been killed. The records 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 investigation of its food habits can be made, for it is felt that the eagle should have his day in court.

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 connected 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."

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 one-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 eight-tenths miles of reconstructed highway was \$163,500.—"The Manufacturer."

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