#### CARE OF DIET MOST ESSENTIAL IN TREATMENT OF RHEUMATISM.

Rheumatism is one of the common maladies which many people suffer from at certain ages and in some cases both at the early stages of life as well as during the latter part of

Rheumatism appears in general in in two different forms, acute and chronic. The acute rheumatism is believed to be due to a bacteria infection. It is generally regarded as a streptococcio. The serious membranes are particularly affected.

The diet for this particular disease consists of, in the early stages, a liberal use of water. Fruit juices should be freely used and any sort of thin gruels. Potato soup, which has been flavored with a yeast extract, is excellent for sufferers of this disease. The vegetable purees of all kinds should be used in large quantities and freely. The reason why this particular food is beneficial is because the alkaline salts which they contain have a neutralizing effect upon the acids in the system.

Any form of constipation should be carefully attended to, since the colon must be kept free from putrefying matter. Large quantities of fruit, green vetetables and any green, leafy vegetable should be used in the diet every day to supply the human system with vitamins, lime, iron and other minerals which are so essential to the neutralizing effects of the disease upon the human system.

In cases of acute rheumatism one cereals as much as possible. If used at all, a whole-wheat cereal may be used sparingly. Such wholewheat cerals as come prepared from the entire grain should be used as a food in the case of acute rheumatism. Bread should not be used at all, but potatoes may be used to replace the bread sup-This sort of diet will gradually reduce the tendency for the development of the disease

In chronic rheumatism there have been many theories as to its origin often, it has been associated with infection of the teeth and ton-This, however, has not always been found to be the cause. It is more generally believed today that the real seat of the trouble is in the colon. Those who suffer from infection of the colon are subject to chronic rheumatism, and in most of these cases it will be found that the stool has a putrid or foul smelling odor. It is then highly important to so regulate and adjust the diet as to free the stool from the foul and offensive odors. The sufferer from chronic rheumatism should have a movement of the bowels at least twice a day. This may be stimulated by the use of bran in the food, mineral oils, agar, plenty of fresh vegetables and fruits, lettuce, celery and other foods which cause the intestinal tracts to function

There has been a general belief that people who suffer from chronic rheumatism should avoid acid fruits. This is a fallacy and appears to be wholly unfounded, and instead of avoiding acid fruits, such as apples, oranges, etc., they should be used quite freely. The acids of the fruit are assimilated into the system and when absorbed into the blood completely change, so that the products into which they change become a party. into which they change become a neutralizing agent to the products formed by the waste tissue. It is these products which accumulate rapidly in cases of chronic rheumatism. Mushmelons, watermelons, canteloupe, hon-eydew melons are very efficient and excellent foods in cases of rheumatism, because they tend to neutralize or alkali in the blood and all the tissue fluid. The canteloupe is especially valuable in this respect and is one of the best of the fruits for a person suffering from rheumatism. Potatoes, turnips, beets and all other vegetables may be used freely and should be used in the place of bread and cereal. In fact, one who suffers from chronic rheumatism should be very careful in the amount of bread and cereals consumed. It is better to avoid the use of them as much as possible.

Sometimes the sufferer is highly benefited by restricting the diet so as to eat less food. Those who suffer a great deal from rheumatism should avoid the use of coffee and tea, as these beverages interfere with the elimination of waste poisoning. A caffineless coffee may be used under the advice of a physician.

Foods which contain a large amount of sodium have a very fine reaction in relieving the sufferer since this particular product gradually dissolves and excretes the poison. Apples, for instance, contains a fair quantity of sodium; strawberries, asparagus, beets, cabbage, carrots and especially celery, which should be eaten freely and almost daily; Roman lettuce is especially rich in sodium. Other kinds of lettuce have also a fair quantity of sodium; radishes, spinach, Swiss chard, tomatoes, watercress, butter, all contain large quantities of sodium and are exceedingly valuable foods for chronic rhreumatism. Meats, cheese, and condiments such as pepper, salt, vinegar and other spices should be avoided. Whole rice may be used as a cereal; nuts should only be eaten rarely.

Those who suffer from rheumatism should spend a fair amount of time outdoors or sit in the sun. Sunbaths seem to have a very beneficial effect

upon this malady.

It is fairly well recognized today that diseased tonsils may be the cause of rheumatism. There are fifteen or twenty forms of germs which live in are found in the tonsils. These tonsil infections cause terrific constitutional disorders and may permanently injure an individual. Sometimes the removal of the infected tonsils ly invaded by the disease.

It has also been discovered that rheumatism may be caused by the teeth. Frequently, decayed teeth or bad teeth cause an infection in the system which results in rheumatism. Those who suffer from chronic rheumatism should be sure that they are not carrying dead teeth. Occasionally large fillings in teeth will cause the teeth to become dead and infected. The X-Ray is very useful in this respect to discover teeth which are causing difficulty. If teeth or tonsils are the cause of rheumatic conditions, the diet will not, of course, be of any material assistance in relieving the human system of the rheumatic condition.—By Dr. Daniel R. Hodgson.

#### Why Bees Swarm.

Bees break up housekeeping by swarming for one of nature's three reasons, according to Charles N. Greene, State Apiary Inspector, Pennsylvania Bureau of Plant Industry. First, to replace an old queen; second, to provide room for rearing new brood; third, to provide storage for incoming nectar.

Mr. Greene has found that bees exercise real foresight before they They load themselves with swarm. honey which is taken from open cells, so that they will not have to go hungry in case they are not successful in promptly finding a new home. Bees usually fly only a short distance after leaving the hive; they have been known to hang on a limb of a tree for 24 hours before leaving for a more appropriate home. By the time they are ready for their second flight, they have very little food left and being lighter, they fly a much greater dis-

tance, often a mile or more. "The most peaceful way to recover them is to make sure they are not Mr. Greene says. "Feed them all the honey they want and they will not sting. The best subshould avoid the use of any form of stiute for the best honey and always

available is granulated sugar water. "The bees should never be hived in an old hive. Secure a modern movable frame hive, one that meets all the requirements of the State Bee Law, and place it near the swarm. Shake the bees into a basket and then place a few of them near the entrance to the hive. Once a few have entered. the rest will follow like sheep. The queen goes with the bunch but rarely leads them."

#### All Roadside Stands Must Meet State Beverage Laws.

All roadside stands and small drinkdispensing places must meet the requirements of the State Beverage Laws the same as large bottling plants, asserts Dr. James W. Kellogg, director-chief chemist of the Pennsylvania Bureau of Foods and Chemis-

These State laws have been enacted to protect the health of the people in every possible way. They prohibit the placing of ice directly in soft drinks for cooling purposes and likewise make it illegal to use polluted water. "Special agents of the Commonwealth are paying particular attention to the method of bottling and dispensing soft drinks this summer," Dr.

"All bottling plants are being visited periodically to make sure that conditions are sanitary, that bottles are thoroughly cleansed, and samples are selected for examination of the chemist to determine their composition and sugar content. Roadside booths and other small stands dispensing drinks are being given especial attention to make sure that the drinks are free from ice and that polluted water is The inspections also include the home made drinks offered for sale such as root beer, which are required to be made and dispensed in a sanitary way."

#### A Year, and All Centre County Cattle Will be Tested.

Considerable tuberculin testing is being done in Centre county at the present time. Last week the 60 day re-test was made in Miles, Walker and Benner townships with a very small percentage of reactors. Four new townships are also being tested at this time: College, Gregg, Penn and Haines townships.

At the present time there has been eight complete townships tested in Centre county and when these present townships are completed over half of the county will have all of the cattle tested for tuberculosis. The re-action has been very small as compared with other counties in the State running approximately 4%. At the present rate of testing Centre county should be completely tested within the next

year.
After the county qualifies as an accredited area with less than one half per cent. reactors the county will be tested every three years by the State. This will mean a lot to the dairymen of Centre, as all sections of the country are demanding T. B. tested cattle and T. B. tested milk

## Hunters' Licenses.

The proposed increase in the hunters' license fees to \$2 will prevent the normal yearly increase in the number issued unless present expectation of officers of the game commission fail.
The bureau of publications announce that it has ordered the printing of 533,000 license tags for the 1927 season, the same number as was printed in 1926. Of this number Clarion county will receive 4,800, Armstrong 7,500, Venango 7,500, Warren 5,000 Butler, 8,100, Cameron 1,000, Clear-field 11,800, Elk 4,800, Forest 1,400, Indiana 8,100, Jefferson 7,400.

-The Lincoln highway between New York and San Francisco, 3,142 miles long, has been improved on all but 41 miles of its entire distance. the human mouth and various kinds The entire length is uniformly mark-

The Lincoln highway, one of the first major highways to be constructed in Pennsylvania, continues to stand will not cure rheumatism because the at the head, among the highways of human system has been so thorough- that State, and the chances are that it each of six doubters. always will stand at the head.

# WARNS AUTOISTS TO WATCH ROAD HOBOS

#### Free Rides May End Up in Robbery.

Jefferson City, Mo .- Despite the fact that only a small percentage of "highway hobos" are criminal, they are a menace to motorists because there is little organized police protection on Missouri's roads. T. H. Cutler, state highway engineer, in a warning to tourists, says that the number of ride seekers has doubled or trebled in the last three years.

Travelers, elite and rough, were not slow to discover a cheap, enjoyable transportation as Missouri's highways became more heavily traveled. Sometimes a motorist would carry them a long distance and the time required would not be greatly in excess of that of de luxe passenger trains. It was not long before the blind baggage and empty box car were forsaken in favor of the back seat of a comfortable motor car. Today "Weary Willies," hijackers and adventuring youths hail motorists for "lifts."

Youths Learn to Sponge. "Many young men," Mr. Cutler said, "who ordinarily have paid railroad fare are tempted now because of the success of others to sponge off the motoring public.

"The habit of picking up strangers on the highway should be discouraged, for it is not only increasing the number of tramps, but it is fraught with much hazard to the motorist. It affords unexcelled opportunity for robberies, assaults and murders, as frequent newspaper accounts testify.

"The experience of a road contractor about a year ago is well to the point. Traveling along route No. 50 toward Kansas City, he met an elderly woman, poorly dressed, head covered by a huge sunbonnet and a basket of clothes under her arm. To all appearances she was carrying home a day's washing. The contractor stopped his car and invited the woman to have a ride. Without saying a word she climbed in beside him. He had not driven far when he glanced downward and noticed a large-sized man's brogans. Immediately he suspected the washwoman's garb was a disguise.

#### Gets Rid of Woman.

"Reaching the top of a hill and observing that he had a long descending grade ahead of him, the contractor abruptly stopped his car a little beyond the crest, saying he believed his rear tire had gone flat. His emergency brake was not working, so that he would have to use the foot brake to hold the car.

"He asked the 'woman' to get out and look at his rear tire. With a little show of hesitancy the woman set her basket down, alighted and started toward the rear.

In an instant the driver released the brake, threw in the clutch and started down hill as fast as he could go. When he reached the next town stopped to examine the contents of the wash basket. Lifting a big blue gingham apron, he found the sole contents of the basket was one large navy revolver, loaded for business."

## Hunt for Mammoth

Shifts to Oklahoma Washington .- The trail of the prehistoric American elephant has led from Florida to Oklahoma.

.r. James W. Gidley, paleontologist of the United States National museum, has just returned from a partly successful search for elephant bones to complete a great mammoth skeleton being assembled for exhibition purposes. Near Alva, Okla., he found portions of a small elephant which were of considerable scientific interest, but of a different species from the composite skeleton which the museum experts are mounting. This particular variety of mammoth came from Florida and attained a huge size, twice as large as the ordinary ele-

phant of today. A prehistoric relative of the armadillo, probably a hitherto unknown species about as large as a cow, was among skeletons unearthed by Doctor Gidley in Oklahoma.

The thorough exploration of Oklanoma for animals of past ages was urged by Doctor Gidley. He stated the state was rich in rock formations containing evidences of the life of 500,000 years ago.

#### Frenchmen Draw Line at Colored Umbrellas

Paris.-Light-pink and vivid-purple nats caught on with certain vivacious elements of Paris' male population, but an umbrella maker who tried to sell them colored rainsticks had his

trouble for his pains. No one bought, and he is having a large supply dyed sober black. Early-season predictions that brildant coloring would mark male clothing for the year have been realized only in part. "Sardine blue," a rather bright effect, and several more or less intensive browns and mauves

## What Next?

found a good many buyers. But few

persons indulged in the pinks, purples

or other more vivid colors.

Princeton, N. J .- New nonstop record for peanut rolling: Walter E. Warner of Brooklyn, a Princeton student, pushed one with his nose a quarter of a mile in 56 minutes 40 seconds and collected five fish from

-A total of 10,628 miles of federal aid highway were completed in the United States during the fiscal year ending July 1, it is announced by the bureau of public roads of the Department of Agriculture.

—An extensive campaign is being conducted in India to build roads for the accommodation of motor bus transportation. Great areas in India ie between railroad lines and have no efficient transportation system.

### POLITICAL ANNOUNCEMENTS.

PRESIDENT JUDGE. We are authorized to announce that W. Harrison Walker, of Bellefonte, is a candidate for nomination on the Democratic tleket for the office of President Judge of the courts of Centre county; subject to the decision of the voters of the county as expressed at the primaries to be held on September 20th, 1927.

To Democratic Voters of Centre County :-I am a candidate for the office of judge of your courts, subject to your decision at the primaries September 20, 1927.
Sincerely yours,
W. D. ZERBY

#### FOR SHERIFF.

We are authorized to announce that Harry E. (Dep.) Dunlap, of Bellefonte, will be a candidate for the nomination on the Democratic ticket for the office Sheriff of Centre county, subject to the decision of the Centre county voters as expressed at the primaries to be held on Tuesday, September 20, 1927.

We are outhorized to announce that Elmer Breon, of Bellefonte borough, will be a candidate for the nomination on the Democratic ticket for the office of Sheriff of Centre county, subject to the decision of the Centre county voters as expressed at the primaries to be held on Tuesday, September 20, 1927.

### FOR PROTHONOTARY.

We are authorized to announce that Claude Herr, of Bellefonte, will be a candidate for the nomination on the Democratic ticket for the office of Prothonotary of Centre county, subject to the decision of the Democratic voters as expressed at the Primary to be held Tuesday, September 20, 1927.

#### FOR TREASURER.

We are authorized to announce that Lyman L. Smith, of Centre Hall, will be a candidate for the nomination for County Treasurer subject to the decision of the Democratic voters of the county as expressed at the primary to be held September 20, 1927.

We are authorized to announce that D. T. Pearce, of State College Boro., will be a candidate for the nomination for County Treasurer subject to the decision of the Democratic voters of the county as expressed at the primary to be held September 20, 1927.

FOR RECORDER. We are authorized to announce that Sinie

1924

1926

1924

1924

1922

1924

1925

H. Hey, of Bellefonte, is a candidate for nomination on the Democratic ticket for the office of Recorder of Centre county, subject to the decision of the voters of the county as expressed at the primary to be held Tuesday, September 20, 1927.

We are authorized to announce that D. Wagner Geiss, of Bellefonte, Pa., is a candidate for nomination on the Democratic ticket for the office of Recorder of Centre county, subject to the decision of the voters of the county as expressed at the primary to be held Tuesday, September 20th, 1927.

We are authorized to announce that D. A. McDowell, of Spring township, will be a candidate on the Democratic ticket for the office of Recorder of deeds of Centre county, subject to the decision of the Democratic voters as expressed at the primary on Tuesday, September 20, 1927.

COUNTY COMMISSIONER We are authorized to announce that John S. Spearly will be a candidate for the nomination for County Commissioner on the Democratic ticket subject to the decision of the voters of the party as expressed at the primaries on September 20th, 1927. We are authorized to announce that John W. Yearick, of Marion township, will be a candidate for the nomination of County Commissioner, subject to the decision of the Democratic voters as expressed at the primaries to be held September 20, 1927.

### Republican Ticket.

#### PRESIDENT JUDGE

We are authorized to announce that M. Ward Fleming, of Philipsburg, Pa., is a candidate for nomination for President Judge of the Courts of Centre county subject to the decision of the Republican voters of the county as expressed at the primary to be held September, 20, 1927.

We are authorized to announce that James C. Furst, of Bellefonte, Pa., is a candidate for nomination on the Republican ticket for the office of President Judge of the Courts of Centre county; subject to the decision of the Republican voters of the county as expressed at the primary to be held September 20, 1927.

We are authorized to announce that Arthur C. Dale, of Bellefonte, Pa., is a candidate for the nomination on the Republican ticket for the office of President Judge of the courts of Centre county, subject to the decision of the Republican voters of the county as expressed at the primary to be held September 20, 1927.

TREASURER.

I hereby announce that I am a candidate for nomination as the Republican candidate for Treasurer of Centre County, subject to the decision of the voters of the party as expressed at the primaries to be held Sept. 20, 1927.

Your influence and support is earnestly solicited.

#### JOHN T. HARNISH Boggs Township. PROTHONOTARY.

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250.00

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550.00

415.00

300.00

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70.00

75.00

165.00

100.00

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We are authorized to announce that Roy Wilkinson, of Bellefonte, Pa., will be a candidate for the nominaton on the Republican ticket for the office of Prothonotary of Centre county, subject to the decision of thee Republican voters as expressed at the primary to be held Tuesday, Septmber 20, 1927.

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