

**HAVE YOU THE MEDICINE HABIT?**

A State health bulletin has been issued in which some timely and wholesome advice is given on the general topics of "spring fever" and "spring tonics." Like many other ills with which people imagine themselves afflicted, the so-called spring fever is mostly but a mental delusion. The least feeling of lassitude or bodily weariness at this season of the year causes the chronic complainers to think that they are afflicted, and they make a grand rush to the drug stores for patent nostrums, or to a physician for their favorite "spring tonic."

Some people are never satisfied unless they are sick and in need of a doctor. They simply enjoy bad health. They are chronic invalids and are perhaps the medical men's main support. They delight in boring other people by telling them of their ills and ailments. They make themselves pettish and disagreeable to their family and associates by always and everlastingly pitying themselves. Perhaps many of the spring fever patients belong in this class of morbid beings.

Most people swill down too much medicine for their own good. Fewer folks suffer and die for need of medicine than there are of those who suffer from the excessive use of it. There are more medicine fiends in every community than there are whiskey sots or narcotic dope addicts. Nature is kept so busy over-coming and throwing off the ill effects of the drugs they take into their systems in the form of medicines that it has no time to heal and regulate the physical ills or irregularities they may have.

Physical exercise in the outdoor air is recommended as one of the best cures for that tired, lazy feeling, sometimes misnamed "spring fever." Long walks daily at this season provide one of the most effective methods of putting you in proper physical trim. A walk of several miles daily is the best tonic anyone can take. Those who practice it regularly will need nothing else to stimulate their physical activity, and banish all symptoms of that sluggish, tired, run-down feeling.

The question of diet is also to be as seriously considered as that of exercise. Many people feel dull and lack ambition, not only in springtime but at other seasons as well, because they habitually eat too much. Meat eaten in excess, is bad for the health at any time, and particularly so during warm weather. The markets are filled with fruits and vegetables at reasonable prices, so that there is no excuse for over-indulgence in meat. Besides, vegetables contain many of the reconstructive elements which are most needed in maintaining a proper physiological balance.

One of the best prescriptions that could be given, not only for spring fever but for most other ailments, would be something after this form: Exercise, and plenty of it, in the fresh air; restriction in the use of meats; abstinence from alcoholic drinks and patent medicines; the consumption of more fruits and vegetables; eight hours of sleep each night, and plenty of work and a good 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. If people generally took it, most drug stores would be turned into groceries and markets, and a majority of the medical schools would close and go out of business.—Exchange.

**Fluid Milk Price Advanced 42 Cents.**

An increase of 42 cents per 100 pounds on fluid or Class One 3.5 milk effective August 15 is announced by the Dairyman's League Co-Operative Association, Inc. The advance applies to all Class 1 milk sold by the League in the New York Milk Shed, although no changes are made in the price of other classes of milk at this time.

The increase was explained as being due to higher production costs and the necessity of stimulating dairy farmers to greater efforts to increase autumn and winter milk production. Rising feed costs, with the corn crop the shortest in years, high cost of farm labor and increased prices on everything the farmer buys were given as factors in the price advance.

Simultaneous with announcing the price increase the Dairyman's League appealed to its members to make every effort to increase the milk production fall and winter months to meet in full the requirements of the New York city market. Proper feeding methods and care of cattle, say League officials, will do much to raise the milk production. It was pointed out that when protest was filed with New York city officials last spring against a proposal to widen the New York milk shed, assurance was given that this territory could supply the market needs. Responsibility to make good on that pledge now rests entirely with the dairy farmers of the territory, say League officials.

**Sesqui Building Brought Low Prices.**

Buildings that cost more than \$500,000 when erected for the Sesqui-Centennial were sold at auction in Philadelphia for approximately \$26,000. The huge \$500,000 auditorium that was the scene of many conventions went under the hammer for \$4,800. The palace of education was another costly building to be disposed of, going at \$10,750. These structures were among 81 buildings sold. The famous Alpine Haus, where Mayor Kendrick was host to notables during the exposition, brought \$1,800. No one seemed to want the block house reproduction of Fort Pitt, but it was knocked down finally for \$10.

—Subscribe for the Watchman.

**Clear Highways of Snipe Signs.**

The whole-hearted co-operation promised by state highway officials, by large advertisers and by various civic bodies gives splendid promise that the campaign of the American Automobile association, to clear the highways of dangerous "snipe" signs and of unsightly debris, will result in constructive and fruitful action throughout the country.

In the vanguard of the organizations that pledged their support of the A. A. A. stand against advertisements imitating warning and direction signs and against unsightly advertising on the roadside, is the Outdoor Advertising Association of America.

This organization, according to a letter from its president, H. F. O'Meara, has instructed its members throughout the country to co-operate with the highway departments of the various States and with the bureau of public roads for the elimination of such structures everywhere as may interfere with standard road markers and warning signs. In his letter on the subject to Thomas P. Henry, president of the A. A. A., Mr. O'Meara has this to say:

"There is no doubt that the small 'snipe' signs and 'daubs' along the roadides are both dangerous to traffic and detrimental to the scenery. For this reason, our standards of practice prohibit our members from erecting such structures. The organized outdoor advertising industry has long been opposed to this type of advertising—not with a view to eliminating competition, but to elevate the standard of all outdoor advertising."

Up to date, 11 state highway associations have made favorable responses to the appeal of the A. A. A. These are: Illinois, Nebraska, New York, North Dakota, Massachusetts, Michigan, Ohio, Oregon, Rhode Island, Virginia and Washington.

One of the main difficulties with which these state officials are confronted, according to their letters, is the difficulty of controlling "snipe" advertising signs put up on private property. This also applies to the unsightly nuisance of "hot dog" stands. They express hope, however, that the civic interest aroused in the matter, coupled with possible legislation affecting permits for such stands, will accomplish much, although it will be some time before the standard of practice on private property can be brought into accord with the standard established where the States control the right-of-way.

The A. A. A. national headquarters is now making an analysis of various suggestions and proposals put forward by various organizations and it is expected that when the State Legislatures convene this year a definite program will be launched with the view of strengthening the powers of the highway departments along the main highways of the country.

**Properly Focusing Headlights.**

Simple directions for keeping headlights in proper focus are given by the Keystone Automobile Club, which urges upon all motorists the necessity for co-operation in eliminating the deadly menace to night driving caused by glaring lights.

"There is," says a statement by the Club, "no reason why every motor car owner or driver should not be able to adjust his own headlights. There is nothing mysterious or difficult about it, although the average car driver appears to know less about lamp focusing than he does about any other vital part of the automobile's mechanism."

The following directions, formulated by Captain Anthony Landers, of the Club's Road Patrol, are non-technical and easily understood even by motorists who are not mechanically inclined:

First, stop the car on a level roadway and measure the distance from the center of the headlights to the ground.

Second, measure twenty-five feet from the front of the car and place there some object for the light to strike. (The beams may be trained on a garage, another car or a person. The important thing is to have the distance exactly twenty-five feet).

Third, observe carefully where the beams strike. If the highest beam is projected at a height greater than the distance of the headlight center from the ground, the lights are out of focus. In other words, if the center of the headlights is 2½ feet from the highway, the highest main beam of the projected light should not be more than 2½ feet high at a distance of twenty-five feet.

Fourth, turn the focusing screw at the rear of the lamp until the rays are brought down to proper level. If turning of the screws does not result in proper focus, the trouble is in the lamp brackets. Loosen the nut holding the bracket and adjust lamp itself until the proper angle is attained. Then make final adjustment with focusing screw.

In many cases it will be found that the brackets are in need of adjustment, due to vibration and running over rough roads. The important thing to remember is that the main beam of light should not project higher at twenty-five feet from the car than the distance between the center of the lamp and the roadway.

It should also be remembered that lights will not stay in focus indefinitely. Frequent inspection should be made to determine whether further adjustments are necessary."

**Hetzel and State College.**

From the Harrisburg Telegraph. This writer read with delighted interest the other day that Dr. Hetzel, the new head of State College, on assuming charge had swept into discard a bulky bunch of documents when told that the contents thereof related to the "policy" of the institution. He let it be understood that he proposed to work out his own program. Dr. Hetzel is no copy-cat. He has ideas of his own and should be given a free hand. Governor Fisher and the Legislature have provided necessary funds.

—Subscribe for the "Watchman."

**Moving Picture Idea Ascribed to Chinese.**

Edison himself has said that most of his inventions are the development of the idea of some one who has preceded him, and now some one comes forth with the statement that the real origin of the moving picture dates back to China 7,000 years ago. The Chinese, in 5000 B. C., had their equivalent of our "pictures" in their "shadow shows." They made figures of wax, exquisitely modeled and dressed, a few inches in height and flung the shadows from these on buffalo skin rendered transparent. Moving pictures thrown on a screen.

A set can be seen in the Science museum, South Kensington, England. It forms part of an interesting collection of "cinema relics" gathered together by W. Day and loaned by him to the museum. These relics tell the tale in full motion-picture development.

**Physical and Mental Requisites for Flying.**

The exploits of Lindbergh and Chamberlin have attracted attention anew to the physical and mental factors concerned in aviation, says Hygeia Magazine, commenting editorially on their flight.

Continuous flying for from 40 to 50 hours makes a tremendous demand on the constitution, since it involves sleeplessness, relative starvation and constant concentration. In addition to these factors is the question of altitude and the ability of the body to meet the demands of the unusual environment.

Undoubtedly, a physical examination of a man who has just completed the terrific stress of a transoceanic flight would show much the same physical changes that occur in marathon runners or in workers who are compelled to maintain concentration for long periods of time.

**Rebuilding of Ancient Highway Being Planned.**

Helped by congressional appropriation, there is to be rebuilding of the highways between Tucson and Ajo, most of the way across the Papago Indian reservation. This will afford an alternative route to the coast, materially shorter than that by way of

Phoenix. A path finding car of the Automobile club of Arizona recently made the 130 miles between Ajo and Tucson, finding 50 miles to be desert, though no sand or steep grades. The

**Keep in Trim!**

Good Elimination Is Essential to Good Health.

THE kidneys are the blood filters. If they fail to function properly there is apt to be a retention of toxic poisons in the blood. A dull, languid feeling and, sometimes, toxic backaches, headaches, and dizziness are symptoms of this condition. Further evidence of improper kidney function is often found in burning or scanty passage of secretions. Each year more and more people are learning the value of Doan's Pills, a stimulant diuretic, in this condition. Scarcely a nook or hamlet anywhere but has many enthusiastic users. Ask your neighbor!

**DOAN'S PILLS**  
60c  
Stimulant Diuretic to the Kidneys  
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**Insurance**

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balance on either end is good road. Water is to be had at only a few points.

**Free SILK HOSE Free**

Mendel's Knit Silk Hose for Women, guaranteed to wear six months without runners in leg or holes in heels or toe. A new pair FREE if they fail. Price \$1.00.

YEAGER'S TINY BOOT SHOP.

**Meats,**

Whether they be fresh, smoked or the cold-ready to serve—products, are always the choicest when they are purchased at our Market.

We buy nothing but prime stock on the hoof, kill and refrigerate it ourselves and we know it is good because we have had years of experience in handling meat products.

Orders by telephone always receive prompt attention.

Telephone 450

**P. L. Beezer Estate**

Market on the Diamond

BELLEFONTE, PA.

34-34

**CHICHESTER'S PILLS**

THE DIAMOND BRAND. Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold metallic boxes, sealed with Blue Ribbon. Take one every day. Buy of your Druggist. Ask for CHICHESTER'S PILLS. Sold by DRUGGISTS EVERYWHERE.



Political Advertisement.

**A PROVEN FRIEND OF FAIR PLAY**

**M. Ward Fleming**

CANDIDATE

**FOR JUDGE**

**A Referee in Bankruptcy in Charge of the Centre County Bank Matter**

**VOTE FOR**

**M. Ward Fleming**

and Insure the Same Competency and Courtesy to the Courts of Centre County

Contributed and Paid for by a Depositor of the Centre County Bank.

Gave the depositors a fair hearing in all matters.

Speeded distribution, when relieved of petty appeals and delays by others.

Paid a 15 per cent. dividend—DIRECT TO DEPOSITORS—the first money received in five years.

Was courteous, painstaking and prompt in responding to all inquiries at all times.

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**EVA B. ROAN, Optometrist.** Licensed by the State Board. State College, every day except Saturday, Bellefonte, in the Garbrick building opposite the Court House, Wednesday afternoons from 2 to 8 p. m. and Saturdays 9 a. m. to 4:30 p. m. Bell Phone 68-40

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Made of cotton seed meal, oil meal, gluten and bran.

Wagner's Scratch Grains per H. ... \$ 2.50  
Wagner's Poultry Mash, per H. .... 3.25  
Wagner's Pig Meal, per H. .... 2.50

We handle a full line of Wayne feeds.

Wayne 32% Dairy Feed, per ton. ... \$54.00  
Wayne 24% Dairy Feed, per ton. .... 50.00  
Wayne Horse Feed per H. .... 2.00  
Wayne Pig Meal per H. .... 2.50  
Wayne Egg Mash per H. .... 3.40

Cotton Seed meal 43% per ton ..... \$54.00  
Oil Meal 34% per ton ..... 58.00  
Gluten Feed 23% per ton ..... 48.00  
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Bran per ton ..... 45.00  
Middlings per ton ..... 45.00  
Standard Chop per ton ..... 48.00

Meat Meal 50% per H. .... \$ 4.25  
Digester Tankage 60% per H. .... \$ 4.25

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Cheerfully and Promptly Furnished  
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**Fine Job Printing**

A SPECIALTY

at the WATCHMAN OFFICE

There is no style of work, from the cheapest "Dodger" to the finest

**BOOK WORK**  
that we can not do in the most satisfactory manner, and at Prices consistent with the class of work. Call on or communicate with this office

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