Your Health,

The First Concern.



PREVENTATIVE MEDICINE IS FAIRLY NEW

By C. T. Chamberlin, M. D.,

Natchez, Miss. The late Maj. Gen. William Crawford Gorgas was truly the father of preventive medicine, the object of which is not only to save human life but to prevent human sickness and suffering.

The purpose of the Gorgas Memorial is to perpetuate the work in preventive medicine to which the life of the great benefactor of humanity was consecrated.

As an example of what preventive medicine can do, we may take the disease diphtheria. This, once a dreaded scourge, can be prevented and finally will be eradicated, as yellow fever has been, by proper pre-ventive measures. When the public has the scientific information regarding diphtheria and willingly co-operates with the doctors, this will eventually be conquered.

For some years we have had a certain cure for diphtheria in anti-toxin. In order that the anti-toxin may act as a certain cure, it is essential that it be given in the early stage of the disease. In indigent cases the state boards of health furnish it free of cost. Proper co-operation between the family physician and the patient is necessary if anti-toxin is to be administered early, when it is most ef-

Parents should not be too ready to attribute a hoarseness occurring at night to croup. This actually may be due to laryngeal diphtheria, one of the most dangerous forms of the disease, and one in which early administration of anti-toxin is most im-

one-week intervals will prevent dipntheria. Better still, by a very simple skin test, known as the Schick's test, we can tell if the child needs toxin anti-toxin. One can easily see that with this measure properly carried out, diphtheria can be entirely eraditated.

It is the purpose of the Gorgas Memorial to see that such informa tion is properly brought to the attention of the public.

nators. Bears can go into caves and remain inactive during the winter Geneva peace conference can be carseason because they are built that way. But human beings are quite different," said Dr. Theodore B. Appel, secretary of health, today.

different," said Dr. Theodore B. Appel. secretary of health, today.

"While there are many things that some animals do that could well be emulated by the human race, the habit of fieeing from the rigors of the winter and going to sleep until spring certainly is not one of them. Yet, in effect, that is what thousands of people do. Sighing for the constitution of the scientists and engineers who are intrusted with the task of bringing about something of that sort are doubtful. They point out a multivate of obstacles, and say that general use of television, especially for big scenes, may never be practical.

Beam transmission for messages and photographs is not only practical; it is in actual use for messages from of people do. Sighing for the con-elusion of winter, looking forward to springtime and taking one's exercice in a closed automobile are not exactly what nature intended or in reality de-mands. It is in actual use for messages from London to Cape Town, Canada and Australia. This autumn the Radio corporation will put a beam line into operation between London and New York, in addition to its "undirected"

mands.

"Many tired business men being deprived of their weekly golf are consequently now sitting in over-stuffed chairs with over-stuffed stomachs, and as likely as not, with over-stuffed minds. And they expect nature to keep them young, happy and healthy while they remain physically inactive hoping for better days.

"And what is true of men is equal."

York, in addition to its "undirected" broadcasting lines.

But the beam, which takes only about one-fourth as much power as generally radiated broadcasting, is not the slim pencil of energy visualized by amateur prophets. It is rather a cone, which spreads so much in traveling 3,000 miles across the Atlantic that nobody really knows how broad it is at the base.

The Radio corporation has many tired business men being deprived of their weekly golf are consequently now sitting in over-stuffed about one-fourth as much power as generally radiated broadcasting, is not the slim pencil of energy visualized by amateur prophets. It is rather a cone, which spreads so much in traveling 3,000 miles across the Atlantic that nobody really knows how broad it is at the base.

"And what is true of men is equally true of many women. Winter means a full social calendar and an empty exercise program. It is scarcely to be wondered at then that people who lead a lazy physical life during the winter months and whose recreations are limited to indoor diversions are sorry when winter comes."

versions are limited to indoor diversions are sorry when winter comes.

"Literally many thousands, upon the approach of frigid weather, pile on the coal, hug radiators—and hope for spring. This sort of thing is not only foolish, but may be positively harmful. It certainly is not conducive to a top-notch physical condition. harmful. It certainly is not conducive to a top-notch physical condi-

"Winter is one of the finest of seasons. The cold breezes and the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health. But to become acquainted with the sparkling atmosphere are full of life and health atmosphere are full of life and hea

of others make use of winter. Nothing is more conducive to health than a brisk two-mile walk on a cold day, especially if you walk it every day. The adoption of this little suggestion conceivably can change your whole attitude toward cold weather and change you also—from a grouchy.

wind howls outside, if that appeals to you. But—don't hibernate!"

"Dame Fashion is becoming more sensible every year. One has but to glance at the mode of dress of a few decades ago to appreciate thoroughly this statement," said Dr. Theodore B. Appel, secretary of health, recently. "The two objectives of fashion are

beauty and comfort with equal emphasis upon both. That they have been attained is plain to everyone. However, be that as it may a note of warning is still needed on some device of dragge and of the most important that the still rest dragge and of the most important that the still rest dragge and of the most important that the still rest dragge and of the most important that the still rest dragge and of the most important that the still rest and t tails of dress, one of the most important of which at this season is with reference to fur coats.

"This article of apparel is not only beautiful to gaze upon and comfortable to wear but demands the application of judgment if it is not to back-fire upon its possessor in the form of illness.

"In this latitude, unlike that of more northern countries, fur coats must be 'handled with care' or they will carelessly handle you. There are of course many days during Pennsylvania's winter months when this garment is of value. The main thing to remember is that there are also numerous days from November to April when a fur coat positively should not be worn. This is frequent-ly forgotten, and sometimes with dire

"Colds, sore throats and even the deadly pneumonia are all on good speaking terms with fur coats when the temperature is high. While no definite statistics are available, it can be stated with a reasonable amount of certainty that an appreciable amount of illness which will be contracted this winter, especially among the feminine branch of the population, will be caused by the injudicious use of the fur coat. Isn't this rather too high a price even for style?

"It follows then, that no matter how attractive a fur coat may be, or how attractive one may appear when wearing it, vanity has no right to overcome judgment when the thermometer plainly indicates that a coat of lighter weight is required. of lighter weight is required.

Follow Fashion, for she never was more sensible and attractive than now; but do not follow her blindly. Fashion and common sense make the ideal team—a combination that not only lends itself to beauty but to good health also.

"Therefore, if you have a fur coat, use it. But let the mercury in your outside thermometer dictate the days when it should and should not be worn. Health is in this advice; illness may follow its rejection.

We can now immunize our children by the use of toxin anti-toxin. Three doses of toxin anti-toxin given at one-week intervals will prevent diphtheria. Better still by a very simple theria. Better still by a very simple to the coat only when the day is cold."

TELEVISION NOT YET EX-PECTED.

Forty thousand electric impulses a second, riding wireless waves which travel 186,000 miles a second—that is radio television today, and still it is not fast enough to be practical. Now that the transatlantic beam

ention of the public.

"It is well to remember that men radio transmission and television have been accomplished, laymen may reand women by nature are not hiber- gard it as a short step to the time nied into their homes.

But the scientists and engineers

it is in actual use for messages from York, in addition to its "undirected"

The Radio corporation has machines which can send and receive 250 words per minute, about eight times as many as the human operators can send and receive, over ether waves that travel with the speed of light. This speed of transmission gives secrecy to messages.

But television requires a speed that makes 250 words a minute seem nothing at all. Using a transmitter that would fill a fair sized room—and size of equipment is one of the minor obstacles to commercial television at

health. But to become acquainted with the salutary powers of winter time through a window pane is to lose most of the fun and the joy of this period. "Welcome the snow, the northern breezes and the biting frosts with wide-open arms. Get acquainted with this wonderful season by bucking up and meeting it more than half way. If you need any inspiration look at the way your children or the children of others make use of winter. Nothing

attitude toward cold weather and change you also—from a grouchy, lazy unbeliever in winter's charm to an ardent disciple of the 'weather from the north.'

"Winter is a strong ally. Don't be afraid of it. It won't hurt you. It really wanted to help. For the sheer joy of being alive and healthy, no season surpasses it. Step up to it and take it seriously by getting out into it frequently.

"Go to the movies if you like them, play bridge if you're fond of cards, read books by the lamp while the chines and for a conversation, requires facilities that would carry four to six telephone conversations, end it would be possible by dividing a scene, for instance, into quarter sections, transmitting each section as a separate picture and then recombining them as a single view. But this would require four transmitters, with transmission facilities for sixteen to twenty telephone conversations. Enlargements would be possible by dividing a scene, for instance, into quarter sections, transmitting each section as a separate picture and then recombining them as a single view. But this would require four transmitters, with transmission facilities for instance, into quarter sections, it is to six telephone conversations. Enlargements would be possible by dividing a scene, for instance, into quarter sections, transmitting each section as a separate picture and then recombining them as a single view. But this would require four transmitters, with transmission facilities that would carry four to six telephone conversations. Enlargements would be possible by dividing a scene, for instance, into quarter sections, it is a strong all years and then recombining them as a single view. But this would require four transmitters, with transmission facilities that would carry four to six telephone conversations of the provide and the provi

Auto Defects Fatal.

While recklessness, speeding, jay-walking and other flagrant violations of safety principles are receiving most of the blame for highway accidents, there are less spectacular but equally important factors which have re-mained somewhat in the background,

mained somewhat in the background, the American Road Builders' association stated today in its campaign for courtesy and caution on the highways.

"Approximately 1,000 deaths last year were the result of defective automotive equipment," it was stated. "In addition a large number of casualties resulted from incompetency of drivers. More than 3,000 of the 25,302 deaths resulting from highway accideaths resulting from highway accidents in 1926 were caused principally

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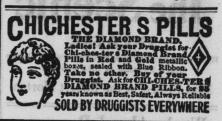
by unfavorable physical conditions. Of this number, approximately 26 per cent resulted from defects in vehicles

or adjustment of equipment. "Deaths resulting from defective equipment are often more tragic than fatalities caused by recklessness or speeding, because they were caused by persons who thought they were driving with the utmost courtesy and caution." -Subscribe for the Watchman.

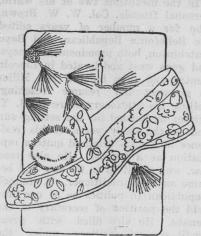
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