

Your Health

The First Concern.



SUFFICIENT SLEEP ESSENTIAL.

"This is the 'open season' for radio," said Dr. Theodore B. Appel, Secretary of Health. The amount of amusement and information for which this marvelous invention is daily responsible is practically incalculable.

"Nature made the night for restoring the nerve cells and body tissues through the miraculous processes involved in sleep. When this fact is habitually ignored something is bound to break. It is as inevitable as is any other fixed law.

"One scarcely needs to be reminded that 'burning the candle at both ends' exhausts it much sooner than was originally contemplated by its manufacturer. And in a measure the penalty for deliberately creating and maintaining habits that result in sleep-starvation amount practically to the same thing.

"A New Year's resolution that would involve the readjustment of one's nightly habits to include the necessary amount of sleep in every twenty-four hours would be a wise, life-sustaining and life-prolonging one to make and keep.

Infant mortality no longer attains a "summer peak," but instead, distinct increase of deaths in winter in children under 1 year of age is observed, according to the Berlin correspondent of the Journal of the American Medical Association.

"This marked change," he says, as Prof. Schlossman of Dusseldorf has recently brought out in the Klinische Wochenschrift, is becoming constantly more apparent. In 1925, in the government district of Dusseldorf, there were 163 fewer infant deaths per 10,000 than in 1913; but for children under 1 year of age, in 1925, relatively more died than in 1913.

"In 1913 only a third of all infant deaths occurred during the first month; in 1925, however, almost half. With the second month of life, the mortality of 1925 dropped so rapidly, as compared with 1913, that the mortality for the year as a whole fell below that of 1913. In 1925, in spite of the fact that there were 30,499 fewer children born and that 4,725 fewer died, 28 more children died on the first day of life. Also the second and third day showed a greater number of deaths than in 1913.

Whereas the mortality of the first day of life in 1913 was much lower in the rural districts than in the urban centers, in 1925 the reverse was true. The reason for this lay chiefly in the fact that the care of illegitimate children was less efficient.

There is no convincing explanation of the increase in mortality of infants during the first days of life. Schlossman thinks that medical care can accomplish relatively little, since, during the first few days, the life of the child depends mainly on the midwife. Medical care at childbirth plays an essential part, as we are coming to realize how important the whole birth process is for the fate of the child. Extension of home care by visiting nurses and the improvement of children's centers at maternity hospitals through the introduction of more skilled medical personnel for the care of the new-born, are some of the measures that must be consistently carried out.

Finally Schlossman calls attention to the fact that in Germany, where hundreds of thousands of men and women are out of work and therefore must receive assistance about 5 per cent of all the women who give birth to children work up to within a few days of their confinement, and many up to the actual day. A law has, however, been recently passed that will doubtless do away with this condition.

—Subscribe for the Watchman.

14 AMMENDMENTS UP FOR DECISION NEXT NOVEMBER.

Pennsylvania voters next November will have the opportunity to vote for or against fourteen proposed constitutional amendments. New York last November believed that the nine amendments its voters passed upon were too many for a single election.

This State has rather run wild on the question of submitting constitutional amendments to the people. Five of the proposed amendments would increase the bonded indebtedness of Pennsylvania from \$100,000,000 by \$138,000,000 more. The last Legislature prevented this possible increase from being double, for a defect was found to exist in the \$35,000,000 item for soldiers' bonus purposes after the 1925 Legislature had passed the necessary legislation.

The 1927 session also failed to pass for a second time on a proposed loan of \$100,000,000 for the completion of the Capitol buildings and the State Soldiers and Sailors Memorial Bridge at Harrisburg.

It is generally believed that not all of the proposed amendments will go through. There may be organized opposition to some of them. The fact that motor-license fees bring in \$26,000,000 a year and that the gasoline tax has been increased to 3 cents will be used against the \$50,000,000 road bond issue, the third of the series.

Persons interested in other loans will work for them at the expense of others. These loans include \$8,000,000 for State College, \$25,000,000 for State forestry work, \$5,000,000 for State armories and \$50,000,000 for State institutions.

The proposed amendments will appear on the ballot in the following order: First, Permitting the State to conduct its own printing plant.

Second, Eight-million-dollar bond issue for State College.

Third, Twenty-five million dollars for reforestation.

Fourth, Five million dollars for National Guard armories.

Fifth, Exempting from taxation certain public institutions.

Sixth, Extending the power of courts to change boundaries of election districts.

Seventh, Empowering Pittsburgh to levy assessments on abutting and nonabutting property following improvements.

Eighth, Prohibiting debt of cities of the second class above 10 per cent of assessed valuation without consent of electors.

Ninth, Increasing the road bond indebtedness from \$100,000,000 to \$150,000,000.

Tenth, Fifty-million-dollar bond issue for State-owned institutions, penal, corrective, etc.

Eleventh, Increasing the debt of Philadelphia.

Twelfth, Providing the tax laws may grant exemptions to estates of residents of other States.

Thirteenth, Permitting the Legislature to enact laws for the use of voting machines in districts that desire them.

Fourteenth, Making Allegheny and Pittsburgh co-extensive.

Grange Declares for a New Method of Helping the Farmer.

The Grange has opened up a new channel of agricultural thinking so far as surplus farm products is concerned in setting going an agitation for extensive research work to be started at Washington, with a view to finding new uses for farm products other than food for man and beast.

NEXT FOURTEEN YEARS TO BE "FAT" YEARS.

LONDON.—The Bruckner Theory, a theory of definite 35 year weather cycles, tells that 1927's raininess is to be followed by a year of moderation and sunshine. The theory of the late Professor Bruckner has been gaining in scientific support year after year as more close observations are continually being made.

The weather for 1928, according to the theory, will repeat the weather of 1893; every 35 years the weather in temperate zones is repeated. 1927 is supposed to have been similar to 1892, 1926 to 1891, etc.

Thirty-five year weather cycles were casually observed hundreds of years ago. The ancient philosopher Bacon wrote: "Every five and thirty years the same kind and sorts of years and weather comes about again." More observation has added weight to the idea of these weather cycles.

Professor Bruckner goes further than merely noticing the cycle's existence. He puts it on a scientific basis; points to definite meteorological forces and natural phenomena which bring it about. He takes the theory from the lap-robe of the astrologers, those mysterious readers of the stars, and he clothes the theory in the respectable mantle of science.

Predictions of 1928's brightness came from observations of recent weather history. In recent times periods of rain have started in 1836, 1871 and 1906. Each rain period has lasted approximately fourteen years. Then has followed a seven year period of mediocre weather, and following this a fourteen year period of pleasantness and sunshine. At the end of this period the thirty-five cycle begins again with the rainy period.

The last fourteen-year rainy period is supposed to have begun in 1906. The years from 1906 to 1920 weathermen label as having been "moderately rainy." The next seven years, of which 1927 is the last, have been "moderate" for the average. The year 1921 instead of being the normal "moderate" year was sublime in its sunshyness. 1927, at the other end of the seven year group has with its nastiness kept the average of the group at the "moderate" point.

1928 begins the fourteen "fat years"; just as 1893 began 35 years ago another period of fourteen fat years.

Today scientists stress the essential truth of the Bruckner theory. There are meteorological forces, they say, which bring about a 35 year cycle. But the scientist does not stop there. He warns that there are many meteorological forces which do not run in 35 year cycles, but which also have a marked effect on the weather.

Bad Luck to Stumble.

The idea that it is bad luck to stumble when starting out upon a new enterprise is a very old superstition easily explained by psychology. It is one of which there are a great number, which arises from natural symbolism. Stumbling is the natural symbol of poorly directed action and the word is so employed in popular speech as: "He stumbled into a hornet's nest," to signify blundering into trouble; or "He stumbled into a good thing," to signify that he succeeded only by accident. And falling is the natural symbol of failure—as witness the popular slang, "He fell down on his job."

The primitive mind, still active in man, no matter how civilized he may be, and natural superstitions, make the analogy instinctive, and hence the superstition. If a man stumbles on the threshold of a new enterprise the outcome of the enterprise is doubtful; if he stumbles and falls it is doomed to failure.

The story is well known of how William the Conqueror, mindful of superstition when he stumbled and fell upon leaping ashore in England, answered the cry that went up from his soldiers that it was a bad omen by grabbing the sand and crying out: "I have taken seize of this land with both hands." There is a similar story of the landing of Caesar in Africa. But Caesar and William scorned this hoary superstition. Sir Walter Scott did not. When Mungo Park, previous to his last and fatal expedition to Africa, was taking leave of Sir Walter his horse stumbled. "A bad sign," said Scott, "I shall never see him again." And he didn't. Of course, given a sufficient number of stumblings, the superstition is bound to work out sometimes. And then people say, "There! I told you so!"

Country's Duty To Its Ex-Presidents.

Sending gifts to the President has long been a popular pastime in America. Every time a President receives books, home-made medicines, rabbits' feet, soft cushions, luckstones, table covers, cigars, firearms, and books.

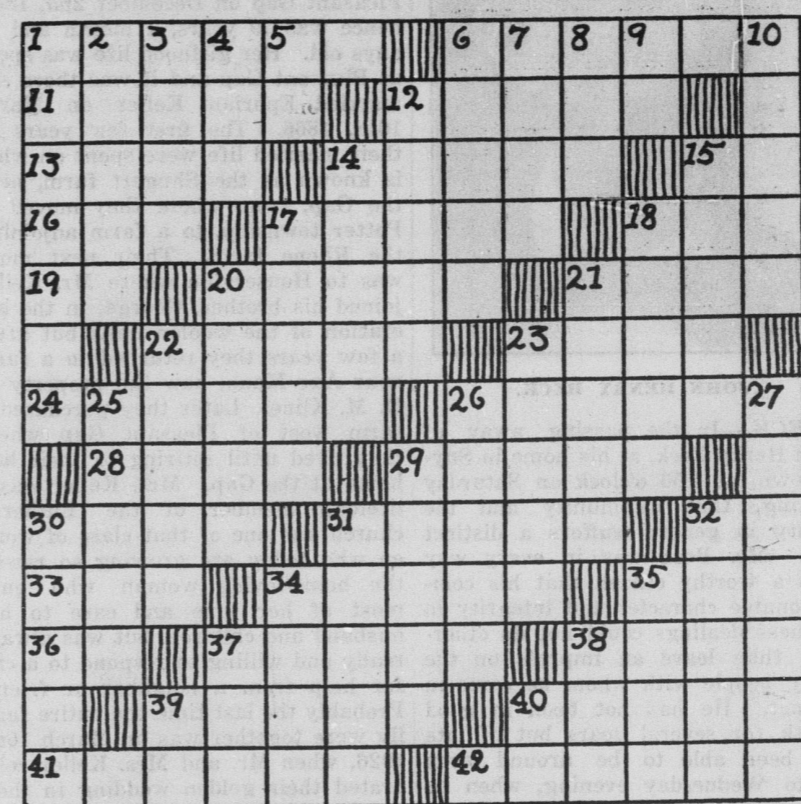
This slightly miscellaneous collection of treasures suggests an answer to the question, "What shall we do with our ex-Presidents?" "Let them set up a general store in the hay regions, or a gift shop in the suburbs." That question found a different answer in President Cleveland's case. It was raised by a local editor, whose answer was, "Take him out into a five-acre lot and shoot him." Cleveland's reply to this was: "That proposal has never had my support. In the first place, a five-acre lot seems needlessly large; and, in the second place, an ex-President has already suffered enough."

Must Support Your Poor Relatives, Says Judge.

Chicago.—If there is a child, an aged person or a cripple in your family, you may find yourself compelled by law to support him. That was announced by County Judge Edmund K. Jarecki, before whom all cases of indigent persons are brought for commitment to charitable institutions. And the order in which relatives are liable for the support of poor relatives is:

HOW TO SOLVE A CROSS-WORD PUZZLE. When the correct letters are placed in the white spaces this puzzle will spell words both vertically and horizontally. The first letter in each word is indicated by a number, which refers to the definition listed below the puzzle. Thus No. 1 under the column headed "Horizontal" defines a word which will fill the white spaces up to the first black square to the right, and a number under "Vertical" defines a word which will fill the white squares to the next black one below. No letters go in the black spaces. All words used are dictionary words, except proper names. Abbreviations, slang, initials, technical terms and obsolete forms are indicated in the definitions.

CROSS-WORD PUZZLE No. 1.

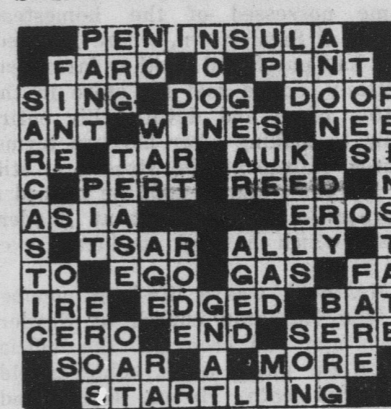


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- Horizontal. 1—On time, 6—A slip, as of the tongue (pl.), 11—Women's quarters in a Turkish house, 12—Talks wildly, 13—First man, according to Bible, 14—Jungle animal, 15—Greek letter, 16—Nothing, 17—Stage extra (slang), 18—Companion, 19—Preposition, 20—Scarier, 21—To avoid, or shun, as a horse does, 22—South American ungulate, 23—Salary, 24—Border, 25—To fondle, 26—Wild plant, 27—Tool for handling ice, 28—Magician's stick, 29—Hurry, 30—Skill, 31—That man, 32—Stops, 33—Projection on a fish, 34—Note of scale, 35—Rise and fall of water level in ocean, 36—Small body of water, 37—Explosive devices left in water, 38—Stove, 39—Pieces of paper, 40—Horse's pace. Vertical. 1—A ghost, 2—Wireless telegraph, 3—Word of mouth, 4—Memento (abbr.), 5—Postmeridian (abbr.), 6—Kind of beer, 7—To state, 8—Prefix meaning through, 9—Steamship (abbr.), 10—To lurk, 11—More mature, 12—City in Italy, 13—Men, 14—Parts of a book, 15—Stormed, 16—Large flat boat, 17—River in England, 18—Desires, 19—Cognizant, 20—Prices, 21—Stories, 22—The lower regions, 23—Piece of door hardware, 24—A suggestion, 25—A set of type, 26—To bind, 27—Thin, 28—Hoats, 29—Cooking dish, 30—Sun god.

Solution will appear in next issue.

Solution to Last Week's Puzzle.



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

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