

Your Health, The First Concern.



The function of a mouth wash is to eliminate, by vigorous rinsing, all the particles of food and debris that have been loosened by the brush.

The curative power of mouth washes has been grossly overestimated. In chronic cases of pyorrhea usually seen, they are ineffective, neither checking nor curing the disease.

The first part of the task must obviously be accomplished by the dentist; the second part must be done by the patient. Tooth structure and tartar are so much skin chemically that a mouth wash that would dissolve the one would also dissolve the other.

Mouth washes are usually advertised as great germ killers; no doubt many of them are if they are kept in the mouth for a long time.

Germicidal mouth washes are valuable only in the treatment of acute mouth infections, caused by a specific germ or group of germs, as in Vincent's angina commonly called trench mouth.

Attractive advertising, ridiculous and fraudulent claims made for proprietary mouth washes and the incessant search for a short cut are responsible for the opinion that the mouth may be cleaned and kept clean and healthy by the use of a mouth wash only.

When contact points are faulty so that food cannot be dislodged from between the teeth with a brush, dental floss may be used.

All types of toothpicks should be avoided. They irritate and lacerate gum tissue, lowering its resistance to infection.

Although each year more and more people crawl out of their shells to brave the biting breezes of winter, they should not overlook the taking of outdoors into their home.

That is the step that many people fail to take, according to Dr. Apple. They arrive at the rather illogical conclusion that winter air was particularly manufactured for outdoor use only.

It is positively surprising to what lengths they will go in their attempts to bar the winter breezes. In many rural sections practically whole homes will be shut up—blinds drawn and shutters closed.

It is neither to be supposed nor expected that one will want to try to heat up the outside by opening the house in summer fashion.

A super-heated home, with its atmosphere of breathed and rebreathed air is a fine place for germs.

SMALLER PAPER MONEY SOON TO APPEAR

The year 1928 will mark the first change in size of paper money since 1861.

For months the Bureau of Engraving and Printing, the greatest print shop in the world, will be busy making new and smaller \$1 bills so that upon some fixed day next fall they may be issued simultaneously over the entire country.

Through the change in size the bills will be made more convenient to handle and will also be more durable.

The new notes will slip into a bill fold or pocket, it is claimed, without creasing or folding and for this reason are expected to have a longer life than those now in use.

Treasury officials point out that the new notes cannot be so easily raised to higher denominations by the crooks who make this their business.

On the face of the new \$1 bill will be the portrait of Washington and on the back will be the word "one" in large letters.

Lincoln's portrait will be on the face of the \$5 bill with the Lincoln Memorial for the back.

Grant's portrait will be on the face of the \$50 bill. Benjamin Franklin's on the \$100, McKinley's on the \$500, Jackson's on the \$1,000, Madison's on the \$5,000 and Chase's on the \$10,000.

No retirement of money-making machinery will be necessitated by the change, it is said.

Worse than War.

Whatever else may happen during 1928, it is a practical certainty that more than 25,000 Americans will be killed in traffic accidents.

It is strange that the awful death toll of automobiles does not serve as a warning to automobile drivers and pedestrians alike, but it appears that it does not.

Many persons who worry over bacteria or minor dangers of other sort will take chances on the highways which are bound to sooner or later end in disaster.

As recent statistics show, three times as many casualties result from automobile accidents in a single year as were suffered by United States forces during the entire World War.

Among the yearly automobile deaths are those of about 7,000 children of school age, the greatest number being between the ages of six and twelve years.

While the automobile is an indispensable convenience of modern life, it has already caused the death of almost as many persons as were killed in battle in all the American armies since the founding of the Republic.

Reindeer Meat Gains.

Soaring beef prices are stimulating the demand for reindeer meat, according to Ralph Lomen, president of a great land barony in Alaska.

The Lomen concern shipped 800,000 pounds of reindeer carcases to this city during the fall months, about one-third going east.

The 650,000 reindeer now in Alaska are increasing at the annual rate of 30 per cent, says Lomen, and by 1930 will number in excess of 1,000,000.

The pastureage in the north will care for about 4,000,000 reindeer, that in a few years a million animals must be marketed to keep the range available for the herd's existence.

—Subscribe for the Watchman.

FRIDAY MARCH SECOND TO BE PENNSYLVANIA DAY

Governor Fisher recently issued the first proclamation asking observance of Pennsylvania Day on Friday, the second of March.

The day declared a state-wide holiday by the 1927 General Assembly, which set aside March 2, the anniversary of the granting of the Pennsylvania charter to William Penn by King Charles, of England.

"Whereas, the Act of March 9, 1927 provides that it shall be the duty of the Governor to issue annually a proclamation designating March 4th as Pennsylvania Day, (unless such falls on Saturday or Sunday, in which event the preceding Friday or the following Monday may be named), to be observed as a patriotic day by the public schools and citizens of the Commonwealth; and

"Whereas, in the present year said fourth day of March falls upon Sunday;

"Now, therefore, I, John Fisher, Governor of the Commonwealth of Pennsylvania, do hereby designate and appoint Friday, the 2nd day of March, 1928, as Pennsylvania day, to be observed by the public schools and the citizens of the Commonwealth by appropriate patriotic exercises.

"Especially, I recommend that in the public schools the exercises shall have reference to the granting of the charter of Pennsylvania by King Charles II, of England, to William Penn to the achievements and progress of our Commonwealth since it was founded; and to the life and principles of William Penn, the great humanitarian statesman and founder, in such manner as to develop a respect and appreciation and to leave a lasting impression upon the youthful minds of the pupils in the public schools."

Crown Jewels of Russia on Display in Shop in London.

With histories which read like romantic fairy tales, eighty of the most beautiful jewels in the world have arrived in London from Russia.

Formerly the property of the Russian Czars, these jewels were purchased from the Soviet Government for the sum of \$500,000 by a London jeweler, and are now on display in London's most modern thoroughfare, Regent street.

Since the Revolution the fate of the Russia Crown jewels has been a mystery, but according to the English jeweler, who has been in negotiation with Moscow for the past twelve months, the Soviet Government now has the majority of these precious articles in its possession.

None of the jewels in the collection is less than fifty years old, and some of them have been in the Russian royal family for generations.

"The most beautiful object among them, is a tiny clock in fine diamonds and enamel, which once stood in the private boudoir of the late Czarina at Czarskoe-Selo, according to Emmanuel Snowman, the man responsible for bringing the jewels to England.

"This clock was made especially for the Czarina by Fabergé, the celebrated Russia Court jeweler.

"Fabergé vowed to make the most exquisite clock the world had ever seen. Russia went into ecstasies over it, and it became world-famous.

Fold Your Bills Lengthwise.

There is a superstition widespread through the country that in folding your money you should fold the bills lengthwise if you would prosper financially.

The basis of this superstition is very easy to come at. It is purely sympathetic magic—like, producing like, what is associated in thought is associated in fact.

When you fold the bills lengthwise the money remains at its greatest length—literally the "long green," not curtailed nor stunted. If you fold the bills across you diminish them in length—apparently cut them in two, curtail them.

Other names for this cousin of the common hawk-weed are canker-wort, monk's head, yellow gowan, priest's crown, false arnica, puff-ball and the Irish daisy.

Dandelion is the most medical and nourishing of the table salads if consumed when the leaves have acquired a bitter taste.

For use as a medicine the roots should be collected in fall, carefully washed and dried and then slowly dried in an oven in order to destroy parasites always present in the fresh root.

Trees Require Care for Good Condition.

There are so many decrepid, unkempt, battered and broken trees in all localities that people often wonder if it is really possible to keep trees in a thriving, vigorous condition.

The old unsightly wrecks of trees are frequently a menace and an eyesore to the community. A tree that is not a thing of magnificent beauty is not worth having.

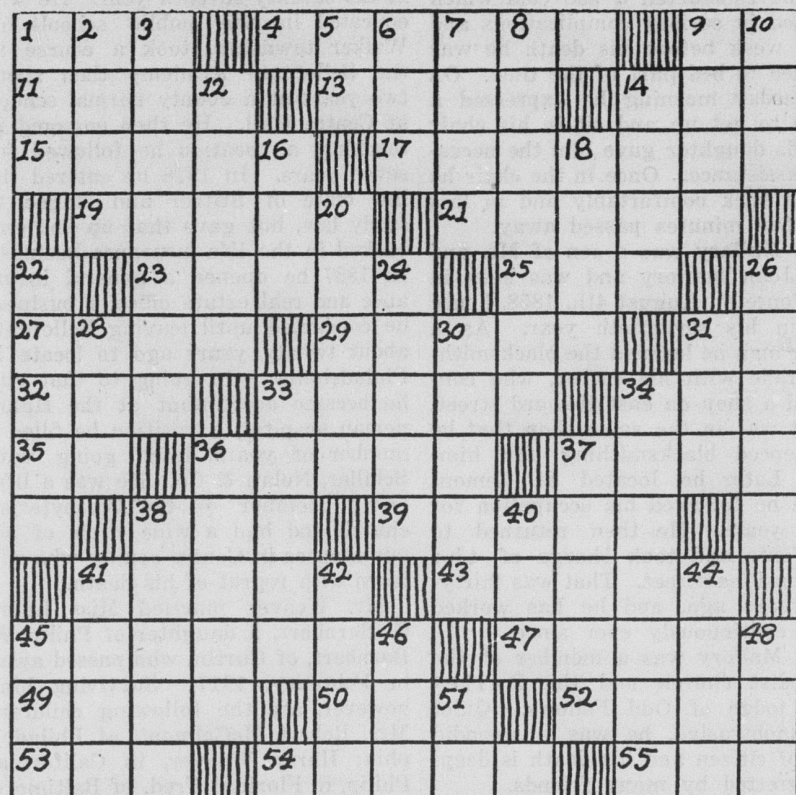
The principle of taking care of trees is the same as the principle involved in taking care of any other living thing. If attention is not given to defects, and diseases in youth, then it is certain that disintegration and early death will follow.

The expense of removing decayed areas from trees and installing necessary sectional concrete fillings in the cavities, and the cost of other measures to restore health and beauty, is necessarily greater if trees are left to decline almost to the point of death before help is given to them.

—The voters of the State will pass on the merits of fourteen proposed amendments to the State constitution at the election in November.

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.

CROSS-WORD PUZZLE No. 1.



Horizontal.

- 1—Uncooked
2—Mendicant
3—That man
12—Repeat
13—Vegetables
14—That woman
15—Vegetables
16—Inclining, as a lid
17—Cut with a saw
18—Midways
19—To love inordinately
20—Intelligence
21—Artist's standard
22—To regret
23—Note of scale
24—Citrus fruit
25—A snare
26—An evil-doing
27—To love inordinately
28—A performer
29—Shall not (contraction)
30—Stated
31—Official headdress of a high priest
32—Departed
33—Gist of a story
34—Postal digits
35—Unity
36—A refined kind of iron
37—Meshed material

Vertical.

- 1—To pilfer
2—Periods of time
3—To encircle
4—Printing measure
5—To obtain
6—Permitted
7—Profit
8—Unit of work
9—Chickens
10—A suggestion
11—Toilet case
12—Ocean
13—Labor
14—Island in the Pacific ocean
15—A quartet
16—A cleansing agent prepared in bars (pl.)
17—Billiard stick
18—Dispatches
19—One who sings the high part in a quartet
20—City of New Jersey
21—Measure of volume in metric system
22—Characteristic
23—Producing
24—Unit of electrical resistance
25—What Shakespeare was the bard of
26—A tear
27—Woody plant
28—Past time
29—Is owing
30—Established (abbr.)
31—To exist

Solution will appear in next issue.

The Dandelion Flower and Its Uses.

The Pennsylvania German refers to the dandelion flower as the 'kee-blum' (cow flower) and to the entire plant as bitter-salawdt (bitter salad).

Years ago the roots were dried, roasted and employed as a substitute for coffee. The dried leaves were scalded in boiling water and the resultant decoction administered to children afflicted with bladder ailments.

A highly medicinal wine is even today prepared from the fresh flowers. When mixed with cattle food they also serve to stimulate milk production.

Bouquets of dandelion flowers symbolized deep affection and undying love according to belief years ago.

An early substitute for tincture of arnica was a preparation made by digesting the flowers in hot vinegar.

The word dandelion is a construction of two Latin words dens (tooth) and leo (lion) on account of the leaf edges fancifully resembling a lion's tooth.

Taraxacum, the botanical term, originates from taraxakon, a Greek word denoting to move or to disturb.

Pioneer Welsh referred to dandelion as dante yellow. German arrivals spoke of it as oewenzahn and English emigrants addressed it as wild endive.

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How the Snake Charmer Keeps Himself Immune.

How does the snake-charmer who asks a writer in the Popular Science Monthly, That's one of the questions we've always asked ourselves.

Take the case of the cobra, for instance. It is a very venomous snake, yet the snake-charmer is not harmed when bitten by one.

The secret lies in the fact that the charmer "milks" the cobra before he allows himself to be bitten. He makes the cobra bite into a piece of meat, thereby expelling two-thirds of the poison in its poison gland.

What is the next step? The charmer makes the snake bite a fowl while he squeezes the remaining drops of poison out of the snake's gland; the fowl dies and the charmer wins the confidence of his audience.

—The Watchman gives all the news while it is news.

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