Your Health,



HIGH BLOOD PRESSURE.

During 1924 one in five of the persons who died in the United States died as the result of one of the com-plications of high blood pressure, either heart failure, brain hemorrhage

or uremia. Of persons after 45 years of age, approximately one of three dies of one of the terminal complications of high blood pressure. Methods of recording the blood pressure accurately have been used only during the last 25 years. During that time many attempts have been made to determine the cause of high blood pressure, but without success.

There has been much discussion as to whether chronic inflammations of the kidneys caused the high blood day to undergo an operation. pressure or resulted from it. Even today there are many adherents on both sides of this question.

However, there is a vast amount of evidence to indicate that high blood pressure is not always associated with chronic inflammations of the kidneys, and the great number of cases in which the blood pressure is high without any apparent inflammation of the kidneys is sufficient to cancel the kidney disease as the universal cause.

It is known that persons who are considerably overweight after middle farm to spend the summer with her age also tend to have high blood pressure. At least a reduction of weight in such persons is frequently accompanied by a drop in the blood pressure. Many other conditions are likely to be associated with the increased blood pressure. Current views tend to the belief that the exciting cause is some substance circulating in the pulling four plows. blood and associated with changes in the tissue structures.

High blood pressure is one of the things which seems to occur in families, so that either the structure of the body, the nature of the chemical reaction, or some other hereditary

factor may be said to play some part. The most common method of treating the condition is by diminishing body activities, and lowering the diet so that less stress will be placed upon the tissues.

High blood pressure is one of the conditions which comes on insidiously, but is found frequently for the first time during the course of a life insurance examination or by a periodic physical examination.

The physician who discovers the presence of an increased blood pressure is likely to make a complete physical examination of the patient to determine any other defect which may exist in the body, and his first step will be to correct such defects.

Attention is paid particularly to in the control of the patient friends at Bellwood Mrs. Sarah Everts has returned home and is back at her light of wielding the varieties behind.

Mrs. Henry Sents is a patient in the Centre County hospital, where the stork brought her a new baby girl, Saturday morning.

PLEASANT GAP.

Miss Jean Noll, of Bangor, is visit-

Attention is paid particularly to infections of the teeth, of the tonsils,

Today the aphorism in the treatment of high blood pressure is regular hours of play properly supervised, regular hours of rest and plenty of rest, and a low diet.

Springs last Friday.

Mrs. Mary Cox, who spent most of the winter with her parents, Mr. and Mrs. W. C. Frank, went to Bellefonte, last Thursday, to join her husband and engage in light housekeeping.

Studies of blood pressure shows that the heart pumps 40 per cent less blood when the person is standing quietly than when he is in the lying position. Here is the explanation of why women grow faint when they stand quietly during a dress fitting and why soldiers at attention keel

Foods which are most apt to cause high blood pressure are those containing purins. These are small bits which are particularly numerous in meat soups and extracts.

The foods which are best for those

suffering from blood pressure a restarchy foods, vegetables, fruits, fats and milk preparations.

It should be comparatively easy to plan a diet, as it is chiefly a matter of making up menus composed of fruits, regetables, starchy food and milk. vegetables, starchy food and milk.

A before-breakfast drink of fruit juice is a good way to begin the day. Breakfast may have raw or cooked fruit, porridge, cereal with cream, graham bread toast and a cup of hot

milk or cereal coffee. For luncheon there may be a vege-table salad with whole-wheat bread, a dessert of ice-cream and another glass

Dinner may begin with a cream of vegetable soup and be followed by a baked vegetable dish, a crisp salad and a fruit or frozen dessert.

Other things that may help to reduce blood pressure are warm baths, gentle massage, electric light baths, restricted use of salt, automatic exercise, diathermy.

ant food elements present in any one foodstuff are not always those exist-

ing in largest quantities.

Take potatoes, for example. Starch makes up the principal portion of ponumber of other foods—bread, rice, all cereals and the like. On the other hand, the most important elements in the potato are the mineral salts which are found just next the chim

are found just next the skin.

Besides this, one of the chief services rendered by the potato to the diet lies in the fact that it is alkaline in its final reaction. Many would be benefitted if they took potatoes instead of bread with their meals, for potatoes leave an alkaline residue.

Heavy years crop. He has seven acres in raspherries, cabbage and sweet corn and will plant 20 acres with potatoes. He recently recived a carload of seed potatoes from Michigan which cost him \$1800.

On Saturday, May 5, tomorrow, there will be sold at the home of the late J. H. Williams, on Main street, a

County Correspondence

PINE GROVE MENTIONS.

Hon. J. Will Kepler is confined to bed with an attack of the grip. Mrs. Sophia Reed, of Franklinville, is visiting Centre county friends.

A. E. Martin has returned from the Geisinger hospital much improved. Mrs. John Haugh is an observation patient in the Kelly hospital, Balti-

The primary school, Miss Mary Burwell teacher, ended its term on Wednesday.

H. M. Walker and Samuel Fogleman spent Friday in Bellefonte on le-Melvin Barto is limping around as the result of being kicked by a horse,

last Thursday. Sparky Pfoust and George Wieland, of Pennsylvania Furnace, spent Thurs-

day evening in town. Mrs. Harry Reed went down to

Lewisburg, on Thursday, for a brief visit with her brother. Mrs. Guy Fishel has gone to Baileyville to spend two weeks with her

John McClain, of Mount Union, spent the early part of the week at the M. C. Weiland home. Mrs. Laura Lytle spent the latter ville.

daughter, Mrs. Weaver.

end of the week with her brother, Elmer C. Ross, at Lemont. Mrs. Harry Glenn was taken to the

Geisinger hospital, Danville, on Tues-Rev. C. W. Rishel will fill the pul- nesday evening. pit in the Methodist church here on Sunday evening, at 7.30 o'clock.

Fred Rossman, who is engaged in the gas and oil business at Eldorado, spent Sunday with his family here. daughter, Lilian, visited friends in

Philipsburg the latter end of the so out of commission on Saturday. Mrs. Susan Goss has closed her home in town and has gone to the

daughter. J. H. Gilliland, of Baileyville, is engaged in delivering seed corn and po-

tatoes among the farmers of Fergu-Robert Wigton, of Spruce Creek valley, has purchased a large tractor for use on his farm. It is capable of a pleasant calle:

Mr. and Mrs. J. Clayton Corl and

among the home folks. A little daughter has arrived in the Mr. and Mrs. John Gilliland home. It is their firstborn and has been

christened Nannie Carolyn. Mr. and Mrs. Thomas Wogan and son Don braved the blizzard, on Saturday, and motored down from Al-

toona to see their many friends. Louise Rossman, young daughter of Mr. and Mrs. Edward Rossman, is a patient in the Clearfield hospital, suf-

fering with an attack of spinal men-W. F. Thompson and wife motored

has returned home and is back at her job of wielding the yardstick behind

the counter. and of various organs in the body which may be the source of chronic irritations or for the dissemination of infection to other portions of the source of the control of th

The Petersburg dramatic club will appear in the I. O. O. F. hall, Saturday evening, in the comedy drama, "Can't Keep a Good Man Down." The club carries a twelve piece orchestra. Prices 20 and 35 cents.

Mr. and Mrs. Lee Markle and Mr. and Mrs. Richard Markle, of Altoona, were recent guests at the J. Arthur Fortney home. They report dull times in Altoona. There is little work and two men for every job.

Measles, whooping cough and Omit such foods, therefore, as well as meat itself, especially animal organs used for foods such as liver, kidneys and sweet breads.

Measles, whooping cough and mumps are causing many vacant seats in the public schools. Quite a number of older people have the grip and tonsilitis and Master Robert Reed is suffering with an attack of pneumo-

Mrs. Hudson was the principal speaker at the Wednesday evening meeting in the M. E. church, talking in the interest of the drive for Near East relief. As the cause is a good one Ferguson township should do its

J. Calvin Markle, a former resident in our town, but who spent the winter with relatives in Pittsburgh, became seriously ill, recently, and was taken to his home at Orchard Crossing, Blair county. He is a brother of Mrs. Charlotte Kepler and Mrs. Jo-

seph Johnson. Davis Clark, son of Mr. and Mrs. Guy Clark, of the Branch, was nine years old on Saturday, and his parents gave a party in his honor. Quite a number of his schoolmates and young friends were among the guests, and it is needless to say they all had an enjoyable time.

an enjoyable time. During the blinding snow storm, on Don't forget that the most important food elements present in any one condstuff are not always those existing in largest quantities.

Take notatoes, for example Starch He assisted Mr. Walker to his home

and aided him in every way possible. Last year Aaron C. Kepler planted two acres in strawberries and now he is putting out 1500 more plants for next year's crop. He has seven acres

Ford touring car, 2 desks, 2 coal stoves, 2 show cases, White sewing machine, walnut bedstead, cupboard stand, a complete equipment of sad-dlery and shoe-making tools and many

other articles. Sale at 1 o'clock. WINGATE.

Miss Grace Boob was in Bellefonte on a shopping expedition, on Satur-

The numerous rains and deep snow fall have retarded farm work consid-

Mack Murray and bride have moved into the James Davidson tenant house, near the depot.

Our schools closed on Friday and all the kiddies are enjoying the first days of their vacation. Lee Summers, son of Mr. and Mrs.

an attack of pneumonia. Preaching services will be held in the Baptist church, at Milesburg, Sunday evening, at 7.30 o'clock, by Rev.

G. A. Herr, pastor. Roy Fisher, Mr. and Mrs. Ralph McLaughlin and Miss Edna Irwin were visitors at the Earl Custer home, in Bellefonte, on Sunday evening.

Mr. and Mrs. H. B. Witherite and daughter Ruth motored over from Osceola Mills, on Sunday afternoon, and visited friends here and at Run-

John Walker and daughter, Cora, with his grandson, Donald and Wil-lard Fisher, Mrs. Irwin and daughter, Florence, attended the meeting held at the school house in Runville, Wed-

The heavy snow on Friday night and Saturday did considerable damage to fruit trees in this section by breaking off limbs, etc. Of course, all the telephones were put out of Mr. and Mrs. Preston Lytle and service by broken down poles and wires and the electric service was al-

JACKSONVILLE.

at the Harry Hoy home.

attended church, Sunday afternoon. Mrs. Mary Deitz and daughter, Josephine called on Mrs. Mervin Hoy,

Roy Korman, of Stormstown, was a pleasant caller at the Harry Hoy home, Wednesday.

Mrs. Joseph Neff and children have three interesting children motored returned home after visiting a few down from Juniata for a brief visit days with her parents, Mr. and Mrs. days with her parents, Mr. and Mrs. their way to Howard for the train.

STATE COLLEGE.

Mr. and Mrs. Donald Bell, of Ohio, are visiting friends here.

Dr. Pattee and Mr. and Mrs. John Stetson arrived home recently, after spending the winter in Florida. Mrs. Austin Patrick, who has been ill at the Geisinger hospital, at Dan-

ville, has so far recovered as to return to her home. Mrs. Henry Sents

Miss Jean Noll, of Bangor, is visiting at her home for a few days. The members of the local Y. P. B. will be guests of the Centre Hall Y. P. B. next Monday evening, May 7th, at their dues social.

BOALSBURG.

Mrs. W. J. Wagner is recovering from an illness of several days. A little daughter was born to Mr.

and Mrs. Emil Kent last week. The Lutheran Missionary society met at the home of Mrs. George Homan, on Thursday evening.

Mr. and Mrs. Irvin Johnson, of Crafton, were guests for a week, of Mrs. Johnson's mother, Mrs. M. A.

Postmaster Jacob Meyer was off duty several days, last week, engaged in making some improvements about his home. Miss Murray had charge rabies, health officers insist that the his home. Miss Murray had charge of the postoffice.

Boalsburg was without electric service from Saturday until Tuesday afternoon. The telephone operators were able to call only eight patrons Sylvester Summers, is quite ill with and a number of trees and barn roofs were damaged by the weight of the

LEMONT.

John Korman spent a few days in the western part of the State. Gilbert Payne, of Columbus, Ohio,

is visiting with his mother, Mrs. Mary Payne. Mrs. James Lytle, of State College, was a Saturday caller at the home of

her brother, Elmer Ross. Mr. and Mrs. Ray Ishler, of Pleasant Gap, and Mr. and Mrs. Paul Wilson, of Huntingdon, were Sunday guests at the Joseph Neff home.

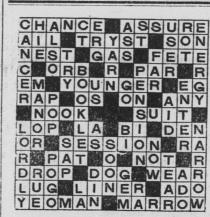
Pennsylvania Needs More Foodstuffs.

So rapidly is the population of the Commonwealth increasing that farmers in Pennsylvania have not, in spite of all the improved methods, kept pace in the production of food products, records of the Pennsylvania

Department of Agriculture show. While production per farmer has increased 40 per cent in the last 50 years, nevertheless population has increased so fast that, if this total production today were distributed equal-Mrs. Mervin Hoy spent Wednesday ly among all the people, each would Mrs. Harry Hoy and son, Willard produce than each had a half century ago, studies made by the bureau of

statistics reveal. The population has increased approximately 6,000,000 since 1870 while the production of wheat, for example, has increased only 5,000,-000 bushels, which means that the per capita production has decreased from almost five bushels to two bushels. The present per capita consumption is estimated at more than four Harry Hoy. They stopped in a few bushels. The production of potatoes, minutes with Mrs. Mervin Hoy on however, has almost kept pace with consumption by an increase of 14,400,-000 bushels.

Pennsylvania farms come nearer meeting the demand within the Commonwealth for apples, potatoes, milk and eggs than they do for wheat and



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Dogs and Hydrophobia.

One of the most widespread and most firmly believed in superstitions in this country is that if you kill the dog that bit you, or have him killed you will not have hydrophobia. As a matter of fact, hydrophobia is a specific germ disease; and if a person bitten by a dog suffering from that disease, he is extremely likely to be-come inoculated, no matter what happened to the dog, and, unless he gets

the Pasteur treatment in time, will As a rule now, when a person is dog be kept under observation for a certain length of time, instead of being killed at once, in order to see if the animal develops the suspected disease. Or, if some superstitious person has already killed the dog, the head, if possible, is at once secured and examined for a "positive" or "negative" result, in order that it may be ascertained if it is necessary for the bitten person to take the "treatment."

But so difficult is it to supplant ancient superstitions by modern science that, all over the country, dogs which have bitten persons are killed in the firm belief that danger of hyrophobia is thereby eliminated and no further regard is paid to the incident un-til, in some cases, the bitten person develops the dread disease and it is too late for help. In the vast majority of cases the dog probably did not have hydrophobia at all and the patient would have been safe anyway. In the other cases the patient dies as

a sacrifice to a superstition. This superstition is merely an example of the old fallacy of our primitive ancestors, sympathetic magic. You kill the dog of which the disease is a part and you kill the disease. And, by sympathy, that part of the disease which has been transferred to the human being, this transference having been accomplished, according to the theory of our ancestors, by "the magic of contact .- Irving King.

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



Miserable With Backache?

Too Often This Warns of Sluggish Kidney Action.

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