

Your Health, The First Concern.



The following, reprinted from the Baltimore Sun, is the attitude of the average person to the new methods of prevention and the rebuke to the husband may help others:

Did not our grandmothers and great grandmothers know how to bring up children? Why then all this fuss which my wife makes about the scientific rearing of our three youngsters? I believe in the old-fashioned ways of domestic usage which made America possible. What do you think about this matter?

I think you are ignorant of it and that you will be wise to leave your wife free to do as she deems best for the children. Our ancestors, near and far, relied on instinct governed by custom. Yet, notwithstanding their parental devotion and discipline, the death rate among infants was surprisingly high.

Are you aware that, thanks to the knowledge your wife heeds, during the past twenty-five years the death rate among children has been reduced to one-half and in some cases a quarter of what it was in the "dear dead days beyond recall"? Proper food, personal hygiene, fresh air, sunshine and the prevention or extinction of contagious diseases account for this remarkable result. It is no disparagement of parents of the past who fulfilled their duties to the best of their ability to say that child life entered upon a new era of idealism and achievement with the beginning of this century.

Read the literature of the American Child Health Association. It will inform you of the facts I state and also that much must yet be done to equip the oncoming generation for the increasing strain of civilization.

The very attractive and helpful literature of the Child Health Association may be obtained from the association in New York city.

Pneumonia is an acute infectious disease, and is not inherited. It is due to the pneumonia germ—the pneumococcus—implanted on tissues of lowered resistance from some cause. The germs and the lowered resistance to pneumonia are not inherited.

Bright's disease is inflammation, acute and chronic, which is so called, in honor of Dr. Bright, of London, who, about 100 years ago was the first to describe the condition.

The kidneys become inflamed from the same causes that operate in the inflammation of other organs, E. such as disease germs and their poisons. These often get to the kidneys from the blood from infected spots elsewhere in the body; such as infected tonsils, teeth, nasal sinuses and from the acute infectious diseases such as scarlet fever, pneumonia, diphtheria, etc.

The kidneys can also be injured by poisons such as lead, arsenic, alcohol and other drugs. And they can also be injured by an unbalanced diet. This unbalanced diet plays a large role in the chronic inflammatory conditions, for it may cause hardening and degeneration of the arteries, which is particularly manifested in the kidneys.

The treatment for prolapsed kidney, depends upon the degree of prolapse. If it were so much prolapsed that it took little excursions around the abdominal cavity far from its own habitat, there might be danger of its tripping and turning over, so causing an obstruction to the urine. Such a kind would undoubtedly have to be tied up surgically. This degree of prolapse is, however, very rare.

The ordinary prolapsed kidney just means a little lowering of its position with a slight tendency to meander. This condition means so little that Dr. Richard Cabot, a practitioner, never told to tell patients of it, for otherwise they worry so that they immediately begin to imagine all sorts of symptoms.

The kidney is imbedded in a pad of fat, and it is usually in those who have become extremely thin for some reason that this fat is lost. (There is no danger of this normal fat's disappearing, as many think, when an overweight patient reduces to normal. In fact, there is more danger of a kidney's being dragged down by the weight of too much fat.)

Abdominal exercises would help because a good strong wall keeps the normal pressure in the abdominal cavity. And if you are underweight increase your weight. That can be done. An abdominal belt should be put on while lying down with the kidney pushed back into place.

Gelatine is often added to the baby's milk formula. It is claimed that it prevents the formation of hard curds, making the milk easier of digestion and preventing colic. For a baby under six months add one-half teaspoonful of gelatine to the days milk formula, stirring over hot water until dissolved.

Permit no eating between meals and be careful of overeating. Then the young appetite will be trained to accept what is given him as it is given him.

What causes my fingernails to be so very soft and thin? This is probably due to the lack of calcium salts in your food. Try to eat more vegetables.

Is it injurious to take salts every day without having had it prescribed? Yes. Salts are apt to prove weakening if taken in excess.



"Back stage" in the clown's dressing tent of the Gentry Bros. Circus. There are thirty famous funsters with the circus, which comes to Bellefonte on Tuesday, May 22.

High School Glee Club to be Seen in "The Mikado."

Beautiful, tuneful and full of rollicking fun is the promise of "The Mikado" as it will be handled by the High school's fine glee club.

The wonderful cast of principals that put across "Mlle Modiste" so beautifully and with so much finesse, will do even a finer piece of work in this production, and the "shop girls," who so adequately mastered its difficult music, are putting forth every effort to rival that performance in handling the music of the beautiful light opera in an artistic manner.

The "Glow-worm" chorus, which won so much favorable comment, will repeat that dance with several new steps added to the previous routine.

A beautiful aeroplane ballet, with at least twenty tiny toe-dancers in exquisite costumes and lovely dance, will be a special added feature, and the peppy little "Dew-Dew-Dew-Days" chorus has a charming little Japanese novelty song and a dance number to keep the audience interested between acts.

Wonderful costumes for a large cast and special scenery to dress the show have been ordered, so "The Mikado" promises to be as "colorful" and gorgeous as was "Mlle Modiste."

The glee club anticipates a large audience, not only because of the expenses entailed in putting on such pretentious productions as it has handled this year, but more because of the fact that it is the public's last opportunity to see this brilliant cast, made up of such talent as Louise Tanner, Louise Meyer, Kathryn Bullock, Peter Meek, Paul Crust, Donald Conrad and several other Seniors.

"The Mikado" will be given at the Richelieu theatre, Monday, June 4th. There will be a special matinee for children only. Admission fifteen cents. Evening performance, seventy-five cents. Don't miss it.

—Subscribe for the Watchman.

Crippled Children's Society Organized at Philipsburg.

At a meeting of representative citizens of Centre and Clearfield counties, held at the Philipsburg State hospital last Thursday, a crippled children's society for the two counties was organized by the election of Senator Harry B. Scott, president; Mrs. Philip D. Reed, of Clearfield, and Mrs. Robert Mills Beach, of Bellefonte, vice presidents, and Miss Anna Lauman, superintendent of the Philipsburg hospital, secretary.

Among those who attended the meeting were Mrs. Beach, Bent L. Weaver, and Mrs. John Somerville, of Bellefonte; Dr. J. P. Ritenour, C. G. Aikens, P. A. Frost, and others, of State College.

In her report of the work already done Miss Lauman stated that ten clinics have been held there. Sixty little patients were on hand for the first clinic, and a total of 145 children have been examined. Of these a number have undergone operations or corrective treatment. Altogether, there have been nearly 1,000 treatments. About \$1,000 was raised to purchase necessary equipment. Fifteen hundred dollars were received from the State Welfare Department for medical attention for the patients. The sum of \$200 was donated by a Philipsburg citizen and \$250, the proceeds from local entertainments, was turned over to the fund. A total of \$2,340 has been paid for treatment for the children. Dr. John Galbraith, of Altoona, orthopedic surgeon in charge of the clinics, has been most generous with his services. Dr. John Henderson, of the Philipsburg hospital staff, had also given much valuable service in behalf of the little patients.

—Subscribe for the "Watchman."

THE MOTOR CAR.

Car owners who suspect a compression leak at one of the spark plugs can determine the accuracy of their suspicions by squirting oil around the plug joint. If bubbles appear, the gasket is leaking. The test is an old one, but it remains the most effective for this particular ailment.

It is wise to avoid too frequent use of polish on the nicked parts of the car. An excessive rubbing with the cleaner tends to destroy the plating. When the surfaces really need brightening, use a good silver polish. At other times, when a slight rubbing will restore their luster, an oily rag will achieve the desired effect.

Stockroom employees of automobile retail establishments declare they do an active business with motorists who do not take the trouble to separate the keys that come with their automobiles. Usually, the two keys that unlock the transmission, the ignition, the steering wheel or other part of the car come attached together. The wise plan is to separate them at once. Service station men declare that it is surprising to find such a large number of motorists failing to take this step.

Every motorist has been annoyed by the driver who stops or makes a turn without giving a signal and by the same token, has been grateful to the man who gives adequate advance warning of what he intends to do. There is a valuable lesson in this fact. It teaches clearly that signals are a distinct advantage, and the thoughtful driver will utilize the lesson by seeing that his own car operation is above reproach in this respect.

If the battery is in such condition that the plates need changing, it is well to install new negatives as well as new positives. A battery rebuilt with the old negative plates will lack capacity and, eventually, will prove more costly than it would have been to purchase a new one. The old plates may appear to be in good condition, but this should not be permitted to throw the motorist off his guard. The change should be complete.

When the engine overheats, do not be satisfied merely with filling up the cooling system with water. Overheating simply may mean that the system has been short of water or clogged, but it also may mean that serious trouble is brewing in one of the vital parts of the car. It is well to make absolutely sure of the cause before proceeding.—Ullman Feature Service.

Postage Stamp Show.

Perhaps one of the most unique exhibitions in Pennsylvania will be staged in Harrisburg May 8 to 12, inclusive, when the third annual postage stamp show will be held in the Harrisburg Public Library. The exhibition, conducted under the auspices of the Capital City Philatelic Society, one of the largest in the State, will demonstrate the great advance made by stamp collecting as a hobby in recent years.

Junior as well as adult collectors will be well represented in the exhibition. A special class for junior collectors' exhibits has been provided and prizes will be awarded to boys and girls who show the best and nearest collections of stamps. Among the prizes which are offered for both adults and juniors are many given by collectors from many places in this country as prizes.

Estimate 18,000,000,000 Stamps will be used in U. S. This Year.

The United States Post Office Department has estimated that approximately eighteen billions of adhesive postage stamps will be required during the present fiscal year, according to Robert S. Regar, third assistant postmaster general.

In order to convey a better idea of what this tremendous quantity represents, Mr. Regar states that if these stamps were placed end to end they would extend 250,000 miles, sufficient to belt the globe ten times at the equator. If they were piled vertically he continued, they would make a column 1136 miles high. He said that approximately 1000 tons of paper, 575 tons of gum and 500 tons of ink will be required to prepare this number of stamps.

Blame Food Scarcity for Death of Deer.

Although the past winter was generally considered an easy one for game, reports received by the board of game commissioners show that in a number of counties deer starved to death because of the scarcity of feed.

In Clearfield county twelve were reported found dead in one locality. Seven of them were small bucks which had been born late last summer or early in the fall. Because of their birth too late in the season the bucks were undersized at the beginning of the winter and could not survive when food became scarce.

Birth of the fawns late in the season is said by experts of the commission to indicate that deer in that section have become too plentiful.

Reports of dead deer being found, many of them small, and all apparently from starvation, also have been received from Huntingdon and Centre counties.

In a number of other counties where deer are plentiful game protectors have reported some mountain sides entirely denuded of food growths during the winter. Thousands of young pines have been destroyed which had been planted by the department of forestry and waters. In sections where this occurs the department has issued orders against planting of seedlings.

How to Raise a One-Man Dog.

Here is a stunt you can try, but be sure you want a one-man dog" before you start.

Take a puppy and after he is four months old do not let any one touch him or feed him but the owner. I suggest, however, you let the rest of the family in on the deal.

At about ten to fourteen months the puppy ought to show considerable dislike to having any one handle him or to follow strangers.

My experience has been that it is harder to do this with hunting-dogs than other breeds, due to their tendency to follow a gun. However, I recall two large fox-hounds that I raised as one-man dogs—that were splendid examples of one-man loyalty.

One was broken for coon and strange lanterns, shooting or a bunch of mouthy trailers had no effect on him, let alone mixing with strange people.

Have tried the one-man stunt with great Danes, airedales, Irish terriers and fox-hounds, and believe it will work with most breeds the majority

of times tried.—Herb. R. Wunder in Adventure Magazine.

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

CHICHESTER'S PILLS

THE DIAMOND BRAND. Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold wrapper. Take no other. Buy of your Druggist. Ask for CHICHESTER'S PILLS. 25 YEARS KNOWN AS BEST, SAFEST, ALWAYS RELIABLE. SOLD BY DRUGGISTS EVERYWHERE.

Advertisement for C & B Line Steamers. A Restful Night on LAKE ERIE. Add enjoyment to your trip East or West, giving you a delightful break in your journey. C & B LINE STEAMERS Each Way Every Night Between Buffalo and Cleveland. offer you unlimited facilities, including large, comfortable staterooms that insure a long night's refreshing sleep. Luxurious cabins, wide decks, excellent dining room service. Courteous attendants. A trip you will long remember. Connections at Cleveland for Lake Resorts, Detroit and Points West. Daily Service May 1st to November 14th Leaving at 9:00 P. M.; Arriving at 7:30 A. M. Ask your ticket agent or tourist agency for tickets via C & B Line. New Low Fare \$4.50 ONE WAY ROUND TRIP \$8.50 AUTOS CARRIED \$6.50 AND UP The Cleveland and Buffalo Transit Company Wharves: 80, Michigan Ave. Bridge, Buffalo, N. Y.

Large advertisement for Ford Motor Company. Protect Your Investment in Your Model T Ford. THE Ford Motor Company is making a new car, but it is still proud of the Model T. It wants every owner of one of these cars to run it as long as possible at a minimum of expense. Because of this policy and because of the investment that millions of motorists have in Model T cars, the Ford Motor Company will continue to make parts until, as Henry Ford himself says, "the last Model T is off the road." More than eight million Model T Fords are still in active service, and many of them can be driven for two, three and five years and even longer. So that you may get the greatest use over the longest period of time at the lowest cost, we suggest that you take your Model T Ford to the nearest Ford dealer and have him give you an estimate on the cost of any replacement parts that may be necessary. You will find this the economical thing to do because a small expenditure may enable you to maintain or increase the value of the car and give you thousands of miles of additional service. No matter where you live you can get these Ford parts at the same low prices as formerly and know they are made in the same way and of the same materials as those from which your car was originally assembled. Labor cost is reasonable and a standard rate is charged for each operation so that you may know in advance exactly how much the complete job will cost. FORD MOTOR COMPANY Detroit, Michigan