

**Your Health,**  
 The First Concern.



This is the time of year when it rains on occasion. You are bound to get wet once in a while. Some folks worry every time this happens for fear they will take cold.

The same folks are afraid of fresh air especially currents of air. They wear skull-caps and night-caps. They are scared if they feel a draft.

They are afraid of wet feet. They think they must begin to snuffle and sneeze after the least exposure. I sometimes think this speedy effect is psychic, but it exists and must be considered.

Getting wet is a common experience. I do not approve of going out with the deliberate intention of getting wet, but clean water never hurt anybody. It makes no difference whether it is taken internally, or applied externally, either intentionally or inadvertently. No one need worry over a good wetting. There is nothing harmful about wet clothes. The danger comes from living in damp garments for hours, with consequent chilling of the body.

If you get wet, go on briskly with your work, or walk. So long as you are exercising, so long as your heart is doing its full duty, you are just as safe as you would be in the surf or lake.

Everybody knows it is unpleasant and unsafe to stay in the water too long. Likewise, if you are in wet clothes too long you get the same physical ill effects.

There must be proper reaction after such exposure in order to ward off possible danger. Go home, rub yourself vigorously with a rough towel, clothe your body in dry garments, and you are just as safe as if you had had a dip in the surf at Atlantic City.

Make sure your hair is thoroughly dry and especially that your stockings are free from moisture. Don't stay indoors because it rains. Put on your rubbers and sally forth in rain coat or under your umbrella. Let your skin rejoice in the moisture it will receive. It softens its texture and cleanses its pores.

In England and Scotland nobody pays the slightest attention to the weather. Shoes and clothing are made with reference to whatever may come.

Of course, you will not be foolish about it, and stay in your wet shoes.

A large limousine recently drove up to a roadside water pump which carried the sign, "Dangerous. Do not drink this water." The sign was noticed, read, laughingly remarked upon—and disregarded, said Dr. Theodore B. Appel, Secretary of Health, recently.

It is indeed difficult to believe such a story, but it is true. Whatever were the motives back of such an attitude the fact remains that foolhardiness and foolishness were thus deploredly displayed. While such a case is most unusual it nevertheless emphasizes the duty every traveling motorist owes to himself to protect his health.

It is of little avail to an individual that city health departments purify water and otherwise safeguard health if while traveling he becomes entirely careless as to the kind of water he drinks, contracts typhoid fever in consequence, becomes seriously sick and dies.

In Pennsylvania every effort has been taken to safeguard the motorist on the road. All private water supplies on the main highways and many of the secondary ones have been examined and placarded either safe or dangerous. It will pay absolutely to believe in these signs, even if all the others on the highway are discounted; they tell a story of scientific examination which in every particular may be relied upon.

It will perhaps demand some will power to drive by an unmarked supply on a side road if one is thirsty. But it is a safe thing to do. The exercise of a little patience is better than weeks in bed with an illness.

Some jurisdictions do not examine private water supplies. And in this situation the only safe thing is to carry along water the purity of which has been established, boil the water if obtained locally, or place a drop of tincture of iodine in every pint of the supply used. Vacation typhoid, now in season, will be considerably reduced if these suggestions are seriously considered.

To tourists who are planning extensive trips out of the country, anti-typhoid immunization is strongly advised. Unpasteurized milk and water of other lands and localities are rendered impotent by this simple, scientific, preventive procedure. So why take chances? Life being sweet, do not impair or lose it, by acquiring vacation typhoid, whether at home or abroad.

Today, science tells us the whole wheat products are richer in protein, fat, minerals and vitamins than the highly patent flours or cereals because of the inclusion of the outer layers and usually the germ of the wheat berry.

The important vitamin in the whole wheat products is "B." This vitamin is essential to the health of all ages. The absence of it from the diet is first noted by loss of appetite, weight and vigor. If the diet is not corrected collapse—beriberi, the dread Oriental disease and even death may follow. Vitamin "B" has a wide distribution in Nature, it is found in fruits, vegetables, leaves, stems, tubers and yeast.

**Co-operation Aids Registration of Births in State.**

Dr. Emlin Jones, director of the State Bureau of Vital Statistics, today reported that the percentage of birth registration in Pennsylvania is rapidly approaching the goal set for attainment a year ago. The success of this work is attributed to the activities of the State field inspectors under the direction of Colonel James Duffy, to bureau officials who have appeared before medical societies over the Commonwealth and to newspaper publicity. Physicians and mid-wives also have co-operated extensively in reaching the present level in birth registration.

Commenting on this situation Dr. Jones said, "Brederers of fine stock have been particular to have the increase in them properly recorded. On the other hand, for years the only record for human births was in the family Bible, which during the course of years was frequently misplaced or lost."

A bureau force of approximately ninety employees and a field group of 800 registrars now comprise the personnel that supervises the details involved in acquiring the vital statistics for Pennsylvania's great population. Over nine millions of birth and death certificates are now on file in the bureau and are deposited in fire-proof steel cases, thus making an invaluable permanent record.

"The season is now at hand for parents and school authorities to be reminded that certified copies of birth records which will be required for pupils entering school next term, and particularly for minors contemplating summer employment, should now be obtained. Much inconvenience will be avoided if applications for such certificates are made at once," Dr. Jones added.

**Death and Birth Rates Lowest Ever in State.**

The 1927 rates both for births and deaths are the lowest ever recorded in Pennsylvania, and the death rates for a number of the more important causes of death have also established new low records, Dr. G. B. L. Arner, of the department of health, announced today. The only important high record set in 1927 was for automobile deaths on the basis of 100,000 population, but when the automobile death rate is computed on the basis of 1,000 registered motor vehicles in the State, even this becomes a new low record of 1.1 as compared with 1.2 in 1925 and 1.26 in 1926.

The 1927 birth rate is almost the same as in 1926, but if the commutation were carried out one more decimal place, it would be slightly lower than in 1922, which was the previous low record. But the general death rate, and particularly the infant death rate, shows such a remarkable drop that the population increase in 1927 from the excess of births, over deaths, was well above the average of the past twenty-two years.

**Prisoners Prepare for Poultry Work.**

Nearly one hundred prisoners in the eastern penitentiary at Philadelphia are taking poultry husbandry work with the Pennsylvania State agricultural extension service. Starting with 40 interested in the work the number has steadily increased.

At a recent meeting they displayed trap nests which they had made. C. O. Dossin, State College extension poultryman, who judged the products, says that the workmanship was very good and the ideas original and satisfactory. The prisoners subscribe for all of the leading poultry magazines and practically all of them are studying the State College correspondence courses in poultry husbandry. They also are planning to get egg-laying contest reports so they can follow the progress of the different breeds.

A large number of the men are planning to enter the poultry business when their freedom is gained. Some are asking for transfer from present work to the new prison farm being erected in eastern Pennsylvania so they can gain practical experience.

**Grange to Break Ground for State College Dormitory.**

Prominent officials and members of the Pennsylvania State Grange will gather at State College on Farmers' Field Day, June 15, for the purpose of breaking ground for the \$250,000 memorial dormitory building the Grange is to erect on the campus. Preliminary sketches for the design of the building have been approved and construction will be started when the plans are completed and the contract placed.

The trustees have also instructed the college architect to prepare preliminary plans for the new botany building unit to be erected with State funds, the building to be an addition to the agricultural groups.

**New Stop Watch Picks First, Second and Third Winners in Contests.**

An improved "stop" watch has just been invented by a Kansas City man, which should go far to eliminate inaccuracies in the timing of all varieties of races.

The new device, according to its producer, Professor Edgar Linton, will time contests to one twenty-fifth of a second. Linton asserts his mechanism to be the most perfect instrument ever devised by human hands.

Another feature of the watch is that it records three times. The product is the result of more than ten years of study.

**Over 600 to Graduate.**

The June graduating class of the Pennsylvania State College will total 604 young men and women to receive bachelor degrees, and 33 are to receive advanced degrees, according to estimates by the college registrar. With addition of those graduated last August and in February, Penn State will probably set a new graduation record for the academic year 1927-1928.

**Expect to Finish All Road Oiling Before June 15.**

Oiling operations of the Pennsylvania Department of Highways according to the spring program will be completed far ahead of the predetermined date, set at June 15.

In making up the schedule for surface treatment of highways the department took into consideration the tourist season so that major operations would be completed by June 15. Early movement of the materials enabled greater speed than was anticipated.

Just commencement exercises of the Pennsylvania State College was a factor considered by department forces in that locality and oiling has been completed four weeks ahead of schedule.

The spring program of the department embraces the regular annual maintenance work covering the entire State and necessitated by winter action on the highways. A similar program is carried out in the fall to prepare for the coming winter.

With the completion of the early program the only oiling operations during the summer months will be minor maintenance jobs, patching or repairs of an emergency nature brought by unusual traffic on a certain section. Flood action is another factor.

Motorists, the department promises, may expect the end of major oiling work early in June. Halfwidth construction work, involving resurfacing with macadam or bituminous will take place in scattered instances.

**Deer Flee Forest Fires Contrary to Popular Tradition.**

The statement that deer invariably run into forest fires instead of away from them has been disproved, according to a statement recently received by the Pennsylvania Department of Forests and Waters from District forester Paul H. Mulford, of the Tioga forest district, with headquarters at Wellsboro.

During the Woodruff Hollow forest fire in Tioga county this spring, deer fled from the forest and sought refuge in an open field. They were observed to come out of the burning forest area in groups of three to five, and at one time district forester Mulford counted twenty deer standing in the center of one field. In an adjacent field twelve deer had congregated.

**Penn State's New Catalogue Appears.**

To supplement its new illustrated catalogue, the Pennsylvania State College has just published its usual general catalogue of courses of study. It announces a number of new courses and curricula. Outstanding additions are a new four-year curriculum in physical chemistry and two-year curricula in industrial education. Distribution of the new catalogue is in the hands of William S. Hoffman, the college registrar.

**New Jersey Plants Trees.**

State Forester Wilber, of New Jersey, is able to announce that residents of his State planted a million pine, spruce and fir seedlings on 1,100 unproductive acres this spring. Distribution of seedlings began in 1923; in that year 300,000 of them were set out.

In the main they have done well; each year sees more land owners interested, more applicants for seedlings, more intelligent care of the plantations. Nothing better, nothing more profitable can be done with much of the land in every State than to plant it to trees. Trees pay dividends in soil enrichment, in water conservation, in protection of wild life, in cash. Trees cause posterity to rise up and bless the generation that planted them, says the New York Sun. A great deal would be forgiven the man who consistently planted trees; but the man who plants trees is not the kind of man who needs forgiveness. He leaves that for the man who requires it—the man who by carelessness, in ignorant greed or otherwise, fails to do what he can to preserve and extend the forests of the land.

**Enrollment Gains in High Schools.**

Statistics recently compiled by the division of research and information in the Department of Public Instruction, show that for the last school year there were enrolled in the secondary schools—senior and junior high schools—of the Commonwealth 312,036 students, an increase of 21,161 over the previous year.

The number of instructors employed in these public secondary schools, including full time and part time teachers, was 13,994.

**Road Program to Reach 550 Miles by End of Month.**

Road construction projects advertised or under contract, including a letting to be held June 19 to 20, total 550 miles, the Pennsylvania Department of Highways announced. Uncompleted contracts carried over from 1927 and covering 210 miles of construction are included in this figure.

The total mileage advertised by the department in 1928 exceeds the 1927 figure for the same period by 150 miles.

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**Will Care for 600 Children.**

Preparations have practically been completed at both Cresson and Mt. Alto Sanatoria for the children's summer camps which are annual features at these institutions according to Dr. William G. Turnbull, deputy secretary of health, in charge of the State sanatoria.

More than 600 boys and girls will this receive the sun treatment which has been found to be of great benefit in the treatment of tuberculosis and for the development of resistance in young people who are predisposed to that disease.

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