

**Your Health,**

The First Concern.



A warning was issued by Dr. J. Moore Campbell, chief of the bureau of communicable diseases, State department of health, regarding the indifference that many parents exhibit towards the so-called minor children's diseases, which include whooping cough, mumps, chickenpox and measles.

This statement was fortified by the assertion that 16 children died from chickenpox during the past year and that within the same period, 4 deaths occurred from mumps, while 437 occurred from whooping cough. Dr. Campbell believes that the annual measles death rate will closely approximate 1,000.

Parents who are of the opinion that their children must get these childhood maladies and consequently do nothing in the way of prevention against them are exercising a most hazardous type of logic, Dr. Campbell said. There have actually come to the department's notice a number of instances where children who were entirely well were placed in bed with others of the same family who were suffering from these diseases with the hope that the contact would develop an infection. This sort of thing is nothing short of criminal, and while it is most exceptional at this late day, nevertheless indicates a general attitude of indifference regarding these so-styled less important diseases.

'Passing the buck' was a familiar term in the army. Sometimes it was successful but more often it failed. Soldiers discovered that a job which was meant for them could not easily be diverted to someone else, said Dr. Theodore B. Appel, Secretary of the Department of Health, recently.

The principle of 'letting George do it' works even less efficiently with the question of health. Unfortunately, the conscience of the public has not been sufficiently aroused on this point. And perhaps it is not altogether the people's fault.

In former times there was so much to be done on a community scale by health officials as to make the average citizen conclude that health and disease prevention were affairs to be handled exclusively by experts. Water supplies, sewage systems, disposal plants, communicable disease control, all lent themselves spectacularly to that idea. But when the major sanitary questions have thus been solved a large problem yet remains. Its solution depends upon the sense of obligation which can be developed in the individual.

If group sanitation were the whole answer to the situation, the death and sick rates would now be near the vanishing point. But such is not the case. In fact, until each household becomes positively interested in health the present rates in mortality and illness are bound to remain more or less stationary. A close partnership between official medicine, the family doctor and individual health interest is therefore the next step in prevention.

One does not need to become obsessed with the health idea to develop a happy arrangement. Indeed, a little health interest on the part of parents for themselves and their children would develop a surprising aggregate result. The trouble is that health is taken too much for granted. Interest is consequently lacking. And disease goes merrily on.

If personal prevention demanded a large expenditure of money and time or scientific training there might be excuse for a disregard of this very important subject. But when it is realized that the application of a few common sense rules and reasonable care are the only requirements, the carelessness which is so generally displayed has no alibi whatsoever.

Here are some of the things that will materially help to reduce your sick and death hazards:

1. Realize that you have a body that functions properly only when properly treated. This means plenty of fresh air, sufficient exercise and sleep and the avoidance of excesses of all kinds.
2. The employment of scientific personal preventives. These include toxin-antitoxin, scarlet fever immunization and vaccination for the children, and anti-typhoid fever serum for adults.
3. Respect the quarantine sign and educate your children to do likewise.
4. Avoid accidents by being careful, let the younger ones profit by your example.
5. Do not permit nuisances to exist on your property.
6. If living in a rural section keep cess pools sanitary and check up annually on your water supply.
7. Make a friend and confidant of your physician in health as well as in sickness. He can help you well but you must give him the chance to do it.
8. Realize that you are a part of the community; that all its health problems are your problems; that your duty means not only taking care of yourself, but also interesting yourself in the solving of broader community problems. In the end you will reap the greater benefits.

These are some of the things that a health department, no matter how efficient, can not do for you. You must do them yourself. 'Passing the buck' and 'letting George do it' in this connection is a most unsafe and unhealthy game to play.

**DEER SITUATION IS CLEARLY SET FORTH BY INVESTIGATOR.**

There seems little doubt but that the majority of big game hunters in central and western Pennsylvania are becoming convinced that the game commission made a wise move when they closed the coming season on buck deer and threw the season open for the killing of does only, said Willis N. Zeitler, chairman of the game committee of the State-Centre Game, Fish and Forestry Association. There are a few dyed-in-the-wool sportsmen, however, that are "from Missouri," they just can't be convinced.

Here is the situation. Since does have been protected they have increased at a tremendous rate and there has been nothing to shorten their span of life or curtail the increase of the herd except natural death, the few that were killed illegally, those that were killed by wildcats and those that starve to death. What is the result? There are thousands and thousands of barren old does roaming the mountains, eating up the feed that should go to the young vigorous stock.

It is natural for deer to breed in the fall and it is a common occurrence for fawns to be born as early as the last week in March, when they breed under normal conditions. But with the abnormal number of does and the heavy kill of bucks each year there are a great many does that breed so late in the fall that the fawns are not dropped until sometimes as late as August with the result that the fawns go into the winter undeveloped fully, or even enough to successfully withstand the cold weather and successfully forage for their share of an ever diminishing supply of feed. This condition must be quickly corrected or we are going to see the deer family develop into a bunch of scrubs.

There are a few hunters that are aware just how acute the shortage of feed was last winter. Game Protector Davis, of Clearfield county, reported that one tender for the DuBois water shed buried 79 deer from late February to May 12th. These deer were found along Anderson, Stony, Little Montgomery and Cuppler creeks, the streams feeding the DuBois water supply. Many of these deer were badly decomposed and in several instances carcasses were found partly submerged in water. Mr. Davis, in traveling over the mountains in the same vicinity found six carcasses in half a mile. Another farmer in Clearfield county buried 23 deer found on his farm.

There is little doubt that there is an appalling number of dead deer in the woods. It has been observed in many places that the deer are very poor, some of them being a stack of bones. How can a half starved doe successfully mother one or more young?

A few days ago John M. Phillips, former president of the game board; Ross Leffer, president; J. Ard J. Rice, vice president, and G. M. Sutton, chief of the bureau of research and information, and several game protectors made a careful inspection of certain sections of Clearfield county.

They found in many places where the deer stripped laurel bushes, pine and spruce trees and had devoured every blackberry, raspberry and huckleberry bush on the mountain. Soil was torn up most everywhere in the mad search for feed. The stripping of the mountains of berry bushes also means that the native grouse are going to be badly handicapped for feed until a new growth comes along.

The forestry department has been diligently planting trees for a number of years and had a wonderful lot of trees coming along. In many places every tree has been destroyed during the winter by deer.

It is the duty of every sportsman to get out next fall and help thin out the herd. It must be done if the deer are to be kept from degenerating into a bunch of scrubs. There are probably over 150,000 too many does in the deer sections of Pennsylvania. If we save 10,000 bucks this winter and get rid of 50,000 surplus does, it will be a big step forward in the right direction. But even then it will require a great deal more thinning out of does to properly balance the herd. We will see more vigorous stock, and does will have a better chance to breed at the proper time and of course bring forth their young in early spring.

Mr. Zeitler's conclusions embodied in the above story of the deer situation, are based on personal observation and research. He made a special effort to ascertain the facts, visiting numerous places where conditions were bad.

**Tuning Out Station to Get More Distant One.**

When it is found impossible to tune out a near-by broadcasting station to get others farther away, try turning the antenna at right angles to the aerial of the broadcaster and use a wave trap between the lead-in and the receiver. If this does not help try a vertical antenna. It may be necessary completely to shield the receiver batteries and all wires leading to the set except the antenna wire in order to stop the pickup of energy where it is desired in the antenna.

**New Marriage Laws.**

Under the new marriage laws in Hungary, the furniture and effects in a home are considered to be the property of the husband unless they are actually marked with the wife's monogram. In families where the wife is employed or assists the husband in business enterprises the money earned during married life is a joint possession.

**Real Estate Transfers.**

James H. Markle, et ux, to Lester Corl, et ux, tract in Ferguson Twp.; \$1.  
 Andrew S. Musser, et ux, to John W. Foster, tract in Haines Twp.; \$1.  
 John W. Foster to Andrew S. Custer, tract in Haines Twp.; \$1.  
 A. L. Bowersox, et ux, to A. L. Burwell, tract in Pine Grove Mills; \$400.  
 Harry K. Metzger, et ux, to J. C. Holmes, et al, tract in State College; \$1.  
 Joseph T. Bridgens, et ux, to Dora M. S. Porter, tract in Marion Twp.; \$300.  
 Harry Bower, et ux, to Paul Bartges, et ux, tract in Haines Twp.; \$1.  
 Ammon G. Bashoar, et ux, to Walter K. Ullsh, et al, tract in Bellefonte; \$1.  
 Robert Taylor, et ux, to Harry Stover, et ux, tract in Spring Twp.; \$1.  
 Joseph M. Brockerhoff, et al, to Christ Beezer, tract in Benner Twp.; \$5500.  
 H. P. Kelly, et al, to Elizabeth Beals, tract in Snow Shoe; \$200.  
 Elizabeth Beals to Elizabeth Retorich, et bar, tract in Snow Shoe; \$352.  
 Philip H. Johnston, Jr., to Bess C. Moore, tract in Spring Twp.; \$800.  
 H. Clyde Knaudel, et ux, to Robert C. Minshall, et ux, tract in State College; \$1600.  
 Elizabeth Harnish, et al, to Joseph B. Baker, et ux, tract in Boggs Twp.; \$1650.  
 Emma R. Butz to Daniel A. Krumrine, et ux, tract in State College; \$1.  
 Emma R. Butz to Margaret H. Krumrine, tract in State College; \$1.  
 O. V. Scholl, et ux, to Lewis G. Peters, tract in Boggs Twp.; \$1.  
 R. W. Coyer, et al, to John W. Klinefelter, tract in Millheim; \$950.

Jennie K. Reifsnnyder, et al, to John Klinefelter, tract in Miles Twp.; \$225.  
 Trustees Millheim Lodge, No. 955, I. O. O. F., to John W. Klinefelter, tract in Millheim; \$1.  
 Ralph A. Smith, et ux, to Elizabeth D. Green, tract in Patton Twp.; \$1.  
 John Garman, et ux, to John Fetter, et ux, tract in Rush Twp.; \$25.  
 John C. DeLong, et ux, to Clara M. Leister, tract in Potter Twp.; \$1.  
 Austin C. Lynn, et ux, to W. B. Henderson, et ux, tract in Phillipsburg; \$2200.  
 D. L. Welsh, Exec., to John C. Hoy, tract in Howard; \$350.  
 John C. Hoy to Harry J. Hoy, et al, tract in Howard; \$1.  
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