

Your Health, The First Concern.



For the most of us, two weeks out of the year's fifty-two are set aside during the summer months for the annual vacation.

Certainly there is a great deal of excitement in rushing hither, thither and yon, gaily living a new life and generally indulging in a hectic time.

A vacation in these days of high gear living should mean much more than diversion which burns up energy. Change is not enough.

If one were a hermit or a back woodsman there might be some excuse for him to use his two weeks away from home in one wild endeavor to catch up with life.

The vacation to do you real good should include: 1. Real rest. 2. Change of location. 3. Good food.

Two weeks of rational vacation living can not make a new man or woman of one but they can lay a firm foundation for a healthier and a happier year.

Forty-five million tooth brushes are annually used in the United States. This is a large number of brushes indeed, but it is scarcely enough to care for the teeth of one hundred and ten million people.

Fortunately the State-wide interest in child welfare will direct the attention of parents to the necessity of proper oral hygiene for the young people. This important prophylactic and preventive measure cannot be over-emphasized.

So much for the children. Now, how about you? Are you, the parent, brushing your teeth three times daily? Are you religiously visiting your dentist twice every year?

Here are some of the diseases which may be caused by bad teeth: gastric ulcers, kidney infections, rheumatism, neuritis and heart disease—a rather high penalty to pay for your criminal indifference to dental attention.

Tuberculosis is both preventable and curable. We can guard ourselves from tuberculosis by maintaining good health, which increases our natural immunity.

There is no specific for tuberculosis. There is no drug which alone will affect its course, nor has a serum or vaccine been produced which will control it.

German chemists have discovered a means of liquefying coal. By adding hydrogen, it is converted into a liquid motor fuel comparable to gasoline.

INCREASE OF PENSIONS TO COMMENCE JUNE 4.

Representative Louis T. McFadden has for many Congresses been endeavoring to obtain an increase of pension for all widows of the Civil and Mexican War and the War of 1812 in the sums of \$40 and \$50 per month.

However, the Congress has not seen fit to allow \$50 per month pension for these widows, but has finally agreed upon a pension of \$40 per month for widows who have reached the age of 75 years.

The widow or former widow, when 75 years of age, of any person who served in the Army, Navy, or Marine Corps of the United States during the Civil War for 90 days or more, and was honorably discharged from all contracts of service, or regardless of length of service was discharged for disability incurred in service and line of duty, is entitled to \$40 per month under the act of May 23, 1928.

This \$40 rate commences on June 4, 1928, in the case of those on the pension roll who had attained the age of 75 years on or prior to June 4, 1928. When the pensioner attains the age of 75 years after June 4, 1928, the date of commencement of the \$40 rate will be the date accepted as that on which age of 75 is attained.

In cases of widows or remarried widows now on the roll and of attained age of 75 years no application of any kind, not even a letter, needs be filed by a pensioner for this increase of pension.

In fact letters of inquiry about particular cases will retard the work of the Pension Bureau, and pensioners and their relatives or friends can materially assist in the expeditious handling of these cases by refraining from corresponding regarding them.

It is estimated that about 90,000 widows and remarried widows of Civil War veterans have now attained the age of 75 years and are now entitled to this \$40 rate. There are approximately 175,000 Civil War widow pensioners on the roll whose cases must be drawn and examined to ascertain those now entitled to the increase of pension.

Your Congressman will be pleased at all times to assist any widow covered by the foregoing provisions and trusts that they will feel free to correspond with him whenever they think he can help them or give them additional information.

What Trees Mean to Nation's Prosperity. North America, with one-twelfth of the world's people, uses about one-half of all the timber consumed in the world, says the Forestry Primer published by the American Tree Association at Washington.

There are 200,000 known kinds of tree-attacking insects. It is estimated that these cause a loss of \$100,000,000 every year. The railroads of the United States use about 130,000,000 new wood ties every year. There are about 3,000 to the mile.

Something like 5,000,000 trees are cut annually for telegraph and telephone poles; we use 500,000,000 fence posts every year. The forest fires in the United States cost us nearly \$100,000 a day. There are 81,000,000 acres of idle land in this country all of which should be put to work growing trees.

Millions of feet of pulpwood are used every year to keep the newspapers of the country providing you with the news of the day. About two-thirds of the population uses wood for fuel. A greater amount goes to this account than for any other purpose.

Experts say our population is increasing at the rate of 1,000,000 a year. We must grow trees for a growing people.

Will Add Film to Wild Life Series. Motion picture reels depicting the raccoon in his native haunts and the life and habits of several native game birds are being prepared and will be added to the list used by the bureau of research and information of the game commission to broaden the public understanding of Pennsylvania's wild life.

At the present the bureau has over fifty reels of motion pictures, covering sixteen different subjects. The pictures portray the haunts and habits of deer, bear, beaver, and wild turkey. The pictures are in constant demand not only by organizations in Pennsylvania, but from other States as well. They have been used at 746 meetings which were attended by a total of more than 200,000 persons.

German chemists have discovered a means of liquefying coal. By adding hydrogen, it is converted into a liquid motor fuel comparable to gasoline. The significance of this achievement is that when the world's supply of petroleum has been consumed we may turn to soft coal, which will supply us for four thousand years.

WARNS TOURIST CAMPERS OF LURKING DANGERS.

The mushroom growth of camps and free camp sites has presented a definite sanitary problem to health officials throughout the country. Many States have efficiently solved it, including Pennsylvania, says Dr. Theodore B. Appel, secretary of health.

Nevertheless, a warning must be given to the thousands who, in response to the "call of the wild" and the "back to nature" urge, will soon take to the road, gypsy fashion.

It is not enough to arrive somewhere at the end of the day, erect tents for the night's stay, and assume that the health department has fully protected you. On the main highways, and even on the more traveled side roads, such is likely to be the case. In camps of this character, the water supply will carry the familiar yellow sign—Safe Drinking Water, the sanitary facilities will be adequate and the cleanliness of the surroundings evident.

However, there is a surprising number of camp sites that are to be found in more remote sections, many of which, even if the road has been covered by the sanitary engineer, have come into existence after the survey has been made and consequently has been missed. It is a spot like these that care and circumspection must be exercised.

The lure of such a camp is strong. The seclusion of a wooded tract "far from the maddening crowd" sometimes overcomes all consideration of personal health. The motorist is so taken with the scenery and aloofness that he fails to give any thought to the water supply—the source of much of that disease which, by reason of its seasonal incidence, is known as vacation typhoid.

Deep in the mountains, spring water is likely to be entirely safe, but when using such a source, investigate the immediate neighborhood for possibilities of infection. It may knock a bit of romance and poetry out of the situation but what is the lack of a little of that compared with the typhoid bacillus which may be awaiting a chance to infect you?

The following rules are the guidance of those more adventurous spirits who spurn established camps or the approved camp site:

- 1. Always investigate the source of your water supply. If a spring, see to it that contaminating factors are absent; if a stream, then invariably boil the drinking water. A drop of tincture of iodine may be added to every pint of water in lieu of boiling. Others may have polluted it, and contrary to a popular notion, water does not purify itself in every eight miles. 2. Do not throw any garbage or refuse into a stream, open well or spring—bury or burn it. 3. Bury body eliminations. 4. Avoid mosquito infested areas. 5. Leave the camp site in a neat and sanitary condition. There are others who will likely follow you. Make sure that all fires are out.

Back to nature is a splendid idea. Observe the rules and live to enjoy such an outing again next year.

Game Commission Helps Farmers to Build Fence to Stop Deer.

The Board of Game Commissioners have furnished to farmers, orchardists and produce growers during the past year a total of 4,683 rods of deer-proof fence at a total cost to the Game Commission of \$6,863.67.

The Legislature in 1923 passed an act giving the Game Commission the right to co-operate with landowners in the construction of fences which would protect their crops from damage by deer. The original act made it compulsory on the land-owner and the Game Commission each to pay half the cost. In 1925, however, the act was amended providing an alternate plan by which the Game Commission is permitted to furnish the wire and fencing and staples on condition that the landowner will furnish posts and construct the fence. This latter plan is considered the most advantageous to the landowner, as he usually can obtain posts from his own woodlot and is able to perform a great deal of labor himself, requiring little or no outlay of money on his part.

Since the deer-proof fence law was first passed the Game Commission has co-operated in building a total of 18,415 rods of fence, which is eight feet high, expending altogether a total of \$26,731.99. More than half of the fences constructed were for the protection of orchards.

The Game Commission is permitted by law to expend not to exceed \$10,000 per year for this purpose, but in no year has the full amount of the appropriation been used. In no instance has an application for fencing been disapproved where the owner of the land had shown that the deer were actually damaging his crops. G. Ward Conklin, chief of the bureau of refuges and lands, under whom the administration of the deer-proof fence law has been placed, said today.

Air Service, New York-Chicago to Open This Year. Regular airplane passenger service between New York and Chicago requiring only seven hours as against 20 hours made by the fastest railroad train is to be inaugurated within six to eight months by the National Air Transport Co., of Chicago, Colonel Paul Henderson, general manager of the Transport Co., announced recently.

The transportation planned between Cleveland and Chicago, Toledo, Detroit and New York will start, according to Henderson, with a fleet of seven de luxe, tri-motored planes to cost approximately \$500,000. Each plane carrying from 12 to 14 passengers is to have a cabin steward aboard which will serve buffet lunches enroute.

The National Air Transport Co. has increased its capital \$1,000,000 to finance this new passenger service and purchase \$500,000 stock of the Transcontinental Air Transport Co., the air-rail hook-up with Pennsylvania railroad, it was said.

New Reports Show Auto Death Toll.

Pennsylvania's automobile death toll for the first three months of 1928 was 347, while 3196 persons suffered injuries of a more or less serious nature, 421 of which were bone fractures. Automobile accidents covered by the compulsory accident report required by law for the same period totaled 4,854.

The Pennsylvania Department of Highways, in making public the figures, pointed out that fifty-four deaths occurred on the open highway at locations not considered dangerous for driving at normal speed. The total accidents on open stretches were 1849. Crashes at street intersections topped this figure with a total of 1912 accidents, twenty-eight of which resulted in fatalities.

In 496 cases the motorist admitted exceeding the speed limit, 400 were on the wrong side of the road, and 418 did not have the right of way when they figured in two-car crashes. In 3603 cases the motorist filing his report declared that he was driving in a straight course, yet in this group 100 of the fatal accidents are reported.

Pedestrians crossing streets at the corners figured in 180 accidents, six of which were fatal. One of the chief causes, according to the analysis, of pedestrian accidents is their penchant for walking into the street between two parked cars, entering the traffic stream in such a manner that motorists cannot see them in time to stop or avoid them.

Male drivers who figured in accidents ran up a ratio of about eighteen to one over female drivers. Drivers under 18 years figured in only 163 accidents, with three fatalities, while those of 18 to 24 years took part in 1302 accidents, with thirty-two resulting deaths.

Drivers 25 to 54 years of age ran up a total of 3647 accidents, about twice as many as the younger drivers. Deaths resulting from accidents involving the elder group of drivers were sixty-nine, more than a two-to-one ratio over the younger men.

Friday proved to be the most dangerous driving day, with thirty fatalities, while Saturday served as runner-up with fourteen deaths but 922 injuries, the greatest number of injuries for any day in the week. Sunday, usually credited with being the most dangerous day to go pleasure riding, maintained a middle position in the week's calendar of hazards.

The compulsory reports do not include accidents which involve less than \$50 property damage or personal injury.

Rheumatism is Blamed for 80 Per Cent of Heart Disease Deaths.

Rheumatic diseases are responsible for 80 per cent of deaths from heart disease under 20 years of age, according to Sir George Newman, chief medical officer to the British Ministry of Health.

Speaking before a conference on rheumatic ailments, attended by medical men from the United States, France, Germany, Holland, Belgium and Sweden, Sir George said.

"The acute rheumatism of children is sowing the seeds of a growing harvest of disease of the heart and nervous system. Chronic forms of rheumatism are very seriously crippling many hundreds of thousands of people all over the world.

"Closer supervision by parents and teachers should be exercised over all children under the age of 14. The personal and environmental hygiene of children must be steadily improved."

Engine Trouble Often is Traced to Spark Plugs.

When an automobile engine misses at high speed or in climbing hills, the trouble can often be traced to the spark plugs, according to H. Rabezana, research engineer.

Much of this trouble, he says, is due to the use of improper type plug or spark plug points being set too far apart, or because the plugs are simply worn out.

The gap between the points should not have more than .025 inch clearance or .020 inch in high compression engines.

As spark plug trouble is often mistaken for valve or piston ring trouble, the proper thing to do before making repairs is to have the plugs inspected, which will save unnecessary expense, the engineer says.

NEW ADVERTISEMENTS.

NOTICE IN DIVORCE.—Emma E. Brown vs. James W. Brown: In the Court of Common Pleas of Centre County: No. 28, Feb.—May Term, 1928. Libel in Divorce. To James W. Brown, Respondent. Whereas, Emma E. Brown, your wife, has filed a Libel in the Court of Common Pleas of Centre County praying a divorce from you, now you are hereby notified and requested to appear in the Court on or before the first Monday of July, 1928, to answer the complaint of said Emma E. Brown, and in default of such appearance you will be liable to have a divorce granted in your absence. HARRY B. DUNLAP, Sheriff of Centre County. 73-23-4t

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