

# Democratic Watchman

Bellefonte, Pa., July 20, 1928.

## Your Health, The First Concern.



### OUR CHANGING IDEAS ABOUT DIET.

(Continued from last week.)

Physicians in their practice, dietitians in their kitchens, chemists in their laboratories and manufacturers in the factories, all are constantly learning more and more about food. A new science of dietetics has grown up through the untiring researches of Rubber, Paylov, Atwater, Benedict, Mendel, Osborne, Cannon, McCann, and McCollum. I particularly recommend the recent book by Dr. McCollum, entitled "The Newer Knowledge of Nutrition." These research workers have worked out carefully controlled laboratory experiments, and the results of the test tube have been verified by actual animal experimentation. The calorimeter has given exact information about metabolism in health and disease, while the vast clinical experience in hospitals and sanitariums is constantly checking and confirming the findings of pure research. The new knowledge thus acquired within the past fifteen years has enabled us to make great strides in our ability to protect the lives of man and beast, and has brought us to the very threshold of a wider knowledge which may even in one flash solve the problems of longevity, cancer, psychiatry and criminology.

The scope of this article, however, is merely to cover some of the everyday ideas about food that ought to be destroyed and replaced by the newer and sounder ideas. I do not deny that everybody has made a great deal of progress, in spite of the slow pace at which information spreads. Before me lies an extract from the diary of a country parson, dated September 24, 1790:

Nancy was taken very ill this afternoon with a pain within her, blown up so as if poisoned, attended with a vomiting. I supposed it proceeded in great measure from what she ate at dinner and after. She ate for dinner some boiled beef rather than salt, a good deal of a nice roast duck, and a plenty of boiled damson pudding. After dinner by way of dessert, she ate some green-gage Plums, some Figs, and Raspberries and Cream. I desired her to drink a good half-pint Glass of warm Rum and Water which she did, and soon was a little better. For supper she had Water-gruel with a Couple of small Table-Spoonsfuls of Rum in it and going to bed I gave her a good quantity of Rhubarb and Ginger. She was much better before she went to bed—And I hope will be brave to-morrow.

That voice from the past not only shows the scandalous character of our ancestors' diet, but it also shows a glimmering of realization that there was something wrong with such diet and that excesses must be followed by drastic treatment. It is quite possible that a hundred years hence our descendants will thrill with horror at the very menus that we in our present wisdom set on our tables.

There are still some people who think that fish is a food for the brain, although the idea was being ridiculed as long as Mark Twain's time. You will remember the story of the aspiring author who wrote to Mark to ask whether it was true, as Professor Agassiz had said, that fish was brain food. Mark replied in the affirmative, but added, "If the specimen composition you send is your fair usual average, I should judge that perhaps a couple of whales would be all you would want for the present. Not the largest kind, but simply good middling-sized whales."

We know today that there are no specific foods for brain, muscle, skin, lungs or liver. We know that different chemical constituents are demanded by different parts of our bodies, but we do not expect to supply these wholesales by stuffing on a particular food. For example, whole wheat is known to be high in calcium. The body needs fifteen grains of calcium every day. Shall we therefore eat a great deal of whole wheat bread? Well, it would require nearly six pounds of the bread to give us that much calcium. Dried fruits of certain kinds supply iron, but the quantity you would have to eat to get much iron would be very damaging to digestion.

As the body of chemical knowledge grows, it is perhaps unfortunate that a great many unrelated and often inaccurate scraps of it get into the minds of laymen. A little knowledge of chemistry in particular, is indeed a dangerous thing. People talk entirely too glibly of iron, and calcium, and iodine, and chlorine, and of the food they must eat to get what their bodies need. I should like to have some sort of instrument with which to look inside of the heads of some of my patients and see the jumble of half-knowledge and fallacies and fads and fancies stored there in the section labeled diet.

There are those who think they have to stand up fifteen minutes after meals to keep from getting fat. This inhibits digestion, and certainly any method adopted to reduce weight which does so by punishing the stomach is not to be dietetically condoned. There are those who think they ought to sleep after meals, which is bad. There are those who go without luncheon or breakfast every day, which is also bad. There are those who deny themselves all meat, for no reason except fancy, and that too is bad.

The catchwords of diet are a threat to health. Let us run quickly through some of the simpler food fallacies which have been exploded:

### P. R. R. PAYS BIG FOREST FIRE LOSSES.

Owners of Woodland Along the L. and T. Recover for Fire Damage and Hint at Laxity.

Timberland owners in Centre and Huntingdon counties won their suit against the Pennsylvania Railroad for damages to timberland from the great fire of the spring of 1925 near Marengo.

The fire occurred on the Fairbrook branch, whose abandonment later was attributed by some as a gesture to cause these claimants to abandon the suit, and the recent attempt by the appraised value, seems to confirm this opinion.

The suit attracted State wide attention on account of the great area burned over, the widely diversified ownership consisting of farmers, lumbermen, sportsmen, business and professional men from all over Pennsylvania; the fact that Pennsylvania Forest Department reports did not correspond with the facts uncovered by private investigations either as to time fire started, cause of the fire, area burned or amount of damages; and the development of a new legal element of carelessness on the part of the company in not clearing adequate safety strips, as is required by the Pennsylvania Department of Forestry.

Hicks & Owens, of Tyrone, Pa., and John Love, of Bellefonte, Pa., were the attorneys in the case, and they employed the Forest Service Company, also of Tyrone, Pa., to investigate the cause of, and appraise the damages from the fire, and it was found that while reports of the Forestry Department showed the fire started at 11:45 A. M. from "unknown" cause, the fire really started at 10:40 A. M., immediately after trains of the Pennsylvania Railroad passed point where the fire started, and notwithstanding appeals from property owners who felt the fire was caused by carelessness of the railroad, the local forestry officials refused to do anything that would aid them, and as the examination of locomotives can only be made by forestry officials, property owners were denied this information.

Another development of the suit was the fact that the area damaged was practically 100% greater, and the amount of damages paid by the company 500% greater than that reported by the Forestry Department, while the actual loss sustained far exceeded both.

The private investigation revealed laxity and inefficiency, if not a conspiracy to conceal facts in regard to the cause of the fire, and at least one local forestry representative was replaced, while it is held that some others should be, and the Forestry Department would save a lot of criticism and make itself of greater value to those trying to grow timber if it would revise its practices in regard to investigation of the causes of forest fires.

The property damaged in the burned area belonged to the Evergreen Hunting club with a large membership in Pennsylvania; Dr. George Lake of Pittsburgh; The Tyrone Mining & Manufacturing Company of Tyrone; the Fairbrook Country Club; E. E. Ellenberger; J. Raymond Guyer; Guy D. Rossman; Samuel Wigton; B. Frank Davis; Fred Stonebraker, and Chester Beher, besides a great many other smaller landowners living in the vicinity of the fire.

### Wasp's Nest Admitted a Marvel of Nature.

The solitary wasp called Eumenes amedei attains great excellence alike in the chase and in the craft of building; it is a "Nimrod and a Vitruvius by turns." With minute pebbles and salivated mortar it builds a finely finished cupola about three quarters of an inch in height, the outside of which is covered with glistening grains of quartz or sometimes with tiny snail shells; the orifice at the top's "like the mouth of an amphora gracefully curved, worthy of a potter's wheel."

After the mother wasp has placed an egg in her well-fashioned nest she adds five to ten small caterpillars, and it is remarkable that the egg in the well-stocked nest develops into a female wasp, while that in the meagerly provisioned nest becomes the much smaller male.

It appears that the stung caterpillars that form the living ladder in the wasp's cell are but imperfectly paralyzed, and toss about when touched. Now, the least pressure would crush the delicate egg. So it is hung by a thread from the roof of the cupola, and after the Eumenes grub hatches it makes the cast shell of the egg into a flexible staircase so that it can reach the caterpillars and bite them, yet retreat if they are too vigorously recalcitrant. This is perfection.

### Increased Noise Cuts Work, Inventor States.

Noise is increasing 100 per cent. yearly in American cities and causes 20 per cent. loss of efficiency to the average worker, according to Dr. Hiram Percy Maxim, lieutenant commander in the United States naval reserve, who is working on plans for silencing riveters, subways and building machinery.

"I believe the worker who is earning \$20 a week could under quiet conditions, earn \$25 a week with greater expenditure of effort," he said. "There is no question but that the noise in our cities is a contributing factor in the increasing number of neurotics and cases of nervous breakdowns."

Doctor Maxim mentioned specifically the noises of traffic, including horns of automobiles, exhaust noises of cars and trucks, the riveting machine, the street car, and pulsating noises of many kinds of machines.

All these, he believes, would be eliminated or reduced to a fraction of their present intensity if the public were awakened to what they cost in health and money.

### FARM NOTES.

Salt is a profitable addition to the daily ration of the dairy cow.

To aid digestion and to stimulate appetite, keep salt before dairy cows at all times.

If you are lacking in suitable roughage, do not put too much faith in straw and coarse corn fodder.

Dairymen who tuberculin-test their herds are in line for better profits and have the satisfaction of knowing that disease does not lurk in their herds.

Only the best proved sires can be relied on to increase the production of daughters over that of dams having a yearly production of 400 pounds of butterfat.

Properly cured hay and green food carry factors that are not only beneficial to the proper development of calves, but are also necessary for proper reproduction.

A question for the people of any section to ask themselves is, whether or not that has been in cultivation for years is richer or poorer than newly cleared land. If it is lower in fertility, things are wrong and the greatest problem in that section or on that farm is to reverse the process. New situations are arising and new adaptations are being made, but none have taken the place of soil manure, green manure crops and commercial fertilizers must be used intelligently to maintain the fertility of good soil—first, to enrich thin soils, and secondarily, to grow a crop. This is the only type of agriculture that can survive and the only kind that can be prosperous, it matters not what artificial remedies are brought into existence.—Southern Agriculturist.

Vineyards fertilized with nitrate of soda showed an increased yield of 39 per cent. in the grape belt of northern Ohio this year. A three-year experiment under the direction of C. S. Holland, extension specialist in horticulture at the Ohio State university, gave these returns when a final check was made.

The heavy increase was brought about by the addition of 500 pounds of nitrate of soda per acre. It was checked against unfertilized plots and showed a yield of grapes worth \$54.40 per acre more than grapes produced on unfertilized plots.

Application of 250 pounds of nitrate of soda per acre brought a production increase of 29 per cent., or \$40 worth of grapes per acre. The fertilizer was applied in the spring, and was broadcast by hand.

The cost of nitrate of soda was \$15 per acre when 500 pounds was applied, \$7.50 per acre when 250 pounds was used. The overhead cost of production remained the same, so that the heavier yields cost less per pound to produce.

Give the good dairy cow a rest of six to eight weeks before freshening, for it will mean more production than if she is milked up until she freshens, declares Burt Oederkirk, extension dairymen at Iowa State College.

"Thorough selection, feeding and breeding, Iowa's most progressive dairymen have developed high producing herds in which there are many cows that will milk continually throughout the year from one freshening to the next without a rest, unless their owners see to it that they receive a vacation," Mr. Oederkirk asserts.

"The profitable cow of the future will be one which produces 300 pounds or more of butterfat in 10 to 10½ months, takes six to eight weeks rest to build up her body for the next lactation, and drops a good calf each year. A cow that will continue such a program year in and year out will prove most profitable."

Cows bred so as to freshen in the fall, when properly fed, will milk heavily through the winter and when put on grass will continue satisfactory production until hot weather arrives. They will then naturally go down in production and may be dried up.

If there is difficulty in drying up a cow before she is to freshen, she should be taken off grass and not allowed any other sufficient feed for a time. She may be milked only once a day for awhile and other milkings skipped later on.

The feed gives good dry cows before freshening will be well paid for when the cow freshens. Hence, feed the dry cow so as to get her in good condition.

Large scales were introduced originally in stock yards for weighing live stock because in the early days cart loads were representative of the business. Since that time great changes have occurred. Nowadays the average draft of cattle at some stock yards is less than four head and the thousands of single animals are weighed; nevertheless in many cases large scales are used. In the administration of the Packers and Stock Yards act by the United States Department of Agriculture constant endeavor has been made to bring about the weighing of small drafts of live stock on small scales.

A 30,000-pound or 40,000-pound capacity scale should not be used for weighing single animals, says the department, but a small scale with a capacity of from 4,000 to 6,000 pounds should be provided for weighing single animals and small drafts up to the capacity of the scale. Small scales have been introduced for weighing small drafts in some stock yards. This has involved a departure from long-established practice. As a consequence criticisms are sometimes voiced by persons accustomed to the scales. However, experience with small scales usually results in a change in viewpoint and they become recognized as a valuable improvement. This is illustrated by a recent report from a large stock yard in Middle West which reads:

"The two small scales used for weighing calves seem to give satisfaction and there is no question but that the weighing of singles and small loads has been speeded up materially and is much more satisfactory and accurate than the weighing of such drafts over large scales."

### TO HOLDERS OF Third Liberty Loan Bonds

The Treasury offers a new 3½ per cent. 12-15 year Treasury bond in exchange for Third Liberty Loan Bonds.

The new bonds will bear interest from July 16, 1928. Interest on Third Liberty Loan Bonds surrendered for exchange will be paid in full to September 15, 1928.

Holders should consult their banks at once for further details of this offering.

Third Liberty Loan Bonds mature on September 15, 1928, and will cease to bear interest on that date.

A. W. MELLON,  
Secretary of the Treasury.

Washington, July 5, 1928.

### FIRE INSURANCE

At a Reduced Rate 20%  
J. M. KEICHLINE, Agent

**Sunday Excursion**

**\$4.25 Atlantic City**  
Round Trip

**\$4.00 Philadelphia**  
Round Trip

**SUNDAYS**  
**July 22, August 19**

SPECIAL THROUGH TRAIN:  
Leave Saturday Night preceding excursion  
Standard Time  
Lv. Bellefonte 10.00 P. M.  
Returning Lv. Atlantic City 4.30 P. M.  
North Philadelphia 5.30 P. M.

Passengers to Philadelphia will get exchange ticket from train conductor, which will be good for passage between North Philadelphia and West Philadelphia or Broad Street Station, Philadelphia.

**Pennsylvania Railroad**



When you call on that out-of-town friend by telephone you get there and back for a "one-way ticket."

Twenty-five or thirty miles for a quarter; sixty miles for 50¢; every town within a hundred miles for 75¢.

And every telephone call is a round trip!

JESSE H. CAUM, Manager



YOU CAN'T APPRECIATE how delicious our meats are unless you have tried them. One trial is all that is necessary to convince you that in quality they are pre-eminent. Tender and juicy always, no matter what you order, whether it be a steak, a roast, or a few chops, your entire satisfaction is assured. As a test, let us supply your meat for to-day.

Telephone 667

Market on the Diamond  
Bellefonte, Penna.

P. L. Beezer Estate....Meat Market

**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 restful 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: So. Michigan Ave. Bridge, Buffalo, N. Y.

### ATTORNEYS-AT-LAW

S. KLINE WOODRING—Attorney-at-Law, Bellefonte, Pa. Practices in all courts. Office, room 18 Crider's Exchange. 51-17

J. KENNEDY JOHNSTON—Attorney-at-Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 5, East High street. 57-44

J. M. KEICHLINE—Attorney-at-Law and Justice of the Peace. All professional business will receive prompt attention. Offices on second floor of Temple Court. 49-5-17

W. G. RINKLE—Attorney-at-Law, Consultation in English and German. Office in Crider's Exchange, Bellefonte, Pa. 58-5

### PHYSICIANS

D. R. L. CAPERS, OSTEOPATH.  
Bellefonte Crider's Ex. 96-11 State College Holmes Bldg.

W. S. GLENN, M. D., Physician and Surgeon, State College, Centre county, Pa. Office at his residence. 35-41

C. D. CASEBEER, Optometrist.—Registered and Licensed by the State. Eyes examined, glasses fitted, Satisfaction guaranteed. Frames replaced and lenses matched. Casebeer Bldg., High St., Bellefonte, Pa. 71-22-17

E. V. B. ROAN, Optometrist, Licensed by the State Board. State College, Bellefonte, in the Garbrick building opposite the Court House, Wednesday afternoons from 2 to 3 p. m. and Saturdays 9 a. m. to 4.30 p. m. Bell Phone 68-40

## Feeds

WE HAVE A FULL LINE OF

### WAYNE FEEDS

IN STOCK AT ALL TIMES

Wayne's All Mash Starter \$4.00 per H.  
Wayne's All Mash Grower 3.30 per H.  
Wayne's Chick Feed - 3.25 per H.  
Wayne's Egg Mash - 3.40 per H.  
Wayne's Calf Meal - 4.25 per H.  
Wayne's 32% Dairy Feed 3.10 per H.  
Wayne's 24% Dairy Feed 2.80 per H.

Wagner's 30% Dairy Feed 2.80 per H.  
Wagner's 22% Dairy Feed 2.60 per H.

Cotton Seed Meal, 43%, 3.50 per H.  
Oil Meal, 34% - 3.20 per H.  
Gluten feed, 23% - 2.50 per H.  
Alfalfa - 2.25 per H.  
Tankage, 60% - 4.25 per H.  
Meat Scrap, 45% - 4.25 per H.

Wagner's Egg Mash, Wagner's Scratch Feed, Cracked Corn, Chop, Bran, Middlings on Hand at All Times.

If You Want Good Bread or Pastry

TRY

"OUR BEST"

OR

"GOLD COIN" FLOUR

C. Y. Wagner & Co., Inc

68-11-17r. BELLEFONTE, PA.

## Caldwell & Son

Bellefonte, Pa.

### Plumbing and Heating

Vapor...Steam  
By Hot Water  
Pipeless Furnaces

Full Line of Pipe and Fittings and Mill Supplies

All Sizes of Terra Cotta Pipe and Fittings

ESTIMATES

Cheerfully and Promptly Furnished  
68-15-17.

## Fine Job Printing

A SPECIALTY

at the

WATCHMAN OFFICE

There is no style of work from the cheapest "Dodger" to the finest

BOOK WORK

that we can not do in the most satisfactory manner, and at prices consistent with the class of work. Call on or communicate with this office

## Employers

This Interests You

The Workman's Compensation Law went into effect Jan. 1, 1916. It makes insurance compulsory. We specialize in placing such insurance. We inspect Plants and recommend Accident Prevention Safe Guards which Reduce Insurance rates.

It will be to your interest to consult us before placing your insurance.

JOHN F. GRAY & SON.

State College

Bellefonte.