Democratic Watchman.

Bellefonte, Pa., September 21, 1928.

Your Health,

The First Concern.

LIFE EXTENSION INSTITUTE INC. NEW YORK BIOS

—Years ago a good many physical ailments were not understood. It was not unusual to group together several ailments which are now recognized as separate and distinct diseases. Pneumonia, for instance, is now divided into several different "types."

—Bacteriology, the science dealing with germs has revealed the true nature of a good many diseases. It has proven that some of those which were formerly counted as separate diseases, are really identical.

As an example, let us consider the old-fashioned "membranous croup," as it was called. This is now recognized to be diptheria.

—There is another disease which used to be called "false croup." It wasn't croup at all. Now it is referred to as "spasmodic laryngitis."

The larynx is the part of the throat between the base of the tongue and the windpipe. It is lined with mucous membrane and like such membrane elsewhere, this is a tissue which is liable to become inflamed.

Children betwwen the ages of two and five are most likely to be attacked by croup. It is preceded for a couple of days or less by running of the nose, slight cough and, possibly, a little fever. It may be thought the child has a mild cold.

In other cases there may be no warning signs. The attack may come on with great suddenness.

In the early part of the night, usually after the first sleep, the child is aroused from a sleep which may have been natural and undisturbed. He awakens with a loud and barking cough. It is a peculiar, metallic cough.

There is very marked difficulty in breathing. Every breath seems harsh and whistling. The swelling of the membrane leaves little space for the entrance and exit of air.

The face becomes flushed. The skin is hot and the pulse is rapid. The child gives every evidence of fear as well as suffering. He cries, is very restless and wants to be carried. In an hour or so the symptoms improve and the breathing is less difficult.

The attack may be repeated the next night, and perhaps for two or three nights.

In the treatment there are two things to be accomplished. The first and immediate thing is to overcome the spasmodic closure of the throat. Then the inflammation may be treated.

If hot water can be had, fill a tub with it, at a temperature of about 100 degrees. Keep the little patient in this for a quarter of an hour. Be very careful not to scald the child.

Sometimes a hot foot bath, with a tablespoonful of mustard in the water, will relieve the symptoms. This may be enough to give complete relief.

The common household treatment is to give an emetic. For this purpose syrup of ipecac alone or with syrup of squills is a favorite remedy. But your doctor should advise you about this.

—The large increase in measles during the past twelve months is a manifestation of the periodic return of this disease in epidemic form which is likely to occur every third year. In many cities of the Commonwealth the peak already has been reached. On the other hand there are numerous sections in Pennsylvania that have not shown a definite increase in this malady. These latter localities may reasonably expect a decided addition to their measles rate during the 1928—1929 season," said Dr. Theodore B. Appel, Secretary of Health.

"However, all parents, whether or not they are living in communities already vigorously attacked by measles, should at all times carefully guard against the possibility of such infection on the part of their children. This can best be accomplished by avoiding contact with this type of illness.

"The first symptoms of this disease are affections of the eyes and nose similar to those usually associated with the common cold. It is at this time, before the appearance of the rash, that measles is highly communicable. Therefore, parents should, as far as possible, keep their children away from other youngsters manifesting these early symptoms.

—Suggestions for the care of the eyes prepared under the direction of the Surgeon General of the United States public Health Service, furnish many useful hints:

To remove "something" from the eye, dip little pieces of flannel in hot water and apply constantly below the lower lid. If the substance is a difficult one like a bit of steel, go to an oculist.

For "black eye" the swelling may be reduced by applying to the closed lids every three or four minutes, little squares or circles of clean, white, absorbent cotton or linen, fourfold which have laid on a piece of ice until thoroughly cold. This treatment should be kept up continuously for from 2 to 24 hours, until the swelling has subsided. The removal of discoloration may be hastened by applying more or less constantly below the lower lid, little pieces of flannel dipped in water as hot as can be borne.

"Blood shot" eyes are regarded as serious and if there is a discharge from the eye which dries on the lashes and causes the lids to stick together, a campetent physician or specialist should be consulted.

FOR AND ABOUT WOMEN.

DAILY THOUGHT.

—Be pitiful, for every man is fighting a hard battle.—Woman's Life.

—With the autumn showings of the French couturiers completed, all the world is eagerly waiting for the last word in current fashions. It is not altogether surprising to report that while there are as always some new tendencies, no very drastic changes in style are set forth. As I have declared so many times, fashions do not change overnight, rather do they go through a slow process of evolution, and by a slight accenting of famliar themes or a modification of those formerly stressed, we are led gently and without resistance to an acceptance of what is new in the mode.

Slim lines are still retained, with flat hips stressed more and the waistline as indeterminate as ever. If skirts are plaited, they are held in below the hips by long tight jumpers, or if the jumper is short the plaits are held in below by stitching or hip yolks. And skirts are by unanimous consent distinctly longer—yes, they actually reach two or three inches below the knee.

Not only does the feminine note, which has prevailed for more than a season, come in for a good deal of notice, but the formal afternoon frock which has been somewhat neglected in favor of sports things, seems to have come back very strong. In fact this might be noted as one of the big achievements of the recent openings. This very feminine effect is created by the continued use of flares, achieved by godets, circular flounces, plaits and ruffly tiers; by bows at the neckline and by many scarfs.

—Velvet is highlighted as a fall fabric. Every known type of this fabric is given first place by popular acclaim. Although in many of the good houses transparent velvet is still used, there is a decided tendency to return to the stiffer elegance of the old-fashioned Lyons variety. And an entirely new type of velvet has made its appearance, called "Velours Afghan," a fine non-lustrous velvet with a creepy surface effect.

The use of velvet is consistent throughout clothes for the whole day. It is, of course, extremely good for evening, richly trimmed with jewels, but it is also seen in morning ensembles combined with tweed and printed frocks, both of the sports type as well as those of more formal mein.

The printed and faconne varieties are good for one-piece dresses along simple lines.

A very smart outfit of this type was a yellow and brown checked mixture, the skirt flaring, the jacket short, the whole completed by a charming yellow moire blouse. Velvet jackets combine with satin skirts for daytime wear and for evening this soft flattering fabric is frequently allied with chiffon or lame.

Crepella is excellent for day wear and many fine novelty woolens will make the new sports apparel. Day dresses of flat crepe are complemented by coats of velveteen or broadcloth, the coats cut slightly flaring at the front. Sweaters of novelty jersey are prominent in sports ensemblies, patterned in small designs to resemble tweed, while plain jersey and angora are also featured. There is much metal, in solid lame fabric and a tracery of metal thread is introduced into every conceivable material, particularly in wool and jersey. For afternoon and evening lame broches is extremely good, especially for coats, many of them lined, collared and cuffed with duvetyn. One a very effectual combination, is of gold and silver lame trimmed with pale manuve duvetyn.

Beige continues to hold first place for sports, much black and considerable brown are shown in afternoon things. The newest of the novelty shades is a brilliant orangy red. There is a decided carrying over of the blues into the autumn, every tone of this color being shown in the new things. But even so there is a feeling that when the leaves begin to turn the browns and other autumn shades will come into their own.

—Chinese mandarin coats, always decorative, are expected to be very much in evidence. They are to be worn with a skirt as a blazer, or cardigan might be worn with a tailored frock of crepe or an odd skirt. A mandarin coat heavy with embroidery, with a soft one-piece frock—one of finely pleated chiffon, or of draped or pleated crepe, voile, ninon or satin, pleated or wrap-around, offers an ensemble that may suitably be worn on many informal occasions in one's own house.

—Indoor ferns as a rule have few insect or disease enemies, but when they do get into trouble no time should be lost in taking effective remedial steps, a writer in House and Garden asserts. This bit of advice, indeed, applies to all plants, whether growing in the house or outdoors.

Perhaps the commonest fern enemy is scale on the stems or leaves. When the infestation appears the plants ought to be turned upside down (of course, holding the soil and roots so that they cannot fall out of the pots) and dipped in a pail filled with a mixture of one ounce of nicotine solution and one-half ounce of soap dissolved in water. After dipping, the plants should be kept in the shade for 24 hours. A weekly spraying with the same mixture is an advisable supplementary procedure.

In case the scale infestation has made much headway before discovery, it will be well to remove entirely the most affected fronds before administering the prescribed treatment.

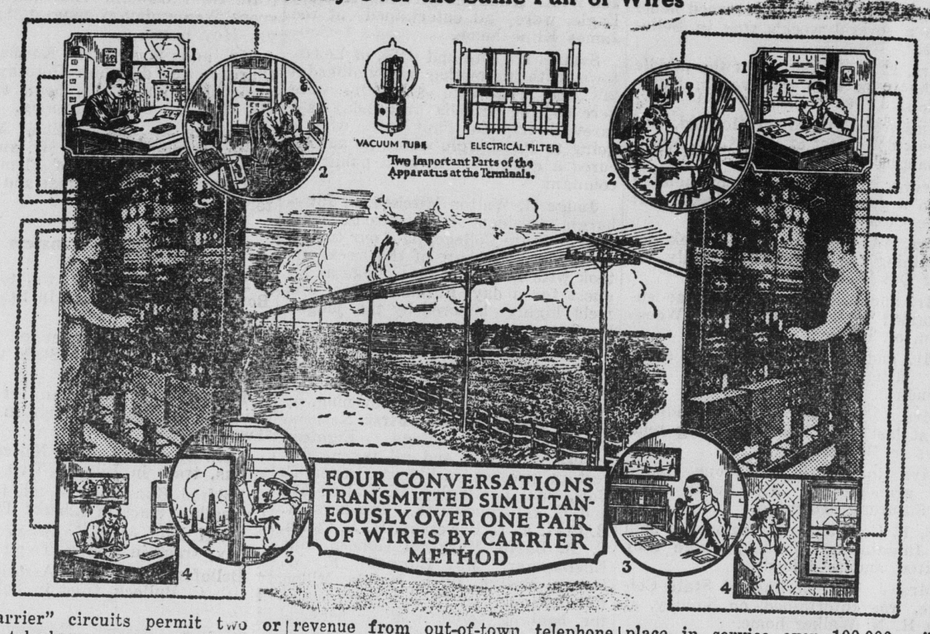
LIMA BEAN SOUFFLE.

One cupful Lima bean pulp, two eggs, salt and pepper to taste. Beat egg yolks and add to bean pulp. Season to taste with salt and pepper. A little onion juice may be added if desired. Fold in the stiffly beaten egg whites, turn into a buttered baking dish and bake 20 minutes in a moderate oven.

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

Use of "Carrier Telephone Circuits" is Being Greatly Extended by Bell System

By Means of Comparatively New Development Several Conversations Are Held Simultaneously Over the Same Pair of Wires



"Carrier" circuits permit two or more telephone conversations to be held simultaneously over the same pair of wires, according to a description of these circuits recently published in *The Telephone News*.

This is accomplished by sending the conversations over the lines at different electrical frequencies. By means of filters the different frequencies are "unscrambled" at the receiving end and are transmitted to their destinations.

The vast saving in wires is at once apparent. While the equipment necessary for the process is expensive and complicated and the savings were small in comparison with the total revenue from out-of-town telephone service in 1927, nevertheless on long-distance open wire circuits the saving is such that it goes toward keeping down the cost of service between distant points. It was also partly responsible for the reduction in some of the long-distance rates that went into effect on December 1, 1927.

In the annual report of the American Telephone and Telegraph Company for 1927, it is noted that there has been a marked increase in the carrier current systems. During that year 65,000 miles of carrier circuits were added to the Bell System. During the present year it is planned to place in service over 100,000 miles of carrier circuit.

When it is noted that there were only 70,000 miles of the circuit in use at the beginning of 1927, it is seen that the extensions during 1927 and those planned for 1928 will bring the total up to 235,000 miles. This is more than three times the amount at the beginning of that period.

This rapid growth, says the report, would hardly be possible were it not for the fact that carrier circuits are a relatively new development in the great toll plant of the Bell System, which has about 7,500,000 miles of long-distance wire.

COUNTY SABBATH SCHOOLS GET 35 DELEGATES TO STATE CONVENTION.

A letter has just been received by president Foster, of the Centre County Sabbath School Association assigning them a minimum of thirty-five delegates to the great Pennsylvania Sabbath School convention to be held in Philadelphia, October 10-11-12.

Pennsylvania, this year, with the aid of her largest city and the balance of the State, fully expects to hold the largest Sabbath School convention in the entire world.

Pennsylvania, with her 10,609 Protestant Sabbath schools, and her two and a quarter million Sabbath school teachers, officers and pupils even at that has only one in four of her population in the Sabbath school.

Yet with all that, she has one sixteenth of the entire Sabbath school enrollment of the entire world and one eighth of the United States enrollment.

The State organization has created live auxiliary organizations in every one of the sixty-seven counties of the State, and Centre county can feel proud of her part in such a splendid organization.

The great auditorium in which the convention will be held in Philadelphia will seat ten thousand people, half of which is confidently expected to come from Philadelphia, and the other half from throughout the State.

The program for this convention is to be better than ever before in anticipation of this great throng of Sunday school leaders, and our county can well afford to make an organized effort right now to run away over the minimum number of delegates assigned us.

The board of directors of the Pennsylvania Sabbath School Association are at their own expense going into every county this week meeting the county officers and other interested workers in the interest of our county work and of the coming Philadelphia convention.

Citizens Help to Enforce Air Rules.

Pennsylvanians rapidly are becoming "airplane fans." A number interested in aeronautics have constituted themselves volunteer inspectors and have advised the bureau of airs, of the infraction of the state's air laws.

Among the verified reports reaching the department was one from a western county telling of an ambitious airplane builder who has under construction in his back yard a ship which, he announces, he not only plans to fly when completed, but will use to give lessons to young men who want to become pilots.

While there is nothing in the state air regulations that would prevent the construction of the ship, the owner cannot attempt to operate it without it is first inspected by a representative of the department of internal affairs and its airworthiness determined. Futhermore, none but a licensed pilot is permitted to fly the plane, even should it proved airworthy. No one but a transport pilot, the highest grade among pilots, is permitted to instruct students. The builder of the plane has been notified of the state regulations.

The aeronautics bureau has licensed a total of sixty-nine pilots, fifteen mechanics and forty-one planes since the new regulations became effective July 1. Included in the list were licenses issued to holders of department of commerce permits and others who made application direct and were examined by designated inspectors of the department of internal affairs.

—Subscribe for the Watchman.

Penn State Begins 69th Academic Year.

The Pennsylvania State College opened its 69th academic year Wednesday morning with a general student convocation in the Schwab auditorium at which Dr. Ralph D. Hetzel, president of the college, welcomed the student body. Immediately following the convocation first classes and recitations of the year were held, starting more than 4000 students off on their year of classroom work.

This resident enrollment of 4000 sets a new record for the college; it is the first time that the total enrollment of those in residence has exceeded the 4000 mark at the start of the year. Included in this total is a class of 1200 freshmen, which is also the largest entering class in the history of the college. The freshmen have been on the campus for the past week, learning something of their new environment before actually beginning to attend classes.

There will be little relief from the crowded conditions of the college buildings until late in the second semester. There were no new class room buildings erected during the past year, but construction of an administration building for the school of Engineering was begun last month and will release some classroom facilities when it is completed. This will scarcely be before the late spring and will not aid materially in taking care of the increased enrollment. A dormitory for women students, an addition to one of the chemistry buildings, and a botany building are expected to be under construction before winter. The new gymnasium, and the new infirmary, which was erected from funds supplied by potato growers of the State, will be ready for use this fall.

There are few changes on the faculty for the coming year. One major appointment, that of Edward Steidle as dean of the school of mines, was made during the summer. A new commandant for the military department was detailed to Penn State by the war department. He is Col. Walter B. McCaskey, an army officer for more than 30 years. Both Dean Steidle and Colonel McCaskey attended Penn State as undergraduates.

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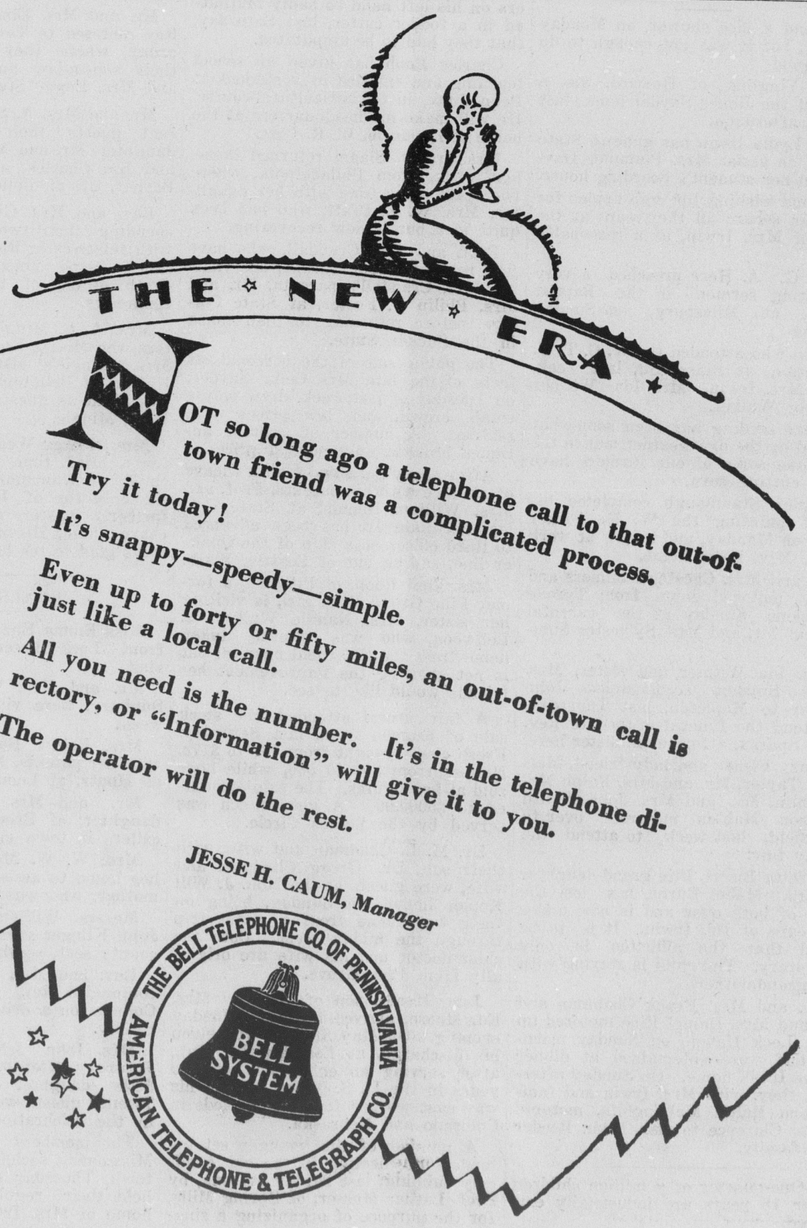

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