

Your Health

The First Concern.



You have heard the story of the little boy who was asked by his teacher how to spell a certain word? He spelled it correctly, and the teacher responded automatically: "That's good!"

X. wants to know if the banana is a good food. I feel like answering her as this little boy did his teacher.

Bananas have come into their own in recent years. They used to be in disrepute, especially for children, but that was because they were given in an unripe state and not thoroughly masticated.

In a certain intestinal disease—celiac disease—in which children cannot digest the usual starchy foods, it is found that they can digest ripe bananas, and these are given to the exclusion of all other starches.

The caloric value of the banana, weight for weight, is higher than other fruits, so it is splendid gaining food. For example, one banana, weighing 5 1/2 ounces, is 100 C., as compared to one fresh apple weighing 7 1/2 ounces, same number of calories.

The hot water compress for the relief of pain is a well-known household remedy, but it is sometimes inconvenient. Heat applied by an incandescent electric light has the same effect as the hot compress, in that its heat rays are more penetrating; it has further advantage of the light rays.

If you haven't one of the therapeutic lamps which can be obtained inexpensively, you can rig up a light with an extension cord, and a shade which will focus the light.

It must always be remembered that pain is a symptom, merely, and should be investigated. E.—Water comprises about two-thirds of the body weight. It is necessary for all of the body fluids and secretions, and it is a part of every cell in the body; it holds the food elements in solution until they are deposited where they are needed, and carries away waste products.

About two and one-half quarts of water are eliminated normally from the lungs, kidneys, skin and intestines daily, and we must supply this loss. The normal person should take from four to eight glasses a day, in addition to that which is taken in food. Children's bodies have a higher percentage of water than adults', so they need more water in proportion to their weight than do adults.

It is a good practice to have regular times for water drinking, say one or two glasses before breakfast (this can be taken moderately hot if liked) and one or two between meals. Children should always have some between meals, and especially during hot weather.

Yes, water drinking at meals is all right, E., unless excessive amounts are taken and unless it is used to wash the foods down. Ice water and other iced drinks are permissible in moderation; these should be taken slowly, for if taken too rapidly and in too large amounts, they may cause severe intestinal disturbances, both in children and in adults.

Overweight, diabetes, certain forms of arthritis, many forms of skin diseases, and certain intestinal diseases are some of the undesirable things that may follow the prolonged excess consumption of starches and sugars.

Now here is something else, which may prove to be very important. I get the data from a report given in one of the A. M. A. Journals.

Recently, before the Belgian Academy of Medicine, Sloss and Reding presented researches which showed that there were changes in the sugar regulatory mechanism in the pre-cancerous stage in their cases. It was manifested by the considerable height and duration of the phase of hyperglycemia (over-sugar in the blood).

In animals, experiments have shown that cancer may also have some relation to the vitamin deficiency.

Those who have an unbalanced diet, especially one containing excess starches and sugars, usually take too little of the foods containing vitamins. And even though they are getting a good supply of them, they are relatively deficient—or perhaps they are not absorbed because of the excesses. It seems to me that sooner or later cancer will be found to be a so-called deficiency disease.

Now, please do not jump to the conclusion that I think there is some diet that will cure cancer. I do think that the right diet may prevent the disorderly chemistry of the body that apparently is necessary, with some other form of irritation, to produce cancer. But the only cure of cancer known now is the immediate attention of surgery or radium or X-ray, or other things that are used by the scientific surgeon. And naturally, if the diet is right, they will be more effective.

PUBLIC HELP SOUGHT IN DRIVE FOR SAFETY.

Secretary of Highways James Lyall Stuart today made an appeal to parents and motorists for the exercise of caution and safety on highways during the present school season.

"School children of all ages returning to their desks after the summer vacation are called upon to run the gauntlet of traffic four times each day," Secretary Stuart said. "The two recess periods of the day increase the child hazard. It is the plain duty of every motorist to exercise the greatest caution during the periods these children are on the streets."

"My appeal is based on the toll of 143 children under 15 years of age killed by motor vehicles during the first seven months of 1928. In the same period, department records show, 2135 children under 15 were injured, many of them permanently," the secretary continued.

"Parents have a duty, the importance of which cannot be overemphasized, and that is to teach children to cross streets at the corner, first looking to left and then to right for approaching automobiles. Teachers are making valiant efforts in this work, but the bulk of it must be done by parents, who are in a position to demand the respect and obedience of their children."

"Let us trace this year's list of pedestrian casualties on the highways and streets of Pennsylvania, which witnessed the destruction of 199 lives and injuries in varying degrees suffered by 2694 others."

"Five persons were killed and sixty-one injured at protected crossings when they crossed against the signal. Six were killed and twenty-seven injured as they crossed at unprotected corners."

"Short-cutting the intersection in a diagonal direction cost 125 injuries, but the worst habit of all, that of crossing between intersections, in the middle of a block, appearing in the street from behind parked cars along the curb, collected the heaviest toll."

"In seven months forty-seven persons were killed and 790 injured from this one cause, which cannot be laid entirely to the door of the driver, who is not expecting pedestrians to appear suddenly, and who seldom has a chance due to heavy traffic lanes, to swerve aside and avoid the pedestrians."

"Motorists are more directly to blame for the next item, namely, two deaths and forty injuries to persons leaving or boarding street cars and the same is true of one death and twenty-two injuries to persons standing on safety aisles."

"Parents must face part of the responsibility for the loss of thirteen child-lives and 175 injuries to children, all of them due to playing on the street. Riding or hitching on vehicles cost several little lives and 162 injuries."

"When children see the example set by their elders and parents in defiance of all the laws of safety, there is little wonder that an annual procession of white caskets fills the streets and highways, while clanging ambulances hurry to hospitals, where surgeons pass a sorrowing judgment—'You are doomed to go through life a hopeless cripple, with none of the pleasures and advantages of your healthy, body-whole playmates.'"

"Motorists and parents alike must strive to end this stream of blood. If you are appalled by the death and wounds of the World War, compare them with the nation's traffic casualties of the past ten years, equivalent to several divisions of an army."

Farmers May Find New Revenue Source from Walnut Stumps.

"The pot of gold may be in, not under the old walnut tree stump. That is, if they are the right kind of stumps and if you have enough of them."

That was the information made public today by officials of the Department of Forests and Waters, who report a good demand for old walnut stumps that are suitable for veneer. A representative of the Department who is making special tree growth studies in Western Pennsylvania has reported that agents in some sections are willing to purchase all walnut stumps that meet the requirements.

He told of one instance near Mt. Morris, Greene county, where a farmer gladly accepted \$10 for three stumps. The agent agreed to dig them out and haul them away.

The best walnut stumps, officials said, are from large trees cut many years ago. The more aged and gnarled the stump, the better veneer it will make.

Deer Damage Young Trees.

Until damage by deer has been reduced, employees of the board of game commissioners will curtail their annual reforestation work, in such sections, W. Gard Conklin, chief of the bureau of lands and refuges, says. Conklin cited two instances where persistent damage by deer has caused refuge keepers to declare that their efforts to reforest nearby land had been futile.

George Ryder, keeper of Refuge No. 12, in Bradford county, reported that practically all of the 117,370 forest tree seedlings which he planted were covered a six-year period and each year an increasing percentage of the seedlings which had survived were destroyed.

Practically the same conditions have been reported from Clearfield and Elk counties. At one refuge, LeRoy Jefferson, the keeper, planted 14,885 seedlings in a three-year period. In a report to Conklin he said that scarcely one of them survive.

Pennsylvania's death rate of 11.4 in 1927, was exactly the same as for the entire birth registration area of the United States, according to a report prepared by the bureau of vital statistics of the State Department of Health. The area includes thirty-seven States.

FARM NOTES.

—It pays to hog down corn, but not so well if you don't give the hogs tankage and minerals on the side. Tests have shown that even when soy beans have been planted in the corn, or the hogs have the run of clover or alfalfa, they still need tankage—and minerals always. "Let them help themselves to the tankage in a self feeder," says Professor Eppard, of the Iowa State College. But skim milk or buttermilk will do well and is not so expensive.

—Stomach worms average about 1 inch in length, sometimes reach 1 1/2 inches. They have about the thickness of a pin and are of reddish copper color. The females are larger than the males and are spirally striped with red and white. Here they may be seen in great numbers swimming around in the liquid or clinging to the stomach walls. There are quite a number of compounds on the market for the eradication of the worms, some better than others.

—Cows that go into winter quarters in a thin condition cannot be expected to do full duty at the milk pail.

It will also cost more to bring them back to flesh than if they had received grain during the pasture season, says County Agent Ross. Dairy cows that have not been getting grain this summer will do better if they are fed extra grain at this time. This is especially true of cows that do not freshen until winter or next spring.

When cows become reduced in flesh it is practically impossible to bring them back into production, Ross declares. Supplementing short pasture with extra feed is profitable to the dairyman.

In the past few years plant breeders have aimed at reducing the labor of harvesting and increasing the value of roots. As a result mangels and improved feeding varieties of sugar beets grown from the higher quality of seed, grow largely above the ground so that the difficulty of harvesting, which applies to the poorer, rooty strains of sugar beet, has been eliminated. The modern types of mangel now grow almost entirely above the soil and can easily be harvested even when the ground is wet and slightly. The feeding content has been greatly increased, the sugar mangels and improved varieties of feeding sugar beets being especially recommended in this connection. Of course, in this case, as with all crops, it is particularly important to use only the very best seed procurable.

The supply of manure on some farms is wholly inadequate to the plant-food needs. Anything that can be done to increase the value and efficiency of this manure means increased profits, or at least a lower fertilizer bill, which means the same thing.

A ton of manure is equal in fertilizing value to about 100 pounds of a 12-5-10 fertilizer; in other words, each ton of manure will contain 12 pounds of ammonia, 5 pounds of phosphoric acid and 10 of potash. The weak spot of this analysis will be readily recognized as the low phosphoric-acid content, as compared with the relatively high supply of ammonia, and potash per ton of manure.

This situation can be corrected by the addition of 5 pounds of 16 per cent superphosphate or about 40 pounds of 20 per cent superphosphate to each ton of manure. This addition of phosphoric acid will give an analysis of 12:13:10 to the treated manure, making each ton equal to about 100 pounds of 12:13:10 fertilizer in value. The practical application of this treatment is that the available supply of manure on the farm, increased in fertilizing efficiency, can be applied less heavily with equal or better results than the untreated, and can thus be made to cover an increased acreage of the farm each year.

Canker worms, variously known as "measuring worms," span-worms or loopers are among the commonest tree insect pests reported to foresters of the Pennsylvania Department of Forests and Waters. The damage usually reported is done by two species commonly known as the spring cankerworm and the fall cankerworm. They attack shade, fruit and forest trees, and occasionally become so numerous as to completely defoliate forest trees on large areas.

Damage to the foliage of trees by the fall cankerworm, since it occurs after the growth of the season has been completed, is not usually so serious, officials of the Department said. Healthy trees attacked by either spring or fall cankerworms will replace their foliage. Repeated defoliation, however, especially upon oaks, leads to attack and injury of the weakened trees by bark and wood-boring insects.

Cankerworms are the caterpillar stage of moths, and come from eggs laid by the female moths, which are wingless. The worms are smooth and about an inch long. The spring species is light mottled yellowish brown to black in color, and the fall cankerworm has a lemon-yellow stripe on each side, with three narrow white stripes along the back. The fall cankerworm is chiefly a pest of fruit trees.

The eggs of the fall cankerworm moth are fifty to a hundred in number and arranged like little flower pots neatly placed together, in irregular bands that encircle the twigs near the end of the branches. Those of the spring cankerworm are egg-shaped and laid in irregular batches beneath the bark scales.

Control of the cankerworm in the forest would not only be an excessive expense and impracticable, but is usually unnecessary. Natural enemies ordinarily afford adequate control in the forest. At least forty-two species of native birds feed upon cankerworms.

Upon shade and fruit trees the cankerworm may be controlled by banding and spraying. The kingless females must crawl up the trees to deposit their eggs, and infection may be prevented by banding the tree trunks with sticky substances that prevent access to the limbs, branches and foliage.

Heavy Toad Migration Due to Wet Weather.

An unusual number of migrating toads is attributed by biologists of the United States Department of Agriculture to an extraordinarily wet season. There is on record a migration of thousands of these little amphibians along seven or eight miles of the Dalles-California highway on the east shore of Upper Klamath lake, Oregon. The toads were all moving in one direction across the road and automobiles were killing them by the hundreds. The live ones were hopping over the dead ones and continuing their journey. The dead toads probably furnished food for crows and magpies, as there was scarcely a toad carcass to be seen when the same region was visited a day later.

These toads, upon emergence from their winter hibernation retreats, proceeded to the shadow edges of some lake, pond or stream, and the female begins laying from 4,000 to 15,000 eggs. The hatching period depends upon the temperature, usually requiring from three to twelve days. The transformation of a tadpole to a young toad takes place some time between fifty and sixty-five days after hatching and under abnormal conditions has required two hundred days. The newly transformed toads leave the water and many of them perish before they find some sheltered retreat. Under certain conditions literally thousands of these young toads emerge from the water at the same time.

Air Mail Planes to Pick Up Pouches Without a Stop.

Despite the present record of transporting mail at the speed of 100 miles per hour, the Post Office department and operating companies are planning on even faster service, according to the American Air Transport association.

Successful tests of a device which enables mail planes to pick up mail while in flight is regarded by air

transport officials as an outstanding development in the mail service.

A mail plane, trailing a steel cable catch line into a pickup shoot, snagged a 35 pound package without lowering the speed of the plane. Tests are to be made with the device on heavier loads.

The mail sacks on the ground during the tests that have been made were held in a large V-shaped metal trough with sides eight feet high. The steel cable from the plane is dragged through a sand approach into this trough which narrows down to a slit and there connects with a ring, jerking the sack upward.

End of French Deam of American Empire.

Miquelon and St. Pierre, two rocky islands off the southern coast of Newfoundland, are the only possessions of France in North America, says the Pathfinder Magazine. The National Geographic society says these tiny islands are now peopled by about 4,000 sturdy fisherfolk of Breton and Norman stock.

These islands were first occupied by the French in 1660. The British captured them in 1702, but gave them back to France in 1763 as a fishing station. Thus they are the sole remnant of the great empire which France once had in North America. Their importance is due to their proximity to the Great Banks, which makes them the center of the French fisheries. These fisheries are kept up by an elaborate system of bounties by the French government, which considers them important for training sailors for the navy.

Metaphysical Problem.

The doctor entered his reception room and found a typical old maid and hard-boiled gentleman awaiting his ministrations.

Turning to his attendant, the physician asked, "Which came first—the hen or the yegg?"—Judge.

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