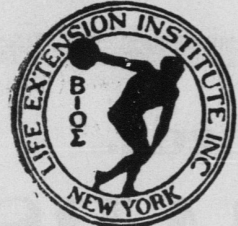


Your Health

The First Concern.



We know that chronic irritations in middle age may cause cancerous changes. For instance, smokers' cancer of the lip, cancer of the tongue from broken teeth or a rough plate, etc. But there must be some other factors beside chronic irritation or even more would have cancers. What these underlying factors are that cause the tissue cells to begin to multiply, is not fully known, but we know there must be something wrong with the chemistry of the body.

Before the Belgian Academy of Medicine, Sloss and Reding recently presented researches which showed that changes in the sugar regulatory mechanism are manifest in a pre-cancerous stage. There was an over-amount of sugar in the blood of the cases studied. Other experiments which have been carried on in animals, show that cancer may have some relationship to lack of vitamins; therefore a prolonged incorrect diet probably has a great deal to do with this changed chemistry of the body.

Now another factor was brought out by Dr. James Ewing at the Conference on Cancer Control, held at Lake Mohonk, N. Y., in 1927. It is that lack of physical exercise tends to development of cancer. In discussing the question, Dr. Handley, of London, said that the lack of physical exercise caused a chronic lymphatic stagnation or obstruction and this excess of lymph overnourishes the cells, thus giving them the tendency to multiply. He pointed out that the fluid that bathes our tissues requires to be constantly changed, just as does the water in which flowers are placed. And this can be attained only by regular exercise.

So then, when we understand and practice exercise and correct diet and avoid chronic irritation, we will probably prevent cancer, as well as many other disorders.

To imagine you are sick is next door to being sick. So far as the immediate victim is concerned, it is just as bad as being sick. To the family and associates imaginary illness is worse than the real thing, because usually it is accompanied with greater vocal complaints and demands.

There is a disturbance called by the doctors "neurasthenia" or "psychothemia." The former word is from the Greek and means "debility of the nerves," the other means "debility of the mind."

This ailment is an obstinate functional disturbance of the nervous system. That is, there is no destruction of tissue, no visible or measurable disease, no actual change in the body or any of its parts. But for one reason or another the body or its parts do not function, do not operate, do not work as they should.

We speak of the victim of this disagreeable condition as a "neurasthenic." The neurasthenic can't work, at least he can't work long, at his usual mental or physical job. He tires out almost at once, even though he may begin the day in good spirits and determined to apply himself.

There are many, many symptoms, all included in this unhappy state. The first is a tremendous exaggeration of himself, if you know what I mean. How he feels, what tender solicitude should be given him, what wealth of attention should be showered upon him—these are all he thinks about. You must listen to his tale of woe or he is hurt to the verge of tears.

The victim may suffer from one of the many "phobias" or fear—fear of a crowd, fear of a high building, fear of an East wind, fear of death, fear of some particular disease, fear of financial failure, fear of something.

Every such patient should be carefully studied to see what is wrong. If there is such an unhappy person in your household, help the doctor by thorough study of the habits and symptoms.

Eye strain, with the needed correction of vision or muscle balance, is a factor that must not be overlooked. Habits of sex, habits of eating and drinking, habits of hygiene—all these are important.

The simple life, simple eating, recreation, entertainment, are vital to all of us. They are doubly significant. Good sense and good living will help to avoid all ailments.—By Dr. R. S. Copeland. M. D.

If American girls have any regard for the opinion of that serious minded hard hitting young man, Gene Tunney, the market on high heeled shoes is about to drop. The heavy-weight boxing champion has turned from Shakespeare to physical adviser. He believes walking is the form of exercise best adapted to all ages and both sexes, but adds:

"I have no advice for those who try to walk on the high, narrow heels some of our girls wear. Any effort to walk any distance on such stilted shoes as those will injure, perhaps cripple the wearer, to say nothing of the way it thrusts the internal organs out of place."

When Tunney advises walking, he doesn't mean strolling. "I mean real walking, with head up, chest out, spine straight and feet moving along at the rate of four or five miles an hour. A slow, dawdling walk gives you practically no exercise," he emphasizes.

Vote For Smith Is Worth \$50 An Acre to Farmer, Says Republican Banker

KANKAKEE, Ill.—"Fifty dollars per acre for your vote!"

That slogan in big black type is appearing in local newspapers at the head of full page advertisements which are being paid for by F. G. Snow, local farmer and banker.

Mr. Snow, one of the leading Republicans in the community, points out that farm lands on the average are worth \$50 less an acre than they were seven years ago and calls upon all Republicans to repudiate Hoover and the Coolidge policies. He said: "Though I have always been a strong Republican, I would be a second Benedict Arnold to the people who patronize my bank if I supported my party's Presidential nominee this year. The prayer of the farmer today is not for rain but for the election of 'Al' Smith."

"As the head of a large bank in the farming district I daily come into contact with numerous farmers who face ruinous conditions. The advertisement is my contribution to defeat Herbert Hoover, the farmer's arch-enemy and the very man who was responsible for maintaining the fixed prices on wheat and hogs, to the disadvantage of the farmer, during the war."

"I have had many requests from

Indiana, Iowa, Tennessee, Kansas, South Dakota, Nebraska and Montana for permission to reprint it." In the advertisement, Mr. Snow said:

"Mr. Farmer, in pre-war days every acre of good land was worth from \$25 to \$75 more per acre than it is worth today, and for what reason? Farmers are now paying a tariff-protected price for nearly everything they buy, and because of a small surplus, are compelled to sell what they produce at prices unprotected by the tariff, for their tariff is absolutely ineffective because of a small surplus."

"Nearly four years ago Mr. Coolidge was elected President on a platform containing a strong farmer-aid plank. Since his election he has done nothing to relieve the depressed agricultural conditions, but has twice vetoed a farm-aid McNary-Haugen bill which was backed by a rural agriculture and twice approved by Congress."

"I do not care whether you are Catholic or Protestant, wet or dry, the fact remains that the steady confiscation of farm lands is still going on to an alarming extent. I claim that a vote against Hoover is a vote for a \$50 average increase in the price of the farmer's land, and a chance to return to prosperity for the tenant farmer as well."

FOR PRESIDENT!



Gov. Alfred E. Smith

"YOUTH ENDANGERED"

PHILADELPHIA.—James F. Lucas, vice president of the Lucas Paint and Brush Company of Philadelphia, a well-known Republican for fifty years, has announced that he is "opposed to hypocrisy" and, accordingly, opposed to the election of Herbert Hoover. He added:

"I shall vote for Governor Smith because I believe his election would end conditions which are endangering the future of the younger generation."

DANIELS REBUKES STRATON

RALEIGH, N. C.—Rebuking Dr. John Roach Straton for expressing the belief that "my old friend," Josephus Daniels, would bolt the Democratic party, the former Secretary of the Navy has again emphatically declared, in a letter to the New York pastor, that he will support Governor Smith. Mr. Daniels wrote:

"I believe I can serve the cause of prohibition and temperance better by remaining in my party than by supporting Mr. Hoover, who sat in the Cabinet with Harding with all the corruption and with Coolidge with all the favoritism—the two administrations, which, by flagrant failure to enforce the law or to give it legal and moral support, have done more to harm prohibition than its open foes."

W. C. T. U. WORKER FOR SMITH

KNOXVILLE, Tenn.—Mrs. Lucy Reed, member of the W. C. T. U. for thirty years and an active prohibition worker, is an ardent supporter of Governor Smith. As a genuine Dry she dislikes the illegals "wetness" of the Republican party, she says; and she adds that Governor Smith "is honest and will enforce the laws."

Checks for Small Amounts

There is a federal law stating that "no person shall make, issue, circulate, or pay out any note, check, memorandum, token, or other obligation for a less sum than \$1, intended to circulate as money or to be received or used in lieu of lawful money of the United States and every person so offending shall be fined not more than \$500 or imprisoned not more than six months, or both, at the discretion of the court." Many individuals, and even the government, make checks for an amount less than \$1, but they are not intended to pay the amount of the check to the person the check is made payable to. A check is not lawful money and consequently cannot be passed as lawful money. A check is a personal credit instrument used in place of money.

FORMER BOSTON MAYOR IN FIRST VOTER DRIVE

Organization of the first voters has been started by the Smith-Robinson League of First Voters under the chairmanship of Andrew J. Peters, former Mayor of Boston, and Mrs. John Harlan Amen, a daughter of Grover Cleveland.

Strategic points have been selected throughout the country for regional headquarters to direct the organization of the young voters.

"The new voter in the coming election occupies a position of unusual importance in the political alignment of the country which exists today and may well hold the balance of power," former Mayor Peters said in accepting Chairmanship of the Men's Division. "The candidacy of Governor Smith makes an special appeal to young men and women, because Governor Smith stands pre-eminently as the champion of the rights for equal opportunities for those young men and women to expand and develop in the life of our American community."

WILL CARRY MISSOURI

Governor Alfred E. Smith received the following telegram of thanks from Judge Charles M. Hay, who recently won the Democratic senatorial nomination in Missouri:

"I sincerely appreciate your message of congratulation. We will carry Missouri for both the state and national tickets. Heartiest good wishes."

The telegram was received aboard the governor's train returning from the funeral of his lifelong friend, George E. Brennan, Democratic leader of Illinois.

Won and Lost

Three young men were dining. After the meal one of them wagged another that the latter could not balance a glass of water on each hand. The challenge was accepted. Placing his hand palm down, flat on the table top, the challenged one let his companions place a glass of water on each of his outstretched hands. "Easy," said he. "You win," replied the other two and they placed the meal checks in his coat pocket and departed. Amid the laughter of other diners, the hoaxed youth had to invoke the aid of a waitress before he could be relieved of his embarrassing burden.—Boston Globe.

In Mexico

Husbands in Mexico do not carry latch keys. When they have been out late to the lodge they ring an electric bell or pound on a heavy wooden gate.

This wakes up the wife or servants and all the neighbors, but no one kicks very hard, for it is an ancient custom. Mexican wives do not wait up for their husbands to come home, armed with rolling pins.

The husband can't sneak upstairs with his shoes in his hand. He makes enough noise when he arrives to wake up people for many blocks and then wifey gets up and attends to his case.—Brooklyn Standard-Union.

Electricity in Coat

Bobby, age five, had been left in the care of his aunt while his mother was doing some shopping.

"Why," said Bobbie, "does mother want a coat with electricity in it?" "A coat with electricity in it," said the aunt, "surely you must be mistaken."

"No, I am not," said Bobbie. "She said that she was going to buy a coat and have it charged."

Hardly Worth While

Fault finding is an easy habit to acquire. No talent, no brains, no character, no education is needed to establish yourself as a grumbler, and the rewards are usually commensurate with the investment.—Grit.

Odd Power Credited to Precious Stones

Superstitions still persist about the magical properties of many stones. On account of that associated with the opal, the proposal is frequently made by jewelers' associations to remove it from the list of "birth stones."

Strange places have been looked into for stones possessing unusual requirements. The gizzard of a rooster is said to have revealed a stone which rendered wives more agreeable to their husbands; the shell of a crab yielded a stone for sore eyes. Beads of paste or glass were in common use in ancient Gaul under the name of serpents' eggs. They were thought to be generated from the breath of the serpents, being shot into the air from their hissing jaws. Soldiers wore serpents' eggs to make them invincible.

It was long believed that a sapphire would heal diseases of the eye; and such a stone was once given to the treasury of St. Paul's by a well-meaning London grocer, to be used for that purpose. There were stones to heal wounds, to aid the complexion and to prevent drunkenness.

St. Isidore, bishop of Seville, is said to have known of a stone which, when powdered and drunk with vinegar, made men insensible to torture. There is no record, however, that he ever tried it.

Life Never Always Sunshine or Sorrow

Life itself is short; time is fleeting; and we should learn to accept our lot with reasonable complacency. That does not mean that one should sit quietly and dumbly when beset by crushing adversity. Make the best possible fight against the enemy; but in the end, after you have done your very best, try to rest content, whatever the outcome may be. Sometimes our experiences are bitter; other times they are sweet. But if we do our part, play the game of life intelligently and honestly, we can usually be assured of fitting rewards. And when affliction that we may think is undeserved is meted out to us; we may chafe at its hardship, though at times it cannot be avoided, try as we will. But whatever adversity or misfortune may come to you there should be many exquisitely delightful remembrances, and you should at all times try to live within their ecstatic imagery.—True Story Magazine.

The Rain Gauge

The earliest rain measure, or gauge, was first used in Korea, in the Fifteenth century. Galileo, Sir Christopher Wren and other experimenters with measures, but the first gauge of which there is any authentic description was made in England by a Mr. Hooke in 1635.

The rain was collected by means of a funnel into a flask, weighed, and the weight converted into inches—a different method. It was not until 1801 that the late G. J. Symons designed a satisfactory pattern of gauge.

In his "storm" gauge an inch of rain is represented by 24-inch in the tube. Floats make reading easy. If one tube fills it overflows and registers accurately in the second.

Going Into Detail

A certain gentleman who bought a house as close to the station as he could possibly get it soon repented of his choice.

The following is a letter he wrote to the railway company complaining about the noise made by shunting operations throughout the night:

"Gentlemen, why must your engines, ding and dong and fizz and spit and pant and grate and grind and puff and bump and chug and hoot and toot and whistle and wheeze and jar and jerk and snarl and slam and throb and roar and rattle and yell and smoke and smell and shriek all the night long?" —Exchange.

Weasel Fights Pests

The weasel, whose white winter coat forms the ermine of commerce, is found in various forms from the Arctic to the Tropics, says Nature Magazine. It would seem as if nature had a mind a machine for keeping in check the hordes of mice and other rodents that without some restraining agency would devastate the earth. In a variety of sizes, the smallest of which traverse with ease the burrows of the lesser mice, while the largest approach in size the mink and marten, and prey on larger species.

"Lvoof"

There is one thing harder to understand in Lwow than the Hebrew, Polish, German, Italian and Russian heard on its streets—the pronunciation of the city's name. Most of us would pronounce the "L" and follow it up by a well emphasized "voo." But the Poles will tell you to press your tongue to the roof of your mouth and say "L" as we do, then forcefully biting the lower lip with the upper teeth, to say "voo" (Lvoof).

World's Best Literature

A party of men were playing poker in the vast library of the pretentious new home of a movie director in Hollywood, when one of the players asked to be left out for a few rounds.

"What's the matter?" the host asked anxiously. "Oh, maybe it will change my luck if I stay out a few hands," said the guest, and added: "I'll just go around and cut the leaves of some of your books here."—The New Yorker.

The First Wedding In White House.

The first marriage in the White House was in March, 1811, during the first administration of James Madison.

Supreme Court Justice Thomas Todd was then united in the holy bonds with Lucy Payne Washington, widow of Philip Steptoe Washington, a nephew of the late father of his country, and sister of Mrs. Madison.

In the second White House marriage, Anna Todd, a cousin of the two sisters, was joined with Edward Brake Jackson of Virginia, who later became a congressman.

The Dog's Jungle Hang-Over.

The reason a dog turns around several times before lying down is said to be because his ancestors found it necessary to do so. The dog, being a domesticated animal, is a survivor of wild forefathers that lived in jungle-grass. If they wanted a comfortable bed they had to turn around several times to level the grass. Today's dog goes through the same process instinctively.

Advertisement for Washington 16-Day Excursion, Friday, October 12, \$12.60. Round Trip from Bellefonte. Pennsylvania Railroad.

Advertisement for Fine Job Printnig, A SPECIALTY at the WATCHMAN OFFICE.

Advertisement for BOOK WORK, stating that they can do the most satisfactory manner, and at Prices consistent with the class of work.

Advertisement for Dry Cleaned? Stickler & Koons, 8 West Bishop St. Cleaners - Dyers - Tailors - Hat Renovators. Also Chichester's Pills.

Large advertisement for THE NEW ERA, featuring a man in a suit and the text: 'What youngster away from home? Why not a pat on the back, a word of encouragement? Did you ever consider that he is no farther away than the telephone on your library table? Let us take you to him. No fuss, no bother, no delays, no complications. Within forty or fifty miles it's just like a local call. The number is in the directory, or "Information" will give it to you. Then—tell the operator. She'll do the rest. JESSE H. CAUM, Manager'.