

Your Health,

The First Concern.



Apart from tuberculosis and the acute diseases such as typhoid fever and pneumonia, disease and the gradual breaking down of the body—which we call aging—is taken, even by scientific men, too much as a matter of course. The gradual changes in the human body that express themselves finally in old age and sudden death are generally blamed to the influence of time. The duration of human life, however, is not governed by time but by what happens in the course of time. Death rates are not fixed. During the past 400 years thirty-seven years have been added to the average lifetime.

In Geneva in the 16th Century the expectation of life before an infant born was twenty-one years. In the 18th Century in Geneva it had increased to thirty-four years. In Massachusetts in 1789 it was thirty-five years. In the United States Registration States in 1900 it was forty-nine years and in 1922 it was fifty-eight years. Scientific men hope that the expectation of life in 1930 will be sixty-five years. Most of this gain, however, has been made in the death rate under the age of forty-five.

If growing old is not a function of time, to what must we ascribe it? The answer is simple—to well known definite physical causes, namely heredity, infection, poison, disease or over-use or abuse of the body mechanism, and accident. What is the most rational method of meeting and overcoming these factors that lead to physical bankruptcy? Surely the common-sense method is to search our bodies and lives for evidence of these menacing factors and bring to our aid the resources of science in eliminating them. This is no academic theory, but is an established scientific truth. Large groups of individuals who have followed this system and taken the examinations of the Life Extension Institute have shown a reduction in the death rate between the ages of fifty to sixty of 53%; in the younger age periods from 18% to 25%.

The Life Extension Institute has examined over 600,000 people and has developed a highly standardized method of doing this work, not only in the conduct of the examinations, but in the interpretation of the findings and the counsel that is based upon them. It must be apparent to any thinking person that a physical examination by itself is of comparatively little value. There must be proper interpretation of the findings and sound counsel and guidance based upon them.

The Institute does not prescribe treatment, does not make diagnosis, but endeavors to elicit full information regarding the physical state of an individual and his methods of living. On this information counsel is based as to needed correction in hygiene and the type of medical treatment that should be sought. The Institute has no relationship with treating agencies or physicians. An absolute neutrality is observed in such matters so that the public may be assured of a thoroughly unbiased, critical examination and straightforward counsel as to the proper course to follow.

Your membership in the Life Extension Institute places at your service the interest and advice of a responsible, scientific organization, the sole purpose of which is to help you guard against physical impairments and help you to build up and maintain a healthy and efficient body.

The experience and resources of hygienic science are made available to you in their most usable form to assist you in strengthening your power of resistance against fatigue and disease, to increase your capacity for efficient work, and to prolong the most active, useful years of your life.

Upon joining the Institute you first fill out a standard form, giving your daily living habits, personal and family history, activities, past illnesses, and any other information as to your physical condition and health problems which you care to submit for consideration in connection with your physical examination. The standard personal history blank of the Institute has been carefully planned to elicit the information essential for interpreting your condition of health in connection with the medical examinations and laboratory reports in your case.

Everything in connection with the Institute's service is entirely confidential between the Institute and the individual examined.

As a member of the Institute you will receive a careful physical examination covering the eyes, nose, ears, throat, mouth, teeth, lungs, heart, circulation, skin, glands, stomach, liver, abdominal organs and general bodily conditions. This examination can be made either at the office of the Institute in New York, Boston or Chicago or at the office of our medical examiner in your home town or city.

The Institute has a list of over nine thousand examining physicians throughout the United States and Canada. All of these physicians have been selected and instructed regarding the standards and methods to be observed. At its Home Office in New York City the Institute has a staff of fifty men and women examining and reviewing physicians.

After you have received your examination, all the reports assembled in your case, including your own personal history statement, will be re-

viewed by physicians at the Home Office in New York and you will later receive detailed comprehensive reports covering all the findings. These reports will place before you a list of any physical defects or disabilities either in your physical condition or manner of living, the correction of which may improve your health and prolong your life.

Five-Day Work Week Making Headway in the Middle West.

Beneficial results of the five-day work week now being enjoyed by fully 135,000 workers in the Detroit territory, according to officials of employers' organizations, are shown by developments pointing to educational and recreational advantages made available by the longer leisure period thus afforded.

Outstanding among these developments is the greatly increased enrollment of factory workers in the training school of the Ford Motor Company whose plants employ more than 120,000 men on the five-day basis. Courses in practical shop mathematics and mechanical drawing are proving of particular interest to tool and die workers, draftsmen and machinists generally, and an increasing number are enrolling in courses in electricity and chemistry, it is announced by instructors in charge of the Ford school.

That workers benefiting from longer week-ends also have given increased attention to opportunities for recreation for themselves and families during the summer months is apparently attested by figures compiled by Michigan organizations for the development of tourist trade in the northern part of this State. These show that approximately 78 per cent of the tourists in the territory are residents of Michigan.

Another result attributed to the five-day week is the increased interest in home building and maintenance and gardening which has been very much in evidence in the Detroit metropolitan retailers in lumber, paint, building, gardening equipment. The trend toward better homes and gardens has been especially notable among workers who have small homes in the outlying sections and who have more time for them, due to the shorter working period each week, it is reported.

Ruling Helps Curb Poor Nursery Stock.

Unreliable nursery stock salesmen and dealers who caused great loss and disappointment to purchasers of nursery stock a number of years ago, have been eliminated to a large degree through the registration of all nurserymen and dealers in Pennsylvania, according to the bureau of plant industry, department of agriculture.

The State law requires the inspection of all woody nursery stock offered for sale in Pennsylvania. This service is given free of charge to all persons selling nursery stock and assures the purchaser healthy plants. The Pennsylvania nurseries are inspected one to three times each year and the general conditions have been found to be good, often much better than the stock shipped into the Commonwealth.

Not only must all nurserymen have a license but all dealers in nursery stock, as well as agents canvassing for nurserymen, must be licensed. Anyone contemplating purchasing nursery stock should ascertain the status of the grower, dealer or agent before placing an order, at least. All agents are required to carry a card certificate.

Prison Industries Help to Train Men.

Despite the difficulties in the marketing of prison made goods the industries conducted at the State penitentiaries and the Huntingdon Reformatory are a vital part of prison administration, Harry E. Andrews, who supervises the work in the department of welfare today asserted. The primary aim of all such work, Andrews said, is to train the inmates in trades or occupation which will assist them in becoming useful members of society when they are released. At the same time it prevents the demoralization which would follow complete idleness.

Products from the prison industries include license tags for automobiles, hunters and dogs, road signs and boundary markers, brushes, textiles, blankets, hosiery, underwear, shoes, furniture and printing.

Making of the automobile license tags at the western penitentiary is the largest single industry. They are produced at the rate of 8,000 sets each day.

At the Rockview Penitentiary a 200 acre truck farm is operated and the products packed in a modern and completely equipped cannery. Approximately 100,000 gallons of vegetables are canned each year. A forest tree nursery in which are grown several million seedlings also is operated there.

Bare Legs of Girls Win Over Proprietaries on Ground of Health.

Vienna Aus.—Bare legs of young girls won a victory against the proprietaries of "old-fashioned" professors, when the Superintendent of Viennese schools decided that "while it cannot be proved that bare legs are immoral, it cannot be disproved that this fashion is a most healthy one."

The bare legs fashion which came into vogue this summer reached its climax during the last hot days of the season, which were at the same time the first school days of the coming year.

Many high school girls, appearing in school without their stockings met with severe disapproval of their professors especially of the women professors.

The matter came before the superintendent who decided in favor of bare legs. The judgment was received with much satisfaction by the Viennese youth, but it has also caused severe affliction among hosiery manufacturers.

—Get your job work done here.

OIL PRODUCTION AND AEROPLANE NEEDS.

The gasoline consumption of airplanes is only a "drop in the bucket" to the petroleum industry, a recently completed survey of the connection of aviation to the petroleum industry by Clarel B. Mapes, technologist of the Mid-Continent Oil and Gas association.

Mapes discovered many cases of misinformation concerning the relation of the two industries, while making his exhaustive study of the question.

He found that the aviation industry, although growing lustily, is still small in comparison with the other basic industries. Even in Wichita where the citizens of that city claim the Air Capital of the United States is located, the oil industry, pioneering aviation, overshadows it greatly.

Mapes found also that the maintenance of aviation depends on a permanent supply of gasoline and lubricating oils which American refiners are able to furnish.

Efforts at obtaining semi-official information on the importance of aviation has resulted in the knowledge that the agencies which generally keep up on industries, it is from what scattered reports which he has received from authentic sources that Mapes concludes that there is such a large amount of misinformation concerning the status of the industry.

Many refiners have come to the conclusion that aviation will develop into a great rival of the automobile in gasoline consumption. This may be in the future and the refiners are paving the way for it through extensive advertising which does not pay now because the aviation industry is such a modest consumer of motor fuels. It is estimated that 49,500,000 flight miles will be traveled by 570 commercial operating planes in 1928. On this basis it can be said that approximately 500,000 barrels of gasoline will be consumed and around 25,510 barrels of motor oil used.

The process of arriving at the average number of miles flown per gallon of gasoline and oil resulted in an approximation of four miles per gallon of gasoline and 70 miles per gallon of oil consumed.

The consumption of the half million barrels of gasoline represents a very trivial amount when compared with the enormous gasoline consumption in motor cars which has kept the petroleum prices to their present high mark throughout practically the whole summer.

What Are Vermin?

Just what is meant by the term "vermin" is usually a matter of considerable doubt in most people's minds. According to Forest and Stream Magazine the word applies to any wild animal that preys on other game. Vermin, it says, may be undesirable in some parts of the country and beneficial in others. In Connecticut, for instance, the following animals and birds are vermin to the authorities: Cooper hawks, sharp-shinned Hawks, goshawks, great horned owls, barred owls, starlings, crows, red squirrels, house cats, bobcats, lynx, weasels, foxes, mink, European hares, raccoons, and skunk.

The Professor's Precaution

The rather absent-minded professor had called on a friend, and on leaving was horrified to discover that his car had disappeared.

A policeman listened to his tale of woe and made copious notes in a little black book.

"Did you take any precautions against the car being stolen?" he asked presently.

"Well," returned the scholarly one, "I padlocked the wheel."

"Ah," said the officer, "but which wheel?"

Light dawned on the professor. "My stars!" he gasped. "It was the spare wheel!"

A Danish Relic

Place names in New York are so predominantly Dutch and English, after the nationalities of the city's early overlords, that the contributions of folk of other countries are seldom brought to mind. Yet one of the city's biggest areas bears a name acquired not from the Dutch nor from the English, but from a Danish pioneer. He was Jonas Bronck, who settled on the mainland north of Manhattan island with a party of settlers from Denmark in 1639, and his colony, known first as Bronck's land, is now the Borough of the Bronx.

True Pessimist!

"The real pessimist is he who thinks everything is as good as it can be," says a prominent man of science. It is interesting to make a surmise as to the mental processes which brought the scientist to such a conclusion. Perhaps he was thinking what our condition would be today, were it not for the hopeful men who labored to improve upon the past for the benefit of all mankind. No wonder he declares that the real pessimist is he who thinks everything is as good as it can be.

Hard Chewing Beneficial

Only a complete change of environment and diet can save most people from the advisability of three or four dental cleanings daily. If we lived on hard foods we might have molars and bicuspids that were naturally clean and resistant. The more apples and crusts we eat, the more closely we approach this happy state. And the harder and longer we chew on something we can grind up fine, the better for gums and jaws.—Eileen Bourne in Liberty Magazine.

WHY?

Andrew Curtin Thompson
FOR GENERAL ASSEMBLY FOR CENTRE COUNTY



Ten reasons why the people of Centre County should make him their choice on November 6th.

1. Born and reared at Stormstown in Half Moon Valley, Centre County.
2. Educated in Centre County Public Schools, Friends' Academy, and Pine Grove Mills Academy.
3. Farmer, School teacher, and business man.
4. Lifetime leader in church and community welfare. Superintendent of largest Sunday School in Centre County.
5. Clean, capable and efficient.
6. Progressive in thought, energetic in action.
7. Stands foursquare on all public problems.
8. Will serve no political master but his constituency.
9. Opposes centralization in government.
10. Will represent all of Centre County.

ANDREW CURTIN THOMPSON



Artichokes Coming Into Their Own.

We may wake up one of these fine mornings and find that a new farm crop—one which many of us never saw—is revolutionizing agriculture in certain sections of the Northern and Eastern States. A report of the recent meeting of the American Society of Agricultural Engineers refers to the possibilities of the artichoke as a factor in the agricultural scheme of things. Although the engineers gave little thought to the subject at the meeting, some of them behind the scenes are getting ready for something to happen.

The point is this: A practical process has been developed for making sugar from the artichoke. Experiments indicate that high sugar content of the tubers and heavy yields per acre may make this plant superior to the sugar beet from the standpoint of sugar production. Moreover, the tops have forage possibilities, and when the public's taste is properly cultivated the artichoke may have a place on the table. Of course, artichoke sugar will come only when bankers become sufficiently interested to put up the large amounts of money necessary to build factories and refineries. So there is little the individual farmer can do at present. But the future career of the artichoke promises to be interesting and well worth watching.

Postal Service Positions Not for Sale.

To all employees of and applicants for positions in the Postal Service, the following law is of interest.

SECTION 1. That it shall be unlawful to pay or promise to pay any sum of money, or any thing of value, to any person, firm, or corporation in consideration of the use or promise to use any influence, whatsoever, to procure any appointive office under the government of the United States for any person whatsoever.

SECTION 2. It shall be unlawful to solicit or receive from anyone whatsoever, either as a political contribution or for personal emolument, any sum of money or thing of value whatsoever, in consideration of the promise of support, or use of influence of the payee, in behalf of the person paying the money, or any other person, in obtaining any appointive office under the Government of the United States.

Resigns Pulpit; Politics Cause.

Because "the long adhered to policy—the separation of church and State—is being trampled underfoot by the church's entrance into this political campaign to defeat Governor Smith," Rev. Carl Scheben, Newport, today

offered his resignation as pastor of the Grace church here.

His resignation was addressed to the Kentucky conference of the Methodist Episcopal church, Corben, Ky.

Rev. Scheben also said he was "content there are many Methodists of Democratic political faith who think there are issues of greater importance in this coming election than the only one which the Methodist Episcopal church seems to recognize. And their rights of citizenship should not be interfered with by any church mind."

Real Estate Transfers.

Elmer D. Foust, et al, to Mary M. Auman, tract in Gregg Twp.; \$1.

Florence B. Taylor to Arthur R. Miller, et ux, tract in Milesburg; \$1,100.

Deborah Mann to Joseph Nyman, tract in Curtin Twp.; \$1.

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John R. Haswell, et ux, to R. I. Webber, et al, tract in State College; \$4,500.

Robert H. Bell, et ux, to George W. Sargent, tract in State College; \$12,000.

Theodore D. Boal, et ux, to Pierre De La Boal, tract in Harris Twp.; \$1.

Mike Parko, et ux, to Simler Batchelor, tract in South Phillipsburg; \$120.

Mary L. Orvis, et bar, to Lawrence Jones, tract in Bellefonte; \$1,500.

Sore Throat? Don't Gargle

Quicker and Better Relief With Famous Prescription.

Don't suffer from the pain and soreness of sore throat—gargles and salves are too slow—they relieve only temporarily. But Thioxine, a famous physician's prescription, is guaranteed to give relief almost instantly. Thioxine has a double action—relieves the soreness and goes direct to the internal cause. No chloroform, iron or other harmful drugs—safe and pleasant for the whole family. Also wonderfully effective for relieving coughs. Quick relief guaranteed or your money back. 35c, 60c, and \$1.00. Sold by Parrish's Drug Store.

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

New Churches Making Big Gains on Pacific Conference Fig Show.

The present religious leadership on the Pacific coast now held by five major Protestant organizations, the Baptist, Congregational, Episcopal, Methodist and Presbyterian denominations, is being seriously challenged by three newer sects—Christian Science, Mormon and Seventh Day Adventist—according to Dr. William J. Minchin, of San Francisco, president of the Pacific slope Congregational congress which concluded its sessions there.

Dr. Minchin pointed out that the latest census report shows a gain of 717 churches for the newer sects during the years 1916 to 1926 with increases of 342 for the Christian Scientists; 327 to the Mormons and 48 credited to the Seventh Day Adventists.

Buys Large Tract.

One of the largest purchases made by the Department of Forests and Waters during the current year was the Williams estate in Clinton county. The Department paid \$55,837 for 13,929 acres.

—The Rev. Dr. S. Parks Cadman, president of Federal Council of Churches in America and long regarded as one of the outstanding religious leaders, has accepted a call to "national radio pastorate" at a salary of \$25,000 annually. His sermons will be non-sectarian.

RR Sunday Excursion NEW YORK
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Lv. Howard - - - - - 9:40 P. M.
Lv. Mill Hall - - - - - 10:00 P. M.
Returning, leaves New York, Pa. Sta., 5:05 P. M.
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