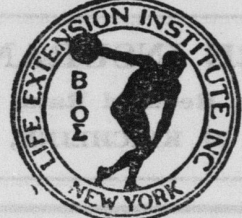


Your Health

The First Concern.



Favorite spots for these invaders are the mouth, nose, and throat. These are open doors through which bacteria gain easy entrance.

Very often they are found responsible for apparently remote conditions. For example, a middle-aged woman came to us complaining of heart symptoms.

An X-ray of the teeth, however, showed several infected roots; and the clearing up of this infection was followed by a disappearance of the heart symptoms and a complete return to normal blood pressure.

The same thing is true of other focal infections—chronic plague spots which develop in the head cavities or in the intestinal region.

There is much evidence that the mortality from diseases of the heart, blood vessels, and kidneys, has increased during the past thirty years.

Infection helps to bring on the diseases of old age; therefore, the presence of any infection is a danger signal.

This question of danger signals is not a simple one. In many cases there seems to be a complex code of signals, which must be analyzed and interpreted.

The factors in destroying the tissues of the body are infections, poisons, overwork (rather, mental or physical strain), laziness—either physical or mental; too much food, or poorly selected food.

Traces of albumin, high blood pressure, low blood pressure, and thickening of the arteries, are examples of danger signals which may not be recognized by you, but which a physical examination would reveal.

Thickening of the arteries is common in middle age and later life, but it is also present in many young persons.

People of excessive weight frequently have high blood pressure. Life insurance records show a high mortality among heavy-weights.

We have to deal, also, with mind poisons, psychic strain, and faulty mental attitude—conditions which need to be sought for just as carefully as physical impairments.

It is true, however, that there is a fair number of cases in which health derangement is purely psychic. A thorough physical overhauling and a thorough ventilation of the mental and physical state of such an individual is often strikingly beneficial.

—Subscribe for the Watchman.

FOUR HAWAIIANS DIG AFTER DREAM MONEY

Already Down Eighty Feet and Still Going.

Honolulu.—For more than 100 years the uplifting force of civilization has been felt in these islands. The first missionaries reached Hawaii in 1820 and their example and their teaching placed an early curb upon superstition and "kahunaism," as the witchcraft of the old natives was known.

But in spite of all the progress made in the century those of native blood living here today occasionally sink back into the mental night which enveloped the people ruled by the kings of old.

Fire Goddess Appears. To her appeared the fire goddess, Pele, like a pillar of flame standing above a certain spot in the yard that surrounds the ancient's home.

These supernatural instructions passed on to four Hawaiian men, provided the spur which has caused them to labor for the last three months, digging a shaft 20 feet in circumference and 80 feet deep in the calm conviction that eventually they will come upon the "treasure," said to amount to \$25,000 in "five cornered coins of the old monarchy."

So well had they kept their secret from themselves, working after dark, that their quest came to light only recently.

Each member of the quartette is employed during the day. In the late evening they adorn themselves with turbans of blue cloth and drape a sash about their hips to warn away the "evil spirits."

The seekers have removed tons of debris, but so far have found nothing out of the ordinary with the exception of a smooth, spherically shaped stone which they devoutly believed to be an omen of good fortune.

Digging Continues. The canoe and the money, they continued to newspaper men, can be but a little farther down now that this rock has been uncovered.

An added ramification was disclosed in the District court with the trial of another woman, the owner of the land upon which the shaft is being sunk.

Testimony disclosed, after her arrest by a Hawaiian police officer, that she went to the Moanalu section of Honolulu and there invoked the goddess Pele, pleading for good fortune for those who are engaged in the search for the "treasure."

Testifying herself, she asserted that diamonds as well as "vast quantities of Hawaiian coins" will be uncovered in the very near future.

The magistrate dismissed her case, holding that a plea for help to spirits was not unlawful.

The digging, meanwhile, goes on.

Mud Balls Formed as Rain Hits Dusty Air

Washington.—Mud rain drops, similar to hailstones, are described in a report received by the geological survey of the Department of the Interior from Dr. R. B. Hodges, in charge of the Hawaiian volcano observatory.

The mud balls, Doctor Hodges said are extremely hard and formed in layers. It is believed they are produced by rain drops falling through dust laden atmosphere and collecting so much dust that they fall as mud pellets.

Doctor Hodges says that although they are probably an accompaniment of every great volcanic eruption in any part of the world where dust with large quantities of water vapor is being ejected, the references to their occurrence in literature are remarkably few.

He'll Tell 'Em

Paris.—A gentleman in the Rue Condorcet has placed the following sign in a baker's window: "Distinguished gentleman will give lessons in German, Russian, Latin and Persian; will teach scales, piano and violin, and instruct a young man how to ride horseback and to conduct himself properly in the best society."

Paper in Egg

London.—A Sunderland woman, who bought an imported egg, found upon breaking it that it was full of sand and small pieces of paper printed in a foreign tongue. She maintains that when she bought the egg the shell seemed quite intact.

Sharpness of Shark's Teeth Accounted For

The proverbial sharpness of a serpent's tooth is declared to be wrong; it should have been a shark's tooth. Not only is the shark's asserted to be the sharpest tooth in the world, it appears also to be both the sharpest and the hardest of all animal substances.

One can even use the cutting surface of a shark's tooth, says O. W. Barrett of the Department of Agriculture of Porto Rico, to scratch glass as glaziers scratch it with a diamond.

Shark's teeth are now collected, says Mr. Barrett in describing in the Scientific Monthly of New York city, the growing commercial importance of the shark-fishing industry, and are used for watch fobs and other jewelry, for which purpose their extreme hardness is declared to make them especially suitable.

This hardness is due, the Porto Rican expert reports, to the fact that shark teeth are unique in the world in being composed of almost pure enamel, without the softer inner portions, which make human teeth, for example, so subject to decay.

In many ancient rocks of the earth geologists find millions of scattered teeth from ancient representatives of the shark family.

Even millions of years ago sharks evidently had such hard and indestructible teeth that even when all other bones and body parts decayed the teeth lasted and were preserved in the rocks.

Evil Reputation of Sargasso Sea Myth

The Sargasso sea is a region of the Atlantic ocean lying off the American coast about the latitude of Florida. It is composed of floating masses of brown seaweed, characterized by numerous small berry-like bladders. This dense gulf weed (Sargassum bacciferum) is the home of many small marine animals, crabs, prawns, etc.

It is supposed that the weed grows on the American coast, is torn away by the waves and washed by the currents round the North Atlantic ocean into the comparatively still waters where it floats in accumulated masses.

The older masses of weed slowly lose their power to float and then sink and perish. Columbus was becalmed in the Sargasso sea, and this made his men despair of ever reaching land.

For a long time this sea had an unfavorable reputation, as it was thought that the ship which was forced into it was doomed. Recent scientific expeditions have demonstrated that ships need have little fear of the masses of weed.

Vindication

A dignified-looking man stopped at a news-stand and purchased two very conservative newspapers and an extremely liberal literary monthly.

He paid for them, but after a moment's hesitation asked in addition for a certain monthly bearing a decidedly zippy title.

He must have sensed something of the inconsistency of his purchase, and felt that some kind of explanation was due, even to so unlitigious a fellow as the particular news dealer in question.

"Er—I hope," he said, as he laid down the necessary sum for the magazine, "that you don't think I read this paper. I am just a contributor."

A Classic

The following is told by an Americanization teacher whose class of elderly ladies meets two afternoons a week. The teacher, after a number of lessons on the correct form for letters, asked her adult pupils to write an original letter. This was one of those written:

"N. Y. C., April 23, 1923. Staanderte Gas Co. 'dear Sire 't rived a letter I shell pay my last month bill. I hope you are mistakin please find out. 'Very truly yours, 'Ch. K."

Awful Waste of Food

"With only 55 per cent of the 23,750,000 American homes having refrigerators, and with only 20 per cent of these using refrigeration all the year, housewives in the United States waste \$700,000,000 in food annually through spoilage," according to an engineering official, who figures spoilage at 10 cents per day for most families. Were it possible to check the needless waste it would be found that values would be sufficient to feed one of the major nations of western Europe.

Ancient Industry

In the village of Parson Drove, in the fen country, near Wisbech, on the borders of Lincolnshire and Cambridgeshire, England, a wood mill is still in seasonal operation, and its processes differ little probably from those in vogue in prehistoric times.

Huge cumbersome wooden rollers drawn by horses are still used to crush the plants, and the dye extracted now has its uses in newer industries. In fact, for certain purposes its value still remains superior to all modern substitutes.

Self-Created Slavery

Man has made so many and such marvelous machines, thinks a modern philosopher writing in the American Magazine, that he has become enslaved to them in thought as well as in action.

OLD SHAKER COLONY FINALLY DIES OUT

Last Surviving Member Passes Away in Ohio.

Lebanon, Ohio.—The once famous and prosperous Shaker colony at New Union, near here, has passed into history with the death of its director and last survivor, James F. Fennessey.

Organized in 1805, the colony of religious communists prospered and grew to an enrollment of 3,000 members owning 4,500 acres of land in the latter part of the last century. Since then, however, membership has steadily dwindled.

Marriage did not exist in the colony. The only additions to the membership were by conversion to the faith. The belief was said to have originated in England, though the parent organization in the United States was the Shaker colony at Lebanon, N. Y.

Fennessey, born in Cincinnati in 1852, joined the colony in 1882. At that time the colony was extraordinarily prosperous, but later came into desperate straits. Officers came from the parent colony and placed Fennessey at the helm as director. He took the leadership at a time when the colony faced an indebtedness of approximately \$160,000.

He brought the colony out of debt and established resources well over \$500,000. Fennessey continued at the head of the colony, but members tired of the life and drifted away. He himself, in the latter years of his life, said the communist idea had many disadvantages, especially because of the Shakers' belief in regard to marriage.

The greatest advantage of the life was the lack of any incentive for individual attainment, he said. In 1912 the United Brethren church bought the property for approximately \$350,000 and established a children's and old people's home. The provision was made, however, that any Shakers residing there at the time might live at the colony the remainder of their lives. By 1920 all but five had left, and all except Fennessey departed in that year.

'Twas Custom in Ur for Queen to Die With King

Cleveland, Ohio.—The queen of an ancient Ur, whose body was dug up recently, was only twenty-seven years old when she was slain so that she could be buried with her husband, according to Dr. T. Wingate Todd of Western Reserve university, an authority on the age of skeletons.

The king himself, Doctor Todd said was forty-five, when he died. The bodies of the king, the queen and one of the nobles of the court were recovered in excavations in Chaldea.

"The skulls of the queen and the noble of the court had been crushed," said Doctor Todd. "Evidently they had been beaten with some sort of club. It was the custom when the king died for his queen and court to be buried with him.

The scientist made the examination of the skeletons in Europe this summer at the request of Sir Arthur Kent of the college of surgeons of the British museum.

Guard Against Injury of Washington Statue

Richmond, Va.—The dome of the state capitol here, designed by Thomas Jefferson, will be strengthened and made fireproof to assure protection of the famous Houdouin statue of George Washington which stands directly under it.

Years ago, connoisseurs gave this work a monetary value of \$1,000,000 and authorities now believe that it would bring approximately \$5,000,000 if placed on the art market today.

In marble, yellow with age, it portrays a regal Washington whose lineaments follow faithfully the features of the first President of the United States.

Brighten Up Bridge to Prevent Suicides

London.—Authorities are trying by psychology to dissuade would-be suicides from jumping into the Thames from Blackfriars bridge.

Alarmed at the increasing number of persons taking their lives at this old Roman river landing, they have painted the former sinner, "sad" black bridge in a "happy" combination of light green, trimmed with bright yellow.

Modern King Tut's Tomb Is Gold-Lined

Buenos Aires.—Press reports of a tomb lined with pure gold and worth \$500,000 have aroused nationwide interest. It is said to be one of the family vaults in the Chacarita cemetery and was built by Angel Roverano 19 years ago.

In addition to the gold lining, the vault contains a small statue of a woman executed by Bitoffi, for which the sculptor is said to have received \$30,000. Various religious objects of art in closed in the vault are believed to be worth more than \$200,000.

The door is a mosaic of small gold blocks, but it was never finished. Senator Roverano's will provided that the vault should be sealed after the death of a brother, his only surviving relative. This occurred several years ago.

That Was Italy

Various are the ways by means of which European countries made impressions on the minds of Americans traveling therein. After returning home from a trip to Europe, a Brooklyn woman was asked by a friend, "Did you go to Italy?"

"Let me think." Then turning to her daughter she said, "Did we go to Italy, dear?" "Why, yes, mamma. It was in Italy that we bought those lovely silk stockings."

"Ancient Mariner" Had Counterpart in Life

Many of the literary classics which the world accepts as fiction are based on solid fact. A striking example is brought out in the Golden Book, which tells how Coleridge came to write his immortal "Rime of the Ancient Mariner."

The poem was inspired by George Shelvocke, a shipmaster who spent three years in a voyage around the world, from 1719 to 1722. Returning to England, he wrote an account of the trip, telling how the ship had been becalmed for many days near Cape Horn. The one sign of life was a black albatross, which hovered over the vessel, until the second officer, Hatley, taking it for an ill omen, shot it down.

There followed six miserable weeks, in which the ship was in constant peril, before the coast of Chile was sighted.

It was in 1797 that Coleridge's friend, William Wordsworth, suggested to the poet that he make Shelvocke's story into a poem. Wordsworth incidentally suggested such of the eerie details as the navigation of the ship by dead men, and also furnished several lines of the poem itself.

Grass Knots Convey Message to Gypsies

Close observers may have noticed in the neighborhood of country crossroads, or where roads diverge, a tuft of grass which has been tied into a knot at the top, and probably considered the casual act of some idler but such was not the case.

Since time immemorial the grass-knot has been used by the gypsies as a signal and sign. Usually it is intended merely as a guide for a second division of a party, indicating which road has been taken by the first section, but, if necessary, quite elaborate messages may be conveyed, a particular meaning being indicated by the character of the knot and its position with regard to the road—whether close to or some distance from the wheel tracks, whether on the right or left of the right of way.

The second party is even able to tell with considerable accuracy how long it has been since the first party tied the knot. This is accomplished by the breaking of a handful of grass stems when the knot is tied—the degree to which broken stems are dried being a pretty clear indication of the time that has elapsed.

Wrong Idea About Birds

The habits of some Porto Rican birds give rise to rather curious beliefs among the natives, writes Doctor Wetmore of the Smithsonian Institution. Discussing the brown pelican or alcatraz, he says: "Native fishermen relate gravely that, when the alcatraz grows old and feeble, rather than suffer death by starvation it commits suicide by hanging itself by the head from the fork of a mangrove or a crevice between two stones.

Those familiar with the clumsiness of the great birds can readily understand that this belief arises from observation of individuals that slip and are caught so that they cannot escape."

Quite Different

The golfing novice finished his first game and airily handed his score card to the secretary, with the remark: "Two below bogey!" "But," protested the official, "this is nowhere near bogey!" The novice looked hurt.

"Compare the score," he said, "with the figures on the card, and you'll see."

The secretary looked. "Great Scott, man," he roared, "that's the length of the course in yards."

Poor Bandits

At one time when traveling in Turkey with Cornelius Vanderbilt, the late Chauncey M. Depew thought it a great joke that the train ahead of theirs was held up by bandits and a well-to-do farmer captured for \$5,000 ransom, while Vanderbilt's train was not interrupted.

"Brigandage in Turkey needs reorganization," he wrote home. "It ought to be put in the hands of a New York syndicate and put on a businesslike basis."

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Safety Strips To Be Developed Along Railroad Right of Ways.

Development and maintenance of adequate fire strips along railroad tracks will be one feature of forest fire prevention stressed during the present danger period, George H. Wirt, chief of the bureau of fire protection, in the Department of Forest and Waters, has announced.

Past studies made by the bureau have convinced officials of the value of clear strips of land along railroads. A ceaseless campaign has been waged urging the railroads to develop such strips and to make sure that they are kept free of inflammable material during the danger periods.

In the spring fire season railroads were responsible for 34 per cent of the total number of fires in the Forbes forest district, one which has a large mileage of railroads. The same condition was said to have existed in other sections where it is possible for sparks from locomotives to start forest fires.

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