Your Health,

The First Concern.



The regular use of hot water, especially in the morning, is a rather common practice. In some instances this may be a useful temporary meacontinued use of extremely hot beverages may impair the condition of the than before. mucous membranes of the esophagus (the tube leading to the stomach.)

but lack of physical vigor and pep is in most people a complicating factor. Good posture is one of the best physical assets. It is a substantial business asset. It is a social and professional asset. It costs nothing.

Many serious diseases come from infection in mouth and tonsils and throat and nose. Do not let decayed roots remain in your mouth. Have them pulled without delay. They may cost you your life. If you have headaches, have your eyes examined. Eye strain may break down your health. Wear glasses if they are needed and save brain and nervous system from

Train your skin to resist drafts and changes in temperature by cool bathing, and cold sponging of neck and chest. Have your nose and throat examined, and obstruction or chronic infection corrected, if you have fre-

For men as well as for women, the period between forty-five and fiftyfive seems to be a climacteric, a state in existence when the individual is tested for fitness to continue in the

"Lopsided" brain work and bad mental hygiene, i.e., too much work, too little play, or too much play, too little work, are important factors in bringing on premature disease. The brain worker needs some physical work and mental play. The manual laborer or mechanic needs some physical play and mental work.

Tuberculosis is practically always acquired; one is not born with it; neither does one inherit the "germs" of this disease, except in rare instan-These germs must gain entrance to the body and find a favorable soil in which to thrive. Infection may occur in adult life, but how frequently it is impossible to say. There has been an exaggerated fear of contracting tuberculosis by mere proximity to a consumptive. A tuberculosis subject who uses proper care in expectorating and in disposing of sputum is net a menace and there is practically no danger of contracting the disease from the breath of the consumptive. It is the sputum, either in mass or as sprayed out when coughing, that is the vehicle of infection.

All advertised consumption cures should be avoided. Hypophosphites have been shown to have practically no value. Drugs have a limited range of usefulness. The cure of thedisease, like its prevention, lies chiefly in fresh air, sunshine, good food, proper rest and sleep, avoidance of physical or mental exhaustion or harrassing

A simple elementary measure of prevention is to examine the body periodically in order to note the earliest possible sign of tuberculosis. It is a sad fact that the majority of cases from wrist to elbow and cuts the neck apply for sanatorium treatment when far advanced in the disease. Always take the benefit of the doubt. So-called rheumatism, neuritis,

sciatica, neuralgia, lumbago and practically all ailments of this nature have been found to be secondary, in a large percentage of cases, to focul infection. The chronic changes in the kidneys and blood vessels which are very much on the increase are the results, to a large defree, or due to this cause.

The commonest sites for the development of focal infection are the roots of the teeth, tonsils, middle ear and cavities in the skull, communicating with the nasal passages. Less frequent sites are the reproduction organs, gall bladder, appendix, intestinal tract, diseased joints, wounds of long standing, especially those involving bone.

The gall-bladder, appendix and intestinal tract are sometimes the site of focal infection; but in most cases of this nature there are definite diges-tive disorders that direct attention to these points, and the diagnosis of such conditions can usually be made by summarizing the data obtained on physical and X-ray examination, togeether with the history.

Needless to say any focus of infection in the body is a serious menace to health and should be removed. This to health and should be removed. This we believe to be an additional argument in favor of a periodic health examination for it is only in this way that the whole body is thoroughly investigated and such conditions re-

Do not be afraid of night air. Sleep with your windows open. Keep out in the air as much as pos-

Wear loose, light-weight clothes. Let your skin breath.—Exercise once a day with little or no clothing Paillette is pronounced pie-ette.

Stand erect and breathe deeply.

take the Watchman.

FOR AND ABOUT WOMEN. DAILY THOUGHT.

Time, the consoler, Time the rich carrier of all changes, dries the freshest tears by obtruding new figures, new costumes, new roads, on our eye, new voices on our ear. As the west wind lifts up again the heads of the wheat which were bent down and lodged in the sterm and cembs out the matted and dishevelled grass as it lay in night-locks on the ground, so we let in Time as a drying wind into the seed-fields of thoughts which are dark and wet and low bent. Time restores to them temper and elasticity.- Emerson.

-Both French and American dress designers are making an effort this season to restore the much-discussed normal waist line, but as for the last three years, with only partial success. The adjustment of this line to the prevailing taste in silhouettes is a difficult problem. The slender figure that is now so fashionable may not be achieved with a belt that circles sure, but is not to be recommended as the natural line and the "easy" fit is a steady custom, especially if the water be extremely hot. In fact, the waist, accordingly, is again prevalent this season, but with less unanimity

-The grave risk of repetition, I find myself again advocating the An erect posture, whether standing short fur jacket. But the ones I've or sitting, deep breathing and exer- seen since my last effervescent encises to improve the tone of the abdominal muscles will prevent much ill-health. We are convinced that the mental attitude plays a large part in poor posture. This may be due to worry and care and disappointment,

> -The season's black and white pertness could find no better expression, than in the short coat (nothing more or less) of ermine, worn over the gently flared skirt of black velvet. The collar may be continued rever of self-fur, or, in luxurious and enviable cases, of dark sable that slinks happily over the shoulders scarf-fashion. But to leave ermine pipe-dreams and descend to more approachable realities, the short coat of baby leopard, with deep patch pockets is a possibility, and in some lucky cases probable. It has a man-tailored shawl collar of beaver and deep beaver cuffs.

—Caracul has always been a special favorite for the short coat. The long haired pelt, in cocoa caracul makes an extremely wearable coat, with neatly tailored shoulders, wide revers, and a throw scarf of the same fur, that may be comfortably looped over at the throat. Brown velvet skirt, brown soleil cloche, dust-colored hose, and brown suede shoes, and what better outfit could you design for early frosty days.

To ascend the heights again, I find myself thinking of a mellow brown mink with a soft throw scarf I saw at the Ritz one luncheon. The frock with it was a sepia cashmere, pleated all around in wide groups, each containing a custer of tiny ones. The blouse was fitted snugly to the skirt by a series of diagonal silk strips, that showed in a wide band when the coat was open.

Beaver is a favorite and practical medium for the short fur coat, and of course, nutria in the still less expensive. Sheared lamb and the various members of the sheep family have launched a novelty in the introduction of leather trimmings, in greys and beiges. Occasionally, the designers have advanced the reds and greens but in most cases the attempt is made to match the fur.

These short jackets of fur, particularly when worn over a circular broadcloth skirt, have a chic that is bound to give them a successful season, especially since they are sponsored by most of the leading Paris designers. Unlike many of the new jacket suits which bear some type of sweater blouse as a waist, these fur jackets are worn over one-piece frocks, the broadcloth of the skirt continuing up to complete the frock.

-Only a few changes have been made in the styles of sleeves since last season. For daytime and informal evening wear the long tight-fitting cleeve is usual. Lucien Lelong uses small buttons to fasten the sleeve

Redfern is making some new styles of sleeves. One, cut wide at the hand, is slashed to the elbow. zanne Talbot adds a flaring cuff at the elbow of a tight-fitting coat sleeve. Beer makes his coat sleeves straight and slightly wider at the bottom. Drecoll is showing an evening coat with sleeves closed at the wrist and up-turned flaring cuffs. -There are numbers of little words

we use to indicate articles of dress or materials that are usually mispronounced. Here are a few of them: Brassiere should be in three syllables with the accent divided among them as bras-eeair. And not bra-

Beige is one syllable—baje—and not beeje or beeaje. The j sound is very soft.

Georgette is two syllables-Georgeet, not george-i-et. Lame, as applied to metallic materials, is lamb-ay, not simply lamb or

like the English lame. Ensemble is pronounced as much as possible in two syllables. It is hard to give it with English equivalents. This may suggest it, "ansambl," with the first n in the first syllable pronounced without letting the tongue

touch the roof of the mouth. Decollette is in three syllables, daypronounced like this: deckle-tay, with the stress on the last syllable. If you cannot get the right pronuciation, better use low neck or neckline

instead. Moire is pronounced moi-ray. The moi amounts to m'wah said rapidly and does not rhyme with toy.

Nacre-meaning mother of pearlis pronounced as much as possible in one syllable, but when speaking Eng-Paillette is pronounced pie-ette. Bandeau is band-o.

-Tweed suits and separate coats take entirely different kinds of furs -If it is news you are looking for this season. Suits favor short, curly

Mistake That Causes Rift in Marital Life

That the clinging vine type of woman is more likely to lose the love of her husband or at least bore him to distraction, is the answer given by Anne Byrne McCall to a woman who has written for advice to the Woman's

Home Companion.

"It is the growing reluctance of a husband to express his ffection in words, caused by persistent demands that he do so, that causes the rift," says the writer. "Silence in affection is not advocated in that statement. Every woman not only wants to be loved, but she wants to be told that she is loved. But it is a pity for her to force or twist the issue so that it becomes not a question of how a man may or can express his affection, but it becomes rather almost a question of how he may defend him sel, or preserve his independence.

"It should not be forgotten that there are many ways of expressing love and that one man's silence might express more of his affection than the constant declarations of a different

"The demand by a wife for constant reassurance that a husband loves her, when she knows perfectly well that he does, is not the way to keep a deep and large and self-forgetting

Good Health Matter

of Correct Posture

Not only gracefulness, but also our health and the prevention of excessive fatigue, depend a great deal upon posture-the way we stand, sit and walk. warns a health expert in the Farm Journal. That is why it is most important that the person who has much work to do, and yet wants to have energy left to enjoy life and to give pleasure to others, should guard against habits of incorrect posture.

Consider first the standing position. The weight should be on the balls of the feet, the cliest up, the chin slightly back but in line with the chest, the feet exactly parallel, the arms dropped easily at the sides. To see that your body is in perfect balance when you are standing, rise on your toes and sink down again. When you stand with your chest drooping, your stom ach out and your spine curved, you appear at a disadvantage; and what is worse, this position causes your ital organs to be displaced.

In walking, the first thing is to star, right with the correct standing poition. The toes should point straight to the front or be turned in the fraction of an inch. To stand or walk with the toes pointing out produces awkwardness and often leads to foot troubles, such as fallen arches.

Lax Justice

The way rich transgressors manage to keep out of jail led Governor Martineau of Arkansas to say in Little

"It reminds me of a story. A man was traveling in New Mexico, and in a little town embowered in palms and flowers the mayor seemed to be quite a character. He held all the offices-judge, coroner, police captain and so forth-and whatever turned up to be done, he was there to do it.

"After lunch, as he and his guest sat smoking in the garden, he turned to his clerk and said:

"'Higginson, by the way, sneak over co the roulette parlor and tell Don Juan Sereda I want to try him for that murder case."

Blue Baboon

A grotesque but humane method of repulsing wild animals is being practiced in Kenya colony, Africa. Elephants, hipppopotami, bushpigs and baboons were surprised recently when they found among their number a queer animal resembling a baboon, except that it had all its hair shaved off and wore a coat of bright blue.

They were so startled that they no tonger return to raid the colonists, and the idea is recommended by the offi cial who captured the baboon and released it after transforming its ap pearance with a razor and paint brush.

Mimics

A Londoner was hurrying along the embankment to keep an appointment for which he was already late. He was stopped by a party of Americans, one of whom asked courteously if he would point out Cleopatra's Needle. "Why, certainly," responded the

Londoner; "it's just here." He indicated the famous obelisk. and at the same time removed his hat to wipe his brow. Whereupon the Americans also uncovered and gazed at the needle with reverence.

Biology Omits This

A Chicago boy was visiting on a farm in Indiana for the first time. He was particularly interested in the animals and fowls of the barnyard, although his knowledge of them was

Seeing some ducks and geese in a mixed flock, he inquired: "How long does it take ducks to become geese?"

One Way

Mrs. G. was busy making jelly, in between the ringings of the phone and the doorbell.

With her patience worn just a little thin, she opened the door to the fifth salesman. "Are you the lady of the house?"

she was asked. "No. I just work here," she answered, closing the door on the hurriedly retreating figure.

Cathedral Made Dear by Old Associations

After Canterbury cathedral had been restored from the great fire of 1174, pious Englishmen so revered the beauty of this stronghold of the Church of England that they came from far and near and even those not so religiously inclined made their "Canterbury pilgrimages." For 300 years this was kept up and many an inn sprang from existence to prosperity in the shadow of the sacred edifice. In time some of these pilgrimages became less of a religious exercise than a favorite summer excursion and their history is shadowed in our word "canter" which is the shortened form of "Canterbury gal-

Another interesting thing associated with this cathedral is the division of the Bible into two chapters. Stephen Langton, who died in 1228, was cardinal and archbishop of Canterbury besides being a statesman of no mean fo.ce. This was the age of the beginnings of organized learning and Cardinal Langton, after distinguishing himself as a teacher, gave his time a standardized text of the Vulgate-there being up until then almost as many versions as there were Bibles. It was in this work that he made the !inovation of dividing the lengthy books into chapters, thus making specified passages much easier to find.-Detroit

Collector Had Noted

Pussy's Rubber Heels There is a saying to the effect that "Possession is nine points of the law," but in these days of repossession many strange experiences are the lot of the man whose job is to bring back the goods. One such individual tells the story of a case wherein he had

repeatedly made calls, but could nev-

er find the party at home. At least, the bell ringing was always ignored. Noticing one day that the threshold of the front doorway was worn quite thin, so that one could look into the hallway some few inches, the collector decided to leave his card, and after noisily walking down the steps returned again very quietly and saw his card being picked up.

He said nothing and when he finally gained admission, later in the week, he remarked to the woman that he had called several days earlier and found no one at home. She replied very sociably that "I knew you must have been here because I found your card. It was in the middle of the hall floor where the cat must have pulled it in and was playing with it."

The collector looked at her very coolly, remarking, "Yes, I know. I saw his rubber heels."

Hopeless

An airplane flew over an Irish asylum, much to the consternation of the inmates. Next day two of the latter were discussing the strange machine One said:

"Do you know, I dreamt last night I made one of those contrivances and flew to Australia in sixty minutes."

"That's strange," said the other, "for I had a similar dream, only I went to Melbourne in sixty seconds." "How did you go?"

"Right through the earth." "Look here, my friend," said the other, " you're not a lunatic-you're a blithering idiot."

Be Charming

In the world there is no duty more important than that of being charming. Without the jeweled presence of the humming bird, how gloomy would be the recesses of the forest! Is it not one of the most delightful duries of life to shed joy around you; to scatter happiness with your every word and movement; to cast a light into the dark corners of our life; to be the gilded cord that leads our destiny, and to be the true spirit of beauty and harmony?-Victor Hugo.

Ancient Roman Art

One of the most beautiful examples of art as practiced by the ancient Romans is known as the Trajan's col-

Situated in Rome, this tower, which consists of twenty-three tiers, soars into the air, an imposing figure, covered with about 25,000 gloriously sculptured figures.

The tower was built to celebrate the victories of the Emperor Trajan, whose remains are buried beneath this beautiful structure.

Times Have Changed "Ah," sighed the old-time actor, as

he came back from a last appearance on the stage, "there was a time when I had the whole audience sobbing every time I recited that pathetic poem. Now they sit there like a lot of mummies!"

"Bo," said the stage hand, "the only way you can make a modern matinee mob turn on the water tanks is to make them peel onions during the recital of your sob stuff or spray 'em with tear gas."-Cincinnati Enquirer.

Off They Come!

A particularly stout lady attired in a very tight riding-habit was taking her morning canter in the Row, accompanied by her husband. Suddenly a button, unable to stand the great pressure. flew off the lady's coat.

"Dear, dear," said the lady fretfully, 'what makes these buttons come off?" Her escort quivered with excitement, for he had thought of something fun-

"Ahem! Force of habit, my dear," he grinned in reply.-London Answers.

Agra Stone Utensils

Have Call in India

Many and varied are the utensils that Hindu stonecutters put on the market. Chief among them are currystones and grindstones. Every wellconducted Indian household must have one or both, and the currystone from Agra must sooner or later be imported into all kitchens. There is some peculiar virtue in the Agra currystone. It is so ground and polished as to resist the onslaughts of the heftiest bottle washer, and the acrid masala does not penetrate its pore and break it.

Stone pestles and mortars are popular for the same reason. They are much sought after by apothecaries and the weird contingent of charlatans who make medicine for India's millions. Marble pestles and mortars are very useful for pounding up drugs, and stone ones are generally used for blacksalt, alum and other hard substances that require less care than eye of newt and toe of frog. But stone pestles and mortars are not the menopoly of medicine.

They are turned out by the hundred for the use of the housewife. They are heavy and cumbersome; yet housewives will travel miles to procure them, pilgrims will tug them home if they pass by that way, and at the big Indian religious fairs one sees a pile of grindstones, currystones, pestles and mortars, halling from Agra, Aligarh, and Jeypote.

Why Some Wives Have

they might, dear. Where did you get them? . . . Why do you have the gas burning so high? Look at that -- what was our gas bill last month, anyway? . . . I wonder if we could not have lunch promptly at 12 today, Ethel? . . . Where on earth is my pipe? I left it here on the piano last night. . . . What did you move the gateleg table over in the corner for? . . . That picture is all right where it is. What's the difference whether it is over the day, December 1st. Come see how piano or the marble-top table? Besides, the wall is already so full of nail holes that it looks like a crib- of our history begins. It's at Faubage board. . . . Don't you think you had better let up on that candy, Magnolia? Remember that you gained a couple of pounds last week?

. I'll bet that with a month's practice I could do all the housework that is done around here in less than two hours a day. . . . This is the fifth accident we've had with the new car, and every one of them has occurred with you at the wheel-and every one of them has been the other fellow's fault. Remarkable!"-Kansas Industrialist.

Value of Timidity

Anatole France, in his younger days, found it profitable to assume a pose of timidity. Once before starting on high school besides the differentiaa lecture tour, he said to his press agent:

"I want you to work up a reputation for me. I don't know that I am particularly timid, but I should like to be thought so. A timid man can do anything. If he is silent when he ought to speak, people say, 'How charming! He's so timid, you know.' If he speaks when he should be silent, they set it down to nervousness. A timid man can dare so much with impunity. So please tell all the people in advance that I am timid."

Gourmets Eat Horse Meat

Horses, mules and donkeys supplied the only meat served to gourmets at a banquet recently held in Paris. Among the important dishes were cheval a la delacroix and pate to fole trouffle of donkey, the last named arousing special praise from the delighted epicures. Responses to toasts were filled with praise for the meats that had been consumed, and M. Buffon, the toastmaster, reminded the guests that the horse was the favorite dish of the Hindus 4,000 years 1go. Brillat Savarin, famed throughout France as a gastronomist, declared that he liked nothing better than roast dog.

Those Noisy Atoms!

The billions of atoms in a bar of iron turning somersaults made noises that rivaled the roar of Niagara and nearly deafened scientists at a recent demonstration

Although se mall that over one hun dred million of them would form a line less than an inch long, these tiny particles of matter are not too small to be heard when their sound is amplified by a new apparatus that magnifies the noises to ten billion times their original strength.

The Modest Doctor

Dr. Joseph Collins, well known neurologist, and author of "The Doctor Looks at Literature," was once being cross-examined in an accident case in which he was giving medical evidence.

"You are a neurologist, aren't you doctor?" queried counsel. "I am, sir."

"A neurologist, pure and simple?" "Well, I am moderately pure, and altogether simple," replied the doctor. Kansas City Star.

Co-Operation First

Team work is that little cog which takes all the separate parts of a machine and co-ordinates them into a smooth-working whole. It is just another word for co-operation, without which very little is accomplished in life.-Grit.

New Type Warning Signals Will Help to Protect Crossings.

The Department of Highways is continuing the movement to protect railroad crossings and has received bids for fifty advance warning signals of the continuous flashing type. The new signs are to be installed at grade crossing approaches where vision is obstructed and the driver suddenly comes upon the tracks. The bids included also fifty markers for

dangerous bridge or underpass approaches at grade separations.

Highway Department specifications for the new signs require that they be modeled after the standard sign in use at present in Pennsylvania and most other States, consisting of met-al with a cross and the letters "R R" imposed on the target portion. The cross on the new signs will be illuminated by a flashing device in continuous operation, the letters equipped with the familiar reflecting device so that they will flash into view at night only when the lights of the approaching vehicle strike them. During daylight only the flashing cross will be illuminated, although the letters will be plainly visible.

The new signs will be yellow with black outline, emitting an amber flash. They will be placed well in advance of the dangerous spot. At the actual danger point the standard railroad warning with red flashes will be in operation only when a train approaches and closes the track circuit. About 1500 grade crossings in the State has "blind" approaches. The railroads and the department will share the cost of installing the signs. The second type of marker, for approaches to grade separations such as bridges and underpasses, will be of Thoughts of Murder
"These eggs don't taste as fresh as hey might, dear. Where did you get the diamond-shape type, similar to those now in use at "Thru-Stop" highway intersections. The new signs, however, will include a flashing

will be in continuous operation, selfilluminated day and night. Pennsylvania is the first State to undertake a systematic, complete marking of dangerous approaches to grade crossings and grade separations. Its own specifications were developed for the advance signals.

diamond over the word "slow" which

-We are celebrating! It's the Fauble Stores' 42nd birthday Saturwe celebrate. Come early. 9 a. m. the doors open and the greatest sale

Mechanical Intelligence.

Compiling statistics is no longer a tedious task for the offce force of the registrar of the Pennsylvania State College. A mechanical "statistician" which registrar William S. Hoffman claims can take the place of seven human assistants, now collects almost any kind of information the registrar desires in the space of a few minutes. By sorting cards which are numbered according to a code, this machine can in a few minutes tell the names of the fraternal organizations, of the members of the student body, their religious affiliations, father's occupa-tion, class in college, county in which tion according to college scholastic

standing. Another mechanical device which is operated in conjunction with the "statistician" enables the registrar to determine the scholastic standing of any group of students in a short time by further sorting of the code-marked

-Have your breakfast early and be at Faubles promptly at 9 a. m. Don't miss this sale.

Free SILK HOSE Free Mendel's Knit Silk Hose for Women, guaranteed to wear six months without runners in leg or holes in heels or toe. A new pair FREE If they fall. Price \$1.00.

YEAGER'S TINY BOOT SHOP.

Fine Job Printing

A SPECIALTY

at the WATCHMAN OFFICE

cheapest "Dodger" to the finest BOOK WORK that we can not do in the most satisfactory manner, and at Prices

consistent with the class of work.

Call on or communicate with this

There is no style of work, from the

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 Insur-

JOHN F. GRAY & SON. State College Bellefonte

