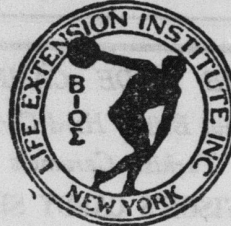


Your Health

The First Concern.



The regular use of hot water, especially in the morning, is a rather common practice.

An erect posture, whether standing or sitting, deep breathing and exercises to improve the tone of the abdominal muscles will prevent much ill-health.

Many serious diseases come from infection in mouth and tonsils and throat and nose.

Train your skin to resist drafts and changes in temperature by cool bathing, and cold sponging of neck and chest.

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

"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.

Tuberculosis is practically always acquired; one is not born with it; neither does one inherit the "germs" of this disease, except in rare instances.

All advertised consumption cures should be avoided. Hypophosphites have been shown to have practically no value.

A simple elementary measure of prevention is to examine the body periodically in order to note the earliest possible sign of tuberculosis.

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 focal infection.

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.

The gall-bladder, appendix and intestinal tract are sometimes the site of focal infection; but in most cases of this nature there are definite digestive 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, together with the history.

Needless to say any focus of infection in the body is a serious menace 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 revealed.

Do not be afraid of night air. Sleep with your windows open.

Wear loose, light-weight clothes. Let your skin breathe—Exercise once a day with little or no clothing on.

Stand erect and breathe deeply.

If it is news you are looking for take the Watchman.

FOR AND ABOUT WOMEN.

DAILY THOUGHT.

Time, the consoler, Time the rich carrier of all changes, dries the freshest tears by obliterating new figures, new costumes, new roads, on our eye, new values on our ear.

—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 grave risk of repetition, I find myself again advocating the short fur jacket. But the ones I've seen since my last effervescent enunciation have brought me almost to the point of speechlessness.

—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.

—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.

—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 sepiac cashmere, pleated all around in wide groups, each containing a cluster of tiny ones.

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.

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.

—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 sleeve is usual.

—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-eair. And not bra-zeer.

—Beige is one syllable—bajé—and not beje or beaje. The j sound is very soft. Georgette is two syllables—George-et, 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, day-coll-tay, pronounced with equal stress on all three syllables. It is often mispronounced like this: deekle-tay, with the stress on the last syllable. If you cannot get the right pronunciation, 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 pearl—is pronounced as much as possible in one syllable, but when speaking English mother of pearl is preferred.

—Paillette is pronounced pie-ette. Bateau is band-o.

—Tweed suits and separate coats take entirely different kinds of furs this season. Suits favor short, curly furs.

Mistake That Causes Rift in Marital Life

That 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 affection 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 of how he may defend himself 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 type.

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.

Consider first the standing position. The weight should be on the balls of the feet, the chest up, the chin slightly back but in line with the chest, the feet exactly parallel, the arms dropped easily at the sides.

In walking, the first thing is to start, right with the correct standing position. 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 Rock:

"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.

Blue Baboon

A grotesque but humane method of repulsing wild animals is being practiced in Kenya colony, Africa. Elephants, hippopotami, bushbys 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.

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.

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 scant.

One Way

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

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."

Another interesting thing associated with this cathedral is the division of the Bible into two chapters. Stephen Langton, who died in 1223, was cardinal and archbishop of Canterbury besides being a statesman of no mean fame. 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.

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.

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."

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.

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

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!

Ancient Roman Art

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

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.

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.

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 burton, unable to stand the great pressure, flew off the lady's coat.

Agra Stone Utensils Have Call in India

Many and varied are the utensils that Hindu stonecutters put on the market. Chief among them are currys and grindstones. Every well-conducted Indian household must have one or both, and the currysone from Agra must sooner or later be imported into all kitchens.

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 monopoly 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, currysones, pestles and mortars, hailing from Agra, Allahabad, and Jaipur.

Why Some Wives Have Thoughts of Murder

"These eggs don't taste as fresh as 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 piano or the marble-top table? Besides, the wall is already so full of nail holes that it looks like a cribbage 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 a 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 truffole 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. Buffet, the toastmaster, reminded the guests that the horse was the favorite dish of the Hindus 4,000 years ago. Brillat Savarin, famed throughout France as a gastronomist, declared that he liked nothing better than roast dog.

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!"

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 metal 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 the diamond-shape type, similar to those now in use at "Thru-Stop" highway intersections. The new signs, however, will include a flashing diamond over the word "slow" which will be in continuous operation, self-illuminated 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.

—We are celebrating! It's the Faubles Stores' 42nd birthday Saturday, December 1st. Come see how we celebrate. Come early, 9 a. m. the doors open and the greatest sale of our history begins. It's at Faubles. 47-1t

Mechanical Intelligence.

Compiling statistics is no longer a tedious task for the office 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 in 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 occupation, class in college, county in which they live, and the scholastic rank in high school besides the differentiation 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 cards.

—Have your breakfast early and be at Faubles promptly at 9 a. m. Don't miss this sale. 47-1t

Free SILK HOSE Free

Mendel's Knit Silk Hose for Women, guaranteed to wear six months without runs in leg or holes in heels or toe. A new pair FREE if they fail. Price \$1.00.

Fine Job Printing

A SPECIALTY at the WATCHMAN OFFICE

There is no style of work, from the 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 office.

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

CHICHESTER'S PILLS THE DIAMOND BRAND. Each box contains 24 pills. Sold by druggists everywhere.