

Your Health,

The First Concern.



A child may be born with what is known as "heart disease." In the structural formation of the heart, if nature failed to produce a normal organ, defects are present which prevent the normal passage of blood through the organ and we have the condition, "congenital heart disease," symptoms of which are manifested in different ways. The so called "blue baby" typifies the condition and means defective heart construction. Cases of this sort are comparatively rare and children so afflicted rarely reach maturity; although I have known a few to pass through adolescence into adult life and live for years with but little inconvenience.

What interests us particularly in this communication is the acquired type of heart disease that develops in children usually before the tenth year and is one of the frequent and much dreaded ailments in the young. It is dangerous in its immediate possibilities as to the life of the individual and because so few cases are entirely cured the remote result is chronic heart disease and is of such a nature that the child is damaged for life.

Acquired heart disease in children means that there has been or is an inflammation of the lining of the heart cavities and valves and the condition is known as endocarditis. The valves become thickened, contracted, scarred and fail to perform their function and what is known as a "leak" occurs. The blood is hampered in its passage or there is a failure of the valves to close completely at the proper time.

The action of a normal heart is accompanied by certain sounds which may be interpreted by what is known as auscultation. In the diseased organ the normal sounds are replaced in whole or in part by abnormal sounds which are known as "murmurs." Heart disease thus means that through agencies from without, the heart has been attacked and injured, damaged for life, its functions are interfered with and there results a weakened organ to which the future life of the individual must in a measure be adjusted.

On account of the frequency of heart disease in children and its baneful effects, different types of so-called cardiac societies have been formed for treatment and protection of those afflicted. Cardiac clinics have been established in different cities, societies for the study of heart disease in children have been established and homes for the care and protection of children with heart disease organized in different cities of the country, all of which emphasize the importance of the ailment as influencing child life.

Children with heart disease should be under constant medical supervision as supplied by the family physician, the clinic, the hospital or the cardiac home. While it is true that few of these cases are actually cured, much may be done in the way of preventing further damage. If the child has had an attack of endocarditis with a damaged heart resulting he is quite liable to further attacks if the source of the trouble is not removed.

Further the child with the damaged heart should have his activities regulated by the physician—violent exercise such as basket ball, wrestling, competitive running, speed contests or stressful efforts are to be forbidden. In short, children with heart disease are not to be permitted to indulge in physical competition of any nature. This does not mean the so-called cardiac child may not indulge in healthful exercise. Each case, however, is a law unto itself, and general directions may not be laid down. His activities must depend upon the nature of the case. If there is unnecessary curtailment of activities they rebel, disobey and much harm is done.

Who among children are the potential cardiacs? Who among them stand in danger of contracting disease of the heart?

Endocarditis referred to above is due to a bacterial infection immediate or to bacterial products and the source of the infection in a vast majority of cases is in diseased teeth, diseased tonsils, the presence of adenoids and infected sinuses. Every child so afflicted is a potential cardiac. It is of course true that thousands of children who have diseased teeth, tonsils and adenoids do not develop heart disease for the reason that their protective barriers against this kind of an infection are sufficient to spare the organ. On the other hand there are many who possess poor resistance. Their protective barriers are easily pushed aside and we have a transference of the focal infection to the heart, the joints and the muscles. Children of so-called rheumatic inheritance possess poor resistance.

Growing pains and joint and muscle soreness in a child mean that he is in immediate danger of developing heart disease and needs medical examination and advice at once.

The epidemic of septic sore throat which raged in a small Massachusetts town, where over an eighth of the entire population suffered from the disease, is one more good argument in town, where over an eighth of the entire United States public health service. The infection has been traced to a single cow that had mastitis, a disease of the udders. As soon as the milk was pasteurized, no more cases were reported. Pasteurization would have prevented the entire outbreak.

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SUGGESTED MENU

Celery	Olives	Pickles
Consomme	Buttered Croissants	
Roast Turkey	Cranberry Jelly	
Giblet Gravy	Croque Sweet Potatoes	
Brussel Sprouts	Buttered Beets	
Pepper, Celery, Nut and Pimento Salad		
Plum Pudding	Christmas Cookies	
Coffee	Nuts	Fruit
		Candy

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BELLEFONTE HIGH STUDENTS PREFER ADVENTURE STORIES

Gene Stratton Porter a Favorite Author

As a part of the program for Book Week, in the Bellefonte High school the students in the English classes were asked to prepare lists of their ten favorite books and to name their favorite author. Stories of adventure and those with an outdoor setting led in popularity, with Gene Stratton Porter and James Oliver Curwood heading the list of favorite authors.

In the freshman classes, there was a marked preference for books of the juvenile series type. Of these, the "Pony Rider Boys" seemed to be most popular, with "Tom Swift" and the Alger series following closely. Gene Stratton Porter was the favorite author, and Zane Grey was preferred to Curwood.

In total number of votes, however, "Little Women" led all others, with the following books ranked in the order named: "Freckles," "Black Beauty," "Treasure Island," "Uncle Tom's Cabin," "Keeper of the Bees," "Laddie," "Girl of the Limberlost," and "Robinson Crusoe."

A year of high school life apparently alters tastes, because few of the sophomores expressed a preference for the serious type. In this case Curwood was the favorite, and Gene Stratton Porter held second place.

Although Curwood was the favorite author, the votes were so widely divided among his books that not any one received a large total. "The Covered Wagon" by Emerson Hough, received the most votes in this class. Other popular books were: "Treasure Island," "Wings," "Mother," "Tom Sawyer," and "Pilgrim's Progress."

In the junior class Gene Stratton Porter was again a favorite while Grey and Curwood ranked second and third. Again the votes were widely scattered among all of the books by these authors, so that none led in total number of votes.

"Beau Geste" was the choice of this class. Others were ranked as follows: "Ben Hur," "Ramona," "Girl of the Limberlost," "Covered Wagon," "Mother," "Little Women," "Twenty Thousand Leagues Under the Sea," "Last of the Mohicans," "Sea-Hawk," and "Saramouche."

The seniors tastes seem more varied, but apparently are influenced to a great extent, by motion pictures. Almost all of the books preferred by this class have been shown on the screen during the past year.

Again Gene Stratton Porter was the favorite author, while "Ben Hur" was the preferred book. Other popular books were: "Little Women," "Beau Geste," "Girl of the Limberlost," "Ivankoe," "Light of the Western Star," "Covered Wagon," "Mother," and "Lilac Time."

A startling fact revealed by this survey is that many of the freshmen and sophomores read very few books besides those required in school. Some freshmen even admitted that they

A Category.

(By an Unknown Author.)

boss I have seen mehitabel the cat again and she has just been through another matrimonial experience she said in part as follows I am always the sap archy always the good natured simp always believing in the good intentions of those deceitful tom cats always getting married in leisure and repenting in haste its wrong for an artist to marry a free spirit has gotta live her own life about three months ago along came a maltese tom with a black heart and silver bells on his neck and says mehitabel be mine are you abducting me Percy I asks him no said he I am offering marriage honorable up to date companionate marriage listen I said if its marriage theres a catch in it somewhere I've been married again and again and its been my experience that any kind of marriage means just one dam kitten after another and domesticity always ruins my art but this companionate marriage says he is all assets and no liabilities its something new mehitabel be mine mehitabel and I promise a life of open iceboxes creamed fish and catnip well I said wotthehell kid if its something new I will take a chance there's a dance or two in the old dame yet I will try any kind of marriage once you look like a gentleman to me Percy well archy I was wrong as usual I won't go into details for I ain't any tabloid newspaper but the way it worked I rustled grub for that low lived bum for two months and when the kittens came he left me flat and he says these offsprings dissolves the wedding I am always the lady archy I didn't do anything vulgar I removed his left eye with one claw and I says to him if I wasn't an aristocrat id rip you from gehenna to duodenum the next four flusher that says marriage to me I may really lose my temper trial marriage or companionate marriage or old fashioned marriage with no Thursdays off they are all the same thing marriage is marriage and you cant laugh that curse off

—archy

had never read any books until they came to High school.

As a part of the work in the English classes each student is required to read and report on six books every year, in addition to those studied in class. This means that at the end of four years of high school, every student will have read at least twenty-four books besides the twenty studied in classes.

That the juniors' and seniors' tastes are formed, to a great extent,

by motion pictures was also revealed. The local pupils seem to have read more books than the out-of-town pupils, which is doubtless due to the fact that they have access to the Y. M. C. A. library in addition to the school library. In view of these facts it is to be regretted that the voters of Centre county failed to vote a one mill tax for a county library.—From the Bellefontian.

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CHRISTMAS CUSTOMS.

The very first evidence of a feast having been held in honor of the birth of Christ was in Egypt, about the year 200.

Children in France look for the coming of Pere Noel with the same pleasure and impatience as ours do for the coming of Santa Claus.

The children of Italy are taken to the churches and cathedrals where they receive their gifts from the Bambino, which means the infant Christ.

"Wassail"—"your health"—was the Anglo-Saxon drinking pledge, taken with the wassail bowl, containing a concoction called "lamb's wool," made of ale, apples, sugar and spices.

In Spain the children seek secret places among the shrubs and bushes in which to hide their shoes and on Christmas morning they go out to find them filled with fruits and candies.

The children in Bohemia are taught to listen on Christmas Eve for a chariot, drawn by two beautiful white horses, bearing the Christ child and the gifts He will distribute among them.

According to a Germanic legend, all trees blossomed on Christmas Eve. To make fact agree with legend, small cherry twigs were properly cultivated at home so as to bloom about Christmas time.

The first Christmas celebrated in our land was when the Puritan fathers finished their first house at Plymouth, having spent more than a month in wandering about in search of a place for settlement.

There are many quaint animal superstitions connected with Christmas night. One of them is the legend that the oxen kneel in their stalls to worship the infant Christ at midnight on His birthday.

The mistletoe and kissing are always inseparably connected in the minds of Europeans, and as far back as tradition and history can go the quaint berried plant and kissing have always gone hand in hand together.

Christmas is celebrated in almost every country in the world, possibly in every land, since our missionaries and travelers have found their way into almost every heathen land, carrying the Christian customs with them.

There is an old superstition that nine holly leaves tied in a handkerchief with nine knots and placed under the pillow on Christmas night will cause the sleeper to dream of his or her future wife or husband.

The modern Christmas tree can be traced back to the Sixteenth century. It originated on the banks of the Rhine. Sixty years later the fir tree was used to carry gifts in celebration of Christmas all over the civilized world.

As a time of feasting the Christmas period is one of the oldest in the calendar. The ancient sun worshippers probably started it with their celebrations and rejoicing over the return of the sun, signifying the beginning of the end of winter.

A German legend is that on every Christmas Eve the Saviour comes to earth in the guise of a very poor boy, who asks alms at every door, testing the kindness of human hearts. Naturally on that day no beggar is refused food and shelter.

In the center of his Christmas table the Russian peasant places a bundle of straw, symbolic of the manger and, before the meal, each guest draws from the bundle a blade of

straw, the one who draws the longest being destined to live the longest.

There are several Santas, including Kris Kringle and St. Nick or Nicholas. The original St. Nick was a bishop who is said to have lived to take part in the historic Council of Nice. This is disputed by historians, but he certainly lived prior to the reign of Justinian, in whose time several churches in Constantinople were dedicated to St. Nicholas.

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