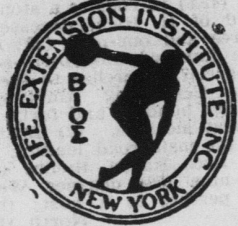


Your Health,

The First Concern.



A few days ago a member of Congress came to talk with me about his father, who has ulcer of the stomach. By an odd coincidence I sat next a lady at dinner that evening, who confided to me that she was fussy about her food because she has a tendency to the same trouble.

It is remarkable that our poor abused stomachs do not rebel more frequently than they do. We put in to them almost everything except the kitchen stove.

But, in spite of all mistreatment, digestion goes on, and relatively few persons suffer from serious stomach disease.

This organ is shaped like a pear, with the small end to the right. The large part is entered through the gullet and, after the food is prepared in the interior of the stomach, it is expelled through the "pyloric valve" into the small intestine.

The part of the intestine which immediately joins the stomach is called the "duodenum." It is at this narrow part of the passageway that ulceration is likely to occur.

Of course, the most strain, the greatest degree of pressure, will be observed in this restricted region. It seems perfectly natural for disturbance to occur here if it occurs anywhere. As a matter of fact, almost all ulcers are located here.

We didn't know much about the details of ulcers in this region until the X-ray was brought into common use. Now it is possible to learn a lot about the individual case.

Time and space will not permit any extensive discussion of the different types of stomach ulcers. You may imagine a small ulcer to be similar to a canker sore in the mouth. The acute type is small, with clean cut edges, as if it had been punched out of the tissues.

The chronic ulcer is larger, irregular in shape, and in a sense like a burn of the skin. Whether it is serious or not depends on how deeply it reaches down into the wall of the stomach. In the dangerous case it continues to burrow until it eats its way through the wall, resulting in actual perforation.

The symptoms produced by ulcer of the stomach depend on the type and extent of the ulceration. Indigestion or dyspepsia is the first sign. In a severe case there may be sickness at the stomach and vomiting.

If the ulceration is deep enough to involve the blood vessels there will be bleeding. The vomited material may be stained with blood. In some cases quantities of blood may be expelled.

There is pain and this is a marked symptom of the disease. The pain may be burning or gnawing in its nature. It is worse when the stomach is empty. The victim learns very quickly that taking food stops the pain.

There is tenderness on pressure. Effort is made to loosen the clothing in this region.

Most persons who have ulcer begin to lose weight. Pretty soon they are very thin.

Let me say at once that large numbers of ulcers heal of their own accord. It is a slow process taking months and even years, possibly.

In the acute case rest in bed is imperative. This is true whether the ulcer is in the stomach or in the duodenum.

While the patient is resting the physician will seek the cause. Since infection is believed to be the chief factor, he will examine teeth, gums, tonsils, nasal cavities and other parts of the body to find where pus may be located.

We will assume that the focus of infection is located and removed. In the meantime the patient is kept quiet and properly fed. Everything is done to improve the circulation and build up the health. Good sense in these matters will bring about a cure.

A powerful amplifier attached to headphones running to each desk has recently been installed in a Philadelphia school for the deaf and is bringing joy and improved facilities for learning to its pupils. A dial on the desk permits the pupils to adjust the power according to his individual needs. Pupils from five to sixteen years of age who have never uttered a word are learning to talk by the aid of the phone, which is opening up to them a new world.

Recent investigations have shown that boric acid when applied to the surface of the body in saturated solutions is absorbed in appreciable quantities. This fact renders it useful in cases of septic infection because it reduces the virulence of the bacteria with which it comes in contact. It is especially good in such infections as boils, acne and skin affections with pus formation.

When a person is suffering from a throat or mouth wound, or some trouble that prevents him from eating, it may be possible, in the future, to feed him through the skin.

That adequate nourishment can be obtained in this manner has been proved after a year's experiments by an Austrian doctor. At present artificial feeding is practiced in two ways: injections into the blood and injections into the digestive tract. As food thus given is not completely absorbed neither method is satisfactory. This new discovery is, therefore, of

great importance. The digestive organs can be rested for long periods while the patient keeps up his strength and body heat by the nourishment absorbed through the skin. A mixture of fat, protein, sugar, and the necessary vitamins in a concentrated form will constitute the ointment with which the patient will be massaged.

SERVICE MEN SHOULD APPLY FOR HELP.

Warning to ex-service men to file their claims by April 6 for compensation for disability incurred as a result of World War service is sounded by the local chapter of the American Red Cross.

The Red Cross has issued the following statement telling war veterans of their rights under the law.

There is a chance of proving service connection for tuberculosis, mental and nervous disabilities and some other conditions even though they did not show up for a long time after the World War.

Fifty dollars a month for life is paid to compensable claimants whose active tuberculosis has reached the completely arrested stage.

Do you need treatment? Veterans of any war (women included) may have free hospital treatment from the U. S. Veterans' Bureau. The disability need not be due to service.

If you are so disabled as to require constant nursing and you are receiving compensation you may receive an additional \$50 per month for an attendant.

Any world war veteran who was eligible for war term or government insurance (even though he did not carry any while in service) may now buy up to \$10,000 of insurance from the government if he is in good health. No back premiums are required, as this is not a reinstatement, but a new purchase of insurance.

The new time limit for filing Federal bonus claims is January 2, 1930.

STUART CLARIFIES RULING ON MOTOR ARRESTS.

"Persons arrested under the Motor Vehicle Code on charges other than a misdemeanor or felony have the privilege of giving the officer a written promise to appear later at a hearing and need not go for a hearing immediately after arrest," James Lyall Stuart, Secretary of the Pennsylvania Department of Highways has reminded motorists.

"I have been informed that many officers violate Section 1207 of the Vehicle Code, failing to give the arrested motorist an opportunity to make written promise to appear. This provision was incorporated in the Code because many persons on long trips or on hurried business trips cannot afford to lose several hours of the day to attend the hearing.

"The written promise to appear is not a special privilege extended by the arresting officer but the motorist's own privilege unless he elects to demand an immediate hearing. Officers who fail in their duty by violation of this section are liable to charges of misdemeanor in office with a heavy penalty.

"A motorist who furnishes his written promise to appear must keep it when he receives the summons, which will be at least five days after an arrest. Failure to keep the promise is punishable by a fine of \$75 or ten days imprisonment or both," the Highway Secretary concluded.

FIND MANY DRIVERS WITHOUT LICENSES.

Of 190 arrests made by the State highway patrol throughout Pennsylvania in one week, 63 were unlicensed operators of motor vehicles, Wilson C. Price, superintendent of the highway patrol, announced. This is regarded as verification of the belief that many are attempting to evade payment of the \$1 renewal fee or fear the examination as learners might prove too difficult. Penalty for non-license is \$10 while parents or employers who knowingly permit unlicensed persons to operate are subject to a \$25 fine.

New Hampshire Lifts Ban on Other Cars.

Properly registered out-of-State automobiles may be operated on New Hampshire highways without registration in this State, according to a bill passed in the New Hampshire Senate. Supporters of the bill believed that the free use of highways will result in favorable publicity for the State. Revenue from out-of-State registration last year amounted to \$6,000.

The Maine Legislature passed a similar act for the same purposes, two years ago.

Automobile Deaths in Two Months Total 260.

An aggregate of 260 motor vehicle accident deaths in January and February, 1929, is announced by Benjamin G. Eynon, Registrar of Motor Vehicles of the Pennsylvania Department of Highways. The January toll was 185 deaths; February, 75. Total number of accidents for the two months was 6,224. Complications are made from compulsory accident reports, required by law of any operator who is involved in a serious accident.

Cancer is Fatal to 115,000 Yearly.

annually in the United States, according to Dr. Norman F. Miller, of the University of Iowa College of Medicine.

The death rate from the disease, declares Dr. Miller, is about one in three. It has increased 47 per cent. among men and 21 per cent. among women in the last 15 years. Ninety-eight per cent. of its victims are more than 20 years old.

FARM NOTES.

—Ton litter methods grow hogs for market when prices of pork are most profitable.

—Baked potatoes are more digestible than any other method of serving this vegetable.

—In late March or early April, after the ground is thawed out, lime can be spread to good advantage.

—Only reliable sources of seed potatoes are dependable. Growers should demand disease-free stock for their spring planting.

—In grafting apple trees all cut surfaces must be completely covered with wax to prevent drying out. Two kinds of wax can be used: melted and soft.

—Spray celery plants with a 4-4-50 Bordeaux mixture to save them from bacterial and fungus blights. Apply with 300 pounds pressure at intervals of 7 to 10 days.

—Use lime-sulphur and nicotine-sulphate to control bugs and the apple aphid. Spray when the buds are in the delayed dormant condition, say Penn State entomologists.

—Plaster shavings give very satisfactory results when used for litter in poultry houses. Cut alfalfa, cut clover, or cut straw also give good results when used as litter.

—A row of corn and a row of legumes is a system that will produce just as much corn to the acre as if all rows were planted to corn and you get a crop of legumes in addition.

—Thoroughly cleaned and disinfected brooder houses are necessary if healthy stock is to be grown. If a rotation system of ranges is followed, do all cleaning before the houses are moved.

—An expenditure of 2 or 3 cents for formaldehyde and about three minutes of time per acre will prevent oat loss from smut attacks. The average loss in untreated oats is two bushels per acre.

—After all danger of late frost is passed, rake off the coarser material used in mulching shrubs and flowers and stir the finer material into the soil. A top dressing of bone meal will also prove beneficial.

—Asparagus is the earliest green vegetable produced. It is a splendid spring tonic and should be grown in every home garden. For a small family, 50 roots are sufficient; for a larger family plant 100 roots.

—Set 175 turkey eggs at one time if 125 young turkeys are desired. Usually a 70 per cent. hatch can be expected. About 25 hens will lay the required number of eggs for such a setting in 10 days, and the eggs should be set at the end of that period.

—When timber is young, a poor tree cut will allow a good tree to replace it. A good tree saved is a piece of timber for future cutting. Nature grows both good and poor trees, and the final crop will be composed of both kinds unless the poor ones are removed.

—Roughages are usually the cheapest part of the dairy ration, but their value is very largely dependent on quality. Early cut, well-cured hay is vastly better than overripe, poorly cured hay. The proper grain mixture is determined by quality as well as kind of hay and other roughages, say State College dairy specialists.

—If your home garden is composed of a heavy stiff soil that has a tendency to become hard and form a crust after rains, it can be improved by turning under manure or any other vegetable matter. Coal ashes also are good but they add no fertility. Ten pounds of lime per square rod will improve the soil physically and aid in producing better crops.

—From four students in 1887 to 785 this year is a record of the growth of the Penn State school of agriculture, figures compiled by Dean R. L. Watts, show. During the present year there have been 559 enrolled in 4-year courses, 104 in 2-year courses, 118 in the winter short courses, and 4 taking special work. The peak of enrollment, however, occurred in 1914-15 when there were 767 enrolled in 4-year courses, 250 in 2-year courses, 212 in the winter courses, and 17 special students, making a total of 1,246.

—The question is often asked as to the lasting crop producing usefulness of limestone. How long will limestone continue to influence crop production?

The West Salem field in Illinois affords some data on the subject. A four-ton per acre application made in 1911, and without subsequent applications, was still giving a slight response in 1927. For the first nine years of this period this single application gave increasing returns; during the last seven years the returns have been diminishing.

—Next to lead and paint poisoning, the most frequent type of mineral poisoning is caused by common salt. Ordinarily, salt poisoning occurs only when salt-hungry animals are suddenly given access to liberal quantities of dry salt, fish brines, or pickling solutions. They gorge themselves, develop extreme thirst accompanied by severe diarrhea, foaming at the mouth, and abdominal pains. Paralysis, particularly of the hind quarters, may result, followed by coma and death in from four to ten hours. As small a quantity as three pounds may prove fatal to a cow while a lesser amount may result in the death of a sheep or a hog.

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CARELESS AUTO DRIVERS MUST TAKE WARNING.

"Many people like to ride the crown of the road when traffic does not interfere, but the practice is dangerous to the point of suicide when approaching a curve or the crest of a hill," Wilson C. Price, superintendent of the State highway says. "Bet-ting that the road is clear when you can't see it, is a poor gamble."

"It is a pleasant feeling to have plenty of space between your wheels and the edge of the road, but the habit of driving in the middle is a bad one. Even though you do see a car over the hill or around the curve in time to avoid it, you must make a sharp turn to get over and risk a skid. Too often you don't have that precious second to get over and the rear of your car must take a side swipe," the parol head said.

"It is unfair, poor manners and lacking in sportsmanship to ride in the middle at a hillcrest or curve. Another driver suddenly confronted with your car and not enough road receives a shock that too often has resulted in an accident and we can hardly be fair in calling such an occurrence an accident.

"Accidents do not happen. They are caused. Approach hillcrests and curves with caution and keep to your own side," Price advised.

Senate Passes Bill on Life Sentence.

The Salus bill, sponsored by the crime commission, which would permit judges to impose life sentences on persons convicted four times on charges claimed as felonies, was passed by the Senate by a vote of 42 to 2.

Its passage followed an attempt made by Senator Davis, Lackawanna, to kill the bill by sending it back to committee.

He was supported in the move by Senator Leslie, Allegheny, but the motion was drowned in a chorus of "nos." Only Davis and Leslie voted against the bill.

Deer for Sale!

A large number of black-tailed deer, now on the National Bison range in Western Montana, are being offered for sale by the government at \$15 a head, plus the cost of capturing and delivering which probably would average about \$20 per animal.

ARBOR AND BIRD DAYS SET FOR APRIL 12 AND 26.

Celebration of the coming Spring Arbor and Bird Days, April 12 and 26, gives promise of being the most outstanding events in the history of the movement, Dr. John A. H. Keith, superintendent of public instruction, said.

The Department of Forests and Waters has distributed approximately 7,000,444 trees for planting in sixty-six counties of the State. A collection of ornamental trees has been secured and allocated to the county superintendents of the State.

During the two observances scheduled, and organized effort will be made to beautify the school plants of the State. The programs will not be confined to the planting of trees alone. Plans have been made to plant shrubs, vines, climbers, hedges, perennials, and other flowering plants in a way that will make the school grounds more beautiful and attractive.

School authorities and teachers have been requested to encourage the following:

1. Planting properties.
2. Cleaning and tidying yards.
3. Removing unsightly fences and substituting a hedge.
4. Planting a shade, fruit, nut, or ornamental tree; shrubs, vines, hedges, perennials, flowers.
5. Help reforest a barren hillside or plant a vacant plot.
6. Plant a food tree, provide a nest-box or a drinking fountain for the birds.
7. Make a plan so that additional plantings may fit into some ornamental scheme.

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Wayne Dairy, 24%	2.70 per H.
Wayne Egg Mash	3.25 per H.
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