

Your Health,

The First Concern.



It used to be believed that water drinking with meals would retard digestion, but that has been disproved. Unless the water is used to wash down food that is insufficiently masticated, it is an aid to digestion, or at least produces no undesirable effect.

Water is necessary for all of the body fluids, and is a part of every cell in the body. Two thirds of the body weight is made up of water. It holds the mineral salts and building materials in solution until they are deposited where they are needed; and it carries away waste products.

If sufficient water isn't taken, there is a dessication or drying in the various organs and tissues, and even the blood may become more concentrated than is compatible with good health.

Of course, we get water from our foods which have different proportions of water in them, and we get a large share from our beverages—tea, coffee, cocoa, milk—but there is also need for more water than is obtained in this manner.

Marriott has emphasized that this dehydration of the blood to even a slight degree results in the impairment of the circulation, and as a result, a secondary functional disturbance in almost every part of the body. This concentration is essentially liable to occur in babies. Babies and children have more need for water even than adults, for their bodies contain more water in proportion to their weight and a restriction of water will hinder their growth and development. "I want a drink" is perhaps the most familiar demand of childhood, and it has a big physiological need as a basis. We'll have to allow our children to be heavy drinkers.

You've heard the story of the little girl whose mother, thinking that the child's demand for a drink during the night was a whim, threatening to spank her if she asked for a while and then cried, "Mamma, when you get up to spank me, will you get me a drink?" That's pathetic, isn't it?

In certain conditions where much water has left the body, as in vomiting and diarrhea, and excessive perspiration the water intake must be much increased. Underhill, in an address before the New York section of the American Chemical Society, brought out the fact that anhydremia (lessened water in the blood), which is quickly restored to normal condition by drinking water; but that the anhydremia from conditions in which the blood vessels are injured so that an undue proportion of the water seeps through, is more difficult to remedy. In case of severe burns, for example, the vessels are seriously involved in the way, and efforts to restore the proper blood concentration must be persistent and prolonged, and fluids must be taken continuously, until the blood capillaries injured in the skin by the burn have had time to repair themselves.

I'm giving you incidents of abnormal conditions simply to emphasize your normal need for a goodly amount of good, fresh water every day. There are many who need to cultivate the habit of water drinking. Probably, like all measures, this is rare. We'll say at least three or four glasses of water between meals should be a daily habit. Many find that two glasses of water before breakfast has a stimulant effect on the bowels, and they are much less liable to constipation. I'll advise those who are inclined to undereat, however, not to drink immediately before a meal, or to take too much water with the meals. The over-weighters needn't heed this advice; in fact, a good drink of water before meals will help to fill the void so not quite so much food is demanded. I allow my reducing followers to drink all the water they want. Water is not fattening, in the sense we use that term.

That's right—Get a drink of water right now.

It seems to me that there is nothing that contributes more to woman's beauty than an active skin. There is such a thing as altogether too many of us do not think of our body-covering in just that way. There is also such a thing as a sluggish sickly skin.

It is just as true that a neglected skin will reflect itself in the general health of the body as it is that a neglected body will reflect itself in the skin. A well-cared-for skin is a most important contributor to general physical and mental tone.

Bathing has come to be a science. There are special baths for almost every conceivable condition. Dry baths, showers, needle-baths, friction baths, salt baths, sun baths, air baths, Turkish baths and so on, almost without end. Each has its special benefit.

For the average, healthy woman with her time occupied in office or about the house, two baths a day are not too much for complete cleanliness and proper tone. A warm—not hot—tub or sponge at bedtime, with a very mild soap, not only removes the soil and relieves the skin of the body odors due to work it has been doing during the day, but relaxes nerves and makes for a sound and refreshing sleep.

In the morning, upon arising comes the quick scrub with bath brush and tepid water.

PATIENTS TREATED AT COUNTY HOSPITAL.

Wayne Morrow, of Bellefonte, was discharged on Wednesday of last week, after having undergone medical treatment for several days.

Mrs. Emel Ries, wife of Prof. Ries, of State College, who had been a surgical patient for the past four weeks, was taken, on Tuesday of last week, to a Chicago, Ill., hospital where she will undergo treatment at the hands of her husband's father, Dr. Ries, a noted Chicago physician. Her daughter, Gay Dixon Ries, eight months old, was also taken to the Chicago institution.

Mrs. Roy Bloom, of Halfmoon township, was discharged on Tuesday of last week, after having been a surgical patient for the past two weeks.

Mrs. Frederick Cox, of Ferguson township, a surgical patient for the past nine days, was discharged on Tuesday of last week.

Kenneth Hoff, of Philadelphia, a student at Penn State, was admitted on Tuesday of last week for surgical treatment. He is a member of the Sigma Phi Epsilon fraternity.

Mrs. Samuel Zerby, of Bellefonte, was admitted on Tuesday of last week for surgical treatment.

Cyril Moerschbacher, of Bellefonte, was admitted on Tuesday of last week, and after receiving surgical treatment was discharged on Thursday.

Arthur Thomas, of Bellefonte, who was receiving treatment for a broken arm for the past two weeks, was discharged on Wednesday of last week.

A daughter was born to Mr. and Mrs. Raymond Weschler, of New Castle, Pa., on Wednesday of last week. They have named the youngster, who is the first child, Rose Marie Ann. Mrs. Weschler was the former Miss Catherine Rider, a daughter of Mr. and Mrs. W. D. Rider, of Bellefonte.

Grover Shires, of Snow Shoe, who was admitted on Wednesday of last week for medical treatment, died on Friday at 1:30 a. m.

Miss Clara Love, of Bellefonte, a student nurse at the hospital, became a medical patient on Wednesday of last week.

Raymond Martin, of State College, on Thursday of last week, was admitted for medical treatment.

Frank Voznik, of Clarence, was admitted on Thursday of last week for medical treatment.

Charles Dean, of State College, who was receiving treatment for injuries received when he was run over by a wagon, was discharged on Saturday.

Mrs. Emma Neff, of Niagara Falls, was discharged on Saturday after having undergone treatment for severe burns about her arms.

Frank Burd, of Aaronsburg, was discharged on Saturday after receiving surgical treatment.

Miss Florence Smith, of Gregg township, a medical patient, was discharged on Saturday.

Mrs. Clara Mahnke and infant, wife and son of Kurt Mahnke, of Bellefonte, were discharged on Saturday.

Miss Margaret Peters, of Pleasant Gap, was admitted Sunday for medical treatment.

Homer Patterson, of State College, was admitted on Sunday for surgical treatment, having received injuries in an automobile accident at the Old Fort that day.

Samuel Roberts, of Shenandoah, a student at State College, was admitted on Sunday for surgical treatment.

Mrs. John Wion, of Milesburg, a medical patient was discharged on Sunday.

Mrs. Florence Barger and infant, wife and daughter of Elmer Barger, of Moshannon, were discharged on Sunday.

STATE HIGHWAY WORK FOR CENTRE COUNTY.

At least three, and possibly four new stretches of concrete State highway will be built in Centre county this year, according to the decision reached at a conference with highway officials, in Harrisburg, last week.

The four mile stretch from Milesburg to a point east of Curtin, for which bids will be asked this month, comes under last year's allotment and will be entirely separate from the county allotment for the ensuing two years.

The next piece of road on the list is the six mile stretch through the Barrens from State College to Waddle, which will be followed by a little over three miles running from Pottery Mills toward State College. The preliminary papers for both these stretches have been executed by the county commissioners and forwarded to the district offices in Clearfield for endorsement.

Another piece of road on the schedule is a seven mile stretch from Phillipsburg to Sandy Ridge, but no papers have yet been executed for this. As all these roads are to be concrete it will mean work for quite a number of men.

Such a Precedent.

The Woman member of the Minnesota Senate, being told that she would have to vote on a certain bill, voted no on the ground that she didn't know what the bill was about. What a mass of negative votes would be cast in Congress and all State Legislatures if this action were taken as a precedent!—From the New York Evening World.

FARMS CUT MAINTENANCE IN COUNTY PRISONS.

With two county prison farms in the process of being established in Pennsylvania, a distinct departure from the old county penal system which fosters idleness and expense is being taken, and this State through the efforts of the State department of welfare is one of the first to attempt to reduce the cost of county prisons and to banish idleness among the prisoners, Mrs. E. S. McCauley, State welfare secretary, said the other day.

The two farms, for which ground has been obtained in Berks and Delaware counties, where 700 acres and 250 acres, respectively, have been secured by the county commissioners. Architects have been employed and plans advanced for the construction of modern buildings of a simple type to house the sentenced inmates.

First intentions are to devote the work of the prisoners to farming which will comprise the raising of vegetables and products to be used by the inmates thus reducing materially the cost of maintaining prisoners to the taxpayers. Plans for later developments call for the construction of shops, where inmates will make articles to be used in penal institutions, Mrs. McCauley said.

With Dauphin and Montgomery county commissioners considering prison farms for their respective counties, Dr. E. L. Scott, director of the bureau of restoration of the State welfare department is meeting with commissioners of other counties where similar plans are being discussed.

Work in such institutions, however, is not confined to farming, and after careful survey the department believes that prisoners in some counties where farming is poor can work on the reclamation of waste land which could later be sold. This plan would also include reforestation to be done entirely by the county prisoners.

DETROIT AVIATOR SIGNS PACIFIC FLIGHT CONTRACT

Tom Mitchell, test pilot for the Stinson Aircraft Corporation, has signed an agreement with Dr. R. K. Lighton to fly the Pacific Ocean within the next twelve months. The agreement provides that Mitchell will make a tour of the United States and then fly from Seattle to Japan for a consideration of \$25,000 and an insurance policy for \$25,000 in favor of his dependents. Lighton said three New York capitalists are interested in the proposed flight.

—During the first quarter of 1929 Centre county motorists paid in gas alone tax \$23,343.97, of which amount \$3,939.24 was returned to the county as its share.

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ALTOONA WILL CELEBRATE TWO EVENTS AS ONE.

When the world's greatest automobile race drivers go to Altoona to compete for international speed honors on the world's fastest track, June 15, thousands of ex-service men representing American Legion posts in various sections of the United States will arrive to take part in the Flag day celebration featuring parades and Charles R. Rowan Post, No. 228.

Preliminary plans call for a two-day celebration featuring parades and competitive drills at the Altoona speedway preceding the 200 mile international race, June 15, and a street parade the night of June 14.

Representatives of posts from all parts of the middle west and eastern portions of the United States numbering approximately 15,000 men are expected to participate, parading on the eve of the race with their drum and bugle corps. Loving cups, prizes and other awards will be presented to the best posts:

On race day it is planned to have the drums and bugle corps take part in a competitive drill for cash awards offered by directors of the Altoona Speedway Association. The 20 drum corps, numbering approximately 1,000 men, selected from the drill of the previous night, will march around the entire mile and a quarter bowl. The final elimination drill will be staged before grandstand "A" just prior to the start of the speed test. Invitations have been sent to General Smedley Butler, of the United States Marine Corps, Governor John S. Fisher, and officials of the United States Army to officiate as judges.

Hoping to create a nation-wide movement among Legion posts for the observance of Flag day, the Rowan Post committee is planning numerous events including dances, midnight shows, boxing programs and a reception at the Legion's new home for all visiting "doughboys" and their friends.

BEGIN DRIVE TO ENFORCE RULES IN ROADSIDE STANDS.

Roadside stand inspection by personnel of the restaurant hygiene section of the State Health Department's bureau of communicable diseases will begin its work at once.

All roadside stands on the main and secondary highways throughout Pennsylvania will be carefully checked as to proper sanitary facilities, medical certificates for food handlers and adequate cleansing equipment for eating utensils.

In this connection Dr. J. Moore Campbell, chief of the bureau said: "While everything will be done by way of inspections and re-inspections to develop and maintain a safe type of roadside stand—many of which already exist in Pennsylvania—the main job in this important matter rests with the motorists themselves. If they will patronize only those stands, large or small, that present a cleanly appearance both outside and inside, and drink water at such stands only if the water sign of the Department is in evidence, great assistance will be rendered to the Department's activities and undoubtedly a better and safer service in many instances will result."

PENN STATE ANNOUNCES NEXT YEAR'S SCHEDULE.

Announcement of the complete schedule of work to be offered by the Pennsylvania State College for the coming year is continued in the issue of the general catalogue which has just been published. Freshman Week starts September 19 and college opens September 24. The freshman class is to be limited to 1000 men and 170 women. The granting of admissions will start in July. An illustrated catalogue is also being distributed by the College Registrar.

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PHYSICIANS

W. S. GLENN, M. D., Physician and Surgeon, State College, Centre county, Pa. Office at his residence. 35-41

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