

Your Health

The First Concern.



Losing one's temper is dangerous, because the heart gallops and the blood is forced at such speed and pressure to the brain that a vessel may burst. Temper has killed many in that way. Reaction, too, may bring a collapse.

Food and health specialists have been following with interest some experiments made in feeding cows at Rock River Farms, Byrn, Illinois, with powdered seaweed. The object of these feeding experiments was to determine if the cows could thus be made to produce milk containing iodine which exists in the water of the ocean and in seaweeds. The chemical analyses of the milk were made by Prof. G. W. Cavanaugh of Cornell University. The results were encouraging, a sufficient amount of iodine being found in the milk to warrant the hope that this might be a means of preventing and possibly curing common goiter. The seaweed added to the cows' diet does not affect the flavor or quality of the milk.

What is the chief cause of disability in this country? What mainly causes absence from work, school, business? What gives the physicians the greater part of their work the year around? It is the cri. That's tantamount to saying one or another of the common respiratory infections, which include the following:

Coryza, the grip, tonsillitis, acute sore throat, septic sore throat, laryngitis, bronchitis, influenza, pneumonia, tuberculosis, measles, German measles, mumps, scarlet fever, whooping cough, chicken pox, smallpox, epidemic meningitis, infantile paralysis, diphtheria (in Asia, pneumonic plague).

Some of these diseases may be communicated in other ways but all of them are communicated by spray or droplet infection in most cases.

If every one having cri, coming down with it, or "just threatened" by it, who will not or cannot remain isolated, would wear a suitable screen, mask or veil over nose and mouth while in contact with other persons, all of these illnesses would become rare, most of the doctors in practice would have to retire or find other means of livelihood, and many millions of dollars would be saved annually.

Intelligent folk generally have some vague notion about the danger of spray or droplet infection in an uncovered sneeze or cough, but not many know that spray or droplet infection among polite people is ordinarily conversational.

The only difference between an uncovered cough or sneeze and uncovered conversation is that the range of the spray is not so great in conversation, being less than five feet, whereas in coughing or sneezing the range is 10 or 12 feet. The person with cri who declines to wear a muzzie or mask yet persists in getting within range of other persons is just as gruffly, if not as offensive, as is the boor who sneezes or coughs upon other persons. Undoubtedly the great bulk of all respiratory infection is conversational.

A person with cri who can and does remain more than five feet from other persons is isolated, so all practical purposes, provided he does not cough or sneeze or spit at them. This applies as well in diphtheria, scarlet fever or measles as it does in tuberculosis, pneumonia or coryza. to the best of our present knowledge.

It is rather a good sign as the warm weather comes along to see folks turning naturally to salads and fruits and cutting out, or at least cutting down, on oatmeal, butter, fats, pork, puddings, and so forth. Because after all this eating business is really a heating business, as fully 80 per cent of what you eat is used to keep up the animal heat in your body.

In the cool weather, if you are out doors to any extent, you wear heavier clothing than in the summer because you wish to retain the heat in your body, whereas in the warm weather you are anxious to let the heat get away from the body.

You can readily see that if all the heat comes from the food and the surrounding air is warm, naturally this surrounding air will not absorb the heat from your body, as will cold air. The sensible thing to do then is to cut down on your fuel or food intake and thus your body will create less heat. In a general way the suggestion would be that you cut down on the entire food intake 10 to 15 per cent.

However, there is one point, as mentioned before, where many make a mistake. They get outdoors more in the summer than in cold weather, play golf, tennis, baseball or other games, or indulge in long walks. Now salads, fruits and vegetables will supply the energy for these efforts but there are not such foods from a repair or building standpoint.

Your body cells are best built up by proted foods such as meat, and eggs. This means then that if you exercise, that meat and eggs are needed just as much as during the cool weather, because they build up the cells worn out by exercise or work.

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Talks With The Editor

This column is to be an open forum. Everybody is invited to make use of it to express whatever opinion they may have on any subject. Nothing libelous will be published, though we will give the public the widest latitude in invective when the subject is this paper or its editor. Contributions will be signed or initialed, as the contributor may desire.—ED.

Mr. Hughes Amplifies His Suggestion for a Greater Police Force.

Mr. George R. Meek, Bellefonte, Penna.

Please publish this letter in full. I think its contents will interest your readers.

I appreciate the compliment you paid me in commenting as you did in your paper of Friday, June 28th, upon the remarks I made in a recent speech at the Centre Hills Country club referring to the necessity for the creation of a great police force to properly combat the growing evil of kidnapping, robbery and murder. I think that you misinterpreted the meaning of my expression to the effect that "the money saved in war preparations together with the immense surplus on hand every year could provide such a force and many men of the army and navy could be used in such a service." I based that statement on the reasonable assumption that many men now serving in the army and navy will soon be released because of the peace compacts and the apparent general desire of the part of the leading nations to lessen the expense required to provide and maintain large armies and navies. Men thus released because of their military training and experience would make up an ideal police force that would soon put a great check on the evils referred to. It was not in my mind that men while serving in the army and navy could be used for the service referred to, but after they had been released from such service.

The necessity for the most efficient kind of a police force to deal with the terrible and rapidly increasing crimes of kidnapping, robbery and murder in our country must appeal to every thinking person, and I am quite satisfied in my mind that if a goodly number of our Senators and Representatives at Washington had passed through the agonizing experience that attend the deaths of dearest friends or relatives through being kidnapped and then murdered, or being shot down in the banking houses and busy stores, or on their way to the banks to deposit their money, or enroute to the great industrial plants with the weekly payrolls, long ago a law would have been passed, as I believe providing the most strenuous action possible to put a stop to these terrible crimes; and the technical phase of "States Rights" which you have stressed in your "Ink Sling" would have been taken care of in some way, for it is my sincere conviction that the citizens of the various States, men and women, boys and girls, would welcome the law that would guarantee to them their constitutional rights of "life, liberty and the pursuit of happiness," rights which the bandits, kidnapers, robbers and murderers are denying to thousands annually. I plead for consistency in the matter.

When the crisis arises, our Government of men at the cost of billions of dollars responds and furnishes millions to participate in wars which involve the sacrifice of hundreds of thousands of precious lives. That is all right, that is our Christian and patriotic duty, but let us be consistent as a proud Christian government.

Another crisis of tremendous significance is at hand. Death, cruel death day by day threatens those nearest and dearest to us, at the hands of "Master Criminals" and the cry from the tortured and suffering from far and near is ringing in our ears to provide the needed relief. What is to be the response of our Government? How long will the delay in taking drastic action prevail? No matter what the cost, let this police force in plain clothes be established, large enough to meet the needs of the hour, stationed at thousands of strategic positions, if needs be in every town and city and at all the leading cross roads in the country, and let its efficiency remove the menace of the "Master criminals" even as the "Yanks" overseas eliminated the menace of the cruel and murderous Germans. When this will have been accomplished no really patriotic citizen will ever regret that the principle of the "States Rights" was waived to produce such a desirable result.

President Herbert Hoover has very wisely appointed a "Crime Commission." Let us sincerely hope that the efforts of this Commission may bring the relief for which the good citizens of the country are earnestly praying.

Very cordially yours, J. R. HUGHES

Suggests a Tablet Memorializing a Public Benefactor.

Landsdowne, Pa., July 9, 1929.

Mr. George Meek, Bellefonte, Pa.

Dear George:— A few days ago I had a very pleasant visit to Bellefonte renewing old friendships, and a visit to the old Spring which impressed me rather unfavorably in this way. I fully expected to see some marker or monument to Major Reynolds commemorating his generous gift of the water to the town. While the town had the right to the use of the water passing through a small pipe, the time came when they needed more. The Major owned the Spring and gave the town the unrestricted use of the water. Right there an opportunity came to do the thing by a proper acknowledgement

of the great benefit you enjoy today. It is certainly a priceless gift to your people. I have always been proud of having been born in Bellefonte (in the Dr. Hibler house on Allegheny St.) It seemed to me that some one had been neglecting their opportunity to do a good turn for the town.

Yours very truly A. M. HOOVER

Real Estate Transfers.

Thomas Champ, Adm., to Orvis Fleck, et al, tract in Phillipsburg; \$1,000.

Lillian Shadow to Minnie Hammel, tract in Potter Twp.; \$10.

Amanda Kessler to C. L. Gramley, tract in Miles Twp.; \$135.

Centre County Commissioners to Theodore D. Boal, tract in Patton Twp.; \$110.

Centre County Commissioners, to Theodore D. Boal, tract in Patton Twp.; \$1.

Centre County Commissioners to Theodore D. Boal, tract in Harris Twp.; \$1.

Minnie Hammel, et bar, to Stewart Jordan, tract in Potter Twp.; \$1.

John N. Davis, et al, to William L. Hicks, tract in Taylor Twp.; \$115.79.

John N. Davis, et al, to William L. Hicks, tract in Taylor Twp.; \$1.

William L. Hicks, et ux, to John D. Cox, tract in Taylor Twp.; \$1.

James C. Furst, Exec., et al, to Trustees of Honeysuckle Inn, tract in Rush Twp.; \$50.

Adam H. Krumrine, et ux, to Clayton R. Orton, et ux, tract in State College; \$890.

Amos Strouse et ux, to Philip H. Storch, tract in Potter Twp.; \$1.

Sherman Lowery, et ux, to S. T. Stover, et ux, tract in Spring Twp.; \$875.

J. D. Neidigh, et ux, to Maurice W. Neidigh, tract in Ferguson Twp.; \$1,500.

Edward Kruger to Samuel Kruger, et ux, tract in South Phillipsburg; \$1.

William P. Humes, et ux, to Louis Hill, tract in Bellefonte; \$450.

Annie A. Matiyor, et bar, to Helen Hancock, tract in Rush Twp.; \$1.

Helen Hancock to Annie A. Matiyor et bar, tract in Rush Twp.; \$1.

Elmer E. White, et ux, to Gwendolyn M. Aikey, tract in Bellefonte; \$1.

Gwendolyn M. Aikey, to Elmer E. White, et ux, tract in Bellefonte; \$1.

Harry E. Lambert, et al, to Tracy G. Lambert, tract in Milesburg; \$1.

—A good many Democrats are spending a great deal of time and wasting considerable energy in "knocking" conspicuous party leaders. They would serve the party better by urging party harmony.

NEW YORK CITY TOURIST MECCA.

A recent interview granted International News Service by officials of the New York Hotel Owners association revealed some surprising facts in connection with this question.

First came the statement that approximately 315,000 out-of towners affix their names to hotel registers in the metropolis every day during the months of June, July, August and September.

These figures, of course, are swelled considerably on days and weekends when conventions are held there.

Next, came the assertion that according to reliable estimates, approximately \$5,000,000.00 is paid into the coffers of metropolitan business men daily by the influx of summer vacationers. This, if it held the year round, would be at the rate of \$2,125,000,000 annually. How much is paid by visitors to the railroads for transportation to New York from their home cities can only be guessed at.

The hotels, naturally, get the lion's share of this daily flood of provincial dollars. There are about 20 first class hostleries in New York City proper and it can easily be figured that each one of them must take in more than \$200,000 a day as a result of the summer trade.

The huge majority of the spring and summer tourists to Manhattan come from the Middle West and South, it is said.

Contrary to general belief, the cities of these sections and not the rural districts, furnish the most New York sight-seers.

Chicago, Ill., and St. Louis, Mo., are at the top of the list in this respect. The hotel owners report that more than 5 per cent of their incoming guests register from the Windy City. Slightly less than 4 1/2 per cent come from the Mound City.

Atlanta, Ga., leads among the cities of the South. Incidentally, an interesting sidelight on the flow of metropolitan visitors from Atlanta is the fact that the average length of time they remain there is less than it is in the case of people from other centers.

Atlantans apparently are disappointed at the lack of sunny geniality, to which they are accustomed, in New York.

The average summer tourist remains in New York about two weeks, the hotel owners declare and during his visit makes a thorough round of the city, which is to say he visits the Woolworth tower, the Aquarium, the Fifth Avenue shops and, of course, the Broadway White Light district.

Coincidental with these revelations by the Hotel Owner's association is the declaration by owners of sight-seeing busses that their business virtually triples itself in volume during the summer months.

PRESBYTERIAN LAYMEN TO MEET IN HARRISBURG.

Preliminary plans for an all-day conference of men from the Presbyterian churches in the Presbyteries of Carlisle, Huntingdon, Northumberland and Westminster, composed of twenty-eight Central Pennsylvania counties, to be held in Harrisburg on October 29th, were developed at a recent meeting of the general committee, of which President Judge William M. Hargest, of the Dauphin county courts, is chairman. Others on the committee are

Doctor C. Waldo Cherry, Doctor W. L. Mudge, Doctor W. M. Cleveland, A. M. Morrison, C. E. Shirk, S. P. Eby, Harry W. Keeny, John T. Harris, and G. L. Cullmery, all of Harrisburg; Frank A. Robbins, Jr., of Steelton; Lindley H. Dennis, of Shiremanstown; Doctor M. Glenn Shafer and R. B. Deitrich, of Carlisle; Rev. William C. Watson and James B. Graham, of Williamsport; the Rev. Harry E. Ulrich, T. V. Utley and Cloyd B. Ewing, of Lancaster; Walter B. Hays and E. A. Hirschman, of York and John H. Grazier, of Tyrone.

The object of the conference (encouraged by the department of men's work of the Presbyterian Board of Education, with Charles H. McDonald, D. D. associate general director), will be

1. To extend acquaintance;

2. To bring to men an inspiring presentation of the general program of the church; and

3. To arouse enthusiasm for sharing in such.

A. M. Morrison and Harry W. Keeny were named as vice chairmen of the committee—and C. L. Cullmery, of Harrisburg, was chosen as chairman of the publicity committee to be composed of an additional representative from each of the four Presbyteries. The representatives already selected for such committee are

Daniel Slep, of Altoona; Jesse S. Bell, of Williamsport; Thos. V. Utley, of Lancaster; Walter B. Hays, of York; and Allan Thompson, of Carlisle.

—Subscribe for the Watchman.

Used Electric Ranges

We have traded in, for new Gas Ranges, a number of electric ranges, many in good condition. These are for sale to those in the outlying districts, not reached by gas. Many of these ranges originally sold for \$220 to \$275.

Your Choice at \$60.00 Each.

Central Penna. Gas Co.

Advertisement for West Penn Electric Shops. Features a candle icon and text: 'keep the reception hall well-lighted for one week at the price of a small wax candle WEST PENN POWER CO. FOR BETTER LIVING USE ELECTRICITY. 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 fail. Price \$1.00. YEAGER'S TINY BOOT SHOP.'

Large advertisement for FRIGIDAIRE refrigerators. Features the headline 'FRIGIDAIRE for you! (PORCELAIN ON STEEL) only \$205.00 complete with "Cold Control"'. Includes an image of a refrigerator and a control dial. Text: 'Come in and see it today... the new low priced "Million Model" FRIGIDAIRE. In addition to being equipped with the famous Cold Control, it is all porcelain, white inside and Tu-Tone outside... shining clean and ultra sanitary. "That's the one for me", you'll say when you see it! And then, when you investigate our Easy Payment Plan, making your purchase will be a matter of only a few moments. FRIGIDAIRE is now within easy reach of any family budget. If you have been "holding off" because you thought the price was too high... that last difficulty has been removed. Get your FRIGIDAIRE NOW and have the benefit of lasting refrigerator satisfaction.'