

Your Health,

The First Concern.



Perhaps you are bothered with pains in the region of the appendix at times and naturally wonder if you have "chronic appendicitis."

Now it is just possible that you have appendicitis, but most of the pain in the abdomen comes from gases, that is the fermentation or putrefaction of food that has been eaten.

Dr. Albert S. Welch, Kansas City, Mo., tells us that under ordinary circumstances the usual articles of diet, such as cooked potatoes and tender meat, are acted upon by juices in the stomach and small intestine, opening a sufficient time here for proper digestion, and after about two hours the material that has not been absorbed into the blood, passes into the large intestine.

As it is still in a liquid state a little absorption into the blood takes place, and the hard covering of the starch granules that did not get broken up in the small intestine, get broken down by the organisms in the large intestine.

Now this starchy material may get through the small intestine unbroken and therefore not digested, because the food is "hurried along on its way."

Sometimes also because the digestive juices in the small intestine are not strong enough to break down the hard or "cellulose" coverings of the starchy food, this starchy food reaches the large intestine undigested. New the natural organisms in the large intestine are just waiting for something like this to happen, and they immediately seize on this starchy food, break down the coverings, and thus allow the escape of considerable gas.

Dried beans and coarse vegetables are examples. Others are lettuce, celery, cabbage, radishes, and spinach, all of which, Dr. Welch points out, lead to fermentation in the large intestine.

Now this does not mean that the above articles should not be eaten, because the foods in themselves are nourishing, and also these coverings of rough material are of help in rubbing or scraping the sides of the large intestine, thus stimulating movement and preventing constipation. It does mean, however, that these foods should be well chewed and mixed with the saliva, for the digestive juice in the mouth, because a good deal of preparation for absorption by the small intestine can thus be done. If these foods are not well chewed, and pass through the stomach and intestine without much change, it means that they will cause gas distension in the large intestine. So chew your food.

If you were asked what was the most important advance in medicine in the last few years, you would probably say that it was Banting's discovery of insulin, which not only cures diabetes in young folks, but preserves the lives of older folks and enables them to live a normal life. However, if you were asked what was the most important advance in surgery you might be at a loss to give an opinion.

That our ancestors were observant is proven time after time if we care to investigate the matter. One of the things they noted was that folks that ate plenty of fish appeared to be free from enlargement of the thyroid gland of the neck—goitre, as it is called. They noted also that the use of medicines made with seaweed appeared to reduce the size of the goitre.

From that came iodine and we know now what an important factor it is in preventing goitre in communities that formerly had very many cases. But perhaps one of the greatest blessings has been its effect on advanced cases of goitre where there is the extreme nervousness, tremor of the body, very rapid heart, and bulging eyeballs.

That an operation for removal of part of the thyroid gland would correct these symptoms to a large extent was proven years ago, but the operation was for many years quite dangerous.

However Dr. Walter R. Stetnick, Rochester, Minn., tells us that the use of iodine in preparing patients to undergo the operation has decreased the death rate, lessened the suffering, lessened the expense to patients and made the operation easier to perform. It enables patients to resume their duties many months earlier than was possible before this method of preparation was used.

These pleasing results have taken away the dread of operations that formerly existed in the minds of certain patients and have caused them to present themselves for operation much earlier.

Dr. Stetnick says further that the use of iodine for some time previous to operation may be looked on as being the most important advance that has been made in the treatment of goitre since its introduction in 1892.

The lesson for us is clear. While iodine may not be indicated in every case, nevertheless if your doctor wants you to use iodine as a preparation of goitre, or to lessen the suffering before operation, you can now see his reason therefor. He will tell you that many severe cases have been so improved that an operation became unnecessary.

Incubators in Use in Egypt Ancient Models

The incubator for hatching chickens is probably as old as history, which in the Mediterranean region runs back more than 4,500 years. There were, doubtless, incubators in Egypt before Moses was born, and to this day in that country they are just what they were in the lifetime of the great Hebrew leader.

The art of hatching chickens is handed down from generation to generation, from father to son, a secret craft. Baby chicks are an important article of trade, and they are produced by millions for rearing.

The typical Egyptian incubator is a rude and cumbersome affair when compared with the modern device. It is a building of considerable size, of sundried brick. Through it run one or more passages, and on both sides of each passage are ovens (so to call them) in two tiers. The oven at the ground level has a small door; the one directly above it is entered from beneath through a manhole. The ovens are arranged in pairs, one below and the other above. The eggs are placed in the lower oven, and a fire is lighted on the floor of the oven overhead, to furnish the warmth requisite for hatching.—San Francisco Chronicle.

Moon and the Weather in No Way Connected

Curiously persistent are the various superstitions relating to the effect of the moon on the weather or on the farm crops. One of the most unreasonable of these beliefs, says the weather bureau of the United States Department of Agriculture, is that if the horns of the new crescent moon tip downward, it is a "wet" moon portending rain.

As a matter of fact, on any given date the position of the crescent moon is always the same in places having the same latitude, so the same kind of weather would necessarily prevail, were this sign of any value, throughout a belt of latitude extending around the globe. Again, near the equator, in a part of the world notorious for its heavy rainfall, the young moon is generally in an almost horizontal position, or, according to the proverb, it is almost always a "dry" moon. If the moon could be viewed from the North or South pole, on the other hand, its position would be, for the superstitions, indicative of "wet" weather, but these regions are characterized by so little rainfall and snow that they rank among the arid parts of the globe.

Phrase Often Misapplied

Probably the majority of people who use the phrase "of that ilk" are ignorant of the real meaning of "ilk." It does not properly mean kind, set, family or race, as often supposed. "Ilk" is from the Anglo-Saxon "elc" and means identical or same. In Scotch "of that ilk" denotes that a person's surname is the same as the name of his estate "Knockwinnock of that ilk" means simply "Knockwinnock of Knockwinnock," the name of proprietor and property being identical. The improper usage of "ilk" to mean kind or sort probably originated as a joke and has been perpetuated through ignorance of the true meaning.—Exchange.

Hens as Barometer

If Cayenne pepper is added to the diet of white hens which have been hatched from carefully selected eggs, their feathers become pale rose in color, and they flush to a brilliant red when the weather is damp, and increasing humidity indicates the coming of a storm. These hens thus become veritable living barometers, and the progression of color from pale to brilliant is so exact that a scarlet hen stalking about the barnyard is regarded as certain prophecy of a storm that may be expected within 12 hours.—The Tycos, Rochester.

His Objection

It had been a tiring case for everybody concerned. The plaintiff and the defendant were both slow-witted, and everything had to be explained to them at least twice.

"Do I understand, my man," said the magistrate at one point, "that the defendant hurled invectives at you?" The plaintiff scratched his head wildly. Then a look of understanding dawned in his eyes as he replied: "No, sir, to tell the truth, it was only bricks he threw at me; but what I complain about was the terrible way he swore at me when they missed!"

Beauty Made by Dust

Dust and sand contribute to the beauty of the skies. The infinitesimally short waves of sunlight you pour down merely as white light but for the diminutive dust motes that get in the way and sift out the component colors, the colors are brought into existence they would stream on through, the atmosphere and into space if the all but invisible water droplets did not huddle together and hold them for the world to see.—National Geographic Society Bulletin.

The Limit

Judge—If, as you admit, you were three miles away digging potatoes when this man was arrested for speeding, how can you testify that the car was going at the most only 20 miles an hour? Sambo—Judge, Ah used to own dat!

EXPEDITION WILL EMBALM GORILLAS

Complete Specimens to Be Brought Back to U. S.

New York.—Four scientists sailed from New York on the Aquitania for the highlands of tropical Africa, there to kill adult gorillas, embalm them and bring them home complete for anatomical study. The new specimens will give first opportunity for detailed comparison of the gorilla with man.

Columbia university, which will finance the expedition, announced its plans. The College of Physicians and Surgeons is co-operating with the American Museum of Natural History.

Henry Craven, who has explored in Borneo, Celebes, Africa, Australia and Greenland, heads the expedition. He is associate curator of comparative anatomy at the museum.

With him are Dr. William K. Gregory, professor of vertebrate paleontology at the university and curator of comparative anatomy at the museum; Dr. J. H. McGregor, professor of zoology at the university and research associate in human anatomy at the museum, and Dr. E. T. Engle, associate professor of anatomy at Columbia.

They also will make special studies and photographs of the feet of the unshod natives who carry their equipment through the thickly grown highlands north of Lake Tanganyika. Dr. Dudley J. Morton, head of the committee in charge of the expedition, wants the data for his studies of the evolution of human foot and its disorders. The native feet are undecomposed by shoes and will be compared with American feet.

The expedition will return next January.

Tired of Life, Blinded War Bride Kills Self

Clarksburg, W. Va.—Tired of a life of darkness and misery, Mrs. Fred A. Fratto, thirty, German war bride of Frank Fratto, thirty, ex-service man and coal miner, fatally shot herself through the right temple at their home at Shinnston.

Mrs. Fratto was a pretty little German girl in the picturesque city of Coblenz when the American army of occupation came there in 1917. There she met Frank, member of the American forces, and a romance blossomed rapidly. They were married and when the army left she and Frank settled at Shinnston.

There they lived happily until 1926 when the young woman developed a serious tumor infection of the brain. At a Richmond, Va., hospital where two tumors were removed, a surgeon's knife severed the optical nerve rendering her blind. Despondent because of her blindness, an infection that affected her mind and crippled her spine so she was an invalid, she decided she was better off dead and so decided on suicide, several previous attempts at which were frustrated.

Joan d'Arc Features Bring Movie Fame

Paris.—Only because she had the features of St. Joan, eighteen-year-old Simone Genevoix has risen from the mass of unknown French women to become one of the most popular of French moving picture actresses.

Mademoiselle Genevoix had never acted until a few weeks ago, and she was known only to her fellow town-folk as a quiet and demure young girl who some day would make a good wife for one of the town's beaux. But French producers discovered she resembled Joan of Arc even in mannerisms and today she is among the most praised of French actresses.

Mademoiselle Genevoix is appearing in the new French film, "The Wonderful Life of Joan of Arc," which purports to be an authentic reproduction of the Maid of Orleans' life, and historians and critics have acclaimed her interpretation as superb.

Payroll Dropped From Airplane Is Scattered

Hutchinson, Kan.—Picking up \$10,000 in silver and gold strewn over an area of 75 yards was the experience of William Carr, former guard for the payroll agent located in the Tampico oil fields of Mexico.

The money, wages for oil workers, was dropped by airplane from sacks in absence of a landing field. One day when the plane flew higher than usual, three sacks hit the ground, burst open, and scattered their golden contents over the surrounding area. Only \$84 was missing when the guard had finished picking up the money.

Oklahoma Blind Man in Commerce Group

Edmond, Okla.—For the first time in the history of Oklahoma, and perhaps for the first time in the country, a blind man has been elected president of a chamber of commerce.

Phillip C. Slack, blind since birth, was elected unanimously to the Edmond group. Coming to Edmond more than twenty-eight years ago, Slack has established one of the largest book shops in the state. He is a graduate of the Janesville (Wis.) high school for blind and the college for blind at Vinton, Iowa.

Opportunity Seized by Men of Small Caliber

Let this fact sink into your mind—It is the non-commissioned officers of life who hurt, and against whom resentment is felt. The foremen and the petty overseers; the small men with near horizons and no vision beyond; the little go-betweens who have acquired the habit of tyranny—these form the habit of tyranny—these form the grit of the machinery of industry.

Sometimes they are for the bosses and make life hell for the men under them. Sometimes they stand for rebellion against the higher direction, but invariably their objective is power. They are ready to adopt the shibboleths of either side so long as they gain authority thereby.

If they learn the trick of oratory they become leaders on one side or the other, not because they possess the intrinsic qualities of leadership, but because they are pleasingly vocal.

Nor is this phenomenon peculiar to any class. Oratory has passed for statesmanship in every phase and every period of our political history, and many a man has risen to the governance of state with no other qualifications than his aptitude for epigrams and sonorous peroration.—Edgar Wallace in "People."

Nature Has Hung Out Traffic Sign for Bees

Highly specialized flowers often have lines on their petals to show insects the way to the glands forming their larder. In these nectar is stored—to be turned by bees into honey.

Honey guides are strongly marked on the upper pair of the nasturtium's five petals. They converge to show the way to the deep spur filled with what children call honey, when they bite the spur to taste the sweet stuff. On the three lower petals, which have no honey guides, will be seen formidable barricades, blocking the entrance to the tube by the way of these petals. This remarkable fence of bristles stretches right across the faces of the stretches right.

They keep at bay such climbing insects as ants, which might try to steal the honey, but would be of no service to the flower.

Famous Old Canal

The original canal connecting St. Marys falls and rapids was a crude affair made by trappers and traders in 1797-98 to connect with the Northwest country in order to permit them to compete in the transportation of furs with the Hudson's Bay company. This work was practically destroyed by United States troops in 1814 during the war with Great Britain, and in 1835 a system of canals was begun by the state of Michigan within the United States borders to connect Lakes Superior and Huron. This cost \$1,000,000 and had two locks. It was enlarged in 1870 in co-operation with the United States government, and in 1882 Michigan relinquished control to the federal government.

Theatrical "Snow"

Few who shiver through a "blizzard" on the moving-picture screen know that the "snow" is cornflakes driven along by blowers. A mill in Chicago and another in Omaha make this "snow" out of white corn. This corn is first made into pearly hominy, then flaked, cooked and finally baked, when it is ready to be a "snowstorm." Breakfast cornflakes are made the same way except that malt and sugar are added, which gives them the brownish color. Flakes used in movie blizzards weigh only five ounces to the gallon. After a scene they may be swept up and used again.

"Standing Pat"

Pat is an adjective, probably from the French "pat," meaning that which suits the purpose of the occasion or meaning exactly suitable. The expression is used in poker to refer to a hand so satisfactory that its holder does not care to exercise the privilege of discarding and drawing cards. Hence the expression "stand pat." This came to mean opposition to a change of any kind, especially in United States politics. The phrase in this sense was first used to express the attitude of leaders of the Republican party by Senator Hanna in 1902.

Henpecked Men

When a man is henpecked, he generally indicates in his conversation that other men should be; he is like the fabled fox which, losing his tail in a trap, goes about declaring it is a new style other foxes should adopt, although actually keenly realizing the loss of his own tail. . . . There is actually no more reason why a man should be too much ruled by women than that he should be too much ruled by agents or politicians.—E. W. Howe's Monthly.

Ample Proof

"Isn't your price for this parrot very high?" "But it was brought up in one of the most fashionable families." "How do you know?" "It always talks when anyone begins to sing."

The Reason

Bobby (who's been to the zoo)—Why do elephants have such big trunks? Betty (aged nine)—Because they have to come all the way from India.—Bombay Times.

Rube: "What do you think about this here Evolution?" Yoke: "It's a good idea—but can they enforce it?"—Life.

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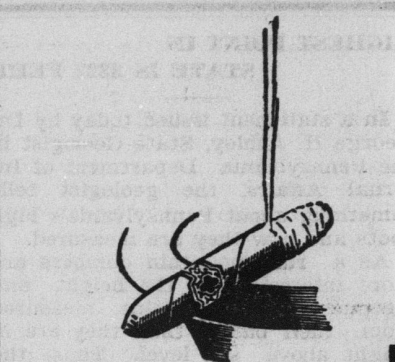
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