

# Democratic Watchman

Bellefonte, Pa., August 2, 1929.

## Your Health,

The First Concern.



Discovery of a process that seems to kill cancer cells by starving them to death is announced by the medical clinic of Freiburg University.

The announcement warns against considering the new procedure as a "radical cancer cure," because it still is in its initial stages.

The starvation is produced by fluorine, a rare gas, that appears in nature only as a compound, usually a salt. Special interest, and possibly significance, attaches to the German finding because it comes out simultaneously with an American discovery that this hitherto unused gas can be combined in a way to obtain new effects with all sorts of organic substances—that is, products of animals and plants.

The Germans' surprising discovery that embryonic tissue of cancer could be influenced by fluorine resulted from a series of blood tests which showed that the coagulating property of blood is proportionate to its assimilability of sugar.

The more sugar assimilated, the greater the quantity of acid generated, which in its turn stimulates the formation of blood fibrin, or, in other words, coagulation.

By this discovery a new procedure for cancer research seemed indicated. The experimenters worked on the idea that cancer cells retain their vitality through conversion of sugar into acid and that therefore they require a greater percentage of oxygen than normal cells.

The attempt was made to deprive cancer cells of their sugary, or saccharic acid, by the introduction of fluorine into the system. When this was done the cancer cells died of starvation.

Repeated experiments upon tumor cells of animals seem to bear out this theory.

The American discovery was made at Cornell University by Prof. Wilbur D. Bancroft and Newton C. Jones, research assistant, working under an August Hecksher grant.

They perfected a method of producing fluorine in large quantities. Heretofore it had been largely laboratory curiosity, its uses mostly unknown. Their announcement said a large field of application was indicated for fluorine.

The scientists called attention to a fact surprising to chemists that fluorine combines explosively with benzol.

"This sun-tan fad is being overdone," said Dr. Pabst, "and already hospitals are receiving many cases of severe sunburn. It would be well for all persons desiring a coat of tan to realize that there are certain persons, medically classified as 'heliophobes,' who do not tan. They are exceptionally sensitive to the sun's rays and burn instead of tanning."

"A number of really severe cases of sunburn have been brought to the Department's attention during the past several weeks. The victims have started out for their stay at shore, mountain or lake resort filled with enthusiasm and ended it in an invalid's bed at home. 'Too much sun 'do little sense' was the general verdict," said Dr. Theodore B. Appel, Secretary of Health.

"There has been so much talk about the healing power of the sun's rays that popular misconception seems to exist on this subject. Too many people foolishly imagine that a body unexposed to the sun's rays for the better part of the year can suddenly and lengthily be thus subjected and physical profit be derived therefrom.

"It is one thing to accustom one's tender skin to the sun's rays in fifteen minute graduated doses over a period of days, and quite another one to flop down on a sandy beach the first day of the vacation and bake one's self into blisters, misery and illness. Yet that is the offense against nature which is being constantly committed by many thousands on their annual vacation sojourn.

"The sensible person will realize that the two weeks' outing should be utilized wisely for health and recreation rather than as an excuse to indulge in excesses including overexposure to the sun.

"Again, there are apparently many misguided people who assume that they must come back with a tan in order to advertise the fact that they have been away. And while a real tan is no liability, it too often assumes the form of blisters. Such a condition certainly isn't anything of which to boast. Rather, it indicates a degree of foolishness quite inexcusable.

"If your desire to inform others that you have had a summer vacation becomes too strong to overcome, despite the fact that few will be personally interested in your outing, then rely rather upon conversation than on an outraged epidermis to spread the news.

"The sun, even at its best, should be but a small part of your vacation program. Change of scene, removal from routine, meeting new people, fresh air, good food and rest are the main factors.

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## NEVER TOO OLD TO LEARN THREE R'S.

A campaign to end illiteracy among women of the United States, begun years ago when a group of aged Kentucky "mountain whites" took to gathering on moonlight nights in order to learn how to read and write, is progressing to nation-wide scope under the leadership of Mrs. Cora Wilson Stewart, director of the national illiteracy crusade.

Although the census of 1929 showed that there were then more than 5,000,000 people in the United States who could not even sign their own names, Mrs. Stewart believes that it will be possible to wipe out all of the nation's illiteracy by 1930.

Her organization has taken that as its slogan, at any rate, and Mrs. Stewart is confident that the goal can be reached.

No state or class has any monopoly on illiteracy. Some of the people Mrs. Stewart is trying to help are immigrants, huddled in big city slums. Others are aged men and women who live in the fastnesses of the southern mountains. Others are farm folk living on the rich plains of the middle west.

To explain her optimism, Mrs. Stewart points out that modern methods of instruction make it possible for a totally illiterate adult to be taught to read and write simple language in six weeks' time.

At the start, when an unlettered woman is to be taught, she is given a little blotter with her own name grown into it. This is placed over a sheet of paper and she is given a pencil and taught to trace the grooved outlines, over and over again. Eventually, the outline of her name becomes familiar and she is able to write her name without the assistance of the blotter.

This, especially in the mountain regions, is always a moment of triumph, for many of the mountain whites feel that it is a social disgrace to have to "make the mark"—form a simple cross—at the end of a dictated letter or a legal document.

From the time an illiterate learns to write her own name, progress is rapid. Even the dullest pupil usually is able to write a simple letter a month later.

A book has been especially prepared for illiterate mothers, its lessons of reading and writing are based on the things that the mother knows about—housekeeping, baby tending, cooking and the like. These books, incidentally help to give untaught women a good deal of instruction about sanitation, modern dietary rules and the care and feeding of infants.

"The mother of young children finds her illiteracy a handicap in rearing them, and the mother of grown children who have left the home is a figure that touches the heart," says Mrs. Stewart. She cannot write to them, she cannot read the messages they send. She cannot turn to her Bible for consolation in her old age. Hers is a tragic loneliness.

"If people could only be made to realize that no matter how old an illiterate woman is, she can be taught, it would stimulate many of them, I am sure, to take the trouble to liberate them from this bondage. In Kentucky, where I started this work among the illiterates, we had an old man of 98 in our classes. I shall never forget the joy in their eyes when they showed me the first letters they wrote to distant sons and daughters."

Mrs. Stewart began her work in 1911, when she was living in Kentucky and found many illiterate neighbors coming to her to write letters for them or read those sent them by relatives. Wishing to teach them how to read and write, she organized the now famous Moonlight schools. The classes had to be held at night, and since lanterns were scarce they were held out of doors in the moonlight. Her example was copied in other States, and in 1924 she was awarded the Pictorial Review prize of \$5,000 for having made "the greatest contribution to American civilization by any woman."

"The reproach of illiteracy can be wiped out," says Mrs. Stewart confidently. "Members of women's clubs, of fraternal organizations, of educational groups, men and women in all walks of life, have already come forward and pledged themselves to teach some women. Others who will make the same promise will be supplied with a copy of 'Mother's First Book' with full directions for using it most effectively. The books may be had by writing to the National Illiteracy Crusade, American Red Cross building, Washington."

## CLEAN PLANT NECESSARY TO HEAT HOME EFFICIENTLY.

Next to guarding against cracks and other defects that may develop during the heating season, the most important thing in the operation of a heating plant during midwinter is to keep it thoroughly clean, according to the Holland Institute of Thermology of Holland, Mich.

Soot and ashes in the gas passages prevent the heat from passing into the air that is carried to the rooms upstairs. They also interfere with draft action.

Flues should be thoroughly cleaned at regular intervals; but a thorough cleaning once a week is enough to keep a modern vapor-air or super-circulating warm-air heating plant in fine operating condition, especially if it is thoroughly cleaned by the suction cleaner method at the beginning of the season.

## WHY THE DEAD SEA IS SALTY.

One cannot sink in the Dead Sea because of the density of salt. There are three causes for the abundance of this salt: many salt springs which empty into it; natural drainage of surface water over adjoining salt ranges; and evaporation of water from the sea leaves its salt to remain.

## LINDBERGH PLANNED HONEYMOON IN ADVANCE.

Col. Lindbergh and his bride were acting on no emergency inspiration when they disappeared completely from an over-curious world on their wedding day, only to turn up a week later calmly honeymooning along the New England coast in a 30-foot motor cruise. The entire "getaway" was planned by Lindbergh five months in advance, almost as soon as his engagement to Anne Morrow was announced.

This characteristic example of Lindbergh foresightedness is revealed in the current issue of Motor Boating magazine, which discloses for the first time the details of the flier's honeymoon disappearance which kept newspapers and public guessing until the bridal pair was forced to make port for gasoline.

Only one man outside of the immediate families knew the details of the plan. He is Irwin Chase, executive of a motor boat company, from whom Lindbergh ordered the cruiser last December.

The flier foresaw the publicity that would attend the honeymoon and that the bridal pair could expect little privacy if they traveled either by air or by automobile, the magazine article points out. A motor boat, he calculated, was the only sure means of getting away completely from photographers, interviewers and hoo-worshippers.

Every precaution was taken to keep the order for the motor cruiser secret. The craft was ordered under an assumed name, Chase alone knowing the real owner's identity. Lindbergh carefully specified every item of equipment and supplies, even to the can opener and such delicacies as mushrooms and olives in the galley. But the flier didn't see the completed craft until he and his bride, hurrying across Long Island by motor on the evening of the wedding day, reached an isolated spot called Eaton's Neck.

Chase had piloted the completely equipped cruiser out from the shipyards alone and anchored off shore, rowing a canvas-covered dinghy ashore. Soon the newlyweds drew up in the dusk, stepped into the row boat, while Chase got into the motor car and the most successfully mysterious of modern honeymoons was on.

Incidentally, the Motor Boating article reports that the Lindbergh honeymoon has increased public interest in powered pleasure craft by 100 per cent. Demands for duplicates of the Lindbergh boat have been pouring in on the manufacturing company since the flier, who was inexperienced as a seaman, demonstrated that the average man could, with only the sketchiest instruction, make a complete success of a two-weeks voyage behind the wheel of the craft.

## STATE MAY REVOKE UNSAFE CAR REGISTRATION.

Under the provisions of the Motor Code the Commissioner of Motor Vehicles may revoke the registration of any motor vehicle deemed unsafe or unfit for operation. Commissioner Benjamin G. Eynon announced that any of the following reasons will be sufficient to cause such revocation:

- (1) Steering mechanism so loose as to permit wheels to oscillate.
- (2) Bent or broken radius rod.
- (3) Subjection of a vehicle to misuse, neglect, or accident which so affects its stability of reliability that it will not withstand normal strain or road shock.
- (4) Lack of adequate brakes, lamps, horn, mirror, windshield wiper, muffler and tires so outlined in and required by sections 811, 801, 814, 815, 816, 819, and 820 of the Motor Code.

Commissioner Eynon announced that issuance of title on rebuilt cars will be withheld hereafter, pending investigation by the State Highway Patrol, in all cases where a check of the application against existing records shows that the original certificate of the title has been cancelled, either upon application for junk, as provided in an amendment to the Code, or return of title to the Bureau with information that the motor vehicle has been junked. The Patrol's investigation will be made to determine whether or not the vehicle is unsafe or unfit, and its report will be the factor governing issuance of the title.

"During the inspection campaign in April of 1928," said Mr. Eynon, "58 per cent of the passenger motor vehicles examined were found to be mechanically unfit in some particular, and while not all of them were necessarily accident hazards, it is undoubtedly true that the mechanical element in the problem of highway safety. The reactions of individuals who operate motor cars are governed by mental processes beyond control, but there is no good reason why a motor vehicle should not be mechanically perfect."

## MANY TURKEYS, FEW GROUSE REPORTS SAY

Prospects for good wild turkey shooting next fall are excellent but reports of the field officers of the Board of Game Commissioners.

In all sections where wild turkeys have been stocked many young flocks were observed. On the contrary in the country where grouse have been plentiful few young birds could be found.

## NEW HEATERS SUPPLY WATER.

Fuel costs can be kept low, the Holland Institute of Thermology of Holland, Mich., points out, by making the central heating plant supply hot water for household purposes. One recent development of the Vapor-Aire warm air circulating system is a method of accomplishing this without adding to the fuel charges.

—Read the Watchman for the news

## 18 WAYS TO KEEP HEAT COSTS LOW.

Covering all phases of keeping a heating system in good condition and sticking the heater, the Holland Institute of Thermology of Holland, Mich., has prepared 18 rules for operating a home-heating plant economically. The rules, which are applicable to virtually all modern central heating plants, including the vapor-air circulating system, are as follows:

1. The chimney should be sufficient in height and in area and absolutely tight with a smooth round or square flue, straight from top to bottom.
2. The smoke pipe should be straight and short, sloping slightly upward to the chimney.
3. A shut-off or cross damper in the smoke pipe, and check-draft damper beyond the cross damper are required. Use the latter for ordinary daily regulation of the fire.
4. There should be an air-slide lift damper or slide in the fire-door to furnish oxygen to mix with the volatile gases, but this never should be used to check the fire. All dampers must fit true and be tight.
5. With the checkdraft closed the fire should burn quickly when the draft damper in the asphalt is open. Otherwise the draft is deficient and the chimney should be examined for defects.
6. The heater base must be tight and grounded to the floor, so that no air leakage into the asphalt can occur. Danger from this source does not occur with a well made warm air circulating plant in which the asphalt is one solid cast section.
7. Keep all heating surfaces free from soot and fine ashes, and clean out the asphalt daily.
8. Grates must be true and not warped, must move easily, and have no broken places for coal to drop through. The cone-shaped center-pivoted grate is to be preferred because of its freedom from these defects.
9. All basement piping must be covered with suitable insulation.
10. If soft coal is used, the heater should be stoked at regular intervals so as to provide for steady moderate combustion. Don't poke or stir the fire from above.
11. Keep the firepot full of fuel up to the fire-door level. Don't add coal by the spoonful. In mild weather ashes may accumulate on—not under—the grate. Don't shake grates too long and hard. Remove clinkers with as little disturbance to the fire as possible. Shake fire before you add fresh coal.
12. Don't let the fire burn too thin. Try to anticipate heating demands by firing the heater at the onset of a cold wave.
13. If your heater is too small for your house, use large-sized coal. Small-sized fuel can be used advantageously only if the heater is ample in size and you can give close attention to the fire. The way to be sure your furnace is of the right size for your house is to have it installed by a manufacturer who maintains a genuine engineering service.
14. Thermostatic or other automatic damper-control is essential to economy.
15. Keep the temperature down to 70 degrees with a relative humidity ranging around 40 per cent.
16. Keep a uniform temperature throughout the house, not allowing the rooms to cool more than 10 degrees at night.
17. Weather strips or storm sashes, at least on the west and north sides, are a genuine economy.
18. Your central heating plant, and the whole system as well, must be kept in first-class condition. It is cheaper to have defects repaired than to overcome them in operating the heating system. All ducts, registers and other parts must be kept scrupulously clean and free from dust, cobwebs and other accumulations.

## HEAVY HAIR REASON FOR REDHEAD'S TEMPER.

Well, here's the reason redheads have terrible tempers. All the mental heavyweights met at the University of Chicago, in the central section of the American Anthropological society, pondered long and deeply on the temperament of various types and here's the way they figured it out:

(It's a scientific defense, in case you happen to be a Titan.) "Blonde hair is the 'lightest,' according to George Neuman, who conducted tests on many heads. "And that isn't a pun. By actual weight measurement, the blonde has the least to carry around with her, by way of hirsute adornment. "But the redhead must suffer under the burden of the heaviest tresses. The added weight of hair, irritating the delicate nervous organization of the scalp, would be enough to justify the alleged temper displayed by redheads."

With complex machines, Neuman made experiments. He took ten strands of hair each from a hundred Caucasian women, a hundred white men, a hundred Mongolian men and a hundred Negroid males. He washed the hair in ether to remove foreign substances and then went to work, to make deductions. "The Mediterranean races have the heaviest hair," he said, in announcing his results. "Hair of the Alpines is lighter, and the Nordics have the lightest locks. The negro, because of lack of pigmentation and air bubbles has the weightiest hair."

Men have heavier hair than women, Neuman announced. But he admitted that close bobs have lessened the difference in ounces carried around beneath the close-fit turbans affected by the females.

Neuman's discoveries, he said, have been during four months of intensive investigation into the subject of hair, and the relation of its weight to the temperament of its wearer. Blondes, he found, have practically no reason to be quick tempered, from the standpoint of hirsute coverage.

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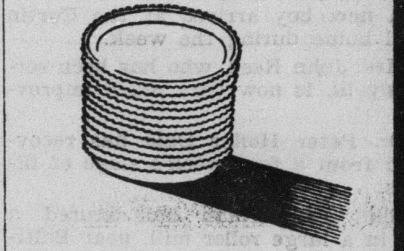
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