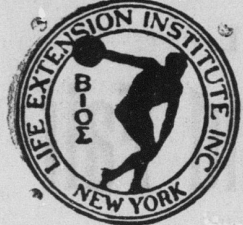


Your Health

The First Concern.



Recently I read a most interesting discussion about backache. It was written by a man who has made an intensive study of this complaint. This article took up in detail some of the more common causes of this ailment.

The average person looks on backache as a disease. It is not—it is a symptom. In some cases it may be merely the result of fatigue or overwork. As a rule it is a warning that there is some underlying condition which is responsible for the symptom.

The doctor who so ably discusses backache classifies the causes. First on the list are those due to focal infection. This includes the teeth, tonsils, sinuses and intestines. An infection in any one of these centers might be accompanied by pains in the joints and muscles. It might cause backache.

Second come those cases due to some disease of the abdominal organs. Gall bladder trouble, some infection of the kidneys, kidney stones, gravel, appendicitis, and uterine disturbance or displacement, would all come under this heading.

Many cases of backache are of nervous origin. It may be a passing sign of a disturbed nervous system.

Orthopedic conditions such as flat feet, fallen arches, misplaced vertebrae, strained ligaments, will naturally result in backache. This form of discomfort is merely a reflex.

In women the most common cause of backache is some disorder of the pelvic organs. It is wise to find out what is wrong.

The efficiency of the victim, whether a man or a woman is sure to be lessened if persistent backache absorbs the happiness and vigor. The constant nagging, down-bearing, twisting, aching pain is intolerable. No wonder loss of good nature and positive irritability are the natural accompaniments of these distressing symptoms.

But, as you see, there are so many possible causes for backache that it isn't easy to get rid of it. But in order to do so it will be necessary to study the case very carefully to locate the trouble. If you do not find the cause at once do not be discouraged. There is a cause, of course, and patient search will find it.

—How many persons realize that it is quite possible to be well fed and at the same time not properly nourished? In other words, too many folks satisfy their appetites but do not always supply their body needs. The one who plans the meals should bear in mind to be well nourished the daily meals must supply:

(1) Foods that will give the body energy to do its work. The best sources of energy and heat-yielding foods are sugars and starches and fats. Fat meats such as bacon are especially good sources of energy.

(2) The body must have building material for repair and for growth. This means that the daily diet must contain good protein and there is no better source of protein of high quality than meat.

(3) Minerals and vitamins are vital body regulators. Fruits and green vegetables for minerals and for vitamins should be included liberally in the diet. Lean beef heads the list of the foods which are rich in iron. Milk is valuable for its minerals, especially calcium, and for protein and vitamins. Water also is a body regulator.

—A doctor in charge of the medical department of an industrial plant found that the administration of bicarbonate of soda is an aid in helping to cure and abort colds. The doctor believes that the condition we know as acidosis may be the factor which lowers the resistance to colds, and the soda relieves this acidosis.

You can bring on an acidosis by a diet that is composed too largely of breads, cereals, pastries and flesh foods, with too little of the foods that leave an alkaline ash residue—milk, milk products, fruits, vegetables and nuts; so the thing to do for a cold and for general health is to immediately correct the diet.

With a cold it will be advisable to cut out all foods with an acid-ash and depend upon milk, cream, cheese, fruits and vegetables for the nourishment for its duration. Don't forget that normally we need some of the acid-ash foods, but there should be more of the alkaline-ash ones.

Dr. Madge McGuiness, also has success with the soda and alkali-ash diet treatment of colds. First, if the cold promises to be severe, she has her patients go to bed for two days. She puts them immediately on a non-acid diet and has them take a five grain tablet of bicarbonate of soda in a glassful of moderately hot water, every hour during the day, for the first two days; then the same amount every two or three hours the third and fourth day. She also recommends a heating bath being careful to go to bed immediately afterwards so as not to catch cold.

It is the complications of colds—bronchitis and broncho-pneumonia, ear and sinus inflammations—that make colds such a source of trouble, so they should not be considered lightly.

\$1,000,000 TO BE SPENT FOR WOMEN'S HOTEL.

A free apartment hotel, where widows and other women who have been deserted by their husbands, regardless of their religious faith, may live the remainder of their life—free of charge—will be erected in Philadelphia in the near future.

According to the will of Dr. Gabrielle Harrison, who has bequeathed her entire estate, of \$1,000,000 to this cause, the hotel will be a memorial to her mother, the late Mrs. Bertha Warneck Lewowicz.

The woman physician's will provides that a board of managers shall be organized to act with the trustees in the establishment and maintenance of the hotel.

The board will be composed of a representative of the board of City Trusts, the Cardinal of the Roman Catholic church in Philadelphia and the leaders of the Protestant and Jewish faiths.

The building will be comparable in size and appointments with other hotels in the city. There is to be no charge for guests but they will be allowed to remain for the remainder of their lives unless discharged by the board of managers under such rules and regulations as may be provided.

After the establishment of this hotel and when funds in the hands of the trustees are sufficient for the purpose, a similar institution is to be established in Jerusalem. This will be known as the Jerusalem Extension.

In explaining the purpose of the apartment hotel and her reasons for providing for its erection, Dr. Harrison declared it was her intention to render a lasting service to her adopted city of Philadelphia as well as paying a lasting tribute to the memory of her mother.

It was her belief that in many cases widows in modest circumstances often are left practically homeless upon the death of their husbands, or that many have children who are unwilling to contribute to their support.

Her years of experience with those of modest means led her to the conclusion that she could do a lasting good by providing a good home with all modern accommodations where such women might spend the remainder of their lives in comfort.

Before organization of the board of managers and construction of the apartment actually takes place Dr. Harrison's husband, John I. Harrison, builder, and several other relatives are to receive the income from the estate. George A. Welsh and the Continental Equitable Trust Company are executors and trustees.

The estate includes a great deal of realty and large holdings of the Pennsylvania Railroad.

Dr. Harrison, who was born in Europe and came to Philadelphia at an early age, was stricken last month in the office of General W. W. Atterbury, president of the Pennsylvania Railroad. She was consulting him regarding investments.

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"SPUDS," "SOUP TO NUTS" AT STATE NEXT WEEK.

Showing every angle of the industry, the Pennsylvania Potato Growers' Association will stage the first potato exposition ever held in the State next week. State College is the place and August 19 to 22 the time.

Beginning Monday evening with the dedication of the college hospital, built with funds donated by potato growers of the State the exposition will continue until Thursday noon. Forenoons will be devoted to production, marketing, and consumption programs; exhibits, demonstrations, field tests, and experiments will be observed in the afternoons, and evening program will be filled with entertainment and recreation.

Prominent authorities will tell how to adjust production to demand. College and State department specialists will discuss seed problems and cultural operations. Commission men will describe grades and quality. Grading, packing, and storing will be demonstrated. Field tests on seed sources, cover crops, spraying, and dusting will be seen. The value of potatoes in the diet will be told and the use of potatoes, potato flour, and equipment for the preparation of potatoes demonstrated.

ALL PENNA. COUNTIES WILL SEND FROSH TO STATE.

Each of the 67 counties in Pennsylvania will be represented in the new Freshmen class at the Pennsylvania State College when the fall term opens on September 25.

William S. Hoffman, college registrar, anticipates also that the incoming class will be the best prepared, scholastically, ever received at Penn State. He announces that the annual freshman week begins September 19, when all members of the class will report for intensive instruction aimed towards assisting freshmen in getting a better start in college.

Freshman enrollment is limited again this fall to 100 men and 170 women. Increased demand for graduates in the technical engineering professions has brought about an unusual situation and Mr. Hoffman states that well-prepared applicants for the school of engineering and the school of mines and metallurgy are still being admitted.

BRITISH ALMSHOUSE BARS LIARS, LUNATICS.

Liars, lunatics and witches are not eligible for admission to twelve new almshouses built by a local religious charity at Earnet Vale, a small village outside London.

The inmates are to be widows or spinsters over 50, and the authorities in making their selection have to bear in mind the spirit of the conditions laid down by James Ravenscroft, who founded the charity in 1879, that liars, lunatics and witches must not be admitted.

STATE TO BE FREED OF BEE DISEASES.

The most extensive inspection of apiaries ever undertaken in Pennsylvania is now well under way, according to the bureau of plant industry, Pennsylvania department of agriculture. Eleven representatives of the bureau are in the field and will visit all beekeepers, making a careful inspection of every hive. The work is being pushed vigorously. By the end of the season, more than 36,000 hives in at least 23 counties will have been inspected. The present plan calls for a complete clean-up of all bees in Pennsylvania during the next two years.

This work is being done by the department in accordance with the State bee law which was enacted in 1921 at the request of the beekeepers of the Commonwealth. The law specifically requires that bees be hived in modern movable frame hives which permit free inspection of each comb to determine the presence of serious bee diseases. The box hive is declared by law to be a public nuisance and a menace to the community. Persons violating the law are subject to a fine of \$10 to \$100.

A statement issued by the department says:

"A number of beekeepers have been fined already this season, but only after the department had given them more than six months time in which to comply voluntarily with the law. Their hives were inspected last summer and notice given at the time that the law was being violated. They were notified again during the winter and early spring. An inspection this spring showed that these beekeepers were still ignoring the requirements of the law.

"Only as a last recourse does the department fine a beekeeper for violating the law and then it is done as a protection to other beekeepers in the community. If the department overlooked one beekeeper, his apiary could easily become a source of danger to nearby clean apiaries.

"In their desire to have more productive and profitable bees, the great majority of beekeepers are anxious that the provisions of the law be carried out. It is the policy of the department, therefore, to insist that the few careless beekeepers shall maintain clean apiaries so that the entire State can be freed of serious bee diseases."

YOUTHFUL DRIVER MUST SHOW CARD.

Very youthful drivers of motor cars in Pennsylvania hereafter will be required to produce operators' licenses, when encountered by members of the State Highway Patrol, Commissioner Benjamin G. Eynon, of the Motor Vehicles Bureau announced. Eynon has turned over to Superintendent Wilson G. Price of the Patrol a letter from Dr. G. F. Willey, field psychiatrist of the Welfare department's bureau of mental health, in which Dr. Willey refers to unlicensed drivers of extreme youth.

An examination of inmates of one of the State's correctional institutions has convinced Dr. Willey that men and boys of automobile larceny are usually mental defectives, confirmed criminals, defective delinquents or alcoholics. The majority of those he has examined have driven motor cars for a long time but without ever having been licensed.

"Obviously," he wrote Commissioner Eynon, "the number of unlicensed drivers in the reformatory group will be much higher because the boys in the institution are just reaching the age when driving a motor car attracts them, and because as a group they are inclined to take chances and run unreasonable risks without thought of consequences.

"It occurs to me—as it has undoubtedly occurred to you, that one of the effective means of dealing with automobile larceny is to check up on the young drivers frequently for licenses. Another approach to this matter would be to insist that a parked car must be locked in some manner, since these boys tell me, almost without exception, that they have never attempted to appropriate a machine which was adequately secured, except in the course of breaking and entering a garage where unlocked cars were kept."

Of 69 inmates in the institution examined the last few days in July a total of 49 declared that they drive motor cars and trucks, but do not hold drivers' cards. Of the 69 only 19 possess average intelligence, and six of the 19 are dull.

FISHER SETS TIME FOR AUTOMOBILE INSPECTION.

The annual period during which every automobile owner is compelled by the State to have his car officially inspected was fixed by Governor Fisher beginning October 1 and ending November 15. During that period every registered automobile in the State must be taken to a garage, given an "inspection" and equipped with an official tag to denote compliance with the State law. The period for the inspection was fixed by the Governor in an official proclamation in which he asked the co-operation of newspapers and civic organizations "in emphasizing the importance of this safety movement."

Benjamin G. Eynon, registrar of motor vehicles, said that "official inspection stations will be designed as soon as practicable and that meanwhile garages and repair shops which write asking for such appointments will be 'wasting their time.'"

During the inspection period last year many motorists refused to comply, holding that wearing of the official sticker on the windshield was in direct contravention of the motor code, which forbids display of any kind. The last session of the Legislature modified the code so that an official inspection sticker may be displayed on a windshield, although printed matter of any other kind is forbidden.

HEAT WAVE KILLING ALL OF MOSQUITOS.

Although excessive heat is hard on human beings, it is still harder on mosquitos, and many breeding places of the pests have been cleaned up by heat waves, according to Professor Frederick P. Gorham, of Brown University. A blazing sun is far more fatal to the humming drillers than to the humans, he explained.

NEW ADVERTISEMENTS.

SHERIFF'S SALE.—By virtue of a writ of Fieri Facias issued out of the Court of Common Pleas of Centre County, to me directed, will be exposed to public sale at the Court House in the Borough of Bellefonte on

FRIDAY, AUGUST 23rd, 1929.

The Following Properties: ALL those four certain lots or pieces of land situate in the town of Casanova, Rush Township, Centre County, Pennsylvania, bounded and described as follows:—

No. 1. BEGINNING at a post at the Southwest corner of Turnpike street and Foster street; thence South 9 degrees East 150 feet by line of said Foster street to a post on Alley; thence South 81 degrees West 100 feet to a post; thence North 9 degrees West 200 feet to a post on Turnpike street; thence South 70 degrees 15' East by line of Turnpike street to place of beginning.

Being Lots Nos. 530 and 531 in the Plan of Casanova Town.

No. 2. BEGINNING at a post on the North side of Turnpike street at the West corner of Lot No. 339, on the Plot of the Town of Casanova; thence North 74 degrees West 188 feet to line of said Turnpike street to a post; thence North 81 degrees East 164 feet to line of an Alley to a post; thence by Western line of Lot No. 530 94 feet to place of beginning.

Being Lots Nos. 540 and 541 in the Plan of Casanova Town.

RESERVING AND EXCEPTING mineral interests contained in Deeds of conveyance to Fred Eisenhauer or in former Deeds.

No. 3. BEGINNING at a point on the Southern side of Turnpike street 50 feet East of Foster street; running thence Southerly along Foster street, as laid down on said Map 150 feet more or less to an Alley; thence Eastwardly along said Alley 50 feet to Lot No. 3, on said Map; thence North 10 degrees East 150 feet to Turnpike street; thence Westwardly along Turnpike street 50 feet to the point or place of beginning.

Said Lot being known as Lot No. 1, on Map of Town of Casanova.

Seized, taken in execution and to be sold as the property of Fred Eisenhauer.

Sale to commence at 1:30 o'clock P. M. of said day.

H. E. DUNLAP, Sheriff

July 29th, 1929. 74-30-31

AUDITOR'S REPORT.—Following is the Auditor's Report of the School District of Bellefonte Borough for the year ending July 1, 1929.

Table with 2 columns: Amount of School Tax, Assessed Valuation, For school purposes, 21 mills, Per capita at \$2.50, Additions to Duplicate, Penalties, Total amount of tax, Exonerations, Net amount collected.

Table with 2 columns: Bal. on hand July 4, 1928, To Interest, Sales, insurance, etc., Taxes, State appropriation, Tuition, non-resident pupils, All other sources, Total receipts.

Table with 2 columns: (GENERAL) EXPENSES, Secretary, Treasurer, Attorney, Tax collectors, Auditors, Compulsory Ed. and Census, Other expenses, Total Item (A).

Table with 2 columns: Instruction (B), Salaries of principals, Other expense of supervision, Salaries of teachers, Textbooks, Supplies, Teachers attending institute, Tuition, Other expenses, Total Item (B).

Table with 2 columns: Auxiliary Agencies (C), Libraries, Promotion of health, Other expenses, Total Item (C).

Table with 2 columns: Operation (D), Fuel, Water, light and power, Janitors' supplies, Other expenses, Total Item (D).

Table with 2 columns: Maintenance (E), Repair of buildings, Upkeep of grounds, Repairs and replacements, Total Item (E).

Table with 2 columns: Fixed Charges (F), State Retirement Board, Insurance, Total Item (F).

Table with 2 columns: Debt Service (G), Payment to Sinking Fund, Interest on bonds, Refunds, taxes, tuition, etc., Total Item (G).

Table with 2 columns: Capital Outlay (H), New ground, improvement, Alteration of buildings, Equipment, etc., Total Item (H).

Table with 2 columns: SUMMARY, Total Receipts, Total Disbursements, Balance July 1, 1929, SINKING FUND, Balance July 1, 1928, 1928-1929 appropriation, Rec'd from interest, Total in fund, ASSETS, School sites, buildings, etc., Accounts receivable, Sinking fund, Balance in Treasury, Total Assets, LIABILITIES, Bonded indebtedness, Total Liabilities.

NEW ADVERTISEMENTS.

NOTICE OF PRIMARY ELECTION.—In accordance with the Act of Assembly known as the Uniform Primaries Act approved July 12th, 1913, and supplements thereto, notice is hereby given that a Primary Election will be held.

TUESDAY, SEPTEMBER 17, 1929, at which time the polls will be open from 7:00 o'clock A. M. to 7:00 o'clock P. M., for the purpose of nominating candidates for the following offices to be voted for at the Municipal Election to be held Tuesday, November 5th, 1929:

State Offices:—Two Judges of the Superior Court.

County Offices:—One District Attorney for the County of Centre, two Jury Commissioners for the County of Centre.

Township, Precinct, Borough and Ward Offices:

Each political party is entitled to nominate candidates for the following offices:

Judge of Election, Inspectors of Election, Constable, Overseers of the Poor, Auditors, Supervisors, School Directors, Councilmen, High Constable, Justices of the Peace and Tax Collector.

Also all other township and borough offices which have become vacant by resignation or otherwise, or where appointments have been made which will expire December 31, 1929.

Notice is also given that petitions to have the names of candidates printed up on the ballots for the township, precinct, borough and ward offices for which nominations are to be made must be filed in the Office of the County Commissioners at Bellefonte, Centre County, Pennsylvania, on or before August 13th, 1929.

HOWARD M. MILES, JOHN S. SPERLY, NEWTON I. WILSON, County Commissioners.

Fred B. Healy, Clerk. 74-30-31

Employers This Interests You

The Workman's Compensation Law went into effect Jan. 1, 1916. It makes insurance compulsory. We specialize in placing such insurance. We inspect Plants and recommend Accident Prevention Safe Guards which Reduce Insurance rates.

It will be to your interest to consult us before placing your insurance.

JOHN F. GRAY & SON.

State College Bellefonte

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.

1879—Light's Golden Jubilee—1929

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.

—Subscribe for the Watchman

When you're going in town to see someone...

TELEPHONE

and make sure they'll be there!

The Telephone Books Are the Directory of the Nation

WE FIT THE FEET COMFORT GUARANTEED

Baney's Shoe Store

WILBUR H. BANEY, Proprietor

30 years in the Business

BUSH ARCADE BLOCK

BELLEFONTE, PA.

SERVICE OUR SPECIALTY SPECIAL ORDERS SOLICITED

THE CUTS OF MEAT

that you get from us are always juicy and tender. We are careful buyers and years of experience is our guide in supplying our customers with roasts, steaks and chops that always give satisfaction. We want you to come and make your own selections. Our chief aim is to please all our customers.

Telephone 667

Market on the Diamond

Bellefonte, Penna.

P. L. Bezer Estate....Meat Market

34-34