

Your Health

THE FIRST CONCERN.



Prevention of Diseases of Heart, Blood-vessels and Kidneys.—Traces of albumin, high blood pressure, and sometimes low blood pressure, and slight thickening of arteries, are signals that suggest the importance of taking preventive measures against the degenerative diseases which are now so heavily on the increase and which are responsible for the increasing mortality in the United States at middle life and later.

Thickening of the arteries is very common in middle life and old age, but, strictly speaking, is not normal at any age. The examinations of the Institute show that in a remarkably large percentage of cases, thickening of the arteries is present in very young people. As this process is a very slow one, it sometimes does not cause trouble until middle life is reached, but there is always a danger that such conditions will progress and impair the efficiency of the individual and lessen his resistance to disease.

The presence of a very slight thickening of the arteries is not an occasion for alarm, but simply a warning that there is greater need of observing the rules of personal hygiene. There is a mistaken impression that high blood pressure always accompanies thickening of arteries. That is not so. Decided thickening is often found with normal blood pressure, yet high blood pressure is often a cause of thickening.

The blood pressure varies between rather wide limits among healthy people, depending on their nervous condition. A blood pressure that is persistently 15 mm. above the normal average for the age, or shows a tendency to greatly increase under slight provocation, should be kept under observation, and the individual's mode of life so ordered with regard to diet, exercise, sleep, work, etc., that his circulation may be safeguarded and a normal poise attained and maintained.

Low blood pressure, others things being equal, is a favorable condition, but it is sometimes a reflection of tuberculosis, past or present nervous depression, focal infection, or falling circulation. Lightweight nervous individuals will do well to determine any possible pathologic cause and, if possible, correct it.

General Principles.—In answer to the question, "How shall I live in order to avoid these organic maladies?" we may say: Temperance all along the line—in eating, drinking, working, playing, and even in resting. But what is temperance for one man may be excess for another. Hence the most important step, is protecting oneself through physical examination at regular intervals at least once a year—so that life may be regulated according to one's physical equipment.

Important Causes of Chronic Maladies of the Vital Organs.—1. Improper Living Habits.—Over-eating of rich, highly seasoned foods, especially of the high protein foods in which one is most likely to over-indulge; namely, meat, fish, fowl, eggs, too little exercise.

Too much exercise—prolonged, exhausting manual labor or athletic excess.

Abuse of alcohol and tobacco. Excess of tea and coffee. Excess of highly seasoned or highly-salted foods.

Excess of salt used at table.

Over-stimulation of any kind, excessive emotional excitement and prolonged mental strain may cause the human mechanism to break down instead of running down. Hard work, in which one has an interest not carried to the point of undue strain or interference with the normal sleep, exercise, diet, etc., is not in itself harmful.

"Lopsided" brain work and bad mental hygiene, i. e., too much work, too little play, or too much play, too little work, are important factors in bringing on premature disease. The brain worker needs some physical work and mental play. The manual laborer or mechanic needs some physical play and mental work.

2. Overweight.—This common characteristic of middle age has been shown by statistical studies to be frequently associated with high blood pressure. The reason is not far to seek, for excess fat makes more work for the heart; and exercise, with its normally invigorating effect upon the circulatory system, becomes a greater effort and is decreased. Diabetes occurs with greater frequency among individuals who are overweight.

3. Chronic Infections.—Many of the chronic degenerative diseases of adult life are due to persistent insidious infection by various forms of bacteria. These bacteria find lodgment in diseased gums and tooth pockets, nasal cavities, tonsils and other localities favorable for the development of germ life. From these localities they and the poisons generated by them, move out in the circulation and into the tissues, like submarines from a base of supply, attacking various organs, and often causing trouble in the heart, kidneys, blood vessels, stomach, gall bladder, appendix and joints.

PHILIPSBURG AIRPORT DEDICATED TOMORROW

Phillipsburg, Pa., Sept. 4.—Giving the name "Ames Field" to the Phillipsburg Airport, at Kylertown, Pa., is meeting with widespread approval from the daring men in the field of aviation, judging from the responses that are being daily received by the committee in charge of details in connection with the dedication of the field, to be held on Saturday, September 7th.

At least fifty pilots, with their craft of various type will participate in the aviation show and aerial circus to be held on that date. The event promises to be the greatest of its kind held in interior Pennsylvania, the ideal location of the field, its necessity, and the fact that the name "Ames Field" commemorates the memory of the ill-fated Charles H. Ames, United States mail-plane flyer who was killed on Nittany mountain near Hecla Park, on the night of October 1st, 1925, when his plane crashed into the mountain top.

For ten days after the disappearance of the plane from the air, the mountains of Pennsylvania, from the Allegheny river, east were finely combed, the wrecked plane being found about 200 feet from the top of Nittany mountain on the morning of October 11, 1925.

Before entering the mail service Charles Ames had a record of 700 flying hours, receiving his training at Mather field, Sacramento Brooks field, San Antonio and served as an instructor at Brooks field and at Kelly field, later performing the same service for the Curtiss people at Kokomo, Indiana. He entered the mail service on December 8th, 1920, and remained in the service until he was killed on October 1st, 1925.

Ames field is situated on a plateau at Kylertown, Pa., seven miles north of Phillipsburg, Pa., at an altitude of 1710 feet above sea level, the airport which is all directional, being plotted out on a tract of 250 acres, on the line of the New York-Cleveland air-mail route, and fills a great need in the every day work of the aviator who crosses Pennsylvania's mountains, adding considerably to the value of all other airports throughout the State by virtue of its geographical location.

Arrangements are being completed to accommodate 25,000 visitors at the airport on September 7th, not the least of whom will be Paul Ames, a brother of Charles Ames, his wife and their little son, Charles H. Ames, 2nd, named for the ill-fated flyer. Pilots of national and international note, representative of the Army, the Navy, and commercial organizations, and representatives of the United States Department of Commerce will participate in dedicating Ames field to the world of aviation. Numerous air stunts, and tricks of the air will be performed, and plans are underway to provide for a re-fueling exhibition.

With the world-at-large now becoming thoroughly air-minded, the eyes of Pennsylvania will all be centered on Ames field tomorrow, the field which gives promise of being a gateway to air traffic north, south east and west, and a cross-roads point for lines serving thirty millions of people who live within a radius of 300 miles of it.

FORD BELIEVES DEATH MEANS REINCARNATION.

Henry Ford believes in spiritual and physical evolution—perhaps reincarnation! In an interview with B. C. Forbes, published in Forbes Magazine, the motor magnate declares: "What we call death doesn't end all for us by any means. I believe that a man's experience is not confined to a man's brief appearance on this earth but that we are given millions of opportunities in the course of our evolution onward and upward through eternity."

"It has taken a long time to bring us up to where we are. But we will go on and on until we can create things now utterly beyond our ken. As we grow, we will find the universe contains more and more."

As for present opportunities, he scoffed at the suggestion of young folk who believe that all the opportunities have been seized:

"Why the world's opportunities are only beginning to break. Every generation leaves more opportunities than it found. Compared with today, the opportunities fifty years ago were startlingly few."

"Think of the airplane, electricity, motor transportation, radio, distributing, merchandising, everything that enters into modern life. As Mr. Edison says, we don't know yet one millionth of what there is to be known. Practically every field of human endeavor is hungrily demanding research."

Many men, he said, complain that they have not time to think, when the fact is that if they thought, they would have plenty of time. He advocated six hours sleep and the generation of confidence.

As for age, he asserted that if all the men over fifty years died, there would not be enough experience to operate the world. Old men should never quit, he declared, because the world needs their experience.

ONLY 180 HORSECABS REMAIN IN BERLIN.

Only 180 horsecabs are left in Berlin. There were more than 1,000 at the end of the war, the number had dropped to 600 by 1927, and to 269 on July 1 last year. While some German cities, such as Hamburg, for instance, have done away with horsecabs altogether, they are still permitted in Berlin in order not to deprive the old cabmen of a means of livelihood.

However, no new concessions are being granted, and it will not be many years before the last "Droschke" will have disappeared.

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FOR AND ABOUT WOMEN.

DAILY THOUGHT. Contentment gives a crown, where fortune has denied it.—Ford.

With such a large range of popular coiffures from which to choose, no woman need be seen with an unbecoming hair arrangement just because she thinks it is more fashionable than some of the others.

The short bob, with the hair reaching the tips or lobes of the ears, is equally smart; so too, are the long braids of hair worn crown fashion around the head.

Of course, for the young miss the bob—either ear or shoulder length—carries out the youthful ensemble, but for the more matronly type, whose hair has grown long, the roll knot is attractive.

Paris—There has never been, in the annals of fashion, such a season as this. All preconceived ideas ruling previous collections have been abandoned by the creators and every one seems to have been animated by the same guiding spirit.

The points that stand out most markedly from any of the important showings are these: There is no longer a mass-production fashion.

The abbreviated skirt is a thing of the past. It now assumes almost as ridiculous an air as the crinoline. The straight, chemise dress without a definitely studied line, is also a thing of the past.

In the place of these features which women for so long demanded, the courtiers have achieved creations of grace, possessed of all the lure of femininity. Women will once more be shrouded in an air of mystery and look dainty and delicate.

Owing to the exigencies of modern life, it is only in the clothes that a woman wears in the evening that new ideas and fantasy can be allowed to reign. The hankering she always had for sumptuous materials and flowing lines are now actualities. Seldom has one seen such masterpieces of real elegance and style.

But this year, "sports" clothes are really intended for sports and in place of the "dressy" ensembles there are now "street" ensembles in an endless variety of styles.

The triumph of the season belongs to the afternoon dress. It has now assumed its proper and rightful place and henceforth nobody will dream of appearing at tea in anything else.

The return to longer skirts and a higher if not normal waistline had long been heralded. Both are now an accomplished fact. This change in the silhouette finds its greatest antagonist in the woman of more generous proportion who up to now has refused to countenance it, clamoring wildly for the continuance of the straight line.

What most women feared, too, was that the extra length of skirt would look less youthful. To look eighteen, from the back, has been the privilege of many women but this could not be expected to go on forever.

Longer skirts by no means indicate swishing, ankle length affairs and the natural waistline has not brought with it the old-fashioned corset.

The princess line is undoubtedly the theme of the season on which each couturier has worked out his own particular ideas. This takes the form of a more or less long sheath-like bodice extending well over the hips and terminated by a skirt in the form of a flounce, plain or pleated. A uniform, all-round length is another thing that strikes one in the new styles. The timid reappearance of a modified train is another. Jean Patou showed several evening dresses with a decided train and nothing more graceful or feminine could have been wished for.

So far as new materials are concerned, tweeds of every description occupy the leading place. The disappearance of the long coat has led to a number of new "combinations," and some of the smartest morning or street ensembles have a coat of varying length worn over a dress of jersey or some other soft wool material.

Satins and printed velvets are the favored medium for afternoon dresses whilst for evening there is a galaxy of fabrics to suit the most versatile taste. Plain velvets will probably dominate as a material for winter evening dress. Dyers seem to have surpassed themselves this season and seldom have there been such a choice of beautiful, deep colorings.

Green and brown are the dominating street colors and these are to be seen in every shade imaginable. Deep greens, violets and even brown are used for evening wear, too, but as usual black is given a very important place. French blue is another revival, while some important houses, such as Lelong, use a great many "off-shades" exclusively reserved to them.

Fur fashions show a decided change, too. The practical coat for daytime wear is now the hip-length variety—a fashion not seen in many years in Paris. Fur-lined coats are preferred to the long fur model.

Have you often wondered whether there wasn't some way that you could keep your jersey costumes from clinging so to you figure. It seems to be one of the greatest drawbacks to this popular fabric—but at last it can be eliminated. Chanel has introduced a soft taffeta undershirt with her newest jersey suit and it promises to be universally adopted. The jersey will not cling to the taffeta and the taffeta is so light that it will not rustle. This is a very good idea for loosely woven tweeds as well.

The average and ideal American figure for which American buyers order French models is not the mythical 36, according to a Paris authority, but a substantial and recognized 38 for the adult figure.

FARM NOTES.

If there is any stinking smut in your neighborhood it will be advisable to treat your seed wheat. Use two and one-half ounces of copper carbonate dust for each bushel. Treatment can be made with the commercial machines operated by 70 millers in the State or in home made double-acting machines.

The fall garden should be as popular and as full of vegetables as the spring garden. Too often interest wanes and weeds take possession. Cultivate and keep clean until frost occurs. As many vegetables can be matured in September as in June.

Red mites may cause a drop in egg production at this season of the year. A satisfactory treatment for the pests is to paint the roosts and roosting cabinet with carbolineum. It is best to apply the carbolineum in the morning so that it will be dry by night, say State College poultry specialists.

How good are your orchard practices? This is a good time to note their effectiveness. Did you prune too much or too little? Do the trees show a lack of fertilizer? How about more fruit thinning next year? An orchard survey will suggest improvements which are worthwhile.

It pays to grade and standardize farm products. They sell for a better price and are more in demand.

Three points of a good silo are: strong walls, smooth inside, and tightness enough to keep the juice in and the air out.

The farmer who makes an exhibit at the fair boosts his business and helps his community.

Cows need grain and hay as the pastures become short. It does not pay to allow them to lose flesh and drop in production.

Announcement was made last week by Ralph E. Irwin, chief of the milk section of the Pennsylvania State Health Department, that in conformity to the Act passed by the last Legislature relative to milk control, printed copies of which are now being forwarded to all dairymen and milk dealers in the State, application blanks will be available on and after January 1st, 1930, and permits will be required on and after September 1, 1930.

Irwin said that the intervening time would be necessary to develop the required machinery properly to enforce the law. The milk section will however as in the past, continue to make thorough inspections of all dairies and milk plants for the purpose of maintaining hygiene and cleanliness now in general force in this Commonwealth.

All plants where milk is received from farmers and payments made on the basis of Babcock butterfat tests are being thoroughly investigated by field agents of the Bureau of Foods and Chemistry, Pennsylvania Department of Agriculture, according to a statement from the director, Dr. James W. Kellogg.

Several violations in which many farmers suffered a loss have been unearthed during the past few months and the parties responsible prosecuted. A second violation by one of the largest milk buyers in the southeastern counties has prompted the bureau to issue another warning to all milk dealers.

The bureau makes clear that under reading the test so as to underpay farmers is the most vicious kind of fraud and makes the responsible parties liable to a fine of \$100 to \$1,000 or a nine-months jail sentence.

All plants paying for milk on the butterfat basis are required to employ competent and licensed testers. Doctor Kellogg explains, "Underreading as well as overreading tests with slight variations may be due to lack of care and competency on the part of testers but when the majority of tests at one plant are consistently under-read to the extent of from one-third to 1 per cent. or more, it is clear that such variations are a plain attempt to defraud producers by submitting reports showing low tests and making payments accordingly."

The department's representatives are continuing the thorough check-up, started several months ago, of the activities of all the milk plants and the accuracy of tests made by testers.

In all cases where discrepancies are found legal action will be instituted against the persons responsible, and licenses of incompetent and careless testers will be revoked."

Perhaps there is nothing new under the sun, but the new uses often found for the old things are amazing enough to keep us interested in life. For instance, seaweed.

When the hogs owned by J. M. Ballard, of Indiana, won the grand championship at the last International Livestock show in Chicago, most of the farmers who inquired about their diet were amazed to find that they were being fed kelp, a rough brown-leaf seaweed that grows in profusion off both American coasts.

Prof. Oscar Erf, of the Ohio State university, was the first to experiment with kelp as live stock feed. His success prompted experiments at Purdue university, and later ones at the Iowa and Utah agricultural experiment stations. It was found that the weed contained at least 30 important chemical elements and was especially rich in iodine, in which several regions of the country are deficient, says the Farm Journal. Mixed in a very small proportion with other feed it proved to have decidedly valuable medicinal qualities.

Not only has this addition to animal diet helped the animals, it also is providing a means of supplying iodine to the human population.

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