

-The first requisite in combatting the progress toward physical decay is to eliminate all infective foci from the body. This does not mean to wait for toothache, headache, fever, or other announcement of such conditions, but to begin in infancy to regularly inspect the body from head

These physical examinations should be conducted with great thoroughness for the purpose of uncovering not only physical defects and impairments, but foci of infection, especially in the mouth, nose, and The examiner who is trained and educated to make such a survey performs the function of a sort of medical air-man, who searches out the enemy's weaknesses and gives information by which successful attack can be made.

We must often start at 25 or earlier to prevent a death from apoplexy

In the work of the Institute we lay down as the first great commandment that, in order to obtain physical efficiency and long life, and all that these things mean to the individual, there must be a thorough physical examination of the body and of the life of the individual. The only safe course is to take the human body as you would a machine, or an automobile, and go over it thoroughly, then in order to put it in the best possible condition apply the knowledge that science affords, with precision and due regard to the conditions found.

It is fair to expect that gains similar to those derived from application of scientific principles to exact knowledge of the conditions in communities may be attained by following the same course with the individual—survey him completely from head to foot and then proceed to clean him up as you would a community and start him in the right pathway of living.

When muscularly fatigued, a bath or a rub-down is far better than drugs. When mentally fatigued (real fatigue, not mere boredom, which should be corrected by work and change), rest and sleep are the remedies, not stimulants.

-"People are prone to be somecareless regarding food purchases. While it is true that the canned products are sterilized before sealing there yet remains by far the bigger proportion of edibles that lack any kind of protection," said Dr. Theodore B. Appel.

"For example, in markets ready-to eat meats and fruits will often be

pawed over and handled. Patrons in bake shops can frequently be ob-served rubbing their noses and mouths and following it by touching the goods offered for sale with unclean hands. Candies too are dis-played in great quantities in win-dows and on counters where they are oft times reached by bugs, flies, dirt, dust and even mice.

"The part played by flies and dirt in disease spreading is too well known to repeat. And most people also realize that nearly all the communicable infections are dissemina-ted by a more or less direct contact of individuals by their discharges, or by the handling of common objects. These facts should develop a full significance of the necessity for the proper protection of all food that is to be eaten in its raw state. As a matter of fact, common sanitary practice dictates that foods. whether to be cooked or not, should not be promiscucusly handled.

Those offering foodstuffs for sale are in the first instance held responsible by law properly to protect their wares from the hands of customers as well as from the flies, dirt and dust. But the law cannot do it all.

If the proprietor is careless, or deliberately fails to abide by the regulations, a state or local inspector may finally pick him up; but no one has any right to rely upon this probability to remedy unclean and insanitary conditions. Too much harm may be accomplished before the inspector can make the check-

up on it.
"It is quite safe to say that the people who in Pennsylvania are careless or unlawfully displaying the hours of 4 p. m. and 5 p. m. than foodstuffs, would immediately mend their ways if patronage would be according to the figures of the State individual citizen could supplement for William H. Connell, director of official surveys most effectively and

markedly raise present standards. "However, that is but half the The patron must himself observe personal sanitary practice by keeping hands off food that he is examining for possible purchase; neither must be cough or self observe personal sanitary prac-

Good food is one of life's greatest the week." gifts. Don't spoil it by careless or unsafe handling and display.

In some communities honey purports to be a desirable food for diabetic patients. Somehow the notion prevails that the levulose (invert sugar) that constitutes approximately half of all the sugar in noney is readily assimilated and utilized by one with diabetes. Perhaps it is a mite better adapted for one with diabetes than is ordinary cane sugar or glucose or fruit sugars. But if a diabetic individual eats honey or lev- bees have little or nothing on the ulose at all freely glucose soon an- cane or the beets or whatever fruit

## DOG LEADS MASTER TO BURIED WEALTH

Poverty-Stricken Man Heiped by Pet.

Danville, Ky.—Because his pet dog led him to treasure trove of 1,800 silver dollars, James Ashe, aged and poverty stricken, who lives near Danville, Ky., believes Providence has favor. ' him for upright life. Ashe lives alone in a small habitation. He was walking through a field when his dog jumped a rabbit, which fled to an old tree stump.

The dog dug furiously about the stump and Ashe began removing the accumulation within to scare the rabbit and see what there was there. In a few moments he found the top of a kettle, then loose pieces of metal, discolored by agc. Cleaning one, he discovered it was a silver dollar.

Ashe continued his excavation untihe had removed a large copper kettle, apparently full of coins. He could not carry it far, and hid it in the underbrush. He told a friend of his discovery, and they took the kettle to Ashe's home. The coins were cleaned and counted. There were 1,800 silver dollars, none bearing a date later than 1858. It is believed robbers of long ago buried the money and never returned for the loot, or that some antebellum miser placed his hoard there. Another theory is that the treasure may have been buried during the Civil ents. war to prevent roving soldiers or guerillas from taking it.

## Just Her Way

All in one evening, while dancing with me, she said:

"The hall is so hot, I'm cooked." "I'm crazy about dancing."

"I was petrified, when I saw him." "That light is so glaring it makes me blind."

"('an't you shut the window? I'm frozen stiff."

"You make me sick." "I nearly had a fit when he told me about that joke."

"The last partner I had drives me

"I simply died laughing."

"I was perfectly dumb." "I'm so tired, I'm just dead." Then when I looked at her she seemed as alive and healthy as ever.

#### Of Course

In a plea for more careful use of English, Professor Jordan said: "A great many American expres sions are directly contrary to what we really mean, and the real reason why the English are sometimes so perplexed when an American tries to say something. The story of how we

say 'lookout!' when we mean 'look

in,' is a sample, "The other day, on the beach. heard a young girl ask: 'If I were drowning, would you help me?' "'No,' said the young man,' evi dently an Englishman, 'I'd endeavor to prevent you."

## Famous Educator

William Holmes McGuffey was an American educator, born in Washington county, Pa., in 1800; graduated at Washington college, Pa., in 1825. He was a professor of ancient languages and later of moral philosophy in Miami university in 1836-39; president of the Ohio university in 1839-43; professor of moral philosophy in the University of Virginia from 1845 until his death in 1873. He compiled the socalled "Eclectic Series," and other school books.

No Atmosphere on Moon The absence of atmosphere on the

moon is proved by the fact that at the time of an eclipse of the sun the moon's limb is perfectly dark and sharp, with no apparent distortion of the sun due to refraction. Similarly, when a star is occulted by the moon it disappears suddenly and not somewhat gradually as it would if its light were being more and more extinguished by an atmosphere. There are other indications which lead to the same conclusions.

#### MORE TROUBLE FOR WEARY PEDESTRIANS.

Add this fact to your list of vital statistics. There's nothing more vital than knowing that you stand more chance of getting "knocked for a loop" in Philadelphia between refused them. In this manner, the Bureau of Motor Vehicles, compiled

the city. There were 2553 motor vehicle accidents in the city so far this year chase; neither must he cough or the most prolific in accidents, with sneeze on it.

> A Storekeeper had for some time displayed in his window a card in-scribed, "Fishing Tickle." A customer drew the proprietor's attention to the spelling.

> before?" he asked. "Hundreds" replied "but whenever they drop in to tell me they aways spend something."

"Hasn't anybody told you of it

pears in the urine and an excess of one prefers, as a source of food for shoes. blood sugar is usually found. So the the diabetic individual.

#### Rigid Rules Laid Down for Wifely Deportment

Wifely comportment of the standard of 1393 is outlined in an excerpt from "The Goodman of Paris," recently translated into English for the first time by Eileen Power. The author, a Paris merchant, was sixty years old, his wife fifteen:

"When you go to town or to church you should be suitably accompanied, according to your estate, and especially by worthy women, and flee suspicious company . . . and as you go. bear your head straight, keep your eyelids lowered and still look straight before you about four rods ahead and upon the ground, without looking nor turning your gaze upon any man or woman to right or top left, nor looking up, nor glancing from place to place, nor laughing nor stopping to speak to anybody on the road. And when you have come to church, choose a secret and solitary place before a fair altar or image, and there remain and stay without moving hither and thither, nor going to and fro, and hold your head upright and keep your lips ever moving saying orisons and prayers."-Kansas City Star.

#### Child Behavior Merely Reflection of Parents'

There is no mystery about children. They are puzzling, often, but they are never incomprehensible. At least, they are not incomprehensible to old folks and I think they need not be to par-

Fathers and mothers are themselves the keys to their offspring. A disorderly father should be able to understand why his image will not put away his toys. A quick-tempered mother should not have to call a doctor for her daughter's tantrums; he can only advise self-control-in the mother.

The mystery is about parents, young parents, busy with their own affairs, too preoccupied with their future to think of the present of their children and to recall how it was with them when they were young.

"Run away, now, and play. Papa

is reading his newspaper." Parents say that, not grandparents. Grandparents do not consider the news so important as parents do. Grandpa has time and memories, some selfknowledge, some sense of proportion. -Lincoln Steffens in the North American Review.

### Puss Expert Fish Catcher

Cats, in their primitive state, are born hunters and fishers and on tombs of ancient Egypt appeared representations of cats accompanying their masters on fowling expeditions. One of the most interesting accounts of cats as fishers, found in the Plymouth Journal, relates: "There is now at the battery, on Devil's point, a cat which is an expert catcher of the finny tribe, being in the constant habit of diving into the sea and bringing up the fish in her mouth and depositing it in the guardroom for the use of the sailors. She is now seven years old and has long been a useful caterer."-Detroit News.

## Writers, Please Note

Not so long ago bottles of gum issued by the British stationery office bore the following instruction:

"In ordinary use the best and most nearly immediate result is secured by using only such an amount of gum as will just uniformly moisten the surface without leaving any obvious excess to delay drying, the condition to be aimed at being that of a gummed postage-stamp just moistened as ordinarily applied to a letter."

Now some sensible economist, cailously indifferent to fine writing, has replaced this piece of unexampled prose with the terse paraphrase, "Apply thinly."

Not Original With Lincoln The saying. "You cannot fool all of the people, all of the time" is commonly attributed to Abraham Lincoln and also to P. T. Barnum, though it is not in their biographies. A little book published by A. Wessels company in 1903, "The Wisdom of Abraham Lincoln," gives this as a quotation from Lincoln's speech at Clinton, Ill., on September 8, 1858. It is quite likely that this was a proverb or popular saying long before he uttered it. A book of old English proverbs lists a

## Priceless Gavel

ways; every one sometimes."

similar saying: "No one is a fool al-

When the presiding officer of the Chicago Association of Commerce raps for order at future meetings, he will rap with a renewed authority. It is no common gavel that calls the members to attention for it helped literally to keep the roof over the heads of 26 Presidents of the United States.

.The gavel was carved from one of the main wooden roof trusses of the White House when the repairs to the roof were made, during the Coolidge administration.

Began a Big Industry

The shoe industry of this country was begun in 1629 by Thomas Beard. who came over on the Mayflower on its third voyage and brought hides for making shoes. Seven years later Philip Kertland of Buckinghamshire began making shoes in Lynn, Mass. Since that date the state of Massachusetts has come to lead the world in the manufacture of boots and

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#### QUARANTINE IS

A VITAL NECESSITY.

"Pennsylvania farms and nurseries, representing investments of millions of dollars, have the entire world as market," states Secretary of Agriculture C. G. Jordan in explaining the absolute necessity of federal and state quarantines

against plant pests. "No State, in such favorable circumstances, can afford to disregard local outbreaks of devastating insects which as yet infest only very small portions of the entire country. Other States and countries are just as anxious to have the needless spread of Japanese beetles and European corn borers stopped as are people in the uninfested portions of our own Commonwealth.

"Therefore, when you are stopped at the quarantine line and your vehicle is searched for carriers of beetles or borers, remember this inspection is a part of a national program. The federal plant quarantine law requires that such quarantines be established and the U.S. government provides almost twice as much money for doing control work as does Pennsylvania. Unless the State fully co-operates, the federal authorities, in justice to other States, must quarantine the entire State. Such a procedure would greatly handicap, if not shut off important features of our extensive farm trade with other

sections of the country.
"Fortunately, through her effective work in co-operation with the federal government and other States, Pennsylvania has retained the confidence and good will of buyers of our products the world over. Last year, 76,000,000 plants, 6,000,000 packages of farm produce, 10,200 cars of sand and soil, 55,000 bales of hay, and 25,-000 boxes of cut flowers were certified for shipment out of the Japanese beetle area alone. Without this certification—without this means of satisfying other States and countries that every reasonable precaution is being taken to protect them, our producers would be deprived of important outside markets or would have to comply with all sorts of restrictive measures enforced by other

States. "Even more important than the establishment of quarantine lines, is the employment of capable men as inspectors. The federal and state governments deem it advisable that only men of the highest character, a knowledge of insect and lant life, be employed. This applies to the scouts as well as to the farm products and nursery inspectors.
"The scouting work is done large-

ly by the federal government as a basis for effective control work. The exact area and density of infestation are determined by the scouts so that parasites may be kept at the absolute minimum.

"We are happy to say that last year, Pennsylvania cleaned up a larger corn borer infected area and showed a greater decrease in borer infestation than any other State.

"The beetles and corn borers are waging a mighty offensive. The battie is the concern of people 2,000 and 3,000 miles away the same as our own citizens. It is a fight for the nation, not merely for Pennsylvania.

#### BUYS DESERTED TOWN FOR SUMMER CAMP.

Mrs. J. K. Gardener, of Ridgway, has found a use for a deserted lumber and tannery town in that section. Mrs. Gardener has purchased the entire town of Instanter, Pa., twenty miles from Ridgway and presented it to the Ridgway Y.M.C.A. for use as a summer camp. The town was vacated a few years ago when its tannery, the only remaining in-dustry, was sold and torn down. The old mill pond has been alter-

ed and made into a swimming for the 150 boys and 68 girls camped there this summer. School buildings have been converted into dormitories, officers quarters and a model kitchen.

Victor Patterson, secretary of the Y.M.C.A. and a corps of workers, have made improvements and have effected the transformation of a neglected and abandoned town into an ideal camping spot.

#### BEGIN SURVEY FOR MILK CONTROL LAW

A preliminary survey of the farms from which raw milk is sold to the consumer and of the pasteurizing plants, is now being carried on throughout the State by members of the health department's field milk inspection staff, according to a report submitted, prepared by Ralph E. Irwin, chief of the milk section. According to Irwin this activity has been undertaken to assist milk distributors in making preparations and developing proper plans for the compliance of the recently enacted milk control law which will be put

#### CONNECTICUT SAVES LONE CHESTNUT TREE.

into active operation in 1930.

So rare is an American chestnut tree nowadays that the state experiment station at New Haven is to have charge of one that stands fourteen feet high in the dooryard of Judge Clarence R. Hall's home.

Because the tree is healthy and all the chestnuts that once flourished on New England's hillsides are gone, the Hall chestnut is looked upon as

## SCHOOL OPERATION IS BIG

BUSINESS, DR. KEITH SAYS.

Operation of the public school is classed with "big business" for the system in Pennsylvania may well be, as educating of its youth demands expenditures comparable with the major industries, says Dr. John A. H. Keith, Superintendent of Public Instruction.

A study made of expenditures for all the requisite activities of education showed a total of \$213.000,000 in one year.

The latest figures gathered by the Superintendent of Public Instruction show that \$202,734,231, is now expended by local school districts to operate the public schools for one year. Added to this amount are the sums of approximately \$400,000 for State administration \$568,500 for county supervision, \$2,900,000 to establish a school employees retirement fund. and \$6,519,594 in support of the preparation of teachers in the State normal schools and State teachers colleges which make a total o fapproximately \$213,000,000 spent in the interests of public education. Of the amount expended specifically by local school districts, \$89,439 - 933 represents the salaries of teachers, numbering 59661, or an average

of approximately \$1500 for each school employee annually.

The cost of textbooks, which are furnished free to school children in Pennsylvania, amounted to \$3,120,-447, or an average of \$1.95 per pupil

in average daily attendance.

Expenditures of capital outlay which covers costs for enlargement and expansion of the school plant through additional grounds, new buildings, new equipment and en-largements of old buildings, required the sum of \$34,789,076.

Other expenditures covering important items include \$3,401 356 for school supplies, \$785,838 for salaries of secretaries of school boards; \$598,-530, fees for treasurers; \$2,186,828, fees for tax collectors; \$848.845, for enforcement of compulsory education laws; \$5.711,473 to keep the school plant in repairs: \$7,366,595 for janitors wages; \$3,264,148 for fuel; \$1,-397,689 for salaries of superintendents of schools; \$760,847 to reimburse teachers for attending institutes; \$4,128 787 to pay tuition to other school districts; \$1,082,894 to Wayne Egg Mash carry fire insurance; \$2,197,010 for transportation of pupils; \$1,243,075 for health service; \$2,500 946 for teachers retirement fund and \$29,-167,876 to redeem bonds and other forms of loans, including interest.

#### DIPLOMATS IN JAPAN NEED AUTO LICENSES.

Foreign diplomats and their families in Tokyo will be deprived of the privilege of running motor cars without chauffers' licenses if, and when, the Foreign Office accepts the request of the metropolitan police board that diplomatic immunity applied to automobiles shall abolished

There are a total of 70 automobiles in Tokyo owned by foreign embassies and legations, the police say, including 15 at the British Embassy, five each for the French and German Embassies, and three for the Russian Embassy, and these cars are often run by diplomats and their families without licenses.

This is not desirable, the police claim, for traffic control, as traffic policemen often suffer inconveniences on this account. As a result, the police now intend to hand licenses to the diplomats who are qualified driv-

## EACH STATE FRESHMAN

TO BE PHOTOGRAPHED. To offer a postive means for iden-

tification by deans and other college officers, all members of the incoming freshman class at the Penn-sylvania State College will be photographed during Freshman Week starting September 19. This is a custom at Penn State, and the resulting small prints are pasted to each student's record cards. This year the athletic association is adopting the "mugging" idea and will photograph students of all classes, placing a print on the indi-vidual's pass card to all home athletic contests.

#### OFFER OPPORTUNITY TO KEEP AIR LIGHTS.

The United States Civil Service Commission has announced open competitive examinations to fill vacancies in position as assistant airways keeper. Light house service at various air mail landing fields between New York and Cleveland. It is required that all applications

be in the hands of the district secretary of the third Civil Service District at Philadelphia, not later than October 5. The competitors will not be required

to report for examination at any place but will be rated on their apolications.

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