

Your Health,

THE FIRST CONCERN.



The first requisite in combatting the progress toward physical decay is to eliminate all infective foci from the body.

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 throat.

We must often start at 25 or earlier to prevent a death from apoplexy at 45.

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.

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 of 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 somewhat careless 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.

For example, in markets ready to eat meats and fruits will often be pawed over and handled. Patrons in bake shops can frequently be observed rubbing their noses and mouths and following it by touching the goods offered for sale with unclean hands.

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.

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.

It is quite safe to say that the people who in Pennsylvania are careless or unlawfully displaying foodstuffs, would immediately mend their ways if patronage would be refused them. In this manner, the individual citizen could supplement official surveys most effectively and markedly raise present standards.

Good food is one of life's greatest 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 honey is readily assimilated and utilized by one with diabetes.

A Storekeeper had for some time displayed in his window a card inscribed, "Fishing Tackle."

A customer drew the proprietor's attention to the spelling. "Hasn't anybody told you of it before?" he asked.

"Hundreds" replied the dealer; "but whenever they drop in to tell me they always spend something."

DOG LEADS MASTER TO BURIED WEALTH

Poverty-Stricken Man Helped 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'd him for upright life.

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 age.

Ashe continued his excavation until he 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 1853.

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."

In a plea for more careful use of English, Professor Jordan said:

"A great many American expressions 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."

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 so-called "Eclectic Series," and other school books.

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Rigid Rules Laid Down for Widely Department

Widely compartment of the standard of 1933 is outlined in an excerpt from "The Goodman of Paris," recently translated into English for the first time by Eileen Power.

"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 left, nor looking up, nor glancing from place to place, nor laughing nor stopping to speak to anybody on the road.

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 parents.

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.

Parents say that, not grandparents. Grandparents do not consider the news so important as parents do. Grandpa has time and memories, some self-knowledge, some sense of proportion.

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.

"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."

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

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

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.

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.

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 shoes.

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 a marvel.

LUMBER? Oh, Yes! Call Bellefonte 43.

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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 unfested 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, with a knowledge of insect and plant life, be employed. This applies to the scouts as well as to the farm products and nursery inspectors."

"The scouting work is done largely 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 infested area and showed a greater decrease in borer infestation than any other State."

"The beetles and corn borers are waging a mighty offensive. The battle 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."

BUYERS 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 old mill pond has been altered and made into a swimming pool for the 150 boys and 68 girls who 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 into active operation in 1930.

CONNECTICUT SAVES LONE CHESTNUT TREE.

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.

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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 of approximately \$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 enlargements of old buildings, required the sum of \$34,759,076.

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 carry fire insurance; \$2,197,010 for transportation of pupils; \$1,243,075 for health service; \$2,500,948 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 chauffeurs' licenses if, and when, the Foreign Office accepts the request of the metropolitan police board that diplomatic immunity as applied to automobiles shall be 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 drivers.

EACH STATE FRESHMAN TO BE PHOTOGRAPHED.

To offer a positive means for identification by deans and other college officers, all members of the incoming freshman class at the Pennsylvania 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 individual'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 applications.

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