

Your Health,

THE FIRST CONCERN.



"One would almost imagine that there were sufficient real trouble in the world without making it necessary to appropriate non-existent ones. However, there are many people who appear to be dissatisfied with the real article and insist in chasing the clouds," said Dr. Theodore B. Appel, Secretary of Health.

"This type of person, for the lack of a better name, may be styled a coddler. He believes that he can't do this and he can't do that, he is unable to eat particular foods, exercise nearly kills him, fresh air gives him colds, and pills of all sorts and descriptions are required to keep him in the world.

"For example, just the other day a man was complaining about his wife who never would get into an automobile as it made her very tired. And while she thus coddles herself in this and other respects, she is actually doing herself definite harm. Indeed, she is an excellent example of making something out of nothing—a physical wreck of a perfectly healthy body.

"Possibly if one possessed nine lives like the proverbial cat, one might be able to indulge a silly notion in one of them. But when the body is made to exist only once it seems to be a shame that people should resort to such distorted ideas and in this manner deliberately deprive themselves of the real joy of vigorous, zestful and hearty existence.

"Coddlers insist on eighty degrees of heat when there is a zero temperature outside. Coddlers pick at fancy foods and give the good old reliable plain provender a snobbish go-by. Coddlers overload themselves with clothing. Coddlers all them selves with every type of remedy for every kind of imaginary ailment. In short, when carried to extremes, coddlers coddle themselves to death.

"What is forgotten by this group of peculiar people is that, barring the actual presence of diseases, physical vigor is an attainable condition. A little less coddling and a great deal more of fresh air, exercise, good food, sufficient sleep will add not only to their pleasure but to their life as well. Therefore, why coddle?"

"The germ fiend is of comparatively recent development. He it is who has generated a complex and illogically concludes that everything that directly touches him should be sterilized or be at least ninety-nine per cent pure. Such a person forgets that germs are omnipresent and that there are good and bad ones, the former being by far the most preponderating," said Dr. Theodore B. Appel, Secretary of Health.

"The average person can scarcely be blamed for a one-sided attitude on this subject inasmuch as the only germs he hears about are those which create disease. Who has not heard of the typhoid bacillus, the tetanus (lockjaw) organism, the bacillus diptheria and the pneumococcus germ? On the other hand, who has ever heard of the lactic acid bacillus, the little fellow that does so much good for us by changing milk into buttermilk; the denitrifying bacteria that convert the nitrogen of the vegetable kingdom to oxygen, and the sulphur bacteria which attack decaying matter and oxidize it into the sulphates so essential in nature—veritable armies of well behaving and well doing germs.

"It goes without saying that all people should have a proper respect for both types. For the former, a reasonable caution; and for the latter, gratitude. Caution involves respecting the quarantine sign for communicable diseases and observing all the rules of personal and public hygiene. On the other hand, to develop a fear for anything and everything on the theory that evil and devastating germs will get one, is silly and entirely foolish. Don't harbor a germ mania."

"One of the simplest and most acceptable methods for removing deep lines, wrinkles and puffiness under the eyes is—sleep.

Simple as this wonderful beauty builder may be, it is being ignored or forgotten in this hectic era. Eight hours of sound, restful sleep is necessary if all the outward signs of age are to be curtailed. Then, too, ample sleep is necessary if the brain is to be alert and active, and we all know that unbounded mental vitality is of major importance to beauty and charm in these enlightened days.

"One of the prevailing causes of puffiness under the eyes (unless it is purely organic) is the habit of sleeping with the head covered pulled up over the lower part of the face, which forces one to breathe the same air over and over again.

Double chins, round shoulders and deep lines on the throat are often caused by allowing only the head to rest on the pillow. The ideal sleeping position is to lie flat on the back with the pillow drawn down on an even line with the underarms.

"Fresh, clean linens and only sufficient covering to keep the body comfortably warm play an important part in the all important matter of sleep.

PENNSYLVANIA CAVES THE TOURIST'S MECCA.

An article on the natural caverns of Pennsylvania recently published by R. W. Stone, assistant to the State Geologist, bears the rather surprising information that there are many, many caves in the Commonwealth that are now open.

Most of them, probably, have only come into their own since automobiles have come into such general use. We write only of personal experience that goes back forty or fifty years to the days when our own Penn's cave was visited rarely by anyone. Occasionally parties of young folks would drive there in carriages or big hack for a day's picnic. We are sure that there was nothing about the place or the appearances of the then owners, the Longs, to indicate that a cave was a "gold mine." Today, however, when parties travel several hundred miles in ten hours and distance means nothing, Penn's Cave and all other such natural formations are coming money out of the pockets of motorists who crowd them daily.

As indication of what the automobile has done by way of making profitable commercial enterprises out of these caves one need only know that it was but a few years ago that the Campbells bought the Penn's Cave property for \$12,000.00. Today ten times that sum might not induce them to part with it.

In writing of the caves of Pennsylvania Mr. Stone mentions several nearby caves which are much advertised and many Pennsylvanians are attracted thereby. On the first day of September at one of them it seemed as if "four out of five" of the hundreds of cars parked bore Pennsylvania licenses. That means a lot of money spent outside the State.

One need not go out of Pennsylvania to experience a trip underground. Probably a score of caves in Pennsylvania can be entered by anyone who wishes; nine have been equipped for comfortable entrance by the public and a fee is charged for admission. In order from east to west they are as follows:

Crystal Cave, located two and a half miles east of Virginville and five miles by road west of Kutztown, in Berks county. It was discovered in quarrying limestone in 1871 and has been open to the public since 1873.

Onyx Cave, also in Berks county, is two miles southwest of Virginville and about six miles southeast of Hamburg. It also is in an old limestone quarry and was opened to the public May 20, 1923.

Indian Echo Cave, one mile south of Hummelstown in Dauphin county. The large entrance in the bluff of Swatara Creek was discovered about the time Hummelstown was founded and for more than a century all the venturesome boys of the neighborhood have explored it. Cleaned out, paved and lighted, it was opened to the public May 18, 1929.

Seawra Cave, in Mifflin county, at the foot of Jacks Mountain, four miles north of Alfarrata and about twelve miles from Lewistown, was discovered by boys on a treasure hunt in 1925 and was opened to the public in 1928.

Alexander Caverns, about ten miles north of Lewistown at Naglene, are only a few minutes drive from Reedsville and Milroy. A wet cave, accessible by boat, has been known for many years. Explorers discovered the dry cave in 1926 and it was opened to the public May 28, 1929, with a boat trip on the underground creek optional.

"Veiled Lady Cavern" in Hidden Lake Park is located in Brush Valley, in Gregg township, Centre county, Pennsylvania, sixteen miles south east of Bellefonte, Pa. The entrance to the Park and Glen is about six hundred feet from the present State highway, route No. 95. G. Edward Haupt of Bellefonte, Pa., is manager and sole owner.

The history of the "Veiled Lady Cavern" dates back to the revolutionary times when many Scotch-Irish families penetrated in Brush Valley and the Grenoble Village grew up on the present site of the "Veiled Lady Cavern" farm. Many log houses and a log school house were erected, the present modernized log farm house and barn still standing as relics of the past.

Penn's Cave, four and one-half miles northeast of Centre Hall, Centre county, is an underground water-course has been known since the earliest settlers entered the region. Before 1885 the owners charged admission, which is by boat. An artificial opening to a pond at the far end of the cave makes the boat ride about three-quarters of a mile long.

Woodward Cave, two miles from Woodward, Centre county, has been accessible in summer when Penn Creek goes dry, for the creek flows through the cave until 1925, when it was diverted by digging another channel. Making dry paths and installing lights then made the cave comfortable to view.

Historic Indian Cave, at Franklinville, Huntingdon county, is about seven miles north of the William Penn Highway at Water street. It was used by Indians as a shelter before 1700 and by white hunters and highwaymen in later years. It was opened for public entertainment June 15, 1929.

Hipple Cave, at Waterside, Bedford county, about fifteen miles north of the Lincoln Highway at Everett, is a natural opening that has long been accessible but was commercialized about 1926.

All of the caves here mentioned are illuminated throughout with electric lights, except Penn's Cave, which is shown by an acetylene headlight on the boat. All have "formations," or stalactites and stalagmites, some abundant, some not abundant but interesting nevertheless. All are in limestone, and like most natural caves, were developed by solution. In limestone, which is rather soluble, the effect of solution often is to make a cavity rather than merely to make the rock porous. When rock has dissolved along joints and bedding planes so that water can circulate

through the opening, then erosion by the mechanical action of the water moving through the passages may aid in enlarging them. Some parts of the Woodward Cave in particular look as if they had long been the course of flowing water.

The deposits of "formations" in limestone caverns are made of calcium carbonate or lime deposited from solution. Water passing through the soil becomes slightly acid, and on reaching the roof of a cavern may evaporate and deposit some of the lime carbonate around the edge of the drop. If this process continues long enough a stalactite is formed, much like the way icicles form on eaves. Water dripping on the floor also may deposit lime and build up a stalagmite. It has been estimated that it takes about 120 years for a cubic inch of lime deposit to form in this way. Some of the deposits are like blankets suspended from the roof, and many are of such shape that they have been given fanciful names, based on their resemblances to common objects.

All of the caves, except Penn's which is traveled only by boat, have clean, hard floors of cement, crushed stone, or boards, and may be visited without fear of soiling one's clothes. All, however, are cool, the temperature being below sixty degrees Fahrenheit, and make overcoats or extra wraps desirable.

The question as to which is the largest may be answered by saying that the trip through the dry and wet cave at Alexander Caverns is believed to be the longest of all underground trips regularly offered to visitors. The boat trip underground in Penn's Cave is said to be about 1550 feet one way, and the course taken by the guides through Woodward Cave is about 1500 feet. The other caves are shorter, so far as developed, but Seawra and Historic Indian are known to be much more extensive than the part now shown to tourists.

Anyone who has never been in a cave will find much of interest in any of these in Pennsylvania. Alexander Cavern perhaps has the largest number of stalactites and stalagmites, and is considered by some to be the best cavern shown in the State. Historic Indian Cave, the latest to be opened, has an added appeal in the numerous Indian implements and other relics found in it and on display.

The Department of Internal Affairs, therefore, urges the traveling public to see Pennsylvania's caverns first.

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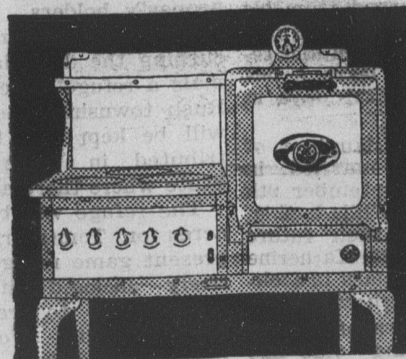
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SAVING THE WILD-LIFE OF PENNSYLVANIA.

Over seven hundred thousand hunters wander over Pennsylvania's fields and woodlands each fall. During 1927 over fourteen thousand fully antlered white-tailed deer were shot in Pennsylvania as game; and last year over 25,000 antlerless deer were taken. About three million cottontail rabbits found their way into the larders of Pennsylvania housewives. Thousands of plump ring-neck pheasant, bobwhites, and ruffed grouse were carried home in the bulging pockets of healthy hunters who rejoiced over an opportunity to get away from their offices for a short time during the most colorful season of the year. A brief glance at Pennsylvania's game bag makes it appear very much as though we can "eat our pie" and at the same time have it too.

A careful study of the history of this Commonwealth's wildlife conservation program shows, however, that the present supply of game has meant the expenditure of much money, the work of hundreds of men devoted to a worthy cause, and the foresight of early hunting methods were leading to an extermination of game.

Forty years ago Pennsylvania was "shot-out." Market hunting had gone on so extensively that deer were on the verge of extermination. Forest fires had destroyed birds and animals and wiped out their cover. Civilization had driven the wilder animals and birds into the recesses of the mountains. After decades of pursuit by Indians and frontiersmen, buffalo had receded to the great plains. Packs of gray wolves and solitary panthers, which formerly ranged our woodlands, had disappeared. Hordes of passenger pigeons, which once darkened the sun while passing in migratory flocks, had all but disappeared. Only a vestige of the splendid, pristine assemblage of wild birds and animals remained.

By 1890, a few men in Pennsylvania realized that drastic measure would have to be taken if our wildlife was to be saved. In 1895, by act of assembly, the Board of Game Commissioners was established. In 1898 these six men, who were appointed by the Governor, who were to serve without any salary, and who were, therefore, free from any political entanglements, met for the

first time to discuss a wild-life conservation program for Pennsylvania. Their first moves were directed toward the stopping of market hunting. Too long had the Pennsylvania markets been so glutted that innumerable carcasses had to be burned; too long had freight cars, loaded with barrels of passenger pigeons, been leaving the Pennsylvania mountains for Chicago and New York; too long had infernal cannons been wiping out flocks of ducks along the lower Susquehanna and Delaware rivers. A law passed June 4, 1897 stopped the chasing of deer with dogs. At the same time the first definite attempt to stop the sale of game was made.

The Board shortly after their inception, foresaw that if game was to increase, certain areas in the Commonwealth would have to be set aside as game refuges. In 1905, a game refuge law was passed and the first refuge in a system which has grown to magnificent proportions was established in Clinton County. The success of this refuge resulted not only from the setting aside of an actual sanctuary where no hunting whatever was permitted, but also from the creation of public hunting grounds completely surrounding the sanctuary area.

As a result of a law passed in 1905, protecting the black bear, this magnificent animal has become abundant in the wilder sections. Pennsylvania was the first State to recognize in this creature a relatively harmless and at the same time thrilling game animal. Pennsylvania is considered today as one of the leading bear States of the Union. In protecting bears, steel traps, dead falls, pits, and snares were declared illegal.

To be Continued.

LEE FAMILY LOSES ANCESTRAL HOME.

Stratford, the ancestral home of the Lees, built by Thomas Lee two centuries ago, has passed from the Lee family to private ownership who will hold it in trust for the American people. The first payment of \$40,000 was made by Mrs. Charles D. Lanier, of Greenwich, Conn., for the Robert E. Lee memorial foundation.

—Read the Watchman and get all the news.

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