

-Coughing is Nature's way of ridding the throat or breathing pas-sage of some offending object. So defined, it would seem always to be beneficial; but there are other facts to consider, and more than one kind of cough. Neither is a cough itself the trivial, innocent thing many people suppose.

Dealing with the last considera-tion first, a cough actually costs the cougher something—a surprising outlay of energy. It has been esti-mated that if you cough once every fifteen minutes for ten hours you expend energy equivalent to two hundred and fifty units of heat, which is equal to the nourishment contained in three eggs or two glass. Dealing with the last consideracontained in three eggs or two glasses of milk. At a normal rate, we expel air from the chest four feet per second, but in violent coughing we expel it at the rate of three hundred feet a second. Thus a per-sistent cough not only weakens the constitution but is a direct cause of constitution but is a direct claub of emaciation. I have personally known two men who kept themselves thin by coughing, most of it useless; and gained weight after they conquered front as well as back this fall, blue block numbers on white sweaters. the habit.

a cough we have, in addition, to that fact, a real cause: the throat becomes irritated from the repeated exertion, and the consequent tickling, swelling, etc., make us cough some more. Some persons are far more susceptible than others to outside irritants. like dust, air currents, sudden drops of temperature, etc., and cough easily. Others can stand

those things, but get a "dry throat" when they talk much or read aloud for an hour or two, and cough as a result.

Violent coughing is dangerous; many people particularly the aged or those of delicate physique, have broken blood vessels, with most serious results, from extreme effort of this kind I once saw a man faint

to the fact, he resumed coughing as hard as ever. But this singular circumstance assisted me in per-suading him that his cough was really a subjective affliction. By a strong effort of will he began to strong suppress the tendency to cough, with the result that he ceased to cough entirely.'

If you are forced to cough when near other people, always cover your mouth with your handkerchief. An unguarded cough is far worse than an uncovered yawn, and most of us know that well-bred persons always conceal the yawn.

Coughing and strangling at the dining table are embarrassing as well as painful; but are usually the result of carelessness. Don't try to talk and swallow at the same time; trouble will result every time. Selfcontrol and poise will remove the danger of such occurrences—and cure fully three-fourths of the

coughing we commonly hear. The simplest and often the best remedy for a real cough is hot water. Swallowed as slowly as possi-ble, it loosens the offending matter in the throat; and, when taken in sufficient quantities, it so warms the entire body as to start perspiration, which causes the mucous membranes to pour out watery secretion. Particularly for a dry cough there is nothing better than this hot water treatment. Fomentations, also, are helpful, but of course you must carefully avoid getting chilled af-

PENN STATE JERSEYS OF BLUE AND WHITE.

Opponents of the Penn State football team this season probably will want to know whether the Lions are coming or going when they see

The change in color this fall I am not implying that we are never to cough; when there is a real reason, a cough is the natural and proper thing. But we have to That season the Lions made their and proper thing. But we have to That season the Lions made then remember that a cough can be a habit; that is, the more one coughs the more he is apt to. All such things lend themselves readily to habit formation, but in the case of coupt we have in addition to that season the jerseys were a combination of blue and white. This fall they completed the red, white and blue cycle with all white jerseys with only the numbers in blue.

> -Read the Watchman and get all the news.

SINNERS OF COM

(Continued from page 2, Col 6.) her own voice was like a prayer, "do you tell me you killed Kane Madison?"

"Emma if it meant goin' back to the town farm, I'd have to tell you." "Oh, let that go !" she exclaimed. "Just tell me_tell me that you done

it !' "I do tell you I done it !" "You killed him, only he got home before he fell?"

"He run across the medder, Em-ma, holdin' onto his head."

"They never thought of that." "Then my lie," she began, ending a short silence—"my lie wasn't all a lie, Lucas?" "No. I got"-he cleared his throat,

"I got what was comin' to me !" he admitted. "Oh, no," she muttered, shaking her head. 'No it wasn't right. It wasn't right to give a little feller of twenty-two a life term, no matter what he done ! And you from the orphanage, too, and delicate—

thank Thee !"

When he looked at her after a time, her arms were dangling limp-ly at her sides and her cheeks were you the King of England!"

"Don't mind me, Lucas," she said in an infinitely exhausted and gentle voice, with an unsteady smile. "Them's tears of joy. I'm happy. I don't know as I've been so happy since that Easter Day."

"It's be'n on my mind to tell "And I thank you, Lucas. You never did a kinder thing in your you.

life.' "I wanted you to know." "Mind you," she said with sudden

vigor, "it don't lessen my wicked-ness in lyin' about you! No, it don't do away with that. But at least I didn't send an innocent boy to sixteen years in prison and ruin his life."

"You must of knew, Emma." "No, I didn't, Lucas. I told them lies out of whole cloth !"

A long silence, hot and still all over the burning world that was beginning to smell of dusty apples and of Isabella grapes. Emma was breathing like a spent runner. "The relief of it, Lucas!"

"It's goin' to make you feel dif-ferent to me, Emma; that's what I'm kinder afraid of."

She had closed her eyes, her head

LUMBER?

"You don't feel-hard toward me, "Hard" she echoed, with trembling lips. "Lucas," she said, "I'm never goin' to feel hard again toward anybody!"

"I'm a criminal," he reminded her

like we all knew you were. "But oh, Lucas,' she gasped, "I'm so grateful to you for havin' told me! I'm so grateful to you! I'm grateful to God!" Her hands were over her face again. "My God, I thank Thee!" he heard her say. "I done more for me this afternoon

Blinking, swallowing, her hands still shaking, she began to gather

"Well there, I haven't felt like this in dear knows when!" she said, laughing and crying at once. "I'm goin' in to wash my face and hands and brush my hair, and get my bear-in's. It seems to me like a new world, and I shouldn't wonder if 'twas a pretty good one, like you're always tellin' me."

The screen door banged behind her lightly; he heard the clink of the pans in the kitchen, and then her heavy step mounting the inside stairs.

Lucas sat on, on the shady side porch, tinkering with his flytrap. He began to whistle softly again as

he worked. Once he spoke to the drowsing dog, who immediately rose, whimpered affectionately and pawed at the rough brown corduory knee. The old man smiled. He looked away, through a pattern of grape leaves, at the eternal hills, trans-parent and delicate today as opal-

There was peace, there was con-tent, there might even have been a Cosmopolitan. colored gauze.

FATHERS VISIT SONS AT STATE COLLEGE.

Upwards of 1200 parents of Pennsylvania State College students visited the campus over the past weekend in the annual observance of Fathers' Day by the institution.

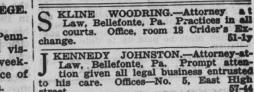
Appreciation of the efforts of parents last year in the Penn State building bond issue campaign was expressed by precident Ralph D. Hetzel. He pointed out the many building operations now under way on the campus, declaring the bulk of them are the direct result of intense public interest aroused during the campaign. Even though the bond issue was lost by vote, Doctor Hetzel declared that the resulting interest in State College brought about the greatest appropriation for buildings that the college had ever received from the Legislature.

Following the annual meeting of the Penn State parents' association, visiting parents toured the campus and its various building activities and saw why the college cannot in-crease its enrollment when virtually all old buildings that are being replaced by new must be destroyed. They also witnessed a football game and mothers were entertained by

women students at tea. Fathers were tendered a smoker Saturday evening and attended college chapel on Sunday.

State's football team will pla New York University in the Yanke stadium, New York city, tomorrow It will be the first of the majo games on the schedule.

trace of wise and subtle humor



14

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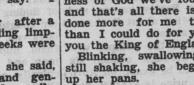
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Sheriff's Election Proclamation

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fung back. Now she opened them. A smile suddenly brightened her face. She did not speak, but she ex-tended a brown, hard hand, and his fingers caught hers.

LETHING TO THE POLY AND AND

from the exhaustion caused by a coughing spell. He was, ordinarily, above the average in physical strength but was just recovering from a protracted illness. It would be a great saving of energy and a reduction of risk if people would remember that offending matwould remember that oriending mat-ter in the throat is more easily raised on the first or second effort after a rest. There is more explo-sive effect in the cough; it is strong-er than the "tail-ender" of a series of efforts. If one can control the cough it is much more effective to cough, it is much more effective to stop for at least a few minutes af-ter one or two efforts—more effective and less dangerous to the blood vessels

As I have said, there are some As I have said, there are some legitimate causes for coughing. But never cough without cause, never cough more than necessary, and try persistently to find the cause and remove it. If there seems to be no remove it. If there seems to be no cause, look to your sleeping posi-tion, if you lie on your back a great deal you probably breathe through the mouth, and this makes the throat dry and sensitive. Almost always mouth-breathers are very susceptible to cough.

The "habit cough" is much more common than is generally realized. With a great many people a cough constitutes the preliminary for every action. In church, at an entertainment, any place where there is a gathering of people, you may notice the custom of coughing and clearing the throat at every intermission. With some, it seems to be an attempt to relieve nervousness, and this kind of cough is always most persistent where conditions make it particularly objectionable. I some-times think that if a minister should request his congregation to make a special effort not to cough for ten minutes, half the people present would imagine themselves about to strangle in half that time -among them, perhaps, many who would not cough once an hour had not their attention been called to the matter.

Coughing is a good deal like yawn-ing—even more contagious, I be-lieve. Most everyone must have felt the strong inclination to yawn when he saw another do so. In a crowd, merely to mention yawning will sometimes cause a regular "epidem-ic" of it. The following result of a physician's experiment proves how we unconsciously follow exam-

During the first half of an hour's lecture to students, the doctor noted only two or three coughs. Then he himself began to cough, purposely, at intervals of three or four minutes. During the first five minutes of the buring the first five minutes of the second half of the lecture, eleven coughs were heard; during the thid five minutes, nineteen; during the fourth, seventeen; during the fifth, twenty-seven, and during the last

five minutes, sixteen coughs. A physician tells the following amusing but significant story: "I once attended a man who had coughed almost without intermission coughed almost without intermission for over three hours. He was physi-cally exhausted by the recurring violent paroxysms of coughing. But during my examination a child was run over by an automobile in the street near the house. In the ensuing excitement the man actually ceased to cough for over half an hour. When his attention adverted

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(A) opposite his or her name. an office where more than one candidate is to be elected, the voter after marking in the party square, may divide his or her vote by marking a cross (X) to the right of each candidate for whom he or she desires to For an offi

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