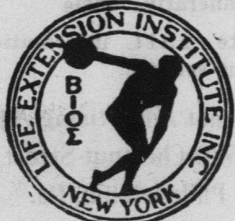


Your Health,

THE FIRST CONCERN.



Dr. Mahoney, of Boston, issued a warning to the public to guard against the spread of influenza when he made public the following list of "Don'ts."

Avoid persons who are coughing or sneezing.

Keep fingers and pencils away from the mouth.

Outside the home use individual drinking cups. At home see that all the cups and all eating and drinking utensils are properly scalded and washed.

Avoid crowds by doing your Christmas shopping early.

Do not allow yourself to get hungry, cold or tired.

Sleep and work in rooms with plenty of fresh air, avoid drafts and keep the body warm.

Take plenty of exercise in the fresh air.

Eat simple, nourishing food.

Never let the body get too hot or too cold.

Dress according to weather conditions.

Cover your nose or mouth with a handkerchief when you cough or sneeze and turn your face away from others.

If you have a cold or are subject to sneezing, keep away from crowds.

Do not expectorate on floors, cars or streets.

Thousands of Pennsylvanians are now enjoying their annual tramp in the State's forests on the trail of elusive game.

Most of them will be successful in their quest, a number will get hurt, some will get killed and a few may contract tularemia, said Doctor Theodore B. Appel, Secretary of Health, today.

In the first place, if every hunter would observe the fundamental rules concerning fire arms, the casualties and deaths could be eliminated.

These involve breaking, unloading guns or placing them on safety when climbing over walls or fences; carrying the gun so it will point towards the ground several feet ahead; keeping cool if game suddenly appears; never shooting in the direction of other hunters within possible range. And, in general, using ordinary care and caution at all times.

In the second place, if every hunter would appreciate that a risk is carelessly skinning rabbits or otherwise handling their carcasses tularemia, which still is a rare disease in Pennsylvania, would not get a chance to do any damage.

About fifteen years ago this disease was definitely classified by scientists working on the Pacific Coast. It is occasioned by a germ which invades the body through sores or cuts on the hands. The malady frequently manifests itself suddenly, and characteristically by headaches, vomiting, chills, aching pains, sweating, prostration and fever.

The active stage of the disease lasts from two to three weeks during which weakness, loss of weight, recurring chills, sweats and prostrations are noted, as also are ulcerations occurring at the site of infection and the developing of "wax kernels" in the affected region.

It follows that even though it is a rare infection all rabbits should be handled with care though only a very small portion of them are hosts to the tularemia germ. Evidence of the infection in the rabbit is exhibited by small white spots on the liver. It may be added that cooking the meat kills the organism rendering it perfectly safe for human consumption.

To be careful in handling fire arms and rabbits is little to ask in return for a safe and pleasant trip in the woods. Enjoy the forests, delight in the zest of the hunt, but be on guard. Thus avoid the possibility of death, accident and tularemia.

During the first nine months of 1929, seventeen cases of undulant fever have been reported in Pennsylvania, according to the State department of health.

With one month remaining, department officials believe that the total for the year of this disease, which long puzzled the medical profession and which made its first appearance in Pennsylvania in 1927, will exceed the nineteen cases recorded in 1928. Three cases were found in 1927.

Human infection, the department states, is caused by consuming milk from infected cattle.

Undulant fever was first discovered in this country in Texas about twenty years ago. For many years it was called typhoid fever, but finally was diagnosed as Malta fever and traced to the use of milk from infected goats.

According to the department, it is a "mean, nasty disease." Its first appearance is a lot like typhoid fever, followed by severe neuralgic pains and hot, swollen painful joints. The symptoms last for about a month and then go away, only to return after a few weeks. No real cure has yet been discovered. It is not considered very fatal.

The first infection was discovered in Lancaster county. Since then the disease has spread, and no one community seems to be immune. The largest number of cases, the department said, are reported from Philadelphia.

The department expects a gradual increase in the number of cases during the next few years. So far as it is known the only method of control is through use of pasteurized milk.

STUDY ENVIRONMENT OF U. S. CHILDREN

Nation-Wide Inquiry Is Sponsored by President.

Washington.—A nation-wide inquiry into the physical and social environment of the American child is moving forward. Permanent headquarters for a secretariat have been opened in the Interior department and 24 prominent educators, physicians, and sociologists have agreed to direct various phases of the investigation, which was sponsored by President Hoover.

Organization of the working force to place the American child under a microscope, determine his ills, and recommend means of curing them have been completed. The group of public men chosen to make the survey immediately will begin collecting data. Fully 18 months, they predict, will be so spent.

General Meeting to Be Held.

With the study completed, a general conference of the committeemen will be called in Washington to consider conditions as they have found them and decide what may be done to improve them.

The investigation, announced by President Hoover at a White House conference some months ago, was made possible by a gift of \$500,000 by some of the President's friends. He declined to name them.

A complete picture of the American child and his environment will be painted by the investigators, who will turn the spotlight of science into the home and school in their search for facts.

Public health organization, medical service for children, the family and parent education, vocational guidance, parental and maternal care—these are some of the subjects assigned to the study committee.

The Handicapped Child.

The handicapped child, including both the physically and mentally abnormal, will be the subject of a particularly diligent study. Four committees will work in this field. One will survey state and local organizations for the handicapped, another the physically and mentally handicapped child, yet another the child who is socially hampered by dependency, and finally, another will seek data on delinquent children.

A committee of 25 persons, including Secretaries of Interior Wilbur and of Labor Davis, was designated by Mr. Hoover to supervise the investigation.

Negress Gives Up White Baby in Hospital Mixup

Havana, Cuba.—A kinky-haired baby that nearly wrecked one Cuban home and a fair-haired infant that was the pride and joy of a young negress who thought she was its mother finally were returned to their proper parents when a strange case was solved in City court.

Berandina Vega, the negress, gave up the white child she had learned to love and look upon as her own, and accepted in its place a dark-skinned pickaninny that nearly caused a divorce in the family of Caridad Perez.

The two babies were born about the same time last December in a maternity hospital and were mixed during their first bath. As the days passed Senora Perez's charge began to turn dark of skin. The husband, after many stormy scenes, instituted suit for divorce.

Ten days ago Senora Perez called on the police to aid her in proving the child in her possession was that of a negress. Chief of Detectives Calvo started a search and found the white infant in the possession of Berandina.

California Coeds Get 2:00 A. M. Curfew

Los Angeles.—Two o'clock in the morning has been set as the deadline for coeds at the University of California at Los Angeles to return from dates. This decision was reached at a women's council meeting headed by Mrs. Helen Mathewson Laughlin, dean of women. The time limit for week night dates was set at twelve o'clock. Freshmen have been limited to two week-end dates only; sophomores have been limited to two week-end dates and one during mid-week, while upper classmen may use their discretion so long as they are in their rooms before the deadlines. Special regulations governing houses where girls are staying were also discussed.

People So Law-Abiding Justice Is Idle 25 Years

Butler, Pa.—W. B. Higgins, justice of the peace in Oakland township for 25 years, probably has set a record. In all the time he has held the office he has not heard a case, civil or criminal, so law-abiding are the residents.

If differences arise between neighbors, Justice Higgins either reconciles them or advises that they take the case to another court.

Seized Slot Machines Turned Into Birdhouses

Merrill, Wis.—With a hammer and a jackknife John Aho whittles away his time in the county jail here making birdhouses out of confiscated slot machines. After breaking them to pieces the sheriff turns the slot machines over to the ambitious prisoner, who already had made several birdhouses which have been lodged in trees in the jail yard.

Ring in Health

The sale of Christmas Seals and Health Bonds begins Friday, November 29.

The Seals sell for one cent each and the Bonds range from \$5 to \$1,000.

Health Bonds are for those persons or business concerns who want to help more generously and cannot use many Seals.

The Seals and Bonds provide funds for the work of the United local, state and national tuberculosis organizations in combating the White Plague and improving health conditions.

In Pennsylvania this work is carried on by the Pennsylvania Tuberculosis Society and its 100 affiliated organizations.

These are truly Health Seals, since every measure to prevent tuberculosis makes for better health generally.

The 1929 Seal pictures a bell and a bell-ringer. The more of these bells rung this holiday season the greater will be the health work carried on throughout the coming year.

Tuberculosis Big Menace to State

The continued presence of tuberculosis is a menace and also a challenge to all the people of Pennsylvania, declared Dr. M. G. Brumbaugh, former Governor, in addressing a meeting of the Christmas Seal Committee for Pennsylvania held in Harrisburg on November 20.

Dr. Brumbaugh, who is president of Juniata College, continuing, said: "The menace is in the fact that we still have many people suffering with this malady that ought to have help and the State Tuberculosis Society is an important agency in this work. It has done commendable work, but needs further aid of a definite and substantial character to banish this dread disease. It is a challenge because any right-minded citizen concerned in the welfare of the commonwealth or interested in the health of his kind should feel it his duty or her duty to join in this cause heartily with a view to building increased health."

"We have been entirely too complacent under the statistics that tuberculosis is gradually being conquered. The conquest is not ended nor should our efforts cease until we have gone vastly beyond our present control of this disease."

"Since tuberculosis is preventable, there are but three facts that cause it to continue. These are neglect, indifference and ignorance, and these sources of weakness can be remedied as follows:

"Given sufficient funds to carry on its commendable and humanitarian enterprise, the tuberculosis society can stir the people up to prompt action at the first sight of tuberculosis; can lead the public mind to heed the warnings and apply immediately to the proper authorities for remedial treatment; it can inform through a proper educational discussion the public mind as to the importance of curbing this disease."

"To these worthy ends all well-disposed people should give hearty assent and by their substantial contributions make possible the health, the happiness and the productivity of our people."

Keystone State's Loss

In 1928 tuberculosis killed 6,732 persons in Pennsylvania. This was a death rate of 68.3 per 100,000 population.

Eighteen lives were lost for every day in the year.

Although sixth as the cause of death last year in Pennsylvania, tuberculosis is the chief cause of disabling illness in the productive years of life.

Before each death the average length of illness is two and one-third years, during at least one year of which the patient is unable to work.



What do you think of the Christmas Seal?

"What do you think?" said I. "It maketh the Christmas spirit real: 'Tis greater than gifts you buy. For it proveth better than jewels can That your heart hath room for your fellow-man."

"Who giveth a gift to his friend has done No more than a gracious deed. But the Seal proclaimeth the man as one Who giveth to those in need. For God, who marketh the sparrow's fall, Giveth not to His friends, but to one and all."

"So I look at the Christmas Seal and say: This friend who remembereth me, Hath also thought of the sick today, Wherever they chance to be. And he giveth not only to cheer his own, But to all who hath need is his mercy shown."

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Camera Proves Story of Pharaoh's Death

Leeds, England.—Modern photography turned back the centuries and proved the truth of a Biblical quotation. Lord Moynihan, president of the Royal College of Surgeons, showed photographic slides of the heart of the Egyptian pharaoh, who oppressed the ancient Israelites. The slides demonstrated, he said, that the monarch had died of atheroma, a disease making the heart rigid and unelastic.

Thus was proven, he said, the Bible's statement, "and the Lord hardened the heart of Pharaoh."

Lord Moynihan said the pharaoh's heart was found so well preserved that it was difficult to distinguish it from that of a recent death victim, Sir Arthur Keith, he added, recently re-examined Napoleon's remains and found that the condition formerly thought cancerous was instead similar to that found in Malta's fever cases.

Russian Admiral, Chum of Czar, Now Carpenter

London.—Working as a carpenter in a small London shop is a former Russian admiral who was a close friend of the late czar.

He is Admiral Barakoff, before the revolution one of the most powerful men in Russia. Today, however, he is only "Mister" Barakoff, a courteous, old carpenter, who works hard in his shop through the week.

Barakoff is nearly eighty but he will accept help from no one. He has been approached several times to publish his memoirs, especially his letters from the czar, but has refused to do so.

"I work for my living," he told the publishers. "I do not sell private letters."

Boyhood Friends Meet; Separated 62 Years

Colorado Springs, Colo.—In the little town of Gallatin, Mo., 62 years ago, two boys, Mark Stewart and James Watson, became friends. Mark was five and Jim six. Then Jim's parents moved.

Recently they met for a reunion dinner. Both distinctly remembered events of their boyhood life.

Watson now is a prosperous Chicago business man, maintaining a summer home in the Black Forest, near here.

Stewart is a lay minister in the Methodist church at Phoenix, Ariz., where he is interested in establishing an all-states sanatorium for young men without means.

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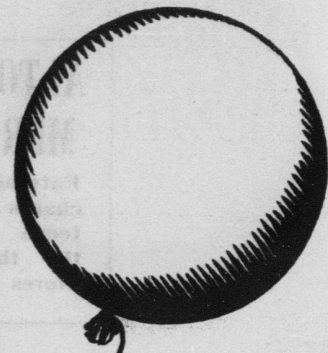
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Christmas Gifts advertisement featuring a large illustration of a winter scene with a house and a fence, and text promoting gifts and a razor.