

Your Health, THE FIRST CONCERN.



"Brains do not grow old, but become impaired by disease and disease," said Dr. Frederick Tilney, professor of Neurology at Columbia University, at a notable conference on the problems of old age. He declared that "no evidence thus far has been sufficient to convince us that there is such a thing as a rigidly old brain. The brain in aged people may present certain changes on disease, but they are incident to many pathological assaults upon the tissues, sustained during life, which in some individuals more and others less are, in alike, the consequences of infections, indiscretions, other morbid influences. A brain does not necessarily senile simply because it is ninety-five years old. Its possessor may be active and alert in the business of life. But if such a brain bears in addition to its burden the effects of disease, it is sure to give proof of falling function in direct proportion to the gravity of the pathological lesions. Old age of the brain is much more often the result of disease than of some inherent aging process."

For office workers and school children a few minutes' walk at noon will be more beneficial than all day spent in a room with ultraviolet light transmitting windows, says Doctor Eddy of Columbia University. Doctor Eddy experimented with rats that were placed in cages in front of the new windows at various distances and angles for the same length of time. The diet of the rats was such as would result in rickets unless they received enough sunlight to counteract it. Only the rats that were in the direct path of the sunlight failed to develop rickets. Those that were a few feet from the window or, although near the window, were not in the direct path of the sun's rays, developed the disease. Doctor Eddy suggests that for school rooms and offices money should be spent on outdoor sun parlors rather than on new windows.

Life insurance doctors allow a woman two pounds weight for every inch of height. With age she may put on a little more weight until at the mature age of fifty she may weigh two and one-half pounds for every inch of height. That surplus is dangerous and abundantly provided by life insurance statistics. A talk on obesity given by Dr. L. Newfield closed with the following advice:

"Fasting is an unwise means of reducing weight. It is weakening because of the lack of protein and may lead to acidosis because of the lack of carbohydrate. With obesity due to some disease the advice of a physician is needed. If it is found impossible to succeed at home, go to a suitable institution. The value of institutional care does not consist in baths or apparatus, but in the following: 1—Strong food habits are more easily broken away from than at home; 2—A skilled dietitian can supply a reducing diet which is also satisfying and appetizing; 3—the individual gains knowledge of cooking and food values so that his diet for the rest of his life is usually better than if he had not had the period of institutional instruction."

Perhaps you think about that body of yours and the wonderful way it does its work. You think of the nervous system and how it controls everything; of your eyes, your ears, nose, the love for music, art, duty of any sort; how the food is converted into energy; about the wastes thrown out of the body; of the powerful little pump, the heart; of your lungs and skin and their ventilating ability.

And then you begin to think about the tonsils and also about the appendix, and you just wonder why the Creator put them into the body if they were not meant for use. You wonder if doctors are doing the right thing by removing the appendix and the tonsils. You think a little further, and you remember about friends who have been afflicted with rheumatism or rheumatic attacks or years, followed by serious heart complications.

Everything has been done without fail and then when the tonsils are removed with all their poisons, your friend gets better and has no further attacks. Similarly with the appendix. You see a friend have an attack of appendicitis. The operation is delayed for a day or two and by the time the surgeon operates, the appendix is about ready to burst, and severe complications, perhaps death itself, is only avoided by hours.

Now what about the tonsils and appendix? Well they are in your body for a purpose. The tonsils filter out poisons from surrounding tissues and as long as they can "take care" of these poisons and kill off their organisms, when the tonsils are helping the body. When the tonsils are unable to do this work, and get enlarged and filled with these poisons and the organisms themselves, then just as a filter on a water tap that is filled with matter from the water, becomes a danger instead of a benefit, so with diseased tonsils. They should be removed.

The thought then is that tonsils and appendixes have uses but when they fail to do their work properly, they must be removed for the safety of the body itself.



HAVE YOU BOUGHT YOUR X-MAS SEALS?

If you haven't you should do so at once. Read the statement of Bishop J. H. Darlington, of Harrisburg, in connection with tuberculosis work. He says: "The Tuberculosis society comes before us as customary just before Christmas with its compelling appeal. The picture in our minds is of the Babe of Bethlehem. In the name of both the Christ Child and the Cross I beseech you to help us, the Christmas seal committee of the State to raise the largest amount of funds ever given to combat the 'white plague' which destroys both young and old. Let us not grow weary in well doing." The local committee will be glad to supply all you need seals. Call upon any of the following at any time: Mrs. Charles R. Kurtz, Mrs. James K. Barnhart, Mrs. Earl S. Orr, Mrs. Jacob Hoy, Miss Daise Keichline, Mrs. Samuel Shallcross, Miss Helene Williams, Mrs. Ebon Bower, Mrs. Gregg Curtin, Mrs. Charles Hughes, Mrs. Roy Wilkinson and Miss Helen E. C. Overton.

The Fauble Store's 43rd Anniversary Sale starts promptly at 9 a. m. Saturday. Be there. A big surprise awaits you.

Flegal—Dorsett.—Harry L. Flegal and Miss Marjorie Dorsett, both of State College, were married at the Presbyterian parsonage, in Bellefonte, on Wednesday afternoon of last week, by Rev. W. C. Thompson, the ring ceremony being used. The bride, whose home is in Minneapolis, Minn., has for some time past been a stenographer in the Forestry Department at the College. The groom is a son of Mr. and Mrs. H. F. Flegal, of Morrisdale, and holds a good position in the Boot Shop, at the College. Immediately following the ceremony they returned to the College and to their own newly-furnished apartment.

Ruble—Shaver.—Franklin Roy Ruble, son of Mrs. Susan Ruble, of Centre Hall, and Miss Helen Grace Shaver, daughter of Mrs. Grace L. Shaver, of Altoona, were married in the parlor of the Jaffa Shrine club, Altoona, at noon on Thanksgiving day, by Rev. Marion J. Kline. A wedding dinner followed the ceremony. The same day Mr. and Mrs. Ruble left for Baltimore, Md., where the bridegroom is engaged in the concrete construction business.

Biddle—Meeker.—John David Biddle, of Bellefonte, and Miss Helen O. Meeker, of Phillipsburg, were married in Milesburg, on November 23rd, by Rev. M. C. Piper, the ceremony taking place at the minister's home.

State highway lettings on December 19th will include a stretch of 6.94 miles in Rush township, Phillipsburg and South Phillipsburg boroughs, and at lettings on December 20th a short stretch of .418 of a mile of concrete in Boggs township.

The Bellefonte banks are this week sending out checks on Christmas savings deposit accounts. The total to be paid out is \$42,000 to 1080 depositors. The sum is approximately \$5,000 less than was paid out last year.

MARRIAGE LICENSES

Andrew Fecho, of Phillipsburg, and Elizabeth Zezoney, of Drifting. Ronald L. Redfield and Sarah Margaret Brown both of State College. Charles Ralph Church Jr., of Philadelphia, and Erma Irene Gardner, of State College. Hugh Muirhead, of Bellefonte, and Pearl C. Emehizer, of Fleming. John David Biddle and Helen O. Meeker, both of Bellefonte. Paul R. Winters, of Rebersburg, and Emma B. Smull, of Smulton. John F. Kelley and Elva Rhea Glenn, both of Clearfield. George M. Hackenberg, of Millheim, and Nora M. Smith, of Woodward. William A. Graham, of Newton Hamilton, and Edna G. Wright, of Williamsport.

Mother, to Photographer—"How much do you charge for taking pictures of children?" Photographer—"The price is \$12 a dozen." Mother—"Can't you allow me some reduction? I have only 11."

Henry—"The self-pronouncing dictionary is a fake." Dick—"Houzat?" Henry—"I've been sitting here three hours and it hasn't said a word."

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BOALSBURG

Mr. and Mrs. A. J. Hazel and daughter Jane spent Friday at Aaronsburg.

Miss Helen Geer visited her parents at Lock Haven, from Wednesday until Sunday.

Rev. and Mrs. W. W. Moyer entertained Rev. Moyer's mother and sister over Thanksgiving.

Miss Jean Homan enjoyed a few days visit with her aunt, Mrs. Harry Hoy, at State College.

Mr. and Mrs. Paul Coxey, of Phillipsburg, were over Sunday visitors with their parents and friends.

Wilbur Houtz and family have moved into their newly built residence, along the state road leading to Oak Hill.

Marcie Dyer, who several years ago occupied the bridge house, recently purchased the property from Col. T. B. Boal.

The Woman's Missionary society of the Lutheran church met at the home of Mrs. Samuel Reitz, on Thursday evening.

Misses Daisy Rowe and Grace Bitner, of State College, were dinner guests at the home of George Rowe, on Saturday.

John Harkins of State College, was an over Sunday visitor at the home of his grandparents, Rev. and Mrs. W. J. Wagner.

Mrs. Maude Johnstonbaugh has resigned her position as housekeeper for D. W. Meyer and expects to spend the winter in Altoona.

Misses Mary Reish and Nora Miller were guests of Mr. and Mrs. Samuel Homan, of Penna Furnace, at a roast goose dinner on Thanksgiving.

Despite the extremely cold weather a number of hunters went into their hunting camps, Saturday and Sunday, to be ready for the opening of the season Monday.

Mrs. Warren Cupp and baby returned to their home in Williamsport, on Monday after a visit of several weeks at the home of Mr. and Mrs. E. M. Kuhn.

Calvin Riley who has been ill for a month, is able to walk about the house, with assistance. Mr. Riley was a famous hunter, having shot more than fifty deer.

Mr. and Mrs. Barnes, of Brunswick, Me., who are visiting their daughter Mrs. O. F. Smith, have been confined to their beds and are under the care of a physician and nurse.

The firm of O. E. Miles & Sons, Milesburg, will celebrate its fiftieth anniversary this month. The store was established in 1879 by W. B. Miles who had as partners his sons Oscar E. Miles and Thomas A. Miles. On the death of the latter the firm name was changed to W. B. Miles & Son. Following the death of W. B. Miles another change took place and the name became O. E. Miles & Sons. W. B. Miles was a native of Howard but in 1866 located at Milesburg and had charge of the McCoy & Linn rolling mill. In 1874 he moved to Berwick, but returned to Milesburg in 1879 and opened his first store.

From a report in the Atlantic City Daily Press we find that James I. McClure well known resident of Bellefonte but who is spending the winter at the Shore, was a guest at a turkey dinner on the evening of November 21st, given by the Ladies Aid society of St. Paul's Methodist church. Knowing Jim's capacity for turkey, and looking at the long list of guests at the supper, we are constrained to wonder where the ladies got all the turkey.

Last Friday Alice Green, Robert Custer and Joe Wilson, of Phillipsburg, received checks from the National Air Transport for the \$250 reward offered for the finding of pilot Jack Webster, who crashed near the Rattlesnake, in the Allegheny mountains, four weeks ago. The reward was divided equally between the three young people.

Seventy-six passengers came to Bellefonte on the excursion from Philadelphia, Sunday morning.

Advertisement for Baney's Shoe Store. Text includes: WE FIT THE FEET, COMFORT GUARANTEED, Baney's Shoe Store, WILBUR H. BANEY, Proprietor, 30 years in the Business, BUSH ARCADE BLOCK, BELLEFONTE, PA., SERVICE OUR SPECIALTY, SPECIAL ORDERS SOLICITED, YOUR CHRISTMAS TURKEY, This is to call your attention to the fact that we have bought for hundreds of Christmas dinners the finest turkeys we could locate. We have them—plump and tender—in all weights, both gobblers and hens. We ask that you let us have your order as early as possible so that we can reserve for you the bird that will meet your needs. Telephone 667, Market on the Diamond, Bellefonte, Penna., P. L. Beezer Estate....Meat Market

WINGATE

Alfred Walker is confined to his bed at the Boggs township home.

Mr. and Mrs. Roy Fisher and Donald Irwin motored to Lock Haven for the football game Thanksgiving day.

Mrs. Mable Burns attended a big butchering at Mill Hall, last Friday.

Mrs. Willis Neff is spending a few days with friends at Howard.

The infant daughter of Mr. and Mrs. Daniel Barnhart is quite ill at the home of Lewis Davidson, and there is fear of pneumonia developing.

At a session of parole court, last Saturday morning Doris Eckley, of Coleville, sentenced last April to serve one to two years in the county jail for enticing a female child was granted a parole on recommendation of parole officer Roy Wilkinson. Eckley has already paid his dollar fine and costs in the case.

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NEW ADVERTISEMENTS.

NOTICE IN DIVORCE.—Anna R. Curry vs. John J. Curry. In the Court of Common Pleas of Centre County, No. 44 February Term, 1929. To John J. Curry, Respondent: Please take notice that an application for a divorce has been made by your wife, Anna R. Curry, against you, to the above number and term, charging that you willfully and maliciously and without reasonable cause deserted and separated yourself from her home and habitation for a space or term of two years and upwards, together with other causes in the Libel filed, mentioned. By reason of your failure to enter an appearance and file an answer to the cause referred to me as Master to take the testimony and make report to Court, I have fixed Monday, December 9th, 1929, A. D., at ten o'clock in the morning, as the time and my office at No. 9 East High street, Bellefonte, Pa., as the place for taking testimony, where you may attend if you see proper. 74-45-4t. JAMES C. FURST, Master

SHERIFF'S SALE.—By virtue of a writ of Alias Fieri Facias issued out of the Court of Common Pleas of Centre county, to me directed, will be exposed to public sale at the Court House in the Borough of Bellefonte on FRIDAY, DECEMBER 20, 1929.

The following Property: ALL that certain message, tenement and plot of ground situate in the Borough of State College, Centre county, Pennsylvania, bounded and described as follows:

BEGINNING at a point on the East side of S. Atherton Street 97.4 feet North of West Foster Avenue, thence Easterly along line of premises, now or late of Anna M. Dunkle, one hundred ninety feet to line of an alley running parallel with S. Atherton Street; thence Northerly along line of said Alley 50 feet to corner of premises, now or late of Rose Walker, thence Westerly along line of aforesaid Walker premises 190 feet, more or less, to the East side of South Atherton Street; thence Southerly along the line of S. Atherton Street 50 feet to the place of beginning.

Seized, taken in execution and to be sold as the property of Harry R. Mingle. Sale to commence at 1:30 o'clock P. M. of said day. H. E. DUNLAP, Sheriff Sheriff's Office, Bellefonte, Pa., November 26th, 1929. 74-47-8t

SHERIFF'S SALE.—By virtue of a writ of Leviam Facias issued out of the Court of Common Pleas of Centre county to me directed, will be exposed to public sale at the Court House in the Borough of Bellefonte on FRIDAY, DECEMBER 13, 1929.

The following Property: ALL that certain message, tenement and lot of ground situate in South Phillipsburg, Rush Township, Centre County, Penna., bounded and described as follows: to-wit:

BEGINNING at a point on South Second Street, the same being the South East corner of lot of Daniel Myers; thence West or nearly so along line of Daniel Myers a distance of 107 feet to lot of Mary Weston; thence South or nearly so along line of Mary Weston a distance of 60 feet to an alley that separates property herein described from the lot of Lizzie Lyberger; thence East or nearly so along line of said alley and parallel with line of Daniel Myers a distance of 107 feet to South Second Street; thence North or nearly so along South Second Street a distance of 60 feet to the place of beginning.

The party of the First part grants to the Party of the Second part the right to use and maintain an alley 6 feet wide along the entire length. Said alley to remain open along South Second Street and run along the South side of the premises described and next to Lizzie Lyberger lot; and to remain open at all times for the use of other residents on the ground adjacent thereto. Recorded in Deed Book Col. 130, page 688.

Seized, taken in execution and to be sold as the property of S. I. Dutton. Sale to commence at 1:30 o'clock P. M. of said day. H. E. DUNLAP, Sheriff Sheriff's Office, Bellefonte, Pa., November 15th, 1929. 74-46-8t

Checks WILL BE MAILED December 7. Those who, during the year, put aside a small sum each week for Christmas expenses, find themselves in possession of money enough to meet the inevitable demands of this season of festivity. A very comfortable condition. Start saving now for 1930, you scarcely will miss the small weekly sum required. THE FIRST NATIONAL BANK BELLEFONTE, PA.

Brightens the Energies. SAVING brightens the energies. You know that you are going in the right direction when you save and deposit regularly with this Bank. 3 per cent. Interest Paid on Savings Accounts. THE FIRST NATIONAL BANK STATE COLLEGE, PA. MEMBER FEDERAL RESERVE SYSTEM.

For Men Who Are Sure of Themselves. THOSE of you who are blessed with an abundance of assurance recognize the necessity of being well-dressed. Further than that, you know that you can be comfortably well-dressed if you are careful about selecting your clothes. That's why we are selling more and more Nottingham Fabrics to those who dress well at the least expense. Fauble's