

Your Health

THE FIRST CONCERN.



Cause and Care of Common Colds.

The term 'colds' usually refers to a condition characterized by a feeling of fullness in the head, obstruction of nasal breathing, sneezing and a discharge from the nose.

While it is commonly supposed that a 'cold' is merely a reaction of the nasal tissues to a draft of cold air, it may be due to the inhalation of irritating dust, chemical fumes, etc., and is very often actually caused by an infection with different 'germs' or bacteria, transmitted from one person to another.

For the 'treating' of colds, many remedies have been used, but we know that an acute cold is a self-limited disease which usually ends in from five to eight days unless some complication, such as a sinusitis, occurs.

The complications which may arise during the course of a cold are usually due to an extension of the infection into the sinuses in which case there is usually headache, tenderness over certain parts of the head, a discharge of yellow or greenish yellow pus and at times some fever.

In this region, we may have the so-called adenoids, a mass of soft lymphoid tissue which is present at birth and which is often very large in young children.

But much more serious is the extension of infection from the adenoid, or its vicinity, to the middle ear, which is very painful and may have serious results, such as a mastoiditis.

If the infection in the upper part of the throat extends downward, we get a sore throat (with or without tonsillitis) with pain on swallowing, swelling of the glands of the neck, fever, etc.

From the general standpoint certain facts should be remembered. It is not cold weather or cold air itself which causes colds, for we know that the Eskimos had none until the white man first visited them and transmitted his infections to them.

The prevention of the so-called colds has been much sought but thus far no definite dependable measure has been found.

(Continued next week)

The Fauble 43rd Anniversary Sale is calling you.

IF YOU CAN'T BOOST DON'T KNOCK

During the football season Stan Baumgardner, who fathers "The Old Sports Musings" in the Philadelphia Inquirer, visited Bucknell University, at Lewisburg, and there met James R. Hughes, headmaster of the Bellefonte Academy.

"I am going to introduce you to one of the finest men in this State," declared Henry Byrod of the Sunbury Item, as he piloted the Old Sport through a maize of football fanatics at a pep meeting in Sunbury a week ago.

"He is a football nut, but one of the loveliest characters hereabouts," Byrod confided.

"Shade hands with Mr. Hughes, headmaster at Bellefonte Academy. We all call him 'Uncle Jim' and you can do the same if you admit that Bellefonte has a good football machine."

These preliminaries over, we reached out to grasp the hand of a man you instinctively admire, one whose handshake warms you all over, whose twinkling eyes make you believe that there is something worthwhile in this old world after all.

Bellefonte, of course, has a football team—a whale of a machine. In fact, as long as the Old Sport can remember, they have had one. Sometimes it is the best prep school eleven in the country; occasionally it is second best, but always you can count on a battle when you play Bellefonte.

BELLEFONTE BOAST OF ALL AMERICANS

"Uncle Jim" proudly boasts that more All-American football timber has "been grown" at Bellefonte than any other prep school in America.

"Over forty Bellefonte men have made the grade," proudly chanted Hughes.

This in itself is enough to centre the eyes of football fans on the school—but when it is further known that the enrollment at Bellefonte is seldom over 150 these same fans begin to lift their eyebrows and say, "Oh! Oh! Where is the Ethiopian?"

It was in just this mood that we approached Uncle Jim with the remark, "What are the quotations on a good quarterback today?"

Such a dig coming from a total stranger, would have provoked nine out of ten men—but not Uncle Jim. He was too big a man. He laughed heartily and came back with the query, "What am I bid?"

Later, when the chuckling had subsided, Hughes, however, did have something to say which was not only illuminating, but struck a responsive chord in the heart of the Old Sport.

HAVE HELPED MANY NEEDY BOYS THROUGH

"We give scholarships at Bellefonte and have no apologies to offer to the Carnegie Foundation or any other investigating body," averred Hughes. "In fact we are proud of the fact that we can help out needy boys who would otherwise be deprived of battling their way through life on even terms with their fellow men more fortunately fixed."

"Let me give you a few concrete cases. Some twenty years ago Bellefonte proffered aid to the first needy boy who sought it. I visited an old student of the Academy in a Central Pennsylvania mining town. The former scholar had been a star athlete in his school days and paid full tuition. He was interested in a boy of twenty years of age, whose father was dead, whose mother was a poor little scrub woman, while he himself was spending most of the day-hours digging coal in the mines.

"This boy was eager for an education and hoped that his athletic ability would aid him in reaching his coveted goal. He had never been to high school. I granted him the interview. I asked him if he wanted to go to Bellefonte to have a good time or secure an education.

"He quickly replied that he couldn't bear to think he must spend his life in the mines and he would be grateful if I would give him a chance. I asked him how his mother could afford to do without his wages.

"O," he replied, "Mother says she will go on scrubbing for a few years longer if I can only get an education."

"The appeal was too strong to resist. I gave him a four years' course in the school and he rendered me his best service on the athletic teams and helped in every other way he could. He later went to Pitt, starring on the football, basketball and baseball teams; remained there for four years and then was placed by friends in a position of responsibility in a Western Pennsylvania mine.

"He married and has two fine boys, 'coming footballers for Bellefonte,' he claims, and is taking care of his aged mother. His name is Dillon.

"Any apologies needed for helping that lad? Well, I guess not."

"THIS LAD DELIVERED THE GOODS" "Here is another case in point. Several years ago I was visiting in a very dry heat, as well as over-dressing and, particularly, the vicious habit of often keeping on heavy overcoats (some people even keeping them buttoned) while indoors in heated homes, offices, or large department stores and then, while their bodies are very warm, or even perspiring, going outside into the very cold atmosphere of mid-winter, therefore divest yourselves of the envy wraps until about to go outdoors again.

tion. After I had purchased a ticket and stood waiting around I found that this boy from the glass works wanted to talk to me. He said, 'Would you please go and talk to my mother as you did to Mrs. Blank? I was touched and repelled. I surely will. Go and get my ticket redeemed and I will go and talk to your mother.'

"Soon the three of us were in his mother's parlor. The result was that the mother and sisters agreed to raise the small amount of money asked for and when school opened this boy was on deck. He played four years on the athletic teams, was leader of our musical club, plugging all the while to prepare himself for a leading university. He spent four years there, playing on the football team, captaining the baseball nine his senior year, singing on the glee club and succeeding in his efforts to win a diploma in the Dental Department.

"Today he is a successful dentist in a Western Pennsylvania town, with a nice little family about him to make him happy.

"Do I apologize for helping this lad out? Well, I should say not."

Later on in the evening Uncle Jim introduced this year's Bellefonte backfield. "I brought them over here because I am proud of them," he declared.

And we did not blame him. They were four upstanding young boys about 19 years of age, all powerful athletes and fine looking lads.

We agree with Uncle Jim. He has nothing to apologize for. The athletic world should be proud of such men who have the courage of their convictions to come out in the open and not only speak, but act as they believe.

THE BUSY SUSQUEHANNA ONE HUNDRED YEARS AGO.

In examining records of the Pennsylvania Legislature for the year 1829 General Edward Martin, State Treasurer, several days ago found a report showing that a hundred years ago the Susquehanna river was one of Pennsylvania's busiest thoroughfares. The report to the Legislature contained the following statement:

"From an accurate account, kept by a respectable citizen of Harrisburg, it appears that between the 28th of February and the 23rd of June, 1827, there passed that place, on the Susquehanna river,

"Rafts, 1631; arks, 1370. It is supposed the rafts contained on an average 25,000 feet of lumber, which would amount to 40,775,000 feet.

"Two hundred of the arks were laden principally with anthracite coal, averaging 55 tons each, making 11,000 tons.

"The remaining 1,170 arks were loaded principally with flour and whisky for the Baltimore market, and carried on an average 400 barrels each, making 468,000 barrels.

"It is supposed that about 300 keel-bottomed boats, carrying from 800 to 900 bushels of wheat each, descended during the same period, making about 240,000 bushels of wheat, at 35 bushels to the ton, or 6557 tons.

Annals of Luzerne county say that 30 lumber rafts passed down the Susquehanna in 1796. In 1804 22,000,000 feet of sawed lumber went down the river.

In six days, from May 18 to May 23, 1833, 3480 rafts were floated down the Susquehanna reached their quehanna.

General Martin discovered from the old record that almost every rock and projection in the Susquehanna river from Marietta, Lancaster county, to Port Deposit, had a name familiar to the raftsmen. In many instances these points received their titles from the fact that a raft was once "stowed" upon them. Some of the old names were "Spinning Wheel," "Sourbeer's Eddy," "Blue Rock," "Turkey Hill," "Brother," "Old Cow," "Hangman's Rock," "Horse Gap," "Ram's Horn," "Slow and Easy," "Hollow Rock," "Hog Hole," "Sisters," "Old Port Bridge," and "Shaddy."

One hundred years ago only two-thirds of the arks which started down the Susquehanna reached their destination, the balance generally going to pieces on the bars and rock. The loss annually, it was estimated, reached \$225,000.

The Fauble 43rd Anniversary Sale is calling you.

AN APPEAL FOR HELP FOR THESE SUFFERERS

Centre county has nine patients in three State sanitoriums for tuberculosis.

At South Mountain there is one child from State College and an adult from Bellefonte.

At Cresson there are an adult from Pleasant Gap, two adults from Bellefonte, a child from Snow Shoe and an adult from Hublersburg.

At Hamburg there is one adult from Snow Shoe and an adult from State College.

An effort is being made to collect a few small articles from the people of the county to send to these patients at Christmas time. Will you help to make the Holidays a little brighter for those who are suffering and cannot be at home.

Articles may be left with Miss Noll, State health nurse, at the W. C. T. U. room in Petrikin hall, Bellefonte, beginning Monday, December 16th, and ending Friday, December 20th, between the hours of 1:30 and 2:30 p. m. Gifts will be called for if notice is sent to Miss Noll, phone No. 604-R-3.

Following is a list of suggestions of suitable gifts: Fruit, nuts, candy, cakes, jellies, stamps, stationery, tooth paste, shaving cream, talcum powder, games for children, six month's subscription to a Centre county newspaper.

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Mothers should serve a generous amount of

Butter-Krust Bread

It's wholesomeness will help to provide the body energy needed to fight off winter's colds and diseases

City Bakery

H. A. Rossman Garage

Plymouth - Chrysler - Fargo SALES and SERVICE

APEX RADIOS Tires and Accessories

BELLEFONTE - - - - PA

Your Business is Solicited on the Basis of COURTESY SERVICE RELIABILITY

H. P. Schaeffer

HARDWARE BELLEFONTE, PENNA.

...THE...

Variety Shop

Most Complete Line of Christmas Goods in Centre County.

IF IT IS

Candy

WE HAVE IT We solicit School and Sunday School Treats

Davison's Candy Shop.

\$ Dollar \$

Dry Cleaners

FREE DELIVERY SERVICE PHONE 156

All Work Guaranteed

K. V. BENNETT, 20 Bishop St.

\$ \$

Quality Goods!

Christmas Shoppers, we have USEFUL GIFTS for every person in the home VISIT OUR STORE

Olewine's Hardware

What would be nicer than a piece of

Furniture for Christmas.

Stempfly Furniture Store

The HOME OUTFITTERS

BELLEFONTE, - - PENNA.

Montgomery & Co.

BELLEFONTE

and

State College

Our Gift Boxes excel in Taste.

at moderate prices.

Clevenstine's

the place to get your

Christmas Greeting Cards

and Candies

Special Prices to Schools and Sunday Schools

Firestone and Goodyear

Tires

Exide Batteries

Ignition Repairs and Parts

Steam Vulcanizing

J. B. Rossman

BISHOP STREET

Zeller Drug Co.

The Prescription Store

CUT RATE

Whitman's Chocolates, Cigars

Christmas Gifts,

Fountain Pens \$1.00 to \$10.00

Holiday Values

AT

The Katz Store

Greatest Assortment of Toys

Ready for Your Choosing . . .

W. H. MILLER

Tinware,

Slate and Metal Roofing

STOVES and FURNACES

Automobile Radiator Repairing

Kissell's Meat Market

Fresh and Smoked Meats,

Turkeys, Geese and Ducks

FOR CHRISTMAS

Order Early