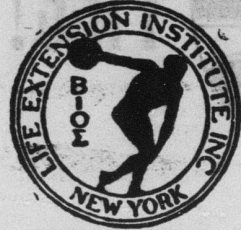


Your Health

THE FIRST CONCERN.



COMMON COLDS

(Continued from last week)

If there are abnormalities within the nose so that nasal breathing is interfered with or if large adenoids are present and it is observed that the individual frequently develops serious colds, it is a preventive measure to correct the nasal space by operation, or to remove the adenoids.

If the tonsils become frequently involved they should be operated. It is best to be careful and conservative regarding all operations, but unless large or frequently infected adenoids are removed, there is danger of involvement of the ears either by infection—giving middle ear abscesses, or by causing an impairment of hearing.

A question closely associated with the subject of colds is raised by one D. E. J. of Arkansas. Since sinus infection is likely to follow frequent infections of the nasal pharynx, the question and answer are given here. The question reads: "Although I have had an infected frontal sinus for twenty years I am not used to the discomfort, I think I have had every possible bit of surgical work and treatment that would help, and they only serve to ally the discomfort for a few hours at a time. I am not so situated that I am free to move to a different location. Is there any place in the United States where it is hot or dry or even enough in temperature to alleviate this trouble."

The answer is as follows: Experience, unfortunately shows that many cases of chronic sinus infection are not relieved by operation, owing to the fact that often there are chronic changes in the lining membrane of the sinuses so that although good drainage is established by the operation, and although there is good ventilation of the sinus cavities, the disease does not disappear. Sudden changes in the weather are apt to bring about exacerbations of the sinus trouble. On the other hand, an even, warm climate usually has good effect on mucous membranes.

One of the best locations in which to obtain such a climate is Southern Arizona, in or around Phoenix, or if one desires to be still south, Tucson is excellent. It is to be recalled, however, that in the heat is intense, so that one would prefer, if possible, so at that time, to go to Northern Arizona or perhaps to Mexico. During a large part of the year the climate of Southern Arizona is beneficial. Whether permanent residence in this district would give permanent relief is a question. A person changing from one climate to another is often greatly benefited temporarily at least. In any event, it would be advisable to try Southern Arizona, and if the relief is permanent, then arrange one's vocation so that the stay may be permanent.

The word 'cold' is a misnomer. We use it because it was handed down to us and not because it is the result of cold temperature. It may have had its origin in one of the characteristic symptoms, chilliness, just as coughing and sneezing may have led the Chinese to say they have caught the 'wind.' A cold is really an infectious disease, although the causative organisms are not definitely known. The infection may locate in any part of the respiratory tract, nose, pharynx, larynx, trachea, or in the sinuses of the head, with the symptoms familiar to every one—congestion of the mucous membranes, inflammation, sneezing, coughing.

An answer to the question how we 'catch' cold lies in these characteristic symptoms of coughing and sneezing. Colds are communicable from person to person, just as are typhoid fever, diphtheria and a host of other communicable diseases. If they were not, colds would be no more common than broken legs. But because they are communicable, most persons indulge in one to three colds a year.

One of the most important reasons for the widespread prevalence of colds every year is that a cold does not generally make the victim feel sick enough to stay in bed. He goes about his daily business mingling freely with people, at home, in public conveyance, in offices, stores and workshops. He coughs and sneezes his way through crowds. His hands, contaminated by frequent contact with nose and mouth, leave unwanted gifts upon

ABOUT CHRISTMAS

I love red string and tinsel tape And holly leaves and berries red, And tissue paper white and fine, And packages and twisted twine And corners neatly tucked in shape Like babies into bed.

Branches of evergreen I love And silver stars and candles slim, Apples and nuts in bulging sacks And greeting cards and sealing wax And fragrant rooms and doorways dim With Mistletoe above.

I love the smell of baking pies And kitchen all so warm and clean, And grown-up's hands that spice and taste, And aprons tied around the waist, And work with happy talk between And Mother's pretty eyes.

—By Jessica Nelson North

OLD SUPERSTITIONS

ABOUT THE MOON.

Curiously persistent are the various superstitions relating to the effect of the moon on the weather or on the farm crops. One of the most unreasonable of these beliefs, says the Weather Bureau of the United States Department of Agriculture, is that if the horns of the new crescent moon tip downward, it is a "wet" moon, portending rain. As a matter of fact, on any given date the position of the crescent moon is always the same in places having the same latitude, so the same kind of weather would necessarily prevail were this sign of any value, throughout a belt of latitude extending around the globe. Again, near the Equator, in a part of the world notorious for its heavy rainfall, the young moon is generally in an almost horizontal position, or, according to the proverb, it is almost always a "dry" moon. If the moon could be viewed from the North or South Pole on the other hand, its position would be, for the superstitious, indicative of "wet" weather, but these regions are characterized by so little rainfall and snow that they rank among the arid parts of the globe.

Other superstitions relating to the moon are those which offer guidance in farm practice, such as sowing or reaping, breeding or butchering, shingling or shearing, or any other farm activity supposed to be affected by the "dark" or the "light" of the moon. The scientist points out that the chief things affecting the growth of crops at any stage are: Temperature of soil and air; composition of adjacent atmosphere; kind and intensity of light; presence or absence and severity of plant diseases; mechanical condition of the soil, loose or compact; fertility of the soil; and quantity of other vegetation or weeds present. The moon has nothing to do with any of these conditions affecting crops. It has no influence on weather or soil. Even the light of the full moon is not intense enough to have any effect on plant growth or plant diseases. The chief good accomplished by these old beliefs, as embodied in rural lore, is through the systematizing of farm work, fixing a time for various activities, and the force imparted to the frequently necessary injunction, "Do it now."

WHERE CHRISTMAS TREES ARE A REGULAR CROP.

As cheery as Santa's sleigh bells is the ring of axes in the forests of Maine between the middle of November and the middle of December. Christmas trees—approximately one and a half million of them—are being cut and shipped to principal cities of distribution so that the eve of December 25 will find them properly attired to await Saint Nick's visit.

The fir still holds first place in the Yuletide heart, although spruce and pine are welcome decorations. These trees sell in large cities from fifty cents to several dollars a piece, the price covering many items from chopping to sale on the streets. Canada is likewise a source of Christmas trees, and she sells many balsam firs that have been felled in the Laurentian Mountains. The balsams are grown by Canadian farmers as a crop similar to hay or grain, except that it takes from seven to ten years for the trees to grow large enough to be used.

—Read the Watchman for the news

everything he touches. He is a walking transmitter. Is it any wonder that colds continue to spread until the number of victims total 10 to 15 per cent of the general population at one time.

If colds were a more disabling disease, requiring the sufferer to stay at home and in bed, not so many of the rest of us would be exposed. A severe cold, well cared for, is hard on the patient but better for his next door neighbor.

"How can the total annual crop of colds be diminished? The first way is to avoid infections. Contact with people having colds, while difficult to control, can in a measure be avoided by constant individual vigilance, especially in crowds. This requires careful self-education in sanitary habits and the constant individual vigilance, especially in crowds.

THE STORY OF THE LAST SHEPHERD

(Continued from page 2, Col. 6.) —"the place where it crooked just touched his lips. The last of the shepherds had related for the last time the story of the vision of angels, and the Treasure they found in the manger.

CHRISTMAS TREES IN THE FOREST.

The children of the little folks of the forest met in council the morning before Christmas. Baby Jack Squirrel was the spokesman for the crowd and he voiced their wrongs in a few short, terse sentences: "All the children in the world of people have beautiful Christmas trees fixed for them. Why should the children of the forest be denied such things? Is it fair? Is it just?"

Every little one of the forest who was present cried loudly that it was not, except Baby Rabbit, who was always a little timid about using her voice, so she just nodded her head. Just then a beautiful fairy came and stood among the little forest folk: "Children," she said, "I have just been listening to all that you have been saying and I want to tell you that I think you are all wrong. If each one of you will close your eyes for a moment I will take you to find homes where the tree was fixed so far ahead, that most people wait until Christmas Eve to set up the Christmas tree."

When, finally, the fairy brought them back to their own forest, she took them from tree to tree and pointed out to them the beauty of each. Then she led them to the prettiest tree of all and asked them to look hard at it. And when the little folks looked hard they saw that this tree was more beautiful and had on it more beautiful decorations than were on any of the trees that were set up for the children of men. For Jack Frost and Old Man Snow had gone to all manner of trouble to decorate this tree and it sparkled and shone with a radiance that far surpassed that of the Christmas trees they had just seen in peoples' homes. And it was not alone this tree that was beautiful, but every single tree in the forest was beautiful also, only that this particular one seemed to be a little bit lovelier than any of the rest.

Then the little children of the forest knew that they had no just cause for grievance and discontent vanished from their hearts, for they felt that there was no more beautiful Christmas tree in all the world than the one which was their very own and which grew so near them in their own homeland. And they thanked the good fairy in one breath for what she had shown them and they all wished her a merry Christmas.

Christmas, the brightest day of the year, is with us again, rekindling faith and trust within our souls and filling our hearts with tender and blessed memories of the past. For on this day there comes to us in the fullest measure all that is beautiful and worth while in life: we share in each other's happiness and joy, putting aside selfishness and greed and hate, and giving the best that is in us that someone else may be glad. We become, in a measure, as little children again, rejoicing in the simple little pleasures of home, forgetting for the time being all the vexations and problems of the world, and feeling within us a surging of the beautiful faith and trust that was ours in the long ago. On this day, too, we see the best that is in our fellow-man over-looking the little faults and failings of his that may, perhaps, have stirred us to anger yesterday. Today he is our brother, a fellow being to be helped and encouraged and loved as far as it is possible for us to do, for today with the new vision that has come to us we see him as ourselves, struggling the best he knows how with the worries and cares of life. Would to God that this beautiful spirit of love and peace and giving that hovers over the world on Christmas would live through all the days to follow, for if it did many of the heart-wearing problems that are bringing sorrow and pain to the world today would be no more!

Quality counts in the wear of shoes for children and you get quality in Euster Brown Shoes. Sold only at Yeagers Tiny Boot Shop. 50-It

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