

**TUBERCULOSIS kills 1 out of 5 of all who die between 15 and 45**

**It is the enemy of steady employment, high wages and prosperity. For tuberculosis strikes during the most productive years of life.**

**Help us to rout tuberculosis**

**BUY CHRISTMAS SEALS**

The National, State and Local Tuberculosis Associations of the United States

**Tuberculosis Days**

Governor John S. Fisher, in announcing his acceptance of the Honorary Chairmanship of the Christmas Seal sale in Pennsylvania, suggested the observance of December 1 as Tuberculosis Sunday and December 13 as Tuberculosis Day in the schools. The Governor said:

"The wealth invested in the bodies and health of citizens is one of the State's greatest assets. This is strikingly illustrated in a study of the tuberculosis problem.

"In spite of the progress made in recent years in lessening the White Plague, it is still one of our greatest liabilities. Tuberculosis stood sixth as the cause of death for all age groups in Pennsylvania last year, but from age 1 to 35 it stood first. Between the ages 15 and 45 one out of each five deaths is caused by tuberculosis. The majority of the victims are in the prime of life. Each death in the younger age groups means not only the taking of a life but the loss of all future possibilities.

"Education is one of the most powerful weapons that can be used in combating tuberculosis. As one means of disseminating health knowledge, plans are being made to observe Tuberculosis Sunday in places of worship on December 1 and Tuberculosis Day in the schools on Friday, December 13. With this preventable disease striking hardest in the early years of life, it is natural that churches and schools should have an unusual interest in this problem. Tuberculosis Day provides an opportunity to focus the attention of these large groups upon the health practices that are so important in fighting this scourge.

"The 1929 Christmas Seal portrays a bell ringer sending forth a message of health and happiness to remind people that sickness can be prevented. The ringing of many of these bells during the Christmas season will mean better health for Pennsylvania next year."

**Plan of Battle**

The campaign against tuberculosis includes both the discovery, care and treatment of existing cases, and prevention of the disease. Community measures form one phase, while the success of public hygiene and the war on tuberculosis depend also on personal hygiene.

In 25 years of intensive effort the official agencies have come to have chief responsibility for institutional care and treatment. The voluntary agencies, of which the Pennsylvania Tuberculosis Society is the oldest, have concentrated on prevention through informing the public regarding the facts and the need to support city, county and state programs.

To reach the public, literature, exhibits, news stories and health talks in newspapers, health movies and talks are provided.

Information is made available to the medical profession through distribution of publications prepared by tuberculosis specialists.

Public health nursing and clinic service form an essential feature. The State Department of Health provides a widespread plan of clinics and nursing and sanatorium care. In addition many public health nurses are employed.

In many counties Seal funds aid in meeting the local expenses of state clinics and extending their services. Extension clinics in remoter communities form another part of the work.

Industrial service provided through Christmas Seal funds include the establishment of health divisions, provision for health examinations and educational publicity in industries.

**Will Meet at Erie**

The thirty-eighth annual meeting and conference of the Pennsylvania Tuberculosis Society will be held in Erie on Tuesday and Wednesday, January 14 and 15 next. Persons prominent in the health work of Pennsylvania and other states will speak.

Following this meeting, the annual Social Welfare conference of Pennsylvania will be held in Erie.

**Christmas Seals Ring in Health**

In the olden days anyone could be a bell ringer. Sometimes a citizen had to pay for the privilege; if he abused the honor he had to pay a fine. In All Saints' Church, at Hastings, England, these words may still be seen: "This is a bellfy that is free. For all those that civil be, And if you please to chime or ring It is a very pleasant thing."

All through history since the 16th century, which was the golden age of bells, chimes have called out to people their cheerful messages, usually telling a story. For example, with the passing of the old year the bells were tolled in sadness, then, when midnight had struck, the merry peals changed forth their welcome to the new year. Before the invention of the newspaper the town crier focused the attention of the people by lustily clanging a bell before he shouted the important news it was his duty to spread throughout the city. Since bells have so often served to proclaim victory it is not surprising to find that the design of the modern cup presented as a token of victory in sport is in reality an inverted bell.

It is equally fitting that on the gay little Christmas Seal for 1929 a bell ringer should be portrayed tugging at a heavy bell, announcing once again to the nation that further advances have been made against the enemy tuberculosis. Each year the Seal brings its message of health at the Christmas season to remind people that sickness can be prevented.

Although the stamps are now well known, they originated in a modest manner only twenty-five years ago as the invention of a Danish postal clerk, who devised them to raise money for a tuberculosis hospital for the children of Copenhagen. Miss Emily P. Bissell, of Wilmington, Delaware, was the god-mother of the Christmas Seal in this country. She also was seeking for a method to raise money for a tuberculosis institution in her state and in 1907 found the solution to her problem in a magazine article describing the Danish seal and its successful mission. Through her efforts a fund of \$3,000 was raised and the project begun. The following year the first national-wide sale of tuberculosis Christmas Seals was undertaken.

and women's clubs, religious bodies and business groups gave their support to this cheerful method of raising money. In 1910 the then young National Tuberculosis Association took over the sale of the Seals and has directed it ever since. The Seals therefore should be called tuberculosis Christmas Seals.

Thanks to the tiny Seal, state after state has been organized to attack tuberculosis with a scientific program. Through the intensive educational work made possible by the Christmas Seal, health laws have been passed and are being enforced; tuberculosis specialists and nurses reach the most remote country districts; printed matter on disease prevention is circulated in schools, homes and factories, and there is an active public interest in tuberculosis control among civic, political, commercial, social and religious groups.

This year again the Seal carries its message of health throughout the country, giving everyone a chance to be a bell ringer as in olden days—a proclaimer of the important tidings that health is the best insurance for happiness and that tuberculosis may be cured if discovered in time.

The fight against tuberculosis has proved education to be one of the most effective weapons in combatting this disease.

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**60,000 TONS OF STEEL IN WORLD'S LARGEST BUILDING**

Enormous Quantities of Material Used in Merchandise Mart In Chicago.

Chicago.—Another few months will see the completion of the largest building in the world of today, much larger than any the world has ever known. It is the Merchandise Mart, being erected in this city. The amount of materials used in the construction of this mammoth building makes interesting reading. Into the building have gone, or will go before its completion, the following:

Sixty thousand tons of steel, including 61,000 columns, girders, and beams; 558 caissons, requiring 50,000 cubic yards of concrete; 3,915,000 cubic feet of stone; 29,000,000 bricks; 5,500 windows, requiring 132,000 square feet of glass; 30,000 lighting fixtures, with 2,000,000 feet or 380 miles, of wire weighing 80 tons; 85,000 electric lamps, drawing 15,000 kilowatts; 15 passenger elevators, traveling 500 miles a day; 14 freight elevators with a single trip total capacity of 104,000 tons; 5,000,000 feet of lumber; 3,504,000 square feet of steel wire reinforcement for floors, enough for a 100-mile highway, 18 feet wide; 142 miles of piping for the sprinkler system; 50,000 sprinkler heads; 32½ miles of piping for the steam heat system; 40 miles of plumbing pipes.

Outside base dimension for the Merchandise Mart are 296 feet on Franklin and Orleans streets, 328 feet on Wells street, 573 feet along the north bank of the Chicago river, and 724 feet on Kinzie street.

To duplicate the 4,000,000 square feet of floor space in the mart, a skyscraper 200 stories high on a ground plot 125 by 150 feet, would be required.

To heat the mart 204 tons of coal will be burned each day in cold weather to produce 2,880,000 pounds of steam, 2,000,000 cubic feet of fresh air per minute will be forced through the building by fans and radiators, enough to furnish air for a quarter of a million people.

Six and a half miles of plate glass will be used to line the 650-foot sales corridors on 18 floors; 62,000 square feet of space will be utilized on the nineteenth floor to accommodate the National Broadcasting company in the world's largest broadcasting studio.

**THE CHRISTMAS CANDLE**

The legend runs: On Christmas eve A little candle's ray, Shining through the dusk, will light The Christ Child on His way.

I've polished well my window pane And set my candle there; I'll light it when the twilight comes And say a little prayer: Dear Christ Child, may my candle's light Lead you into my heart tonight. —By Anna B. Baker

**SOLDIERS' FEDERAL BONUS.**

January 2, 1930, is the last day on which World War Veterans who have not already done so may make application for Adjusted Service Certificate, the so-called Federal "Bonus."

In 1924, Congress authorized the issuance of a paid up twenty-year endowment insurance policy to all World War veterans, both enlisted men and officers below the rank of Major. The amount or face value of the certificate is determined by the number of days the veteran was actually in the Military or Naval Service.

In fixing the maturity date Congress was governed by two major considerations. The first was a desire to make the certificate payable at that time of life when most veterans will be planning to retire from active business. In the event the veteran died before the maturity date of the Certificate, Congress desires to help care for the bereaved families. The second consideration was the huge cost to the taxpayers. The Government is already obligated for almost four-billion dollars by reason of applications already received.

While approximately eighty-five percent of eligible veterans have already received their certificates, it is estimated that 40,000 veterans in Eastern Pennsylvania have failed to submit applications. Friends and relatives should urge all veterans to apply for Adjusted Service Certificates if they have not done so.

All ex-service organizations keep application blanks on hand and offer to give advice to veterans. Also, the Regional Office of the U. S. Veterans' Bureau, 33rd and Arch Streets, Philadelphia, Pa., and the Sub-Offices in Harrisburg and Scranton will send blanks to those who request them by mail or assist veterans who call at the offices.

The Half Moon gardens in preparing for Christmas, have a fine assortment of potted cyclamen and primroses, and any cut flowers in season. Brighten some one's Christmas with flowers. 49-2t

**He Claims His Device Aids Sailing in Fog**

London.—Navigation in fog may be solved through an invention recently demonstrated by John L. Baird, inventor of television. Baird calls his new instrument the "noctovisor," and claims that a ship fitted with the apparatus could pick up the navigating or masthead lights of a ship in even the thickest blanket of fog.

The first public test of the noctovisor was carried out inland, on a dark night, but without any fog. The instrument was located on top of a hill, and a single headlight of a motor car was lighted some three miles away. The light was left burning, but was entirely hidden by a sheet of ebonite, which Baird claims is the best artificial substitute for fog.

The noctovisor then went to work on an absolutely dark scene, hunting for the one light obscured by the artificial fog. The rays of the machine swept the valley several times, and finally the flash of a brilliant orange light on a disc inside the apparatus indicated that the motor headlight had been picked up. The exact distance and position of the whole thing," Baird said, "is that what we have done can be done on the bridge of any ship, in the densest fog."

**Fences Joint Driveway; Keeps Car From Garage**

Royal Oak, Mich.—The space between the homes of G. Hoffman and one of his neighbors is only wide enough for one auto driveway back to their garages, so a joint drive was built which lies on both their properties.

Recently neighborly differences arose—as neighborly differences will—and the neighbor built a fence down the center of the driveway, more or less spilling the usefulness of the arrangement. The neighbor still has room to squeeze down his side by getting off the cement and hugging the house.

Hoffman is less fortunate in the way of excess room and he has asked the city council for what aid it can give. Meanwhile, the Hoffman garage is empty.

**Women Given Mirrors by Astute Politician**

Boston.—A new magnet designed to attract the feminine vote has been devised by former Mayor James M. Curley, who is again running for mayor of Boston. He has distributed among Boston women thousands of gay little mirrors. On the back of each mirror is his picture and the slogan: "Boston needs Curley."

**Aged Men at Banquet**

Condommiers, France.—Sixteen octogenarians, the guests of eighty-four-year-old Albert Grotteray, gathered around a banquet table to toast their advanced ages. Their total age passed 1,294 years. All of the men had fought in the War of 1870.

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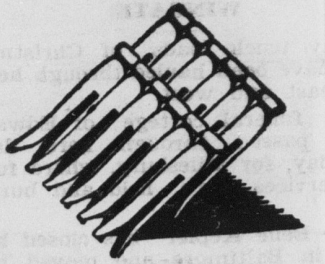
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**Christmas Gifts**

THE season is approaching when you will be looking for a suitable Gift for some relative or close friend.

May we suggest the Watchman. If the person has any interest in what is going on in Centre county we think the Watchman would be a most acceptable Gift.

For \$1.50 we will mail your relative or friend a letter, every week for a year, and it will be teeming with the news you forget to mention when you write that occasional letter.

In addition to that, we will send you a handsome Auto-Strop Safety Razor, put up in a handy, durable case. It would make a useful Gift for another friend. Two presents for \$1.50.

