Bellefonte, Pa., March 21, 1930.

Health Your



-"The humblest and least distinguished of all the organs of the body can order the lordly head to ache for it, and the head has no alternative but to obey."

-On the radiator or dashboard of many automobiles you can see a little indicator which is called a motometer. It is a simple instrument, but a valuable one. It is constructed on the principle of a thermometer, and serves to warn the motorist when the engine is overheating. When the temperature of the motor rises beyond a certain point, the motometer gives warning by showing up a red disk, by moving a needle on a dial or by the high level of its column of red liquid. No matter what its method be, its purpose is the same. It warns the motorist: "Your engine is over heating; something is wrong; you had better stop, look, and lis-

Now, suppose the motometer of TO ENFORCE ALL your car were to show this danger signal—would you not stop, look, and listen? Would you not seek to discover why the motor is overheating? Surely, you would look at your fan belt, at the water level in the radiathe trouble might be. If you had been racing your motor, you would stop and cool it off.

What would you think of the automobilist, who, instead of trying to find the source of the trouble, doused

probably not one in a hundred thousand automobilists would be foolish Pennsylvania State Police. enough to cool his motometer when

cept where indispensible to an indus-trial flying operation.

The self.

Consider the headache! It is the trial flying operation.

The self.

The self. ne s—be that sickness mild or seriof persons except with the consent ous. In the majority of ailments it is of the State Aeronautics Commisthe first signal that pops up. And sion. Such consent will be granted yet, though it is Nature's warning only for limited operations. that something is wrong—though it counsels the individual to stop, look, and listen—hundreds of thousarea of any city, town or settlement ands of individuals do not heed the or over an open-air assembly or bewarning. Instead they "cool the low 2000 feet over an established motometer." They drop into the first civil airway. An acrobatic madrug store and ask for something that will stop the headache. And they usually get it, and very soon the headache disappears. But frequently the "motor goes on over-heating." Moreover, in addition to the cause of the headache, the body is frequently confronted with the further task of combating a poisonous headache cure.

Before going further into this phase of the matter, it may be advisable to consider in greater detail the nature of a headache. Headaches are of many varieties

and types. They differ in regard to the part of the head involved. They differ in the character of the pain suffered, whether sharp or dull, constant or in paroxysms. They differ in their immediate causes some are brought on by bright lights, some by harsh noises, some by indigestion, and many others by equally varying causes. There are seven districts for game law enforce-morning, noon, and night headaches, ment instead of eight as formerly and each type of headache may under plans adopted at the last meet-have its special cause and signifing of the Board of Game Commiscance. When the patient goes to the doctor complaining of a headache, the doctor looks upon this

complaint as indicative of some- SUDDEN DEATH OF thing else that is wrong. He searches for the cause, and, finding the probable one or ones, he proceeds to treat both cause and symptom. No was president of Juniata College conscientious physician would treat a headache without first trying to nia, died suddenly on Friday from a

tagious diseases, and especially those associated with high fever, set in with a headache, and may retain this symptom throughout the entire of feeling faint. After resting a its various forms, often is the cause of headaches. Nephritis, or inflammation of the kidneys, produces like effects. Hysteria is one of the most common causes. Infection in the head cavities may produce pain in the head. Defective eyesight, uneyebrows. Infected teeth may result in headache, and constipation, disorders of the digestion and uterine disease will produce it. This lists but the principal causes. Merely to he had achieved his first successes. dyspepsia, constipation, neuralgia, disease of the neck vertebrae, adenoids of the pharynx, syphilis, rheu-matism, disease in the nose and pharynx, disease of the head cavities, kidney disease, uremia." And these are only for capital headaches—that is, pain in the back of the head.

AIR REGULATIONS

(To be Concluded next week.)

Violations of the Pennsylvania Aeronautics Acts relating to opera-tions of unlicensed pilots and unlicensed planes, together with disretor, at the mater pump or wherever gard for air traffic rules promulgated by the State Aeronautics Commission are to be rigidly enforced, James F. Woodward, chairman of the Commission, announced today.

John B. Kratzer, an alleged offender of the Aeronantics Act, has been this motometer with cold water? Of course, by cooling it, the danger signal would disappear. But the danger would still remain.

The Human Motometer—Now, the odd feature of this is that, while the source of the course of taken into custody at Clarion and bound over to court on a charge of not having a pilot's license or a license for his ship. Kratzer, it is alleged, was carrying passengers for hire. The arrest was made on information by a member of the taken into custody at Clarion and

Low flying and acrobatic stunts it signaled danger, there are mil-lions of men and women who act in semblage of persons will receive the this foolish and dangerous manner close attention of State aviation inwhen they develop a headache. In- spectors. The regulations of the stead of recognizing pain as a sig- Commission with respect to low flynal of something wrong inside, they ing include: No flight shall be less are too apt to blame it on outside than 1000 feet. Elsewhere at a causes and treat it as a disease it- height not less than 500 feet ex-

No pilot shall acrobatically fly an airplane carrying passengers

Beacons to guide pilots in night flying are arousing the interest of air-minded business in different parts of the State. The Aeronautics Commission has just approved the application of a large department store in Reading to erect an 8,000,000 candlepower light on the top of its seven-story structure. The beacon, which will stand on a fiftyone foot tower, is expected to be lighted for the first time on the night of Armistic Day, November 11.

RE-DISTRICTS STATE.

The State has been divided into

EX-GOV. BRUMBAUGH.

Dr. Martin G. Brumbaugh, who ascertain its cause.

Now, what are some of the common links at Pinehurst, N. C. With causes of an ache in the head?

Practically all infections and conPractically all infections and conPractically all infections and conPrinchurst a week before for a rest.

course of the disease. Anemia, in moment, he appeared to revive and played another stroke. But the illness seized him again and he collapsed, dying half an hour later in his hotel room.

Martin G. Brumbaugh's term as, Governor from 1915 to 1919, was somewhat in the nature of a scholcorrected by glasses, or incorrectly ar's excursion into politics. Years treated, will give pain above the of labor as a teacher and educator eyebrows. Infected teeth may relay behind him when he was elect-sult in headache, and constipation, ed, and upon completion of his four years as the State chief executive, he went back to the work in which

indicate how complex a symptom A graduate of Juniata College in headache is, there may be mentioned the class of 1881, he returned to the some of the possible causes of pain institution as its president in 1895 in the back of the head as they are given by Dr. Butler in his "Diagnostics of Internal Medicine." "Neurasduring which his career embraced thenia, spinal irritation, epilepsy, a variety of activities, including his meningitis, cerebral tumor, or lesion, service as Governor, he returned to the institution as its president for the second time in January, 1925.

Born in Huntingdon county April 14, 1862, Dr. Brumbaugh was educated in the schools there, receiving his degree as bachelor of English in 1881, and following this with degrees in mechanical engineering and science. His first educational work was in his home county, where he became superintendent of schools in 1884, serving there until 1890. During a part of this time, from 1886 to 1891, he was conductor of teachers' institutes in Louisiana.

During his first years of service as president of Juniata he was appointed professor of pedagogy at the University of Pennsylvania, and served from 1895 to 1900 and from 1902 to 1906. The two years inter- occur in winter, and where the exvening between these periods he spent as the first commissioner of education in Porto Rico, during which he introduced a modern American school system upon the island. He left the presidency of Juniata in 1906 to become superintendent of schools in Philadelphia, and held this position until he was as this heated air strikes the ceiling elected Governor, after having won the Republican nomination in the first direct primaries in Pennsylva-

After the completion of his term as Governor he engaged in various educational activities, spending two years in the national physical education service and teaching at Bates College, Lewiston, Maine, before returning to Juniata College in 1925. His writings were numerous, and

reflected his interest in education, history and government, including a "History of the Brethren," Juniata Bible lectures. "Stories of Pennsylvania" and the "Story of Roosevelt" and a work of transportation.

His work as a writer and educator brought recognition from several institutions, among those which conferred honorary degrees upon him being Mt. Morris, Franklin and Marshall, Pennsylvania College and Lefayette.

Dr. Brumbaugh married Miss Anna Konigmacher of Ephrata, in 1884. She died in 1914, and in 1916 he married Miss Flora B. Parks, of Philadelphia.

The body was brought north, on Saturday, and taken to his home in Huntingdon. Funeral services were held, on Tuesday afternoon in the Church of the Brethren, near Juniata College, where Mr. Brumbaugh worshipped, after which burial was made in the family lot in the Marklesburg cemetery.

WILL ESTABLISH HUNTING TRACTS NEAR BIG CITIES

Following the extensive land purchase program for which the sum of \$200,000 is set aside annually the Board of Game Commissioners is endeavoring to provide more suitable public hunting grounds for the small game hunter. Such areas, wherever possible, will be located near the centers of greatest population.

So far a number of such tracts have been purchased, and additional ones are under contract for purchase as soon as title examinations have been completed. The areas already owned are as follows and comready owned are as follows and comprise only public shooting grounds, no refuges having been established on them. In Lancaster county, 1643 acres in Clay township; in Chester and Berks counties, 952 acres located in Warwick township of Chester county and Robeson and Union townships of Berks county, 3225 acres in Monroe township. This area centers in exceptionally good turkey coun-

land county comprised of 4473 acres near Johnstown, 765 acres of which loaf. have been set aside as an auxiliary

comprise the following: A tract of 1529 acres in Tinicum, Noxamixon, and Bridgeton townships, near Philadelphia, a tract of 1033 acres in Carnarvon and Brecknock town-ships in Lancaster county; one of 8032 acres in Dunbar, Wharton and Stewart townships of Fayette county, near Uniontown, and a tract of 1485 acres in Black township of Somerset county, near Somerset. As additional lands become avail-

able other such tracts will be acquired. Insuring the small game hunter of more public shooting grounds near the centers of population is considered a wise conserva-tion movement by the Commission.

The Doctor: "And if he loses consciousness again, give him a tea-spoonful of that brandy."

The Patient's Wife: "While he's unconscious? Oh, doctor, he'd never

FOR AND ABOUT WOMEN. Daily Thought.

Dear Lord! kind Lord! Gracious Lord! I pray Thou wilt look on all I love, Tenderly today! Weed their hearts of weariness; Scatter every care Down a wake of angel-wings

Winnowing the air. Bring unto the sorrowing All release from pain; Let the lips of laughter Overflow again: And with all the needy O divide, I pray, This vast treasure of content

That is mine today!

The openings already show certain themes as predominant in the new Spring clothes, which are established beyond question. The cape, for instance. We have long capes, short capes and capelets, capes for morning, afternoon and evening; and just when the last word has apparently been said upon the subject a new model appears more charming than the last, and we suc-cumb to the inevitable.

.-For street one must be smart, perfectly tailored, "bien soignee," preferably in dark blue or black, and, if the costume be a suit, with a feminine touch in a boutonniere, and sheer lingerie or soft crepe blouse. Frocks for street go in for simple lines, usually have accompanying jackets or three-quarter coats, and may be an inch or so

longer than the sports costume. For formal afternoon wear elegance is the keynote, introducing soft clinging fabrics, long slender lines, the hat with irregular brim which lends piquant beauty to the face, a stunning bracelet, ring or jeweled clip for a highlight, shoes and bags which match

-Engineers have found that 62 per cent, of the heat escaping from houses leaves through the roof or top

story ceiling.

That is where the great heat losses cess heat of summer penetrates to make upstairs rooms unbearably hot. The roof is the place that is cheating home owners of comfort and of fuel

money every year.

It is only necessary to hold one's it transmits its heat on through to the attic. Because the heated air is always found at the ceiling line the temperature difference between the W. B. outside and the inside is greater there Alsike than along the walls. And this temperature difference is the factor that

governs heat losses. Furthermore, there is less resistance to the flow of heat at the ceiling line than in the walls, for only a thin layer of plaster separates top White Plymouth Rocks. floor rooms from the attic, and above this there is little to stop heat from escaping. In many otherwise well-built houses one can actually see daylight through the spaces between rafters at the eave line in the attic.

It is very difficult to make construction tight at this point, and when winter comes the cold air en-

ters through these openings and the heat created at great expense is lost. Not only does heat pass through openings, it penetrates readily the layer of shingles and roof boards. passage, and seeps out over the whole roof surface.

—Soaking any kind of fresh meat in water before cooking it is a mistake. It draws out the juices which give the characteristic flavor and add its food value. Before cooking, simply wipe meat off with a damp cloth or trim it.

Remember that the table is a place for good comradeship with one's children and not for discipline or nagging. Take it for granted that the child will eat happily everything served to him, and be sure that he becomes acquainted with a variety of

Left over egg yolks have many uses. They are a valuable source of iron and so should always be utilized. They may be hard-cooked in the double boiler, mashed, and seasoned for sandwich filling. Raw or hardcooked eggs yolks make a good foun-dation for salad dressing. Several good egg sauces for fish or meat can be made with the yolks only, and soft custard for dessert is still another use. Pastry trimmings, cut out cookies, brushed with egg yolk, sprinkled with cinnamon and sugar, or sugar and grated orange rind and baked, make delicious tea cakes.

-Marcaroni and cheese are as inseparable as bread and butter and for dietetic reasons. The Macaroni provides the starch and the cheese the protein and minerals. Together, they are a well balanced dish. Instead of There is also a tract in Westmore-land county comprised of 4473 acres cheese, try a macaroni and cheese

Cook ½ cup macaroni broken into refuge.

The lands under contract for purchase and which will soon be acquired chase and which will soon be acquired sate 1 teaspoon each of chopped onion, chopped parsley and 1 table-spoon chopped green pepper with 1 tablespoon of butter until tender.

Beat 2 eggs whites and yolks sepa rately. Mix 1 cup milk, 3 egg yolks and 1 cup soft bread-crumbs with the macaroni and vegetables and fold in the stiffly beaten egg whites. Line a baking dish with buttered paper. Turn the mixture into it. Set the dish in a pan of hot water and bake in moderate oven from 1/2 to 3/4 of an

Won't the children love a baked cheese omelet? Scald 2 cups of milk. Add 1 cup grated American cheese and stir until melted. Remove from fire, add 1 cup stale bread crumbs, 1 tablespoon butter and salt. Stir in 2 lightly beaten eggs and turn into buttered baking dish. Bake in moderate oven about 30 minutes or until the crumbs are a golden brown.

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