Health

THE FIRST CONCERN.



A very important point to consider is the matter of so-called headache cures. The majority of these pills, powders and wafers contain greatest national institutions for coal-tar derivatives. Studies during developing confidence, pride and a recent years have shown that, unless administered by one who is acquainted with their nature, and who knows when and when not to of wholesome activities that appeal use them, coaltar products are dangerous. These drugs—that is anti-pyrine, phenacetine, acetanilide, and all their various cousins - may produce skin eruptions, nausea and vomiting, may injure the red cells in the blood, and may cause severe and organization. Usually medals

are powerful, they are very useful activities conducted during the While the coal-tar derivative drugs and must not be condemned without admitting their value. The point is, that, in the hands of the inexperienced and the uninformed, they are dangerous agents.

traced the source, to remove it by county is filled.

Regular exercise—in the open air, if possible—will often put an end to habitual headache. If you can ge a morning exercise drill on your radio, take it regularly. Or, if one's head aches because of long application blanks necessary for adhered aches heads aches head aches heads ach head aches because of long application to reading and writing in poor or improper light, reclining for a while in a dimly-lit or darkened AUTOS KILL 250 PEOPLE room will help.

In most cases a rest is indicated for the headache. A tepid bath, taken for ten or fifteen minutes, will to the head, or to the back of the vania. February's total was 130. neck, is often very helpful.

much smoking, too much tea or ment for an upset or overloaded many headaches.

It is most important of all, how- sections. ever, always to understand that a a warning for you to try to discovthe family or the neighbors, or striking a person legally in the carteven the proprietor of the corner way. drug store. The practice of self-drugging is not only foolish and hazardous, but also is the mainstay erage driver until the courts begin to send careless operators to jail for is to make money.

measures fail, don't ignore the danger signal. See a doctor. Get at the cause. Correct the trouble instead of stopping the signal.

To sum up the whole matter-1. Headache is a symptom of something else that is wrong.

2. Do not treat it by dulling the nerves which are sending you the warning message.

3. The cause may be in some part of the body far away from the head.

4. Headache "cures" may be dan-

The most usual form of speech disorder is "stammering," or "stut-From the standpoint of development there are two distinct types, one which commences with the development of speech and the other that begins after the child has learned to speak normally. The first form is the more difficult to

most frequently observed in so-called nervous, highly-strung children. As these children grow older they subconsciously fear that their speech organs will refuse to work and have the horror of being the object of ridicule. A sense of inferiority develops, establishing a vicious circle—the greater the dread, the more imperfect their speech.

MAKING PLANS FOR 1930 TRAINING CAMPS.

The month of July has been designated as the time for this year's Citizens' Military Training camps to be conducted throughout the United States. These camps are proving very popular to the young men of the nation 17 to 31 years of age, 37,500 students attending last year, and in many districts, especially the Central Pennsylvania district, there were many applicants who were disappointed due to the fact that the quotas for the counties had been oversubscribed long before the opening of the camps.

The camps are beneficial from a national standpoint because the students learn something of drill, horsemanship, camp sanitation; they learn to respect and obey constituted authority, to be commanded and to command. This is one of the developing confidence, pride and a strong, healthy body. The training is almost entirely outdoors. The month is spent following a schedule to youth, under the direct supervision of the United States government and by specially selected instructors of the United States army, in citizenship, athletics, equipment, camping, marksmanship, recreation heart depression with general col- and other prizes are given at the termination of each camp to the students who excel in the various

> The meals are well cooked and especially adequate for the development of healthy young American citizens.

The sufferer need not consult a benefit to the individual student for The training camps are of great physician for each and every head-the reasons above stated, and that ache. That is far from necessary is the reason these camps are so A single headache may merely pro-claim a temporary ailment that turn year after year, completing in claim a temporary ailment that turn year after year, completing in will soon cure itself. Frequent head-order the Basic, Red, White and order the Basic, Red, White Arthur the aches, severe headaches, headaches Blue Courses, which compares favof an uncommon character require orably with the instructions given in medical treatment and the sufferer some of the best educational instishould consult his physician. In the case of the ordinary headache—that is, the occasional mild atthat is, the occasional mild atfrom all over the State, because tack—it is often possible for the these young men are anxious to be time. sufferer to trace the source of his among the fortunate and get this bodice and hips, marked waistline ailment, and occasionally, having detail before the quota for their and accompanying short wrap, all

During the months of January and February, 250 persons were killed in help. The application of a cold pack motor vehicle accidents in Pennsyl-

In February 2477 persons were inheadache that is due to too jured, as against 2662 in January. smoking, too much tea or "The majority of the persons coffee or other overindulgence, vio- killed and injured were pedestrians," lent exercise, lack of sleep and the said Motor Vehicles Commissioner like indicates its own treatment. Benjamin G. Eynon today. "Despite Constipation is a very common continual agitation in newspapers, cause of headaches, and a care-magazines, from the platform and ful observation of the rules of diet in school rooms, motor vehicle operaand exercise, with regular attention tors seems to be conducting themto the bowels, will usually remove selves with an increasing disregard of the symptom. Simple medical treat- persons afoot. In the average Pennsylvania municipality the pedestrian stomach or intestinal tract cures takes his life in his hands when he crosses the street even in suburban

ever. always to understand that a headache is a signal, like the ring-since January 1, five pedestrians ing of a fire alarm. It is primarily have been killed. In one case the operator of a vehicle, tried to alibi er the cause. If simple home himself by saying that as he aptreatment, without the use of comproached an intersection a number of me cial headache remedies, does not persons crossing the street retreated bring prompt relief—then see your to the curb, but that the person doctor, but don't be satisfied with whom his truck killed did not retreat. silencing the fire alarm, for that will There is nothing in the law compellnot put out the fire. Don't be con- ing persons afoot and legally in the tent with treating the headache uncartway, to flee to the curb on the til you have found and removed the approach of a car or truck. There cause. Above all, don't get into the is nothing in the law excusing a vicious habit of drugging yourself. motor vehicle operator traveling at And do not rely on the advice of such speed that he is unable to avoid

and support of hundreds of "quack" to send careless operators to jail for products put upon the market by long periods. The law is that except irresponsible people whose only aim at crossings protected by officers or is to make money.

| Signals the pedestrian legally off the curb hygienic and temperate life, curb—who has stepped from the curb with reasonable care of the body's in advance of motor vehicles coming requirements, should keep you free from any direction, has right-of-way over all traffic. This provision has measures fail don't ignore the den been upheld in Supreme court deci-

"The careless indifference with which Pennsylvanias regard the slaughter of pedestrians is amazing. Eventually, however, public sentiment will be aroused and will evidence itself in radical amendments to the motor laws, in all likelihood.

If operators find these restrictions harsh and extremely irksome, they will have only themselves to blame."

The Motor Vehicles Bureau recently received an anonymous communication to the effect that in one gerous. Ask your doctor before case the operator of a truck purpose-taking any. way, thinking to frighten her. He swung too close, however, and the girl was killed.

STARLINGS MOVING TO

COUNTRY HOMES. Officials of the Game Commission have pointed out that the starlings ing is purely mental. It is essentially due to emotional disturbances, and implies lessened ability to meet a difficult situation.

about public buildings.

At the approach of spring the huge flocks disband, the birds mate and move to the country for the summer months to raise their young. Despite the winter habits of the starlings, commission officials say, they have many good habits. They prey on all kinds of noxious insects, including the Japanese beetle.

FOR AND ABOUT WOMEN. Daily Thought.

"A CLUB-WOMAN'S CREED. Keep us, O God, from pettiness; let us be large in thought, in order, in Let us be done with fault-finding and

leave off self-seeking. May we put away pretense and meet each other face to face without selfpity and without prejudice. May we never be hasty in judgment

and always generous. Let us take time for all things; make us to grow calm, serene, gentle. Teach us to put into action our better impulses, straightforward and unafraid. Grant we may realize it is the little things that create differences; that in the big things of life we are one.

And may we strive to touch and to of us all, and O Lord God, let us not forget to be kind.

-Furs are going to make themselves felt through spring and summer according to all predictions even though Mr. Mercury mounts rather high.

New effects of fur collars include great upstanding ones of shaved lamb which close in front by a loop. A beige coat at one of the smart courteriers has a dark monkey-collar and many of them fine dyed rabbit.

Worth favors soft gray tox for some pretty collars and ermine and squirrel, both dyed a lustrous black, are used to trim formal coats and costumes. He puts fur around the hems of many of his evening gowns which are extremely wide and the added weight produces a pleasant flare and swing when the wearer walks.

A charming squirrel jacket, just reaching to the waistline and blousing a bit in the back, is worn over one of his smart gray evening gowns in moire. Another in black has its jacket in white ermine.

-The general lengthening of line in the new fashions is, of course, more noticeable in evening clothes than in those set aside for the day-The combination of fitted

simple, commonsense methods.

Thus, if the headache is due to a stuffy atmosphere, a walk in the open air will do much to relieve it.

Page lar every simple, commonsense methods.

Any information with regard to the Citizens' Military Training to the Citizens' M

A moderately high waistline also is known to make long lines appear still longer—besides adding to —An IN TWO MONTHS OF YEAR.

uring the months of January and truary, 250 persons were killed in or vehicle accidents in Pennsyla.

Even February's total was 130.

The fabric may be fitted gown. The fabric may be fitted filing a telegram at a Western Union office, followed by a closeup of the message, on a Postal Telegraph blank?

—Old lawns should be gone over

> of a perfect and fitting garment to is impracticable, fine loam can be accompany the long, sometimes spread over the lawn to a depth of trailing evening gown. It creates an impression of slim height, and will force its way through the new does not hamper the movements as soil.

> a long wrap would. One of the characteristics of the new fashions is that every movement which may, at first sight, appear in the light of an exaggeration, carries a compensating feature within itself. Thus, a fullskirted dance frock might rise looking heavy and devoid of grace if it were worn with a long coat. Hence the worn with a long coat. Hence the clear bulbs. logical side of the short coat. It lends height to the silhouette and creates a gesture full of grace and oat crop can be protected from charm when the wearer draws it smut. Last year Pennsylvania farm-

as are all fork foods and the rest of the stalk is left on the plate. It is much better not to take asparagus in the fingers, for this always gives an untidy, unpleasant effect. And, certainly, the innocent, tender asparagus stalks should not be suspended in the air and dipped perilously into the mouth.

—The sash greenhouse is displacing the manure heated hothed in the growing of plants for a few acres of early vegetables. It is easier to work in the sash greenhouse and to control temperature, moisture, and ventilation. The small perilously into the mouth. perilously into the mouth.

-To remove oil spots, dab them for a short time, wash with clean mine content. If possible, at least water. This treatment may have to half of the grain feed should be be repeated a few times, taking yellow corn. If white corn, wheat, care, however, not to injure the kafir, or other farm grains are fed

in meat cookery.

1. To cook meat according to the cut. Tender cuts can be cooked quickly unless they are large roasts, and are best cooked in utensils without lids and without water. Less tender cuts should be cooked slowly with enough water to soften Agriculture.

the connective tissue. 2. To cook meat to bring out the maximum of flavor. Browning meat these, Shrader said, being produced on the outside and then cooking in on the farm with the turkeys, afthe appropriate way for the tenderford good feed at a low cost. With ness of the cut brings out a rich such small flocks, he said, the farm flavor. Savory stuffings and well- wife can take care of a good share flavored gravies enhance the flavor

of meat.

3. To eliminate guesswork as to to be hired. when the meat is done. The oven thermometer and the roast-meat- industry in Nevada is good, the thermometer are recommended as a specialist stated. Nevada condimeans to this end. "So many min-utes to the pound" is not a sure pal authorities because of the star- guide. The roast-meat thermometer, put directly into the meat before never be run together," he declared, the cooking is begun, shows when explaining that parasites, little the desired stage has been reached. Moreover, it shows when to stop cooking. This way of roasting in-sures always having the roast ex-actly the way one likes it; not right one time and a little bit wrong the

-Subscribe for the Watchman.

FARM NOTES.

It is also generally considered better to feed all rations dry rather than wet for turkeys.

-Watch the old hens in your poultry flock. They are dangerous spreaders of poultry tuberculosis.

-Milk, sour or sweet, is excellent for breeding stock. Beef scraps or other animal meal may be left out if a plentiful supply of milk is avail-

-Feed and protection aid in keeping turkeys fit. Vitamine A supplied in yellow corn, cabbage, alfalfa, clover, and most greens, increases resistance to colds. Cod liver oil also is beneficial.

As a sanitary measure place a disinfectant mat at the entrance to the brooder house. This mat can be made by filling a square box with gunny sacks in some reliable disinfectant.

Isolate all birds from the poul- B Midds try flock as soon as they show symptoms of disease. Then decide what method of treatment to fol-

-Many turkeys are graded as number two or thrown out entirely Gluten Feed because of failure to starve them Alfalfa meal out properly before dressing.

—Small eggs produce small chicks, and these should not be incubated. Eggs uneven in shape are not suitable, nor are extremely long and very short round eggs.

—The practice of reproducing the flock with eggs laid by hens insures a better quality chick than breeding from pullets.

-Red mites may cause a drop in egg production. A satisfactory treatment for the pests is to paint the roosts and roosting cabinet with

-In commercial poultry plants where fowls are kept in quite large numbers the artificial lighting of the houses, morning and evening, proves profitable during the winter.

And what has become of the the softness and supple look of the old-fashioned movie showing a fellow

-Old lawns should be gone over severe line. The bolero therefore carefully at this time. Unsightly deplays the same part in the bodice pressions which cannot be removed as the fullness in the skirt.

The short evening wrap is another logical solving of the problem and replacing the sod. Where this

-For 2 to 4 cents an acre the closely around her hips and allows full play to the soft draperies of her sometimes very wide skirt.

—Asparagus should be eaten with the fork. The edible part is eaten as are all fork foods and the rest of the stalk is left on the plate. It is placing the manure heated bethed

greenhouse also is economical to build.

-Yellow corn is especially valucarefully with spirits of salam-moniac, and after allowing it to act of its fattening qualities and vitacolor of the leather.

Food specialists in the Bureau of Home Economics of the United States Department of Agriculture have emphasized three definite aims in meet conferm. must contain protein.

-Nevada is building up a solid turkey producing industry in a logical way, in the opinion of H. L. Shrader, extension poultry specialist of the United States Department of

Two of the best feeds for turkeys are milk and alfalfa, and of the work, thus cutting costs, as otherwise extra labor might have

The outlook for expansion in the tions, he believes, are well suited to turkey production.

"Turkeys and chickens should explaining that parasites, little harmful to chickens, but deadly to the bronze birds, are carried by the chickens. Turkeys should be far from the farmhouse, he believes. Sanitation is another means of keeping turkeys disease-free, he

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