

Your Health

THE FIRST CONCERN.



—A message of hope for cancer was delivered to the Harlem Medical Society by Dr. Joseph Colt Bloodgood, of Johns Hopkins University. He said:

"Correct information universally distributed should wipe out cancer of the mouth and skin cancer."

Among some of the more dreaded forms, he said the fear and the death rate can be reduced by education. He went on:

"From observation of more than thirty years on external cancer the evidence is that it does not begin as cancer, but in local area of abnormal cells. These cells are of two kinds, first those displaced before we are born, giving rise to the well known black mole, a spot like a pea beneath the skin.

"Second are normal cells irritated by an injury, such as a sore spot on the skin or a white patch in the mouth.

"In the mouth in fully 97 per cent of the cancers of which I have definite records two distinct factors clearly preceded the area of irritation in which cancer ultimately develops, and they are tobacco in any form including snuff, and ragged, dirty teeth.

"Smokers who are very careful to keep their teeth clean and smooth and who stop smoking the moment they notice the white patch or experience the sensation of a sore mouth never get cancer. I feel confident that my students within fifteen or twenty years will not see cancer of the mouth, but will only read about it.

"As men and women grow older and age thickens and wrinkles the skin, it needs more attention and, in addition to soap and water, there must be added some toilet water containing alcohol of at least 70 per cent, and some application of oily substance like vaseline, cold cream and almond oil, because the skin loses its natural secretion.

—In a report on the results of X-ray treatment in 939 cases of cancer of the breast, Drs. George E. Pfahle and Leo D. Parry note that in 90 per cent of the cases a lump, pain or an injury had first attracted the patient's attention to the breast.

The average length of time before the patient consulted a physician was 19 months, however. It would seem that our efforts to educate the laity are unavailing. When the average woman carries such a burden of worry or anxiety in her breast for 19 months, before she can make up her mind to consult her physician about it, why, what is the use of trying to teach people about danger signals?

In 646 of these cases the patients came for X-ray treatment after having had an operation for removal of the cancer, because the cancer had recurred. The average duration of symptoms of recurrence following the operation, before the patients reported for X-ray treatment, was 15 months.

Procrastination, our good teacher, Miss Faber, wrote on the blackboard one day in 1893, is the thief of time. We didn't realize it then, but the teacher put it mildly. Procrastination is the advance agent of Death when you're dealing with cancer.

Not a very favorable series of cases for X-ray treatment, were they? Yet in this report Drs. Pfahle and Parry include only private patients who were treated three or more years ago.

These distinguished authorities advise not only X-ray treatment of the wound as soon after operation as healing is complete, but X-ray treatment of the cancer prior to the operation, as a preventive of recurrence. In advanced breast cancer with involvement of lymph nodes in armpit, such X-ray treatment (that is, both pre-operative and post-operative X-ray treatment) gave 46 per cent of five-year cures, while in 38 per cent of inoperable cases X-ray treatment made the disease operable amenable to surgical excision) and 10 per cent of these patients who were operated on after X-ray treatment had made the operation feasible, are living after five years.

Surgery alone at present gives 20 per cent of five-year cures when the nodes in the armpit are involved; surgery with post-operative X-ray treatment gives 35 per cent of the five-year cures. So it is clear the prospect of a cure is 75 per cent better when X-ray treatments are given after the operation than when no X-ray treatment is given after operation.

These authorities say they have insufficient evidence to recommend replacement of operation by X-ray treatment and they advise that operation and X-ray treatment be combined in all cases in which it is possible.

If the disease has already advanced beyond hope of eradication by surgery, then X-ray treatment may still bring it within reach of surgery. The X-ray treatment before operation is advised on the theory that it devitalizes cancer cells and so makes them less liable to grow if reimplanted or transferred during operation.

Encourage others to subscribe for the Watchman.

PATIENTS TREATED AT COUNTY HOSPITAL.

Mrs. Mary Billett, of Bellefonte, who had been a surgical patient for a week, was discharged on Monday of last week.

Miss Dorothy Whitecar, a student nurse at the hospital, who was under medical treatment for four days, was discharged on Monday of last week.

Miss Arminta Ishler, of Oak Hall, a student nurse, was discharged on Monday of last week after undergoing medical treatment.

John Paluso, of Bellefonte, who had been a medical patient for eight days, was discharged on Monday of last week.

William Howard, of Bellefonte, was admitted on Monday of last week for surgical treatment and discharged the same day.

Samuel Monsel, of State College, was admitted as a medical patient on Tuesday and discharged on Friday.

Woodrow Hosterman, thirteen-year-old son of Mr. and Mrs. W. R. Hosterman, of State College, was admitted on Tuesday as a medical patient and discharged on Wednesday.

Miss Mary Curtin, daughter of Major and Mrs. H. Laird Curtin, of Bellefonte, a surgical patient for six weeks, was discharged on Tuesday of last week.

Mark Grassmier, of Milesburg, was admitted on Thursday of last week for medical treatment and discharged the same day.

Mrs. Nina Reed and infant daughter, of Bellefonte, were discharged last Thursday.

Mrs. Martha L. Wilson, of Beech Creek, who had been a medical patient for about two months, was discharged last Thursday.

Leander Green, well known colored man of Bellefonte, became a medical patient last Thursday.

Miss Nellie Williams, of Howard, was admitted last Friday for medical treatment.

Miss Jeanne Creamer, of State College, who had been a surgical patient for eleven days, was discharged on Friday.

Richard Merritt, of State College, was admitted on Friday for medical treatment, discharged the same day and again became a patient on Monday for surgical treatment.

Mrs. Julia Spotts, of Fleming, was admitted on Saturday for treatment of a surgical nature.

Miss Bernice Jodon, of Milesburg, was admitted on Saturday for surgical treatment.

Mrs. Vivian Buckwalter, of Centre Hall, was admitted on Saturday for medical treatment.

Miss Cora Stamm, of Pine Grove Mills, a medical patient for the past thirteen days, was discharged on Saturday.

Twelve days was discharged on Saturday, a surgical patient for the past twelve days, was discharged on Saturday.

Miss Cathryn Stahl, of Tyrone, a student nurse, who had been a surgical patient for the past seventeen days, was discharged on Saturday.

Theodore Coditz, of McKeesport, a surgical patient for the past four months, was discharged on Saturday.

Edward Bloom, of Milesburg, a medical patient for the past two months, was discharged on Saturday.

Conrad Miller, of Bellefonte, a surgical patient for the past forty-six days, was discharged on Sunday.

Mrs. Ida Wills, of Fleming, was admitted on Sunday for medical treatment.

Rev. and Mrs. Stuart F. Gast, of the Bellefonte Episcopal church, are receiving congratulations over the birth of a son, born on Monday morning.

Miss Ruth Glenn, of Bellefonte, was admitted for surgical treatment on Sunday.

There were thirty patients in the institution on Monday.

A NEW HORSE HITCH FOR 2 BOTTOM GANG PLOW.

When C. A. Burge, horse extension specialist of the Pennsylvania State College, showed 30 Franklin county farmers how to use a 5-horse multiple hitch on a 2-bottom gang plow, they became so interested that not even a heavy rain could dampen their enthusiasm.

As the horses worked easily and turned corners without stepping on each other, all the farmers agreed that the hitch was the best they had ever seen in operation. Burge explains that three horses precede the other two when five are used on the hitch. One farmer is now preparing to use an 8-horse hitch for a 3-bottom plow.

Horses are used extensively for field work in Franklin county despite the introduction of the tractor. It is estimated that there are more than 10,000 horses in the county.

THE WOODEN SHOE TRADE.

It is said that in France wooden shoes to the number of two million pairs are turned out each year. Both machine made and hand made shoes of this kind figure the French industry.

It is also declared that the best wooden shoes are those made of maple. In the provinces every French woman possesses a pair of the finer sabots for use on special occasions. These show monograms and similar designs carved on the vamps, and they are kept on the foot by ornamented leather pieces over the instep. The manufacture of these leather pieces also forms an important industry in France.

HONOR ROLL STUDENT IN BELLEFONTE HIGH.

The following from "The Bellefontian," the bi-weekly publication of the local high school, gives the list of pupils in attendance whose grades have placed their names on the "Honor Roll."

A survey of grades for the fourth six weeks period show that the Seniors still hold first place on the Honor Roll. The number of seniors on the Roll for this period is not so great as that of the first semester, yet, considering the size of the class, the result is very pleasing.

The Junior, Sophomore and Freshmen divisions show little change in number, but there is still plenty of room left for additions to the Honor Roll from the members of these classes.

Many students have the ability to attain a place on the Honor Roll and a little extra effort on their part would assure them this honor.

On the whole, while the ranks have thinned somewhat since the last report, the results are gratifying since the decrease in number may be accounted for by the press of extra-curricular activities.

The Honor Roll for the fourth six weeks period is as follows.

- | | |
|-------------------------|-----------------------|
| SENIORS | JUNIORS |
| Eleanor Hoy, 95. | Lillian Johnston, 94. |
| Samuel Bricker, 94. | Robert Thomas, 93. |
| Paul Taylor, 94. | Ralph Haag, 92. |
| Rachel Van Peil, 94. | |
| Reynolds Shope, 93. | SOPHOMORES |
| David Fortney, 92. | Virginia Irvine, 94. |
| Emily Keatly, 92. | Martha Brugger, 91. |
| Jane Musser, 92. | Betty Campbell, 91. |
| Christine Smith, 92. | Bernadine Spear, 91. |
| Barbara Sloop, 90. | Charles Beckwith, 90. |
| Bessie Stere, 90. | |
| FRESHMEN | |
| Elizabeth Thompson, 93. | Mary Hartie, 92. |
| Betty Woomer, 93. | Frank Fisher, 91. |

REAL ESTATE TRANSFERS.

James E. Ziegler to Luther M. Graham, tract in Millheim; \$1.
H. E. Dunlap, sheriff, to People's Trust Co., tract in Pittsburgh; \$325.

Clarence F. Tate, et ux, to Cora M. Tate, tract in Spring Twp.; \$1.
C. Y. Wagner & Co. Inc., to C. Y. Wagner et al, tract in Bellefonte; \$1.

George Doll to William H. Doll, tract in Spring Twp.; \$1.
W. S. Breen, et ux, to W. F. Stover, et ux, tract in Millheim; \$1.
W. F. Stover, et ux, to W. S. Breen, et ux, tract in Millheim; \$1.
W. S. Breen, et ux, to W. F. Stover, et ux, tract in Penn Twp.; \$1.

W. S. Stover et ux, to W. S. Breen, et ux, tract in Penn Twp.; \$1.
William E. Smith et ux, to School District of State College, tract in State College; \$9,000.

Mary C. Johnston, Adm., to Elizabeth W. Kline, tract in Ferguson Twp.; \$1,000.

Elmira E. Lutz, to Charles Lose et ux, tract in Spring Twp.; \$4,000.
Katurah Walker, et al, to W. J. Walker, tract in Miles Twp.; \$700.

Jacob C. Snyder, et ux, to Clara T. Bateson, tract in State College; \$1.
Clara T. Bateson, to Jacob C. Snyder, et ux, tract in State College; \$1.

Sadie Auman, et al, to N. H. Wingard, tract in Penn Twp.; \$550.
Max Kalin, et ux, to Verna S. Gehret, tract in Bellefonte; \$1.

W. J. Walker, et ux, to H. Lee Ebright, tract in Miles Twp.; \$1.
Anna A. McCoy, et al, to Pennsylvania R. R. Co., tract in Boggs and Spring Twp.; \$1.

Harry E. Dunlap, sheriff, to L. W. Witmer, tract in Benner Twp.; \$400.
Harry E. Dunlap, sheriff, to L. W. Witmer, tract in Harris Twp.; \$1.

C. E. Weiser, et ux, to R. Russel Murphy, et ux, tract in State College; \$1300.
Claude I. Smeltzer, to Leroy C. Smeltzer, et ux, tract in Ferguson Twp.; \$1.

Clara M. Leister to R. C. Parsons, et ux, tract in Potter Twp.; \$2100.
John P. Kachik, et ux, to Ella Petro, tract in Snow Shoe Twp.; \$1.

W. Harrison Walker, Adm., to William A. Leech, tract in Harris Twp.; \$400.
James W. Peters, et al, to Kelley Henry, et ux, tract in Ferguson Twp.; \$1800.

Eleanor H. DeGolyer, et bar, to Benjamin Bradley, et ux, tract in Bellefonte; \$11,000.
C. P. Long to Charles L. McCord, et ux, tract in Gregg Twp.; \$1.

Viola P. MacNamara, et bar, to John P. Zindie, tract in Snow Shoe Twp.; \$1.
J. Edward Horn, et ux, to Thomas L. Horn, tract in Rush Twp.; \$100.

J. Edward Horn to Jessie C. Horn, tract in Philipsburg; \$100.
Catherine Beezer, et bar, to Earle E. Corman, et ux, tract in Spring Twp.; \$4000.

Bellefonte Trust Co. Exec., to C. J. Newcomb, et ux, tract in Bellefonte \$5500.

BARRING NEGROES PRIMARIES IS UPHELD.

The State Supreme court upheld Democrat party rules barring Negroes from participating in Democratic primary elections in Arkansas.

The court held that the Democratic party, as a political organization and not a state agency, was entitled to define qualifications for membership and promulgate party rules without violating the Fourteenth or Fifteenth Amendments.

—Describe for the Watchman.

TAXATION.

This problem has always been one of contention and discussion and we presume will ever be so. Our reference to it is in accordance with the program laid down by our National Grange. In the past, our discussions of this subject have been more or less of a general nature but henceforth they will be directed to bring about definite results. The Seattle Convention laid down a clear cut policy and our Pennsylvania State meeting approved that policy. With the appointment of 8,000 Committees on Taxation throughout the country there is bound to be an intensive campaign for the relief of the property owner from the excessive taxation.

Farm property and small homes have long been too severely taxed and the resolutions at Seattle aim to correct this inequality.

Pennsylvania is in accord with the following action there:

Whereas, The rapidly increasing consolidation of business is resulting in a concentration of wealth in a few favored centers, resulting in an increase in the tax burden in the outlying districts from which this wealth is drawn, and

Whereas, This wealth can be taxed equitably only by the Federal Government; therefore be it

Resolved, That we favor a tax policy under which this wealth is reached by a Federal income and estate tax sufficient to permit distribution of a substantial portion among the States, on the basis of school requirements or on some similarly equitable basis.

Believing that the only measures for taxing purposes are "property" and "ability to pay," it can easily be seen why the Pennsylvania State Grange has always contended for a tax on the capital stock of manufacturing corporations. This position as well as the attitude taken at Indiana in reaffirming our position favoring a Graduated Income Tax are in line with the Grange's demand for equalization of taxation.

In the general movement for equality in this matter the Grange in Pennsylvania is found in the front line. The subject will be under discussion in every Grange throughout the year, and the crystallized sentiment resultant from these discussions will pave the way for the 1931 session of the Legislature.—From the Pennsylvania Grange.

CARUSO'S BROTHER HERE TO SETTLE ESTATE.

Giovanni Caruso, brother of the late Enrico Caruso, arrived in Trenton, N. J., Enrico Caruso's daughter, Gloria, receives one-half the estate, with the remainder to be divided in four equal parts for his widow, his brother Giovanni, and two sons by a previous marriage, Rodolfo and Enrico. The Court of Error and Appeals overruled a decision made in Chancery Court in Trenton under which Gloria would have received two-thirds of the estate and her mother one-third.

—The Mountain district letter carriers' association will meet in Tyrone on Saturday, April 14th. The district is composed of the counties of Blair, Bedford, Centre, Clearfield, Huntingdon and Somerset. Congressman J. Banks Kurtz will be the principal speaker. A banquet will also be served.

\$4.00 Round Trip

PITTSBURGH

Sunday April 13

SPECIAL TRAIN

Lv. Bellefonte 2:10 A. M.

See Flyers or Consult Agents

ALL STEEL EQUIPMENT

Pennsylvania Railroad

Drop a Line

Inquiries welcomed and given prompt attention by

Ed. L. Keichline

Phone 190

Temple Court

Bellefonte, Pa.

Representing

Pennsylvania Indemnity Corporation

A Stock Company

PARTICIPATING AUTOMOBILE INSURANCE

9

FEED

We Offer Subject to Market Changes:

Quaker Ful, O Pep Egg Mash	per 100lb	3.25
Quaker Scratch Feed		2.25
Quaker Chick Starter		4.50
Quaker 20 per cent. Dairy		3.00
Quaker 24 per cent. Dairy		2.35
Quaker sugared Schumaker		2.40
Quaker Oat Meal		2.10
Quaker Growing Mash		3.25
Quaker Intermediate Scratch Feed		4.00
Wayne 32 per cent. Dairy		2.75
Wayne 24 per cent. Dairy		2.70
Wayne 20 per cent. Dairy		2.45
Wayne Egg Mash		2.35
Wayne 18% Pig Meal		3.00
Wayne 28% Hog Meal		3.00
Wayne Mash Starter		3.25
Wayne Calf Meal		3.90
Rydes Calf Meal		4.25
Bran		5.00
A Midds		1.60
B Midds		2.00
Corn and Oats Chop		1.65
Cracked Corn		2.00
Corn Chop		2.20
Flax Meal		2.40
Linseed oil meal		2.40
Cottonseed Meal		2.90
Gluten Feed		2.20
Alfalfa meal		3.25
Alfalfa loaf meal		3.50
Beef Scrap or Meat Meal		4.00
Hog tannage		2.70
Oyster Shells		1.00
Mica Spar Grit		1.50
Stock Salt		1.00
Common Fine Salt		1.25
Menhaden 55% Fish Meal		4.00
Bone Meal		3.25
Charcoal		3.00
Dried Buttermilk		9.00
Dried Skim Milk		9.00
Pratt's Poultry Worm Powder		10.00
Pratt's Poultry Regulator		1.80
Cod Liver Oil, cans gal.		1.30
Cod Liver Oil, bulk gal.		1.30
1/4 bbl. 1st Prize Flour		1.60
1/4 Bbl Pillsbury Flour		2.00

Orders for one ton or more delivered without extra charge.

We make no charge for mixing your own rations.

Certified Seed Potatoes

Michigan Russets	per 150lb	7.50
Irish Cobblers		7.50
Green Mountains		7.50
Early Rose		7.00

Clover Seed.

Adaptable Red Clover Seed	per 1 bu.	12.50
White Blossom Sweet Clover		7.00
Alyske		14.50

Baby Chicks

S. C. White Leghorns	per 100	\$10.00
S. C. Brown Leghorns		10.00
Barred Plymouth Rocks		12.00
White Plymouth Rocks		12.00
Rhode Island Reds		12.00

Your orders will be appreciated and have our careful attention.

A. F. HOCKMAN

BELLEFONTE

Feed Store—23 West Bishop St.

Phone 93-J

Mill—Hecla Park, Pa. Phone 2324

FIRE INSURANCE

At a Reduced Rate, 20%

73-36 J. M. KEICHLINE, Agent

Employers,

This Interests You

The Workman's Compensation Law went into effect Jan. 1, 1916. It makes insurance compulsory. We specialize in placing such insurance. We inspect plants and recommend Accident Prevention Safe Guards which Reduce Insurance rates.

It will be to your interest to consult us before placing your Insurance.

JOHN F. GRAY & SON

State College Bellefonte



Is getting a dress from your closet a hunting expedition?

... A light in your closet will save your time and patience every day.

WEST PENN POWER CO

666 Tablets

Relieves a Headache or Neuralgia 30 minutes, checks a Cold the 1 day, and checks Malaria in 14 days.

66