

Your Health

THE FIRST CONCERN.



He brushed his teeth twice a day with a nationally advertised toothpaste.

The doctor examined him twice a year.

He wore his rubbers when it rained.

He slept with the windows open.

He stuck with a diet with plenty of fresh vegetables.

He relinquished his tonsils and had in several worn-out glands.

He golfed—but never more than 8 holes at a time.

He got at least eight hours sleep very night.

He never smoked, drank or lost his temper.

He did his daily dozen daily.

He was all set to live to be a hundred.

The funeral will be held next Wednesday. He is survived by fifteen specialists, four health institutes, six gymnastiums, and numerous manufacturers of health foods and antiseptics.

He had forgotten about automobiles and trains at grade crossings.

—If you suspect that you may have high blood pressure, or some other tell you that you have it, do not be too disturbed, for many a person as lived far past eighty in spite of these days, it is no wonder that people have high blood pressure.

As doctors have increased knowledge of the variations that occur from normal to abnormal blood pressure, they realize that "normal" blood pressure is rare.

Certain diseases have high blood pressure as a symptom. Bright's disease, that familiar disease of the kidneys, is usually accompanied by high blood pressure.

But the possession of high blood pressure does not prove that you have Bright's disease. A matter of fact, many other conditions are accompanied by it.

High blood pressure may be brought on by an extreme nervousness, worry or some other disturbance of the nervous system. One of the outstanding causes is auto-intoxication, or intestinal poisoning. There is a vicious circle set up in the system by overindulgence in rich foods, alcoholic or other over-irritation, lack of proper rest and any kind of excess which upsets the nervous system. There is bound to be intestinal poisoning, blood pressure and general ill-health where these excesses exist.

—Everyone should have a physical examination by a competent doctor once a year. After a person is fifty it is well to have an examination twice a year. "Prevention" is the watchword today. Be on the safe side and guard your health.

Of course, we should begin early in life to keep fit. To keep in condition by a proper diet and an evening day physical exercise means long life.

Those who must live a sedentary life should be extremely careful to get enough exercise to counteract the inactivity of hours in the day's work.

Your muscles, arteries and veins should be plastic and in good working order to do the work of the body. Vigorous exercise of some sort is the only thing that will accomplish this.

Golf, walking, swimming and all sensible exercises help to get rid of disease, as well as to prevent it.

One doctor of my acquaintance once said that he had "kept ten patients with a blood pressure of 10 in good condition for ten years' rough exercise on the golf course."

He also said: "People should not be concerned with the arithmetic of high blood pressure, but with providing wholesome conditions of living which will eliminate the cause of high pressure."

—Walking is a pleasure rather than a means of getting somewhere, provided, of course, that feet are kept in perfect condition. The first essential in the proper care of the feet is rigid cleanliness. Perspiration and dust use offensive odors and often result in skin abrasions and blisters as well.

A cool or tepid foot bath after a long walk will make you feel fresh enough to want to start all over again. It will allay any sensation of burning and will stimulate and refresh the skin.

—There is a form of indigestion which is caused by eating too much rich food, as potatoes, gas and que discomfort, especially at night. The best remedy, to overcome this ill, is buttermilk or sour-milk. It is wise to keep the diet low in starches and sugars.

—Let the springtime be a season of house-cleaning but not by the king of drugs—rather by considering one's ways of living and taking full advantage of the opportunities that are offered to live a really hygienic existence in adjustment with the world around us.

—After fifteen years of research Colgate University, Dr. Laird asserts that the best theory for why we sleep is the one Poor Richard uttered 150 years ago—that sleep

PRETTY LEGEND REVEALS HOW EASTER GOT ITS EGGS.

Easter, and what fun! Egg hunts, fuzzy bunnies, candy chickens, and colored eggs. How did it all begin? The old German legend tells us it was just this way, and of course it happened long ago.

Princess Elizabeth and her little daughter were living disguised as plain village folks in a small town, with only old Peter to serve them. Their castle lay in ruins, their lands were over-run with enemies, and the Prince either dead or imprisoned.

The Princess spent long days and wakeful weary nights waiting for some news of him—some word to tell her that her homeland was safe to return to, but none came as the winter dragged on.

The Princess spent her time in the cottage, her little daughter by her side, and tended to their simple wants herself, but one warm day in the early Spring the Princess noted for the first time how warm and pale the child was. For her sake the mother tried to smile, and to make their life a bit more cheery and happy.

The season advanced rapidly, and Easter promised to be flowery and wonderful.

At the thoughts of Easter in her homeland the Princess saddened again, but as she thought of the little cakes they used to make she smiled and planned to try her hand at a few for the little daughter's sake.

Old Peter was hustled off to the market place to buy eggs, and surprised enough was he at the order, for up to this time the Princess had eaten what was brought to her with no interest whatever in the food. He said:

"There are no eggs in this country. I have asked time and again, time and again for them, but the vendors laugh at me and think me crazy. They know bird's eggs, but they never eat them, and when I say we eat hen's eggs they answer, 'Old man, we have thrushes and magpies, robin and bluebirds, but never a hen bird flies in these parts.'"

The Princess was amazed, and Peter was sent on a long far journey south, with the order to bring back hens and roosters and eggs, or not to come back at all!

Just before Easter the old man reappeared, carrying big and little baskets, and big and little hens and roosters. Elizabeth was delighted, and bade all the children of the village come to her house early Easter morning for something new and wonderful.

Mothers were asked, fathers, aunts, uncles and cousins, and on Easter morning you may be sure they came.

What feast! Omelets, cakes, eggs cooked in every way possible as-tomished those present who ate and ate, and stared at Peter as he walked about with a large fat biddie-hen in his arms. What a wonderful bird it was!

Then came the colored baskets for the children, and orders to look after more eggs to take home with them. Into the garden they raced, and there under the daffodils and lillies, the tulips and the dandelions, were blue and purple and scarlet eggs. The children shrieked with glee. They cried:

"But the hen-bird's eggs were creamy white. These are all bright with colors. Who ever brought these, do you suppose?"

Just then a little brown rabbit went scurrying across the green grass, and the children followed him. Where he disappeared lay great mounds of marvelous eggs. All shouted:

"The bunny! The Easter bunny!"

And nothing could ever make them believe the rabbit hadn't left them the eggs.

So as the years go by the pretty custom is repeated, and on Easter morning the children delight in wonderful candy and sugar, paper, and toy eggs, and in some real old-time happy families there are on the table good old-fashioned colored hens' eggs like those Elizabeth hid in her garden so many years ago.

—If you will save the dry, brown skins from onions and boil the eggs to be hard you will obtain beautifully dyed Easter eggs of various shades of brown, with no taste of the onion and no danger of poison, as from some other dyes.

—While the day is more generally observed at the present time, modern people temper their devotions, and the handsome wardrobe and other like desires of the flesh are given their part in the makeup of the Easter day. The egg of mythology is still in use today, but for the satisfaction of appetites.

The Word Easter.—Easter is known as Paques; to the Scotch, Pasch; the Danes, Paaske, and the Dutch, Paschen. St. Paul calls Christ 'our Pasch.' The English name is derived from that of the old German or Saxon goddess of spring, Ostera or Eastre, whose festival occurred about the same time of the year as the celebration of Easter. When the early missionaries went to Britain they found the people worshipping this goddess to whom the month of April, which they called Easturmonath, was dedicated. The missionaries substituted the Christian feast for the old heathen one, but they allowed the people to give it the name of their goddess, and so the word Easter came to be used.

—Co-operation is not a sentiment—it is an economic necessity.

makes us healthy, wealthy and wise. Only he puts it sleep takes away that tired feeling and helps us on to vitality, money and knowledge. That's the low-down. Perhaps the only people who don't want that hint to get about are the night club owners.

FORM OF SCHEDULE 1930 POPULATION CENSUS.

The questions being asked by the enumerator in the 1930 census of population are as follows:

1. Relationship to head of family, including a statement as to the homemaker in each family.
2. Whether home is owned or rented.
3. Value of home, if owned, or monthly rental, if rented.
4. Radio set? (Yes or No.)
5. Does this family live on a farm? ("Yes" or "No.")
6. Sex.
7. Color or race.
8. Age at last birthday.
9. Marital condition.
10. Age at first marriage. (For married persons only.)
11. Attended school or college any time since Sept. 1, 1927? ("Yes" or "No.")
12. Whether able to read and write? ("Yes" or "No.")
13. Place of birth of person. (State or country.)
14. Place of birth of person's father. (State or country.)
15. Place of birth of person's mother. (State or country.)
16. Mother tongue of each foreign-born person.
17. Year of immigration to the United States. (For foreign born only.)
18. Whether naturalized. (For foreign born only.)
19. Whether able to speak English. (For foreign born only.)
20. Occupation of each gainful worker.
21. Industry in which employed.
22. Whether employer, employee, or working on own account.
23. Whether actually at work. (For each person usually employed but returned as not at work, additional information will be secured on a special unemployment schedule.)
24. Whether a veteran of the United States military or naval forces; and for each veteran, in what war or expedition he served.

Among the most important of the new questions is that calling for the value of the home if owned, or the monthly rental if rented. This will make possible a classification of families according to economic status, or perhaps one might say according to buying power. Such a classification is urgently desired by individuals and firms using the census figures as a basis for organizing their selling and advertising campaigns and will serve many other purposes. The replies to these questions will be used only as a basis for classification on the families into broad groups, and particular pains will be taken to see that the information given by any individual for his home is not in any way made public.

Another new question is that which asks for the age at first marriage. This will serve two purposes. In the second place it will make possible a tabulation of important data on the size of families, such tabulation to be based on the number of children reported in the families of women who have been married a stated number of years.

The question on radio sets will give a direct answer to the question as to how large the potential radio audience is.

In the classification of gainful workers according to occupation and industry it is proposed to put much greater stress than heretofore on the returns for industry, and to instruct enumerators to pay special attention to this section of the schedule.

Women doing housework in their homes (or supervising such work done by servants) and carrying the other responsibilities of the home will be designated as home-makers. This designation will be entered in the family relationship column of the schedule rather than in the occupation column, in order that those women who follow a profession or other gainful occupation in addition to being home-makers, may be properly classified in respect to both lines of activity.

A special schedule for unemployment will contain a number of questions designed to separate those not working into several classes, including, besides those absolutely unemployed those who have a job but are for the time being on lay-off without pay, etc.

Provision is again made for classifying the foreign born, which still form a very important element in our population, in five different ways namely, by country of birth; by mother tongue (which is sometimes a better index of nationality than is country of birth); by year of immigration to the United States; by citizenship (that is whether naturalized, having first papers, or alien); and by ability to speak English.

The form of the schedule was determined after a long series of conferences in which about 40 new questions suggested and endorsed by numerous organizations and individuals were carefully considered by two advisory committees and officials of the Census Bureau.

1931 TAGS TO BE MADE BY STATE PRISONERS.

With the completion of the contract for the manufacture of 1930 automobile license tags at the Western State Penitentiary, under the jurisdiction of the State Department of Welfare, the tag department this month swings into the manufacture of the 1931 tags.

Paints have been tested for the new tags and metals are on hand. The Department of Revenue has placed the order for the new tags with the division of prison industries. This virtually assures no change in the form and method of enumeration in the 1931 tags which are said by officials of the revenue department to be entirely satisfactory.

—Read the Watchman and get all the news.

FARM NOTES.

—Rape pasture taints cows' milk.

—If conditions are favorable, rape will make a good pasture crop five weeks after seeding.

—On soils containing sufficient lime the most productive grazing crop known today is sweet clover.

—The home gardener may extend his growing season in the fall by the use of hotbeds and cold frames.

—By treating their seed carefully grain growers can save hundreds of thousands of dollars, which are lost annually through plant diseases.

—Lime can be spread and disked in ahead of oats, corn or soy beans, or it can be applied after the corn or soy beans come through the ground.

—Sudan grass belongs to the sorghum family and for that reason is a hot weather plant. It should not be seeded till the ground is well warmed up.

—Prepare for the control of insects by having on hand spraying and dusting equipment together with such insecticides as arsenate of lead, nicotine dust, and nicotine sulphate.

—Besides conserving moisture and keeping down weeds, cultivation tends to break up the harbors of mice, adds plant food to the soil, and makes more available the plant food already in the soil.

—Dairy leaders say that if each farmer who makes his living from milking cows would sell just one unprofitable cow to the butcher the problem of the dairy industry would be solved. Another way is to fatten the cow for slaughter on the farm.

—The market discriminates very severely against ram lambs and against lambs that have not been docked. These operations are simple and easy if done before the lambs are three weeks old.

—Cabbage root maggot can be controlled by corrosive sublimate. Use one ounce of the powder in eight gallons of water. Dissolve the powder first in a little hot water. Apply one-half teacupful to the soil around each plant. Make the first application soon after the plants are set and two more at 10-day intervals. Handle the solution carefully as it is extremely poisonous.

—On account of its plentiful growth of root and top, even on poor soils, sweet clover probably is the most efficient legume for supplying organic matter and nitrogen. Some of the best potato growers in the State use a 2-year rotation of wheat or oats, in which sweet clover is sown and then plowed down the next spring for potatoes.

—Plants from the greenhouse or hotbed should be sufficiently hardened before being set in the field by gradually lowering the temperature and reducing the amount of water supplied. Cabbage plants will have a reddish tinge when they are hardened sufficiently to be transplanted into the field.

—Prevent in every way the carrying of infection from mature fowls and from contaminated ground to young chicks. Keep the old and young stock separate, State College poultry specialists urge.

—The farm garden makes liberal contributions to the family larder if it is well-planned, properly planted, and correctly cultivated. Utilize the space to produce a continuous supply of fresh vegetables and a sufficient amount for canning, drying, and storing.

—This is the proper time to prune climbing roses. Remove all old shoots and preserve the younger ones which are more vigorous and which produce the most flowers.

—Unless the seed oats are treated with formaldehyde before sowing, smut will be invited to exact a heavy tax. Why grow ten acres of smutty oats when nine acres of clean oats will produce as much and a better quality grain?

—Much more convenient lighting can be had, particularly in the living room and bed rooms by providing an ample number of convenience outlets. This makes it possible to move the furniture about and take the lights along, say State College agricultural engineers.

—Seed treatment, planting disease-free or resistant strains and varieties, seedbed treatment, eradication of host weeds, spraying, and sometimes dusting are ways the plant doctors and insect eradicators use to save fruit and vegetable crops from disease and insect pests.

—Poultrymen who have been using lights on their laying flocks should plan to discontinue them about the first of April.

—This is a good time to save the fruit trees girdled by mice and rabbits. Your county agent can tell you how to bridge-graft the injured trees.

—Dry skimmed milk, or milk powder, is nothing more than fresh, sweet skimmed milk from which the water has been driven off by heat, leaving a fine, white powder, which will keep sweet a long time and can be shipped great distances.

—A straw loft high enough to keep you from using swear words will make a lot of difference in keeping the poultry house warm and dry.



THE straw stack in the barnyard of a farmer felt over one morning and buried four valuable cows and several hogs. Calling his neighbors who had telephones, the farmer asked them to come at once to help save his endangered livestock. The neighbors began arriving with their pitchforks within a few minutes, and their combined efforts succeeded in digging out the cows and hogs without the loss of one.



The Modern Farm Home Has a TELEPHONE

A Bank Account with the maintenance of a proper balance not only gives one money in hand for present needs, but what is much more valuable, establishes a certain credit with the Bank.

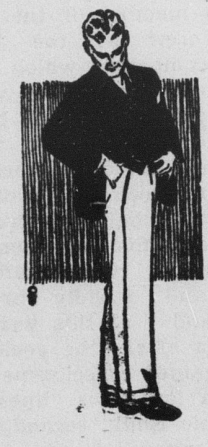
The banker knows this, and prospective borrowers who tell him they have no bank account, show a lack of business sense, and are at a disadvantage.

There are few people, who at one time or another, do not have to borrow—often the need is urgent.

Relations with a strong Bank will always help. The account may be small, but it puts one on better terms with those from whom one wishes to borrow.

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