

## Your Health

THE FIRST CONCERN.



Dr. Brady warns against wholesale removal of tonsils by surgery. Among 1,000 tonsils examined by a good pathologist after their removal in a typical dispensary (the pathologist published his report in the medical literature, and I should be glad to give any physician his name and the reference) 139 had "large pieces of muscle attached."

That's the answer to all the fine sounding talk of the nose and throat surgeons about "complete enucleation" and all that sort of thing.

Only 70 of the 1,000 tonsils examined contained true abscesses. Scars were found in 220 of the tonsils, and the pathologist concedes that scars are evidence of previous serious infection that has cleared up. If the infection has cleared up, the scars can be no sound indication that the tonsils require removal or treatment.

Out of the 1,000 tonsils examined 930 were "not seriously affected."

It would seem high time to call a halt on the massacre of the tonsils.

However, all this happened in a dispensary, in a typical American city.

One need not go to a dispensary, of course. It is possible to have one's tonsils out anywhere.

That is, if one wants 'em cut out. I haven't looked at my own tonsils for a long while—I must have a look at 'em some time. But let me tell you some throat brothers and sisters, if mine were troubling me, or if I had a reasonable suspicion that they harbored a focus of infection that was injuring my health in any way, I'd give all these ever-ready operators a wide berth, indeed I would, and look up a good doctor to obliterate my tonsils.

Good doctors are doing it in a painless, safe, mayhap slow but sure way nowadays. How do they do it? By diathermy—electro desiccation or electro-coagulation. And I'll stake my health and reputation on it, that this new method is as effective as any surgical operation can be, no matter what the peewees and the organization clique may say or think about it.

Then, too, one may have one's tonsils obliterated by radium emanation today. The doctor implants in the center of the tonsil a minute radium seed, a measured bit of radium emanation, in a platinum needle-like case, having a wee silk thread attached. This remains in place several days, and is then withdrawn by the thread. The lymphoid tissue of the tonsils then begins to shrink and atrophy and in a month or longer the tonsil has practically disappeared.

All painless, bloodless and perfectly safe. Of course these modern methods cost more and they're worth it. I am not familiar with the cost of radium seed treatment, but I know numerous doctors who use the fact clear when I do give my electro-desiccation with uniform success and the entire treatment usually costs the patient little or no more than the average tonsil operation.

Tonsillotomy is rather a scandalous practice, however you view it. But who wants tonsillotomy anyway?

In several recent talks about tonsils I have cited the report of Dr. Albert S. Welsh on the results of a pathologic study of 1,000 tonsils which he examined after their removal in a dispensary in a large city in the middle west. That report was published back in 1927. I waited over two years to make any comment on the matter here.

In the interim I have sought the views of many representative physicians and a distinct reactionary feeling is unquestionably growing in the medical mind, towards the removal of tonsils and adenoids. I want readers who may have confidence in my teachings to understand that I am striving earnestly to present here, not just my personal notion—I always try to make opinion of the best physicians.

I may say that the views expressed in confidence by some excellent physicians have astonished me; especially of the candid ability that he believes he sees as much trouble, both in the throat and in the general system, in patients after they have had the tonsils removed by the best nose and throat specialists as the patients have had before the operation. Several other good physicians who heard this comment seemed inclined to agree with it.

Altogether, I think it is fair to say that the chapter on the era of wholesale tonsil and adenoids removal has not been a proud one in the history of medicine. Indeed I should not dwell on it here, but for the fact that some of the profession seem disposed to continue it.

Have you a little tin doctor in your community? A social service worker, nurse, maybe a teacher, who rounds up the children of the poor and the uneducated, takes 'em to the clinic or dispensary and has their tonsils and adenoids (if any) removed?

That is the kind of criminal malpractice that thrives where the general public is low in intelligence and the medical profession is correspondingly weak, and that sweet soul, Lady Bountiful takes charge of public health and what used to be private practice.

### FOR AND ABOUT WOMEN.

#### Daily Thought.

When my luck seems all out  
And I'm down at the mouth  
When I'm stuck in the North,  
And I want to go South:  
When the world seems a blank  
And there's no one I love,  
And it seems even God's  
Not in Heaven above,  
I've a cure for my grouch  
And it works like a shot—  
I just think of the things that  
I'm glad I am not:  
A bird in a cage,  
A fish in a bowl,  
A pig in a pen,  
A fox in a hole,  
A bear in a pit,  
A wolf in a trap,  
A fowl on a spit,  
A rug on a lap,  
A horse in a stable,  
A cow in a shed,  
A plate on a table,  
The sheet on a bed,  
The case on a pillow,  
A bell on a door,  
A branch on a willow,  
A mat on the floor.  
When I think of the hundreds of things  
I might be,  
I get down on my knees and thank  
God that I'm me.  
Then my blues disappear, when I think  
what I've got.  
And quite soon I've forgotten the things  
I have not.

Of recent years, it has been the fad for millady to become as tanned and "black as a tar." This implied that she was rich enough to afford a season at the seashore.

The swing of the pendulum to femininity has reversed the ideal, and the fair-skinned charmer is to be the favorite this year. Girls will now try to foster a peaches and cream complexion. There are several methods of doing this. One is to golf, play tennis, boat and swim in the cool of the morning and evening, while the sun's rays are not violent and to keep in the shade between times; another is to swath one's self in lemon and cucumber lotions at bedtime; and still a new one, offered by science, is to choose the right fabrics for gowns.

Experiments prove that sunburn and tan penetrate closely woven fabrics much more readily than those of loose weave, with interspaces which entangle the violet rays.

Vegetables fibres, such as cotton and linen, are better conductors of heat and light rays than animal fibres, such as silk and wool, and consequently they let the light and heat rays through the material to the skin, while silk and wool hold these rays and this gives the skin better protection. It takes longer for tan and sunburn to go through silk and wool than to penetrate cotton and linen. This may overturn the habitual custom of wearing cotton and linen in the tropics. There is sense in the wool summer suit.

1. Would you kindly tell me how a married woman should sign her name when writing a business letter?
2. Should a lady remain seated when introduced to a gentleman of her own age, or older?
3. Should a lady rise when a host, either younger or older than she is, enters the room for the first time?

This is the correct form:  
Very truly yours,  
Mary Smith Jones.  
(Mrs. Paul Jones.)

The only detail in which this form may deviate and still be correct is if the woman wishes to omit the surname of her maiden name and use as her informal name Mary Jones. But the letter must on no account be signed Very Truly yours, Mrs. Paul Jones. This at once stamps the woman as unknowing of the ways of social forms.

2. Yes. A woman does not rise question should read: Rather than "When a lady is introduced to a when a man is introduced to her. And, by the way, this is how your gentleman," "the gentleman is introduced to the lady."
3. No.

—Goose, duck and hen feathers are usually used in pillows. Goose feathers are the most expensive but give longest wear and best satisfaction. Down is made from goose feathers from which the quill has been removed. It makes a very soft pillow, but is expensive and mats easily. Split feathers have a part of the quill removed. Gray feathers are slightly less expensive than white ones.

The pillow is usually about 22 by 28 inches. It should not be packed so full as to make it hard nor so flimsy as to lack comfort. A small pillow will allow the head to lie in a more straight line with the body and is less likely to produce round, and is less likely to produce round, and is less likely to produce round, and is less likely to produce round, and is less likely to produce round.

The feathers of a pillow may be removed and cleaned by professionals, or they may be placed in a large bag, and be washed and dried outdoors on a windy day, when it has been placed in the tick which has also been washed. Frequent brushing and vacuum cleaning of the pillows will help to keep them clean. They should often be put out in the sunshine and fresh air. To beat and toss the pillows distributes the feathers and prevents them from becoming lumpy and musty. Do not put pillows out on a damp day, but take care to keep the feathers dry. A musty odor, when once established in a pillow, is almost impossible to eradicate. If a guest room is left closed for weeks, and the bed is not disturbed, air the pillows frequently.

### FARM NOTES.

—In order to grow chicks well they must be supplied with an abundance of a suitable ration. At least one hopper four feet long is needed for 100 chicks. As they grow larger they will need more space.

—Grass cuttings or old leaves make an excellent mulch for newly planted shrubs and trees. The mulch conserves moisture and controls weed growth.

—The brooder house for turkeys should be moved away from other buildings to ground known to be free from contamination with chicken diseases.

—Dipping the flock shortly after shearing will kill ticks. These pests if not controlled, will attack lambs and prevent them from putting on good finish before marketing time.

—Bees need plenty of room for storing honey or they will swarm. First put on shallow supers and then section super to provide storage space.

—Fifty-six percent of the ton litters grown in Pennsylvania have been purebred and 94 percent have been sired by purebred boars. In six years no scrub litter have reached the ton goal at six months of age.

—Ducklings may be overfed upon concentrated foods. They should have some tender green food in their ration and sand for grit. A recommended ration is equal parts of rolled oats and bread crumbs, with a little sand, moistened with water for the first three days after hatching. After the first week, two or three parts of bran, one part each of cornmeal and wheat middlings, 5 per cent (one-twentieth part) high-grade meat scrap and 10 per cent (one-tenth part) chopped green food. A little sand should also be added.

—Fowls heads turn dark as the result of any one of several internal diseases, the nature of which would require an examination of the organs to disclose.

—Do not set eggs that are older than a week or ten days. Hatching ability decreases rapidly after the eggs are ten days old, and the chicks hatched are apt to be low in vitality. A room temperature of about 50 degrees is best for eggs which are being saved for hatching. To lessen the work of turning eggs while saving, they should be placed in a 15-dozen case which should be turned over, but one side a day. This means work, but it pays well in the end.

—Geese generally mate in pairs, though a young gander will sometimes mate with more than one goose. Later he will usually pick a favorite. When mature the easiest way to tell a gander is to listen to the voice. A gander has a voice which is a cross between a whistle and whisper. A young male hatched in June has an excellent chance, but if he is kept in a pen with a lot of other birds of different ages he probably will be ready by February.

—The Spaniards are given credit for introducing many vegetables to the civilized world.

In 1563 the first mention is made of an esculent called "battata" or "papa" which Hieronymus Carden, a monk found being cultivated by the natives of Quito, Peru.

The English writer, Professor Edward Morren, declares that the potato was introduced from Santa Fe into England in 1563 by John Hawkins, whose discovery of it was supposed to antedate that of the Spaniards, but, according to Sir Joseph Banks, the plant carried by Drake and Hawkins to England was not the common white potato, but was the sweet potato.

—The Irish potato, so-called, is the product of America. It was carried to England from North Carolina in 1585 by colonists sent out from England by Sir Walter Raleigh, and the vegetable was first cultivated on Sir Walter Raleigh's estate in Cork.

Nine hundred species are given under the general head of "Solanium." Of these perhaps only six are useful for general cultivation.

The Irish people make whiskey from white potatoes. Their brated "pottem" is made from white potatoes and is high in alcoholic content.

—Growing turkeys by artificial means is beyond the experimental stage and the production of these birds is now a well-established branch of agriculture, according to County Agent Mitchell.

Turkey eggs should not be more than 10 days old when they are set in the incubator, which is the best way of hatching them. Incubation requirements are similar to those for chicken eggs, with the temperature one-half of a degree lower and the hatching period one week longer.

For a satisfactory brooder unit 100 to 125 poulters are needed. This number can be handled in a 10 by 12-foot brooder house with standard brooding equipment as long as they need heat. A temperature of 93 degrees to 98 degrees at the edge of the hover is desirable for the first week, but the temperature may be reduced as the poults grow older.

Young turkeys start to roost when 10 days old and some broods sleep on roosts three weeks old. By placing roosts about six inches above the floor, close to the hover, the poults will be encouraged to roost at an early age and crowded keep the house heated until the ing will be controlled. It is safe to birds are 6 to 10 weeks old, depending on the weather.

### WHY

#### Reflection in Spoon Shows Upside Down

When a person looks into the bowl of a brightly polished spoon he always sees his reflection upside down. This is because the concave part of the spoon acts like a lens. If the spoon were flat it would reflect like an ordinary mirror. To illustrate, in focusing a plate camera images are thrown on the ground glass upside down when rays of light are passed through a lens they converge on each other until they all meet at one point. From the point where they cross and continue their journey towards the eye their positions are reversed. That is why stereopticon slides and moving picture films must be put in the projecting machine upside down in order to make the pictures appear right side up on the screen. Any hollow reflecting object, such as the polished bowl of a spoon, acts in the same manner. The rays that strike in its exact center are reflected straight back, but those that fall on the curved sides are turned inward. Hence all the rays cross at a point and the reflection appears upside down. A flat surface, such as a mirror, does not reflect the light rays from a point and accordingly they do not meet. That is why the reflection is right side up.—Exchange

#### Why Slit Is Necessary in Formation of Nibs

All pen-nibs have a slit running to the point from a little round or oval hole which is cut in the middle of the nib where it begins to taper. Were it not for this slit, and the fact that the whole body of the nib is curved, we should be unable to write. The curvature causes the nib to hold a considerable quantity of ink when it is dipped in the pot, and the slit causes the point of the nib to open into two sections when it is pressed upon the paper, and the ink between these sections is then left on the paper, forming a line or letter, as the case may be. Steel nibs also have two little slits in their sides or shoulders. These are to give greater flexibility to the nib. Gold nibs, being softer, do not need these side slits.—Montreal Family Herald.

#### Why One Is "On Wrong Tack"

We see, hear and use the phrase "On the wrong tack" so frequently in its well-known sense, indicating "the wrong direction" or "the wrong idea," that it probably never occurs to us that it was not at first part of the language of landlubbers.

In the parlance of the sea, when we have this phrase, a tack is a rope used to fasten the corner of a sail. Being on a certain tack refers to the course of a vessel in regard to the trim of her sails.

Hence being "on the wrong tack" for following a wrong direction or chasing a lost hope, or, again metaphorically, indulging a mistaken idea.—Kansas City Star.

#### Why "White House"

White House, the name of the official residence at Washington of the United States President, derived its name from a warlike action on the part of England 115 years ago. During the War of 1814 an English force captured Washington and set fire to the Presidential residence, which had been erected only a few years before. When it was restored it was found that the walls were so blackened by smoke that it was necessary to treat them with several coatings of white paint. From that paint the house obtained its now officially accepted name.

#### Why Skirts Are Doomed

Only three years ago a leading customer of Fifth avenue, New York, on his return from a trip to Paris, told a ship news reporter that within ten years a woman would not wear skirts at all and that he was preparing his business plans accordingly.

"The skirt," he said in substance, "is almost a thing of the past. A kind of clout will be devised to go with tight and we shall see women parading every street of the world unhampered by a skirt, and it will be all right when we get accustomed to it, as we will."—Detroit News.

#### Why Geese Fly in Wedge

Wild geese, flying through the sky in V-formation, use the wedge shape to increase speed, says Popular Mechanics Magazine. As the leader forges ahead, he displaces air which is thrown obliquely backward in two diverging surges. Properly spaced behind and to either side the following geese are pushed forward in some degree by the surges which strike their bodies at an oblique angle.

#### Why Province Is "Brittany"

Brittany, or Bretagne as the French call it, received its name from the fact that it was settled in the Fifth century by the British people who fled from the Saxon invaders under Hengist. Previously this part of Gaul was known as the province of Armorica.

#### Why Gardening Is Advised

There is scarcely any better all-around recreation for men as well as for women than intensive gardening. Not only does it give exercise, but it adds to the beauty of life and keeps one out of doors.

#### Why Radio Fades

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