

Your Health THE FIRST CONCERN.



He who has health is rich and does not know it.—Italian Proverb.

Ultra Violet Light and its Health Value.—In recent years, ultra-violet light therapy has been going through an experimental stage.

Everywhere experiments are being made. Recently, in London, important experiments in cases of skin tuberculosis seem to have brought gratifying results through the use of ultra-violet radiation.

The rays are applied to as large an area as possible. Not only is the affected part flooded with the light, but also the doctors have given general treatments of the body.

In the treatment of some diseases of the mouth, throat and nasal passages, the rays have been applied. It has been generally recognized that ailments of the mucous membranes are less satisfactory to deal with than those of the skin.

The germs of tuberculosis, in the majority of cases, it is probable enter through the nose. They are then spread to other parts of the body, to the cheek, or to the skin of the face.

It has been puzzling to know why ultra-violet rays exert such marked beneficial effects in skin tuberculosis. The sore places in this disease are deep-seated.

Further investigation of ultra-violet light action will, no doubt lead to other interesting results. Some cases of lowered resistance, and even depression of health, have been found after exposure to ultra-violet light.

The modern lamps that supply the ultra-violet rays in great streams of life-giving energy are among the wonders of the age.

We have increased the average expectations of life by adding fourteen years, but there are fewer old people living today than there were fifty years ago.

Preventive measures for good health is the watchword now. There is many a person who, if he would have a physical examination regularly at least once a year, would live to a good old age.

A well known physician recently said that, in his opinion, the evidence of widespread premature physical decay is shown by our vital statistics.

The most important work facing the medical profession today is to bring cases like these as early as possible under medical guidance and proper methods of living.

Mr. Edison, at eighty, has said: "Diet is the chief secret of health. People eat too much and drink too much."

Americans are prone to eat many things at one meal. We eat many highly seasoned foods and this leads to overeating. Overeating is one of the chief causes of disease.

The Bulgarians are one of the healthiest of races and their long life is probably due to the simple food they eat. We should get back to the simple and wholesome food of fifty years ago.

The business man or desk worker should learn to sit correctly at his desk, with the chest arched forward, and abdomen in, feet crossed and weight resting on the ball length of the thighs.

Don't be a grouch! If it is hard to smile—get examined.

—Are you reading your own paper or some other persons?

THE REFORMED CHURCH TO VISIT PHOEBE HOME.

Thousands of Reformed church people and their friends of the eastern part of the State are planning to journey to Arentown, Pa. on Thursday, June 12th, 1930, to celebrate the 25th annual donation day at the Phoebe home for the aged, that city.

The auxiliaries of the home will be given by the Pioneer band of Allentown, and a program of services has been arranged for by the Rev. Franklin H. Moyer, the superintendent of the home, for afternoon at 2:00 o'clock daylight saving time.

The president of eastern Synod, the Rev. Wm. F. DeLong, D. D., of Philadelphia, Pa. the Rev. Robert A. Busch, Pottsville, Pa., president of Schuylkill Classis, will be the speakers of the day.

The Auxiliaries of the Home will furnish meals at noon and in the afternoon, besides other refreshments will be served. Many valuable articles of needle and fancy work will be on sale.

The grounds will be beautifully decorated for the occasion, besides large tents and booths will accommodate the crowds that usually gather for the occasion. Important announcements will be made concerning the progress of the \$350,000 campaign to enlarge the home, as well as other matters of vital importance and interest will be made known at this meeting of the friends and patrons of that most noteworthy institution.

Lady: "How much are these chickens?" Butcher: "A dollar and a half, ma'am."

Lady: "Did you raise them yourself?" Butcher: "Yes; they were \$1.25 yesterday, but you know all meats have gone up."

Fond Mother: "My son has many original ideas hasn't he?" Teacher: "Yes, especially in spelling."

—Get your job work done here.

REAL ESTATE TRANSFERS.

Bellefonte Cemetery Association to Josephine Beckwith, tract in Bellefonte; \$25.

H. L. Sayers, et ux, to Elsie Neidigh, et bar, tract in Boggs Twp.; \$1.

M. Ward Fleming, Adm., to Lawrence L. Miller, tract in Rush Twp.; \$1,680.

Arabella Copelin to Harry Phillips, et ux, tract in Phillipsburg; \$5,300.

W. F. Taylor, et ux, to Mary S. Florey, et bar, tract in College Twp.; \$425.

Lawrence L. Miller to United Holding Co., tract in Rush Twp.; \$1,300.

G. Edward Haupt, et al, to Theodore B. Haupt, tract in Bellefonte; \$1.

F. W. Garner, et ux, to Harry A. Stitzer, tract in Walker Twp.; \$35.

Howard W. Parsons, et al, to Howard W. Parsons, et ux, tract in Union Twp.; \$1.

Bellefonte Trust Co., Exec., to Lloyd A. Stover, et ux, tract in Spring Twp.; \$37.50.

H. E. Dunlap, sheriff, to David K. Keller, tract in Centre Hall; \$200.

Maurice Baum, et ux, to Pennsylvania Theatre Co., tract in State College; \$10.

Cynthia G. Dean, et bar, to J. McClellan Davis, tract in Walker Twp.; \$1.

John Linn Mattern, et ux, to Leonard Allison Daggett, tract in Patton Twp.; \$1.

Harry E. Dunlap to Miriam I. Dreese, tract in State College; \$500.

During a certain Church conference one of the speakers saw fit to launch into a tirade against universities, expressing gratification that he had never been corrupted by contact with a college.

When he had been talking for some time the chairman interrupted. "Do I understand the gentleman is grateful for his ignorance?"

"Yes," was the answer, "if you want to put it that way."

"Then," continued the chairman sweetly, "all I have to say is that you have much to be thankful for."

LUMBER? Oh, Yes! Call Bellefonte 432

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"DEACON" LITZ TO RACE AT ALTOONA JUNE 14.

"Deacon" Litz, America's fastest speed king, is roaring through gasoline alley this year to the end of the rainbow trail leading to the dream of every race jockey—Daytona Beach.

When the winds whip the water over the 10 mile beach next February as mother nature prepares her velvet carpet of speed for those who dare laugh at fate, this big fellow from DuBois, Pa., will return to the shore line that brought him recognition as the fastest American driver.

And when he returns to those sands, America will see written the final chapter in one of the most amazing accounts of success along cylinder lane's rainbow trail. For this fellow's rise has been of the story book type.

Only three years ago he was an obscure dirt track driver playing the fairs and other small time bull pen circuits. Ambitious to get in with the championship drivers, Litz entered the semi-pro event run as a preliminary at Altoona's 200 mile championship classic on Labor day, 1927.

From then on his success took care of itself. He made a good impression with the "big time" crowd and the following year returned with a Miller special to run in the big event. At Indianapolis last year Litz lead the field for 52 laps until his motor gave way.

Three years have elapsed since Litz came out from the obscure "bull pen" circuit to get his first "break." One year has passed since one of Lady Fate's peculiar tricks cheated him of an opportunity to become holder of the world's speed record; but only a few short

months remain until Litz receives the checkered flag at the end of his drive of the Rainbow Trail, Daytona Beach.

SINGING FOR EXERCISE.

Besides being a pleasure to the singer and sometimes to those around, the act of singing is a better exercise than most persons have any thought of. It is good exercise for the throat, lungs and chest and now it is recommended for the ears. A western physician who is called upon to do a great deal of driving over the country says that after a particularly hard experiment of this kind, his ears always seem to be affected, probably by the noise of the car and vibration of the engine.

FUR FARMERS GET MILLION FOR PELTS.

Fur farming in Manitoba is making big strides, the last available figures showing 230 farms in the province as compared with 12 in 1925 and two in 1920.

In the last fiscal year pelts to the value of \$1,286,537 were taken in the province, muskrats being the most numerous, numbering 238,004 with a value of \$285,304. The rest in order of importance, were weasel mink and wolf.

Our Bobby was in a store with his mother when he was given candy by one of the clerks. "What must you say, Bobbie?" "Charge it," he replied.

—Subscribe for the Watchman.

ATTORNEYS-AT-LAW

S. KLINE WOODRING—Attorney at Law, Bellefonte, Pa. Practices in all courts. Office, room 13 Crider's Exchange.

J. KENNEDY JOHNSTON—Attorney-at-Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 5, East High street.

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PHYSICIANS

W. S. GLENN, M. D., Physician and Surgeon, State College, Centre county, Pa. Office at his residence.

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Wagner's Medium Scratch 2.40 per H

- Wagner's Chick Feed - 2.60 per H
Wagner's Horse feed with molasses - 2.25 per H
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Wagner's Winter Middlings 2.00 per H
Wayne 32% Dairy - 2.80 per H
Wayne 24% Dairy - 2.55 per H
Wayne Egg Mash - 3.15 per H
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Wayne mash chick Starter 3.90 per H
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Purina 34% Cow Chow - 2.90 per H
Purina 24% Cow Chow - 2.65 per H
Purina Chick Startena - 4.50 per H

- Oil Meal - 3.00 per H
Cotton Seed Meal - 2.60 per H
Gluten Feed - 2.40 per H
Gluten Meal - 3.25 per H
Hominy Feed - 2.20 per H
Fine ground Alfalfa - 2.50 per H
Tankage, 60% - 4.25 per H
Beef Scrap - 4.00 per H
Oyster Shell - 1.00 per H
Fine Stock Salt - 1.10 per H
Seed Barley - 1.25 per B
Feeding Molasses - 1.75 per H
Cow Spray - 1.50 per H

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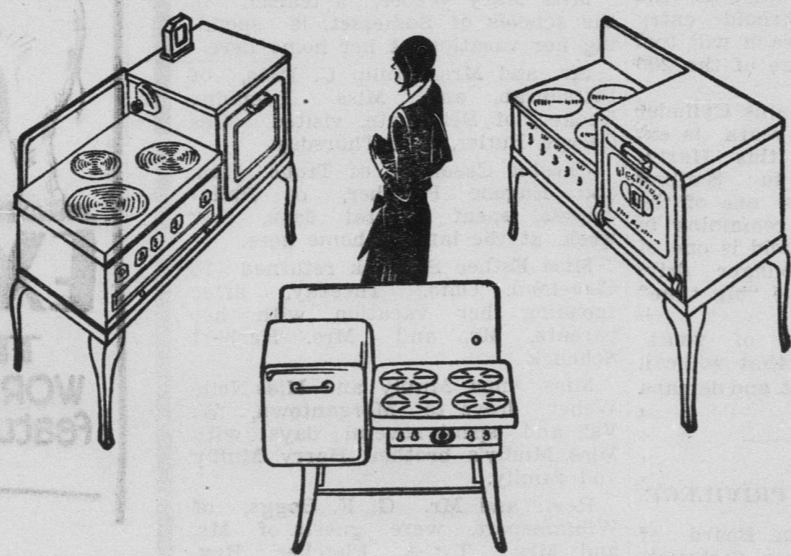
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