

Your Health THE FIRST CONCERN.



Every other group of workers has its organization. Why should we not have an organization for the protection of blood donors?

In New York City every year there are about eleven thousand transfusions, averaging one pint of blood in each case.

About two years ago the blood givers organized the "Co-operative Blood Donor Agency," in connection with New York hospital. Later, the "Blood Transfusion Betterment Association" was formed.

The latter organization maintains offices where candidates are examined and selected, and where monthly examinations are held.

Women are not accepted. This is because their veins are too small and, as a rule, they do not stand the loss of blood as readily as men. Donors are chosen, not alone with reference to their physical health and the conditions of the veins at the elbow, but also for their appearance and good character.

References to this form of treatment are found in the writings of ancient Egyptians and Romans. It is known that in 1492 the Pope received blood from three donors.

For many years blood transfusions have not been uncommon. Since the World War, however, they have become an important factor in medical treatment.

This story may not mean much to most of you, but there are many cases where this procedure is essential to the life of the patient. There are times when he must have supplied immediately a quantity of good, rich blood.

Of course you know the term "blood transfusion" means the transfer of blood from the circulation of one living person into that of another.

Transfusions are given to replace the blood lost by hemorrhage after an accident or operation, or by hemorrhage in cases of internal ulcer.

This treatment is indicated too, in diseases like pernicious anemia, and other conditions accompanying deterioration of the blood. In many infections it may be helpful. It is given in cases of illuminating gas poisoning.

Transfusions are given sometimes to increase the resistance before a serious operation. The fresh healthy blood promotes the prospect of recovery.

Science has progressed in its study of this subject so that there attends the transfusion very little or no danger. The physician makes sure before giving the treatment that he is using blood compatible with that of his patient.

He exercises care that too great a quantity of blood is not given. By proper technique, he prevents the passage of a bubble of air or a blood clot into the body of his patient.

You can see that while it is unusual, it is a method of treatment that has great importance in a desperate case.

What to do in case of Snake-Bite.—Comparatively few persons are bitten by snakes in North America, for the reason that most people avoid their haunts.

The regions in the United States where there are dangerous snakes are known, and the public is generally informed as to how to combat the poison, if bitten. It is in tropical countries that the most dangerous snakes are found.

In our country the rattlesnake is a deadly enemy to man. But how seldom is this snake met with these days. It is in the late summer and early fall that we are apt to run across the snake that is dangerous. When the water dries in the hills and mountains they come down into the lowlands for water and food.

Recent researches made at Washington University, in St. Louis, seem to show that snake venom is the only poison in the world known to kill by affecting all the body at once. It seems to attack every living cell of the body like a poison gas.

In cases of snake bite, the purpose of any sort of local treatment which may be applied is to prevent the poison from getting into the general blood supply.

If not prevented from doing so the poison is carried to every part of the body by the blood stream.

If the foot or hand has been bitten, a ligature of some sort should be tied tightly around the limb, being careful to have it above the wound, or between the wound and the heart.

A torn strip of a shirt or handkerchief may be used. Or a string, shoe lace, necktie, a piece of rope, a wire, a piece of grapevine or a flexible switch, is good for the purpose. Whatever you use, tie it firmly, after which a stick should be inserted under the ligature and tightly twisted. This stops the circulation of the blood from the wounded limb.

Then suck out the poison and wash the wound with soap and water if available. No harm will come from sucking the wound if the mouth is healthy and without broken tissues. If access can be had to permanganate of potash crystals, these should be rubbed into the wound.

Keep the patient warm and administer small quantities of coffee to drink until the doctor arrives.

NATURE NOTES

If you want adventure as in a strange country, pick a warm spring evening when the peeper concert is on, and go hunting them. You will need two lively boys, flashlights and rubber boots for all, a dipnet if you have one, and a tin can, with perforated lid, in which you should put some wet moss. Go at night, for while peepers call during the day, they are always invisibly under cover. They will be silent as you approach the marsh, but if you are quiet they will soon be peeping all about you. With the wisdom and skill of your boys, you may by and by have a few peepers in your box.

Bring them home and bring also an extra bunch of soft green moss. You will need a large goldfish bowl or glass jar, or even a plain box will do. Carpet it with moss, and arrange to have a little water in it, and cover it tightly with mosquito bar or fly screening. Then put in your peepers, using your wits, for they will use theirs. You will see tiny frogs, an inch long, with a dark cross on the back. The ground color is changeable from pale to dark brown, or reddish brown or salmon. They will be lively little fellows, climbing up the sides of the jar, sticking by the balls on the ends of the toes; for they are members of the Hylidae, the tree frogs; but since they do not climb high, the balls are not so large as in the tree living members of the family. When they sing, which they will in the jar, a wonderful thing happens; for the peepers are bagpipers, and their throats swell out into balloons half as big as the head and body while they peep. This, no doubt, has something to do with the astonishing carrying power of the tiny whistles.

The peepers go to the marshes to lay their eggs, and deposit them single or in small groups among the weeds in the water; or sometimes on the bottom. They are like minute seeds, at first brown above and white below, afterward becoming gray. Their little long-tailed pollywogs have their eyes on the sides of the head not on top, and their round tummies are iridescent. The head becomes frog-like before the front legs appear. As soon as the latter break through, they leave the water, climb the grasses, and begin to catch gnats and mosquitoes, while the tail is still long. From the margin of the swamp they work their way to the woods and thickets; for, except in the egg-laying season, the adults are not water-frogs, but spend most of their time among the dead wood of the woods in climbing about the lower vegetation. Meeting them there, they may easily be mistaken for "young frogs." Occasionally during the fall you may hear a solitary "peep" from the shrubbery in the lawn; it is a peeper trying out his whistle; lonely, perhaps.

The frogs are a group of animals cold-blooded, and thus have a sluggish circulation and a more or less primitive organization. Hence it is most remarkable to find them keen-witted, quick and active, musical, and to seek an extent social. And a wonderful thing is this spring concert of peepers. After their somewhat solitary business life in the woods in summer and fall; after the long winter's sleep, cut off from the world and their kind, they awaken, their first thought being of their kindred; to call the members of their clan together for companionship. And when, on warm spring evenings, the peeper chorus rings from every bog and marsh they are calling to know that all is well with each other; to meet and mate and provide for their little ones with the measure of love that God has provided for them and their race; and to express their joy of living and their gladness in the coming of the spring, in united song.

EIGHT FROM CENTRE CO. GRADUATE FROM STATE

In the graduating class of the 7th annual summer commencement at the Pennsylvania State College were the following students from Centre: Frances W. Baker, State College; Ethel W. Blackwood, State College; H. Edwin Harbaugh, State College; Ethel J. Passmore, State College; Marion A. Winters, State College; Joseph R. Haney, Centre Hall; C. Robert Neff, Centre Hall; Harry S. Tice, Howard.

With the close of a successful summer session in the history of the Pennsylvania State College last Friday, Dr. W. Grant Chambers, the director, commented particularly on the calibre of students who have been attending the summer college for the past few years. "The serious, mature group of students has been steadily increasing," he said, "until the great majority of those attending the summer session are of that type. We feel that our efforts to improve the curriculum have been amply justified by the quality of men and women we have drawn to the college."

Enrollment this year surpassed all previous sessions, 3312 persons having taken work at Penn State this summer, an increase of more than four per cent over 1929.

One hundred and sixty-seven degrees were conferred at the seventh annual summer commencement last week, 61 of them being advanced degrees. The candidates representing 38 counties of Pennsylvania and 12 other States and foreign countries, comprised the largest class to be graduated in August by the college.

The speaker was Dr. Arthur Holmes, professor of psychology at the University of Pennsylvania.

"Well, who's been waiting the longest," asked the physician cheerfully as he opened the door of his consultation office.

"I think I have, Doctor," said the tailor, arising and presenting a bill. "I delivered your clothes three years ago."

LONGEST HIGHWAY IN THE WORLD

A trip by automobile from South America to the United States today is such an adventurous accomplishment that it commands general attention. Long stretches of undeveloped country must be negotiated on such a journey. An ax with which to carve a pathway through the jungle is an indispensable adjunct of the adventurer's equipment. But the day is coming when the nations of this hemisphere will be linked with broad smooth highways. The United States is now setting in motion a force that will speed the dawn of that day.

Seven years ago, at the fifth international conference of American States at Santiago, Chile, a resolution was adopted suggesting the desirability of a Pan American highway conference "to study measures best adapted to developing an efficient program for construction of automobile highways within the different countries of America and between these different countries." In 1924 38 leading government engineers, economists and other officials representing 20 Latin-American countries visited the United States, made an inspection tour of American highways and subsequently, organized the Pan-American conference for highway education. They also resolved themselves into a committee on program for the first Pan-American highway congress, which met at Buenos Aires in 1925.

From these beginnings there developed in Latin America a strong sentiment for road improvement and for the construction of an international highway linking the capitals of the nations of the Americas. Finally, in 1929, the Pan-American Highway Congress adopted a program calling on all the South American countries to prepare complete studies of their highway system plans in order to meet the needs of intercommunication of their political subdivisions and to provide convenient connections with the highway systems of neighboring countries. The program suggested was given impetus by a resolution adopted by the United States Congress a few months prior to the 1929 meeting, authorizing an appropriation of \$50,000 to enable the Secretary of State to cooperate with the several governments, upon their requests in the reconnaissance surveys to develop the facts as to the feasibility of possible routes, the probable cost, the economic service, and such information as would permit a visualization of the whole undertaking of financing and building an inter-American highway.

In accordance with the resolution, engineers of the Bureau of Public Roads are now en route to Panama where they will open a field office to cooperate with South American governments in the work preliminary to construction of a highway link between the capitals of the American nations. Guatemala, Costa Rica and Panama have bespoken their assistance, and South American nations are expected to follow suit. The projected highway, when completed, will be the longest, most picturesque and potentially the most important thoroughfare in the world.

History Lecturer: "Can any of you tell me what makes the Tower of Pisa lean?" Corruptant Lady: "I don't know, or I'd take some myself."

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CHESTNUT TREES MIGHT RECOVER FROM BLIGHT.

Belief that the chestnut is not doomed to destruction in the forests of Pennsylvania, but will eventually regain its position of importance as a valuable timber tree, has been expressed by State Forester Joseph S. Illick.

The chestnut blight made its appearance in the State about twenty years ago and since then practically all chestnut trees of commercial size have been killed. Never before did a forest tree disease progress so rapidly and do such wholesale destruction.

At the time the blight appeared chestnut was the commonest and most valuable forest tree in Pennsylvania. Thousands of dollars were spent by the State and National governments to combat this destructive disease. Despite all efforts of scientists, foresters, lumbermen and forest land owners, the blight continued its destructive work. Even today no practical method of control is known.

"One does not wonder," says Dr. Illick, "that many people, foresters included, have held little hope for the chestnut in the forests of the State.

"From the time the blight made its first appearance, however, there were a few believed that after the crest of destruction had passed a more hopeful outlook would develop. During the past twenty years I have watched the chestnut with the hope that in time we would see assuring evidence of its recovery. During the past three years an increasing number of reports have come to me from different sections of Pennsylvania stating that chestnut sprouts are becoming larger, and that nuts are again being produced in regions where they were entirely absent for five or more years.

"Personal observations throughout the State confirmed these reports and suggested the need for a special study of the chestnut situation. A preliminary study has accordingly been made, and studies will continue until we know the true status of the chestnut blight in Pennsylvania. A report on the preliminary studies is being published and will soon be available for distribution.

"The crest of the chestnut blight was passed too recently to make positive predictions about its future development, but each year produces additional evidence indicating that this destructive disease has passed its climax in our State, and I continue to look forward with confident hope that the chestnut tree will slowly work its way back into Penn's Woods."

Mistress: "Mary, has the druggist sent that sleeping powder yet?" Maid: "No, ma'am." "Then ring him up and ask him if he expects me to keep awake all night waiting for it."

FEDERAL PRISON TO START SOON.

Contracts for the construction of the new \$4,000,000 Federal Penitentiary probably will be let within two months, Superintendent of Prisons Sanford Bates said in commenting on the decision to erect the institution at Lewisburg, Union county, Pa., which was announced by Attorney General William D. Mitchell.

The site of 1,014 acres was offered to the government by the Lewisburg Chamber of Commerce for \$95,000, which will be paid as soon as the title is checked. It was one of 105 sites offered to the government in Pennsylvania and New York.

"The fact that Lewisburg is on two trunk line railroads, the fertility of the surrounding country, abundance of good water and its central location were the main factors contributing to the decision," said Bates, who was chairman of a special committee appointed to select the location.

Although the prison will house 1,200 prisoners it will not entirely eliminate overcrowded conditions in Atlanta and Leavenworth prisons. Before this can be accomplished it will be necessary to construct another new prison in the Southwest, Bates explained.

The superintendent said Alfred Hopkins, New York architect, who with himself and James V. Bennett, assistant prison bureau director, formed the special Site Committee, is completing plans for the prison.

CARS AND WAGONS.

Railroads and horses, seem to be losing their place as the country's largest factors for prosperity. The volume of freight traffic handled by the volume of railroads during March was 12.2 per cent, or a reduction of 4,927,329,000 net ton miles as compared with March, 1929. Motor trucks and busses have been raising merry hob with the railroads. This condition accounts for the big drive that is being made for consolidation as a means of more economical administration of the railroads.

Going, going—gone, are the horse and buggy days—another result of motor cars. The production of horse drawn farm wagons in 1929 amounted to 40,547 as compared with 57,081 in 1928. The merchantable value of the wagons dropped off nearly one-fourth. The slump in the manufacture of farm trucks was less than five per cent.

And now what are the airplanes and the dirigibles going to do to the automobile business?

ORDERS RABBITS

Charles A. Hiller, who has charge of propagation for the Game Commission, has ordered 50,000 wild rabbits to be distributed next fall.

—Read the Watchman.

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