

Your Health
THE FIRST CONCERN.



(Continued from last week.)

As with syphilis, the treatment of gonorrhea necessitates perseverance both on the part of the patient and of the physician in order to bring about its eradication. With gonorrhea the stage of infectiousness continues for a long period of time. On account of the nature of the organism, its location, its power to resist chemicals and its ability to burrow into secluded tissue, this germ cannot be successfully attacked except by means of treatment applied to the parts themselves. This is a tedious and difficult process requiring considerable skill and knowledge. On the other hand, syphilis is subdued by means of drugs applied directly to the blood stream which in turn carries them to all parts of the body. In the majority of patients the destruction of all spirochetes is possible provided proper treatment is instituted in the earliest stage of the disease. Unfortunately, this action cannot take place in those patients where the spirochetes have gained entrance to parts which the blood stream does not liberally bathe. Here, as a rule, the disease continues its work of destruction in spite of every means known to medicine to prevent it. Fortunately, these comprise a small part of the total number who contract the disease.

For a number of years sanitarians have discussed among themselves the subjects of syphilis and gonorrhea with the attempt to control them or, at least, to minimize their incidence. It seemed like a hopeless task. Other diseases were freely discussed in meetings open to the public. Gonorrhea and syphilis were talked about only in scientific gatherings by persons who on account of their occupations, were directly concerned with them. In spite of the intimate relationship existing between physician and patient, it was oftentimes with reticence that these diseases were mentioned. For generations syphilis was looked upon as an incurable disease. The physician, therefore, spoke of it reluctantly and then only after he had carefully considered the type of patient with special reference to the mental shock which might be produced. With the advent of salvarsan, the picture changed. The entire world knew that there was a remedy at hand which, properly applied, afforded a hope of cure. Psychologically, apart from other considerations, this has had a tremendous effect in breaking down the barriers against this disease. The person afflicted now should know that his case is not hopeless; he should know that the cure rests entirely in his own hands.

With the knowledge obtained in the World War to the effect that a surprisingly large percentage of soldiers and sailors were suffering with one or both of these diseases, sanitarians set on foot a movement to relieve the situation. The nation was demanding the service of healthy men as it had never done before. A soldier sick with gonorrhea or syphilis, although perhaps not in a serious condition, could not properly discharge his duties. He was as much a casualty as though he had been wounded on the field of battle. The need for man power was great and all means at hand had to be utilized. If gonorrhea and syphilis were working against effective manpower, these diseases must be curtailed. If prudery was one of the causes militating against their effective control, prudery must be abolished. If it required money, the government was willing to spend it to any extent. To that end, grants of money were made to all the States in the Union. There followed a definite program of cooperation between the agencies of the federal government and those of the different States.

The program adopted jointly by the federal and state governments included the following: The abolition of places where these diseases were most apt to be propagated; the providing of means of wholesome recreation for the men in the service in order that their minds and bodies might be kept clean; the furnishing of adequate treatment facilities both for the soldier and the civilian; and the stimulating of a search for new remedies which provide a more effective means of treatment.

As a wartime measure Congress was liberal with its appropriations to the States which in turn provided an equal sum in order that the disease hazard might be diminished. The government's interest was in the armed forces. The State's desire was to treat and protect their civilian population. What was good for the soldier was equally good for the civilian.

At the close of the war with the military danger past, the large expenditures by the federal government decreased. With the diminution of federal subsidies, the States immediately adopted a plan of retrenchment. However, a worthwhile start had been made in the program for control. It has not ended with the termination of federal appropriations. The different States, in the main, have continued the work that was started during the war.

In Pennsylvania the three-fold plan of attack has persisted in spite of the necessity for retrenchment all along the line.

(To be continued.)

FARM NOTES.

Cows which are to freshen this fall should be dried off in plenty of time so that they will be good milkers all winter.

If the pullets are infested with body lice and intestinal parasites, treat the birds before they start to lay.

Plant the following spring-flowing bulbs this fall: Glory-of-the-snow, crocus, snowdrop, squill, daffodil, jonquil, narcissus, and tulip. State College floriculturists say.

This is a good time to get from your agricultural agent an application blank for the trees you will want for planting next spring. He can help you too, in choosing the right kind for your locations. Act quickly, as the supply of trees is being rapidly allotted to those who have placed their orders.

Increased use of small packages in marketing potatoes last season was found in a recent survey by agricultural economists of the United States Department of Agriculture. Small bags made of cotton, burlap, or other fiber, and also paper cartons, are used. The bags or cartons usually contain 15 or 25 pounds.

Dahlia bulbs should be dug and stored in a safe place as soon as it starts to freeze, or they will start new growth at once. Since this weakens them it should be avoided. Be sure the main stake is securely tied to each clump.

Be sure to save the best corn in your fields for seed even if they are only nubbins. Ears that are not filled out and which have shriveled kernels, if mature, will make good seed for next spring. Give such corn good storage and have it well dried before freezing weather commences.

This is the year when tree cover, especially evergreen around the spring has almost beneficial effect. With their tremendous capacity for catching and holding water in the soil, evergreen trees often mean the difference between a flowing and a dry spring. They keep the water cooler, too.

Thoroughly repair, clean, and disinfect all laying houses before the pullets are confined to winter quarters.

In counting up the advantages of living on a farm the things supplied to the family table from the kitchen garden, the orchard, poultry and other live stock, are an important consideration. Again, most farms furnish firewood and often ice. The farm homemaker's budget and household accounts do not give a true picture of the economic status of the family unless these home-grown products are recorded and evaluated. Most farm women also can store a good part of their garden surplus, put up jams, jellies, and pickles, and "put down" eggs. When they take these preserved foods from the shelf and put them on the table they do not always stop to think that if they lived in the city each glass of jam or can of string beans would have to be paid for in cash. They are sometimes richer than they had thought they were. Some of the farm woman's products are sold—butter and eggs, young broilers, hens that have out-lived their usefulness, vegetables, both fresh and canned, and various other things. Whether the income from such sales is looked on as belonging personally to the homemaker or is pooled with the family cash, one certainly should know what it amounts to, in order to judge which activities pay and which do not.

"But," complains the average farm homemaker, "it's too complicated to keep track of every basket of vegetables I bring in the house, of every jar of pickles I put away. I never had a head for figures, anyway."

The bureau of home economics of the United States Department of Agriculture had this objection in mind when Farmers' Bulletin 1553-F, "Planning and Recording Family Expenditures" was written, and in devising a practical loose-leaf household account book. The first suggestion made is that a pad or large card be kept hanging in the kitchen. Whenever anything is brought in for household use the kind and quantity can be entered at once. Materials for home canning can be written down when they are gathered, and then they will not need to be recorded at the time of use. With a little care the person who does the recording—and it is best for one person, usually the homemaker, to attend to this entirely—can avoid the mistake of entering materials more than once.

At the end of a week or a month, the entries on the pad or card can be transferred to a special page in the account book headed "Products furnished by the farm for family use."

The Government and people of South Carolina wish you to know that vegetables, fruits, milk, cream, eggs and other products of that State are rich in iodine, which prevents goitre. Through its South Carolina Natural Resource Commission, the State gives information about goitre throughout the country. In some Western and Northern States "as high as 70 per cent of high school girls have enlarged thyroids." In other places in the West the proportion is 40 to 60 per cent.

A large percentage of young pigs are "born dead or imperfect and soon die," because the mothers haven't enough iodine in their systems. And in another State "sheep fail to reproduce, for lack of iodine."

A suitable grain ration may be made of equal parts of ground oats and barley with 10 per cent of oil meal added.

WHY
Farmers Like "Grasshopper Mouse."

Many farmers are now encouraging the "grasshopper mouse" to make his home in their fields. This husky little rodent takes its name not from any physical characteristics of its own, but rather from its diet. It first got its name in North Dakota when examinations showed that it fed largely on grasshoppers. In Arizona, on the other hand, it is called the "scorpion" mouse for a similar reason. This variety of mouse has been known to science not quite a century, the first specimen having been taken by Maximilian, prince of Wied, at the Mandan villages in North Dakota in 1833. Recently reported studies have demonstrated their importance. In the western United States and adjoining parts of Canada and Mexico they have been found to be holding numerous harmful insects in check and keeping the proper balance among the small animals that infest farms.

The grasshopper mouse is distinguished by its heavy build and short, thick tail. Its short legs and bulky body handicap it in running but it is harder to catch than swifter rodents on account of its quickness at turning and dodging, which enable it, also, to corner its prey easily. It is less nervous and timid than most rodents and gives evidence of unusual hunting instincts. Its quarry includes not only many kinds of insects, but also other rodents. Its chief sport is said to be capturing other mice of its own size or smaller, and it is credited, too, with destroying the young of many burrowing rodents much larger than itself.

It will also rid kitchens, basements, cellars or greenhouses of many insect pests.

Why Oil on Surface of Water Curbs Movement

Oil being a viscous, slow-moving liquid, remains on the surface of the water, and so curbs the movement of the waves. So sometimes in a storm oil is poured into the sea from different parts of a vessel according to the direction of the wind, the course of the ship, and so on. When the vessel is running before a gale the oil is distributed from the bows, whence it spreads aft, and gives protection to the vessel all round. If it were poured on the sea from the stern the oil would be left behind. Where one vessel is towing another the towing vessel distributes the oil from its own bows and on both sides. In this way the oil spreads so as to benefit both vessels. The oil is distributed sometimes by pipe, and sometimes by throwing overboard porous bags attached to a rope. The oil slowly filters through these bags.

Why Flowers Fade Quickly

There are two mistakes commonly made in cutting flowers for indoor use. One is to wait until they are fully opened, often until they have been open for several days, before cutting them. The other is to cut them during the heat of the day, when they are in ideal condition to wilt. Most flowers are best cut when in full bud or just as they are beginning to open. There are, of course, some exceptions to this, such as dahlias, which do not expand fully until after three to five days after the buds have unfolded. As a general rule, flowers will open more nearly perfect and will last longer if taken just as the buds are expanding and with fairly long stems.

Why Called Sport of Kings

Horse racing has been called the "Sport of Kings" because it has been one of their amusements since the earliest dawn of civilization. Thothmes I of the eighteenth Egyptian dynasty left a papyrus letter telling of his conquest of Mesopotamia, and priding himself upon the acquisition of the racing horse (the Arab) and being the first to introduce him in Africa. Somewhat later the records tell of King Solomon's buying horses from Egypt and paying as much as \$3,000 for some of them. Among the Greeks horse racing was introduced into the Olympic games in the thirty-third Olympiad (648 B. C.).

Why "Hammer and Tongue"

When you see two or more people evidently disputing any question, heatedly airing their views pro and con, thumping their fists and gesticulating with their hands, they may fairly be said to be at it hammer and tongue.

This phrase is a typical illustration of how words, through mere usage and similarity to others, become altered in form, for hammer and tongue is a corruption of hammer and tongues.

The significance of the latter is instantly perceptible when the typical application just given is considered.—Kansas City Star.

Why Insects Don't Look Back

The Bible tells how Lot's wife looked back at the burning cities of Sodom and Gomorrah, and for disobedience was turned into a pillar of salt. There is a tradition that since then insects have not looked back. Insects' heads are set so that they cannot turn them to look backward—except the "Praying Mantids." This bug's long front legs are held in a position of prayer.

Why Called Trilby Foot

Trilby, a model, was the heroine of a novel by du Maurier, and a Trilby foot means a small, perfectly formed foot.

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INSPECT SURFACE OF WATERMELON

The color and the condition of the surface of a watermelon should be given special attention. If the under side is a pale yellow, lemon or a warm ivory color with the skin a sort of warty roughness, then ripeness is indicated. A warm, yellowish green rather than a bright clear green on the top is desirable. There's a thin, film-like covering all over the surface of a watermelon. When the melon is ripe this covering will peel off like dry wax if the thumb nail is drawn across it.

Often part of a cut melon is purchased. Keep in mind that the flesh should be a deep pink or bright red well out to the rind and that it should have a silver sheen. It should also be crisp and juicy.

Although misshapen melons should be avoided, the shape of the fruit is of no importance. Round or long melons being equally good. The color of the seeds is a matter of the variety of the melon and has little to do with maturity.

Large melons usually are more desirable than small ones, but a heavy melon is preferable to a lightweight large one.

Over-ripe melons are as undesirable as immature ones. These can be detected by the dull appearance of the rind and the large amount of yellow veins through the green surface. Watermelon is always popular served "au naturel," but there are innumerable ways of preparing it. As a cocktail with a non-alcoholic sherry dressing, in a salad, in a sherbet or a frappe, watermelon is a delicious dish at all meals. Since it is made up chiefly of water it is of little value and adds a minimum of calories to one's diet.

DR. McCREARY SPEAKS FOR SCHOOL CHILDREN.

Dr. J. Bruce McCreary, deputy secretary of health, today reminded parents of school children to be watchful of the physical welfare of young people during the next school year.

"It is not enough," said Doctor McCreary, "that parents are interested in sending their children to the beginning of school, to their lessons, in good physical condition as essential as that may be. It is equally necessary that a prime physical condition be maintained throughout the year."

"With the habits of relaxation which invariably accompany a summer vacation, there is a strong likelihood that parents will be tempted to indulge their children more or less in a continuance of them. This frequently results in evening entertainments of one kind or another which rob school children of their necessary sleep. It must be thoroughly understood that the scholastic demands upon the average pupil with its indoor recreations are sufficiently great in themselves without overburdening the growing body with other impositions. Fresh air, and exercise after school in which of course recreation is involved are essential. On the other hand, regularity and quantity of sleep is equally required, as is also regularity and proper types of food. "It follows that devitalizing pleasures and recreations should be strictly avoided. This rule applies equally to the first grade and senior high school students."

The United States annually produces 1,500,000 tons of writing paper. The rest of the world produces 5,000,000 tons.

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Gluten feed	2.40
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Tankage 60%	4.00
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Auditors' Statement.

School District of Bellefonte Borough
CENTRE COUNTY, PENNSYLVANIA.

For School Year Ending July 1st, 1930

Assessed valuation of taxable property \$1,917,434.00.	Number of mills levied 21
Number assessed with per capita tax 2550.	Rate of per Capita \$2.50

Amount of School Tax	Per Capita	Property	Total
Amount levied (face of duplicate) \$6375.00	\$ 40,266.11	\$ 46641.11	
Additions to duplicate 10.00	13.13	23.13	
Penalties 99.97	306.18	406.15	
Total amount of tax 6484.97	40,585.42	47070.40	
Exonerations 771.75	193.90	965.65	
Entered as liens or reported to Commissioners 679.52		679.52	
Net amount of 1929 tax collected \$ 5112.81	\$ 39,712.01	\$ 44824.82	

RECEIPTS	CURRENT EXPENSES	Gen'l Con. (A)
Balance on hand July 1929 \$4553.24	Secretary 200.00	
Salaries of principals 19000.00	Treasurer 300.00	
Salaries of teachers 1426.48	Attorney 1671.12	
Sales of property, insurance, etc. 1426.48	Tax collectors 106.50	
Taxes 4424.32	Auditors 106.50	
1110.44	Compulsory Edu. and census 23.23	
State Appropriation 22861.41	Superintendent's office 61.73	
Tuition nonresident pupils 1294.73	School board office 63.70	
All other sources 25.00	Office building 63.70	
Total \$119075.18	Total Item (A) \$2867.18	

Instruction (B)	Elementary	Secondary	Total
Salaries of principals, clerks and assistants 240.00	\$ 2050.00	\$ 4799.99	\$ 6849.99
Other expense of supervision 162.50		720.00	960.00
Salaries of teachers 22254.30		26168.39	48422.69
Textbooks 1075.23		2265.44	3340.67
Supplies used in instruction 916.62		2839.62	3756.24
Attending teachers' institute 390.00		182.00	572.00
Tuition 1294.73		162.00	1456.73
Other expenses 74.90		752.98	827.88
Total Item (B) \$ 27194.05		\$ 37950.92	\$ 65144.97

Auxiliary Agencies (C)	Total	Operation (D)	Total
Libraries 158.92		Wages of Janitors 3779.40	
Promotion of health 68.98		New buildings 2598.37	
Other expenses 13.50		Fuel 900.39	
Total Item (C) \$241.40		Water, light and power 384.23	
		Janitors supplies 22.73	
		Care of grounds 314.09	
		Other expenses 7999.21	

Maintenance (E)	Total	Fixed Charges (F)	Total
Repairs of buildings 2266.43		State Retirement Board Elem. 1677.47	
Repairs of grounds 236.18		672.44 H. S. 1005.03	203.38
Repairs of heat, light and plbg. 770.31		Insurance 1880.85	
Repairs & replacement of apparatus 257.63			
Repairs & replacement of furniture 594.11			
Repairs & replacement of equipment 82.19			
Total Item (E) 4206.55			

DEBT SERVICE AND CAPITAL OUTLAY	Total
Debt Service (G)	
Payments of sinking fund 5000.00	
Payments of interest on bonds 2860.00	
Payments of interest on short term loans 40.00	
Refunds (taxes, tuition, etc.) 107.90	
Total Item (G) 8007.90	

SUMMARY	Amounts	Total
Total receipts (Items A-F)	82140.46	113075.18
Total payment (Items G-H)	27181.61	
Total		109822.07

Balance on hand (school year 1929-1930) 3763.11

SINKING FUND REPORT	
Balance on hand July 1, 1929 10340.22	
Rec'd during year from current funds 5000.00	
Rec'd from interest 321.15	
Total receipts 15661.37	

ASSETS		LIABILITIES	
School sites, buildings and equipment 182500.00		Bonded indebtedness 65000.00	
Accounts receivable 7473.43		Short term loans 19000.00	
Sinking fund 15661.37		Total 84000.00	
Balance in treasury 5753.11			
Total 206989.91			

We hereby certify that we have examined the above accounts and find them correct, and that the securities of the officers of the board are in accordance with law.

August 15, 1930.
75-36-3t