

Your Health
THE FIRST CONCERN.



(Exasperated with a thousand cranky health theories, "Ludo," in the Manchester Guardian, gave vent to this ironic poetry after hearing the following "health hint" by a London Lecturer: "The teeth should not be brushed across or up and down both ways, as is usually done.")

My child, if you would shine today,
Attend with care to what I say.
The modern rule for health and bliss
May briefly be described as this:
Whatever you have ever done
Assume that it is wrong, my son;
Whatever you have done before
You must not do it any more.
Don't brush your teeth across or down,
Or up; it makes the expert frown.
(To keep them fit as any fiddle,
Brush back and part them in the middle.)
Rich foods internal ills provoke;
Lunch lightly off some well-boiled coke.
Avoid the soap and water trick;
Just scrub yourself with powdered brick.
An upright posture strains the head;
Try walking on the hands instead.
When influenza reappears
Try breathing deeply through the ears.
Thus every day and every way
Give modern methods fuller play.
Try writing letters with your toes
And hearing through your eyes and nose.
But, more important far than that,
Oh, keep on talking through your hat!

USE TOWEL ONLY ONCE, MICROBE HUNTERS WARN.
Beware of using the towel wrongly!

The serviceable and innocent looking towel is often the nursery and lodging house of myriads of disease germs.
It is wrong to use the same towel twice. It is most wrong to use a towel in common, among two or more persons.

The new commandments in the science of hygiene are:
"Use not our friend's towel. Use one towel only once. Communal or repeated use of the towel must be banned by bacteriological orders!"

All this results from the tests recently made by two microbe hunters, Doctors Herbert D. Pease and Lester C. Himebaugh, of the Pease Laboratory.

In the experiment, several persons wiped their hands upon sterile towels. Germ cultures were obtained from these towels, before and after the hand-wiping. Counts were made of these germs, after each use of the towel.

Doctors Pease and Himebaugh made some startling discoveries. They found that infectious germs are easily transferred, in increasing varieties and numbers, through the use of common towel, and that even after twenty-four hours of drying, the towel retains living and wickedly active germs.

Some of the most dangerous disease germs survive as long as forty-eight hours after the towel had been used, and apparently had dried.

If the same towel is used twice by the same person, the user is apt to be readily re-infected by the germs. The investigators also ascertained that the Turkish towel removes dirt and germs from the body more thoroughly than does either the huck or paper variety of towel.

These tests show the safety of using one towel just once. Then it should be boiled to kill the germs. Afterward it can be dried for further use.

SCIENCE FINDS ANEMIA CURE IN HOG'S STOMACH.

Stomach of hog, when eaten as dry powder, cures pernicious anemia.

This announcement of a new treatment for anemia, as effective as the well-known liver cure, is made by Doctors Raphael Isaacs and Cyrus C. Sturgis, of the University of Michigan.

According to these scientists hog stomach is chopped up into fine bits, dried and deprived of all its fat. In this half powder form it can be eaten by the patient.

Since most people do not like the taste or flavor of this material, the doctors give it mixed in tomato juice. It can be imbibed mixed in water. Another way of consuming it is as a thick puree.

The work of Drs. Isaac and Sturgis is supported by similar experiments made by several other investigators like H. M. Conner and J. F. Wilkinson.

Stomach of beef also was tested, but it did not have the potency that the hog stomach had. In tests, the beef stomach preparation failed to remedy anemia.

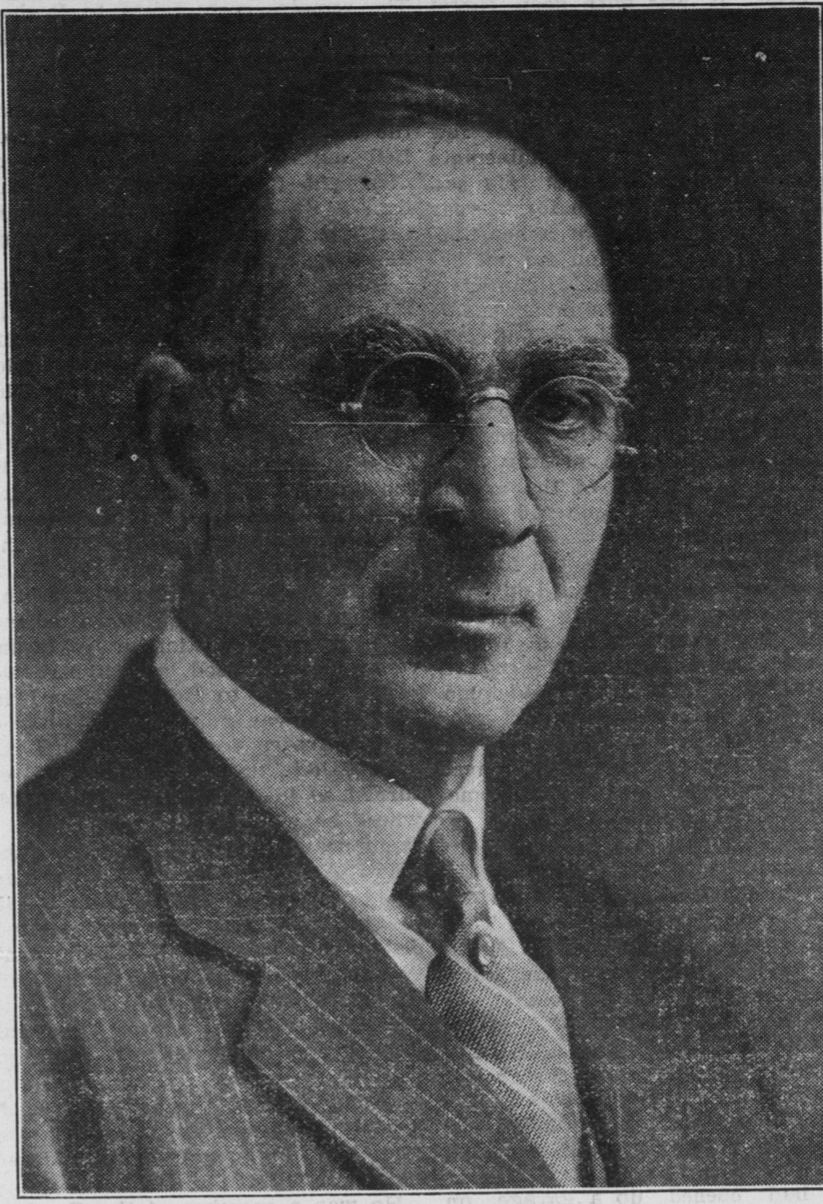
Doctors Isaac and Sturgis describe their preparation thus: "Hog stomachs are collected. Their gross fat and mesentery are removed mechanically. Then the material is desiccated or chopped fine. Its potency is not lost if it is 12 to 18 hours old before its desiccation begins. The fat is removed, after chopping, with petroleum benzene.

"Finally the stuff appears as a dry, granular powder that swells up in water, but does not dissolve."

One of the patients of pernicious anemia was cured by the use of



DON GINGERY
for State Senator



JOHN G. MILLER
for Member of The Assembly

These Men will Vote to Repeal the Obnoxious Tax Law that Scott and Holmes Voted For.

this preparation, taking some fifteen grams of it daily.

Doctors Isaac and Sturgis say: "Some 14 to 15 grams of this material represents 100 grams of the fresh stomach of the hogs. The best dosage is 10 grams daily for each million deficit in the red blood cells count."

"When the count of the red blood cells rise up to 4 1/2 to 5 millions per cubic millimeter, the 10 grams dose should be maintained five to seven times a week.
"The stuff might be taken with or between meals. The results of the treatment begin to appear in the first week. To start, the patient's appetite improves and he feels generally better. Second week shows an increase in his red corpuscles. Afterwards the red cells and hemoglobin of the blood increase, and that can be counted. When taking this treatment, patients need not eat a meat diet.
While the liver treatment for pernicious anemia is just as effective, the hog stomach treatment is less costly, and perhaps more palatable.

HANDS MOIST? BLAME WORRY NOT MERCURY.

An exercise in mental arithmetic makes the socks and the gloves wet with perspiration.

Indeed, any kind of mental stress quickens the action of the sweat glands in the palms of the hands and the soles of the feet more than an actual rise of temperature.

This is reported by Dr. Yas Kuno, of the Manchuria University, Mukden, in the "Lancet."

For eight years this scientist has been studying the significance of perspiration. He has discovered important principles of the relation between the phenomenon of sweating and the welfare of the active human system.

He finds sweat glands most thickly congregated in the palms of the hands and the soles of the feet. Insensible perspiration comes out of these when the body is not particularly heated. Any sort of local sensation, like mental stress, quickly increases the perspiration of palms and soles.

Dr. Kuno used mental arithmetic in his tests to determine the connection between mental strain and perspiration.

These investigations reveal the nature of skin, as the mirror of the whole body, responding quickly and variably to the different bodily needs and moods.

DESIRE FOR BOOTLEG LIQUOR LAID TO LACK OF RAW FOOD

Americans eat too much cooked food. That is why they drink so much bootleg liquor.

So said Dr. Benjamin G. Hauser, Vienna food chemist, on his arrival yesterday on the Lloyd Sabuda liner Conte Biancamano. He is here to lecture to American audiences on this subject and to tell President Hoover if he can, how to solve the prohibition question.

Dr. Hauser maintains that a natural appetite for good liquor can only be stimulated in the human body by fresh foods. He explained: "A potato in its raw state is a living thing. It contains sun power. But peel and cook it and it becomes dead. It is not fit then to be eaten."
"What human beings need is fresh food—the products that come from nature's kitchens. Let them eat the right kind of food.
"A person who eats fresh things could not touch a drop of American booze. He might have an appetite for wine or champagne. But they would not be harmful to him."

MOTOR TAGS FOR 1931 TO BE NON-LUMINOUS.

The State is experimenting with a device which may frustrate the effects of hit-run drivers and other night-time criminals who endeavor to escape detection by turning off lights as they speed away in automobiles.

The State is experimenting with a device upon which the distinguishing numerals and letters have been chromium plated to make them luminous at night. Before plating the raised numerals and letters have been roughened slightly and stamped with a criss-cross die so that beams of light may be picked up at any angle.

If adopted for general use, the faintest light is expected to make the tag visible on a fleeing car even if its lights have been extinguished. The numerals on the front license tag also are expected to be visible at night despite their proximity to headlights.

Preliminary tests indicate the plated tags may be satisfactory. The motor patrol has been making visibility tests between the present tags and those which have been plated. The genuine test, however, is being made by police of the various cities, who are more accustomed to searching for certain numbers on tags than members of the motor patrol. To conduct tests, sample license tags have been sent to various cities for use on automobiles operated at night. State officials are awaiting the reaction of city police to the tags.

Even if found satisfactory, the chromium plated characters will not appear on tags issued for 1931. The 1931 tags have all been manufactured and distributed of them will start next month. Orders will be placed shortly for 1932 tags, and if the tests are satisfactory and the incoming administration approves, it may be that in 1932 Pennsylvania's license plates will be of the luminous design.

Should the silver-colored characters be adopted, it would necessitate a change in the color scheme which Pennsylvania has used on its tags for many years. The State's colors, blue and gold, have formed the combination, for more than a decade, blue background and yellow numerals alternating with the reverse arrangement. Should the numerals always be silver-colored, it is likely the blue background would be used one year and the gold background the following year.

The State's tests have demonstrated that the chromium plating gives desired results on road signs and markers, especially for night driving. Numerals of traffic routes, warnings of danger spots, and direction signs are more easily legible at night where the criss-crossed plating has been tried. State officials report it is better than anything yet tried to produce visibility from an angle. The plated signs, they add, are cheaper than the "cat eye" signs which gives words and figures the appearance of being lighted in road signs as rays of headlights strike them.
Pennsylvania is the forerunner in experimenting with tags which will be luminous at night.

DIVORCE TOTALS ONE-SIXTH LESS THAN NUPTIALS.

Totals for 42 States and the District of Columbia indicate that nationwide figures will show about six times as many marriages as divorces in 1929.

New York has most marriages, 121,535 but its 5,161 divorces is far from the top. Pennsylvania had 10 times more marriages than divorces.

"ELIZABETH THE QUEEN" A THEATRE GUILD SHOW.

Alfred Lunt and Lynn Fontanne to Present the New Maxwell Anderson Play at the Nixon in Pittsburgh

Queen Elizabeth, the most famous lady of English history about whom countless novels, songs and plays have been written, will be played by Miss Lynn Fontanne in the new Maxwell Anderson play, "Elizabeth the Queen" which comes to the Nixon Theatre, Pittsburgh, Monday, October 20th, as the third play in the series of five which the Theatre Guild sends to Pittsburgh, this, its third season there. Mr. Anderson's play deals with Elizabeth's last romance, that with Robert, Duke of Essex, played by Alfred Lunt in the Theatre Guild production. Pittsburgh audiences will see this brilliant piece prior to the New York opening late in October.

There is a large cast of 50 players in "Elizabeth the Queen." Philip Moeller, production director for the Guild, was the director of this new Anderson play and the settings which operate upon a revolving stage are by Lee Simpson. Others in the cast include: Morris Carnovsky as Sir Francis Bacon, Percy Waram, as Sir Walter Raleigh, Anita Kerry, as Penelope, a loose lady-in-waiting, Arthur Hughes as Lord Cecil and Erskine Sanford as Lord Burghley.

There have been other plays about Queen Elizabeth but in the Maxwell Anderson play you will see her for the first time as a human, understandable character. The dialogue is brilliant and the cast superb.
Maxwell Anderson, author of "Elizabeth the Queen," is one of the foremost figures among the American dramatists and has written "Saturday's Children," "White Desert," "Gypsy" and in collaboration with Laurence Stallings, who dramatized "Farewell to Arms," he did "What Price Glory?" "First Flight" and "The Buccaneer." With Harold Hickerson he did "Gods of the Lightning."

WET ROADS ARE CAUSE OF MANY ACCIDENTS

Throughout Pennsylvania attaches of the state highway patrol look for trouble when rain begins to fall. The combination of wet pavements and bad judgment on part of drivers is deadly, according to Benjamin G. Eynon, commissioner of motor vehicles.

"In wet weather," said Commissioner Eynon, "motorists become even more careless than usual, strange as it may seem. Ajax defied the lightning, but it remained for thoughtless moderns to defy the result of the rainstorm.
"Even modern types of road surfaces are slippery in wet weather, but one would not think so, judging from the manner in which the operators of cars and trucks drive over them at top speed. Tires of today are wonderfully non-skid, and brakes very efficient, but nothing manufactured by man can successfully combat the law of momentum, nor can the law of gravity be forever defied.
"Reports of accidents increase in astonishing degree after every rain storm. I suggest therefore, that for their own safety, and for the protection of other street and highway users, motor vehicle drivers endeavor to be sensible in wet weather. Only once or twice in a hundred thousand cases is it necessary for a motor vehicle to travel faster than is safe under existing conditions. The average speed merchant has no excuse for high speed."

"OH! MISS DENTIST"

(Continued from page 2, Col. 6.)

To find what Mr. Oliver Whidden was still in the reception room, but he went out without saying a word, and when Miss Smith came in and saw Mr. Whidden she was astonished and said several words, in consecutive order. "Did you forget something Mr. Whidden?"
"No," replied Mr. Whidden, "I remembered something. I remember it was four weeks ago Wednesday when I first saw you, the day before you met Mr. Blatzerman. I also remember that Harry Hector, whom you know, told me you inadvertently said Mr. Blatzerman's dental work would mean something to a third party—and consequently I want to thank you for aiding me in a business way. Don't I owe you something?"

"You owe me nothing pecuniary," calmly responded Miss Georgiana Smith, doffing her white apron and cap, "but you may deign to offer remuneration in the shape of some revised opinions regarding the purported decadence of modern womanhood.
"I am willing to admit I overheard your pyrotechnics a few moments before first we met. But ponder: it is barely possible that in the stress of modern business and professional competition a woman's help may really be needed to augment a man's—her husband's or prospective husband's and that with such loyal cooperation they can probably save enough out of their joint earnings to establish a nice home, in which ultimately the lady can retire and raise a fine family, while the husband naturally continues to carry on outside. Kindly open wide your tolerant mind, Mr. Whidden."

"Miss Smith," Mr. Oliver Whidden rejoined earnestly, "my mind has just opened wide and will remain that way permanently.
"I wonder," he appended humbly, "if you will be so generous as to favor me with a date tomorrow night?"

"What," countered Miss Georgiana Smith sweetly, "did you think had been needlessly filing and reffiling that one tooth for, over and over again? Oh, Oliver, someone may see us!"

ONLY ONE SURE SIGN OF DEATH, SAYS EXPERT.

Medical science knows only one reliable test of whether or not a person is dead, according to Sir Bernard Spisbury, medical expert to Scotland Yard and authority on criminology. This test is to open an artery and see whether it bleeds as a living artery should. Says Dr. E. E. Free, in his week's Science (New York):

"Mere stoppage of the heart, Sir Bernard pointed out, does not necessarily mean death, because of the not uncommon fear of being buried alive. The artery test can not be applied by anybody, but requires trained medical skill both to find the artery and to open it, and also to interpret what happens when the opening is made. But there is little probability, Sir Bernard agrees with other experts, that any one will be buried alive."

Lumber
At Lower Prices

AT
W. R. SHOPE
BELLEFONTE
Phone 432

ATTORNEYS-AT-LAW

S. KLINE WOODRING.—Attorney at Law, Bellefonte, Pa. Practices in all courts. Office, room 18 Crider's Exchange. 51-ly

J. KENNEDY JOHNSTON.—Attorney-at-Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 5, East High street. 57-44

J. M. KEICHLINE.—Attorney-at-Law and Justice of the Peace. All professional business will receive prompt attention. Offices on second floor of Temple Court. 49-5-ly

W. G. RUNKLE.—Attorney-at-Law. Consultation in English and German. Office in Crider's Exchange, Bellefonte, Pa. 56-5

PHYSICIANS

W. S. Glenn, M. D., Physician and Surgeon, State College, Centre county, Pa. Office at his residence. 52-41

D. R. L. CAPERS.—OSTEOPATH. Bellefonte Crider's Ex. 66-11 State College Holmes Bldg

C. D. CASEBEER.—Optometrist.—Registered and licensed by the State. Eyes examined, glasses fitted. Satisfaction guaranteed. Frames replaced and lenses matched. Casebeer Bldg., High St., Bellefonte, Pa. 71-22-1f

E. VA B. ROAN.—Optometrist, Licensed by the State Board of State College, Bellefonte, in the Garbrick building opposite the Court House, Wednesday afternoons from 2 to 8 p. m. and Saturdays 9 a. m. to 4:00 p. m. Bell Phone. 68-40

FEEDS!

We have taken on the line of
Purina Feeds
We also carry the line of
Wayne Feeds

	per 100lb.
Wagner's 16% Dairy	1.90
Wagner's 20% Dairy	2.10
Wagner's 32% Dairy	2.30
Wagner's Pig Meal	2.50
Wagner's Egg Mash	2.60
Wagner's Scratch Feed	2.20
Wagner's Horse Feed	2.00
Wagner's Winter Bran	1.50
Wagner's Winter Middlings	1.60
Wagner's Standard Chop	1.90
Wayne 32% Dairy	2.60
Wayne 24% Dairy	2.40
Wayne Egg Mash	2.80
Wayne Calf Meal	4.25
Purina 30% Dairy	2.80
Purina 24% Dairy	2.60
Oil Meal 34%	2.60
Cotton Seed Meal 43%	2.50
Gluten Feed	2.40
Hornby Feed	2.30
Fine ground Alfalfa	2.25
Meat Scrap	3.50
Tankage 60%	3.75
Fish Meal	4.00
Fine Salt	1.20
Oyster shell	1.00
Grit	1.00
Buttermilk	9.00

Let us grind your Corn and Oats and make up your Dairy Feed, with Cotton Seed Meal, Oil Meal, Gluten, Alfalfa, Bran, Midds and Molasses.

We will make delivery on two ton orders.

All accounts must be paid in 30 days. Interest charged over that time.

If you want good bread and pastry use Our Best and Gold Coin flour.

C. Y. Wagner & Co. Inc
BELLEFONTE, PA.
75-1-lyr.

Caldwell & Son
Bellefonte, Pa.

Plumbing and Heating

Vapor....Steam
By Hot Water
Pipeless Furnaces

Full Line of Pipe and Fittings and Mill Supplies

All Sizes of Terra Cotta Pipe and Fittings

ESTIMATES
Cheerfully and Promptly Furnished

82-15-1f.