

Your Health

THE FIRST CONCERN.



John Hopkins medical school renders great public service in the study of the "common cold."

It is found to be due to a germ or "virus" so small that the microscope cannot detect it, and no filter will stop its passage.

It has been impossible thus far to manufacture a serum to develop immunity in human beings. Such a serum would be next in value to small pox vaccination.

The "common cold," usually neglected, lays the foundation for diseases that cause death. Almost every one of us at some time has suffered from a cold.

Some of us are rarely free from colds, I can think of no minor ailment that causes so much discomfort.

Colds as a rule are caused by "catching" a germ from a person already having a cough or a cold.

The borrowed germ settles in a weakened area, such as the tonsils, throat, nasal passages, mouth or nasal sinuses. Pretty soon the trouble begins.

The popular belief is that colds are caused by drafts. A cold is a disease of germ origin. Exposure to drafts, the presence of germs and lowered resistance of the body—all these combined will lead to a cold.

Extreme fatigue predisposes to a cold. When we are unduly tired the body resistance is lowered, and then we are more susceptible to infection by the germs or bacteria always afloat in the air.

Most people try to "doctor" their own colds. They have some special tablet or gargle that some one has told them about. They have faith in these, but alas! drugs do not cure a cold.

They may relieve the symptoms and perhaps shorten the duration of the ailment, but they never cure. Quack remedies and "catarrh cures" should be avoided. They are rarely beneficial and too often dangerous.

The taking of whiskey and heavy doses of quinine is a common practice which is not to be advised in the treatment of a cold.

The first thing to do when you have a cold is to take your temperature. If it is over 99 degrees go to bed. If you are miserably ill it is advisable to call your physician.

Treatment of a cold by a physician lessens the discomfort, shortens its duration and decreases the danger of complications. This is done by the application of remedies that are demanded by your individual condition. There is no universal and ready made cure.

As a matter of fact there is very little that can be done except to stay in bed. Eat lightly and drink at least one glass of water every hour. If you do not remain in bed it is best to stay indoors. The room should be kept free from draft, but it must be thoroughly ventilated.

The whole body should be kept warm, particularly the feet. This is one reason why it is wise to stay in bed. Most persons dread the thought of remaining home and away from their work merely because of a cold.

But one day in bed will often cure a cold completely. Neglect of this precaution may lead to the loss of several days from work.

The common belief that one should "stuff a cold and starve a fever" has misled many people. This statement if followed will probably lead to a temperature and not cure a cold.

Foods should be simple and nutritious, confined largely to fruits, vegetables and salads.

There are many advertised remedies. Some of them are harmless enough and perhaps do decrease the misery of a cold. I shall not venture to speak of them, because I firmly believe drugs should not be prescribed except by a physician who has personal knowledge of the condition.

Heartburn Caused by Unwise Eating.—You know lots of friends who are never without what is called "acid stomach," or "heartburn." It is one of the most common of ailments.

It is strange how many grown people are slaves to their appetites. If they never ate the foods they know to be bad for them, if they never overate or indulged at the wrong time, we would rarely hear of acid stomach.

When we are in good health the gastric juice, which has so much to do with good digestion, does not form between meals. Just as soon as we begin to eat, the juice begins to flow. It is getting ready for the digestion of the food when that material reaches the stomach.

At times, for some reason, the natural action of the gastric juice may be disturbed. The acid of that fluid may flow in too large quantities, and this is known as "hyperacidity." At other times it flows in too small quantities. This is called "hypocidity."

The symptoms of hyperacidity vary. The most common are a feeling of fullness and weight in the abdomen, belching of gas and food after eating, headache, and sickness at the stomach.

Nervousness is an important factor in producing this condition. It is most apt to occur when one is tired, overworked, or overexcited.

You eat hurriedly, carelessly, or too much, and then heartburn appears. For those troubled with this condition, foods high in flavor and

PATIENTS TREATED AT CENTRE COUNTY HOSPITAL.

Albert Kerns, of Bellefonte, was admitted on Monday of last week as a surgical patient and discharged the following Sunday.

Miss Clara E. Love, of Altoona, a student nurse at the hospital, became a surgical patient on Monday of last week.

Franklin B. Rhoads, of Coleville, was admitted on Monday of last week for surgical treatment.

Dean F. Rossman, of Millheim, became a surgical patient on Monday of last week.

Mrs. Maude Laird, of Howard, R. F. D., was admitted for surgical treatment on Monday of last week and died on Thursday.

Mrs. Twila E. Fye, of Moshannon, became a surgical patient on Tuesday of last week.

John, seven-year-old son of Mr. and Mrs. Charles Baney, of Bellefonte, was admitted on Wednesday of last week as a surgical patient and discharged the following day.

Harry C. Kramer, of Bellefonte, was admitted on Wednesday of last week as a medical patient.

Mrs. John L. Bortoff and infant son, of Bellefonte, were discharged on Wednesday of last week.

Charles Laird, of Ferguson township, became a surgical patient on Thursday of last week.

Mrs. Richard S. Snyder, of Bellefonte, was admitted on Thursday as a medical patient and discharged the following day.

Mrs. Phyllis R. Krumrine, of State College, was admitted on Friday for surgical treatment.

Mrs. Viola Jane Campbell, wife of Frank Campbell, of Pennsylvania Furnace, was admitted last Friday as a surgical patient and died the following day.

Kerney C. Walker, of Lemont, was admitted last Saturday as a surgical patient.

Mrs. G. E. Moore, of State College, became a surgical patient on Saturday.

LeRoy Huntingdon, of Boggs township, was discharged on Saturday after undergoing surgical treatment.

Daniel L. Weaver, of State College, who had been under medical treatment, was discharged on Saturday.

Walter Ruhl, of Bellefonte, was discharged on Sunday after undergoing surgical treatment.

Miss Julia Ann Kerry, of Fleming, was admitted on Sunday for surgical treatment.

Mrs. Raymonds Lyons, of Spring township, became a medical patient on Sunday.

Mr. and Mrs. Boyd A. Thomas, of Bellefonte, are the happy parents of a baby son, born in the hospital on Sunday.

There were 39 patients in the hospital at the beginning of this week.

THE CHERNIAVSKY TRIO AT STATE MONDAY NIGHT.

The second number in the artists course concerts that are being presented by the department of music at the Pennsylvania State College is scheduled for next Monday night, January 12.

The Cherniavsky Trio is the offering. These three brothers, Leo, violinist; Mischel, 'cellist; and Jan, pianist, have won immense success in their tours of the United States, partly because of their outstanding ability both as soloists and in combination, and partly because they have eliminated all the dryness which has been traditionally associated with chamber music. Their performance is sparkling with vitality and inevitably creates an enthusiastic response on the part of listeners. Each of these three exceptional artists appears in solo numbers as well as trios.

The concert will be given in Schwab auditorium. Admission is \$1.00. Tickets can be procured at the treasurer's office, 110 Old Main.

PASTORS REASSIGNED IN M. E. CONFERENCE.

Owing to the death of six ministers in the Central Pennsylvania M. E. conference during the month of December, three of whom were in active service, the cabinet, composed of the four district superintendents, met in Altoona, last Friday, and made the following re-assignments:

Rev. H. F. Brumbaugh transferred from Burnham to Newport; Rev. D. M. Kerr, from Airville to Burnham; Rev. W. L. Phillips from Schellsburg to Airville; Rev. E. L. Ritzman from Avis to West Side, Clearfield; Rev. J. F. Wickleblech from Port Matilda to Howard and Rev. J. P. Hurlburt from Mahaffey to Port Matilda. For the present Avis, Mahaffey and Schellsburg will be served by supply pastors.

rough in texture should be avoided. Strong seasonings, whole grains, and seeds of berries, as well as the fiber of raw or cooked vegetables are too irritating for the sensitive stomach. Such foods should be strained.

Bland foods, such as eggs, custards, cream and cottage cheese, fine cereals, soups and ice cream, are always acceptable. Fish is easily digested. Some may take meat in small quantities.

Milk in some form should be your protein standby. This may be whole milk, buttermilk, or "acidophilus" milk.

FARM NOTES.

—Before starting to keep accounts on the 1931 farm operations, it is a good plan to take an inventory of the farm business. Include value of property, land, and equipment; supplies on hand, bank balance, debts, and everything else that enters into the business.

—Progressive poultrymen find that wired perches have many advantages. They consider such modern equipment as absolutely necessary. The netting is nailed beneath the perches so that the droppings and feathers pass through to the boards below and the birds do not come in contact with them.

—Meat contains relatively large quantities of protein in its most palatable, stimulating, and digestible form, say livestock specialists of State College. A constant supply of protein is needed in the diet for growth, tissue replacement, and stimulation.

—Experiments at the Pennsylvania State College reveal that nitrogenous fertilizers should be applied to sod orchards in the spring soon after the tips of the branch buds begin to show gray and before the blossom buds show pink.

—Table mountain pine appears to be the only drought-resistant tree in Pennsylvania forests, examinations by foresters prove. Black locust shows high resistance to drought.

—Nothing can take the place of whole milk, in part at least, in rearing good calves. Milk contains the vitamins, minerals and proteins which promote well-balanced growth. While it may be advisable to use supplements, and possibly to depend wholly upon substitutes, milk-fed calves always show superior quality, and those who appreciate good calves are apt to feed more milk.

Many dairymen follow what is called the minimum whole milk plan. By this method enough is fed to insure a good calf, but not enough to make the calf expensive. As enough young cows are coming on, only calves from ancestors of good records may well go for veal. Nothing equals whole milk to put gains on veal calf.

The prime purpose in feeding is to give the minimum amount of whole milk necessary to give the calf a good start and in the meantime to get it to eating hay and grain. Some calves will get on without milk at an earlier age than others. With ordinarily vigorous calves, the removal of milk from the ration may begin at from 45 to 50 days, and the change completed under this plan, from 400 to 500 in about ten days more. With less vigorous calves the complete withdrawal of milk should be delayed. Pounds of milk will be enough to raise a calf. This provides for feeding about ten pounds of milk a day. In addition to the milk, a calf will require about 500 pounds of grain and about 300 pounds of hay during the first six months. Calves fed thus have little digestive trouble, and considering the cost and the necessary care in using substitutes, some regard such a plan of whole-milk feeding as most satisfactory. It is certainly preferable to the careless or indifferent use of substitutes.

—Proper raising tests were conducted with Single Comb Rhode Island Reds at the North Carolina State College. It required seven pounds of feed to raise and fatten a two pound broiler for market. The feed cost amounted to 20 cents. The chick at 20 cents and other costs at 10 cents will make the two-pound broiler stand you 50 cents when ready to sell. Fall is a good time to raise a few hundred broilers.

—To build a granary floor and foundation to prevent rats getting under it, one should put an eight-inch foundation wall of concrete about 15 inches into the ground and about a foot above the ground. Use reinforcing rods around the corners. Fill inside this with cinders or coarse gravel until it is eight or ten inches above the ground surface outside, tamp it down well while it is wet and then lay down rot roofing or waterproof felt with cement joints and put a four-inch concrete floor on top of this. You will have a granary floor which will dry after the first season and which will not allow the rain to get under it.

—Washes such as soap suds, white wash and the like applied to young peach trees trunks may tend to prevent injury by rabbits. The safest and surest method, however, of preventing injury consists of wrapping the tree trunks with newspapers, wood veneer wrappers, or chicken wire netting. In every instance the tree should be wrapped to a height of 18 to 20 inches.

Moreover, the application of ordinary house or barn paint, axle grease, tar or pitch may do great injury and even kill the trees.

—Strawberries with a winter mulch yielded 713 quarts per acre more than berries not mulched, in an experiment conducted at the Michigan State College. It was observed that the mulch conserved moisture, kept the berries clean, smothered weeds during the harvest season, and protected the plants against winter injury. Improved conditions with respect to these factors raised the yield from 2,275 quarts per acre on the mulched plot. The difference in yield was \$90 per acre.

This experiment was conducted on a strawberry patch grown in well-matted rows. The mulch was left on the plants until the close of the following harvest season. The "mulch" was put on thickly enough so that it was three or four inches deep in the spring. Of course it was opened over the rows to permit the plants to grow through.

OFFICIAL CENSUS OF CENTRE COUNTY.

The following table shows the official 1930 census for Centre county by minor civil divisions.

It is worthy of note that while every borough in the county, except Phillipsburg, Snow Shoe and Unionville, increased in population over 1920, every township except Benner, Burnside, Harris, Liberty, Spring, and Union fell off during the decade.

In the case of College and Worth townships, however, the decline in population might be explained by the fact that part of College township was taken into State College Borough in 1922 and 1923 and Port Matilda borough was erected out of part of Worth township in 1926.

Table with 3 columns: Name, 1920, 1930, 1910. Lists various boroughs and townships in Centre County with their respective population counts for those years.

BUY GARDEN SEEDS EARLY IF YOU WANT THE BEST

Centre county vegetable growers have found it a good practice to order their seed supply early after the new seed catalogs have appeared.

Farmers who are not on the mailing lists of one or more seedsmen should write for catalogs, county agent, R. C. Blaney, recommends.

While commercial growers usually prefer to divide their orders which one or another may carry as specialties, the home gardener needs such small quantities that usually he orders from one firm.

It is well to remember that the best strains and varieties carried by seedsmen are usually sold out first. If seed is ordered, therefore, in late winter or in the spring one may not be able to get the best.

While seed catalogs are sent to Pennsylvania farmers in January, the same catalogs have been received by Florida growers in September or October and correspondingly farther north during November and December.

SHOW LICENSE CARDS TO MOTOR PATROL ONLY

Rights of motorists with respect to arrest on sight and in cases where demand is made upon them to exhibit their registration cards are explained by J. Maxwell Smith, general manager of the Keystone Automobile Club, following recent instances in which drivers claimed to have been stopped illegally by officers in civilian clothes.

"There is only one agency in the State empowered to arrest on sight for minor or summary violations of the Vehicle Code, and that is the State Highway Patrol," said Mr. Smith. "All other peace officers are obliged to take the numbers of offending motorists in such cases and send them a summons for appearance before a magistrate.



Can you see to read the labels in your medicine cabinet? ... plenty of well-placed and well-shaded light in the bathroom will save you time and bother every day.

WEST PENN POWER CO. logo and text: BETTER LIGHT MEANS GREATER CONVENIENCE.

MARRIAGE LICENSES. Carl M. Glasgow and Marian A. M. Rote, both of Coburn. Steve Kunde, of Graceton, Pa., and Margaret Francis Stother, of Phillipsburg.

THE BEST Gray Hair Remedy is Home Made. To half pint of water add one ounce bayrum, a small amount of Barbo Compound and one-fourth ounce of glycerine. Any druggist can put this up or you can mix it at home at very little cost.

IRA D. GARMAN JEWELER. 1420 Chestnut St., PHILADELPHIA. Have Your Diamonds Reset in Platinum 74-27-1t Exclusive Emblem Jewelry

Employers, This Interests You. The Workman's Compensation Law went into effect Jan. 1, 1916. It makes insurance compulsory. We specialize in placing such insurance. We inspect Plants and recommend Accident Prevention Safe Guards which Reduce Insurance rates.

Fine Job Printing A SPECIALTY at the WATCHMAN OFFICE. There is no style of work from the cheapest "dog-eared" to the finest.

CHICHESTER'S PILLS. THE DIAMOND BRAND. Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold wrapper, sealed with Blue Ribbon. Take no other. Buy of your Druggist. Ask for CHICHESTER'S DIAMOND BRAND PILLS, for 25 years known as Best, Safest, Always Reliable. SOLD BY DRUGGISTS EVERYWHERE.

ATTORNEYS-AT-LAW

SKLIN'S WOODRING.—Attorney at Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 5, East High street. 57-44

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

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

G. RUNKLE.—Attorney-at-Law, Consultation in English and German. Office in Crider's Exchange, Bellefonte, Pa. 58-3

PHYSICIANS

W. S. GIENN, M. D. Physician and Surgeon, State College, Centre county, Pa. Office at his residence. 35-41

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. 71-25-11

V. A. B. ROAN, Optometrist. Licensed by the State Board, State College, every day except Saturday. Bellefonte, in the Garbrick building opposite the Court House, Wednesday afternoon from 3 to 8 p. m. and Saturdays 9 a. m. to 4:00 p. m. Bell Phone. 68-40

666 is a doctor's Prescription for COLDS and HEADACHES. It is the most speedy remedy known. 666 also in Tablets.

FIRE INSURANCE At a Reduced Rate, 20% 73-36 J. M. KEICHLINE, Agent

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

Table listing various feed products and their prices per 100 lb. Includes items like Wagner's 16% Dairy Feed, Wayne 32% Dairy Feed, etc.

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.

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 68-15-1t.

There're winter profits in hauling cord wood. TELEPHONE the nearby town for orders. The modern farm home has a Telephone.