

Your Health



Men Give Advice Prominent Health

Six rules for health were propounded by Secretary Wilbur in a radio address.

He recommended: Breathe pure, moist air day and night. See that you have plenty of rest and sleep. Eat of a rightly balanced diet with sufficient foods of the well known Keep the body clean invarieties. side and out. Be cheerful and Avoid worry. kindly in spirit.

Thomas Alva Edison last week in Review of Reviews gave the follow-

Are there certain definite fields in which the research of the future will lie?

"Yes, health through biology and chemistry. Sickness is pretty hard on the workman now. It's hard for them to get a good doctor, and the proper care is expensive. There is too much sickness, too. Something will have to be done about it, and that is where biology and chemistry come in.

"I have been experimenting with milk now for about eight years. For the last three years I have taken hardly anything else. I came in with milk (he chuckled) and I guess I'll go out with it. It's the Great Chemist, who is far away." (He raised his stubby pencil over his head, toward the ceiling.)

Will science tell us to eat less, as it has told us to drink less?

are due to over-eaving. age of 21 a large variety and quantity of food is unnecessary. All those things crowd the stomach and cause poisons. It takes courage to taking part were as follows: learn restraint, but all that eating weight keeps up on a glass of milk alone, every two hours. You eat and less, until (again the chuckle) she said she would have to stop, lady assistant steward otherwise she wouldn't be eating anything at all, but would still feel

What does the New Year day mean to you?

tltude toward the coming year? nan

sonian Institute, world-wide fame.

While the liver treatment for pernicious anemia is now generally known, the present awards recall Bellefonte, Pa., January 23, 1931. pment of this research.

> Kooper Research Institute in San plates, the bureau of motor vehicles dogs. they had a severe anemia, which ous States, as follows: consists in a great deficiency of the

red blood cells. of the anemic animals.

tured in bone-marrow

He found that diabetic patients blue had undernourished themselves in reenough meat and green vegetables.

with calf liver. Whipple and Minot thus started Jersey, white on red, medical clinics and laborthe atory experiments on a trail which New York, black on yellow; They are more powerful and nia, gold on blue; Rhode Island, black form

CENTRE COUNTY GRANGES INSTALL MANY OFFICERS

liver.

Three hundred and twenty-five Centre county Patrons of Husbandry and visitors witnessed the impressive ceremony of installing the of- light gray. ficers of seven subordinate Granges at State College, January 13th. The NEED MORE FUNDS installing officer was E. B. Dorsett, of Mansfield, Master of the Pennsylvania State Grange, assisted by Miss Elizabeth Sankey, of Hollidaysburg, marshall; Miss Kathyrne Strouse, of "Eighty per cent of our deaths Pine Hall, emblem bearer, and Mrs. After the Margaret Kimport, of Boalsburg,, try, and raise the American lumber regalia bearer.

The Granges and officers-elect

Spring Mills Grange No. 158- C. is unnecessary. I find that my H. Eungard, master; M. T. Zubler, overseer; Mrs. W. H. Hettinger, lecturer; S. G. Walker, steward; John less, yet you find your weight keeps Zubler, assistant steward; Mrs. Eunup, and you feel better. Mrs. Zubler, assistant steward; Mrs. Eun-Edison tried it, always taking less gard, chaplain; Mrs. Luse, secretary; a fungus that gets under the bark Mabel Eungard, flora; Bessie Zerby, on younger branches and raises

Victor Grange No. 159:-Edwin H. Dale, master; L. K. Dale, overseer; Rachel Jane Hunter, lecturer; Mrs. time it was hoped that it could be Homan, steward; William Everhart, kept out if the last great white pine Is it a day of regrets, or one of assistant steward; Mrs. Glenn, chap- reservoir of the West, but it has hopeful outlook? What is your at- lain; W. E. Homan, treasurer; Mar- gained a foothold there, and the garet Dale, secretary; George Moth- western white pine seem to be if tude toward the coming year? garet Dale, secretary; George Moth-It is the ambition, the imagina-ersbaugh, gate keeper; Mary Segner, eastern ones.

and others of DIFFERENT COLORS ON AUTO LICENSE PLATES

For the information of those thousands of Pennsylvanians who pride the less known history of the devel- themselves on being able to locate the home State of automobiles by a Dr. Whipple, when he was at the glance at the colors of the license

Francisco, started experiments on has issued a statement showing the He bled down dogs until 1931 color combination in the vari-

Alabama, orange on green; Arizona, He tried to keep black on orange; Arkansas, white on these weakened animals, by feeding black; California, orange on black; them various diets He found that Colorado, black on orange; Connectiraw liver was superior to any other cut, white on marcon; Delaware. food in restoring the lost blood cells colonial blue on old gold; District of Columbia, chrome yellow on black;

Dr. Minot followed up the clue Florida, white on dark maroon; left by Dr. James Homer Wright Georgia, white on green; Idaho, that pernicious anemia was caused white on black; Illinois, black on by a tumor-like disease of the mar- light green; Indiana, dark blue on row of the bones. Red blood cor- orange; Iowa, blue on white; Kanpuscles are believed to be manufac- sas, white on green; Kentucky, white on green; Louisiana, white on Navy

Maine, white on black; Maryland, gard to proteins. They did not eat white on red; Massachusetts, white on green; Michigan, red on black; Dr. Minot searched for some food Minnesota, white on black; Missisrich in vitamins and proteins. Such sippi, white on yellow; Missouri, In 1926, Dr. black on light gray; Montana, black a food was liver. In 1926, Dr. black on light gray; Montana, black Minot announced he had treated on white; Nebraska, red on light forty-five pernicious anemia cases gray; Nevada, black on orange; New Hampshire, green on white; New

New Mexico, black on deep yellow; North resulted in the virtual control of Carolina, yellow on black; North pernicious anemia through proper Dakota, tan on blue; Ohio, black on dieting. Now the active substances gray; Oklahoma, yellow on black; of liver can be had in condensed Oregon, orange on black; Pennsylva-

less objectionable in taste than raw on white; South Carolina, light green on pearl gray; South Dakota, black on white; Tennesse, yellow on black; Texas, white on black; Utah, black on Aluminum; Vermont, white on blue.

Virginia, black on orange; Wash-ington, white on green; West Virginia, old gold on black; Wisconsin, yellow on blue; Wyoming, green on

TO SAVE PINES Congress being asked to almost double the funds available for fighting white pine blister rust, one of most serious of the diseases that the afflict evergreen trees in this coun-

year by year. The sum appropriated in the bill which has just passed the House is \$456,000. An additional \$350,000 is necessary, representatives from pine States say, if the campaign is to be carried on with real hope of ac complishing anything.

White pine blister rust is due to great blister-like pustules. Afterward the bark sloughs off and even-

tually the tree dies. The disease is extremely contagious. For

THOUSANDS WILL ATTEND ALTOONA MOTOR SHOW.

With the New York automobile

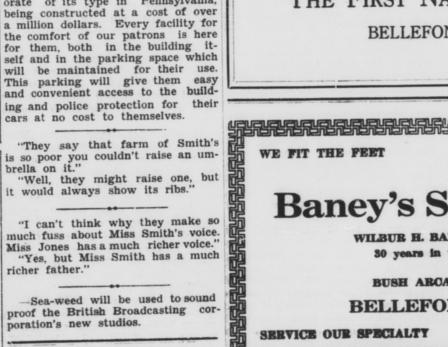
The Altoona show, comcountry. New York, will be fortunate in se- terruption. The cost of the license curing many of the most attractive is the same as last year, \$1.60, when automobiles, at least a secured from any of the County of these dozen being scheduled for shipment Treasurers. in time for the opening on Satur-day, January 24 to Jan. 31.

Never in the history of the automobile industry has so much in-terest been mainfested by the pub-lic in the new models. What with the new syncro-mesh transmission, one piece body, sturdier and specially designed frames, free wheeling and numbers of other entirely new features to be learned about by the motoring public, the 1931 automobile shows throughout the country will undoubtedly attract the same large crowds as New York. The actual sales of new cars made at New York shows, beyond a doubt, Mr. and Mrs. American that Citizen are not worried about a continuance of any business depression, one manufacturer alone reporting the sale of over 1,000 cars of his particular make. These orders were taken through the dis-

play models. "The Jaffa Shrine Mosque which the Altoona show will be ideally situated and conheld is structed for an automobile show,' said Mr. R. P. Miller, chairman of the dealers show committee. "We have never had the opportunity to display our cars to the public in such a setting. The beautiful building itself is one of the most elaborate of its type in Pennsylvania, being constructed at a cost of over a million dollars. Every facility for the comfort of our patrons is here for them, both in the building itself and in the parking space which will be maintained for their use.

This parking will give them easy

richer father."



1931 FISH LICENSES SENT TO COUNTIES

The 1931 fishing licenses are now show having completed one of the in the hands of the County Treas-most successful shows in its history, urers throughout the Commonwealth. the beautiful models exhibited are The Board of Fish Commissioners being sent by the manufacturers to urges all fishermen to take out the various shows which are to be their license as early in the year as held in other cities throughout the possible so that its program covering the construction of new hatching as it does close on the heels of eries can be carried on without in-

were the greatest of any year since the license has been in effect. It takes on an average of ten years to build up any license and 1931 will be the tenth year that Pennsylvania fishermen have been taking out a license. During the month of January the board will publish its statement covering the distribution of fish for the past year.

Little Waldo was much impressed by his first trip through the garden. Coming to the morning-glories he shouted, "Oh, Mother, come and see The receipts for the year 1930 the vine with the loud-speakers!"

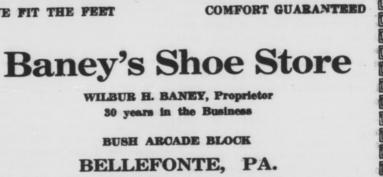
The Safe Deposit Boxes we have set

Custody of Wills

apart for Wills are getting pretty full. But there still is room in our vaults. If you have not made a Will, attend at once to this important duty. We will keep it for

vou without charge. Knowing where it is may save your heirs much trouble. Oftentimes Wills are hard to find.

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makes him different from the lower Helen Garman, flora; Mrs. L. K. animals. He can plan, and, having planned,

can make his dream come true.

to the rubbish heap. They have been discarded by all thinking persons. They did very well in the ignorant past, but in 1931 we are more enlightened.

Right living is known now to be more important than all the pre-scriptions that can be written. Disease and death are defeated by preserving the body, rather than by "curing" it or repairing it.

There will never come a time well.

By their timely advice we shall be turned away from practices that resulted in harm.

We should thank Almighty God committee. that we live in 1931, not 1831, 1731, Moshanno derful age.

It has given us scientific knowledge of remedial agents, marvelous instruments of precision, un-dreamed of manual skill, and me-Goss, overseer, Glenn Stevens, lectur-ing is the principal source of income traditions and silly beliefs.

On the health side of life, there never was another time when a year could be faced with greater confidence.

Progress is being made in the executive committee. control of cancer, tuberculosis, Washington Gram Bright's disease, the ailments of Fred markle, master; Leroy Corl, Wisconsin and in average value per heart and blood vessels, and, indeed, overseer; Mrs. Markle, chaplain; C. head exceeds all these states, ex-

knowledge is lessening human suf- Edna Irvin, flora; Helen Hunter, fering. Let us do our full part this lady assistant steward; S. I. Corl, year to live up to the new health executive committee. knowledge. Good health is largely Among those prese our individual problem and when it the county were W. F. Hill, of is so considered it will be kept by Huntingdon, past master of Pennsyl- a waitress, not a fortune-teller!" everybody

anemia has been recognized by the Blair county Grange. of the current achievements of

Dr. Geo. H. Whipple of Rochester University, and Dr. Geo. R Minot of Harvard Medical School, are the scientists who discovered the liver treatment for an analysis of Boalsburg. This play represented treatment for primary anemia. Now Centre county in competition at the they have been awarded \$5,000 each Pennsylvania farm show at Harrisfrom the \$10,000 annual award Dr. burg. George H. Hipple established by the Popular Science Monthly. Among the scientists on the committee of these awards were: Doctors R. A. Milikan, W. W. Campbell, retired president of California University; John C. Merriam, director Carnegie vin, Lewis R. Good, Dorothy Dreibel-Institute; Charles G. Abbott, Smith- his and John S. Dale.

Dale, assistant steward.

Halfmoon Grange No 290:-W F. One of the comforting facts of Way, master; Harvey Fisher, overtoday is that the horrid concoctions, seer; Mrs .Martin, lecturer; D. H. the other days have been thrown in- treasurer; George J. Ellenberger, secretary; Clare Fisher, gate keeper; Ina Way, ceres; Mrs. W. F. Way, rant and gooseberry bushes. pomona; Mrs. Fisher, flora; Ethel Way, lady assistant steward; N. I. DAIRYING LEADS AS

Wilson, executive committee.

Union Grange No. 325:-Kyle M Alexander, master; A. Y. Williams, overseer; Mrs. Showers, lecturer; Floyd Sanderson, steward; J. E. Carper, assistant steward; Mrs. be to keep us well, not to get us Harriet Alexander, ceres; Arabella culture. Houtz, pomona; Anna L. Finch,

flora; Harriet Carper, lady assistant steward; James M. Stere, executive

or any other '31. This is a won- sie Guyer, master; Harvey Bock, approximatly one-half of the total secretary; Nancy Bock, flora.

Penn State Grange. No 1707:-

rest, clearing them of superstitions, urer; Charlotte Summer, secretary; James G. Eagleman, gate keeper; Mis's Bernard, ceres; Miss Wallace, pomona; Miss Neff, flora; Rose Job, lady assistant steward; Don Goss,

Washington Grange No. 157:in almost every human ailment. Infancy and old age are being guarded against disease. J. Irvin, treasurer; Nellie Markle, secretary; Mrs. S. I. Corl, gate In every age group increasing keeper; Mrs. Johnson, ceres; Mrs. to the last triennial census.

Among those present from out of tea-cup!' Let us face 1931 with a firm and steadfast determination to live New Castle, past overseer of the Pennsylvania State Grange, and H. The liver cure for pernicious R. Gwin, of Tyrone, master of the

leading American scientists as one Dr. J. F. Shigley gave a short science that has proved to the ut-most benefit to humanity. Dr. Geo. H. Whipple of Rochester welcoming address on the part of

Refreshments were served by the combined efforts of the Granges taking part.

The committee in charge of the installation was composed of C. J. Ir-

The key to the disease is found in currant and gooseberry bushes. Strangely enough, the fungus does not go from pine to pine, but from pine to gooseberry or currant and

then back to pine again. medicines and local applications of Way, chaplain; Darius A. Waite, The disease is combated by going through all gardens and nurseries within spore-spreading range of pine woods and wiping out all cur-

FARM ENTERPRISE.

Dairying, a business which less than a century ago was represented by the "family cow," the handpowered dash churn and the milk crocks on the cellar or spring house when the family physician, and the Estella Parsons, chaplain; Clair S. floor, is now by far the outstanding specialists, too, will not be needed. Parsons, treasurer; E. T. Hall, sec- farm enterprise in Pennsylvania ac-But more and more, their task will retary; C. A. Houtz, gate keeper; cording to the Department of Agri-

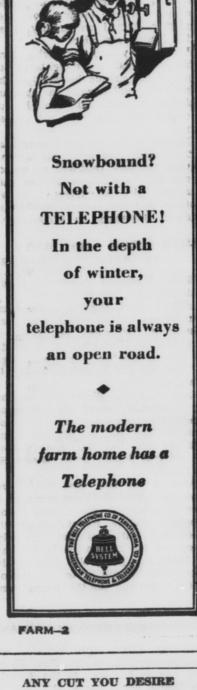
Federal statistics indicate that the sale of milk alone is the source of a greater cash income to farmers than the sale of all field, fruit and committee. vegetable crops combined. Further-more, the revenue from milk equals cash income from all livestock and livestock products sold from the farm

chanical and electrical devices, which mean everything to our physical welfare. It has set our minds at Bock, chaplain; Miss Garey, treas-action of the principal sources of farm sevenue in forty of the farm revenue in forty of the principal sources of farm revenue in forty of the state's 172,000 farms. Not of farm revenue in forty of the leading agricultural counties of the Commonwealth revealed that milk led in thirty-three.

In total value of dairy cows, Pennsylvania stands fifth among the States, being outranked only by Iowa, Minnesota, New York and cepting New York. Almost eighty per cent, of the farms in Pennsylvania have dairy cattle, according

Customer-"What does this mean? There's a fly in the bottom of my

Waitress-"How do I know? I'm



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