

# Democratic Watchman

Bellefonte, Pa., January 23, 1931.

## Your Health

THE FIRST CONCERN.



### Prominent Men Give Advice on 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 varieties. Keep the body clean inside and out. Be cheerful and kindly in spirit. Avoid worry.

Thomas Alva Edison last week in Review of Reviews gave the following:

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

"Yes, health through biology and chemistry. Sicknes 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?

"Eighty per cent of our deaths are due to over-eating. After the 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 learn restraint, but all that eating is unnecessary. I find that my weight keeps up on a glass of milk alone, every two hours. You eat less, yet you find your weight keeps up, and you feel better. Mrs. Edison tried it, always taking less and less, until (again the chuckle) she said she would have to stop, otherwise she wouldn't be eating anything at all, but would still feel fine."

What does the New Year day mean to you?

Is it a day of regrets, or one of hopeful outlook? What is your attitude toward the coming year?

It is the ambition, the imagination, the foresight of man that makes him different from the lower animals.

He can plan, and, having planned, can make his dream come true.

One of the comforting facts of today is that the horrid concoctions, medicines and local applications of the other days have been thrown into 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 prescriptions 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 when the family physician, and the specialists, too, will not be needed. But more and more, their task will be to keep us well, not to get us well.

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

We should thank Almighty God that we live in 1931, not 1851, 1731, or any other '31. This is a wonderful age.

It has given us scientific knowledge of remedial agents, marvelous instruments of precision, undreamed of manual skill, and mechanical and electrical devices, which mean everything to our physical welfare. It has set our minds at rest, clearing them of superstitions, 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 control of cancer, tuberculosis, Bright's disease, the ailments of heart and blood vessels, and, indeed, in almost every human ailment. Infancy and old age are being guarded against disease.

In every age group increasing knowledge is lessening human suffering. Let us do our full part this year to live up to the new health knowledge. Good health is largely our individual problem and when it is so considered it will be kept by everybody.

Let us face 1931 with a firm and steadfast determination to live rightly.

The liver cure for pernicious anemia has been recognized by the leading American scientists as one of the current achievements of science that has proved to the utmost benefit to humanity.

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 primary anemia. Now they have been awarded \$5,000 each from the \$10,000 annual award Dr. George H. Hippie established by the Popular Science Monthly. Among the scientists on the committee of these awards were: Doctors R. A. Millikan, W. W. Campbell, retired president of California University; John C. Merriam, director Carnegie Institute; Charles G. Abbott, Smith-

sonian Institute, and others of world-wide fame. While the liver treatment for pernicious anemia is now generally known, the present awards recall the less known history of the development of this research.

Dr. Whipple, when he was at the Kooper Research Institute in San Francisco, started experiments on dogs. He bled down dogs until they had a severe anemia, which consists in a great deficiency of the red blood cells. He tried to keep these weakened animals, by feeding them various diets. He found that raw liver was superior to any other food in restoring the lost blood cells of the anemic animals.

Dr. Minot followed up the clue left by Dr. James Homer Wright that pernicious anemia was caused by a tumor-like disease of the marrow of the bones. Red blood corpuscles are believed to be manufactured in bone-marrow.

He found that diabetic patients had undernourished themselves in regard to proteins. They did not eat enough meat and green vegetables.

Dr. Minot searched for some food rich in vitamins and proteins. Such a food was liver. In 1926, Dr. Minot announced he had treated forty-five pernicious anemia cases with calf liver.

Whipple and Minot thus started the medical clinics and laboratory experiments on a trail which resulted in the virtual control of pernicious anemia through proper dieting. Now the active substances of liver can be had in condensed form. They are more powerful and less objectionable in taste than raw liver.

### CENTRE COUNTY GRANGES INSTALL MANY OFFICERS

Three hundred and twenty-five Centre county Patrons of Husbandry and visitors witnessed the impressive ceremony of installing the officers of seven subordinate Granges at State College, January 13th. The installing officer was E. E. Dorsett, of Mansfield, Master of the Pennsylvania State Grange, assisted by Miss Elizabeth Sankey, of Hollidaysburg, marshal; Miss Kathryn Strouse, of Pine Hall, emblem bearer, and Mrs. Margaret Kimport, of Boalsburg, regalia bearer.

The Granges and officers-elect taking part were as follows:

**Spring Mills Grange No. 158**—C. H. Eungard, master; M. T. Zubler, overseer; Mrs. W. H. Hettlinger, lecturer; S. G. Walker, steward; John Zubler, assistant steward; Mrs. Eungard, chaplain; Mrs. Luse, secretary; Mabel Eungard, flora; Bessie Zerby, lady assistant steward.

**Victor Grange No. 159**—Edwin H. Dale, master; L. K. Dale, overseer; Rachel Jane Hunter, lecturer; Mrs. Homan, steward; William Everhart, assistant steward; Mrs. Glenn, chaplain; W. E. Homan, treasurer; Margaret Dale, secretary; George Mothersbaugh, gate keeper; Mary Segner, ceres; Mrs. Mothersbaugh, pomona; Helen Garman, flora; Mrs. L. K. Dale, assistant steward.

**Halfmoon Grange No. 290**—W. F. Way, master; Harvey Fisher, overseer; Mrs. Martin, lecturer; D. H. Way, chaplain; Darius A. Waite, treasurer; George J. Ellenberger, secretary; Clare Fisher, gate keeper; Ina Way, ceres; Mrs. W. F. Way, pomona; Mrs. Fisher, flora; Ethel Way, lady assistant steward; N. I. 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. Estella Parsons, chaplain; Clair S. Parsons, treasurer; E. T. Hall, secretary; C. A. Houtz, gate keeper; Harriet Alexander, ceres; Arabella Houtz, pomona; Anna L. Finch, flora; Harriet Carper, lady assistant steward; James M. Stere, executive committee.

**Moshannon Grange No. 1272**—Jessie Guyer, master; Harvey Bock, secretary; Nancy Bock, flora.

**Penn State Grange, No. 1707**—Lewis R. Good, master; Donald M. Goss, overseer; Glenn Stevens, lecturer; H. H. Stover, steward; J. C. Fertig, assistant steward; Martha Bock, chaplain; Miss Garey, treasurer; Charlotte Summer, secretary; James G. Eagleman, gate keeper; Miss Bernard, ceres; Miss Wallace, pomona; Miss Neff, flora; Rose Job, lady assistant steward; Don Goss, executive committee.

**Washington Grange No. 157**—Fred Markle, master; Leroy Corl, overseer; Mrs. Markle, chaplain; C. J. Irvin, treasurer; Nellie Markle, secretary; Mrs. S. I. Corl, gate keeper; Mrs. Johnson, ceres; Mrs. Edna Irvin, flora; Helen Hunter, lady assistant steward; S. I. Corl, executive committee.

Among those present from out of the county were W. F. Hill, of Huntingdon, past master of Pennsylvania State Grange; J. A. Boak, of New Castle, past overseer of the Pennsylvania State Grange, and H. R. Gwin, of Tyrone, master of the Blair county Grange.

Dr. J. F. Shigley gave a short welcoming address on the part of the Pennsylvania State College and Penn State Grange.

A short play was presented by members of Victor Grange, No. 159, of Boalsburg. This play represented Centre county in competition at the Pennsylvania farm show at Harrisburg.

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

### DIFFERENT COLORS ON AUTO LICENSE PLATES

For the information of those thousands of Pennsylvanians who pride themselves on being able to locate the home State of automobiles by a glance at the colors of the license plates, the bureau of motor vehicles has issued a statement showing the 1931 color combination in the various States, as follows:

Alabama, orange on green; Arizona, black on orange; Arkansas, white on black; California, orange on black; Colorado, black on orange; Connecticut, white on maroon; Delaware, colonial blue on old gold; District of Columbia, chrome yellow on black; Florida, white on dark maroon; Georgia, white on green; Idaho, white on black; Illinois, black on light green; Indiana, dark blue on orange; Iowa, blue on white; Kansas, white on green; Kentucky, white on green; Louisiana, white on Navy blue.

Maine, white on black; Maryland, white on red; Massachusetts, white on green; Michigan, red on black; Minnesota, white on black; Mississippi, white on yellow; Missouri, black on light gray; Montana, black on white; Nebraska, red on light gray; Nevada, black on orange; New Hampshire, green on white; New Jersey, white on red.

New Mexico, black on deep yellow; New York, black on yellow; North Carolina, yellow on black; North Dakota, tan on blue; Ohio, black on gray; Oklahoma, yellow on black; Oregon, orange on black; Pennsylvania, gold on blue; Rhode Island, black on white; South Carolina, light green on pearl gray; South Dakota, black on white; Tennessee, yellow on black; Texas, white on black; Utah, black on Aluminum; Vermont, white on blue.

Virginia, black on orange; Washington, white on green; West Virginia, old gold on black; Wisconsin, yellow on blue; Wyoming, green on light gray.

### NEED MORE FUNDS TO SAVE PINES

Congress being asked to almost double the funds available for fighting white pine blister rust, one of the most serious of the diseases that afflict evergreen trees in this country, and raise the American lumber bill 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 accomplishing anything.

White pine blister rust is due to a fungus that gets under the bark on younger branches and raises great blister-like pustules. Afterward the bark sloughs off and eventually the tree dies. The disease is extremely contagious. For a time it was hoped that it could be kept out if the last great white pine reservoir of the West, but it has gained a foothold there, and the western white pine seem to be if anything more susceptible than the eastern ones.

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.

The disease is combated by going through all gardens and nurseries within spore-spreading range of pine woods and wiping out all currant and gooseberry bushes.

### DAIRYING LEADS AS FARM ENTERPRISE

Dairying, a business which less than a century ago was represented by the "family cow," the hand-powered dash churn and the milk crocks on the cellar or spring house floor, is now by far the outstanding farm enterprise in Pennsylvania according to the Department of Agriculture.

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 vegetable crops combined. Furthermore, the revenue from milk equals approximately one-half of the total cash income from all livestock and livestock products sold from the farm.

It has been estimated that dairying is the principal source of income on approximately 100,000 of the State's 172,000 farms. Not long ago, a study of the principal sources 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 Wisconsin and in average value per head exceeds all these states, excepting New York. Almost eighty per cent, of the farms in Pennsylvania have dairy cattle, according to the last triennial census.

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

Waitress—"How do I know? I'm a waitress, not a fortune-teller!"

### THOUSANDS WILL ATTEND ALTOONA MOTOR SHOW.

With the New York automobile show having completed one of the most successful shows in its history, the beautiful models exhibited are being sent by the manufacturers to the various shows which are to be held in other cities throughout the country. The Altoona show, coming as it does close on the heels of New York, will be fortunate in securing many of the most attractive of these automobiles, at least a dozen being scheduled for shipment in time for the opening on Saturday, January 24 to Jan. 31.

Never in the history of the automobile industry has so much interest been manifested by the public in the new models. What with the new synchro-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, that Mr. and Mrs. American 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 display models.

"The Jaffa Shrine Mosque in which the Altoona show will be held is ideally situated and constructed 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 and convenient access to the building and police protection for their cars at no cost to themselves.

"They say that farm of Smith's is so poor you couldn't raise an umbrella on it."

"Well, they might raise one, but it would always show its ribs."

"I can't think why they make so much fuss about Miss Smith's voice. Miss Jones has a much richer voice."

"Yes, but Miss Smith has a much richer father."

—Sea-weed will be used to sound proof the British Broadcasting corporation's new studios.



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**P. L. Beezer Estate....Meat Market**

### 1931 FISH LICENSES SENT TO COUNTIES

The 1931 fishing licenses are now in the hands of the County Treasurers throughout the Commonwealth. The Board of Fish Commissioners urges all fishermen to take out their license as early in the year as possible so that its program covering the construction of new hatcheries can be carried on without interruption. The cost of the license is the same as last year, \$1.60, when secured from any of the County Treasurers.

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 vine with the loud-speakers!"

## Custody of Wills

The Safe Deposit Boxes we have set 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 you without charge. Knowing where it is may save your heirs much trouble. Oftentimes Wills are hard to find.

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