

Your Health THE FIRST CONCERN.



Infected Teeth and Tonsils May Cause Rheumatic Pains

By Morris Fishburn Editor, Journal of the American Medical Association, and of Hygeia the Health Magazine.

Today medical investigators are giving more attention to rheumatism and rheumatic disorders than ever before in the history of medical science.

One of the reasons for this attention, as pointed out by Dr. Ralph Pemberton, is the realization of the fact that pain in the joints and in the muscles and many of the other conditions generally classified as rheumatic are responsible for a tremendous amount of disability in industrial workers and that the cost is a great economic problem.

In true scientific medicine, the method of attack on the disease is first to discover the cause and then to attempt to eliminate the cause rather than to treat the symptoms.

It is already recognized that a tendency to this disorder may run in families, because certain types of people are more frequently attacked by the disease than others.

Apparently the blood supply in the rheumatic person is not up to normal standard. The fact that there is a decreased blood flow in the parts of the body affected may explain the added discomfort expressed by people with rheumatism when there are changes in the weather.

Dr. Pemberton has emphasized for many years the relationship between the food intake of the body and rheumatic disorders.

In some form of food is almost as common today in America as it is used to be in England. It is due, not so much to excessive beef eating as to overeating in general.

As a matter of fact, any diet rich in foods containing what scientists call "purines" may be harmful to a person who has a tendency to gout.

Uric acid is an example. Caffeine, present in tea and coffee, and the obromine, found in tea and cocoa, are other forms.

In the acute attack of gout the patient should be put to bed and kept quiet. The foot with the inflamed joint should be elevated and kept warm.

Simple diet, rest and quiet are the particular things which will give relief. A doctor should have oversight of the sufferer.

There are certain kidney troubles which are traced to gout. Skin and eye troubles are among its complications.

Certain mineral waters have long been considered useful. Electricity, light and heat, when rightly employed, help a good deal.

The victim should take warning from the least touch of gout. He should begin at once to avoid those foods which are too rich in purines.

Overeating has been the curse of every age. One of the penalties of prosperity is the danger of indulging the palate.

It is not gout alone that follows excesses. All the organs and tissues of the body suffer. Good sense demands moderation.

Socialist—"After all, what is the difference between the rich man and the poor man?"

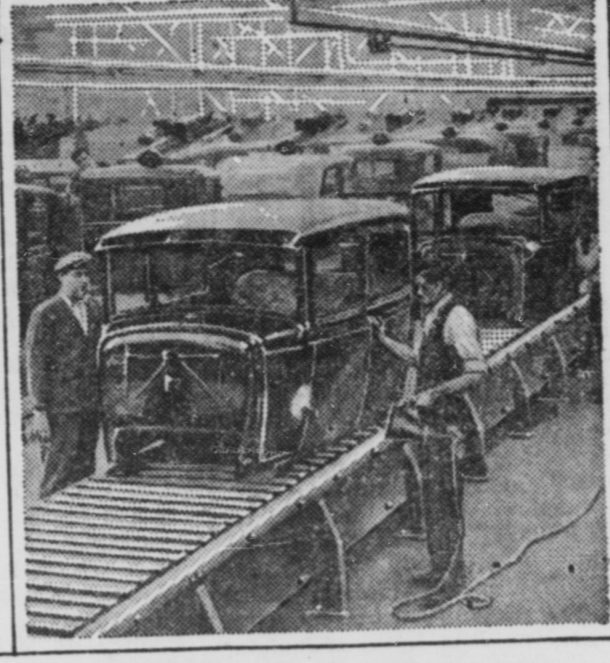
Even in mild attacks, children should be kept in bed and warmly covered. There is much more danger of the heart being affected in the case of a child than that of an adult.

A young society bud was bidding her hostess goodbye. "And be sure and tell everybody not to tell anybody what I told you about Dorothy and Dick."

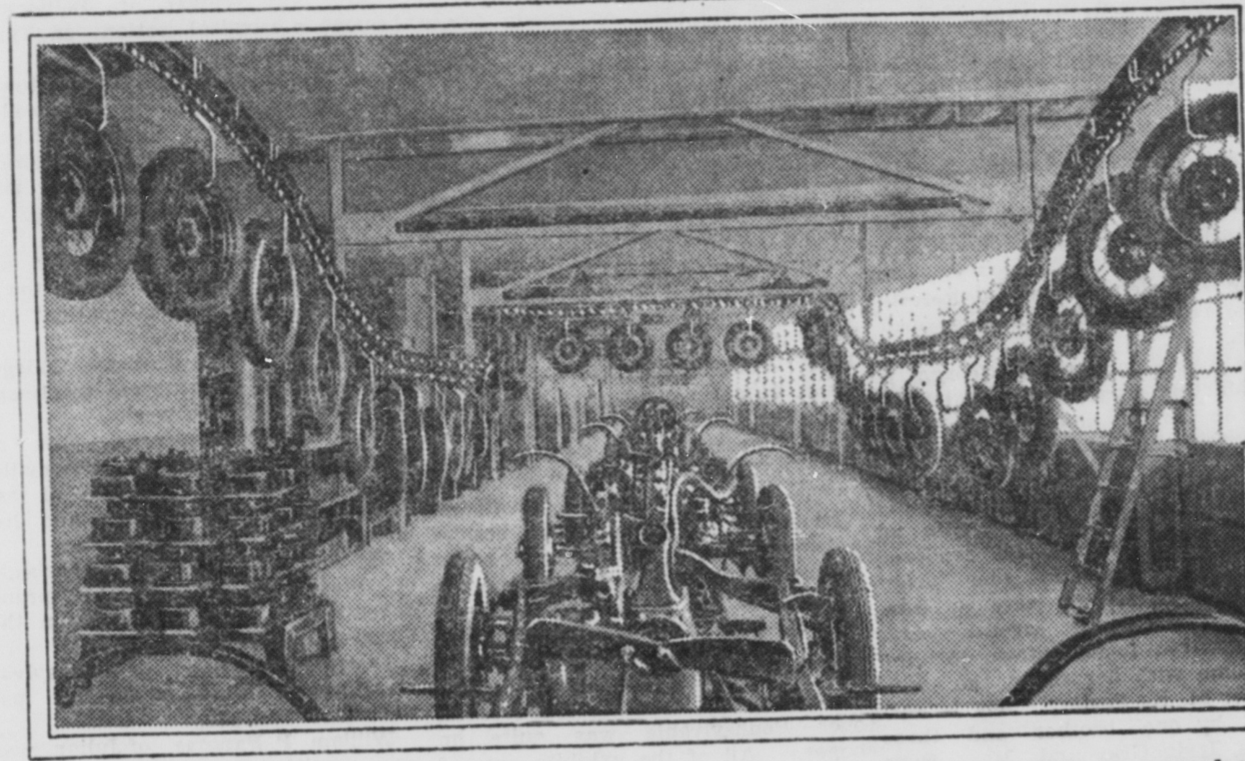
Conveyors Carry Ford Car Parts



Trains unload in the plant.



Bodies starting through the shop.



Conveyors carry wheels with mounted tires over a line on which cars pass to completion.

The highly important part played by conveyor systems in all Ford Motor Company manufacturing and assembly plants is graphically shown in the above three pictures taken in the recently opened Edgewater, N. J., plant.

The third view is of the conveyor system used to bring wheels to the chassis which are also moving on a conveyor. As indicated in the picture, a constant flow of wheels on which the tires have already been mounted moves around and over the chassis assembly line.

THE DEMOCRATIC DONKEY

THE G. O. P. ELEPHANT.

Thomas Nast, a famous cartoonist, who lived from 1840 to 1902, was the originator of both the donkey and the elephant as symbols of the major political parties.

The Democratic donkey was the earliest of these symbols—though it was not originally intended to represent the party as a whole, but that part of it which was engaged in attacking the memory of Edwin M. Stanton, Secretary of War, even while the funeral ceremonies were being held for him.

The elephant originated at a time when a third term for President Grant was an important topic of the day. It was used in a cartoon by Nast published also in Harper's Weekly, but four years later, November 7, 1874.

Certain mineral waters have long been considered useful. Electricity, light and heat, when rightly employed, help a good deal.

Other cartoonists adopted Nast's symbols, and in a short time they attained their present universal use.

The origin of the eagle as a Republican Party emblem is not quite so clear. It is, of course, a common symbol of freedom and power.

The rooster as a Democratic emblem, originated in Greenfield, Hancock county, Indiana, in 1840. It was used as a local allusion to a loyal and boastful Democrat, and then, by gradual extension, to the Indiana Democracy, and ultimately to that of the entire Nation.

FIGURES AND FACES

There is one business that depression can't shake. Steel may slip a point, copper may drop and farm products take another slump, but the beauty industry booms along with a serenity that is little short of the sublime.

In good times or bad we must have beauty and all that goes to it's making.

Says Aromatics, trade journal of the perfumers:

DEPT. OF HIGHWAYS HAS BIG POSTAGE BILL.

That the Pennsylvania Department of Highways is one of Uncle Sam's best customers is evidenced by the statement of its chief mail clerk, who reports the department bill for postage at nearly \$25,000 for the year.

In addition messengers handled thousands of internal documents within the offices. On a recent pedometer test one messenger walked seventeen miles a day.

REAL ESTATE TRANSFERS.

Lizzie Kauffman, et ux, to Carrie R. Owens, et ux, tract in Spring Twp.; \$1.

City of Philadelphia to Commonwealth of Pennsylvania, tract in Burnside Twp.; \$3,401.29.

Robert L. Koch, Adm., to R. R. Randolph, tract in Ferguson Twp.; \$160.

Eliza J. Stump to William H. Homan, tract in Potter Twp.; \$60.

C. D. Bartholomew, et ux, to William H. Homan, tract in Gregg Twp.; \$1,164.

Boyd W. Richard, et ux, to George W. Gill, tract in Huston Twp.; \$1.

Martha E. Condo, et al, to Alfred A. Baer, tract in Gregg Twp.; \$1,900.

M. D. Kelley, et al, to Harry P. Hassinger, tract in College Twp.; \$1.

Peter S. Bierly, Exec., to William Kreamer, tract in Miles Twp.; \$55.

STOP NIGHT RISING

Its Nature's Danger Signal. Man of 74 relieved.

Jacob S. Yoder, Charm, Ohio, says, "Have had bladder irritation for 15 years and was bothered 6 to 8 times each night."

Will gladly tell or write my complete experience. It acts on bladder as epsom salts do on bowels.

Drives out foreign deposits and lessens excessive acidity. This relieves the irritation that causes getting up nights.

Chickester's Pills



Can you see to read when you sit by the fire in the evening?

Perhaps you need a floor lamp by your chair or additional table lamps really to enjoy reading beside the living room fire.

WEST PENN POWER CO

BETTER LIGHT MEANS BETTER READING

Fresh Guy (to girl in restaurant): and what is your name, my dear? Girl: "Pearl, sir." F. G.: "Are you the pearl of great price?" Girl: "No: I am the pearl that was cast before swine."

"What are you smiling about?" "I've had revenge. That girl I've just finished serving was a telephone operator and I gave her the wrong number in shoes."

The BEST Gray Hair Remedy is Home Made

To half pint of water add one ounce bayrum, a small box 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 Plantium 74-77-79 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.

JOHN F. GRAY & SON State College Bellefonte

Fine Job Printing

A SPECIALTY at the WATCHMAN OFFICE

There is no style of work, from the cheapest "Dodger" to the best

BOOK WORK that we can do in the most satisfactory manner, and at prices consistent with the class of work.

CHICHESTER'S PILLS

THE DIAMOND BRAND. Labeled Ask your Druggist for Chickester's Diamond Brand Pills in Red and Gold wrapper. Take no other. Boy of year. Bring out Ask for CHICHESTER'S DIAMOND BRAND PILLS, for 15 years known as Best, Safest, Always Reliable. SOLD BY DRUGGISTS EVERYWHERE

ATTORNEYS-AT-LAW

S. KLINE WOODRING—Attorney at Law, Bellefonte, Pa. Practices in all courts. Office, room 18 Crider's Exchange. 51-53

J. KENNEDY JOHNSTON—Attorney-at-Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 5, East High Street. 57-64

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. 53-57

W. G. RUNKLE—Attorney-at-Law, Consultation in English and German. Office in Crider's Exchange, Bellefonte, Pa. 68-6

SPECIALISTS

D. R. 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. 71-22-11

E. VA. B. ROAN, Optometrist, Licensed by the State Board. State College, every day except Saturday, Bellefonte, in the Garbrick building opposite the Court House, Wednesday afternoons from 2 to 3 p. m. and Saturdays 9 a. m. to 4:00 p. m. Bell Phone. 68-40

666

LIQUID or TABLETS Cures Colds, Headaches, Fever 666 SALVE CURES BABY'S COLD

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 with 2 columns: Feed Name and Price per 100lb. Includes items like Wagner's 16% Dairy Feed, Wayne's 20% 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. 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. 75-1-1yr.

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 68-15-11