Bellefonte, Pa., February 6, 1931.

Your Health



By John Harvey Kellogg, M. D. There is perhaps no other disease which in modern times has wrought more havoc of human life than the disease commonly known as the "flu" or influenza. The insidious character of the disease and extreme rapidity with which it spreads over communities, States and even countries, cause this malady to be more dreaded than almost any other mal-ady, and justly so, for the mortality rate of the disease in its viru-lent form is under ordinary circumstances very high, although, for-tunately, the disease only now and

then assumes a severe type. ly infectious and hence every infected person should be isolated as soon so little from those of an ordinary way appears to be when influenza is present in a community for every person who experiences symptoms at all like those of influenza, to be all like those of influenza, to be isolated immediately so as to presiolated immediately so as to presional contact. The afflicted perpersonal contact. The afflicted person should avoid projecting infected influenza influenza it issues and live and multiply inside to them. The others are loose germs that gain admission to the body and then produce certain poisons which get into the bloodstream and are carried throughout the system.

It would seem that the influenza is pay their long overdue accounts, no more letters would be delivered to them.

"Perhaps those who refused to settle had been disappointed in the contents of their mail. The system of the time appealed strongly to practical jokers who are said to sons who necessarily come in contact with influenza patients, as nurses or attendants, should take great care to avoid breathing air which has been infected through coughing or been infected through coughing or sneezing by the patient.

Symptoms.

No matter how severe the type of influenza in a given epidemic, the patient rarely dies from the disease. It is the complication, particularly of pneumonia, or pleurisy, that is would

Numerous observers have noted that the severity of the disease is very greatly lessened when the patient is kept continually in the open air. The greatest fatality has been when influenza patients have been will aid the respiratory process. When breathing cold air, the lungs automatically expand so as to take in at each breath three or four times the amount ordinarily taken. This increased absorption of oxygen is a matter of the highest importance in influenza because of the great embarrassment of the lungs which develops in severe types of the disease. This increase in of the disease. This increase in the automatic intake of air is doubtless the chief advantage gained by the open-air treatment of pneumonia and various other acute and chronic

respiratory diseases. Influenza is most likely to attack persons whose resistance is low. Lowered resistance may be the result of overwork, underfeeding, lack of sleep, worry or any depressing influence. The best protection against influenza is to maintain against influenza is to maintain high resistance by good nutrition, especially by the free and regular use of foods rich in vitamins, such as greens, spinach, lettuce and other fresh fruits and vegetables. Sleeping out at night or in a room well flooded with cold nurse air is a not flooded with cold, pure air is a po-tent means of building up resistance. One of the best of all means of

maintaining high resistance is light baths. Either natural sunlight or artificial light may be employed. At this season of the year sunlight is available only in southern portions of the country. Fortunately, the artificial lights supplied by an arc light will produce essentially the same effects as the natural light, and this artificial light has the advantage that it is available at all seasons and at any hour, day or night. It has also the further advantage that the intensity of the application can be accurately de-termined and regulated. Those who accustom themselves to out-of-door sleeping and who spend as much time as possible in the open air and who keep their skins tanned a dark brown, need have no fear of in-

In relation to the treatment of the disease three or four points are well worth noting. First, the pa-tient should drink an abundance of water. A glassful every hour is none too much. Fruit juices may be advantageously employed. Orange juice is particularly good. It may be diluted with two or three parts of water and used in place of plain water. Free water drinking aids the kidneys in eliminating the poison produced by the disease and aids in keeping resistance high and increas-

During the late war English physicians discovered that the inhalation of oxygen is a measure of very great importance in this disease when it is accompanied by pneumonia of a severe type. In pneumonia of a severe type. In these cases oxygen inhalation should begin early in the disease and before the patient's face and lips become livid. Unfortunately, it is generally customary to resort to oxygen only when the patient seems ing starting easy." almost in extremis, thus using this remedy as a last resort. Employed by this plan oxygen often fails to county cover 107,396 acres.

produce any pronounced benefit. The MAIL SERVICE COSTLY time to use this valuable remedy is early in the disease as soon as the respiratory movements are quicken-

to the chest, one electrode on either side, and a strong current is passed through the affected lung. The diathermy is nothing more than an application of heat, the source of heat being electric energy. High tension waves of a character essential.

used in broadcasting. If the measures suggested are employed in connection with proper feeding and good nursing in the very beginning of the disease, the mortality rate will be exceedingly

THE 'FLU' IS HAND-BORNE DISEASE By R. S. Copeland, M. D. Many germs, some of them cap-

by the hands. more care on the part of the public

were exercised, there would be less danger from these infectious dis-Jut what germ causes influenza and what is its remedy are ques-tions which have not been solved as

But one thing we do knowit is largely handborne.

The terrible epidemic of influenza First of all, it is important to in 1918 caused the whole world to remember that the disease is clearing to solve the problem of its

symptoms of the disease differ ing studies of the disease.

Symptoms of the disease differ ing studies of the disease.

We know there are two general so little from those of an ordinary of the solution of the sol

It is the complication, particularly of pneumonia, or pleurisy, that is would have to be accepted without

ed wards. An influenza patient cold, or the symptoms of influenza, should be kept in the open air day should go at a severe should be severe should be severe should go at a severe should be severe should be severe should go at a severe should be should be severe should be should be should be should should should be should should should be should shou should be kept in the open air day and night. Of course care must be taken to avoid chilling. If a be taken to avoid chilling. If a business of getting well. When you do this, the other infectious germ should be chosen and greef the symptoms of make a business of getting well. When you do this, the other infectious germ should be chosen and greef the symptoms of make and make a business of getting well.

How No-Nox Ethyl Eliminates Knocks and Improves Motor Performances.

A Gulf Refining company official talks about No-Nox Ethyl. "The manufacturers

cars have found that the higher the compression the better the performance. To increase compression may be demonstrated with a rubber ball-the harder you throw it to the ground, the higher it bounces; or take the old fashioned muzzle loading shot gun, the tighter the powder is tamped the greater the force of the shot. In the motor the tighter the piston squeezes or compresses the charge of fuel before firing, the greater will be the power from the plosion.

And here's where No-Nox Ethyl steps into the breach. The tendency of ordinary gasoline to "knock" limited the compression. By mixing Ethyl compound with No-Nox the knock is stopped, "knocked out."

For many years Charles F. Kittering, president of General Motors research laboratories and his associates endeavored to perfect an anti-knock compound and their labors were finally crowned with success when they found that tetra-ethyl lead would do the trick.

About one 'teaspoon of "Ethyl"

fluid to one gallon of No-Nox motor fuel gives an ideal anti-knock gasoline, which eliminates knocks, gives added power on hills, faster pick-up and a cooler running motor. The reason for this is the fact that 'Ethyl" fluid controls the combustion rate of gasoline-keeps it from burning too quickly as the compression is raised.

Your motor was designed to deliver a certain number of revolutions per minute-fuel knocks reduce these revolutions (r. p. m.'s.), the motor ecomes sluggish-slows down. With the proper (r. p. m.'s), revolutions per minute of your motor more power is generated and with it greater mileage with a much less strain on the motor, as well as the

Vibration in the motor is a deadly enemy to car performance—it is communicated to the frame and thence to the body with the resultant loosening of nuts, and bolts. No-Nox Ethyl minimizes vibration

and thereby reduces deterioration. Consistent users of No-Nox Ethyl period of a year or more will find the general condition of car and motor to be very satisfactory. Gulf service stations are now dispensing No-Nox Ethyl.'

"I might also say" he continued, "that starting is troublesome on cold winter mornings or even when the weather has a pleasant snap. A gasoline of low end point, like No-Nox Ethyl for instance, vaporizes more quickly and completely mak-

-The State forests in Centre

IN THE EARLY DAYS.

Nowadays when one can send a letter from New York to San Fran-Another remedy which has recently been found of very high value is diathermy. This is applied to the chest, one electrode on either early days our mail service was

sion waves of a character essentially the same as that of the currents used in broadcasting.

"It cost eight cents to send a letter thirty miles in the early days of our national history. It cost a quarter to send a letter from Boston to New York; longer distances were proportionately higher.

"The rates quoted applied only to a single sheet of paper. The use of envelopes had not then come into vogue, letters being written on one side of the page, folded and addressed on the reverse side, then Many germs, some of them cap-able of causing disease, are carried wax. Postal fees were based, not wax. on weight but on the number of epidemics of colds and influenza, if pages. It mattered not if the sheet as long as it was but one, it was to the minimum fee, Letters containing two pages were charged double and so on. All enclosures, even printed circulars, were charged as extra pages. Needless to say, there was little direct mail advertising done.

"Postage was not prepaid, the fee being collected from the adressee With strangers, at its destination. business was on a strictly C. O. D. basis, but postmasters had a convenient way of trusting their friends and ed person should be isolated as soon ing to solve the problem of the disease differ ing studies of the disease. In the problem of the disease differ ing studies of the disease. ous advertisments in the newspapers warning that if postal debtors did not pay their long overdue accounts,

personal contact. The aimeted personal contact. The aimeted germ belongs to this latter type, son should avoid projecting infected germ belongs to this latter type, have sent expensive letters solely to particles into the air by taking care for the reason that its effects are particles into the air by taking out the reason that its effects are annoy persons against whom they to cover the nose and mouth with a felt so generally in the system. had a grudge. Numerous complaints that the health of our charge were made by panally in the health of our charge were made by panally in the health of our charge were made by panally in the health of the reason that its effects are annoy persons against whom they had a grudge. or coughing, and non-infected persons who necessarily come in contact symptoms.

There are dizziness, headache, pain of over charge were made by patrons, who complained the postmassian of the postmassian ter had exacted toll for several sheets when in reality there was but one. This led to a ruling that unless letters were first opened in the redress in case of mistakes. This Also, other serious complications ruling, which reminds one of the may arise, for instance, a serious in- modern admonition to 'counters, volvement of the nervous system.

This is not unusual. There may be trouble with the kidneys or other

New York business man who received a large mail is said to have made when influenza patients have organs.

crowded together in badly ventilatone organs.

One who is attacked by a severe it his habit to open it all before the one window without regard. postmaster's window, without regard to the inconvenience he was causing others waiting in line behind him. His action helped to show up the

absurdity of the system. "In order to evade the charges for widely open. The temperature of the air should be kept low, below and all the acute respiratory diseases, is that secondary infections will not aid in reducing fever but will aid the respiratory prothat the postal regulations were undermining the moral sense of the

American people. "Aside from its cost, the early postal service was very unsatisfactory in speed and regularity. Roads-were unbelievably bad and inclement weather would hold up the mail for days and weeks at a time. there happened to be more mail than could be accommodated in the saddle bags of the mounted postboy or too much to be squeezed into the stage coach, some was left behind. George Washington complained that letters sent to him from Philadelphia and New York did not reach his Mount Vernon estate until a month

or six weeks later.
"In 1791, the aggregate pay of "In the United" all the postmasters in the States came to the modest total of \$9,330. In the smaller communities the postmasters received such small pay and had so little to do that they were obliged to support themselves by some outside work, was often left at coffee patrons to collect for themselves. In the west, it was received at the general store and placed in a tub for all who came in to look through.

Subscribe for the Watchman

DON'T GET UP NIGHTS Rev. D. Lee, Portsmouth, N. H. Says, "Come or write to 346 Pleasant

St. and I will tell you how in a short time the bladder irritation relieved by Lithiated Buchu (Keller Formula.) My case was of long standing and painful. Was bothered 4 or 5 times each night." 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. The tablets cost 2c each at all drug stores, Keller Laboratory, Mechanicsburg, Ohio, or locally at C. M. Par-

WHO HAS LOW LICENSE TAGS

Most of us are accustomed to believe that low license numbers on automobiles are indicative of high officials of the state government. This is partially correct and partially very incorrect. Here are some of the first hundred numbers for the year 1021 the year 1931.



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.

BETTER LIGHT MEANS BETTER READING



in wintry weather! Snow and ice no barrier to friendly chats by

The modern farm home has a Telephone

TELEPHONE!



FARM-3



WHERE DO YOU BUY

the meat you prepare for the family? You should choose your butcher with the same care that you do your physician or any other person who may control the health of those Skillful in the selection and cutting of all kinds of meat, we take pride in a reputation for having the best the market affords.

Market on the Diamond Telephone 666

Bellefonte, Penna.

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

by Gifford Pinchot. In addition to rick, 27; Andrew W. these there is the state car for the Cyrus E. Woods, 53; Governor's use which bears plates with the word "Governor." The

The retiring Governor, John S. Fisher has number 37. Auditor General Charles Waters has number 3 and State Treasurer Edward Martin has number 4; General Edward Shannon, Lieutenant Governor will have number 2. For the nineteenth consecutive year W. W. Atterbury has

Others among the first hundred are Senator David A. Reed, 22; W.

No. 1 and No. 11 are cars owned L. Mellon, 26; W. Freeland Kend-Woods, 53; Admiral Bostwick, 64; Mrs. William C. Sproul, 77; Wm. S. Vare, 80, and Cardinal

Nervous Musician—"Madam, your cat has kept us awake two nights:

with it's serenade." Mrs. Nextdoor (tartly)-"What doyou want me to do, shoot the cat?"

Nervous Musician—"No, madam,
but couldn't you have him tuned?"

-We do your job work right.

Insurance Trusts

oubtless the average business man carries some life insurance. Should he die, his family would receive a certain sum of money in cash. But is there any assurance that this money will be properly invested-that it will, for a term of years, serve the purpose that the insured had in mind. None at all. It may all be lost in a year.

That is why prudent men are more and more creating Insurance Funds-placing the sum received from the insurance company in the hands of a competent Bank for investment. We shall be glad to talk to those interested.

THE FIRST NATIONAL BANK BELLEFONTE, PA.

WE FIT THE FEET

COMFORT GUARANTEED

Baney's Shoe Store

WILBUR H. BANEY, Proprietor 30 years in the Business

BUSH ARCADE BLOCK

BELLEFONTE, PA.

SERVICE OUR SPECIALTY SPECIAL ORDERS SOLICITED

Hey, Fellers!

Tell your mother that at Fauble's she can get you regular

\$7.50 and \$8.00 4-Piece Suits

For \$5.95

Also regular \$12.50 and \$15.00 Suits

For \$9.85

Every Suit has two Pairs of Golf Knickers and Mannish Vest



These are all Real Bargains-no old stock, but New Up-to-the-Minute Styles-Don't miss this.

A. FAUBLE