

Your Health THE FIRST CONCERN.



PLENTY OF MOISTURE IS SECRET OF HEATING HOUSES IN WINTER; CELLAR IN MODERN HOME IS USUALLY TOO DRY.

By Dr. Morris Fishbein
Editor, Journal of the American Medical Association, and of Hygiene, the Health Magazine.

The invention of civilized men are both a help and a hazard.

Before modern homes were built, houses were constructed of logs or boards, sometimes made tight by the use of plaster. Rooms were large, with high ceilings, long windows and great double doors. Such houses were difficult to heat but they had at least the advantage of supplying plentiful amounts of fresh, moist air. The modern home is usually an apartment house with brick walls, weather-stripped windows and steam heat, or a private home with thick walls and no attic. The farmer can bank the lower part of the house with earth, buy a storm door and stop up the windows. The city dweller in a poorly constructed house cannot avail himself of these natural methods and is likely to suffer with the cold.

Our chief difficulty in modern homes arises from the fact that we believe the thermometer. Nevertheless it is recognized that the thermometer at 75 without moisture means that the room will feel cold, whereas a temperature of 69 with moisture means comfort. In modern homes the cellar is too dry.

If one adopts the suggestion of Health Officer Dr. George W. Goler of Rochester, N. Y., he will wet down the cellar floor, the coal and the cellar walls and keep them wet and warm with from 10 to 15 gallons of water a day. As a result of the evaporation of this water from the heated walls and floor in the cellar the entire house will keep warm, the floors will stop cracking, the furniture will stay together, the nose and lips will not chap.

There are many other ways of getting moisture into the house. A six-room house requires the evaporation of 10 to 15 gallons of water a day if the outside air is from 10 to 15 degrees Fahrenheit. A water pan in the furnace and even pans of water on the radiator hardly get 15 to 16 gallons of water into the atmosphere in the home.

Dr. Goler suggests also that it is uncomfortable to have too many heavy blankets. The lighter the bed clothing consistent with warmth the better.

Due to modern motor transportation and improved street cars and trains the average human being fails to dress properly for outdoor conditions. Less than 25 years ago everyone wore heavy underwear, caps and ear-muffs, mittens, and broad shoes covered by rubbers or artics.

If one were to wear the same clothing today he would suffer greatly while indoors, or have to change his clothes completely every time he went from outdoors into the house. Hence we chance the cold of the outdoors in order to be comfortable when indoors.

PROPER REGULATION OF HOME HUMIDITY MAY AID TO AVOID COLDS, INFLUENZA AND PNEUMONIA

The most favorable temperature for health for the average man varies apparently with the climate to which he has been accustomed.

In the temperature zone, we seem to do exceedingly well with fairly moderate temperatures, such as occur in spring and fall, but must adjust ourselves to the extreme conditions that develop in the summer and in the winter.

Winter requires more adjustment than summer. Professor Huntington of Yale believes that the weather is responsible for from 75,000 to 100,000 deaths every year. The most severe months are apparently February, March and early April, the period in which pneumonia following colds is most prevalent. Furthermore, the winter months seem to deprive the human being of many of the healthful factors available in other seasons.

The normal human being has a temperature of 98.6 and his body seems to function best in a temperature of from 65 to 70 degrees Fahrenheit. It is difficult to maintain this temperature in rooms during the winter months. Overheating dries out the body and puts the mucous membranes in a condition in which it is difficult for them to resist the onslaught of infection.

Unfortunately, few homes are properly regulated so far as concerns moisture. The average humidity in most homes during the winter months is about 25 per cent. That is to say, at 70 degrees the air contains only about 25 per cent of the water it could contain. In order to have the maximum of health and comfort, the air should contain about twice this amount.

To get a relative humidity of 50 per cent, rooms heated to 70 degrees will require the daily evaporation of from five to 30 gallons of water. All sorts of methods have been devised for getting this amount of water into the air.

The simplest method, of course, is the pan of water with a wick, which may be placed on the radiator. It is also possible to evaporate

the water without the wick, but it does not evaporate so rapidly.

Several humidifiers are manufactured which may be placed on the radiators and which contain cloth layers along the sides which serve the purpose of aiding the evaporation of the water.

Continuing the discussion of influenza, in addition to having moisture outside the body, it is desirable to have sufficient moisture inside the body to respond to the dryness. If the human being will drink eight glasses of water each day, he will have a sufficient amount of water to take care of the functions of the kidney and to provide for evaporation from the skin.

It is particularly important for the infant and the child to be surrounded with proper temperature and humidity during the winter months. During these months children suffer more with coughs, colds, pneumonia, bronchitis and other respiratory diseases than do adults.

In many cases the adult suffers from a cold in the head. A severe case of this is called the grip; if many people have it at the same time, the condition is known as epidemic influenza.

In addition to keeping the air at a proper temperature and moisture, it is desirable to get a certain amount of fresh air into the home regularly. Most people have become accustomed to sleeping with windows open widely during the summer months. It is not necessary, however, to open the windows so widely during the winter months, but a free circulation of a certain amount of fresh air is healthful.

It is well to remember that a person can stand a great deal of bad weather provided he is properly protected against it. Hence the covers should be definitely related to the amount of cold that is likely to be present before morning. One of the dangers is that a person will go to bed at night rather lightly covered because of the fact that the room is warm, and that as it gets colder toward morning the covers are not easily available. Then he will lie and shiver rather than get additional covers to supply suitable warmth.

The best advice that a physician can give when one gets a bad cold or influenza is to go to bed as soon as possible and stay in bed as long as the symptoms are acute. This certainly helps shorten and will sometimes ward off an attack. The physician can prescribe for a patient under these circumstances and make him much more comfortable by use of remedies which will make him feel warm, quiet the pains, control the fever and help the discomfort of the nose and throat.

The danger of a cold is not so much in the cold itself as in the complications which affect the bones, joints, lungs, ears and other parts of the body.

"Tuberculosis is far from being a conquered disease," said Dr. S. O. Pruitt, medical secretary of the Pennsylvania Tuberculosis Society, who was in Bellefonte holding clinics with Miss Keichine, school nurse, and Miss Noll, tuberculosis nurse of the State Department of Health.

"During recent years much progress has been made in lowering the death rate from this disease," said the tuberculosis specialist, "but this scourge still takes a large toll of life between the ages of 15 and 45 years. The aim of the National Tuberculosis Association, with which the Pennsylvania Society is affiliated, is to concentrate its efforts on finding cases of tuberculosis in our young people early so as to prevent them from ever developing open tuberculosis. It is a large order but its consummation will bring extension of many years of life and productive power to the Nation."

During the two days' clinic careful physical examinations have been given 43 persons, mostly school children. Various defects, which may be contributory to tuberculosis, were discovered and parents will be advised to seek correction of these defects at the hands of their family physicians.

These clinics are sponsored by the Christmas Seal sale.

PAPER UNDER FLOORS PROOF AGAINST SOUND.

Above the subflooring should be laid paper felt or insulating quilt, depending upon whether it is desired only to keep out dust or soundproof the floor. Where real soundproofing is desired it is customary to lay a quilt of the deadening material and over this to run strips of wood midway between the joists.

The finish flooring is then laid over the strips and nailed thereto. The nails do not run into the joists and in consequence there is no definite connection between the finish flooring and the filling below. And thus we find sound is not carried through freely.

Sometimes soundproofing is obtained by laying a course of the deadening material along the tops of the floor beams. The subflooring is then laid directly over this insulation and the finish flooring follows with a course of felt or paper between the two floors.

The motorist was lost. He didn't know which way to go. Suddenly he saw an old man approaching. "Hi!" he shouted. "do you know the way to Widdelcombe?"

The old man shook his head. "No," he said. The motorist drove on slowly, and when he had gone about half a mile he heard loud shouts behind him. He stopped and looked around. The old man had been joined by another and they were waving him back. Slowly and painfully he backed his car down the narrow road.

"Well?" he said. "This is my mate, George," said the old man. "E don't know, neither."

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TELEPHONES IN U.S. TOTAL 20,206,000, SURVEY DISCLOSES

15,676,000 Instruments Operated by the Bell System, Which Spends \$3,960,000 Daily

With a total of 20,206,000 telephones in service last October 1, it is evident that the United States continues to depend to an increasing extent upon this industry to provide its communication requirements.

There are approximately 35,450,000 telephones in the world and any one of the 15,676,000 Bell System telephones, including the 1,298,000 instruments served through central offices operated by the Bell Telephone Company of Pennsylvania, can be connected to about 31,600,000, or 89 per cent, of them.

According to statistics compiled by the American Telephone and Telegraph Company, there are in the United States 7,249 companies whose facilities are connected to the Bell System. They operate 4,424,000 telephones and 12,632 central offices. Only 106,000 telephones in the country are operated by independent companies.

The magnitude of the Bell System is reflected in the facts that nearly 75,000,000 miles of wire are in use and more than \$4,000,000,000 is invested in equipment, land and buildings. During the third quarter of last year, the System's daily expenditures for new construction and operating expenses, including necessary taxes, averaged \$3,960,000.

In Pennsylvania, there are 16.4 Bell telephones to every 100 persons. Of the total number of families in the State, 41.3 per cent. have Bell service. More than 5,226,000 miles of telephone wire in Pennsylvania are contained in underground and aerial cables.

GEORGE WASHINGTON DIED 129 YEARS AGO.

One hundred and twenty-nine years ago George Washington, founder of his country, died at Mount Vernon, Va., strangled by acute laryngitis contracted through exposure to a storm.

He was sixty-seven years old, and three years previously had retired from his second term as President to complete his days "amid the mild concerns of ordinary life."



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*KWH—Kilowatt hour—the unit used to measure the electrical energy.

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COST OF DIVORCE AT RENO IS \$350 PER.

The average cost of a Reno divorce is about \$350 although it is possible, with some sharp bargaining, to obtain a decree for less.

The minimum fee for an attorney in an uncontested action is fixed by the Nevada Bar Association at \$250, but the actual fee ranges from \$50 up. The fees probably average \$250 for the plaintiff, to which is added about \$25 for an attorney for the defendant and if he refuses to sign a power of attorney or decides to contest the suit, the costs mount.

Probably the average New Yorker of moderate means spends about \$1,100 for a Reno divorce, including railroad fare, living expenses for three months and attorney's fees. However, it is possible for a person to travel from New York to Reno and return with a decree in hand at a cost of as low as \$600.

No attorney will advise a person from New York to go to Reno without a "power of attorney" from the prospective defendant in the case if it is at all possible to procure

DISTURBED SLEEP

Believe the Irritation with Buchu Leaves. Mrs. Anna L. Denson, 214 Wykes St., Alliquippa, Pa., says, "For 9 years I suffered agony with my bladder. Was told the only hope for a cure was an operation. Dreaded to see night come as I was disturbed many nights every 15 minutes. After taking Lithiated Buchu (Keller Formula) a few days, I had much relief. I am now almost cured. Sleep all night without being disturbed. I have gained 18 pounds. I am always glad to tell or write my full experience." The tablets contain lithia, buchu leaves, juniper etc. It acts on the bladder as epsom salts do on the 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. Parish's.

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To half pint of water add one ounce bay rum, 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. Apply to the hair twice a week until the desired shade is obtained. It will gradually darken and glossy. Barbo will not color the scalp, is not sticky or greasy and does not rub off.

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

one as such divorces, granted by default when the defendant is not represented in court there, are unrecognized in New York State.

The cost of having an attorney in court to represent the defendant, making the divorce a decree legal anywhere, ranges from \$10 to \$200.

It is necessary to remain in Reno for three months before the divorce action can be filed, but the divorce will be granted immediately if the applicant has that most valuable power of attorney.

Fan—"Good morning, Mrs. Boggs,

we're looking for some good-natured folks to help support our baseball team. What say you?"

Mrs. Boggs (at the wash-tub)—"What do I say? I say that I am now supporting three members of that team. Ain't that enough?"

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