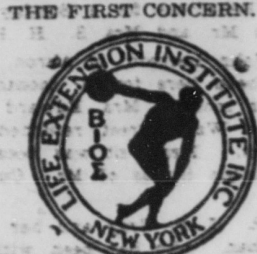


Your Health



HUMAN BEINGS DO NOT GET ENOUGH VITAMINS IN WINTER TIME

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

The winter months are the season of coughs and colds. These represent today the most common complaint from which human beings suffer and lead the causes of absence from work in most industrial plants.

In giving advice as to how colds may be prevented modern hygienists demand first of all that human beings be kept in the best possible condition. This means good hygiene, including proper food, adequate rest and sleep, a sufficient amount of water and exercise. It is probably equally important that the human being be not exposed to undue chilling or moisture.

It is doubtful that there is any specific drug, vaccine, serum, medicine or physical apparatus that is of particular benefit in preventing a cold. Various types of vaccines are used by many physicians because they are convinced that they help to build up resistance, but the majority of physicians are not yet convinced of the value of this measure.

The general impression is that the human being needs both vitamins A and D to help resist colds. Vitamin A can be had through egg yolk, butter and the leafy vegetables, and vitamin D is found richly in cod liver oil.

It is, of course, realized that the average human being in the temperate zone does not get enough sunlight during the winter months and his body is deficient in vitamin D at this season. He may therefore get his vitamin D in the manner mentioned, or he may secure it by taking cod liver oil concentrates of vitamins A and D, now available in tablet form or by similar methods.

It should be borne in mind, however, that hooded by absolutely certain as to do with the prevention of colds, and that the use of the apparatus or the preparations that have been mentioned is still in what scientific medicine calls an experimental stage.

IF YOU ACQUIRE A COLD, GO TO BED AND STAY THERE UNTIL SYMPTOMS SUBSIDE

Beyond the taking of vitamins in the food, it is, of course, necessary mineral salts and the caloric values that are necessary for energy.

The eating of vast quantities of food will not keep a person warm, however, and the office worker who rides down in the morning and sits indoors most of the time during the day needs a little more food in the winter than he is accustomed to taking in the summer months.

Everybody knows the symptoms of a typical cold in the head, including headache, chilliness, pains all over the body, especially in the back and in the legs, and disturbances of the ability to taste and smell. If a person has these symptoms in a mild degree, he is likely to say he has a cold. If he coughs, he will add to the diagnosis laryngitis and bronchitis. If his nose runs profusely, he will say he has a cold in the head or coryza.

If the whole attack is very severe, he says he has the grip, and when everybody in the community suffers at the same time, the condition is known as epidemic influenza.

Dr. Harry Beckman feels that chilling of the body and excessive fatigue probably are associated with the tendency to colds. Quite certainly the crowding together of large numbers of people helps to spread the disease. This spread of the disease could be controlled merely through shutting up large places of entertainment, study or work.

It has been suggested that gauze masks be worn in times of epidemic, but again the opportunity for contact is so great that it is questionable whether the gauze masks used on a community scale really control the spread of the condition. This applies also to the use of antiseptic nasal sprays.

The best advice that physicians can give is to get to bed as soon as possible and to stay in bed as long as symptoms are acute.

DRESS WARMLY AND SENSIBLY TO AVOID WINTER COLDS AND FLU

Red flannel underwear for the average worker has long disappeared from the American scene. It is still occasionally seen in foreign districts and in lumber camps.

The coming of the automobile and the steam-heated office and home have made it necessary that underclothing and indeed clothing in general be rather light for indoor wear during all seasons of the year. It is therefore possible for the worker to put on enough extra clothing before going outdoors to take care of his temperature needs.

Everyone can remember when women began to outstrip men so far as clothing was concerned. It is difficult to state whether the brevity of the clothing or of the diet was responsible for the rise in tuberculosis in young women which began coincidentally and which has persisted for several years.

Dr. Hoyt Dearholt has ascribed it primarily to modern dress, he believes that it could be cut down if dress reform of physicians are convinced that insufficient protection of the body by suitable clothing is in a measure responsible for the frequency of colds, of influenza, and of pneumonia. Tuberculosis prospers in soil that is represented by modern young women, poorly nourished and insufficiently dressed.

Perhaps the silliest custom has been the feeling of certain mothers that little children should wear socks, going with the knees and legs bare in order to harden them. Almost invariably it is the slender, undernourished child whose mother becomes afflicted with this notion.

The best authorities are convinced that the child should wear in winter undergarments containing about 30 per cent of wool, that the underwear should have full-length arms and legs, and the child should wear long stockings, which may be part wool, during the winter season.

In addition, the child under four years of age when taken outdoors should wear leggings and an outer coat which can be fastened well around the neck and allow a knitted sweater underneath.

Salvation Army Annual Campaign



ENVOY AND MRS. CHARLES SAUNDERS

During the past year The Salvation Army has been raising funds to carry out their work on a yearly basis and about one year ago Envoy and Mrs. Charles Saunders put on an appeal in this community. They are the only authorized solicitors for the Army and will be putting on this year's appeal here. Their pictures appear in this paper so that all may know them when they call.

It is understood that people generally are very much pleased with this manner of raising funds and are glad to give a substantial sum once each year.

The Northeastern Pennsylvania Division consists of twenty-six counties and is all financed within its own borders.

The work includes the spiritual work, dealing with the "down but not out" as well as other classes, the work among under-privileged boys and girls, the life saving scout work for the boys and girls who are not strong are given camp life and come back much improved. Who knows what this will mean to them and the world in the future. Relief work of all kinds, including Christmas dinners for the poor, etc., rescue work among women, Many girls who have made a mistake are cared for in the Army's splendidly equipped homes and a goodly number are restored to lives of virtue, work among prisoners, many of



whom are paroled to the Army. Last year alone 830 missing friends were found and restored to their loved ones. The Army is an endless chain that reaches around the world and is equipped for this work. The campaign now being put on by Envoy and Mrs. Saunders will be the only authorized appeal this year and the Army is in hopes the people will give their contributions now and refuse all other appeals that might be made for this work until next year when Envoy and Mrs. Saunders will return.

There have been a number of people going around asking for money and friends thought it was for Salvation Army work, but all will be protected by giving to this campaign for this year's work. The counties covered by this division are as follows: Pike, Columbia, Schuylkill, Wayne, Bradford, Lycoming, Susquehanna, Juniata, Clinton, Monroe, Northumberland, Luzerne, Blair, Sullivan, Union, Mifflin, Potter, Huntingdon, Carbon, Clearfield, Montour, Lackawanna, Wyoming, Tioga, Snyder and Centre. The headquarters is located at 128 Penn Ave., Scranton, Pa., Brigadier John Waldron, divisional commander.

James K. Barnhart, cashier of the First National Bank, Bellefonte, is treasurer for Centre county and if no one calls on you personally you can mail your contributions directly to him.

U. S. PRESERVES PRIMITIVE AREA IN NORTHWEST

Fremont, Lewis and Clark and the host of pioneers that followed their footsteps into the vast wilderness of the west less than a hundred years ago undoubtedly would have given a hearty chuckle had some prophet foretold that it would be necessary for the Federal Government to set aside a section of the United States as a primitive forest area for the preservation of natural growth and wild life.

But today such is the case and the Pacific Northwest is the first section of the country to have such areas designated and approved.

These areas are located and named as the Mountain Lakes Primitive Area, Crater National Forest; Mt. Jefferson Primitive Area, on the Mt. Hood, Deschutes, and Santiam National forests, and the Eagle Cap Primitive Area, within the Wallawa and Whitman National forests.

The Forestry Department explains that these sections are to be kept as near their natural state as is physically and economically possible. No roads are to be built in to such areas and only such trails as are necessary for its protection shall be allowed. The few structures to be built must be constructed of native material.

Of the three districts, Eagle Cap area is the largest with some 223,000 acres within its boundaries. The country is as rugged as can be found in Oregon and contains a large number of higher peaks than any other part of the State. Only those who care to go a foot or on horseback will ever see this virgin wilderness.

Four rivers and twenty lakes contain a wide variety of fish while the woodlands furnish a last stand for higher sheep and small fur-bearing animals fast becoming extinct.

A wide range of tree species is to be found in the Mt. Jefferson Primitive Area of 52,000 acres. Living glaciers cling to the sides of Mt. Jefferson and feed nearby a seque of lakes and streams, while wild flowers of every species bloom in profusion during the summer.

The Mountain Lake Area in Southern Oregon is the smallest with 18,440 acres located on the Cascade divide. It contains forest growth typical of high elevations.

Early spring vegetables receive most attention from most gardeners. More attention should be given to late vegetables.

P. R. R. BEGINS WORK ON \$5,000,000 CAR ORDER

Philadelphia. Quantity production has been started by the Pennsylvania railroad on its recent \$5,000,000 order for 1,500 new steel Gondola cars.

Six new cars are being turned out daily at each of the railroad's three shops at Enola, near Harrisburg, Pitscairn, in the Pittsburgh district and at the Altoona Works. Each shop will complete 500 cars under the terms of the order. More than 9,000,000 pounds of steel and steel products will be used.

TEACH ME THE MUSIC

(Continued from page 2, Col. 6.)

sweet. You're so beautiful. Don't laugh it off, Lanky. Try to learn to love me, too."

Lanky moved nearer to him in the darkness; put her hands in his. "I know the words," she said. "I know the words," she said. "I know the words. Teach me the music—will you, dear?"—Hearst's International Cosmopolitan.

ACCIDENTS DECLINE

The number of hunting accidents

increased somewhat during the last year, which brings the score to forty-six fatal and 211 non-fatal accidents. The total fatalities are under that of 1929, when fifty-three persons were killed and 210 non-fatal accidents occurred.

CHICHESTER'S PILLS



Inspiring News! The most heartening and inspiring item of recent news is the statement of General Atterbury, President of the Pennsylvania Railroad, that his Company will expend 175 million dollars in improvements during the next two and one-half years. To arrange for such an expenditure in times of acute business depression when prices of materials are down and labor efficient, is a striking example of the wise management that has made the Pennsylvania the premier transportation system of the world. And it shows vision, a splendid faith and courage that is inspiring, and that is in keeping with the Company's best traditions. THE FIRST NATIONAL BANK BELLEFONTE, PA.

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Clean-Up Suit Sale And now, men, the news is out. Tomorrow Every Suit In Our Store —men's, boys' and children's—goes on sale at the Biggest Price Reduction In This Store's History One-third off the regular prices. Come, take your pick. Here is What It Means A \$30.00 Suit Costs You \$20.00 A \$22.50 Suit Costs You \$15.00 An \$18.00 Suit Costs You \$12.00 A \$12.00 Suit Costs You \$ 8.00 There are No Exceptions Every Suit---Men's or Boys' All Go the Same Way It's a Clean-Up---and It's At FAUBLE'S

CORRECT DATE ON SEASON FOR TROUT Due to a printer's error one-sixth of the summaries of the fish law which have been sent to county treasurers show incorrect dates for the season on trout. The incorrect summary shows the season as opening July 1 and closing on November 30. Unless the Legislature changes the season limits it will, as before, open on April 15 and close July 31. Printed slips explaining the error have been forwarded to county treasurers. In a number of counties, however, the incorrect summaries had been distributed to fishermen who made early application for their licenses.

