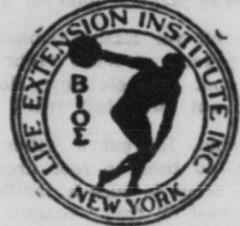


Your Health THE FIRST CONCERN.



Chemicals Essential For Life; Five Best Known Requisites are Potassium, Calcium, Iodine, Copper and Iron.

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

So far as the facts have been established, 10 organic chemical substances are known to be essential to life.

These elements are calcium, phosphorus, iodine, iron and copper, that are well known, and sodium, potassium, magnesium, chlorine and sulphur, the five not so well known.

As has been emphasized again and again in these columns, calcium is required in large amounts for the body in the formation of the bones and the teeth, and for regulating certain of the chemical reactions that go on in the human system.

Considerable amounts of calcium are found in milk and in such vegetables as string beans, lettuce, spinach, cauliflower, asparagus and celery. It should be understood that very few cereals contain a sufficient amount of calcium to be of any special service for the supplying of this element in the diet.

Scientific studies of iodine have indicated that the amounts required for the human body are very small indeed, but that even these small amounts are not to be had in some sections of the country where the soil is poor in this element. Hence, methods have arisen for supplying small amounts of iodine in the form of tablets and in the form of iodized salt, particularly to growing children.

Iron is found in fairly large amounts in spinach, whole wheat, meat, prunes and egg yolk. It also is found in fairly small amounts in cereals. There was a time when the emphasis on iron was so great that food substances not otherwise particularly desirable were eaten in large amounts merely for the iron contents.

Nowadays it is considered preferable to secure the iron by a proper diet of ordinary foods, and, if necessary, to have additional iron for the building of red coloring matter in the blood, this is easily supplied through any one of several dozens of medicinal iron preparations.

Obviously, a well balanced diet will contain milk to provide a number of the fundamental substances and associated with it each day at least two vegetables, particularly of the leafy vegetable type. If a person eats a diet of this character, he need give little further attention to the question of supplying his body with proper amounts of the mineral substances.

Five-Year Survey Reveals That Too Much Chewing of Food Decreases Muscular Endurance

The report has just been made available of an experiment to establish the relationship of diet to efficiency.

The experiment has continued over more than five years, and has involved four important measures: First, to eat only when actually hungry; second, to stop when satisfied; third, to chew the food especially well, fourth, to try to secure food for which there seems to be a craving, and to omit food for which there seems to be antagonism.

In connection with this study, records were kept of the food and water intake, the eating time, the action of the bowels, the hours of sleep, the chemistry of the fluid excreted, blood pressure, pulse and the temperature, the basal metabolism, muscular endurance, and the mental ability of the person studied.

Dr. H. H. Holck, who reported the investigation, which was made under the auspices of the University of Chicago, points out that more than 500 years ago the famous Italian centurion, Luigi Cornaro, practiced essentially the same rules regarding diet and felt that these were responsible for his good health.

In fact, Cornaro is credited with the famous proverb, "The food from which a man abstains, after he has eaten heartily, is of more benefit to him than that which he has eaten."

As may well be imagined, few people have endeavored to follow such a definite routine for the control of their diets, because many of us eat for the pleasure of eating as well as for the needs of our constitution.

In a report, Dr. Holck carefully gives all of the details of the factors that have been mentioned. He finds that too much chewing of the food decreases muscular endurance, and, in fact, to some extent to be said in favor of restricting somewhat the amount of food taken in, in order to keep the normal body weight at a stationary figure.

One of the especially significant factors was the attempt to find the relationship between a restricted dietary and the incidence of colds. This is particularly important since many enthusiastic observers have endeavored to control the incidence of the common cold by dietary means alone.

Investigators found that colds were more frequent between November and May, none occurred during July or August, and this regardless of dietary changes. Indeed, if there

were any interpretations to be made at all relative to the relationship of the cold to diet, it would seem that colds were relatively less frequent during the period of good feeding.

Starvation Will Relieve Appendicitis

The surgeon who pointed out the proper preparatory treatment of appendicitis was Dr. A. J. Ochsner, of Chicago. By preparatory treatment I mean preparatory for operation. Dr. Ochsner emphasized the danger of giving cathartics to these patients, and it was his contention that unless they could be operated very early it is safer to starve them, and give no cathartics until the fever and acute symptoms have subsided.

From his work comes one of the most important health rules on earth: "Never give a person with an acute pain in the abdomen a cathartic."

All acute stomachaches, of course, are not due to appendicitis. But if the stomachache is not appendicitis the cathartic is not needed, and if it is appendicitis it is deadly dangerous. If I had acute appendicitis I would rather go out and fight a mad dog than swallow an ounce of castor oil.

It seems very hard to teach people this. As soon as they get a stomachache they say, "Something I have eaten," and rush pell mell for the medicine closet. If you ever vomit after taking a cathartic when you are ill, for heaven's sake don't repeat the dose. That is nature's way of showing you nothing is wanted in the stomach.

I heard Dr. Ochsner tell once how he found out about the no-cathartic treatment of appendicitis. There was a very rich and otherwise prominent citizen of Chicago in the old days, when aseptic surgery was young, who had frequent attacks of appendicitis. Being of so much importance, he naturally had a great array of consultants.

He was always urged to have his appendix out, but he never would consent, so the consultants, after trying unsuccessfully to make him surgery minded, fell back on the then fashionable medical treatment for the disease.

Dr. Ochsner lost track of him for several years, and then one day he met him walking in the park. In the course of the exchange of greetings the doctor asked him how his appendicitis was.

"You know, I've learned how to cure appendicitis," was the answer.

The doctor averred that he had been trying to find out for a long time and asked what the method was.

"Well, you see, you fellows would give me castor oil and salts and more castor oil all the time. And I'd get sicker and sicker, until finally I got so sick and weak I couldn't hold any of it on my stomach. I began to notice that when that time came around I started to get well. So I decided I would take the last part of the treatment first. Since then, whenever I have an attack I just go to bed, refuse all food, water or salts, and I get well in about four days."

All this sounded sensible and from it was derived the now famous Ochsner treatment for appendicitis.

JOKES IN POLITICS.

From the Pathfinder. A Republican candidate, in a house-to-house canvas, was trying to persuade a voter to ballot for that ticket.

"No," said the voter, "my father was a Democrat, and so was my grandfather, and I won't vote anything but the Democratic ticket."

"That's no argument," said the candidate, "suppose your father and your grandfather had been horse thieves; would that make you a horse thief?"

"No," came the answer, "I suppose in that case I'd be a Republican."

At an examination of men who wished to become citizens the federal judge asked the usual questions, concluding with: "And now does anyone here belong to any society or organization inimical to the government of the United States?" A gleam of understanding spread over one man's face.

"Sure, judge," he said, "I'm a Democrat."

A small boy down South was playing with some puppies. A kindly passer-by stopped and asked him what kind they were. The lad replied promptly:

"They're Republicans now, but when they get their eyes open they'll be Democrats."

A political orator in one of the Southern States—a Democrat, of course—was making a speech when he was interrupted by a commotion at the rear of the hall. He stopped his speech to ask, "What's wrong back there?" A voice answered him:

"Someone's picked my pocket, and got my watch."

"I'm sorry," said the speaker, "but I didn't know there were any Republicans in the audience."

"Yes, there is one—I'm a Republican!"

WHEN YOUR COWS BECOME MERE BOARDERS, SELL 'EM

Test and scales found 264 cows in January that were not paying their board bills to Keystone dairymen, the Pennsylvania State College dairy extension service reports. They were promptly sold to the butcher.

Seventy-seven associations tested 27,364 cows during the month. Of these, 4840 produced more than 40 pounds of butter fat each and 6028 gave more than 1000 pounds of milk. In the 40-pound group 1882 exceeded 50 pounds of fat and of the half-ton milkers 3424 topped 1200 pounds.

Chester Valley association, in Chester county, tested the largest number, 688 cows. The Wayne county group led in 40-pound butterfat producers with 136, and Cumberland No. 1 had the largest number of 1000-pound milkers, 201.

FOR AND ABOUT WOMEN.

DAILY THOUGHT.

Life is a test of the survival of the fittest, but unfortunately lots of us don't fit.

—Keeping youthful is all in the way you rule the waves.

For no woman needs to have a gray hair in her head until she's 65 if she follows science in the care of her locks, according to Miss Gladys Ogilvie, beauty specialist, one of the seven Ogilvie sisters who head an international group of beauty salons devoted to the care of the hair and scalp.

Practicing what she preaches, her own ash-blond hair is free from silver threads although she is middle aged.

"Correct brushing and growth of the scalp stimulates the growth of hair," Miss Ogilvie explained.

"And the hair retains its natural color until a woman is 65 or 70, if it is kept alive and stimulated from the roots up. Neglect of the hair, causing oiliness or dryness, is what causes the black or brown or golden hair to become peppered with gray."

Women who try to restore their natural hair color with tints and rinses will not meet with half the success that can come from systematic use of the hair brush, Miss Ogilvie said.

—Now that the days are lengthening, your plants will begin to show signs of growth. This is due to the fact that they have light a little longer and sun a little stronger. As they are entering a period of growth it is well to give them more room, as this is one of the times when they respond to transplanting. New soil, after they get over the shock of having their roots disturbed, always has a tonic effect on them.

Before starting to transplant them it is well to make sure that you have soil that meets their requirements. So many persons fail to realize the importance of proper soil. Florists devote much time to the proper preparation of their soil and it is largely due to this care that they raise such perfect flowers. With only a minimum amount of labor you can readily change the soil you have so that it will meet the requirements of the ordinary house plant.

For example, should your soil be rather heavy, with more clay than loam in it, you can change it by adding sand. Thus you will have converted an almost impossible soil for some kinds of house plants into a light, friable one that will furnish the necessary elements for the development of all varieties of strong roots. Any kind of sand available will do but coarse, sharp sand is best. By experimenting with the soil you will be able to determine the quantity needed.

A good test is to mix some sand and soil together. Then take it up in the hand and squeeze it firmly together. If when the pressure is relaxed the soil crumbles and falls apart, or even shows a tendency to do so, it is safe to conclude that you have used enough sand. This will make an ideal soil for most strong-rooted plants. Plants having finer roots of the fibrous sort will do better in a soil containing more loam than clay. In fact, leaf-mold usually suits them better than loam.

Leafmold, you know, has a large percentage of the vegetable matter which is essential to many of our soft wooded plants. Always use sand in combination with leafmold, to keep the loam porous. Not so much sand, however, as when clay or garden loam is the basis of your soil. Leafmold is springy and will not pack and become hard as does clay when it is watered.

Finely ground bone meal is a welcome addition to most soils used for house plants. This is a safe form of nourishment.

—When arriving in a city, it is safer to take one of the regular line of taxis rather than freebooter autos or cabs which are without trade marks or distinguishing insignia by which they are generally known as taxicabs. Some taxi companies have a certain color or style of vehicle by which all may recognize them. The traveller may feel reasonably sure that such an automobile is a bona fide taxi and not merely a vehicle an adventurer has driven to the station to pick up someone. He may feel assured that the driver is reliable to a degree, for a company in good standing will employ only such chauffeurs to drive its cabs.

On the streets, it is safer to take one of the taxis lined up in front of a reliable hotel, rather than to hail a passing cab anywhere on the highway. The tip, usually expected by the doorman in the hotel when he puts you in the cab, may be money well spent, since it is a guarantee that the hotel recognizes this as a good line of taxi-cabs.

In a reliable cab one need not be alarmed if the driver goes out of his way and does not always take the shortest and most direct line to his destination. Such items as a torn up street, a corner at which he dare not make a turn, a rough pavement, or congested traffic may make him deviate from the route you would expect him to take.

—For the meal-time centerpiece, probably nothing else will ever be quite so acceptable as flowers, but other things may be used. A little piece of statuary, a rare piece of silver or pewter, fruit, even a ship model may serve as a center of attraction.

On such occasions as harvest festivals, Christmas or a patriotic day, an appropriate centerpiece may be devised which will be particularly significant. A pumpkin, or horn of plenty, filled with vegetables, fruits and nuts, a winter landscape, with a mirror laid flat upon the table to represent a lake, cotton for snow, and reindeer or a Santa; or a device of flags, tents, and tin soldiers may stir the joy and interest of those about the board.

Candlesticks, if used for decoration, may grace the center of the table, or stand at the four corners of the centerpiece, or one for each two plates or there may be small, individual candlesticks. If short candles are used, they should be shaded for ornament and that they will not shine directly into the eyes. Tall candles are at present in favor and they stand so high that they do not need shades.

GOVERNOR FIXES VISITING HOURS

Governor Gifford Pinchot and his secretary, P. S. Stahlmecker, will receive visitors on Wednesday of each week between the hours of ten and one. On other days, proper expediting of the State's business requires that visitors be limited to those who have made appointments. Members of the General Assembly and the Cabinet are not affected by the hours fixed for other visitors.

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The BEST Gray Hair Remedy is Home Made

To half pint of water add one ounce hay rum, 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 streaked, faded or gray hair and make it soft and glossy. Barbo will not color the scalp, is not sticky or greasy and does not rub off. 76-2-107

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. We inspect Plants and recommend Accident Prevention Safe Guards which Reduce Insurance rates. It will be to your interest to consult us before placing your Insurance. JOHN F. GRAY & SON State College Bellefonte

REAL ESTATE TRANSFERS.

Sadie E. Burwell to Edward V. Kocher, et ux, tract in Ferguson Twp.; \$1,400. John L. Holmes, et al, to Clara M. Meyers, tract in Ferguson Twp.; \$400. Albert E. Schad, et ux, to Paul R. Emerick, et ux, tract in Spring Twp.; \$1. Julia Carter, et al, to John H. Bair, tract in Gregg Twp.; \$1. Bellefonte Trust company, Exec. to West Penn Power Company, tract in Spring Twp.; \$1.

West Penn Power Company to Bellefonte Trust company, Exec. tract in Spring Twp.; \$1. Elizabeth E. Walkey to Delphia B. Stover, tract in Bellefonte; \$4,000. Annie Kline, et al, to James H. Straub, tract in College Twp.; \$3,000. Big Run Lumber company to Alfred Graham, tract in Miles Twp.; \$10,000. Alfred Graham, et ux, to P. B. Crider, et al, tract in Miles Twp.; \$11,600. Arthur W. Cowell, et ux, to Fred F. Lining, et ux, tract in State College; \$1.

The Business Prospect

Last summer, we said in this space that by the spring of 1931, we should see some signs of a business revival. While this prediction has not been fully realized, there is evidence of a much improved sentiment, which should materialize in a real advance before many months.

There is an increasing feeling that the long deferred buying to replace depleted stock will soon begin.

Then the wheels will begin to turn.

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