

Your Health

THE FIRST CONCERN.



- 1. Ventilate every room you occupy. 2. Wear light, loose and porous clothes. 3. Seek out-of-door occupations and recreation. 4. Sleep out-of-doors if you can. 5. Avoid overeating and over-weight. 6. Avoid excess of high protein foods, such as meat, flesh foods, eggs; also excess of salt and highly seasoned foods. 7. Eat some hard, some bulky, some raw foods daily. 8. Eat slowly and taste your food. 9. Use sufficient water internally and externally. 10. Secure thorough intestinal elimination daily. 11. Stand, sit and walk erect. 12. Do not allow poisons and infections to enter the body. 13. Keep the teeth, gums and tongue clean. 14. Work, play, rest and sleep in moderation. 15. Breathe deeply; take deep-breathing exercise several times a day. 16. Keep serene.

These are the general rules of living, but underlying them all is the great health commandment of having your body periodically examined and your individual needs ascertained, so that you can apply these rules to your own life with intelligence and precision.

GET YOURSELF EXAMINED

You are the average man or woman. You want to live a long and enjoyable life. You want to prolong the years of your earning power to the utmost. Get yourself examined at regular intervals. Find out and correct any factors which may be causing a present lowered condition of health or threatening your future.

Over 700,000 individuals die in this country annually from chronic organic diseases. Such diseases are peculiarly the result of ignorance, apathy or neglect and go far in establishing themselves firmly before the individual realizes that anything is wrong.

WHAT CAUSES ORGANIC DISEASE?

In protecting human life against disease it is of first importance to detect the early signs of disease—conditions that may lead to apoplexy, to Bright's disease, to those apparently sudden deaths from heart disease.

These organic diseases are due to faulty living habits, chronic infections, chronic poisoning. In the majority of instances their causes can be traced by careful examinations, and always when such causes are found there is something that can be done. In many cases the cause can be eradicated and the organs saved from injury.

HOW TO LIVE LONG

Write to the Life Extension Institute for many interesting free reprints on the value of yearly health examinations and correct personal hygiene, including the free reprints, "How to Live Long" and "Hygiene to Middle Life." Your inquiry involves no obligation.

The health survey which members of the Institute receive follows a system of standardized examination forms and detailed reports which were formulated in consultation with the eminent physicians on its Hygiene Reference Board, and which have been further developed and perfected from its experience in the examination of nearly a million men and women, residents of all sections of the United States and Canada. The Institute's service is available everywhere. Medical treatment is not included in the Institute's work.

Two causes of baldness—arsenic and lead, said to be absorbed by living in "our present-day environment"—were described to the American Chemical Society by Dr. C. N. Myers, of the New York Skin and Cancer Hospital.

He told of tracing several score cases of one-type of baldness to arsenic and lead found in the bare patches of skin.

This baldness is alopecia areata, in which hair falls out usually in patches. It attacks persons of both sexes and all social stages. Dr. Myers said, and probably is more prevalent in the early decades of life. The malady, he added, is relieved by treatment that eliminates arsenic and lead from the system.

The sulphuric smell in coal gas has been converted into a medical soap at Ohio State University.

Results of one year's experiments with this soap were reported today by Dr. Emery R. Hayhurst, professor of hygiene. He said the effects of this soap were remarkable "in practically all cases encountered of simpler chronic skin disease like eczema, acne and facial blemishes."

Dr. Hayhurst said the soap is made from a new sulphur compound. "A good rule to follow is never knowingly to use a glass or towel that has already been used by someone else until it is properly cleaned. Moreover, towels should not be used by individuals more than a very few times before rejection.

TREES ARE SUGGESTED FOR MEMORIAL PURPOSES.

With the coming of Memorial Day appropriate consideration may be given to the planting of tribute trees and memorial groves, State Forester Joseph Illick of the Pennsylvania department of Forests and Waters says.

That the tree lends itself to all times and all occasions has been repeatedly proven throughout history, but it is significant, said the state forester, that we have three typically American holidays when tree planting now receives special attention. In addition to Arbor Day, these are Memorial Day and Mother's Day.

Tree planting to honor the heroic dead gave the world a new form of monument—the memorial that lives. The movement gained great impetus with the signing of the Armistice eleven years ago, when people adopted the trees as their token of tribute. The idea was taken up promptly by officials, organizations, and editors, and by the public generally. When General Pershing returned from France, among his first acts was the planting of memorial trees in Central Park, N. Y., and Independence Square, Philadelphia.

Each recurring Memorial Day has seen more and more memorial tree planting in Pennsylvania and other states.

The idea of the Mother's Day tree, too, belongs to Pennsylvania, and the first memorial tree to mother was a white birch planted on Mother's Day at Reading in 1923. The following year this plan won national recognition when President Coolidge planted a white birch on the White House grounds. Since then Mother's Day trees have been planted in increasing numbers.

One of the most appealing features of the tree as a memorial Illick said, is that this form of expression is possible for everyone. The memorial tree is well suited to the requirements or the needs of one person. It may express the reverence of a group or an individual.

While the planting of trees for reforestation is usually done in April, the month of May is considered a satisfactory time for transplanting specimen trees such as is used for memorial purposes. The later type of tree is produced by ornamental tree nurseries, and the roots if well balled and burlapped, make it possible to move the trees at almost any time.

STANDARD CLOCKS SOON TO BE REPLACED

In three airtight cases in Washington are three master clocks which, of all clocks in the United States, run with the least variation. Maintained by and kept in the United States Naval Observatory they are the timepieces by which the nation keeps its appointments; they are the standard by which we set each watch and clock throughout the United States. Now, after many years, new clocks are to be installed in the observatory.

A Munich clock-maker named Riefler is the maker of the standard clocks now in use. Riefler's clocks derive their accuracy from the manner in which the pendulum is attached. In ordinary clocks the pendulum is attached to springs in the rigid clock frame. In Riefler's clocks however, it is attached to springs connected to small tables which rock back and forth slightly. Electromagnets wind the springs every thirty seconds.

The new standard clocks which according to Captain C. S. Freeman, superintendent of the observatory, will be purchased soon are known as "Short" clocks, and aim at an accuracy superior to that of all other clocks anywhere.

Caring for the nation's timepieces involves much accuracy. The airtight cases holding them are kept in a double vault with automatic temperature control. Year in and year out the temperature in this vault is kept constant within one-tenth of one degree centigrade. Once a week the temperature vault is entered for inspection. Any variation in the clocks is carefully recorded, since the hands are adjusted to the correct time only when overhauls are made—every four years. Wires running to various parts of the observatory grounds make it possible to keep check on the ticks in the time room and in the various telescopes.

THE REASONS FOR FAILURES IN COLLEGE

The largest percentage of students at the Pennsylvania State College who were dropped for poor scholarship at the end of the first semester showed the poorest high school preparation, Registrar William S. Hoffman announces. Of those who failed, 1.07 per cent entered college from the first fifth of their high school classes, 2.53 per cent from the second fifth, 3.76 per cent from the third fifth, 4.61 per cent from the fourth fifth, and 7.27 per cent from the fifth fifth of their high school classes. Mr. Hoffman pointed out that these percentages are quite similar to those obtained from a study of students dropped from college for poor scholarship six years ago.

FORD PLANT USES MORE WATER THAN FOUR CITIES

With the recent opening of a tunnel which connects the Ford Motor company's River Rouge plant with a branch of the Detroit river, more water was made available to the Ford plant than is used by four of the largest cities in the United States. The two-mile tunnel has a capacity for 913,600,000 gallons of water daily, which is more than is used by Detroit, Washington, Philadelphia, and Cincinnati combined.

LOANS TO VETERANS REACH 562 MILLIONS

Loans to world war veterans, under legislation passed by the last Congress, on April 18 totaled \$562,360,980 to 1,482,672 holders of compensation certificates.

The Veterans' Bureau has an additional 315,500 pending applications. More than \$35,000,000 already has been paid to Pennsylvania veterans. Approximately 100,000 veterans in the State have benefited or are about to benefit from loans, Senator Reed's office announced from figures received from the bureau.

Up to April 18, the last compilation made by the bureau, a total of \$35,559,433 was loaned from the Philadelphia and Pittsburgh regional offices of the bureau. The Philadelphia office at that time had paid out \$24,915,415 to 63,138 veterans and \$10,644,018 had gone out from the Pittsburgh office to 27,142 veterans. There were 1524 applications on file at Philadelphia and 10,087 at Pittsburgh from holders of the adjusted compensation certificates.

Reed, who opposed passage of the veteran's act, commended the Veterans' Bureau for the speed with which loans were dispatched. Advised that a total of \$562,360,930 had been paid throughout the country on applications, he said:

"It is gratifying that the bureau has been able to function so efficiently in acting on applications for loans and that the work is so nearly current.

"Since the figures were compiled, the Philadelphia office has caught up completely with its work and checks are being issued as rapidly as applications are received. The record speaks for itself.

"The Pittsburgh office had difficulty, I am told, in getting experienced operators for the machines used in the work. This resulted in an initial delay, but the difficulty has been overcome now and there is less than 10 day's accumulation on hand. It is expected that the work will be current by May 1, so that there will be not more than a day's delay in issuing bonus checks thereafter.

"Last week in Pittsburgh a total of 6400 loans were paid—an average of more than 100 a day."

RAT DAMAGE IS ENORMOUS

Damage by rats to produce and property damage amounts to 200 million dollars annually in the United States, according to an estimate by the secretary of agriculture of North Dakota, who recommends the waging of a constant and relentless campaign against this pest.

Measures recommended include keeping waste food and garbage in covered containers until destroyed; preventing accumulations of trash and refuse; making corn cribs and granaries rat-proof, and adopting any means whereby the supply of rat food may be reduced.

Among the means for destroying rats and most effective is poisoning, for which purpose government experts recommend powdered barium carbonate, which is inexpensive and has added advantage of being odorless and tasteless, therefore more readily eaten by the rodents when it is applied to their bait. Care must be taken, of course, that it is not placed in the way of children or domestic animals. When poison can not be used, trapping is suggested as the next best method to be employed.

In addition to the property destruction they cause, rats tend to spread disease, and from every standpoint they are an unmitigated nuisance. A nation-wide rate extermination campaign might be considered as an aid to unemployment relief.

\$3,000,000,000 ROAD PROGRAM

One hundred and ten nations will spend \$3,000,000,000 on roads during 1931, according to the Department of Commerce. Two-thirds of this great sum—\$2,000,000,000—will be spent in the United States.

Thus the good roads movement is world-wide. It is realized, nowadays that paved highways are essential to business and social progress. The quick economical and efficient transportation of commodities and persons is one of the factors that makes for a higher developed civilization.

In the United States special attention is being paid to the problem of farm to market, secondary highways. The modern slogan is "Make every farmer's gate a shipping point." A large majority of American farms are still situated on roads that are about the same as they were twenty or fifty years ago.

Long-wearing but economical road materials, suitable for all but main, heavy traveled highways, have been developed. Millions of farmers can be given the full-width weatherproof, good roads they need without increasing tax burdens, if available funds are wisely used. States can invest in nothing of greater value than permanently surfaced farm roads—and few investments will pay greater dividends.

MORE HURT IN ROL THAN R. F. ACCIDENTS

Many interesting facts are revealed by the latest analysis of the claims paid by the Aetna Life Insurance Company for personal accidents from 1921 to 1930 inclusive. During this nine-year period it was found that the greatest number of accidents (23 per cent), happened in buildings other than homes. Accidents to occupants of automobiles accounted for 22.05 per cent of the claims paid, and home accidents followed closely with 15.53 per cent.

We find sports and recreation accidents nearly five times more numerous than the combined total of railroad, street car, elevated, subway and steamship accidents. More persons were injured while playing golf than while traveling on railroads. More than twice as many claims were paid to policy holders who were injured while playing baseball than to those injured in street car accidents.

POLITICAL ANNOUNCEMENTS. DEMOCRATIC

FOR SHERIFF FOR SHERIFF We are authorized to announce that Elmer Breen, of Bellefonte borough, will be a candidate for the nomination on the Democratic ticket for the office of Sheriff of Centre county, subject to the decision of the voters as expressed at the primaries to be held on Tuesday, September 15th, 1931.

I hereby announce myself a candidate for the nomination for Sheriff of Centre County, subject to the decision of the Democratic voters at the primary election on September 15, 1931. SINIE H. HOY

We are authorized to announce that John M. Boob, of Millheim borough, is a candidate for nomination for Sheriff of Centre County on the Democratic ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held Tuesday, September 15, 1931.

COUNTY TREASURER I am authorized to announce that I will be a candidate for nomination on the Republican ticket for the office of Treasurer of Centre County, subject to the decision of the voters as expressed at the primaries to be held on Tuesday, September 15, 1931. ROBERT F. HUNTER

PROTHONOTARY We are authorized to announce that S. Claude Herr, of Bellefonte, Penna., is a candidate for nomination for Prothonotary of Centre County, on the Democratic ticket, subject to the decision of the voters of the party as expressed by the voters of the party at the Primaries to be held on Tuesday, September 15, 1931.

FOR RECORDER We are authorized to announce that D. A. McDowell, of Spring township, is a candidate for nomination for Recorder of Centre county, on the Democratic ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held on Tuesday, September 15, 1931.

COUNTY COMMISSIONER We are authorized to announce that T. Claude Herr, of Bellefonte, Pa., is a candidate for nomination for the office of Commissioner on Centre County, on the Democratic ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held Tuesday, September 15, 1931.

We are authorized to announce that J. Victor Brungart, of Mattes township, is a candidate for nomination on the Democratic ticket for the office of Commissioner of Centre County, subject to the decision of the voters of the party as expressed at the Primaries to be held on Tuesday, September 15, 1931.

COUNTY AUDITOR We are authorized to announce that A. E. Williams, of Fort Meade, Pa., is a candidate for nomination for the office of Auditor of Centre County, on the Democratic ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held on Tuesday, September 15, 1931.

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REPUBLICAN FOR SHERIFF.

We are authorized to announce that L. Frank Mayes, of College township, is a candidate for nomination for the office of Sheriff of Centre County on the Republican ticket, subject to the decision of the Republican voters of the County as expressed at the primary election to be held September 15, 1931.

I hereby announce that I am a candidate for nomination for Sheriff of Centre County on the Republican ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held on Tuesday, September 15, 1931.

N. R. LAMOREAUX, Phillipsburg, Pa. COUNTY TREASURER

We are authorized to announce that O. G. Morgan, of Bellefonte borough, will be a candidate for nomination on the Republican ticket for the office of Treasurer of Centre County, subject to the decision of the voters as expressed at the primaries to be held on Tuesday, September 15, 1931.

I hereby announce my candidacy for nomination for the office of Treasurer of Centre County, subject to the decision of the voters of the party as expressed at the Primary to be held on Tuesday, September 15, 1931. C. C. SHUEY, Bellefonte Pa.

We are authorized to announce that Philip E. Womelsdorf, of Phillipsburg, is a candidate for nomination on the Republican ticket for the office of Treasurer of Centre county, subject to the decision of the voters of the party as recorded at the primaries to be held Tuesday, September 15, 1931.

I hereby announce that I am a candidate for nomination on the Republican ticket for the office of Treasurer of Centre County, subject to the decision of the voters of the party as expressed at the Primaries to be held on Tuesday, September 15, 1931. ERNEST E. DEMI, Phillipsburg, Pa.

AUDITOR We are authorized to announce that R. D. Musser, of Spring Mills, is a candidate for nomination for the office of Auditor of Centre County, subject to the decision of the voters of the Republican party, as expressed at the primaries to be held on Tuesday, Sept. 15, 1931.

We are authorized to announce that David A. Heiter, of Howard borough, is a candidate for nomination for the office of Auditor of Centre County, subject to the decision of the voters of the Republican party as expressed at the primaries to be held on Tuesday, Sept. 15, 1931.

Employers, This Interests You

The Workman's Compensation Law went into effect Jan. 1. 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

Good Printing.

A SPECIALTY at the WATCHMAN OFFICE. There is no style of work, from the cheapest "Dodger" to the finest. BOOK WORK that we can not do in the most satisfactory manner, and at prices consistent with the class of work. Call on or communicate with this office.



Do you have to hold the phone book under the living room lamp to find a number?

Correct general illumination makes it possible to read any place in a room, without straining the eyes.

WEST PENN POWER CO

BETTER LIGHT MEANS CLEARER SIGHT

IRA D. GARMAN JEWELER 1420 Chestnut St., PHILADELPHIA Have Your Diamonds Reset in Platinum 74-27-11 Exclusive Emblem Jewelry

WHAT'S NEWS TO YOU?

Thriftiness is a state of mind that is nearly as valuable an asset as a bank account—For thriftiness can always get a bank account of its own.

And it's easy to tell thrifty people from the way in which they read the newspapers—just as you can usually spot the other kind.

The great majority of men and women never put a newspaper down until they have read the important news which is directed to them thru the advertisements.

The modern woman, especially, finds the advertisements indispensable. She spends more than five-sixths of the family income. And the prosperity, happiness and health of her household frequently depend on her reading of the advertisements and on the wisdom with which she chooses everything she buys.

Advertisements in the Watchman have an unusual value because they are read by a class of women who have the thrift complex. Women who are leaders in every community in which it circulates. Women whose advice is solicited and whose suggestions as to the worthwhile things to buy are invariably followed by those who do little reading for themselves.

The advertisements bring you complete information about accepted products and new ones. Thru them you can compare values—discover ways and means for greater household efficiency and enjoyment—and make sure that every dollar spent will bring its full return.

THE DEMOCRATIC WATCHMAN