

Your Health

THE FIRST CONCERN.



"The six best doctors anywhere. And no one can deny it. Are Sunshine, Water, Rest and Air, Exercise and Diet."

THE BACTERIA OF THE ALIMENTARY CANAL

At birth, the body is absolutely free from bacteria. Within a few hours germs begin to make their appearance and within a week the whole alimentary tract is swarming with bacteria. Some of these bacteria form acids like those which cause the souring of milk. These are harmless. Others produce ammonia and various malodorous and poisonous substances. These germs, or so-called "wild" bacteria, are responsible directly and indirectly for any, if not most, of the maladies on which human beings suffer, and, according to Metchnikoff, for premature old age. So long as the acid-forming germs are dominant, the "wild" bacteria cannot thrive and putrefaction does not take place. These bacteria are useful and are known as the protective flora.

The mouth and nasal cavity, as well as the eyes, are constantly exposed to contact with bacteria of various sorts floating as dust particles in the air. The tears bathe the eyeball and carry the bacteria into the nasal cavity. In the nasal cavity, the germs are caught by a mucous secretion that stops their growth and carries them into the throat, from which they are swallowed into the stomach. The mouth also is a germ trap in which millions of bacteria are caught. The saliva checks their growth and sweeps them down into the stomach. In the stomach, live germs are not und so long as the gastric juice maintains normal acidity, for the reason that hydrochloric acid is a powerful germicide. When the acid is absent, as in achylia and pernicious anemia, the stomach swarms with "wild" germs and even yeasts and molds. The small intestine normally contains acid-forming germs.

In the colon of the average man are produced daily, according to rassburger, several trillions of bacteria. When the saliva loses its protective properties, which happens when blood is overcharged with germs, germ poisons, as in fevers and in chronic auto-intoxication, the teeth undergo rapid decay when they are not properly cleansed from the residues of foods that feed the destructive bacteria which are the cause of dental decay and pyorrhea.

In like manner, the residues of foods that collect in the colon, if retained for more than a few hours, come seething masses of bacteria which give rise to colitis and other maladies if the "wild" putrefactive bacteria are dominant. Roger enumerates more than one hundred and sixty species of bacteria that grow in the large and small intestine. Many of these produce highly poisonous substances, some of which are capable of causing great disturbances in the functions of the body and even serious organic changes.

The undigested fragments of protein in foods undergo putrid decomposition in the colon, giving rise to putrid obnoxious and deadly poisons which, when absorbed into the body, contaminate every tissue and denigrate every function. The salivary glands, coated tongue and bad breath in persons who suffer from indigestion is due to these germ poisons. The condition to which they give rise is known as a sinitestinal intoxication—that is, self-poisoning through the absorption of toxic poisonous matters from the intestine.

Certain foodstuffs rich in protein, such as meat, eggs and, in certain cases, even milk, encourage the growth of "wild" bacteria and the formation of poisons in the intestine. When freely used, especially animal fats, also encourage intestinal auto-intoxication. On the other hand, sugars, cereals and farinaceous foods of all sorts, with fruits and fruit acids, by encouraging the growth of acid-forming germs in the intestine, combat auto-intoxication.

GH-FAT DIET AIDS EPILEPTIC PATIENTS

New light has been shed on the epilepsy problem as a result of a discovery by Dr. N. P. Walker, director of the Milledgeville State hospital, Georgia, and Dr. G. A. Wheeler of the United States public health service.

Dr. Walker observed that sufferers from epilepsy, when fed a gh-fat diet, were benefited as far as the epilepsy was concerned, but developed pellagra, a disease believed to be a lack of vitamin G in the diet.

In collaboration with Dr. Wheeler, Walker studied 10 women patients suffering from epilepsy. He found that when they were fed a gh-fat diet, the number of epileptic seizures was greatly reduced and nervous symptoms due to epilepsy also improved. However, the patients developed pellagra while on a diet.

Plenty of vegetables in the diet is better for the family than tonics, flagging appetites. Try serving a vegetable dinner a week and at least one green vegetable a day.

THOUSAND DISASTERS RECEIVED RED CROSS AID IN 50 YEARS

American Society to Celebrate Its Birth Year With Nationwide Observance

Tornadoes, floods, forest fires and other calamities and upheavals of nature have visited the United States more than one thousand times in the last half century.

All of these were of severe intensity, causing loss of life and great property damage. Minor catastrophes were not counted in this list of disasters, which has been made public by the American Red Cross, in connection with the celebration this year of its fiftieth birthday.

It was on the evening of May 21, 1881, in the modest home of Miss Clara Barton in Washington, D. C., that the American Association of the Red Cross was first formed. Before the year was out, and before, indeed, the United States Government had officially moved to approve the Treaty of Geneva, adding this nation to the company of thirty-two others adhering to the treaty to protect wounded in warfare, Miss Barton had plunged the small society into a disaster relief task.

First Red Cross Unit

This was in the north woods of Michigan, where forest fires swept the homestead farms of pioneering families. Miss Barton, as president of the Red Cross, had organized a branch in Dansville, New York, where she was sojourning. This little group immediately raised money, food, clothing and other supplies and sent them to the forest fire victims. In Rochester and Syracuse, New York, nearby, word spread of this charitable enterprise, and Red Cross auxiliaries were organized there to help. So began the disaster relief work of the Red Cross fifty years ago. In the intervening years, millions of men, women and children have been aided. Thousands of homes have been restored. Thousands of persons, overwhelmed by floods, tornadoes, and fires until all they possessed had been wiped away, have been rehabilitated and prosperity and happiness again smiled upon them.

This year has been dedicated by the Red Cross and its chapters in 3,500 communities to commemoration of the events which led to the birth of the society in the United States.

President Hoover Speaks

The celebration of the anniversary was inaugurated in Washington at a dinner, attended by many distinguished men and women, at which Chief Justice Charles Evans Hughes presided, and President Hoover, who is the president of the American Red Cross, was the chief speaker. Judge Max Huber of Geneva, Switzerland, the president of the International Committee of the Red Cross, in which fifty-seven nations are joined in a Red Cross brotherhood, also was a speaker, as were Chairman John Barton Payne of the American Red Cross, and Miss Mabel T. Boardman, secretary, and veteran leader of the society.

The Red Cross standard, which flies all around the world where mercy is needed, was first introduced as an ideal in our modern civilization in Geneva in 1864, when the International Red Cross convention, afterward to be known as the Treaty of Geneva, was signed by twelve countries agreeing that on the battlefield the wounded should be given aid by doctors, nurses and others, who should wear the sign of the Red Cross, and be treated as neutrals in the warfare.

Two Americans attended this first convention, the American Minister George C. Fogg, and Charles S. P. Bowles, representative in Europe of the United States Sanitary Commission, a volunteer organization of sympathizers with the North in our Civil War. Facts they gave resulted in adoption of some of the American ideas.

Returning to the United States, Fogg and Bowles sought recognition of the Geneva Treaty, but the Grant administration took no interest. Under Hayes, the same lethargy was encountered.

Clara Barton Founder

But there had emerged from the Civil War period a middle-aged woman who had seen much service on the battlefields around Washington. This was Clara Barton. Ill health caused her to make a trip to Europe in 1869. There she became interested in the Red Cross idea, and joined a unit which saw service in the Franco-Prussian war. Upon her return home, she launched an active campaign for the treaty, but met the same opposition as her predecessors. However, President Garfield, when he came into office, recognized the merits of the movement, and when death by assassination removed him, his successor, President Arthur, sought approval by the U. S. Senate of the treaty. Thus was consummated a seventeen-year fight in this nation for a humanitarian ideal. Clara Barton was recognized as the society's founder and was its president for twenty-three years. She died in 1912 at the age of 90 years.

It is not generally thought of, but the flag so familiar in every civilized nation as the emblem of the Red Cross, has a simple derivation. Because the originator of the movement, Henri Dunant, was a Swiss, and the first treaty to protect wounded in battle was drafted and signed in Switzerland, the flag of that Republic—a white cross upon a red background—was reversed, and the Red Cross came into being.

Modern Music Made No Hit With Lord Balfour

In music Lord Balfour took a great delight and was an enthusiastic lover of the old masters, especially of Handel. Modern music had little charm for him.

"I remember how patiently he would sit through dinner at his favorite restaurant in Paris until most of the clients had left and the noise of jazz and jingle had ceased," recalls Sir Ian Malcolm in his personal memoir of Balfour, "and would then ask the chef d'orchestre (a very gifted young Polish violinist) to play him some eighteenth-century French music."

Then during the nine months Lord Balfour remained in Paris for the peace conference his house was the scene of many brilliant musical evenings.

"I remember one evening," says Sir Ian, "when Charles Hendel was going to sing, he inquired delicately whether anybody present objected to German songs. The chief (Balfour) promptly replied:

"I don't. I will take them as part of the reparations that they owe us." —Kansas City Times.

Ingenuous Methods of Making Use of Suction

Some of our readers probably are old enough to remember the first vacuum cleaners and the interest aroused when it was found that a carpet could be cleared of dust without a broom being used. Coal is now unloaded by suction. The pipe used is made of steel and is 12 inches in diameter, the nozzle is a box three feet long and something more than a foot wide, and the most ingenious part of the invention is an arrangement to prevent the whole thing getting choked by coal dust. The latest invention in this direction is a marvelous fish trap. In this case, a pipe of great size is lowered from the fishing vessel down into the sea, the air is exhausted, and the water rushes up, carrying with it the fish. The fish are kept, the water goes back. One more use for this kind of device is in the war against locusts. In Palestine, where there was a plague of these ravenous creatures, gigantic vacuum cleaners fixed on motor vehicles were used and the locusts drawn up by the million.

Royal Friend of Dogs

Queen Victoria's love of animals (a characteristic inherited by all her descendants) is shown in several passages of her recently published letters. In August, 1896, when everybody in London was infected with an unreasonable fear of mad dogs, she wrote a long memorandum on cruelty to animals which might almost be described as the Magna Charta of man's four-footed pensioners. "As regards her poor dear friends," runs the first clause, "she would repeat that no dogs should ever be killed by police unless the veterinary surgeon declared they were mad. That dogs, who were close to their masters or mistresses or their house door, poor quiet dogs should be left alone and not molested."

Gallant

Mrs. Mabel Williams contributes a charming little episode in the life of three-year-old Patty who was visiting her grandparents near Riverside. She watched her grandmother plucking a turkey and finally asked:

"Granny, what are you pulling those ben leaves off the turkey for?"

A little later in the day, Patty was shown the big flock of turkeys and in passing among them, accidentally stepped on a big gobble's foot. Little Patty looked the big gobble in the eye and said contritely:

"Pardon me."—Los Angeles Times.

Roughness on Oceans

The zone of greatest storm frequency lies between latitudes 45 degrees and 55 degrees. The most severe storms are the hurricanes that begin in the tropical portion of the Atlantic. The North Atlantic lies in the path of the great procession of cyclones and anti-cyclones of the middle latitudes, and also in the path of the West Indian hurricane over its lower latitudes, and counterparts of these atmospheric disturbances in the South Atlantic. The Pacific is subject to sudden and violent storms, especially typhoons, but the frequency of storms is not so great as in the Atlantic.

Log of the Great Western

The original log of the Great Western steamship, which crossed the Atlantic in 1833, and only missed by a few hours being the first steamer to do so, came to light in Bristol. The log was found by an old sailor employed in the Bristol Corporation's offices among a lot of rubbish. An expert recognized the name of Lieut. J. Hoskin as that of the captain of the Great Western, and other experts have pronounced the log as genuine. The first steamship to cross was the Sirius.

Prehistoric Art Gallery

The London-Italian scientific expedition in South Africa found in a rock shelter not far from the Congo border a large number of ancient rock engravings which appear to depict human figures in a procession. Professor Dart, of Transvaal university, the discoverer of the Taung skull, a member of the expedition, declares that the discovery is a most important one, the period of the engravings being between four and six thousand years B. C.

1,966 BILLS INTRODUCED IN HOUSE THIS SESSION

The last day for the introduction of bills in the House of Representatives ended with the 2,000 mark almost attained. When the house adjourned for the day, 1,966 bills had been introduced, but Speaker C. J. Goodenough announced that measures filed by the clerk up to midnight would be considered to have been introduced.

Despite the longer session this year compared to 1929 fewer bills were offered in the House. Two years ago the total was 2,141.

AMOS 'N' ANDY'S INCOME

Amos 'n' Andy now receive \$100,000 yearly for their broadcasting but this is less than half their income. They get a royalty of a nickel apiece on a toy and a cent a piece on a candy bar named after them. Two million of the toys were sold last year. These with other incidentals are said to make the two blackface comedians \$250,000 or \$125,000 a piece which is \$50,000 more than President Hoover gets. Both men and their families still live in modest apartments in Chicago. They just can't get used to living like rich folks.

A Scotch optimist is the fellow who deliberately catches a cold to use up a nearly wornout handkerchief.

POLITICAL ANNOUNCEMENTS. DEMOCRATIC

FOR SHERIFF
We are authorized to announce that John M. Boob, of Millheim borough, is a candidate for nomination for Sheriff of Centre County, subject to the decision of the Democratic voters at the primary election on September 15, 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, subject to the decision of the Democratic voters at the primary election on September 15, 1931.

COUNTY TREASURER
I hereby announce myself a candidate for the nomination for Treasurer of Centre County, subject to the decision of the Democratic voters at the primary election on September 15, 1931.

ROBERT F. HUNTER

PROTHONOTARY

We are authorized to announce that S. Claude Herr, of Bellefonte, Penn., 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 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. M. Huey, of Patton township, is a candidate for nomination for the office of Commissioner 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.

We are authorized to announce that J. Victor Brungart, of Miles township, is a candidate for nomination for the office of Commissioner 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.

We are authorized to announce that O. S. Womer, of Rush township, is a candidate for nomination for the office of County Commissioner, subject to the decision of the voters of the Democratic party as expressed at the primaries to be held on Tuesday, September 15, 1931.

COUNTY AUDITOR

We are authorized to announce that A. B. Williams, of Port Matilda, 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.

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, is a candidate for nomination 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 on the Republican ticket, 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 Auditor 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. Holter, 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.

GASSING TREE INSECTS

Most veterans who saw active overseas duty in the World war remember that awful "kerchoo" or "sneeze gas" both sides used extensively. Scientifically "sneeze gas" is known as "diphenylchlorarsine." (de-fe-nil-chlor-ar-sine) and is one less poisonous derivatives of arsenic. This gas was recommended to the recent convention of the American Wood-Preservers Association as a weapon against wood-destroying insects. The method of application suggested was to paint or spray the gas on the wood in a solution of creosote or petroleum oil.

Good Printing.

A SPECIALTY

at the

WATCHMAN OFFICE

There is no style of work, from the cheapest "Dedgus" 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.

About Your Will

Do not permit another day to pass without having your Will drawn by a competent lawyer and safely deposited where it can be found. Your action will make all the difference in the world to your family. Your peace of mind will repay you.

In your Will, you may name your Executor. That choice will probably be more satisfactory to you and your family than one appointed under other circumstances.

This Bank as your Executor will insure a prompt and proper administration of your estate.

THE FIRST NATIONAL BANK

BELLEFONTE, PA.

WE FIT THE FEET

COMFORT GUARANTEED.

Baney's Shoe Store

WILBUR H. BANEY, Proprietor
sewing up in shoes of

BUSH ARCADE BLOCK
BELLEFONTE, PA.

SERVICE OUR SPECIALTY SPECIAL ORDERS SOLICITED



Your Straw Hat Is Here!

FROM \$1.00 UP

All NEW and
Really Exceptional Values

FAUBLE'S

