

Your Health THE FIRST CONCERN.



VITAMIN SECRETS

By R. S. Copeland, M. D.

Twenty years ago Professor Kelharing stated that milk con- tained a substance of vital impor- tance to health. It was his be- lief that this substance was the most essential element of milk. This port was the beginning of a long series of studies that has resulted in our present-day understanding of vitamins.

Nothing else in medical research attributes a more fascinating his- tory of progress than the story of vitamins. From day to day, too, we are greatly increasing our knowl- edge concerning these mysterious substances.

The study of vitamins has develop- ed a science independent of what is commonly included in medicine. As a result of the work carried on in the past twenty years, there has been an up what we may call the science of nutrition.

The science of nutrition is essen- tially a study of the elements nec- essary for growth and repair of the body. Of course, it is intimately related to the cure of disease, be- cause, by proper nutrition, we over- come disease. By a thorough un- derstanding of the vitamins and their inclusion in our daily diet we prevent disease.

In the early stages of this work- ingly three vitamins were isolated. These were spoken of as vitamins A, B, and C. Subsequent research has discovered two more, described as vitamins D and G.

Of all the vitamins, vitamin B is aroused the most discussion. Its vitamin is of great importance as a curative agent in the disease known as beri-beri.

Vitamin B has certain growth- promoting qualities. It has re- cently been shown to be definitely related to the prevention of pella- gra. Beri-beri and pellagra are de- scribed as "deficiency diseases"— that is, defects due to the lack of certain nutritional or food elements. Unfortunately, attempts to obtain vitamin B in pure form have been unsuccessful. Vitamin B is a com- plicated substance and is greatly in- fluenced by certain factors. It is known to exist in raw vegetables, but usually not in the juices of these vegetables. When strained or canned, most of the vitamin con- tent is lost.

Vitamin B is only slightly de- stroyed when cooked. This vita- min is remarkably resistant to acid, even the ultra-violet ray does not harm it. It is interesting to note that it resists the effect of time. Median lentils and seeds kept for 38 years were found to contain appre- ciable quantities of this vitamin.

HOW FRUIT RANKS IN FOOD VALUE The following list shows fruits in the order of their importance as sources of minerals and vitamins:

- 1. Tomatoes, oranges, lemon, raspberries, prunes, raisins, raspberries. 2. Apples, bananas, grapes. 3. Peaches, pears, plums, cherries, pineapples, berries, currants, fresh nubarb. 4. Muskmelon, cantaloupe, watermelon.

Citrus fruits and tomatoes rank high with other foods as sources of vitamins B and C, and dried dates, prunes, figs, raisins and prunes are actually, as well as relatively, high in sugar, iron and lime. Apples, bananas and grapes are only fair in their contents of carbohy- drates and vitamins B and C, while richard fruits, most berries, pine- apples and rhubarb do not offer any conspicuous contribution aside from flavor, color and roughage. Mush- melons, cantaloupes and water- melons are all at the bottom of the list.

Apples, when they are eaten raw and in large quantities, become an important source of vitamins B and C. Emphasis, therefore, should be placed upon raw fruit in general be- cause cooking tends to destroy vi- tamin C, and upon citrus fruits, to- matoes and the dried fruits men- tioned above.

WHEN TO EAT FRUIT To obtain the most benefit from the succulent fruits they should be eaten at the end of the chief meal. Apples are an exception and may be eaten at any meal. They are very acceptable cut in thin slices and eaten with bread and butter. Dried fruits often have their vir- tues wasted through being eaten at the wrong time. Six or eight stewed prunes half an hour before breakfast are beneficial; so are stewed figs or stewed apples eaten before breakfast. Peeled oranges cut into thin slices so that the juice is set free, with sugar strewn over the slices are not unlike pineapple and form a highly efficacious aid to digestion. Grapes should never be eaten except after the chief meal of the day. Taken when the stomach is comparatively empty, they are a peculiarly harmful fruit. Family doctor.

There are mind poisons. Just as there are body poisons. There are color poisons, and people that would have poison labels on them to warn us of their contents.

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ITALIAN PRIDE FIRED BY RELICS

Excavation of Ruins Stirs Patriotism Throughout the Nation.

Rome.—Mussolini is carrying out extensive excavation of Roman em- pire ruins in Italy to reawaken the pride of Italians in the marvelous achievements of their ancestors and to stir their patriotism.

The explorations are only one an- gle of the campaign to revive the glories of ancient Rome and rearouse interest in its accomplishments.

Important finds of priceless art ob- jects were made in Pompeii and Her- culaneum within the last few weeks. They will arouse the wonder and ad- miration of the world when exhibited to the public.

The most important discovery of its kind in the history of archeology has been made in Pompeii. It is a complete service of 115 pieces of solid silver tableware of amazingly beautiful workmanship. The aston- ishing feature was the perfect state of preservation. Many of the pieces were actually as bright and polished as the day they were buried—1,857 years ago.

Among the many gems is a solid silver casserole about eight inches in diameter, four inches deep and more than a quarter of an inch thick, with a wide handle, upon which is por- trayed hunting scenes in heavy relief. It was as brilliant as the day it was carefully wrapped in woolen fabric in the year 79. The weight was surpris- ing.

Modern Designs From Past. Another piece which will astonish archeologists is a large silver platter with the bust of a goddess in solid gold in the center. There is a large cake knife about eighteen inches in length amazingly like modern cake knives in design. In a jewelry shop window today it would pass for modern manufacture.

In the cellar of a house in Pompeii was found a silver set in a large box. Near the box was found a skeleton—perhaps a servant on guard or one of the family who rushed to save the silverware on that morning of August 24, in the year 79, when Vesuvius started to erupt and finally buried Pompeii and Herculaneum.

New excavations are in progress in Pompeii. Streets are being uncovered which show the wheel marks of carts and chariots worn into the stone blocks of paving, conjuring up a picture of the busy life of the dead city nearly 2,000 years ago. On the out- side walls of some of the houses are scrawled the names of ancient Roman politicians appealing for votes in the elections which probably never oc- curred.

Extensive new sections of the near- by ancient city of Herculaneum buried more than fifty feet on the same day in 79, are being uncovered. Officials declared they are now convinced Her- culaneum was a very large city and hitherto only the barest fringe of the outskirts of Herculaneum have been revealed.

The fresh diggings have unearthed more than 4,000 square yards of the city—about four times more than the world has previously seen. As the excavation proceeds it is expected magnificent public buildings will be discovered. Seventy houses of the modern city of Herculaneum, which is built over the buried town, have been demolished to make way for ex- cavation.

"Galloping Dominoes." Judging by a set of surgical instru- ments it is inferred a house just un- covered was a doctor's and two dice indicate he toyed with the "galloping dominoes." Partially unearthed at the edge of the fresh excavation was a bed. An official was handed a bit of carbonized fabric of the bed clothes—the first time it had been touched since the occupant arose the day of the disaster.

Mussolini is uncovering the mas- sive theater of Marcellus in Rome. It was begun by Julius Caesar and in- augurated in 13 B. C. The huge forum of Augustus in the center of the city is rapidly being revealed. Another forum is nearly excavated opposite the Teatro Argentino.

Scattering His Father's Ashes Gives Him Estate St. Louis.—Had Samuel Burke failed to scatter the ashes of his father on a creek here his share in the estate would have been forfeited and the estate gone to the Salvation Army.

The will of Thomas F. Burke pro- vided for cremation and casting of the ashes on the creek. "From there my ashes may perchance float on the sea through those grounds my son and I enjoyed hunting over together," the will said.

Burke left \$1 to another son and the same amount to a daughter.

Automobile on Fire; Drives It to Firemen Lynn, Mass.—Jacob Ganz left Ansha Sholem Synagogue only to discover that his automobile, parked outside, was ablaze.

He hopped into the driver's seat, drove to the nearest fire station and had the flames ex- tinguished.

Compromise The mother of a four-year-old youngster had been obliged to resort to disciplinary measures to suppress the cavortings of her offspring. When bedtime arrived, the sensibilities of the child continued to show signs of injury.

"Kiss mother, honey," suggested the mother as she tucked the covers about her daughter.

"All right, mamma, I still love you, but I don't like you," firmly an- nounced the little one.

Great Patriotic Society Formed in Revolution

The Society of the Cincinnati is an hereditary patriotic society organized in 1783 by the American and foreign officers of the Continental army assem- bled in their cantonment on the Hud- son river near Fishkill, N. Y. The original meeting was held in the Ver- plank house, then the headquarters of Baron Steuben. The objects of the society were: "To perpetuate as well the remembrance of the Revolution as the mutual friendships which have been formed under the pressure of common danger. . . ."

Since most of the officers were returning to their farms, which they had left to fight for the republic, they named their organization the Society of the Cincin- nati, after their Roman prototype, Lucius Quintus Cincinnatus. George Washington was the first president general. He was elected in 1787 and re-elected until his death. Presidents general succeeding him have been Alexander Hamilton, C. Cotesworth Pinckney, Thomas Pinckney, Aaron Ogden, Morgan Lewis, William Pop- ham, H. A. S. Dearborn, Hamilton Fish, William Wayne and Winslow Warren. The state societies meet an- nually in every three years. The living hereditary members number 980. The emblem symbolizes the union of France and America.

Unlike Many Prophets, These Two Were Right The centenary of the death of Henry Bell, that erratic genius responsible for the introduction of steam naviga- tion on the Clyde, has passed. On the trial trip of the Comet, Bell is reported to have declared: "Wherever there is a river . . . throughout the world there will speedily be a steamboat."

Similarly Robert Stephenson, who foresaw the development of that other means of transport—the railway—and whose name is ever associated with the Liverpool and Manchester railway, which was opened more than one hun- dred years ago, while sitting in a Stockton Inn, told his son and John Dixon: "I venture to tell you I think you will live to see the day when railways will supersede almost all other methods of conveyance in this country. What I have said will come to pass, as sure as you live." Both of these prophets lived to see the ful- fillment of their prophecies.

Legends of Empedocles Empedocles lived in royal style, sur- rounded by all the pomp and pagean- try great wealth could procure. He was exceedingly kind to the poor and gave large sums to succor them. He also provided dowries for scores of poor young virgins to enable them to secure husbands.

Empedocles studied medicine and became a really great physician for the time. He was brought to a wom- an who had lain for seven days as if dead. "She can, and will, remain in that state, without eating or breath- ing, for thirty days," declared Empe- docles. He was right. She did. At the end of that time he restored her to full life and vigor.—Exchange.

Old Anglo-Saxon Word Minister, meaning a Christian reli- gious house, is from an Anglo-Saxon word, mynster, meaning the same thing. In the nomenclature of the English church, it means an abbey, or the monastic building of a religious society. In the term Westminster ab- bey, the word abbey is superfluous, for minister means the same thing, and is so used in York minister, meaning the abbey church at York. It is generally agreed that Westminster was so called because it was west of St. Paul's. The present abbey is the abbey of St. Peter, but is called Westminster be- cause built on the site of the old West- minster.

Change With Weather Some hygrometers are not mecha- nical; they owe their hygroscopic prop- erties to their color, which changes with the state of humidity of the air by reason of the application of sym- pathetic inks. These instruments are often composed of a flower or a figure, of light muslin or paper, immersed in the following solution: Cobalt chloride, 1 part; gelatin, 10 parts; water, 100 parts. The normal coloring is pink. This color changes into violet in medi- um humid weather and into blue in very dry weather.—Washington Star.

Chinese God of Destiny The image of the famous Chinese God of Destiny before which the young are taught to pray is rather a terrifying object with its great glar- ing eyes, and open mouth full of sharpened teeth. He is regarded as a friend, however. The young are taught to kneel and pray for light for their future guidance. The abode of this idol is the famous 501 temple in Pekin, so-called because of that number of images housed therein and where the Chinese repair for worship.

Why Frost on Window Window frost forms when a window pane is cold enough to chill indoor air below its dewpoint, and when that in turn is below the freezing point. The more moist the indoor air the higher its dewpoint, the more readily will frost form, but if a room is very warm the window pane is likely to be not cool enough and the air too dry for a frost display. The presence of a storm window tends to prevent the formation of frost on the inner pane as the air space between the windows takes a temperature approaching that of the room. Pulling down the shades at night also eliminates a certain amount of heat loss through the glass and therefore tends to prevent frost- ing.

Why Ethiopia Bars Hunters Big-game hunters have been warned to keep away from Ethiopia, especially from the most accessible districts along the line of the Franco-Ethiopian railway. United States Minister South- ard at Adis Ababa has notified the State department that the emperor of Ethiopia has ruled that no more hunt- ing permits shall be issued to any na- tive or foreigner, in any of the dis- tricts heretofore visited by hunters to big game. Such expeditions from the United States are especially discour- aged by Minister Southard under ex- isting conditions.

Why Roosevelt Got Prize The outbreak of war between Rus- sia and Japan began on February 10, 1904, and closed with the signing of the treaty at Portsmouth, N. H., Septem- ber 5, 1905. Here is where President Roosevelt came in. It was he who negotiated the treaty between these two nations; and for his efforts in con- nection with the settlement of this war he was awarded the Nobel peace- prize, the first American to receive a Nobel prize.

Why "Old Hickory" General Jackson received the nick- name "Old Hickory" from the fact that he was supposed to be as tough as the wood from the hickory tree. It was an affectionate name given to him by his backwoods followers who admired him because of the hardy, outdoor life that he lived.

Why "Venezuela" Early explorers in South America named one region Venezuela, Little- Venice, because the Indians on a big lake lived in villages set on piles in the lake bed.

Why Known as "Watch" The name "watch" is derived from the fact that portable timepieces were carried by night watchmen for calling off the "watches of the night."

Why Watch Gains Time The lower temperature at night causes a watch to gain.

WHY

Japan and China Were Given Ornate Nicknames

In the year 671 A. D. the Chinese gave the name Jihpen to the archi- pelago situated east of their empire. The first syllable of this name is rep- resented by a character meaning sun, or light; the last syllable by a char- acter meaning origin, or root. The word is thus translated as "origin of the sun." Japan being east of China, it is easy to understand how the name "Land of the Rising Sun" became applicable to this country. The Japanese, who borrowed their writing and many of their terms from China, adopted this name also, but modified its pronunciation to Nihon. Another form is Nippon, or Dai Nip- pon.

China is known as the Flowery king- dom. This is a translation of the Chinese Hwa Kuo, and is the most an- cient name of China. It is not known whether it originally referred to flowers in the literal sense, but probably did not. Hua means flowery, elegant, or distinguished. It is supposed that the ancient Chinese so designated their country because they regarded their people as the most polished and civi- lized in the world. This term may have been employed at one time in the sense of "country full of flowers." Ac- cording to one theory, the Chinese originally lived in a very barren re- gion of Central Asia, and they called their new country the "Flowery King- dom" in contrast to their old home in the desert.

Why Present System of Weights and Measures In the early Colonial days of Amer- ica the weights and measures used by the colonists were naturally those of the mother country, and in most cases copies of the home standards were brought over and entrusted to the care of special officers of the common- wealth. In the English colonies it was usually the yard of 1588 that was employed. At the time of the Revolu- tion the new country naturally con- tinued with its existing British stand- ards, and although the Constitution gave congress the power to fix the standard of weights and measures, nothing was immediately done. Thom- as Jefferson in 1790 suggested in con- gress the establishment of a decimal system. The question was again taken up in congress in 1817 and 1830. On July 26, 1868, the metric system of weights and measures was legalized by act of congress. In 1875 the United States joined with a number of others in the establishment of the interna- tional bureau of weights and measures in Paris.

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PRISON SUPPLIES 600,000 SEEDLINGS

More than 600,000 seedlings and transplants were shipped from the nursery of the Rockview penitenti- ary during March, according to a report made public by John L. Han- na, State Secretary of Welfare un- der whose jurisdiction the prison comes. Of this total number of trees shipped, approximately 200,- 000 were destined for the reforesta- tion of watersheds in the State.

In addition to the nursery at Rockview the green houses have supplied 60,000 cabbage plants for

transplanting into flats and cold frames as well as 75,000 tomato plants. These plants according to the report of the prison labor di- vision of the State Department of Welfare will supply a large quan- tity of work for the cannery at the institution.

Each year the cannery puts up thousands of gallons of vegetables for use in the State institutions and the nursery supplies more than 1,- 250,000 seedlings. Many of these- young trees are shipped into other States.

Subscribe for the Watchman.

Interesting Facts.

The Pennsylvania Railroad has outstanding 13,127,234 shares of stock held by 235,791 stockholders. Forty per cent of these stockholders live in this State.

In the 85 years of its existence the company has never failed to pay a return to its share- holders. The first return to them was in April, 1849. The total return to shareholders amounts to \$1,008,212,369.00. In addition to these re- turns valuable subscription rights have, from time to time, been allotted them.

The dividend paid May 29th, divided more than 5 million dollars among the shareholders in this State.

Add to this dividend, the enormous payroll, and one realizes how closely related this great company is to the business interests of Pennsylvania.

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