Your Health



RECENT DISCOVERIES ANNOUNCED AT THE ANNUAL MEETING OF THE AMERICAN MEDICAL ASSOCIATION The public should be educated in

the principles of modern, medical science to help in the prevention of diseases. Such was the gist of the address

delivered by Dr. E. Starr Judd, of Rochester, Minn., the newly-elected president of the American Medical Association, at its meeting in Philadelphia. Dr. Paul A. O'Leary, of Rochester, Minn., revealed artificial fever pro-

duced by malarial infection was not only a treatment but also an im- if flowers are to bloom before frost, portant preventive method in cases of paresis and skin, nerve and brain involvements of the blood disease.

resistance of the patients against

produce the best results. Other forms of artificial fever

methods such as diathermy and radio waves, will give much the same results as is now obtained by artificial malarial fever, the speaker Prof. John H. Musser, of New Or-

leans, outlined diseases caused by diet deficiencies. He emphasized that, in a proper diet, all of these elements should be represented: carbohydrates, fats, proteins, water, vitamins and minerals,

Unless there is enough protein a person feels at low ebb. Minerals needed by the body are copper, iron, calcium iodine, mag-nesium, manganese, flourine, lithium, sulphur, potassium and chlorine.

They are present in salts, liver, fresh and green vegetables, milk, yolk of eggs, sea foods rare meat and lean meat. Vitamins A, B, C, D, E and G are important.

Dr. Musser disclosed it has been shown yeast does not contain Vitamin G or B—which prevent pellagra, black tongue and other diseases. But liver, lean meat, milk and eggs contain much of Vitamin G. Rare meat has Vitamin C. Red

meat gravy has iron,

EFFECT ON TEETH Dental decay is prevented by vita-mins D and C. Oranges or any citrus fruits contain Vitamin C. Vitamin is most important, as its leads to stunting growth of babies. Professor Musser said:

"The foundation of disease prevention is the proper dieting of the nursing mothers. If the babies are fed milk containing all mineral and vitamin essentials they will grow up normal and strong."

Dr. Charles Mallory Williamson, of New York, described the wide prevalence of fungus diseases, which include many types of ring worms. Frequently children become infected from parasites lurking in the nails

of their mothers or nurses.

X-rays are used with beneficial results in certain types of this dis-NEW CAUSE OF HAY FEVER FOUND

IN SMALL SAND FLY Hay fever caused by a sandfly is one of the newest discoveries announced at the American Medical Association annual meeting.

The hay fever sand fly causes the fever by fanning scales from its wings to float in the air.

Grasses causing hay fever stand in vases for inspection. They are Eng-lish plantin winter grass, sweet ver-nal, June grass, Ireland grass and timothy hay.

Alongside are jars of amber col-

ored liquid, extracted from the pollens and used to prevent the malady. The treatment is not classed as cure, but as a preventive.

the largest amount of the pollen extract which will stop just short of producing hay fever is injected into the patient's skin. Once a month for the rest of the summer this dose is repeated and frequently saves further hay four ther hay fever.

HOW TO DIET AND BE HAPPY Health Commissioner Shirley W. Wynne, speaking over WGBS, said the only safe way to reduce weight is by cutting down me daily cohsumption of food and more exercise. He warned against reducing pills

and medicines. He gave the number of calories necessary for each pound of your weight in five different groups. They

1. If you take no exercise, you should have 14 to 18 calories per pound of body weight daily.

2. If you take light exercise, 15 to

18 calories. 3. If you take moderate exercise, 18 to 20 calories.

4. If you do hard, muscular labor 20 to 23 calories. Suppose your normal weight is 150 and you take light exercises. Multiplying 150 by 18 gives 2,700 the number of calories you need to main-

tain proper weight level. If you are overwight, you may eat 1,000 calories less than normal and your body will make up the difference by consuming up fat.

The stomach of a pig, dried and pulverized, has been found to be an effective treatment for pernicious anemia. The French Academy of Medicine has studied the new cure, which it pronounced to be as good as the feeding of raw liver to anemic persons and much more agree-able to take.

### FARM NOTES.

—Picking, packing, and market-ing are important operations in profitable strawberry production. The berries should be picked carefully, graded well, and packed attractive-Berries prepared this way for market often bring five cents a quart more than those carelessly

-Readily available nitrogen fertilizer and water are essential to the growth of high quality early vege-tables. Nitrate of soda or sulphate of ammonia can be applied sparingly along the rows. If artificial watering must be used the soil should be thoroughly soaked to a depth of 6

-Any seed corn not needed for planting this spring may save the situation next spring. Such seed can be stored safely. Next fall may not be so favorable for seed corn as the

-Wet weather and poor seed from the crop grown in the hot, dry weather last year are responsible for poor stands of potatoes this spring. Blind sprouts have developed into potatoes in the ground in many plantings this year.

-Practically all the annual flower seeds should now be in the ground

—All members of the sheep flock should go through the dipping tank. Malarial fever heat increased the saistance of the patients against effective in killing the ticks. If this disease.

Specific therapies, such as by the well-known mercury and arsenic preparation, should be kept up to produce the best results. If there is a bad infestation, two dippings 10 days apart should be given, say animal husbandry specialists of Pennsylvania State College.

Grasshoppers threaten crops in western Canada. Almost 20,000,000 acres of wheat is seared yellow, buffeted by dust storms and in dire need So dry is the earth that of rain. the soil is beginning to drift under the storm winds and the individual wheat plants are beginning to wilt. If heavy rains fall within the next 10 days western Canada may produce 250,000,000 bushels of wheat

this season. If the rains are not forthcoming, the crop likely will be reduced to 20,000,000 bushels. Although the eagerly awaited week-end crop forecast of the Winnipeg Free Press was not as sensa-tional as had been expected the gen-eral consensus held the Canadian crop situation worse than it had been

One Winnipeg grain man went so far as to call the crop outlook the poorest in Canada's history. "Another week of dry weather may

result in a calamity so far as the crop here is concerned," he said.

The drouth is not quite so critical in the Northwest of the United

grain stands in North Central Ne- OSCEOLA MILLS MAN braska and South Central South Da-

Wheat growers ordered tons of poisoned bran mash to feed the insects which swarmed in buzzing armies to lay low every growing thing upon which they pounced.
Farmers abandoned their routine

tasks to fight the plague and confer with Federal and State authorities on the best methods of combating the invasion.

Not since the historic grasshopper hordes of the 1860's and 1870's when the insects were so thick they obscured the sun, has such a condition

More than 2,000 square miles of middle of last week.

A mild winter resulted in an unusual number of grasshoppers being hatched. They are just past the larvae stage and thus do not fly, but march in almost solid phalanxes, eating every green thing in their path and leaving stripped the fields through which they pass.

In the wheat fields of Kansas a bumper crop is expected. But with prices as low as 33 cents a bushel last week, many farmers announced they would abandon their grain crops altogether next year unless the expected bull market developes.

All growers not pressed by absotheir grain pending developments of the next few weeks in the wheat lists. financial troubles.

sists in placing sticks of dynamite on the stone and putting about six inches of wet, sticky mud over them. Stump blasting is usually done by placing the charge directly under the stump, or where there is a taproot, in boring a hole for the charge in the center of the root. However, if the wood is hard, the charge may be placed close to one side of the root. The charge may be tapped with safety after a few inches of earth have been placed next to the dynamite and mud placed in the hole,

—After the goslings are two or three weeks old, if good grass, clover or alfalfa range is available they will need only one light feeding daily of a mash made up of two parts of shorts and one part of fine ground shorts and one part of fine ground with the Pennsylvania State College, respectively. corn, or ground oats or barley. After they are six weeks old, if they still need extra feed, change the mash to and ground oats, with 5 per cent of disease. Only 3 or 4 per cent infecmeat scraps added. With good grass tion is present in orchards where range the amount of feed needed precautions were observed. will be small.

-Favorable weather during the in the Northwest of the United States, but an invasion of millions of striped yellow grasshoppers threatens destruction of tremendous Kirby extension plant pathologist of the Sources from which the sources from which the spreads to fruit later. The sources from which the spreads to fruit later. The sources from which the spreads to fruit later. The sources from which the spreads to fruit later. The sources from which the spreads to fruit later. T

FOUND DEAD IN BED.

Stanley Brink, son of Daniel Brink, of Philipsburg, was found dead in bed, at his farm home near Osceola Mills, last Friday morning, and a bullet hole in his head told the manner of his death. A .32 caliber revolver was loosely clasped in one hand, but on the opposite side from which the bullet had penetrated the

close range. Brink was married but his wife farm land already is threatened by was in Philipsburg helping care for the hoppers. New areas of infestation her mother, Mrs. Charles McMullen, have been reported daily since the who was quite ill. Coroner Lewis, first appearance of the pest, the of Clearfield county, held an inquest but the jury was unable to determine the manner of the young man's death, whether it was a case of suicide, accident or murder.

It was known definitely that on found, on Friday morning, \$1.20 and a bunch of keys were found on a table downstairs and his watch was under his pillow. His pocketbook was missing. The back door of the kitchen was partly open and a large police dog, always kept tied, was lute necessity were expected to store it's pen. Brink conducted a chick-

He was 34 years old and a World war veteran. Twelve years ago he —In bursting boulders, the mud war veteran. Twelve years ago he capping method be used. This con-married Miss Susan McMullen, who survives with a little son. He also leaves his parents and two sisters. Burial was made in the Philipsburg cemetery.

> The train was late-very late. The talkative conductor sat down beside a passenger. "You know," he boasted, "I've been on this train four years.' Irate Passenger: "Where did you

-Mussolino is a bold dictator,

Where mummied peaches were left in orchards or cultivation was not thorough, from 10 to 76 per cent of equal parts of shorts, ground corn the blossoms were destroyed by the

Kirby explains that the blosom infection is one of the principal sources from which the fungus spreads to fruit later. He urges growers to apply the summer sprays thoroughly to check what appears to

WHY SOME BILLS

ARE DELINQUENT Blanktown, June 4, 1931.

Gentlemen: I wish to inform you that the shattered condition of my bank account makes it impossible for me to send you a check in response to your request, at this time.

My present financial condition is due to the effects of federal laws, state laws, county laws, corporation head. There were no powder marks on the head, which would have been there had the shot been fired at state laws, county laws, corporation laws, by-laws, brother-in-laws mother-in-laws and outlaws that have been foisted upon an unsuspecting public. Through these various laws I have been held down, held up, walked on, sat on, flattened and squeezed until I do not know where I am, what I am or why I am.

These laws compel me to pay corporation tax, merchants' tax, capital stock tax, excess tax, income tax, property tax, auto tax, gas tax, water tax, light tax, cigar tax, street tax, and SYNTAX,

In addition to these taxes I have Thursday evening he had twenty dol-lars or more in his pockets. When for that. I am required to get a business license, city license, state license. car license, and I am also requested and required to contribute to every society and organization that the inventive mind of man can organize, to the society of St. John the Baptist, the Woman's Relief, the Near East, the Gold Digger's Home, also every loose, having broken a board from it's pen. Brink conducted a chicken farm and so far as known had no the DOUBLE CROSS.

For my own safety I am required to carry life insurance, liability insurance, property damage insurance, compensation insurance, fire insurance, theft insurance, accident and collision insurance and business insurance.

The government has so governed my business that I do not know who

owns it. I am suspected, expected, inspected, disrespected, examined, reexamined and informed, required, compelled, commanded until all I know is that I am supposed to supply an inexhaustible supply of money for every known need, desire or hope of the human race, and because I re-fuse to donate to all and go out and beg, borrow and steal money to give away, I am cussed, discussed, boy-cotted, talked to, talked about, lied to and lied about, held up, held down and robbed until I am nearly ruined so the only reason I am clinging to life is to see what the HELL is coming next.

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