

Your Health

THE FIRST CONCERN.



MIDDLE-AGED MEN PROVE EASIEST DROWNING VICTIMS

By Dr. Morris Fishbein, Editor, Journal of the American Medical Association.

We take more care of our fortunes than of our lives.—Seneca. Health is man's normal condition; he must do something foolish to lose it.—James J. Corbett.

Most deaths from drowning occur from May to August, when swimming is popular. The majority of cases of drowning occur in men. Twenty-five per cent of those which occurred in California in a recent study of the subject by the California State Department of Health, affected people between the ages of 35 and 54. Relatively few deaths from drowning occur in people between the ages of 20 and 34, presumably because these people are at an age when they swim fairly well and have enough vigor to withstand the rigors of exposure.

Approach of the vacation season makes it important to emphasize again the desirability of having everyone associated with swimming or with work around water understand the elements of resuscitation. The unconscious person should be placed face down, with the head slightly lower than the feet. Fingers should be put in the mouth to free it of any mud or other material that may be in it. One arm and hand of the individual may be put under the head so as to keep his mouth and nose out of sand. The person to perform artificial respiration can kneel over the body, putting one hand on each side of the unconscious person, just below the lower ribs. The movements may be made in time according to count. At one, the hands are placed on the lower ribs, thumbs and fingers together, wrists about six inches apart; at two, the operator arises on the knees and with the arms straight throws the weight downward and a little forward, and at the same time slightly squeezing the hands toward each other; at three, the hands are suddenly removed, which permits an expansion of the chest; at a count of four and five, the operator rests and promptly begins again.

The entire procedure takes about five seconds, which will permit of approximately 12 artificial respirations a minute. The movement may be kept up for hours. At the same time, it is well to keep the drowning person warm, if a blanket is available, and to encourage circulation by rubbing the legs. A physician should be secured as soon as possible. Just as soon as the signs of consciousness return, warmth and stimulation are desirable.

There is no necessity for rolling the drowning person over a barrel, hanging him up by the feet, or any other rough treatment that used to be the vogue before modern artificial respiration became established. The two most common criticisms are that the artificial respiration is carried on for too brief a time (it is the slightest possibility of resuscitation and the application of the movements too rapidly).

IN DR. KELLOGG'S "QUESTION BOX" IN FOLLOWING HEALTH MAGAZINE THE FOLLOWING ADVICE IS OFFERED ABOUT

- 1. Does chocolate contain a great deal of good essential food value?
2. Is it a fuel food?
3. Is there anything objectionable about it?
4. Can a person cultivate an appetite or craving for it?
5. Should it be included in the food for a baby of twenty-one months?
6. Should a baby of this age be fed chocolate bars, or cocoa?
Answer.—1. No. The chief food value of chocolate is the sugar which it contains. This is cane sugar, which is not the best form of carbohydrate because of its irritating properties.
2. Sugar is fuel food.
3. Yes. Chocolate contains theobromine and possibly other harmful substances. The cocoa from which the chocolate is made is prepared from the residue left after extraction of cocoa butter, which is largely used for the coating of candies. The manufacturers of cocoa butter have found difficulty in disposing of this by-product, which is greatly in excess of the requirements of the cocoa and chocolate trade. According to a recent government bulletin, the manufacturers have even made use of the cocoa residues for fuel. In efforts to find a profitable market for these surplus residues, they have induced farmers to make use of it for the feeding of dairy cattle. They have also succeeded in including a number of poultrymen to make use of it. Quantities have also been sold to farmers who have used it for fertilizer. But in all cases the use of cocoa has been found so highly detrimental that the Department of Agriculture found it necessary to issue a bulletin warning against the use of cocoa or any of the purposes named. When it was given to cows, milk production was reduced; when it was given to poultry, egg production was lessened; when it was used as fertilizer by farmers, there was a notable decrease in the crops. And so farmers, dairymen and poultrymen

have been seriously warned by the Department of Agriculture against the use of cocoa, but, strangely, not a word has been said to the men and women of the country with reference to the harm that is being done to nursing mothers and to young children by the use of cocoa as a beverage and the great use of chocolate in the form of candy. It is time something was said upon this subject.

4. Yes. The writer recalls the case of a man who became so fond of chocolates that he frequently ate a pound at a sitting and boasted of his ability to consume chocolates in any quantity without injury. The writer informed the gentleman of the risk he was incurring, but no heed was paid to his warning and after some years the bad results of the chronic duodenitis induced by a chronic chocolate poisoning made their appearance, and, later X-ray examination showed the presence of a large number of gallstones which were probably the result of the chronic duodenitis induced by the chocolate habit. Gall bladder disease is rapidly increasing in the United States and the writer believes one of the prolific causes of this disease is the free use of chocolate together with other ingesta which irritate and infect the duodenum.

5. By no means.
6. Certainly not.
What is the comparative food value of raw and cooked cabbage?
Raw cabbage is rich in vitamin C, which is destroyed by cooking. Raw cabbage is also more readily digestible than cooked cabbage and less likely to undergo decomposition changes in the intestine. Laboratory experiments show that juice of raw cabbage is destructive to putrefactive bacteria.

PRISONERS CULTIVATE GARDENS AT ROCKVIEW

With the distribution of more than 1,000,000 trees and seedlings from the nursery stock and the planting of, and preparing for later planting of more than 100 acres of garden vegetables, the outdoor activities upon which many State institutions depend to supplement their supplies have been speeded up during the past few weeks at the Rockview State penitentiary.

The nursery at the Rockview institution is extensive and in April of this year shipped 1,268,553 units of stock which were divided as follows: Trees to reforestation, 1,263,250; shade trees, 2152; ornamentals, 1785; and shrubbery, 1366. This shipment virtually completed all orders to the Rockview nursery this year, with the exception of orders from the U. S. Forest Service at Warren.

With the depletion of the stock at the nursery seeding and transplanting operations began at once and approximately 11,000 trees were lined out in nursery rows. Many of the trees from this institution are shipped to other States.

To provide a supply of vegetables for the cannery at the institution from which State institutions are supplied with some of their winter canned goods more than 100 acres were prepared or planted as follows: peas, 40 acres; spinach, 5 acres; beets, 3 acres; cabbage, 4 acres. In addition to the acres planted, 30 acres were fitted for the sowing of peas and 25 acres have been plowed and fitted for tomatoes, corn and beans.

The operation of the nursery, the garden and the cannery are conducted by inmates of the penitentiary under the direction of officials of the institution. The entire work is under the direct supervision of the division of prison labor of the State Department of Welfare.

A POLYGLOT FOURTH

Patriotic celebrations conducted in half a dozen different languages are numbered among the features of the Fourth of July in New York city, the most cosmopolitan place on earth. Neighborhood affairs, held in various parks, give Manhattan's foreign born population a clearer idea of the meaning of the day.

In each of the public parks there is a flag raising, and the Declaration of Independence is read in that particular district. The celebrations generally begin at 10 o'clock in the morning.

The big event in City Hall park is the parade of nations. Dozens of families, representing as many different countries, showing the cosmopolitan character of the population, are always in line. The head of each family carries the flag of his native land, but the foreign flags are greatly outnumbered by the stars and stripes. The City History club supplies the program at McGowan's park in Central park. This includes a drill by Continental guards.

At Washington square French residents gather and hear praise of Lafayette. In Mulberry Bend and in some parks Italian dwellers hear addresses on the history of the United States.

Tompkins square is set apart for the Hungarians. At John Jay park, Seventy-sixth street and the East river, the Bohemians assemble. Hamilton Fish and Seward parks are reserved for the Jewish population.

"The neighborhood celebration gives the foreigners a better insight into the history of their adopted land," said a prominent New Yorker. "Many ignorant Europeans do not know the significance of the day. The observation arouses in them a patriotic feeling for America."

Four men and one woman were granted citizenship papers at naturalization court in Bellefonte, on Saturday. They were George Verba, of Phillipsburg; Andy Zanella, of Clarence; Dr. Walter Thomas, a professor at State College; Iivari Rajonaki, of Spring township, and Mrs. Anna Gregory, of State College.

DEATHS OF THE WEEK

SCHREYER—Charles A. Schreyer, the last of a family prominently identified with the history of Bellefonte over half a century ago, died at his home at Oak Park, Ill., last Saturday. As only a brief telegram announcing his death was received by friends in Bellefonte it is not known whether it was sudden or the result of prolonged illness.

He was a son of Allen and Rebecca Crites Schreyer and was born at Milton 78 years ago. When he was a boy the family moved to Bellefonte and it was here he grew to manhood and received his education. As a young man he worked for his father as a cabinet maker, later going to Renovo where he worked for several years in the P. R. R. shops. It was while working there that he conceived ideas that had much to do with his success in later life. Along about 1888 he went to St. Louis, Mo., but remained there only a short time then went to Chicago, to work for the Illinois Central Railroad Co. Later he went with the Pullman Car Manufacturing company and while working there invented the window shades and folding connections between the cars which are now in use on all Pullman cars and many others. These inventions started him on the road to financial affluence and resulted in his retirement at an early age.

While yet a resident of Bellefonte, in 1875, he married Miss Amanda Galbraith. She died in 1882. After going to Chicago he married again but the second union ended in a divorce and some time later he took unto himself a third wife. She survives with two daughters to his first marriage, Miss Minnie, and Maude, wife of Dr. Thomas Motter, both of Oak Park, Ill. He also leaves two grand-children. The funeral was held on Tuesday, according to information contained in the telegram announcing his death.

CLEVENSTINE.—Mrs. Mary Elizabeth Clevenstine, widow of the late Isaac H. Clevenstine, for many years well known residents of Hubersburg, died at 5.20 o'clock, last Thursday evening, at the home of her son, Harry E. Clevenstine, Bellefonte, as the result of a stroke of paralysis. Although she had been in frail health for several years she had continued to keep her own home in Hubersburg, spending the winters with her son here. Several months ago she returned to Hubersburg for the summer, but was there only a short time when her health grew worse and she returned to Bellefonte.

She was a daughter of Samuel and Barbara Walkey and was born at Hubersburg on March 18th, 1852, hence was 79 years and 3 months old. She was a member of the Hubersburg Reformed church for many years. Her only survivors are her son, Harry, of Bellefonte, her three grandsons, Henry, Paul and Crider Clevenstine, and one brother, Samuel Walkey, of Newark, N. J. Funeral services were held at her late home, in Hubersburg, at two o'clock on Sunday, afternoon, by Rev. Harry Hartman, of the Reformed church, assisted by Rev. Robert Thoma, burial being made in the Hubersburg cemetery.

REESE.—Mrs. Margaret Reese, widow of Dennis Reese, of Sandy Ridge, died at the Phillipsburg State hospital, last Saturday morning, as the result of blood poisoning caused by an infected hand.

She was a daughter of William and Suzanne Decatur and was born at Hannah Furnace on November 6th, 1848, hence was in her 83rd year. She was quite young when she married Mr. Reese and all their married life was spent at Hannah Furnace. Her husband died forty-six years ago. She was the mother of twelve children, eight of whom survive, as follows: Christ Reese, of Phillipsburg; James, of Julian; Mrs. John Walk, of Hannah Furnace; Brooks E., of Williamsport; Robert and George, of Lewistown; Matthew and Mrs. S. E. Twigg, of Sandy Ridge, and Mrs. Alice Richards, of Curwensville.

She was a lifelong member of the United Brethren church and Rev. Raugh, of Coalport, had charge of the funeral services, held at her home at Sandy Ridge, on Monday afternoon, burial being made in the Mt. Pleasant cemetery, near Hannah Furnace.

MAURER.—Henry Lloyd Maurer, well known resident of Nittany valley, died at his home, at Clintondale, on Wednesday morning of last week, following an illness of four years as the result of a stroke of paralysis. He was within one week of being 67 years of age.

He had served several terms as overseer of the poor in his home locality and when stricken with paralysis was serving as road supervisor. He was a member of the Evangelical church, at Clintondale, and the Nittany Valley castle Knights of the Golden Eagle. He is survived by his wife and several nieces and nephews.

Funeral services were held on Saturday afternoon by Rev. Jacob Zang, burial being made in the Mt. Bethel cemetery, near Lamar.

GARDNER.—Charles Gardner, who for the past year or more had conducted a small store and cafe at Port Matilda, died quite suddenly, last Thursday morning, as the re-

sult of a stroke of apoplexy, following only a few hours illness.

He was a son of Andrew and Mary Ream Gardner and was born in Blair county a little over 66 years ago. The greater part of his life was spent in Tyrone where he was in the mercantile and coal business. A few years ago he located at Martha Furnace and conducted a general store, later going to Port Matilda. The remains were taken to Tyrone where burial was made in the Grandview cemetery on Saturday afternoon.

BOTTORF.—William Bottorf, for a number of years a well known resident of Bellefonte, died at the Geisinger hospital, Danville, last Thursday. He had been in failing health for six months or more and about three weeks ago went to Millersburg to visit a daughter, Mrs. J. A. Broschart. His condition becoming serious shortly after his arrival there he was taken to the Geisinger hospital.

He was a son of John W. and Amanda Harris Bottorf and was born in Bellefonte on April 5th, 1863, hence was 68 years, 2 months and 13 days old. His father was a blacksmith by occupation and when the Scotia ore mines were opened, almost half a century ago, the family moved to that place and William got a job firing the boilers. He lived at Scotia until the works closed and the town was abandoned when he returned to Bellefonte. For a number of years he fired the boilers at the heating plant of the Bellefonte Academy, but was compelled to quit work owing to failing health. Last spring he and his wife quit housekeeping and had since been living with their son, John Bottorf, of east Bishop street. He was a member of the Logan Fire company for many years.

He married Miss Margaret C. Blair who survives with the following children: G. A. Bottorf, of Sunbury; Mrs. Edward Markley and John W. Bottorf, of Bellefonte, and Mrs. J. A. Broschart, of Millersburg. He also leaves one brother, J. Linn Bottorf, of Bellefonte. The remains were brought to Bellefonte, on Friday, and taken to the Markley home, on east Howard street, where funeral services were held at two o'clock on Sunday afternoon, by Rev. G. E. Householder, of the United Brethren church, burial being made in the Union cemetery.

HINDS.—Mrs. Emma Joanna Hinds, widow of Ralph Hinds, died at her home at Fiedler, on Wednesday morning of last week, following about a week's illness.

She was a daughter of George M. and Suzanna Shirk Rupp and was born at Aaronsburg on March 6th, 1863, hence was 68 years, 3 months and 11 days old. In August, 1883, she married Ralph Hinds and most of her life since had been spent at Fiedler. She was a member of the Aaronsburg Evangelical church, a member and president of the Aaronsburg W. C. T. U., and at one time was a member of the Millheim lodge of Rebekahs.

Her husband died in March, 1927, but surviving her are four children, Claude W. Hinds, of Aaronsburg; Charles R., of Joliet, Ill.; Mrs. Florence R. Barker, of Renovo, and Mrs. Mabel E. Beaver, of Pottsgrove. She also leaves three brothers and a sister, James W. Rupp, of Seattle, Wash.; George F., of Hartford, Conn.; Mrs. Jennie E. Bond, of Nescopeck, and Walter G. Rupp, of Aaronsburg. Funeral services were held in the Evangelical church, at Aaronsburg, on Saturday afternoon, by Rev. A. C. Paulhamus, burial being made in the Aaronsburg cemetery.

NEW YORK CENTRAL SHOPS TO BE MOVED FROM AVIS

The New York Central locomotive shops, employing approximately 700 men, are to be closed on July 31st, and a few days later will be moved to West Albany, N. Y. It is a retrenchment movement of the railroad company which will also include the consolidation of the shops at Drew, N. Y., with those at West Albany. At present 2600 men are employed at the three places but the company plans to operate the consolidated shops with about 1700 men, which will mean 900 men will be thrown out of employment. Seniority will prevail in selecting the men to continue work.

The removal of the shops will be a severe blow to Avis, as they have been the principal mainstay of the town. The company also has car repair shops there but they have been closed since last fall. There is now a rumor that they might be re-opened after the locomotive shops are moved away.

The New York American, of last Friday, announced that the marriage of Miss Audrey Dale, daughter of Col. and Mrs. Frederick Dale, of Baltimore, and Kenneth Robinson, of New York, will be solemnized in St. Thomas' Episcopal church, New York, on June 30th. For some time past Miss Dale has been an acknowledged leading actress in Broadway musical shows, having starred in "So This is New York," "One, Two, Three," "Apron Strings," "Rio Rita," and "The First Little Show." She is a niece of Dr. David Dale, of Bellefonte. Mr. Robinson is a writer and director of motion pictures with the Paramount company, his latest success being "The Last Parade."

GAME COMMISSION BUYS BIRD EGGS IN ENGLAND

The game commission has purchased 500 Mongolian pheasant eggs from the Gaybird Pheasant Farm, Great Missenden, Bucks, England. They will be incubated at the Fisher state game farm. The Mongolian is a larger form of the ring-neck pheasant and is considered a splendid bird.

Two hundred bob-white quail eggs were purchased from the Coleman game farm, near Richmond, Va. One hundred and fifty of these will be incubated at the Fisher game farm, and fifty at State College, Pa.,

where experiments with the artificial incubator and propagation of these birds are being made on a small scale.

AMERICA'S VACATION TO COST \$5,000,000,000

America's vacation this year will cost the staggering sum of \$5,000,000,000, the American Automobile association estimated today. And more than half of that total—\$3,200,000,000—will be spent in motor tours in the United States, while about \$400,000,000 will be used by Americans in touring the neighboring oasis, Canada.

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