

Your Health

THE FIRST CONCERN.



WHAT HAPPENS TO 100,000 MEN?

Do you know what happens to 100,000 men born on the same day? 94,320 live to be one year old. The first year of life is the hardest. 88,788 live to be 21, showing that about as many die during the first year as during the next 20; 71,551 live to be 52, while only 22,916 reach 72. Note the tremendous loss—about 38,000—between the golden years of 52 and 72, when life is worth most and responsibilities are greatest. What can be done to stop this life-waste? Scientists tell us that a yearly health examination is the best weapon that can be employed.

He was a member of the boys' class in the Baileyville Presbyterian Sunday school and a Boy Scout. The funeral was held on Tuesday afternoon of last week. Rev. J. Max Kirkpatrick had charge and was assisted by Rev. J. S. English and Rev. Samuel B. Brown. Burial was made in the new cemetery at Pine Grove Mills, six Boy Scouts acting as pallbearers.

It is man's duty, he said, "as a member of a social group to take enough sleep. It is immoral for him to take too little. Tired people behave remarkably like drunken people. They are usually clumsy. They become careless and negligible of important things. They become unreasonably selfish, peevish and reckless. "Is the tired mother capable of dealing wisely with her problems? Is the tired, sleepy auto driver a safe driver? Fatigue and loss of sleep make the sleepy driver a public menace. Railroad officials, the Interstate Commerce Commission, Industrial employers and business heads know the inadequacies of tired helpers.

"Prolonged fatigue is not honorable of itself. Nor is it an infallible sign that the person who suffers it has been useful." Length of sleep, he said, depends upon the person, his state of health, what he is doing, the kind of demands he tries to meet. Sleep is accompanied by definite physiological changes. Intellectual workers require, or at least take less sleep than workers at hard manual labor.

Dr. Johnston told of studying habits of 150 persons during the seven years of laboratory research. In addition, more than a million observations were taken through photography.

BABY'S MILK NEEDS CARE IN SUMMER

Babies must have pure milk properly cared for if they are to be well in hot weather. When milk is delivered it should not be allowed to stand in the sun or even in a warm room, but should be placed immediately in the refrigerator. The temperature of the ice-box should never be over 50 degrees. Cold running water may be used in the country in lieu of an ice-box. A "spring house" takes the place of artificial cooling systems.

Bottles in which milk is delivered are cleaned and sterilized before the milk is put in, so it is better to allow it to stand in these containers until used. If milk is to be modified, or mixed with other ingredients, it is better to prepare enough for a day's use at one time.

The feeding bottles and nipples must be cleaned thoroughly, and boiled at least 20 minutes before the mixture is poured in. These bottles should be allowed to cool first, of course.

Every utensil used in the process of mixing the baby food should be boiled, including the bowl, pitcher, spoons, brush and funnel, and even the cap remover. When the bottles are filled they should be stopped with clean sterilized cotton or corks that have been boiled, then set immediately near the ice. No bottle should be disturbed or brought out until it is to be warmed for use.

It is better to warm the food right in the bottle by setting it in a pan of warm water and allowing it to come up to the desired temperature. Cold bottles plunged into very hot water may break.

If the contents are emptied out into a small pan to warm, that pan should be perfectly sterile. The cap of a milk bottle will collect dust germs from the street. In removing it, wipe it off first with a clean cloth; also wipe around the edge of the bottle where hands have touched it with a cloth dipped in boiling water.

SETS 25-CENT LIMIT

The average man can live on 35 cents a day according to Dr. M. E. Jaffe, University of California food specialist. The average man can get by with seven cents for breakfast; eight cents for lunch; 15 cents for dinner and two cents for sundries. This doesn't include refrigeration, storage and cooking fuel.

Eat slowly and quietly; there is nothing more offensive to refined people than noisy eating or vulgar table manners.

FERGUSON TOWNSHIP BOY KILLED IN AUTO ACCIDENT

Aaron Charles Kepler, only son of Mrs. Millie Kepler, of Ferguson township, was instantly killed, about 8.30 o'clock on the evening of June 27th, when he was hit by an automobile driven by Vance Taylor, of State College. The boy was walking along the State highway, near his home, and when hit, was thrown about fifty feet, landing head first against a post. His neck was broken, skull fractured and body badly bruised. The driver of the car stopped, picked up the boy and took him to the office of Dr. Woods, in Pine Grove Mills, who stated that he had been killed instantly. A coroner's inquest exonerated the driver of the car.

The lad was a son of Aaron C. (deceased) and Millie Kepler and was born in Ferguson township on October 15th, 1917, hence was in his 14th year. He had passed his eighth grade tests and would have entered the Ferguson township High school in September. His father died two years ago but surviving him are his mother and two sisters, Estella and Millicent.

He was a member of the boys' class in the Baileyville Presbyterian Sunday school and a Boy Scout. The funeral was held on Tuesday afternoon of last week. Rev. J. Max Kirkpatrick had charge and was assisted by Rev. J. S. English and Rev. Samuel B. Brown. Burial was made in the new cemetery at Pine Grove Mills, six Boy Scouts acting as pallbearers.

PHILIPSBURG MAN ALSO KILLED BY AUTOMOBILE

Aaron Steele, 61-year-old resident of South Philipsburg, was the victim of a hit-and-run driver, at 10.30 o'clock on the night of June 26th, when he was walking along the road near Philipsburg. A fractured skull resulted in almost instant death. He leaves a wife and nine children, five at home. He also leaves six brothers and sisters. Burial was made in the Philipsburg cemetery on Monday afternoon of last week.

Charles Vail, 18 years old, of New Liberty, Clearfield county, has been arrested as the driver of the hit-and-run car which killed Steele.

BELLEFONTE WILL PAY LESS TAXES THIS YEAR.

Bellefonte property owners will pay less taxes for the year 1931 than they have in a number of years. At a special meeting of borough council, on June 27th, the tax millage for the year was fixed as follows: Borough, 7 mills; street, 7 mills; interest, 3 mills. As both the borough and street taxes have been 10 mills for some years past this will mean a reduction of 6 mills. The county commissioners also reduced the millage from 10 to 8, so that this year's property taxes will be 8 mills less than last year.

The total millage last year was county, 10; borough, 10; street, 10; interest, 3; poor, 3; school, 21, or a total of 57 mills, which meant \$57.00 on each \$1000 of property valuation. This year the total will be 49 mills, or \$49 on each \$1000. To break even on the reduction in millage the borough contemplates pressing the collection of unpaid taxes on back duplicates, which runs into thousands of dollars.

WORLD WAR SOLDIER DIES IN CHAIR FOR MURDER.

Peter Spirellis, a 38 year old native of Greece, who served in the Greek army during the World war, was electrocuted at Rockview penitentiary Monday morning of last week, for the murder of Mary Dashington, at Pottsville, on January 26th. Spirellis had been in this country less than a year. At Pottsville he met the Dashion woman, who was separated from her husband, and the two lived together two weeks as man and wife. Then the woman refused to continue the association. Spirellis went to a restaurant, where she worked as a waitress, and endeavored to persuade her to return to him. On her refusal to do so he plunged a hunting knife into her abdomen. She died four days later. Spirellis gave himself up and when his case was called for trial plead guilty to a first degree murder charge. The court named death as the punishment. Spirellis' body was unclaimed and was buried in the penitentiary cemetery.

CAMBRIA COUNTY MEN FIGHTING FOR LIFE.

The four convicted murderers of Cambria county, who were to have been electrocuted on Monday, were granted another respite until August 7th, while the question of their right to a new trial is decided by the courts of that county. The men are Joseph Parse, Frank Cantilla, Carl Crow and Frank Powell. At the trials of the men Catherine Fanchick was the star witness for the Commonwealth. She has now repudiated her testimony, declaring that she had been forced to giving evidence against the men by officers who were employed by the Commonwealth. She has been placed under arrest for perjury. Three of the men who have been at the death house the past month or more were taken to Ebensburg under heavy guard, last Thursday, for a court hearing and brought back on Friday.

BRIDGE CONTRACT GIVEN TO LOWEST BIDDER.

When borough council convened in special session, on the evening of June 26th to further consider the bids for the Lamb street bridge, secretary Kelly read a communication from the Bellefonte Engineering and Construction company, withdrawing the company's bid. Mr. Emerick reported that State Highway Department officials had reported that the only bid they would approve was that of the lowest bidder, Walter H. Drawbaugh, of Dover, Pa. A communication was received from Mr. Drawbaugh stating that it would require only a small force of men to construct the bridge, and that he would employ about one-third local labor. On motion the contract was unanimously awarded to him.

Mr. Emerick reported that so far the State sanitary water board had not approved the plans for the proposed sewer down Spring creek, and president Walker suggested that a committee go to Harrisburg and take the matter up personally with Dr. Appel.

Mr. Ardery again called attention to the fish pond constructed in the overflow stream from the big spring, stating that the trout put in there would not eat and it was the general impression that most of them will die if kept there. Mr. Emerick stated in seeing the trout from below the falls many of them were driven down stream where they were caught by fishermen. One man, he said, caught seventeen.

As the fish commission had granted the permit for the construction of the pond president Walker suggested that the same committee going to Harrisburg to see Dr. Appel also interview Mr. Deibler relative to the removal of the fish pond.

RAINFALL ABOVE NORMAL DURING PAST WEEK.

Centre county has had a succession of hard rain storms during the past week and the result is that the ground is pretty well soaked. A hard storm, last Wednesday, did considerable damage over in Green Valley. Another on Thursday evening damaged gardens and corn fields up Buffalo Run valley. On Friday there were two terrific downpours. Out near Pleasant Gap the water was two feet deep over the State highway and automobiles destroyed by way of Zion. The same storms washed out half a mile of track on the Lewisburg railroad, just east of Gregg station, with the result that the morning train, Saturday, could not get through and it took a construction crew most of the day to repair the damage. Ten carloads of cinder were sent over from Bellefonte to fill up the washed away roadbed. There was another downpour on Saturday afternoon but it did no damage.

Last Thursday's storm also played havoc with the telephone and electric systems. All told about 160 telephones were put out of commission and fuses were blown out of a number of transformers in various sections of the county. With the telephone service crippled users of electric service were unable to communicate with the office of the West Penn Power company until telephone service was restored and the result was the West Penn service men had to work a good part of Friday night to get things back to normal.

TREAT A WOUND AT ONCE DURING HOT WEATHER.

At any time a flesh wound ought to be promptly and properly cared for. During excessively hot weather that may be expected in July and August it is imperative that no abrasion of the skin, however slight, be neglected. Infection is a possibility in consequence of any injury and infection in the hot weather is a dangerous thing, for it leads rapidly to lock-jaw, tetanus.

Such a menace can be prevented and in order to facilitate its prevention certain distributing points for tetanus antitoxin have been located in every part of the State. Those in this section are at the stores of M. B. Runkle, Bellefonte; G. F. Troutman & Co., in Philipsburg; Rea Derick, State College; Mabel Arney, Centre Hall; F. K. Mattern, Warrior's Mark; J. E. Fox, Osceola Mills; Ralph T. Hunter, Clearfield; Mrs. Clara M. Tibbens, Beech Creek; Wm. H. McLanahan, Tyrone; W. D. Davis and E. Raymond Smith, Altoona.

While the Fourth of July was safe enough in Bellefonte it was anything but a sane celebration. Starting in earnest, on Friday evening, the din of exploding firecrackers continued almost unceasingly until midnight, Saturday night, and probably later. Fortunately no serious accidents occurred.

Raymond Brooks, trouble man for the West Penn Power company, has requested a three month's leave of absence, effective today, in order that he can devote more time to his growing milk business and incidentally do a little work in his campaign for the office of register.

There are three thousand students enrolled for the summer session at the Pennsylvania State College. It opened on Tuesday of last week and will continue for six weeks.

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ELECTRICITY saves me time and work every day in the week, besides providing plenty of good light.

It's a simple matter to do even a big washing and ironing with the aid of my electric washer and iron, and I can go over all our rugs in a jiffy with the vacuum cleaner. Then the refrigerator is a wonderful help in preparing meals. And the electric toaster helps get breakfast right at the table—sparing me trips back and forth to the kitchen.

In all, we use about 41 kilowatt hours of current in a typical month. Yet our bill is only \$3.46. Mrs. C. P. S. (an actual West Penn customer).

In addition, Mrs. C. P. S. could enjoy the many advantages of electric cooking by using approximately 130 more kilowatt hours. Since she is using 41 kilowatt hours, the additional 130 would cost her \$3.76. This total of 171 kilowatt hours at \$7.22, in 1923, would have cost her \$14.26 or more. It is our policy not only to decrease the cost of current step by step with increased consumption, but also to reduce rates whenever possible.

WEST PENN POWER COMPANY

GAME AND FISH KILLERS FALL IN TOILS OF LAW

Game and fish wardens have been quite diligent in Centre county recently. On June 22nd E. Burns, of Stormstown, was arrested by Thomas Mosier for killing a deer out of season and was fined \$100 and costs, being given ten days in which to settle. On the 26th of June Mick Maddis, of Stormstown, and Bert L. Medling, of Robertsdale, were arrested for a similar offense and fined \$100 and costs. Medling settled while Maddis is serving out his fine in jail, a day for every dollar.

F. I. Rider and R. F. Vonada, of Coburn, paid fines of \$20 and costs for using a scoop net in Penns creek, and Ralph Rote, of Coburn, also paid a fine of \$20 and costs for fishing with a dip net in Rote's dam. On June 28th, Thomas Mosier and W. J. Aikee arrested Oscar Shay, Joseph Shay and D. P. Sherry, of Milesburg, for having in their possession five trout below the legal size, and pleading guilty were sentenced to pay fines of \$50 each and costs.

POLITICAL ANNOUNCEMENTS. DEMOCRATIC

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 on the Republican ticket, subject to the decision of the voters at the primaries to be held on Tuesday, September 15, 1931.

We are authorized to announce that John M. Booth, 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 hereby announce myself a candidate for the nomination of Treasurer of Centre County, subject to the decision of the Democratic voters at the Primary Election, to be held September 15, 1931.

PROTHONOTARY We are authorized to announce that S. Claude Herr, of Bellefonte, Pa., is a candidate for nomination for Prothonotary of Centre County, on the Democratic ticket, subject to the decision of the Democrats of Centre county 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 John S. Searly, of Spring 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 Tuesday, September 15, 1931.

We are authorized to announce that T. M. Huey, of Patton township, 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 Tuesday, September 15, 1931.

We are authorized to announce that J. Victor Brungart, of Miles 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.

We are authorized to announce that O. E. 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. E. 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 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 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 Philipsburg, Pa. COUNTY TREASURER

We are authorized to announce that O. 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 of the party 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 Philipsburg, 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, Sept. 15, 1931.

ERNEST E. DEMI, Philipsburg, 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.

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If a check up on your property values indicates that you are only partially insured—let us bring your protection up to date. Hugh M. Quigley Temple Court, Bellefonte, Pa. ALL FORMS OF Dependable Insurance 78-7-11.

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J. KENNEDY JOHNSTON.—Attorney Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 5, East High street.

J. M. KEICHLINE.—Attorney at Law and Justice of the Peace. professional business will receive prompt attention. Offices on second floor of Temple Court. 49-1

W. G. RUNKLE.—Attorney at Law Consultation in English and German. Office in Crider's Exchange Bellefonte, Pa.

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