## Your Health



#### HOW TO TREAT HEAT STROKE

By Dr. Morris Fishbein

In his guide for people who are living in the tropics, Professor Aldo Castellani suggests that the first step in heat stroke is to loosen the clothing, to get the person into as cool a place as possible, to put the person on a bed covered with a large rubber sheet and then to rub ice and cold water over the body. In order to aid heat radiation from the body, electric fans may be used. the same time that the ice is rubbed over the skin, it is well to apply vigorously friction or massage order to promote the circulation.

One of the dangers of the cold sponge is collapse. For this reason the patient's temperature is taken regularly and when it falls to 101.6 degrees (taken by the bowel instead of the mouth), it is customary to stop the application of cold water sponging or the ice rub, to cover the patient wth blankets and to watch him carefully in order that he shall not collapse

In some instances serious symptoms have resulted, because of increase in the cerebrospinal fluid.

Hence, in serious cases spinal fluid is removed by the physician through Not infrequently spinal puncture. it is also desirable to remove some of the blood from the patient by opening a vein in order to restore normal circulation.

If breathing stops in this type of unconsciousness, as well as in any form of unconsciousness due to electrical shock or gas poisoning, or some similar cause, artificial respiraiton should be kept up. This should not be stopped after a few minutes because of failure. It should be kept up for hours; indeed, as long as there is any possibility that the heart and breathing may be induced

stroke should not be given large fanned fourteen men. But ask Russ silence, the grinding rumble of quantities of food. He should, however be given small quantities of game that took most out of him ilar soft and easily digestible sub-

PROTECT HEAD AND EYES FROM SUN TO AVOID HEAT STROKE

mer depends on the application of a Didn't they hit and the eyes should be protected from the sun. The clothing should be light and loose, and should be sufficiently porous to permit radiation of heat from the body. A cool shower in the morning and evening followed by brisk drying with a thick towel is stimulating to the skin, and makes one feel much bet-

Exercise is healthful, if properly controlled. Riding in an open car eighth got two bases on a wild under the sun is not a suitable extraction that the sun is not a suitable extraction that two bases on a wild throw; there followed a pass and a ercise for hot weather. Neither is sacrifice: Russ came up with men four hours of tennis on a sun-beaten tennis court. All forms of exercise in hot weather should be mild. Golf, horseback riding, boating and swimming are among the sports prefer-red, but even these are best taken early in the morning or late in the afternoon rather than in the heat of

Adequate amounts of sleep do much to prepare a person for the special stress associated with summer conditions. The use of plenty A mile beyond the center-field mer conditions. The use of plenty of water, at least eight glasses a fence was rising ground with a road fence was rising ground with a road day, has been mentioned repeatedly. Food is best taken in small quanti-

and indoor worker to get a good coat of tan in one afternoon. Summer lasts for several months. A He knew what Stukely would think half hour or an hour in the sun each of that strike-out; but he had to day is a much safer way to acquire a know what Bee thought. He told coat of tan than seven hours in sun- her what had happened; and she light the first day on the beach.

Traveling in hot weather is extremely difficult. Railway coaches are notoriously close and hot. Tropical experts advise avoiding small rooms and the use of open coaches. Fans help circulate the air, as does the speed of the train. If thin, double roofs are used, if the windows are protected by awnings or if we can pick up a couple of runs and pretty well gummed that; but colored glass, and if there is plenty

The term "cancer" includes a num-er of diseases that differ widely in "I'll hold that lead if I can,"

strained growth, it is unreasonable out. The first batter calmly watch-to expect the report adds, that ed two wide pitches and swung on science will be able to discover any the first good one. The fielder got

Therenort advocates that new can- yells, he had dropped it. The batcer institues, preferably established in affiliation with university medical colleges be strategically placed only to heart disease as a cause of itan. throughout the country as outposts death. in an international war on the dis- Research must continue to be, the eases that claimed 100.000 lives in report continues, the foundation upthe United States in 1929. Cancer on which the framework of cancer be used in spray or dust to control the reports state now ranks second control rests.

WIN OR LOSE?

(Continued from page 2, Col. 6.) game honestly. But that would solve only one of Russ' problems. He had to get away if he could; but also he had to win that game and

put one over on Stukely. So he was nervous as he hadn't at the very start. He passed a it. man, hit another, got the next on a ones, then in despair struck the next down to second. pitch in the groove; Hamer slam-med it to right centre for three bases, two runs came in-and the

him out!" Russ listned to them thoughtfully. If he took Pierson out he'd have to go in himself; but he couldn't last eight innings on his head and his reputation. He went over to the box. tried to calm Pierson-not very suc- ly powdering her nose. cessfully, for he passed two more men. One more pass, one more hit, and they'd have to take him out. But then came a circus catch in the outfield; Hamer scored after it but it made the second out. The next man slammed a liner to right but Russ snared it and the inning

ended with Elmville leading 3 to 0. Russ opened the second with a hit, but his team mates couldn't advance him. Then Jim Pierson passed the first man on four pitched balls. As he touched the bag and edged down the base line, Russ was thinking hard. Nobody could blame him much for leaving Pierson in a little longer; all Acacia knew that Russ could hardly pitch eight innings. If Pierson let in another run or two before he was taken out, then it would be Pierson who had lost the Acacia couldn't blame Russ; and Stukely would believe Russ had

lived up to his bargain.
"Ball one!" yelled the umpire. And then, "Ball two!" "Stukely be hanged!" said Russ, and walked over to the box. "Sorry, "Let's see what I Jim," he said.

A moment later he was warming with a confident grin. The batter looked worried; he was facing the great Russ Fleet. But Stukely, on the Elmville bench, didn't look worried at all.

can do with these birds from now

Fleet and he'll tell you that the starting car. the ball; and inning after inning ly, his hand on his hip. nervous semipros bore down too hard, or swung too soon, or waited for a car coming straight across the dia-

innings, up to the ninth; eight hits and no runs. Always there were men on bases; but always in the pinch Russ knew what these smalltown batters were looking for and threw them something else; and they popped cut, or bounced into easy double plays. And meanwhile Acacia got a run in the third, another in the sixth; Elmville led, now, only one

The first Acacia batter in the sacrifice; Russ came up with men on second and third, and one out. Logically, the Elmville pitcher would have passed Acacia's hardest hitter in such a situation; but Russ guessed that Stukely had told the pitcher to pitch to him, and that he expected Russ to do his duty. Now was the time to show Stukely. Russ faced the batter, grinning; took two

running down toward the park; just Food is best taken in small quanti-ties at more frequent intervals than in large quantities three times a down the road, had flashed in his eyes. Stukely was certainly getting One of the greatest dangers in the breaks today. Russ walked summer is the attempt of the desk back to the bench while the Elmville crowd screamed in derision; he kept on walking, to the green roadster.

laughed.

"Idiot! Did you suppose I thought you'd sold out?"

Then, anxiously, "How's your arm, Russ? You're perfectly wonderful; can you keep it

"Lord knows. I feel as if every distanced all their pursuers. pitch would be my last one. But I've only got to get six more men: "I came to Acacia to start again," he said. somehow-

\*\*Green there can be no single cause, nor by the same token, any specific with the various ills that are grouped under the name of cancer differing in behavior and possessing only the common attribute of unrestrained growth, it is unward to the same token, is a candidate for nomination for Recorder of Centre county, on the Democratic taction of the decision of the about what comes next."

She was willing to let it remain ancient history. She might have told him that you can flash sunlight a long way with the mirror of a compact; and that a tiny flicker in Shreve Hamer's are the compact. The county of the party, as expressed at the primaries to be held on Tuesday. September 15, 1931.

COUNTY OF RECORDER

We are authorized to announce that about what comes next."

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COUNTY OF RECORDER one remedy that will apply to all his hands on it-A groan from the his hands on it—A groan from the for winning a tight one, especially Acacia crowd, drowned by Elmville an old-timer who's been something of

ter got to third, and now Stukely would expect Russ to deliver.

The roar of the crowd died out suddenly as the next man stepped up to the plate, tense, eager to bat in the tying run. Too eager; Russ kept them low and ne rolled out to the first baseman while the runner He passed on third held his bag. been since his first game in the big that man with only a single strike league when the Acacia lead-off man In the Acacia crowd he heard a dull stepped up to the plate. That man hum, and grinned at the perception fanned, the next two grounded out; that, even if he lost the game honand Jim Pierson, that usually de-pendable six-inning pitcher, cracked was bought. Well, he mustn't lose

The next batter took a ball, pop foul—but then came Shreve strike, then popped a high foul Hamer, Elmville's famous left-hand- almost into the stands. The catchthen popped a high foul ed slugger. Pierson threw two wide er got it-but the man on first went Two on, two out and Shreve Hamer coming up.

Russ pulled down his cap, wiped the perspiration off his forehead. Acacia crowd began to yell, "Take Hamer was dangerous. It would be only sense to pass him, fill the bases pitch to a less dangerous man. But Russ had to get it over didn't dare waste a pitch. He glanced toward the green roadster. Bee had her compact out and was calm-

Her coolness braced him; he wiped his hands on his trousers and grinned at Shreve Hamer. He'd been pitching high and close in to Hamer all afternoon; Hamer didn't like them This time Russ tried one that cut the outside corner; Hamer watched it go past for a strike-Another-too wide; ball one.

Hamer swung on the third, but it had a little hop; he fouled it over Now Russ had him the granstand. in the hole, could work on him. Another, around the neck; Hamer backed away from it-ball two Another; ball three.

Five thousand people held their breath as Russ looked at Stukely, glowering in cold menace; at Bee sitting motionless, her compact still in her hand; at Shreve Hamer. He'd look for another one high and close Fool him, then; cross him with in. the kind he liked best, around his waist.

Russ stretched out, began his wind-up; poised an instant, h straightened out, hurled the balland knew, the instant it left his hand, that it was going wrong. was going right where Shreve Hamer expected it, right where Stukely wanted it. Russ wanted to run after the ball, bring it back, pitch it again; the tiny fraction of a second seemed an age as he saw it float up to the plate; saw Hamer draw back and swing; saw a queer flicker of The baseball handbooks will tell light on his face; heard the click of you that the greatest game Russ a foul tip, the thump of the ball fleet ever pitched was that two-hit sticking in the catcher's mitt for the to continue spontaneously.

A person who has had a heat shut-out in a World Series, when he third strike. And then, ripping the

A sudden roar of blended exultanutritious food repeatedly, including was his last one-that struggle at tion and fury; in a wave the crowd milk, soups, broths, eggs, and sim- Elmville. Inning after inning he poured out on the field; Russ saw tossed them in without a thing on men running toward him, and Stuke-

curve to break and watched a cripple split the plate.

Of course

Of course

Car coming straight across the that the cense feature for non-residents the roadster passed him, Russ leaped on new law provides that an alien nonresident of this Commonwealth must good deal of common sense. Prop-they hit him eight hits in seed the running board clambered into resident of this Commonwealth must be clothing is important. The head included the running board clambered into resident of this Commonwealth must the seat at Bee's side. The car also secure a special license for the shot ahead, straight toward the exit same fee that is charged Pennsylvagate that had been opened, as al- nia residents in his own country or ways, the moment the last man was

Behind them was a confused shouting; Stukely's voice rose over all, "Stop them!" But nobody wanted to get in the way of the car; and Stukely, his gun in his hand, dared not shoot into the crowd. A moment, and they were out of the gate on the highway.
"Neat Work!" Russ panted. "Where

are we bound for-Acacia?" "Florida,' she said, watching the speedometer swing past sixty. "But we'll be safe when we're over the State line; you're only charged with speeding and they can't extradite you for that." She looked back. "Motor cycles," she said. "But we're leaving them behind. I wouldn't

have dared try this if you hadn't had the fastest car in the country."

"She laguhed. "I'm not leaving a thing. You're leaving your clothes, but they were beginning to look shabby, anyway. I expressed all my things to Miami this morning. You can check your money from the Acacia bank when we get to Florida, and collect what you won on the

"I'll have to buy some clothes before I get to Florida. I don't want to get married in a baseball uni-

"That's all right. I've got five thousand two hundred dollars in my hand bag. Take what you need, and pay me back when you get your

He glanced back; they had out-

colored glass, and if there is plenty of ventilation, traveling in hot weather can be just as comfortable as in grouper times.

Somehow—"

A roar drowned his voice; a roar id did one thing," he said. "I beat from the Acada crowd. The man Elmville; beat Stukely. I'd be alwho followed him had doubled over most afraid to let you take a chance NO COMMON CURE FOR ALL CANCER the left fielder's head and the score on me if I hadn't done that. But was Acacia 4, Elmville 3. Russ look- when I fanned Shreve Hamer in

> extra-base hit. But she was never going to tell him; she kenw that a pitcher likes to get all the credit

a prima donna in his day. She was a smart manager. -Hearst's International Cosmopol-

-Lead or calcium arsenate can

## You Remember,

# Don't

You



The little red schoolhouse with the battered wooden benches and the old round stove. When the teacher was sick school closed and the lazy spring days were spent on the banks of the creek with a pole and a bent pin.

This is only a happy memory now—the isolated schoolhouse has bowed to economy and efficiency and the modern central school with its innumerable advantages has taken its place. One absent teacher no longer delays the progress of education.

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GAME LAW CHANGES

NON-RESIDENT FEES

Hunting license fees for non-residents of Pennsylvania will be reciprocal with those charged in their own States but with a \$15.00 minimum, under provisions of the new game code now in effect.

Under the new plan if a State charges a Pennsylvanian \$25.00 to hunt then the fee for one of its na-The crowd fell away from a green tives in this State will be the same province. The minimum for such licenses also will be \$15.00

### NATURE CAMP OPENS

The first of two nature camps conducted during the Summer Session by the Pennsylvania State College has been opened with a capacity enrollment of 60 students. The second opened on July 15. George R ond opened on July 15. George R Green, head of nature education at Penn State, is director of the camps located 16 miles from State College in the Seven Sister mountains.

#### POLITICAL ANNOUNCEMENTS. DEMOCRATIC

FOR SHERIFF

had the fastest car in the country."

"You had it all figured out? I'm glad you did; I don't know that I could have asked you to leave everything like this."

"She laguhed. "I'm not leaving a thing. You're leaving your clothes,

I her by announce myself a candidate for the admination 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 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 Cen-tre County, subject to the decision of the Democratic Voters at the Primary Election, to be held September 15, 1931.

ROBERT F. HUNTER PROTHONOTARY

We are authorized to annonce that S. Claude Herr, of Bellefonte, Penna., 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 Primarles to be held on Tuesday, September 15, 1931.

We are authorized to announce that John S. Spearly, 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 Commissioner on 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 or 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 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.

N. R. LAMOREAUX Philipsburg, Pa.

COUNTY TREASURER We are authorized to announce that O. G. 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 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, September 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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