

Your Health

THE FIRST CONCERN.



As I study the problems of existence it seems to me happiness is the really essential possession. There can be no doubt, of course, that the physical and mental states are intimately related. Anything that lowers the vitality affects unfavorably the mental condition.

But to an immeasurable degree the state of mind governs the physical well-being. As a man thinketh in his heart so is he. If you can keep that brain of yours functioning along normal lines you will have solved the chief problem of the mysterious thing we call "health."

Cultivate calmness, poise, cheerfulness, contentment and happiness; then you will be fit to run life's race and win the victor's crown!

SOAP VS. GERMS

A Frenchman, Maurice Renaud, last November published a report that soapy water was an efficient cleanser of pussy abscesses and ulcerated surfaces. The diluted soap not only washed germs away mechanically. It killed germs and seemed to neutralize their toxins.

The Renaud report inspired Dr. John Edward Walker to summarize what is known about soap's germ-killing powers. Textbooks on surgery and bacteriology say very little on the subject. Dr. Walker, 39, one time army major, one time bacteriology instructor at Johns Hopkins and the Army Medical school, one time investigator of infectious diseases at Opelika, Ala., last week summarized:

Any soap is practically as good as carbolic acid, iodine, mercurchrome or new-fangled synthesized chemicals in killing infectious germs. Soap will not kill staphylococci or typhoid bacilli, which are unusually resistant to germicides. But soap will kill pneumococci, meningococci, streptococci, gonococci, diphtheria bacilli, influenza bacilli and Spirochaeta pallida very easily, very quickly. The hotter the water the better the killing properties of the soap. One kind of soap is virtually as efficacious as another.

PROTECT YOUR TEETH WITH A PROPER DIET

The British Dental Association has written to the Vegetarian Messenger and Health Review a letter to stress the importance of diet in the care of the teeth. Strong grounds exist, it is said, for believing that many of the most-developments of the body, including contraction of the jaws and consequent irregularities of the teeth, and also most of the "diseases of civilization," arise from an insufficiency of vitamins in the food, not only during development but throughout life. Correct feeding, together with all the other measures which go to improve general health, reacts favorably on the state of the mouth and tends to prevent dental disease.

The actual cause of decay, the letter continues, consists of an acid, produced by the fermentation of starch and sugary substances, which remain in the mouth, and which are derived chiefly from white bread, confectionery, sugar and sweets. Raw fruit and vegetables and nuts are especially valuable, as they require mastication; they thus clear away fermentable particles, while leaving no fermentable residues themselves. Apples, pears and oranges at the close of a meal not only have this effect but they as well cause an increased flow of saliva or heightened alkalinity, which neutralizes the acid. Potatoes are excellent in themselves but leave fermentable particles, hence should be followed by raw fruit. Toasts, crusts and other firm materials requiring mastication are better than soft, sticky foods.

Brushing the teeth with a solution of one teaspoon of salt to a glass of water recommended. The brush should be moved both across and up and down. The gums should have active friction in every part, behind and before, to help prevent sponginess and pyorrhea. A dentist should be visited twice a year or oftener.

OKLAHOMA STERILIZES

The state of Oklahoma now has a sterilization law which provides for the sterilization of the hopelessly insane and habitually criminal of that State. Men under sixty-seven years of age and women under forty-seven are subject to the provisions of the act. Anyone convicted of a felony for the third time must be examined by a medical board, and sterilization, if recommended, must be carried out. There is no provision for appeal in case the decision of the board should appear unfair. The most encouraging feature of this piece of legislation is the fact that sterilization is not deemed as a "punishment" but rather as a "necessity" for the best interests of society.

In the work of the Institute we lay down as the first great commandment that, in order to obtain physical efficiency and long life, and all that these things mean to the individual, there must be a thorough physical examination of the body and of the life of the individual. The only safe course is to take the human body as you would a machine, or an automobile, and go over it thoroughly, then in order to put it in the best possible condition apply the knowledge that science affords, with precision and due regard to the conditions found.

BANKERS SUGGEST BANKING REFORMS

Economic Policy Commission of American Bankers Association Recommends Aids to Progress in Banking Business.

FOLLOWING a nation-wide survey of banking conditions and opinion among bankers, the Economic Policy Commission of the American Bankers Association has made the following recommendations for banking betterment:

"Under the category of improved bank management specific improvements we might summarize as:

"(1) Liquidation or consolidation of banks where changed local economic conditions render this desirable;

"(2) Wider affiliation among state banks with the Federal Reserve System;

"(3) Development of limited branch banking where economic conditions and legal authority make this expedient;

"(4) A more general practice, especially lacking among country banks, to analyze the cost of carrying accounts and other operating details and the establishment of proper service charges to make all classes of function profitable;

"(5) A more general application of the theory and practice of secondary reserves;

"(6) Avoidance by banks of undue borrowing merely to increase their own profits by re-lending at higher rates, or to over-expand credit to local business in order to increase their own business;

"(7) Cooperation among bankers in local communities through city, county or regional clearinghouses so as to promote mutually beneficial conditions and practices;

"(8) The insistence upon higher educational effort and qualifications among employees, especially those to be trusted with executive duties.

Legislative Measures Proposed

"There are some external measures, along moderate legislative and supervisory lines, that we also believe would help strengthen banking. Among these are:

"(1) The broadening in the states of branch banking laws where conditions warrant an extension of this type of banking service to the public;

"(2) The establishment of sound minimum capital funds under which banks will be allowed to operate, which should be materially higher than now prevails in most states; specifically, we believe that the minimum capital with which any new bank shall be chartered, whether state or national should be at least \$50,000;

"(3) The provision of funds and regulations to keep the official staffs of all supervisory departments up to a level of ability and integrity that will universally inspire confidence among bankers whose activities they are empowered to review, and will supply real added defenses to the public interests they are appointed to protect.

"(4) In connection with the policies of bank chartering departments, we would recommend that, even to a greater extent than is now the practice, the greatest care and moderation should be exercised in granting new charters, so as to guard against over-banking or the launching of new banks by unqualified persons, which have doubtless been serious factors in the bank failure situation in the past.

"(5) Also, referring to Federal Reserve practice not requiring legislation, we believe that the Federal Reserve Banks should exercise more freely their rights to examine banks and use their discretionary power to refuse rediscount facilities to banks indulging in objectionable banking methods."

Banker-Farmer Plan

An editorial in Southern Cultivator says: "Favorable comment is being made upon the wisdom and promised results of the farmer-banker agricultural program in Georgia. Industrial leaders and publicists, noting that 115 of the 161 counties in the state have pledged prosecution of the 'live-at-home' farm reform, are regarding the working out of the plan this year as of more interest to American farmers than any developments of the Soviet five-year plan in Russia. Agricultural actuaries are of the opinion that if Georgia farmers, backed by our cooperating bankers and supply men, demonstrate the expected economies and profits of this home-support plan, it will quickly become a contagious custom all over the agricultural areas of the nation. It will be the writing of a new 'declaration of independence' for the individualist farmers of the country, putting them upon solid terms of credit and prosperity without need of recourse to federal or state financial relief measures. The man of the soil who lives year in and year out 'on his own' will stand up in his community as an economic freeman, making his own terms with the world of finance and trade."

A meeting of farmers, bankers, and newspaper men of St. Croix County, Wisconsin, recently organized a drive to promote the growing of alfalfa in such quantity as to save the dairyman the expense of commercial feed, and insure greater dairy profits. It is planned in this campaign to have, within the next three years, at least one acre of alfalfa produced for each dairy cow in the county, or a total of about 40,000 acres.

HOW

OLD NAMES OF GARMENTS HAVE BEEN PRESERVED.—Few persons realize what an intricate jumble of past conventions and customs we carry about on our backs in the clothes we wear. Some features in them have been preserved almost unchanged right down from Greece and Anglo-Saxon England, others are traditions that have lost all meaning or the words themselves have had a new meaning given to them. writes L. F. Easterbrook in John O' London's Weekly.

The very word "garment," for instance, means "garnishment" or adornment, rather than a useful necessity, and the fashionable lady who chooses her latest "robe" little dreams that the word is indirectly derived through the German from "rob" and once referred only to the spoils stripped from a dead enemy. Her "two-piece" sports costume is only one of the many modes which she has stolen from the earliest days—in this case from the ladies of Greece and Crete, who wore a body "corset" and skirt. Others she has stolen from men, for men were the first to wear gowns, robes, frocks, blouses, and even petticoats. Gowns were originally made of fur and were worn by monks, as also were frocks. As the extant phrase "unfrocks" a priest still betokens. "Blouse" is a French word that referred to the smock or overall worn by peasants, although in the beginning it was a silken overall that knights wore to prevent the rain from spotting their armor.

How Yale Men Came to Adopt Bulldog Mascot

The origin of Yale's famous mascot, the bulldog, was explained in a recent issue of the Yale Alumni Weekly. A fine-bred bulldog named Handsome Dan was bought in 1890 by Andrew B. Graves, Paris banker, then a sophomore. The dog became a favorite on the campus and was paraded at football games by his caretaker, a white-bearded old man called Pop Smith. Subsequently, songs were written about Handsome Dan, including the popular "Bulldog, Bulldog, Bow Wow, Wow!" and the dog was recognized generally as Yale's symbol. Handsome Dan won more than 100 prizes at dog shows before he died in 1893. His skin was stuffed and mounted and is now on exhibition in the trophy room.

How Snakes Digest Eggs

Many species of snakes eat hen eggs by swallowing them whole; in fact that is the only way they could eat them. Generally the eggs are crushed by constriction soon after they are swallowed, although they would undoubtedly be digested in time by the powerful juices of the snake's stomach even if they were not broken. But many snakes sometimes kill snakes which eat hen eggs by placing artificial eggs where the reptiles will find them. As a rule, egg-eating snakes do not distinguish between artificial and genuine eggs and they will swallow glass nest eggs as readily as they will real eggs. A glass or porcelain egg cannot pass through the snake's digestive system and it proves fatal to the reptile. The following snakes, common in the United States, are known to eat hen eggs: Indigo snake, cow snake, black snake, fox snake, corn snake, pilot snake, pine snake, bull snake, gopher snake, king snake. —Exchange.

How to Water Trees

Transplanted trees usually need artificial watering for at least two or three years during the dry seasons. Specialists in the United States Department of Agriculture recommend that such trees be given a good watering once or twice a week rather than a little water every day. A mulch of straw or leaves around the tree will help to conserve the supply of water in the soil.

How Landslide Ruined Mine

Enormous earth pressure caused by a landslide has caused destruction of the New Tredegar colliery at New Tredegar, England. Only the screens and some valuable machinery have been saved. The main road has been swept away, and the railway is buried beneath thousands of tons of debris. Traffic will not be restored for several months.

How to Clean Paintings

Raw potato rubbed over the surface of oil paintings will remove dust and grime. Wipe with clean cloth. This will restore original brightness to the pictures.

How to Judge a Tree

The average hardwood tree which is 21 inches in diameter 5 feet from the ground will yield one cord of wood.

How Worms Get in Chestnuts

The worms inside chestnuts are hatched in the nuts from eggs laid in the blossom by beetles.

How Freezing Affects Water

Water expands when it freezes, and 100 pints of water yields 110 pints of ice.

HORSE-SHOE PITCHING TOURNAMENT AT GRANGE PARK

We are all pitching horse shoes this summer instead of playing miniature golf, and, not to be behind the procession the Centre Hall Fair will stage a tournament during the week, open to Centre county residents. A suitable court has been planned and a manager selected who is familiar with the present day rules governing the game. A schedule has been arranged which undoubtedly will prove interesting and exciting, as much so as the contests waged at the farm show last winter. Prizes and ribbons will be awarded and every effort made to make this one of the big features of the fair.

While horse-shoe pitching may be a rival to baseball, it certainly will not take the place of the latter and the interest displayed each year in ball games warrants the management to again make arrangements for a series of games for the week. Skilled teams have been secured and games scheduled for each day. And, in order that spectators may view this sport in comfort, bleachers of approved type have been purchased and will be erected adjacent to the ball field. A small fee will be charged for their use.

No more delightful place in the State can be found to take children than to the fair on Grange Park. A safe and pleasant playground carefully supervised, is provided with splendid equipment to which this year a fine wave slide will be added. Placed in the center of the tented portion of the park, where no driving is permitted and accessible to all parts of the ground, it is ideal for the purpose.

Subordinate Granges are taking more interest than usual in the plans for the dramatic performances which will be given in the auditorium as evening entertainments, and four Granges are preparing plays of merit.

REAL ESTATE TRANSFERS.

James S. Scholl to First National Bank of Centre Hall, tract in Gregg Twp.; \$525.

Ruth E. Hartman, et bar, to Gertrude T. Rowe, tract in Haines Twp.; \$100.

Ephraim W. Gardner to Lenna E. Gardner, tract in Liberty Twp.; \$1.

Ephraim W. Gardner to Lenna E. Gardner, tract in Liberty Twp.; \$1.

J. O. Heverly, treasurer, to L. L. Weaver, tract in Haines Twp.; \$13.12.

Mary Macura, et bar, to Annie Yanovich, et al, tract in Snow Shoe Twp.; \$1.

Joseph Pagash, et al, to John W. Paity, tract in Snow Shoe Twp.; \$1.

John W. Paity, to Mary Macura, et bar, tract in Snow Shoe Twp.; \$1.

L. L. Smith, treasurer, to Whitmer Steele Co., tract in Walker Twp.; \$4.71.

L. L. Smith, treasurer, to Whitmer Steele Co., tract in Walker Twp.; \$7.89.

L. L. Smith, treasurer, to Whitmer Steele Co., tract in Walker Twp.; \$7.25.

L. L. Smith, treasurer, to Whitmer Steele Co., tract in Walker Twp.; \$8.42.

Anna Maria Hessong, et bar, to John E. Hessong, et al, tract in Philipsburg; \$1.

Charles H. Robb to Sarah S. Robb, tract in State College; \$1.

Harry M. Coll, et ux, to Edith Hurwitz, tract in State College; \$1.

Frank P. Royer, et ux, to Stewart Benner, et ux, tract in Haines Twp.; \$875.

C. W. Kreamer, Exec., to Stewart B. Benner, tract in Haines Twp.; \$35.

Hassel Hurwitz to Milton S. Carver, et ux, tract in College Twp.; \$1.

Clara M. Meeker to Abbie M. Rees, et al, tract in Potter Twp.; \$1.

Bessie E. Gould, et bar, to Joel A. Sperry, tract in State College; \$1.

Joel A. Sperry, et ux, to Gwendolyn M. Alkey, tract in State College; \$1.

Gwendolyn M. Alkey to Joel A. Sperry, et ux, tract in State College; \$1.

Paul N. Eckley, et ux, to Charles Houser, tract in Benner Twp.; \$50.

John M. Hartwick, et al, to George L. Smith, et ux, tract in State College; \$225.

David Chambers, treasurer, to Charles Steele, tract in Miles Twp.; \$4.82.

David Chambers, treasurer, to Charles Steele, tract in Miles Twp.; \$10.15.

David Chambers, treasurer, to Charles Steele, tract in Miles Twp.; \$7.28.

L. Frank Mayes, treasurer, to Charles Steele, tract in Walker Twp.; \$52.26.

L. Frank Mayes, treasurer, to Charles Steele, tract in Walker Twp.; \$6.51.

George E. Rothrock, et ux, to Samuel M. Roberts, et ux, tract in Bellefonte and Spring Twp.; \$1.

Warren W. Carson, et ux, to M. L. Beck, tract in Howard; \$1.

M. L. Beck to Warren W. Carson, et ux, tract in Howard; \$1.

Lawrence H. McMullen to Nittany Country Club, tract in Walker Twp.; \$1.

—Subscribe for the Watchman.

MAMA...My Tummy Hurts!



Bless his little heart!

A little too much ice cream and

cake and a big dark room can make a small boy feel mighty bad along about midnight. But mother has answered his call and at a touch of a switch reassuring light floods the room even before her own comforting presence.

Then the electric heating pad is applied and with its soothing warmth comes sleep.

When your children call in the night you want instant electric service—and you have it, for far away in the substations and interconnected generating stations of your power company men are working through the night to keep your service reliable.

WEST PENN POWER CO.

COMMISSION ADDS TO GAME HOLDINGS

Over 12,000 acres of ideal game territory have been purchased by the Game Commission and include tracts in three counties. In Columbia county 1580 acres of adjoining State game lands No. 58 were purchased. A tract of 2770 acres to be known as State game lands No. 63 was acquired in Clarion county. The largest tract, consisting of 8142 acres, was purchased in McKean county and will be known as State game lands No. 61.

The tract in Clarion county was once the site of many old iron furnaces. In the early days Clarion county was known as the Iron country and at the height of its industry over thirty-one furnaces were in blast.

DEMOCRATIC

FOR SHERIFF

We are authorized to announce that Elmer Breen, of Bellefonte borough, will be a candidate 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, 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 Centre 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 announce 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 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. Speary, 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 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. 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 voters of the party as expressed at the primaries to be held Tuesday, 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. 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 primaries 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 E. 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 E. Houser, 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.

OVERSEER OF THE POOR

We are authorized to announce that Alexander Morrison will be a candidate for Overseer of the Poor of Bellefonte, at the primaries to be held on September 15th, 1931, subject to the decision of the Republican voters of the borough.

Fire Insurance

Does yours represent the value of your property five years ago or today? We shall be glad to help you make sure that your protection is adequate to your risks.

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

76-7-11