

Your Health

THE FIRST CONCERN.



Dr. Samuel J. Fogelson, of Northwestern University, is attracting wide attention among medical scientists by experiments which indicate that ulcers of the stomach are relieved and permitted to heal by the mucin from the gastric mucous membrane of swine. It may be taken in tablet or food form.

NEW SERUM FOR IMMUNIZATION AGAINST INFANTILE PARALYSIS

The development of a serum that is effective against infantile paralysis has recently been announced by two Manhattan scientists. They have proved that the serum immunizes monkeys against infantile paralysis. The discovery was not reported until the serum had been tried in the treatment of about sixty children having the disease, some in the early stages of paralysis, all of whom have recovered. The best treatment hitherto tried in infantile paralysis was the use of serum obtained from the blood of a patient who had recently recovered from the disease. This serum was obtainable only in limited quantity. The new serum, which is produced in the horse, is now available in quantity.

GERM ISOLATION FEAT DESCRIBED

Dr. Arnold I. Kendall, professor of bacteriology at the Northwestern University Medical school for 20 odd years, has made a discovery expected to have a far reaching effect on the treatment of human ills as the processes evolved by the famous Louis Pasteur. His discovery consists of a process of making visible under the microscope bacteria so tiny that research workers heretofore have been unable to identify it.

"The discovery is as startling to the scientific world as the discoveries of Pasteur," said Dean Irvin Cutter, of the Medical school.

Dr. Kendall only smiled and continued his work in developing what he calls his "K Medium," a soupy solution in which the invisible bacteria now may be isolated. Practical use of his discovery is yet to come.

A small intestine of a rabbit, dog, swine or man, chemically treated, is the essential ingredient of the solution, he said.

Isolation of the infinitesimal germs means that such diseases as sleeping sickness, paralysis, influenza, cancer and rheumatism, may be traced to their primary causes and that physicians hereafter will be able better to devise specific cures for them.

DIET OF OX BRAIN ADVISED IN PERNICIOUS ANEMIA CASES

A diet of ox brain is a treatment for pernicious anemia, and most probably, also, for nervous system diseases.

This has been discovered and announced by Dr. Charles C. Ungley, medical registrar of the Royal Victoria Infirmary, New Castle-upon-Tyne, Scotland, and a Rockefeller Research Fellow at Durham University.

Prof. Ungley fed a number of pernicious anemia patients measured amounts of ox brain. The results were beneficial. The same treatment was given to cases in which the patients suffered from disease of the nervous system, involving subacute degeneration of the spinal cord. Encouraging results followed.

Since the discovery by Minot and Murphy that feeding of liver cures pernicious anemia, many other body substances have been found to have a similar beneficial effect. Kidneys, hog stomach and other internal organs' diet restore depleted blood strength.

According to Dr. Ungley, these organs merely store up the potent substance which really cures anemia. And this substance is manufactured in the digestive tract.

Liver feeding has not so certain a curative effect in cases of degeneration of spinal cord, and related nervous system diseases as in anemia. So, Dr. Ungley experimented with ox brain. His results show that in pernicious anemia itself the beneficial effect of brain-feeding is less potent than of liver feeding.

But in cases of the nervous system disease, cord degeneration, brain diet appears to be even better than liver diet, although further experiments are necessary to settle this point beyond doubt.

The loaded gun you keep to protect yourself from burglars is more apt to endanger your life than to save it. Little children frequently find these weapons and kill their parents, or each other.

The coal gas coming from a widely opened stove door is deadly, and if the door is closed or nearly closed the gases go up the chimney. Therefore, the draft should be kept on for awhile after fresh coal is added.

Running the automobile engine only a few minutes in a closed garage will generate enough carbon monoxide to kill you. Open the door first before starting the engine.

To wait until your child becomes of school age before having him vaccinated may make him a smallpox victim and he may die from it. No child is too young to be vaccinated.

Precocity Frowned On by This African Tribe

When a child in the Bahanga tribe, of southeast Africa, says the equivalent of "mamma" or "papa" before what authorities of the community decide is the normal time, or if its tiny upper incisors peep through the gums when they still should be out of sight, it is just too bad.

Such a tragedy ranks next to having twins, the Catholic Anthropological society is told. In the case of the precocious infant, only its death before evil strikes can save the parents. It is now illegal to leave the child in the grass to die, so in recent years an elaborate system of sacrifices has been devised, but the natives look on it as of doubtful efficiency.

Parents who have twins are considered accursed. They may not leave the hut for two months for fear of bringing disaster on the entire countryside. If they do, sickness and death will come wherever they go; crops in the fields along which they walk will dry up and wells they use will be poisoned.

At the end of the two months the women of the tribe, by suitable incantations, expel the evil spirits from the house and all is well again.

Generous Allowance of Wine for Royal Infants

In 1552 milk was not considered an important item in a child's diet, and if the household account of the chateau of Amboise is anything to go by, the younger generation in those days could not complain that wine was scarce.

The six royal children living in the chateau were supplied daily with 25 pints of red wine and a similar quantity of white wine, while for their attendants of gentle birth a further 25 pints of a cheaper red wine was provided. Their staff had to be content with 35 pints of cheap claret.

The daily account also shows that 75 dozen loaves of bread were paid for. Pike, roach, carp, gudgeon, crawfish, a sea turtle, oysters, sole, cod, white and red herrings also are listed, including, oddly enough, four vipers. What the vipers were used for is not stated.—London Mail.

The Fan in History

"Customs of Mankind," says that "Fans have an interesting history. The first fan was probably a palm leaf or some other natural device appropriated by man to keep away flies or gnats, perhaps even to cool the fevered brow in tropical climates. We know that in Egypt, 2,000 years ago, fashionable hosts had special servants to stand behind dinner guests and fan them with huge papyrus fans. In France the fan reached the height of its development under Louis XIV. We read that fans are invariable accompaniment of feminine costume and are of rare beauty, exquisitely painted and mounted on sticks of carved or painted wood, mother-of-pearl, carved ivory or gold. There are over 500 makers of fans in Paris and they enjoy special privileges accorded to them by the king."

Another Chinese Wall Another huge Chinese wall has been discovered by the Dr. Suen Hedin expedition. An article by the leader, published in a Stockholm newspaper says: They followed the route over the Mongolian highlands and the Gobi desert. This was the first time that a motor car had been driven from Peiping to Maomo without, at any point of the route, encroaching on the territory of the Mongolian republic. The most remarkable discovery from an archeological point of view was a wall of earth and stone, which they could trace for several hundred meters. It was very well preserved in parts, and it perhaps corresponds with the discovery which Mr. Bergman made some time ago of a fortress of the early Han dynasty.

Liar There is at least one judge in Kansas City who knows his birds. First off, they brought a blackbird into court on the charge of chicken stealing. "What made you steal that chicken?" demanded the learned judge. "Was it because you were really hungry?" "No, suh," replied the blackbird. "Ah, can't say as I was hungry. Ah, done stole dat chicken fo' a lark." "There is no resemblance whatever," snapped the judge and meted out a ten-day sentence with the advice that the ducky spend it reading a bird book.

Those Good Old Days

It is the feeble and ill-nourished mind that shrinks from knowledge of what has been, and suffers from pessimistic dread of what is yet to be. It is only the mentally and spiritually hampered—prophesying of evil to come—who believe that all change in our own day must be for the worse, and who long for the "good old days" of their grandparents.—Albert Shaw in Review of Reviews.

Wrote Hymn on Window Pane

From a window pane in a little English village the pages of millions of hymn books, printed in many languages, is the experience that befell one writer, Harriet Amber. Confined one day to her home, she composed the words of "Our Bless Redeemer," afterwards amusing herself by scratching them on the window of her room, since when they have been sung by countless voices all over the world.

Last Mile the Longest

A nurse sat at a desk at the end of a hospital hall, apparently engaged in making a drawing of some sort. An inquisitive fellow-soother of suffering humanity approached. Both had been assigned to the floor used exclusively by the stork. The two talked generalities for a moment, then smilingly observed two men pacing up and down the hall. There were echoes of baby cries from the nearby nursery. Finally the inquisitive one, noting the drawing, said: "What are you doing, Madge? Making plans for a new home?" "No," came the reply, "I'm trying to figure out a new hospital containing a race track for prospective fathers!"

World's Fair Weather Voyage

The sea voyage to South Africa is the fair weather voyage of the world. Capetown, once a remote outpost of civilization, is today one of the world's fairest cities. It is not only beautiful and delightfully situated, but the Cape is historical as well, for it was here in 1487 that Dias saw the sea route to India and this intrepid Columbus, who in his search for India found America instead. Drake describes it as "the fairest Cape in the whole circumference in the world." Few discoveries have influenced the affairs of nations more than the discoveries between 1487 and 1497. This era was truly the dawn after the Dark Ages and the first rays lit the Cape when Dias discovered his way around.

He Got His Price

Jimmy's mother stored all the winter bed clothing in a small shed at the back of the house. One day, on returning from downtown, she found that all the bed clothing had disappeared. Without a delay she sought out Jimmy and asked him where they were. "Do you mean those old mattresses and things?" he asked. "Why, I sold those old things to the rag man!" His mother, aghast, asked him how much he had received for them. "Well," replied Jimmy with great satisfaction, "after a lot of arguing I finally got him to give me six cents." —Indianapolis News.

Couldn't Understand Fire

Inhabitants of the Marian Islands, when they were discovered by Magellan in 1521, had till that time never seen fire, and expressed the utmost astonishment at it. They believed it to be an animal which fixed itself upon wood and fed upon it, and when approaching so near as to be burned, they thought they had been bitten by it.

First English Silk Mill

In 1718 the first silk mill in England was established in Derby by a London merchant named John Lombe, who had stolen a secret process of manufacture from Piedmont, where he had obtained employment as a workman and, at the risk of his life, had made drawings of the machinery used by his employers.—Detroit News.

To Cement Broken China

A housewife says: "Dissolve a little gum arabic in a little water so that it is rather thick, put enough plaster of paris into this to make a thick paste. Cement broken pieces of china together and in half an hour they cannot be broken in the same place. Hot water seems to make it more firm."

BENEFIT OF FARM LIFE CALLED PART OF "INCOME"

The farm still offers a good prospect for making a comfortable living, says Professor O. R. Johnson of the University of Missouri, summarizing a series of articles on "The Agricultural Situation." But that comfortable living, he says, probably will not include a college education for the children, nor a great many vacations. However, he says, it should mean: good food and plenty of it; a reasonably good home; plain but sufficient clothing; high school for the younger generation. A large part of the farmer's "wage" must come from such intangibles as a more satisfying, cleaner, more wholesome living.

POINTER ON CRANKING

In cranking his engine the experienced motorist will use the choke as sparingly as possible, but he also will avoid the mistake of measuring the amount of choking by the time required in the cranking process. When a battery is weak it will take longer to crank the engine. This does not mean that the owner will be choking the carburetor more, for the engine is not turning any more revolutions than if the battery were up to par. If battery and starter are particularly active it often is true that what would seem to be a little choking is excessive.

TREE MAKES CAR OF LUMBER.

A cypress tree, probably 1,300 years old, cut on the Amite river swamp, in Louisiana, produced a carload of lumber, 16,175 board feet. The swamp giant had a total length of 80 feet and the stump diameter was 92 inches.

EXCESS STORMS TAKING HEAVY TOLL OF BIRDS

Bird mortality in Massachusetts this summer has been "exceedingly high," due to abnormally heavy rains, according to Dr. John B. May, state ornithologist. Dr. May reported that damage has not been limited to ground-nesting or low-building birds. Nests of other birds, built high in trees, also have been destroyed by rain or wind, he said.

Crabflake—So Crankshaft has two cars now?

Codpiece—Yes, he couldn't get his accessories all in one.

SIMPLE FACTS OF DOG FEEDING TOLD

If the feeding of your dog presents itself as a weighty problem, take heart!

According to the Chappel Kennel Foundation, Rockford, Illinois, here is all that you need to know about his feeding:

- 1. Feed one heavy meal a day, preferably in the evening. Feed the light meal in the morning. Puppies require three to five meals a day, depending on their ages. Feed at the same hours each day.
2. Meat is the dog's natural diet. If you feed your dog a prepared, well-balanced meat food, with dog biscuits for variety's sake, he will need nothing else.
3. Don't feed table scraps, potatoes, boiled eggs or pork, and don't serve soupy foods. Beware of chicken and fish bones. Dogs care nothing for sweets until taught to like them.
4. Provide plenty of water.
5. Never allow violent exercise directly after feeding.
If a dog does not take readily to biscuits, which are essential to keeping his gums hard and teeth clean, it is suggested that kibbled or broken biscuits be gradually incorporated into his regular ration until he gets used to eating them.

SPIDER'S INGENUOUS WEB WOVEN AFRESH NIGHTLY

Master of geometrical precision and skillful artisan, the fastidious orangutan orb spider presents a mystery in her arrival at a certain identical moment every evening when with amazing ingenuity she constructs or weaves a new web over the framework of her permanent dwelling, states an article in Better Homes and Gardens.

Although the framework of the simple structure, which consists of three spokes radiating from a single point, is constantly under repair, the finished web is never repaired no matter how damaged it may be. Guy wires are anchored to leaves, blades of grass, with a crow's foot fastening. Then follow radial lines which retrace the original spokes of the permanent frame. The dainty tattering wheel in the center serves as a feast hall. The last stroke is biting out the floss constituting the hub, which leaves an aperture for the unwary insect to crawl through and be ensnared. Then follows the fastidiously chosen feast, continues Better Homes and Gardens, after which the web is carefully removed and, if no longer of service, devoured to make more silk and be respun later.

COUNTY FAIRS ARE ON DATES OF THOSE NEARBY.

County fairs and other long-established gatherings of an educational and amusement nature will begin to attract the masses within the month. In order that Watchman readers may have at hand the dates of those nearby we publish the following schedule: Grange Encampment and Centre County Fair, at Centre Hall, August 22 to 28. Huntingdon, August 25 to 28. Lewistown, Sept. 1 to 5. Clearfield, Sept. 8 to 11. Allentown, Sept. 22 to 26. Bloomsburg, Sept. 28 to Oct. 3. Hughesville, Oct. 7 to 10. The Ebensburg fair will not be held this year.

PROSECUTE 5133 OWNERS OF DOGS

Three thousand one hundred and fifty-three dog owners representing every county in the Commonwealth excepting Cameron and Pike, have been prosecuted so far this year for disregarding the provisions of the State dog law, according to the latest report from the bureau of animal industry, Pennsylvania Department of Agriculture. This number is 320 more than during the corresponding period in 1930. The number of licensed dogs now totals 455,086, approximately the same as on the corresponding date a year ago.

36,000 DAIRY COWS IMPORTED ANNUALLY

Thirty-six thousand tuberculosis-free dairy cattle have been imported into Pennsylvania annually during the past five years, according to tuberculosis test records in the bureau of animal industry, Pennsylvania Department of Agriculture. Exports during the same period have averaged six thousand annually. The principal sources of the dairy cattle officials say, are: Wisconsin, Minnesota, Michigan, New York, Virginia, West Virginia, Ohio, Missouri and Maryland.

There are now on Pennsylvania farms, approximately 900,000 milk cows and heifers two years old and the highest number since 1923, according to the bureau of statistics.

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 protector 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.

BANG!.....



Went the Tire

A blow-out is an inconvenience under the best of conditions but when it occurs just as your trip has started and you have no spare tire it becomes a tragedy.

The careful driver, knowing this, never ventures very far on the road without the safeguard of a spare tire.

Your electric company knows the value of a spare also. With a small isolated plant storms and lightning may cause interruptions in your service. With interconnected generating stations—the spare tires of the electric industry—your service is maintained at any time, day or night.

WEST PENN POWER CO.

\$610,000,000 OLD BILLS STILL IN CIRCULATION

When the small size paper money was put into circulation in July, 1929, a total of \$4,997,840,000 worth of the large "greenbacks" were still outstanding.

In the nineteen months since then, 721,000,000 have been turned into the treasury at Washington to be redeemed and then destroyed.

This leaves \$610,000,000 of the old bills still in circulation. In the first year the new bills were in use, Uncle Sam saved about \$2,000,000 in the use of the smaller, tougher paper. And the small bills are handier too.

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, subject to the decision of the Democratic voters at the primary election on September 15, 1931. SINIE H. HOY

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, 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. 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.

FOR RECORDER

We are authorized to announce that T. M. Huey, of Patton township, is a candidate for nomination for the office of 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 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. 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 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.

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, Phillipsburg, 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 Phillipsburg, 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. ERNEST E. DEMI, Phillipsburg, 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 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.

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.

We are authorized to announce that Edward W. Klingler, of east Howard street, will be a candidate for Overseer of the Poor of Bellefonte borough, subject to the decision of the Republican voters as expressed at the primaries on Tuesday, September 15th, 1931.