

Your Health THE FIRST CONCERN.



TIPS TO TREAT HEAT PROSTRATION

Because the treatment is the exact opposite from that for heat stroke, the National Safety Council urges everyone to learn first aid for heat exhaustion, heat cramps and muscle cramps.

These are the symptoms: The victim is pale, cold, clammy—down and out.

Call a doctor and an ambulance. While waiting remove the victim to a comfortable place. Cover him with blankets and apply hot water bottles.

Keep him warm!

PROTEINS—REPAIR FOODS

By Dr. Morris Fishbein

The proteins are a group of closely related substances composed of carbon, hydrogen, oxygen, nitrogen and sulphur. Some of them contain phosphorus and iron acids. The basic proteins are amino acids. Whereas it was originally thought many of the proteins were alike, it is now realized that they differ.

Some of them are made out of essential elements in the body; others cannot be made in the body but must be taken in the form of various foods. It would hardly interest the average person without a scientific knowledge of chemistry to explain to him the ways in which the different proteins vary chemically. Their technical names, such as alanine, glycine, and histidine, have meaning for chemists. Some food substances are called complete proteins because they contain all of the amino acids essential for growth and for tissue repair.

Four contains as its protein gliadin of wheat, but this protein requires the addition of another protein called lysine in order to insure growth. In arranging a diet these facts must be considered so that the diet will include some of all of the essential protein substances. Milk furnishes the best type of protein for both maintenance and growth. Eggs come next, and then various meat products. Beans, peas, corn and various cereals require additions in the form of milk, meat, or eggs, to satisfy protein needs. When the proteins get into the body they are digested partly in the stomach by hydrochloric acid, water and pepsin, and to some extent in the intestines by juices secreted by the pancreas and by the intestinal wall.

A protein diet is essentially an acid-forming one. When burned in the body, meat, cereals and prunes furnish acids in predominance. Gelatin is a protein, but it is an incomplete protein because it does not provide some of the important constituents. Everyone has to have 100 to 120 grams of protein in the daily diet. An ordinary glass of milk has only seven grams of protein. The white of the egg consists chiefly of water, protein and mineral salts. An average egg weighs about two ounces; about one-sixth of this is protein.

There are dietary faddists who inveigh against proteins, claiming that they putrefy in the intestines and that a safe diet is low in protein. Such an argument is utterly without basis in scientific fact. Proteins are found in fish, cheese, in vegetables and in most natural foods. The cheaper cuts of meat are as good as the more expensive ones in supplying protein. For palatability, meat protein is in general superior to vegetable protein. An adequate diet contains about two ounces of actual protein each day. When it is considered that only one-sixth of the egg is protein, that less than five per cent of milk is protein, it will be realized that a considerable quantity of food may be necessary to supply the protein needs, provided this need is not kept in mind.

CARBOHYDRATES—ENERGY FOODS

The chief energy foods for the human body are the carbohydrates. Most carbohydrate is secured through plant life, such as the cereal grains, sugar, cane sugar, beet sugar, maple sugar, sweet fruits, vegetables such as potatoes, milk, sugar, blood and liver. Thus, there is more than one kind of sugar. The chemists classify them as single sugars, double sugars and complex sugars.

The organic acids, such as the citric acid of oranges and lemons, the potassium acid tartrate of grapes, and the oxalic acid of various other foods are burned in the body to produce energy and are also calculated as carbohydrates, even though they have a lower fuel value than the sugars.

The carbohydrates are of importance in the body chiefly as a source of energy for work. The amount of carbohydrates used depends on the amount of energy lost. During prolonged starvation, the carbohydrates stored up in the body, particularly in the form of glycogen in the liver and in the muscle, is used up to supply this need. Carbohydrates are burned in supplying body heat, maintaining the body temperature. The carbohydrates

PROGRAMS FOR YOUTH FEATURE GRANGE FAIR

The Grange Fair in its program for 1931 will give an important place to the activities of Centre county young people.

Boys' and girls' livestock judging, on Tuesday, always a feature, will receive more attention this year and will be made one of the big events of the week. This is county-wide and under the direction of the Extension representative. All girls and boys under 18 years of age are eligible to enter the contest. Ribbons and money prizes are awarded along these lines backed by the interest and enthusiasm of the young people entering this contest, assure the association of something out of the ordinary and of real importance to rural communities.

The girls' poultry club will again have a part in the poultry show and hold their annual round-up on Tuesday. This club is sponsored by the State College Kiwanis organization and has been a big factor in its rural work. The continued existence of the poultry club is proof of the interest displayed on the part of both and the value in results. Its members are residents of Harris and College townships and pupils of the public schools. Their work should be of great interest to the public.

There are a number of 4-H clubs in Centre county, organized and working under the direction of the Home Economic Extension representatives. These will have their distinct club exhibits and in addition will also hold the annual round-up and get-together of the year when a program of their own will be put on which has been arranged for mutual pleasure and profit to club members.

The vocational students of the county will find listed in the premium book an enlarged classification and more satisfactory arrangement of the work undertaken in the schools under this head. This ought to bring out a very complete display and no doubt will fill the space allotted to the division of school work. By this method of education the boy and the girl find an avenue through which individual tastes and inclinations may express themselves and parents and teachers are able to aid in laying a foundation for future benefits. As a consequence this exhibit should be one of the most important and interesting to be found at the fair.

The public generally is urged to see these exhibits and activities, and learn what is being done by young folks.

Plans are being made for a larger number of the schools of Centre county to bring displays of the work of last year. There is wide interest in this department and all schools of the county should take a part in the display. Increased attention at all fairs is accorded schools.

Ribbons and substantial money prizes are paid the winners in all these divisions and classifications. The premium book has been issued so that prospective exhibitors can make necessary arrangements for the exhibits they are planning.

ACCIDENT DEATH TOLL QUITE LARGE IN STATE.

Starvation, reportedly widespread on account of unemployment, was the cause of only two deaths in Pennsylvania during 1930, a report by the Bureau of Vital Statistics showed today.

The starvation toll was the lowest among the causes listed for the 8,533 accidental deaths reported in the State for one year.

Autos led in claiming 2,424 victims, 28.2 per cent of the entire total. Accidental falls stood second, with 1,766 deaths, and mine accidents third, with 734.

Weather conditions were responsible for a large number of deaths. Excessive cold killed 82; excessive heat, 344, and lightning 13.

The pursuit of pleasure helped increase the list. In addition to the auto deaths, many of them among persons seeking recreation, there were 435 drownings reported.

Wood alcohol poisoning took 35 lives; food poisoning 33, and poisoning by venomous animals 40. Other accidental poisonings, gas excepted, totaled 90.

Among other large contributors to the death toll were railroad accidents, 519, street car accidents, 147; airplane accidents, 16; illuminating gas poisoning, 145; conflagrations, 519, and carbon monoxide poisoning, 41.

Fatal accidents formed the fifth leading cause of death for 1930 in the State. If suicides and homicides were added to the accidental toll, the cause would stand second only to heart disease, according to the report.

The seriousness of this record is evident when it is considered that a large majority of these deaths, forming 88.9 for every 100,000 population, could have been prevented, the report said.

cannot be used to build up tissue, but in times of starvation they help to take care of certain energy requirements and thus spare the proteins.

Any excess of sugar taken into the body is stored and finally, when the storage facilities are exhausted, is reconstituted to form fat. This fat is then deposited around the body in various places, usually where most conspicuous and least desired. Cellulose, which is the fibrous material of various foods, and which is in general carbohydrates in character, adds bulk to food and thus serves to aid action of the intestines.

Complex sugars when taken into the body are digested into the form of simple sugars. They then pass through the intestinal walls and are taken up by the blood and used in the various manners that have been mentioned.

—Subscribe for the Watchman.

MR. PRESIDENT (1932)

Governor Roosevelt, of New York, will fight it out with President Hoover for the White House next year on a battleground of economic and related issues, and the Democratic candidate is likely to win, according to indications. A political survey, just completed by the 25 Scripps-Howard newspapers, results in these conclusions.

Although events of the next year may affect this political forecast, bringing new personalities to the front and influencing the major parties' prospects, that is the situation as it appears today, insofar as it could be ascertained by a careful, impartial canvass.

In obtaining this picture of Presidential possibilities prominent spokesmen in each political camp were interviewed, with the pledge that their identity would not be disclosed.

LOOK FOR HOOVER DEFEAT

Despite a general lack of enthusiasm for President Hoover on the part of both leaders and rank-and-file, who think he is headed for defeat, the G. O. P. is reconciled to his renomination unless he withdraws voluntarily. Calvin Coolidge and Senator Dwight W. Morrow of New Jersey are preferred in some sections where it is believed they stand a better chance of carrying the country.

Their nomination, and especially Coolidge's, in the opinion of influential Republicans, would restore the dwindling faith in the G. O. P. as the organizer and preserver of prosperity. The only other Republican mentioned is Charles G. Dawes, of Illinois, Ambassador to Great Britain. Although Governor Pinchot of Pennsylvania has some Progressive backers, there is a surprisingly little third-party sentiment. Protests against continued hard times and the administration's policies, on this basis, will take the form of Democratic votes.

Roosevelt leads the field in the Democratic race. He is especially strong in the South, the Middle West and on the Coast, even more so than in the conservative East and in his home State. Hungry and hopeful for victory, Democrats of all factions believe they can capitalize his name, his reputation as a liberal, and his vote-getting ability as demonstrated in two gubernatorial contests. Even party leaders bitterly opposed to Al Smith in 1928 will back Roosevelt—provided he does not demand a repeal plank in the platform.

Despite Roosevelt's dominance, there is a secondary and scattered strength for other candidates. Sentiment varies in different localities, but in the order in which their candidacies are considered they are: Newton D. Baker, of Ohio, Secretary of War under Wilson; Governor Albert C. Ritchie of Maryland, Owen D. Young of New York, board chairman of the General Electric Company; Governor George White of Ohio; Senator Robert J. Buckley of the same State, and ex-Governor James M. Cox, still another Ohioan; Senator Joe T. Robinson of Arkansas.

SMITH STILL POPULAR

Al Smith retains a great hold on the affections of Democratic voters according to the canvass, and especially in the group of so-called wet Smith States. But sentiment seems to be that injection of the religious issue again would jeopardize the party's chances in a year when prospects are bright. It is felt that Smith was given his opportunity in 1928, that the impossibility of electing him was clearly demonstrated, and that he should subordinate himself to the best interests of the party.

Nevertheless, his attitude may exert great influence. In many quarters it is reported that Roosevelt has the call largely because he is looked on as the friend and first choice of the candidates. Any evidence of hostility toward Roosevelt by Smith might weaken the former, although this would be counteracted by the view that Al owes it to the man who dubbed him "The Happy Warrior" to stand aside.

The depression has temporarily shrouded other important issues, including prohibition and water power into the background. From all over the country come reports that the overshadowing political problem will be "When do we eat?" The party and candidate which provide the most plausible answer to that question, it is predicted, will win. With 6,000,000 persons jobless and farm products, general commodities and stocks at unprecedented lows, the 1932 election will swing on economic issues almost entirely.

Unless the Hoover administration, which has had both the responsibility and opportunity for ameliorating conditions, can show a definite improvement by the fall of 1932, it is the consensus among political observers that it will be swept out of office. Only a terrific blunder by the Democrats, it is declared, can prevent such an outcome. East, South, North and West, there is deep resentment against the G. O. P. because it raised such high hopes of prosperity in 1928 and bogged down so badly in trying to keep them.

DRY VIEWS HURT HOOVER

Intimately intertwined with issues involving the depression are such problems as prohibition, tariff revision, taxation, farm relief and public utilities. As always, hard times has sharpened the edge of every other political question, and revived interest in matters that were forgotten or neglected during the era of prosperity. This canvass shows, broadly, the vulnerability of the party in power.

Hoover's dryness, for instance, is reported to be hurting him more than it did before the stock market crash occurred. In addition to the usual elements involved in this question, many people are moved by the argument that a return of liquor would increase federal revenues. Wipe out the deficit and obviate the need for increased taxes. The same considerations aggravate the public attitude on other issues.

Interests once friendly to high tariffs now condemn them and insist

on revision. In many industrial, commercial and business centers Hoover's approval of the Hawley-Smoot rates though favorably received at the time has alienated traditional G. O. P. groups. The belief is growing that the depression has been accentuated by loss of foreign markets due, in part, to the Hawley-Smoot trade barrier. There is also widespread sentiment that the taxation system should be revised so as to impose a larger burden on the wealthy.

LOSES PROGRESSIVES

Progressives who supported Hoover in 1928 have turned against him because of his farm, public utilities and economic policies. A great deal of Roosevelt's strength in the Middle West is attributed to the belief that he would adopt a more forward-looking policy in these matters. Failure of the administration's farm program to improve prices on wheat, corn, livestock and dairy products, which have reached new lows in recent months, is reported to have brought many rock-ribbed G. O. P. strongholds to the brink of political revolt.

Hoover's moratorium proposal, together with other steps to stabilize conditions in Central Europe, has enhanced his prestige. Should these moves succeed, and should a definite gain be reflected on the farms and in the factories here by fall of 1932, it is admitted he will stand a better chance to succeed himself. So far, however, advices are that the efforts to relieve Europe are "utterly without political effect."

POTTER COUNTIAN LEASES LAND FOR MUSKRAT FARM

Visitors to the Susquehannock State forest in northern Pennsylvania will find an entirely new industry in the state forests if the plans of Henry L. Quick, Germania, materialize for the development of a muskrat farm at the headwaters of Kettle Creek, near Germania, Potter county.

A lease for a muskrat farm, the first of its kind ever granted during more than thirty years of state forest management, was recently entered into between Quick and the Department of forest and waters whereby the former has rented nearly an acre of swampy ground for the purpose of growing muskrats. The muskrats were not consulted, said District Forester H. E. Elliott of the Susquehannock district, who, in recommending the lease insisted it was fair to all, including animals, since the department in no way guaranteed a crop of muskrats to the lessee.

The lease was granted on the same basis as camp site leases in the state forests, according to A. E. Rupp, chief of the bureau of management. The lease is for a short term and at a nominal charge, with renewal privileges should Quick find his venture profitable and wish to continue it. The area devoted to fur farming is the swampy location is not suited to timber production.

Preliminary consideration of the lease led also to the question of any possible interference with fish life. Carp was the only food discovered on the muskrat's menu, which in winter time consists of roots of aquatic plants, like pond lilies, arums and sedges, including a few mussels in times of depression. The summer menu is more extensive, including roots, stems, leaves and fruits, and sometimes ordinary garden vegetables of which the muskrats are very fond.

It was also discovered that the pickerel is listed as one of the enemies of the muskrat, in addition to foxes, mink, hawk and owls. And so, with a preference for carp as fish food and an aversion to pickerel onslaughts, muskrat injury to fish life was considered negligible and the lease was drawn up.

Muskrat farming is already a prosperous business, particularly in the Lake states and in Maryland, where the extensive marshes of the eastern shore are a center of muskrat fur production. The animals breed from three to five times a year and the litter averages from six to eight young. Muskrats require no feeding if raised in their natural haunts.

HE 'LOST HIS LIFE'

The expressions we use in everyday speech are often inexact.

A few days ago the papers told of an accident at a Pennsylvania camp for poor children.

A young man had taken seven youngsters out into a lake in a boat. Through some accident or other the boat was upset. None of the seven children could swim.

The young man managed to keep all seven of them afloat, however, and take them aboard.

Then, because there was no room for him in the rescue boat, he set out to swim ashore; but his work of saving the children exhausted him, and he drowned before help could reach him.

The headlines, naturally enough reported that he had "Lost his Life"; and when you stop to think about it you will find that there is something a little bit inexact about that expression.

Most of us are generally more or less confused about the underlying purpose that is concealed back of being born and living and dying.

We have grown a bit shaky on some of the old certainties, and we sometimes have a hard time trying to figure out why we are here and where we are going. But there is one point on which men of all times and places have been able to agree.

Whatever life and death may mean, humanity has concluded that the man who gives up his life for the sake of someone else has put himself in harmony with the spirit and plan that are above and beyond the things of the visible world.

He has not, in any real sense of the word, "lost" his life; he has paid it out voluntarily to serve another, and it is impossible to believe that he has really lost anything worth keeping by his action.



Plenty, Mr. Smith, Plenty

A large Eastern manufacturing company was seeking a location for a branch plant.

The industrial engineers of your power company learned of the requirements needed, made a survey, and found a likely location. "Just the thing," said the manufacturer's representatives. "Rail facilities, labor and raw materials—all here—now how about electric power supply? We need a lot."

"Plenty and some to spare, Mr. Smith," answered the engineer. "Through our interconnected system of generating stations we guarantee an abundant supply of dependable power."

The plant was built—new families and a new payroll came to the community.

The progress of your community is the business of your utilities.

WEST PENN POWER CO.

So, with this lad in Pennsylvania, who died in order that seven children might live—has he, really, "lost his life?" Has he not, rather, gained something; something more than most of us will ever gain, though we live to be 80?

David—Mummy, the cod liver oil didn't taste so bad this time.

Mother—Really, dear, why was that?

David—I couldn't find a spoon, so I took it on a fork.

DEMOCRATIC

FOR SHERIFF

We are authorized to announce that Elmer Breen, of Belleville 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 15, 1931.

I hereby announce myself a candidate for the nomination of 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

We are authorized to announce that S. Claude Herr, of Belleville, 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 party, as expressed 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 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.

T. M. Huey, of Fatton 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.

COUNTY AUDITOR

We are authorized to announce that A. B. Williams, of Fort 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 Hayes, of College township, is a candidate for nomination for the office of Sheriff of Centre County on the Re-

publican 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

PHILIPSBURG, PA.

COUNTY TREASURER

We are authorized to announce that O. G. Morgan, of Belleville 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 Election to be held on Tuesday, September 15, 1931.

C. C. SHUEY, Belleville 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 expressed 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.

OVERSEER OF THE POOR

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

JUSTICE OF THE PEACE

We are authorized to announce the name of J. M. Kelchline, of Belleville Borough, as a candidate for the nomination of Justice of the Peace in the South and West wards, subject to decision of the Republican and Democratic voters of the South and West wards of Belleville Boro at the primary election to be held September 15th, 1931.

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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, Belleville, Pa.

ALL FORMS OF

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