

Your Health

THE FIRST CONCERN.



"In and around any big building operation is to be found a constant number of curious people who display a very definite interest in the activities connected with it. As a matter of fact, steam shovels, clanging elevator gongs, and the hurly-burly commotion associated with any large construction job are appealing to nearly everyone. On the other hand, one of the most marvelous pieces of engineering possible to study frequently goes on practically unheeded—except by the individual in whose mouth the job is being done. And his interest is only aroused because of the attendant discomfort," says Doctor C. J. Hollister, chief of the State Health Department's dental section. The fact that everyone grows teeth has perhaps been responsible for making the average person quite blind to the phenomenal process involved. Nature, however, does not turn out a prettier piece of work than she does in the development of the mature jaw.

"The first permanent molars erupt back of the baby molars. This occurs when the child is four or five years of age. There are four of them, two in each side of the upper and two in each side of the lower jaw. Nature permits matters apparently to rest when she has thus laid down the four 'keystones' until she is ready to allow the incisors to come out. These make their appearance in the sixth, seventh and eighth years of the child's life. Follow the eight bicusps in front of the molars, two each on both sides of the upper and lower jaws. This group takes its place from the ninth to the twelfth year. The dental arch is now clearly defined. And around the twelfth year the cuspids, commonly called the eye teeth, erupt between the bicusps and incisors. "It is at this stage of the mouth's development, and in many instances sooner, when parents will be able to notice irregularity in the formation if it exists. Many children, for one reason or another, develop irregularly placed teeth. Dental specialists recommended by your family dentist are prepared to remedy the condition. And the sooner this is done, the better.

"In the twelfth year the second molars come in directly back of the permanent molars; and finally, between the ages of eighteen and twenty-five the third molars, popularly styled the wisdom teeth, grow into position. "Such is the long, successfully planned and usually beautifully executed job performed by nature to present the human being with the machinery required to masticate food. A really magnificent piece of work—which however will only remain such if one respects it by personal care and periodic dental attention."

"In recent years the American public has been educated more or less into a germ consciousness. It knows, as never before, that germs are the cause of all infectious disease and that they also are responsible for many other acute and chronic conditions. Indeed, the term picture has been painted very black. But when all is said and done, there is no black black enough to do this microscopic criminal justice," said Doctor C. J. Hollister, chief of the State Health Department's dental section, today.

"Of course, it must be plainly understood that not all germs are bad. There are many good ones also whose function is to help, not hinder humanity. But the point is that when they are bad, there can be no mistaking the fact. Frequently, nothing short of murder satisfies them, as witness the slaughter by the typhoid, scarlet fever and pneumonia organisms, to mention only a few of the better known ones.

"Manifestly, to harbor vicious germs in dangerous quantities is the worst sort of business and exceedingly hazardous along yet that is exactly what literally hundreds of thousands of people do through the simple, very simple, process of neglecting their mouths.

"It has been estimated that the properly cared for mouth, which at all times is relatively clean, harbors from 5,000,000 to 8,000,000 germs. On the other hand, the chronically neglected one plays host to no less than 800,000,000 organisms!

"Also, it has been scientifically demonstrated that the mouth of the new-born babe is germless, six hours being required for these organisms to establish their first residence. Which, by the way, they and their kind inhabit until the death of the individual.

"The peculiar part about the situation is that brushing the teeth at least three times daily and keeping them and the gum tissues clean and healthy through the semi-annual visit to the dentist, make the difference between the 8,000,000 and 800,000,000. But it is just these comparatively little obligations that innumerable persons disregard. And not so much because of ignorance but because they have no time to bother."

"Well, the answer to this inexcusable carelessness is loss of teeth or decayed ones, acute infection, lowered resistance and sometimes death itself. Eight millions or eight hundred million? Take your choice!"

(Continued bottom next column.)

MANY CHILDREN KILLED BY MOTOR DRIVERS

Thirty-five children ranging in age from below four years to 14 years were killed in automobile accidents in July, the Bureau of Motor Vehicles today reported. Of this number, 10 were less than four years of age and 25 were between five and 14 years.

The report shows that in the first seven months of the year a total of 206 children lost their lives in this type of accident. Fifty were less than four years old. The remainder were between five and 14 years.

The number of children non-fatally injured totaled 772. Since the first of the year, a total of 4124 children have been reported as non-fatally injured in motor vehicle accidents.

About 51 per cent. of operators involved in the 962 fatal accidents reported since the first of the year were between the ages of 25 and 54 years; 28 per cent. were between 18 and 24 years, and but two per cent. were reported as being under 18 years. An analysis of the driving experience of these operators discloses that 70 per cent. had been operating motor vehicles more than a year at the time of their accident. Four per cent. were out-of-state operators.

The July report shows that male operators were involved in 196 fatal and 5764 non-fatal accidents with women operators reported in 10 fatal and 485 non-fatal accidents during the same period.

One intoxicated operator was charged with a fatal accident in July and eight with non-fatal accidents. Since the first of the year, three intoxicated operators have been charged with fatal accidents and 42 with non-fatal ones.

In approximately 60 per cent. of the fatal accidents involving pedestrians in the first seven months of the year, the pedestrian was crossing an intersection diagonally against traffic or coming from behind a parked car, or crossing between intersections. This latter action on the part of the pedestrian accounted for 30 per cent. of the accidents of this type.

DID YOU EVER STOP TO THINK?

Orville Elder, publisher of the Washington (Iowa) Journal says:

That newspaper advertising is the life insurance of any community. Take that influence out of any town or city and "the mourners move about the streets; the merchant weeps for his customers and refuses to be comforted, because they are not."

Newspaper advertising has become such a fixed part of the intricate mechanisms of retail commerce that the wheels refuse to go round without the advertising grease. It is not the mission of advertising to show the customer where to buy something that he doesn't need. It is the mission of newspaper advertising to help a customer supply his needs satisfactorily, promptly, and at a reasonable price.

THE GRAND OLD OAK OF MIFFLIN COUNTY.

One of the largest white oak trees in Pennsylvania is located in Mifflin county, near Belleville. District forester T. C. Harbeson, of the Pennsylvania Department of Forests and Waters, reports that the tree has a circumference of 26 feet, 10 inches one foot above the ground and at four and a half feet above the ground it has a circumference of 18 feet, three inches. The total height of the tree is approximately 80 feet, and it has a branch spread equal to its height. The distance from the ground to the nearest limb is 12 feet.

The tree is known as the Campbell oak, and is named in honor of Robert Campbell, who settled in the vicinity of Belleville in 1773 and was among the first settlers in that region. It is said he erected a tent beneath the tree, which provided shelter until he could build a log cabin.

VEGETABLES MUST BE WASHED

Wash all the fruit you use. Wash all vegetables thoroughly, too, unless they are covered by pods, husks, or coats not used in the cooking. Wash leaf vegetables several times. Kill every fly or mosquito you see in the house. If the screens are wearing out, patch them up and don't take them down until there isn't a fly left.

INFANTILE PARALYSIS

Different theories have been advanced, one that flocks of migrating birds carry it. Perhaps there is something in that, I don't know, and I believe that no one else does either. But whatever is the source of this disease, it is no respecter of persons, for rich are stricken as well as poor and middle-aged as well as children. Of course children and babies are more susceptible.

Infantile paralysis is a common-place disease. It can be carried by contaminated milk, so be absolutely sure of your milk supply and its source. If you take milk from a dealer who owns a single herd, discover whether the cows are inspected; whether the milk has passed the necessary specifications by law for purity, cleanliness, and content; make sure that it is handled in a clean dairy. Also inquire if the milkers and handlers have any disease at home to be carried on hands and clothes.

Story of Coffee



Picking Coffee Berries in Brazil.

(Prepared by the National Geographic Society, Washington, D. C.)

THE recent announcement that coffee consumption in the United States climbed to a total of 13 pounds per person in 1930, adds interest to the checkered career of the beverage since it was first brewed in the Near East a millennium and a half ago.

There are about 80 species of coffee plants but only a few of them are extensively cultivated for commercial use. The coffee plant is a cousin of the cinchona tree from the bark of which quinine is produced. Gambler, which furnishes tanning material and dyes that bear the same name, and madder from the roots of which a substance is extracted that is important in some red dyes, also are related to the red dyer.

The coffee plant started its worldwide ramblings centuries ago. Beginning in the hills of Ethiopia, it "jumped" the Red Sea and coffee plantations began to rise above the soil of the extreme southern tip of Arabia where the famous Mocha coffee now is produced. Later it was carried to Europe (about 250 years ago) and then to the West Indies and Brazil.

Tradition has it that the discovery of coffee's stimulating effect upon the human system was an accident. One story runs that the plant was discovered in the Fourth century by a group of monks who had been driven out of Egypt and found refuge in the Ethiopian hills. The monks maintained themselves by agriculture and sheep and goat raising. One night a monk reported to his leader that the flocks would not rest—that they were wide awake and frisking about during the hours when they should be quiet. The leader started investigations that led to the coffee plant which he found the animals consumed while browsing on the hillsides. He chewed a few of the berries from the strange bush and found that they kept him unusually alert during the night services which were held in accordance with his religion.

Although coffee did not strike a popular cord among Europeans until the Fifteenth century, as early as the reign of Charles II, in the middle of the Seventeenth century there were more than 3,000 coffee houses in London. Today coffee is a popular brew in every continent and on the civilized islands of the seas, with the United States as the world's leading consumer. More than 1,500,000,000 pounds of coffee were imported by the United States last year.

First Used as a Paste. But the coffee berry has had its ups and downs during its rise to fame in the beverage world. Its first use was in the form of a paste which was eaten. Early Moslems were not permitted to drink wine, so they learned the art of making a brew from coffee berries. The name coffee is derived from the Arabic word Kahveh, which was pronounced Kahveh by the Turks. Kahveh was the general Arabic term for intoxicating liquors.

According to some authorities, the first cup of coffee was drunk as a refreshment at Aden, Arabia, in the Fifteenth century. Cairo began drinking the beverage about 50 years later. Meanwhile Moslem leaders held a meeting at Mecca where they decided that coffee should be banned. That was in 1511. As a result of the Mecca decision, coffee warehouses were burned and coffee houses were closed in many parts of the Mohammedan world. Some of the coffee house proprietors were beaten with their own brewing utensils by fanatical Moslems.

The ban in Egypt lasted only thirteen years, when Sultan Selim I gave coffee his stamp of approval. He emphasized his approval of the brew by ordering the execution of two Persian doctors who had denounced the use of coffee as injurious to health. Today Egypt is among the largest coffee drinking regions of the world. Some desert people of Egypt and the Near East use the beverage in connection with religious observances.

In the East, coffee is usually used in powdered form. The coffee beans popularly known in the United States are placed in a mortar and pounded. Then the powder is put into boiling water. The coffee maker serves the beverage only after a prescribed ceremony. He pours a small quantity of the liquid into one cup and then rinses each cup with the brew. After all cups have been rinsed, the rinsing liquid is poured on the fire as a tribute to Sheykh esh Shadhilly, the coffee drinkers' patron. Half a cup is served first to the eldest and most honored guest. To hand a full cup to a guest would be an insult.

Coffee Map of the World. If one were to construct a coffee map of the world filling in coffee growing areas in black he would find most of his dark area on the portion of the world map between the Tropic of Capricorn and the Tropic of Cancer. Mexico would be filled in from the Tropic of Cancer to its southernmost border. The whole area of Central America and the wide coastal rim around the northwestern shoulder of South America, including portions of Ecuador, Bolivia and Peru on the Pacific, and Colombia and the Guianas on the Atlantic would also be marked, as well as Jamaica, Haiti, Porto Rico, and Santo Domingo.

Advertisement for a telephone service. It features a large '60c' and text: 'For 60 cents you can telephone to friends, relatives or customers a hundred miles away—for friendly chats, family reunions, business transactions. And after 8:30 P. M. you can call them for only 35 cents!' It also includes a logo for 'TELEPHONE' and 'Gen. 3'.

PEARLS FOR MARGUERITE NOLAN

(Continued from page 2, Col. 6.)

Theo Dore, whose coat was rumpled and whose hair was disheveled. "Marguerite! At the shop they said you'd been taken to a hospital!" "Not taken. I came. Gerald was hurt."

"Gerald? A-ah." "Theo, did you give me real pearls?" She had taken hold of the lapels of his crumpled coat, and her upraised eyes were wet and shocked.

"Why—" he became brick red. "Theo, tell me!" "Now, Marguerite!" he essayed a laugh. "Do I make real pearls at the lab? But they do look real, I'll admit."

"Theo, tell me!" "What is real or unreal?" he evaded. "One pearl grew in a shell; one in a laboratory. That is all."

"Oh, no Theo! One grew because it was living matter. It has a soul. And—and I thought"—she put her head on his shoulder and wept—"that nothing in this world was real. I was ashamed because my love for Gerald didn't seem worth years of waiting, till I became one of those tired women you see hurrying into the subway—and I was ashamed of my own incapacity to love."

"Real love, Theo?" she sobbed. "More real than those pearls, those drops of living matter!" The fair head pressed itself humbly against the crumpled shoulder, as if glad of comfort. "Theo!" And "Dear Theo!"—Copyright, 1931, by Ida M. Evans.

FEDERAL GOVERNMENT CUTS CATTLE INDEMNITY

The maximum Federal indemnity that is paid on cattle reacting to the tuberculin test has been reduced from \$70 to \$50 for pure breeds and from \$35 to \$25 for grades.

The maximum State indemnity of \$70 for pure breeds and \$40 for grades will remain unchanged, it is said.

Other changes in the Federal regulations are announced as follows: "No cattle over two years of age which are unregistered at the time of appraisal are to be paid for on a purebred basis.

"No compensation will be paid to any owner of cattle classified as tuberculous or paratuberculous unless such cattle react to the tuberculin or johnin test, or reveal lesions of the disease upon autopsy.

"No payment shall be made for any cattle contained in a herd if there is substantial evidence that the owner or his agent has in any way been responsible for any attempt to unlawfully or improperly obtain indemnity funds for condemned cattle."

Pop—What do you want for your birthday son? Son—A piece of rope. Pop—A piece of rope? Son—Yes, sir, with a big sledge tied to it.

DEMOCRATIC FOR SHERIFF

We are authorized to announce that Elmer Breen, of Bellefonte borough, will be a candidate for 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

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 voters of the 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 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. Sperry, of Spring township, is a candidate for nomination for the of-

ice 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 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 Victor Brungart, of Miles township, is a candidate for nomination 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 Tuesday, September 15, 1931.

We are authorized to announce that C. S. Womer, of Rush township, is a candidate for nomination for the office of Auditor of Centre county, on the Democratic ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held Tuesday, September 15, 1931.

REPUBLICAN FOR SHERIFF

We are authorized to announce that 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, Phillipsburg, P.

COUNTY TREASURER

We are authorized to announce that O. S. 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, 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, P.

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 expressed at the Primaries to be held on Tuesday, September 15, 1931.

ERNEST E. DEMI, Phillipsburg, P.

AUDITOR

We are authorized to announce that D. Musser, of Spring Mills, is a candidate for nomination for 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 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 Bellefonte borough, subject to the decision of the Republican voters as expressed at the Primaries to be held on Tuesday, September 15th, 1931.

JUSTICE OF THE PEACE.

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

Advertisement for Fire Insurance. It says: '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 74-11.'