

Your Health

THE FIRST CONCERN.



By Dr. Morris Fishbein

Sir Humphrey Rolleston is convinced, as are also practically all who have made a scientific study of the subject, that heredity is the most important factor in determining the span of life.

It was found for instance that the rate of mortality was profoundly influenced by the density of the population. When a certain number of fruit flies together occupied a limited space such as was represented by the bottle in which they were grown, the volume of air, the volume of food and the area of food surface being constant, the crowding definitely influenced the rate at which the flies died.

In an endeavor to determine what it is that is inherited that makes one family live longer than another, Professor Raymond Pearl, of the Johns Hopkins University, concluded that the thing might be characterized as "inherent vitality." The human being is conceived as an aggregation of matter that has the property of automatically changing food or energy into hard work, component matter of itself, or waste.

Before giving advice to the aged as to the conduct of their lives it may be well to recognize somewhat their economic conditions. It is estimated by Dupplin, statistician of a famous life insurance company, that one and one-quarter million persons in the United States who have reached the age of 65 are in want and are supported by charity, public and private.

Apparently the most important advice for attaining and prolonging old age has to do with the diet. A half-dozen proverbs attest the manner in which men have accepted this fact. "You dig your grave with your teeth," "Man does not die, he kills himself," and best of all the double-edged statement of the Hoosier farmer: "Pigs would live a lot longer if they didn't make hogs of themselves."

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Since it is impossible for us to choose our parents, all that we can do toward the prolongation of life is to avoid preventable disease by the usual sanitary and hygienic precautions and by having physical examinations at least once each year to detect the presence of the diseases of middle life that come on insidiously. Avoid worry since it is of the greatest importance in using up the inherent vitality.

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DODGING HAY FEVER

By R. S. Copeland, M. D.

Many persons dread the summer months. They are the victims of hay fever.

Hay fever, or Summer catarrh, originally received its name by reason of the extreme sensitivity of certain individuals to the pollen of hay and other grasses.

There is a similarity between this disease and the symptoms met by persons who are unpleasantly sensitive to certain foods. Foods such as eggs, shell-fish, strawberries and tomatoes may produce severe disturbances in susceptible individuals.

GREAT GARDEN FOR THE CANADIAN BORDER

The project of an international peace garden on the boundary line between the United States and Canada is proceeding. Before very long it will be possible for the sponsors to announce the site of this modern Eden of trees, shrubs and flowers which will be laid out as a living monument to the long comity of the two nations.

Then, according to H. J. Moore of Islington, Ont., who conceived the idea and is now international secretary of the scheme, the drive for funds will be on in earnest. Funds have been coming in, although no special effort has been made to induce them.

It was in August, 1929, when Mr. Moore first outlined the idea to the National Association of Gardeners of America at their annual convention in Toronto. It was enthusiastically endorsed and received such support that today 56 national, state and provincial organizations have put their pledges behind it.

These are States on the great Canada-to-Canal highway, called already the Main street of America—which will eventually run from Churchill on Hudson bay, down through Canada, the United States, Mexico, and Central America to Cape Horn.

The road now runs from Bowsman and Swan River, Manitoba, across the boundary and down through the United States to Mexico City.

The reason for the recent strong wave of support from regions on the Canada-to-Canal highway is evident from the fact that the road runs through an area that is being considered as a possible—some might almost write probable—site for the International Peace Garden.

Geographically this area could not have been more ideally located for its purpose. It is on this main north-south highway of the continent and on the boundary line almost exactly midway between New York and Vancouver.

THE JEWISH NEW YEAR AND DAY OF ATONEMENT.

With the setting of the sun last Friday evening Sept. 13th, this nation's million or more Jews, joined with their brethren throughout the world in the celebration of Rosh Hashana, the Jewish New Year, the observance of which dates back to when the twelve tribes formed a nation of farming people in Palestine.

In every temple and synagogue in the State as well as in scores of temporary places of worship set up for the Jewish Holy Week, special commemorative services were held.

The observance, which ushers in the year 5692 of the Hebrew calendar, will be followed by a penitential day of Yom Kippur, the Day of Atonement, on Sunday, Sept. 20th.

At sundown tomorrow night September 20, the Day of Atonement, Yom Kippur, the most holy day in the Jewish year, will be used by the world with solemn prayers, and pious Jews in all parts of the world will abstain from food from sundown until sundown Sunday night.

According to the Hebrew faith, on Hashonah, the Jewish new year, the decree concerning the fate of all mankind is made and on the Day of Atonement the decree is finally sealed.

Now for Mr. Berocovic. Your statement regarding him was: "Reading Berocovic's book wouldn't change our mind a bit on the matter of Berocovic's writings."

Within the past decade great advances have been made in the treatment and cure of hay fever and similar diseases. I refer to the "desensitization tests," which some day I shall undertake to describe in detail.

This treatment demands a long and tedious procedure, but in many instances is most effective. It requires a good deal of patience on your part, but I recommend it as well worth your time and trouble.

There are occasional cases of hay fever and asthma that do not respond to treatment. For these relief can only be accomplished by change in climate and altitude.

Talks with The Editor

This column is to be an open forum. Everybody is invited to make use of it to express whatever opinion they may have on any subject. Nothing libelous will be published though we will give the public the widest latitude in invective when the subject is this paper or its editor.

Our Hide is on a Barn Door in Lock Haven

Editor, "The Democratic Watchman," Bellefonte, Pa., Dear Sir:

My grandfather, James C. Waddell, was a constant reader of your paper previous to his death last year and due to that fact, the presence of the "Watchman" in our home had the effect of making me pause once a week to scan your columns—especially the one you are pleased to call "Ink Slings."

Of course, you are printing a partisan paper, and it's common knowledge that where there's politics there's bound to be a very rotten odor, so I can pardon the use of this extremely noxious article you use in your pen so long as it's confined to dashing off—I say "dashing" because some of the items don't show any careful and thoughtful effort in their make-up.

Now then, Mr. Editor, you believe you're a sportsman, don't you? You have given me that idea and up until lately I have believed it. Is it any evidence of sportsmanship to delve into the past and dig up calumny to hurl at a man who has been a phenomenal success despite fellows like you who tried the same sort of stuff some years ago and were disappointed in the results?

I am not a worshipper of Jack Dempsey. I am one of "Fair Play." I admire the courage and spirit Dempsey possessed in climbing to the heights he reached. I admire a champion in anything, even a champion rubbish-collector or ditch-digger.

So much for that. Think it over, Mr. Editor. Am I right or am I wrong? Now for Mr. Berocovic. Your statement regarding him was: "Reading Berocovic's book wouldn't change our mind a bit on the matter of Berocovic's writings."

I can plainly see that your knowledge of literature is not on a par with your knowledge of fishing and politics. How much have you read of Berocovic's writings on his native country's distressing situation?

Rumania has been in the public eye for the last ten years and most of our news from that little country has been about Carol and his paramour. Previous to Carol's return from exile Premier Maniu and the Peasant Party planned to bring him back. Queen Marie had compelled him to renounce his claim to the throne and leave the country with Magda Lupescu who had been thrown in his path.

Let us see if we can't do something to help the Rumanians. We know that the plans were discovered and Marie prevailed upon Helen to ask for a divorce in the effect to keep Carol permanently away. We know about the bartering and conditions under which Carol returned; we remember his declaring Helen's divorce null and void and his efforts to effect a reconciliation.

FAVOR GETTING A PUPPY TO BUYING A MATURE DOG

Dog or puppy? The choice of one or the other must be made by everyone who contemplates adding a canine pet to his household.

Eating is the biggest thing in a puppy's life, and what and how he eats will either make or break him, according to the Foundation. "Little end often" is probably the best rule of successful puppy rearing.

By nature the dog is a meat-eating animal, but under today's domesticated conditions, fresh raw meat from the butcher's is much too concentrated a diet. Research workers who have given thought to this problem in recent years have been able to develop scientifically-balanced canned meat foods which have taken all the guess out of the dog and puppy feeding.

What do you think, Mr. Editor? Is he giving Carol the "breaks"? Is he making Helen and Marie look foolish? Is his evidence partisan? Does he try to change any decent thinking person's mind on the matter of Carol's immorality or even ask them to pardon him for a respectable weakness?

Very truly yours, OWEN K. ADAMS

FRENCH TRACE ORIGIN OF TENNIS TO HOMETLAND

The game of tennis really originated in France and not in England as generally supposed, according to Jean Lecog, sports writer of the Petit Journal.

Enclosed find check for two year's subscription to your paper. Since I need the paper and you need the money I will square up and reduce your 775 to 774.

Very truly yours, MARGARET A. WYNN

The Next County Treasurer is Evidently Hard Up, Too.

I had in mind to write you a letter, embellishing somewhat the advertisement you had in this week's paper but I am just as sensitive as you are about advertising my financial straits and if I should write and tell the truth, it would be just a little embarrassing to me.

There is a plenty of material to write a really good comedy on the present financial situation, but it is too serious to "play horse" with and, besides, no one, to my knowledge, gets paid for acting the fool, but Will Rogers.

And Claire Goes Poetical.

Westfield, N. J. Sept. 7th, 1931 Dear George:—

Well, Sir, sometimes I really have to laugh. When I think of sending you a dollar and a half.

However, for all your slams at us, we look for the weekly sheet. With all the new items that are gathered so complete.

Algermon (reading joke)—Fawncy this, Percy, a chap here thinks that a football coach has four wheels. Percy—Haw! Haw! And how many wheels has the bally thing?

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