Your Health



By Dr. Morris Fishbein

Sir Humphrey Rolleston is conwinced, as are also practically all who have made a scientific study of the subject, that heredity is the most important factor in determin-ing the span of life. Among 184 persons whose parents both lived more than 80 years the average age at death was 52.7 years whereas among 128 persons whose parents died before 60 years of age the average life was 32.8 years.

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 defi-nitely influenced the rate at which the flies died. Whenever the optimal density was exceeded the death

form actions necessary to life.

With this fundamental premise in mind it is possible to formulate cermind it is possible to formulate certain factors that influence longevity.

Geographically this area could not 21st issue. have been more ideally located for Now there. Sir William Osler said that much depends "on the quality of arterial tissue (vital rubber) which the individual has inherited." Another way of saying the same thing was the famous proverb, "Man is as old as his arteries.

Before giving advice to the aged as to the conduct of their lives American continent. it may be well to recognize some-

tened the death of the aged. Dig- In every temple and synagogue in Jar professions whose activities are commemorative services were held. prolonged tend to live longer than

by one life insurance company re- night.

is to avoid preventable disease by charity and penitence. eases of middle life that come on instance in using up the inherent vitality. Moderation as a statute forever."

The distribution of the distribution of the greatest importance in using as a statute forever."

The distribution of the distribution of the distribution of the greatest importance in using an a statute forever."

The distribution of Tion in all things, a certain amount = of mental and physical exercise, some time in the open air, and a verted into inflamation, with free didn't give Carol all the 'breaks' fool, but Will Rogers. some time in the open air, and a discharge of mucus and pus.

DODGING HAY FEVER

months.

and a discharge of tears. Smarting cessful, your Summer months will be carol returned; we remember his declaring Helen's divorce null and

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

funds will be on in earnest. Funds have been coming in, although no special effort has been made to induce them. These have been spontaneous gifts from people who have, either individually or in groups, been Dear Sir: seized by the graphic beauty of the plan to make a boundary garden. It was in August, 1929, when Mr. Moore first outlined the idea to the National Association of Gardeners of America at their annual conven-

Central America to Cape Horn. tic regions of Canada through the column.

in want and are supported by chartheir brethren throughout the world and free of any stain. Or are you thing, maybe it would be a good ity, public and private. This means in the celebration of Rosh Hashana, one of those who never knew Jack idea to look up the author's views WILL

nitaries of the church, chief jus- the State as well as in scores of first ballot. Supreme Court benches, temporary places of worship set up Dempsey. Prime Ministers, and those of simi- for the Jewish Holy Week, special Play's'

double-edged statement of the Hoosier farmer: "Pigs would live a lot longer if they didn't make hogs of themselves." An investigation made

The usual sanitary and hygienic pre-cautions and by having physical ex-ment it speaks of this day as "An over, Mr. Editor. Am I right or cautions and by having physical ex. ment it speaks of this day as An am I wrong? attended at least once each year atonement shall be made for you to am I wrong?

All and I wrong?

All and I wrong?

All and I wrong?

All and I wrong? to detect the presence of the dis- cleanse you; from all your sins be-

some time in the open air, and a reasonable amount of happiness— Irritation of the nose produces form these constitute the prescription for sneezing. This becomes extremely off."

I the patient is miserable edge.

indeed.

authorities to be a sort of heredi- hay fever or rose fever, the time We know that the plans were distary affliction.

When exposed to the offending blant, there is at once a sensation to consult your physician is before the annual season arrives. By a few simple tests he may determine effect to keep Carol permanently of heat and fullness in the eyes. your sensitivity and immediately give away. We know about the barter-There are redness of the eyeballs you the necessary injections. If suc- ing and conditions under which

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 supported by the scheme, the drive for funds will be seen 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 subject is this paper or its editor. Contributions will be signed or initialed, as the contributor may desire.—ED.

Our Hide is on a Barn Door in Lock Haven

Editor, "The Democratic Watchman," Bellefonte, Pa.,

My grandfather, James C. Waddell, was a constant reader of your paper previous to his death last year and due to that fact, the pres-ence of the "Watchman" in our of America at their annual convention in Toronto. It was enthusiastically indorsed and received such support that today 56 national, state and provincial organizations have put their pledges behind it.

Recently a wave of support has come from the Middle West and South, particularly from Manitoba, "Individual to the support of the items of the average puppy is at the end of the items of the average puppy is at the end of the items home had the effect of making me Texas.

These are States on the great Canada-to-Canal highway, called already
the Main street of America which ada-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. It It to believe is not a fluid. Dirt is her, in exchange for the favor she concentrated a diet. Research workwill be, it is claimed, the world's commonly looked upon as a solid. promises, our queen is being sepers who have given thought to this greatest highway from the sub-Arc-Better change your title for this arated from her son. She has been problem in recent years have been

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.

It is, in fact, almost at the exact discovered and up until lately I had 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 of the North and the fell at a success of the in the August 21st issue.

Now then, Mr. Editor, you believe that a few fat bejeweled fingers pull the strings which actuate a puppet who rules which actuate a puppet who rules dover eighteen million people we love."

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 nated in France and not in England and the fell at the fell at a practice fat bejeweled fingers pull the strings which actuate a puppet who rules dover eighteen million people we love."

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 nated in France and not in England eographical center of the North who has been a phenomenal success despite fellows like you who tried the same sort of stuff some years ter of Carol's immorality or even what their economic conditions. It is estimated by Dupblin, 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 that 28 per cent or more than one out of every four are dependent.

It has long been known that retirement not infrequently has has-

I am not a worshipper of Jack Dempsey. I am one of "Fair I admire the courage and spirit Dempsey possessed in climb-The observance, which ushers in ing to the heights he reached. the year 5602 of the Hebraic calen- admire a champion in anything, even Apparently the most important dar, will be followed by a penitenative for attaining and prolonging of the field of Yom Kippur, the Day of Atonement, on Sunday, Sept. 20th.

Atonement, on Sunday, Sept. 20th.

Admire a champion in anything, even a champion rubbish-collector or ditch-digger. Even champs are human beings and have the same subscription to your paper. Since half-dozen proverby 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 kills himself," and best of all the law world with solemn proverby attest the manner in which men have accepted this feelings as you or I. Do you honestly consider it sporting or even in himself, and have the same feelings as you or I. Do you honestly consider it sporting or even in himself, and best of all the law world with solemn provers. vealed that 13 per cent of some thousands of policy holders beyond the age of 40 were more than 20 per cent overweight. Persons at this age have usually stopped taking even the physical exercise of Since it is impossible for us to thoose our parents, all that we can do toward the prolongation of life decree may be averted by prayer.

According to the Hebrew faith, on According to the Hebrew faith, on the Jewish new year, the decree concerning the fate of all I don't know or care whether Jack is trying to make a come-back or not. I do think he can still deliver a right hook to the jaw that will knock his victim's knees out of joint and when you pull gags like the one you did I earnestly wish that your target could walk in on do toward the prolongation of life decree may be averted by prayer, that your target could walk in on you and do a little training.

ter of Carol's philandering. Be-sides, his evidence is partisan. He and, besides, no one, to my knowland make Helen and Marie look Irritation of the nose produces foolish his head would be chopped

I can plainly see that your knowlfort, and the patient is miserable edge of literature is not on a par By R. S. Copeland, M. D.

Within the past decade great adpolitics. How much have you read of Bercovici's writings on his native vances have been made in the treat-of Bercovici's writings on his native vances have been made in the treat-of Bercovici's distressing situation?

With your knowledge of fishing and politics. Well, Sir, sometimes I really have to laugh, when I think of sending you a dollar country's distressing situation? with your knowledge of fishing and Dear George:country's distressing situation? hay fever.
Hay fever, or Summer catarrh, originally received its name by reason of the extreme sensitivity of sending you a dollar country's distressing situation?
Don't tell me. After reading that "Sling" I know. I have read considerable of his works and I am utsiderable of his works and I am utsiderable to find sufficient reason out for sending you a dollar country's distressing situation?
To continue The Watchman, so much siderable of his works and I am utsiderable of his works and I am utsiderable to find sufficient reason out for sending you a dollar country's distressing situation?

They are the victims of ment and cure of hay fever and simliar diseases. I refer to the "disensiderable of his works and I am utsiderable of his works and son of the extreme sensitivity of Following these tests an inoculation terly unable to find sufficient rea-

hay and other grasses. These individuals, in addition to this particular sensitivity, may be sensitive to other plant, animal and bacterial proteins.

There is a similarity between this disease and the symptoms met by persons who are unpleasantly sensitive.

There is a similarity between this fever and asthmaticular and tellous procedure, but in many instances is made.

This treatment demands a long and tellous 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 persons who are unpleasantly sensitive.

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There are occasional cases of hay persons who are unpleasantly sensitive.

The persons who are provided to find sufficient reasons the 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 to tomatoes may produce severe disturbances in susceptible individuals. Hay fever and other associated diseases are found at times to run in families. It is believed by some authorities to be a sort of heredi
well worth your time and trouble. There are occasional cases of hay fever and that do not respond to treatment. For these relationships that do not respond to treatment. For these relationships that do not respond to treatment. For these relationships that are gathered so complete, so I take pleasure in sending check to the throne and leave the country with Magda Lupesuc who had been this believed by some the cash an I'm not in arrears.

So I take pleasure in sending check to the throne and leave the country with Magda Lupesuc who had been thrown in his path. Everyone knows the story of Marie's arrogance which actuated the party's efforts to bring Carol from Paris.

If you are a sufferer from asthma, authorities to be a sort of heredi-

void and his efforts to effect a rec- FAVOR GETTING A PUPPY TO onciliation. Let me quote some passages which Mr. Bercovici re-cently published in "Liberty" regarding this affair:

one. holds together the herd, but kings, nois. Maniu tried to interfere with Carol's denunciation of Helen. He could hardly believe that the king had tricked him and abused his confidence—The Peasant party attempt—by in your own hards.

Maniu tried to interfere with Carol's bert Payson Terhune that a puppy and Justice of the Peace. A professional business will receive for Temple Court.

M. KEICHLINE.—Attorney at Lagrangian and Justice of the Peace. A professional business will receive for the Peasant party attempt—by in your own hards. dence—The Peasant party attempted to govern without a leader afed to govern without a leader after Maniu voluntarily went into exile but no one seemed to be able to form a cabinet that would please according to the Foundation. "Lit-

area is Turtle mountains, on the boundary between Manitoba and North Dakota, one of the few heights of land in the mid-west praires.

Is not even distancy connected with any political group. I refer to the supposed wise-cracks about Jack Dempsey in the issue of Sepheights of land in the mid-west praires.

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In the total distancy connected with any political group. I refer to the supposed wise-cracks about Jack Dempsey in the issue of Sepheights of land in the mid-west praires.

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In the total distance with any political group. I refer to the supposed wise-cracks about Jack Dempsey in the issue of Sepheights of land in the mid-west tember 4, and the remarks anent Konrad Bercovici in the August Parket Parke

time you're requested to read someown merits-acquitted on the very column. I'm going to keep my eye on it pretty carefully for a while.

Very truly yours, OWEN K. ADAMS

774

Sincerely yours MARGARET A. WYNN

ber your position as a sportsman The Next County Treasurer is Evidently Hard Up, Too.

Bellefonte, Pa., Sept. 4th. 1931 Dear Watchman: I am enclosing check to cover two years subscription Dec. 1st, 30, to same date 1932.

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 statement regarding him was:
"Reading Bercovici's book wouldn't present financial situation, but it is serious to "play horse' with ROBERT F. HUNTER

And Claire Goes Poetical.

Westfield, N. J. Sept. 7th, 1931

Algernon (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?

---Subscribe for the Watchman.

BUYING A MATURE DOG

Dog or puppy?
The choice of one or the other "Having been brought up in the must be made by everyone who conroyal palace of Rumania, Carol's templates adding a canine pet to moral outlook on life is a warped his household, states the Chappel one. In his eyes common morality Kennel Foundation, Rockford, Illi-While some prefer a perqueens, princes, and princesses are fectly-trained grown dog, most peo-

the king. He wanted to work only tle and often" is probably the best with such men as agreed with him rule of successful puppy rearing. about his marital trouble—" Feed four or five times a day from He carries us on through the days weaning time till four months of when Helen announced her engage- age and no more than four times a ment to a young Russian officer and day at six months. Increase the Magda's return to the palace at ration as you decrease the number Bucharest. Not once in the recital of feedings, but never serve more than just a trifle over what the show any love or respect for Carol. A depth of feeling for the unfortunate Helen is expressed while Marie twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve months ready to enter full the average puppy is at the end of twelve m more than two meals a day, and preferably one. If the puppy does not finish the meal provided for him, what remains must be removed in a few minutes and nothing else should be given until the next feed-"We are being ruled by a volup- should be given until the next feed-

real encreased.

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 Hopkin's University, conclude ed 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 Tood or energy into hard work, comporting of automatically changing Tood or energy into hard work, comporting and through an account matter of itself, or waste. Object the suthern being are differently broganized and vary in the manner in which they utilize the products of the cart in austaining life. The inherent vitality is the total potent in the reached and thought is one to the products of the cart in austaining life. The inherent vitality is the total potential of the care of the few Markot and through the care in the subtraction of Canada through the tropics to the southern tip of the continent.

In an endeavor to determine what it is that is inherited that makes one family live longer than another, Professor Raymond Pearl, of the continent.

The road now runs from Bowsman and Swan Hiver, Manitoba, and the continent.

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The road now runs from Bowsman and Swan Hiver, Manitoba, and the continent is the t stripped of titles and honors and has able to develop scientifically-balanced been impoverished so that even if canned meat foods which have tak-

nated in France and not in England as generally supposed, according to Jean Lecoq, sports writer of the Wagner's 32% Dairy Feed Wagner's 16% Dairy Feed The game which we have import-

be ascertained by historical docu. Wagner's Pig Meal ments, an old game played in France Wagner's Horse Feed centuries ago. The English learned it from our ancestors. It is an ed it from our ancestors. It is an Wagner's Winter Middlings -Englishman who gave proof of this. Wagner's Standard Mixed Chop "In 1858, Robert Dallington, secre- Blachford Calf Meal 25th -"In 1858, Robert Dallington, secretary of the British Embassy in France, published in Paris a work entitled 'The Views of France' in Wayne Egg Mash entitled 'The Views of France' in Cotton Seed Meal 43% were very enthusiastic over bodily exercise, such as found in dancing, shooting the cross-bow and the playing of paille-maille. The Englishman then wrote, 'But the most favorite sport is tennis.'"

Lyon-Whatcha mean by saying that Quidnunc wears Indian neck-

wear? Bear-Bow tie and arrow collar.

666

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