

Bellefonte, Pa., September 25, 1931.

Your Health



HALITOSIS

By Dr. Kellogg, Battle Creek.

That every person, like every encourage bowel action. ing exploration:

"One day I asked my laboratory boy why he didn't take a bath once, stirred and soon acquires the consay, in six months. In the little sistency of oatmeal mush. It may room in which we worked, I found be eaten with a spoon or thinned his boy smell particularly offensive. by the addition of more water or

frankly.

turned on me a serious never be omitted. liquid brown pair of eyes.

"Bwana,' he said, quite without to add bran or agar. Of the two,

any intended rudeness, 'to the black bran is usually better. The coarsman you smell, too, and very bad.

Even the elephant not like your for any reason is objectionable, smell as much as black man's."

By and bran or agar. Of the two, bran is usually better. The coarsman you smell, too, and very bad. est bran is the best. If the bran for any reason is objectionable, agar may be used. A combination

and such transient odors as may reliness, there is another sort of body odor usually associated with the breath and referred to as halitosis, which is of far greater importance. which is of far greater importance, sions which are now popular are for the reason that it is often due less efficient for the reason that factory sense. In a small proportion of cases, offensive breath odors are due to disease of the nose or in sufficient quantity to add to the case of the nose or in sufficient quantity to add to the mouth; but in by far the greater number of cases, the cause of offensiveness lies much deeper. In fact it is not simply the breath which is offensive—the whole body is malodorous. Brain, nerves, muscles, lungs, slands every cell and tissue are

The origin of these nauseating whatever is produced. odors is in the colon. When food residues are retained in the colon When food more than a few hours, the same changes take place in the colon that occur whenever decomposable matter is exposed to warmth and moisture. The putrefaction products are absorbed into the blood stream. When small in amount, they may be destroyed by the liver or eliminated seeds are highly contaminated with by the kidneys; but when floods of dirt and other undesirable ingredthese noxious products enter the blocd stream, the capacity of the liver to destroy and the kidneys to eliminate them, is exceeded and so they accumulate in the blood, and with them. As the polluted blood passes through the lungs, some of the offensive gases are thrown off and escape with the breath. But it is not the breath alone which is malodorous; it is the whole body. The breath is simply a sample which reveals the presence of bad-smelling

The coating of the tongue is an indication that the blood has to some degree lost its power to defend the body against germs. Because of this, the saliva, made from the blood, and normally capable of preventing the growth of germs in the mouth, loses its germ-resisting

of intense general polsoning or autointoxication. The writer recalls a case in which a very foul breath and a heavily coated tongue led him to say, "I see, Madam, that you are suffering from autointoxi-

and most emphatic. With a threatening shake of her fist, she shouted,
"You are entirely mistaken, sir,
you are entirely mistaken. I haven't
had a drop since night before last.

The lady's response was instant tool in the cost of inheritance tax
tool in the cost of inheritance tax
this has happened in a very definite
way.

For the fiscal year 1928 the average commission paid to registers of
age commission paid to registers of

plain to the lady that she was suf-fering from a form of intoxication cent. For the 1930 fiscal year the much worse than alcoholic.

with a badly coated tongue is also was reduced to 2.01. It is expectsense of fatigue. Sleep is unre-freshing. "That tired feeling" is nearly always present, and is often the Commonwealth for inheritance greatest in the morning on rising, taxes in recent years is a matter of when the sense of vigor and fitness when the sense of vigor and fitness should be at a maximum. This paradoxical experience is the result out the Commonwealth in inheriof the absorption overnight of putre- tance taxes \$15,788,263.29 with a net faction products from a loaded colon. Morning weariness, after a full might's sleep, is due to toxic fa-tigue. Chronic fatigue is almost al-ways due to the same cause and not 1930, the gross had reached the to overwork or nervous exhaustion, astounding figure of \$36,581,770,50 causes to which it is usually assign- and the State Treasury was enrich-

When chronic, this condition is ed by the net return of \$35,547,-Trequently ascribed to biliousness, or anactive liver. The liver is not inactive, but overworked. The pain or soreness in the region of the liver or below the ribs of the right side is sometimes due to disease of any of them.
The gall bladder, but most often is Willie: "Me neither, but she gave due to infection, with chronic in- me a dollar to tell you that."

flammation or congestion of the duodenum, or chronic duodenities.

Back of all, are chronic constipation and colitis, with incompetency of the ileocecal valve and an ascending infection. When the tongue is foul, colon germs are to be found

present in great numbers.

The remedy for these conditions is to be found in change of the intestinal flora; that is, suppression of internal putrefactions. To accominternal putrefactions. plish this, the diet must be laxative and non-putrefactive and such food accessories must be employed as are needed for changing the intestinal flora.

The colon must be completely emptied every twenty-four hours. An excellent plan is to cleanse the colon by an enema at bedtime. This may be continued for weeks, or even months, without injury. Of course it is necessary to employ at the same time all measures needed to

flower, possesses an individual bou-quet is well known by the ease with is nothing better than the seeds of which a dog follows its master's plants of the plantain family, of footsteps or distinguishes his hat or which the best known is Plantago any other article of clothing by the psyllium, a small black seed which sense of smell. In certain races when moistened pours out an astonthis personal aroma is very proishing quantity of mucilage. A
mounced Certain keen-scented South
single teaspoonful added to four American aborigines are said to be ounces of water will produce a mass able to distinguish mmbers of their having the consistency of a firm tribe at a considerable distance by jelly. It is better to moisten the the olfactory sense alone. Martin seed with hot water, so as to bring Johnson tells the following story out the gelatin substance rapidly. Which suggests the existence of a About half a glass of water is rather broad field of inquiry awaitneeded for a heaping dessert-spoon-

The mixture thickens rapidly when "God made water for hippo, not fruit juice; or the seed may be addfor black man,' he explained smil- ed to hot soup or broth.

Three or four heaping teaspoon-"'But you smell,' I told him fuls of psyllium seed (psylla) should be taken at every meal. It should

But aside from what may be designated as the ineradicable racial or tribal bouquet of an individual and such transient odors as more of bulkage.

The lubricating mucilage of the to causes which involve results far they contain one-third their volume more serious than offense to the olglands, every cell and tissue are saturated with bad smelling toxins, such as indol, pyrrhof and particularly that quintessence of volatile not in the smallest degree increase not in the smallest degree increase its laxative properties, if any effect

There are several varieties plantain which are rich in mucilage and hence are highly serviceable as colon stimulants. Most of these are black in color. The light-colored, or blonde, variety is thought by many

to be more efficient than the black. As found in commerce, these seeds are highly contaminated with ients, including a great number of molds, yeasts, sometimes colon germs, and other undesirable microorganisms. These must be removed by most thoroughgoing and expensive cleaning and sterilizing processes. The cheaper grades of seed now being offered are unsterilized and contain much foreign mat-

PART OF STATE INCOME

How inheritance taxes have increased Pennsylvania revenues and how the expenses of collecting inheritance taxes have been greatly reduced is the subject of a statement just issued by Auditor General Charles A. Waters.

The Auditor General is charged under the fiscal code with the duty The bad breath associated with a coated tongue is thus an indication of appointing appraisers and clerks in the offices of the registers of wealth to assist those officers in collecting inheritance taxes to be re-

Upon assuming office two years ation."

The lady's response was instant tion in the cost of inheritance tax

I admit I usually take a toddy at wills amounted to 1.49 per cent and the appraising and clerical cost here last night and couldn't get amounted to 4.16 per cent. For any." It was of course necessary to ex- ped to 1.04 per cent and collection average commission rate fell to .82 The bad breath which is associated per cent and the expense percentage usually accompanied by a chronic ed that the 1931 expense figures will

return to the State Treasury of \$14,-895,241.94. For 1929 the gross was

Willie: "Sister has four other beaus." Suitor: "But, I have never seen

World Slow to Improve on First Locomotives

The first steam locomotive is credited to a Welshman, Trevethick, 1804. family needs until April. He and his partner, Vivian, under a patent dating 1802, ran a steam engine in south Wales, Merthyr Tidvil. The world was still far from understanding what it had. In 1812 Blenkinsop's locomotive drew 33 coal cars at the rate of something under four miles per hour, at Leeds. In 1815 George Stephenson built his locomotive. The railroad had at last been made a practicable possibility. It took a long time.

The word "engine" is one of the most striking instances of how use may twist the meaning of an old word, October 1. and establish a new and permanent meaning, obliterating the old. "Engine" now commonly means locomotive. It is from the Greek "gignere, to beget," and the Latin "ingenium." Down to the Eighteenth century it meant, in English, wit, or talent. Chaucer: "If man hath sapiences thre, memorie, engin, and intellect also." From this it came to mean disposition, or temper; it was sometimes used in the sense of skill in debate and argument, and occasionally trickery, deceit. Thence it grew to mean the product of ingenuity-hence, any contrivance or device. So to machine, tool, etc. The original "engine" was for war or torture.

Excellent Reasons Why

Name Change Was Denied Whether or not our Israelite brethren inherited the habit of changing their names from old Father Abraham is a question. However, ever since the Lord changed Abraham's cognominal signature, they appear to have taken up with the idea and gone in for alterations. If there be any virtue in this "What's in a name?" why not give it a whirl? They whirl!

Recently, recounts the Business Week, one Louis Goldstein who sells things in Brooklyn, N. Y., decided that a change in name might be a commercial coup de maitre, besides being a boost to the little Goldsteins. Accordingly he petitioned a judge to alter his name to "Golding." In time came the decision and Louis read that, aside from Goldstein being simple and easy to pronounce, numbers of Goldsteins had achieved success in commerce, industry and the professions. Furthermore, he read, there were probably more good native-born Americans named "Goldstein" than "Golding" and that the petition was "denied." Louis sighed, glanced at the signature—and almost collapsed.

It was signed by Justice Louis Gold-stein.—Pathfinder Magazine,

"Weeping" Mulberry Tree

A tree that has been gaining much in popular favor among the suburbanites in recent years is the graceful weeping mulberry tree. This plant, native of temperate and warm climates, achieves a height of 8 or 10 feet. It has long, curling branches, which point in the direction of the ground. When the tree is in blossom, the tree consequently gives the effect of "weeping."

This tree, of which there are 100 varieties, is not hardy in the United States as far North as New York and is seldom seen in this country except in the South and in California, where some of the more improved varieties are now grown successfully.

Seat of Knowledge

Some of the geysers in Yellowstone National park are irregular in their eruptions, and tourists are lucky who see some of the most spectacular in play. One of these is the Bee Hive geyser, with small crater, but eruption that shoots two hundred feet into

"Can you tell me the best way to find out when the Bee Hive is going to play?" asked a young lady of an old-timer in the hills.

"Yes'm. Just go over and sit on it, and when you feel the hot water tryin' to get out, you'll sure know it's ready to play."

Yeats Set His Hair Afire

I recall Katherine Mansfield's story about Yeats, who had dreamed his head was circled with a flaming sun, went to sleep and dreamed of a woman whose hair was afire, woke up. lighted a candle, and by and by discovered "by the odor" that he set his own hair ablaze. "I think it's wondrous apt. It's just as far as he and his crew can get to set their hair afire-to set their lank forlorn locks a-frizzle, God knows there's nothing else about them that a cartload of sparks could put a light to."-William Gerhardi in the Saturday Review.

"A Man Must Live"

The famous question and answer. "Sir, a man must live"-"Sir, I do not see the necessity for it," are attributed to various celebrities. Voltaire quoted them in 1776. But they go back at least to Tertullian (150-230 A. D.): "The ordinary objection is, of course, raised, 'I have not the wherewithal to live.' To this it may be somewhat sharply retorted, 'Is there any reason why you should live?"-From "Who Said That?"

Stamina

There are far too many persons who dearly love to start things, but who seldom finish them. They lack steadiness; they work by fits and jerks. A wise old horse trainer once remarked, "It isn't the 2:10 horse that travels farthest in a day."-Grit.

FARM NOTES.

-Home storage of vegetables is an economical way of supplying the family needs until April. Many kinds may be stored as explained in the Pennsylvania State College extension circular 120, "The Family Vegetable Garden," which may be obtained free from your county

-Use the coldframe for growing vegetables which may be harvested long after frost has hit the garden. Among the crops which can be grown in this way are spinach, en-dive, lettuce, parsley, kohl rabi, kale, and radishes. Practically all of these should be planted before

—Check up on the freshening dates for cows. They should have at least six weeks' dry period with an abundance of good feed. Cheaper milk production will be the reward.

-September is the best time to plant peonies. Good garden soil is desirable, but fresh manure should not be used, nor rotted manure in direct contact with the roots. The peonies should be put in a permanent place and not disturbed.

-When the first pullet egg ap-pears it indicates the time has come to house the earliest maturing pullets, say Penn State poultry specialists. The smaller, poorly develop-ed birds may be left on the range by themselves for several weeks. They will do better than if left with the larger birds.

-Cull potatoes can be cooked and fed to hogs. Feed four pounds of potatoes to one pound of a grain mixture composed of 3 parts of shelled corn, 3 parts of ground oats, and 2 parts of 60 percent tankage. It also is advisable to feed 1 or 2 pounds of mineral mixture for every 100 pounds of grain.

-Milk can be cooled economically by electricity, agricultural engineers of the Pennsylvania State College have found. Results of the experi-ments and recommendations have been published as Bulletin "Farm Electric Milk Refrigeration." You can get a free copy from the Agricultural Publications Office, State College, Pa.

-Proving an excellent substitute for corn in the hog ration, wheat may be fed with profit as long as its price stays near its present level and does not cost more than 10 to 12 cents more per busnel than corn, states J. W. Wuichet, specialist at Ohio State university.

As a feed for hogs, wheat is worth about 6 to 8 per cent more than the same weight of shelled corn and may be substituted entirely for corn in the ration, according to Wuichet. In fact, some tests show that greater returns are obtained by feeding wheat alone with some good protein ter known as chlorophyll. wheat alone with some good protein supplement than by mixing large amounts of corn in the ration.

To get the most out of wheat wheat the leaves gradually fades away. Where the new and richer hues

latter, as grinding fine does not improve the digestibility and only adds to the cost. Soaking wheat improves it about 1 per cent. but grinding adds about 6 per cent to its value:

As wheat contains more protein than does corn, less protein is necessary to balance to essary to balance it. Corn, he says, requires about 10 per cent tankage to balance it and wheat requires about 8 per cent. feeding wheat good results may be obtained although less tankage and other high protein feeds are used.

wish to conserve the soil water sup-

-Sweet clover will sometimes send its roots to a depth of four breaks the scar is already healed. feet within a year of being planted. There is a reason why, during

alfalfa fails. This crop may be others. Extended periods of drought seeded up until late June with good and heat, such as occurred last results in a normal year.

-Rape, beacuse of its high protein content, is a desirable crop to be sown with corn that is to used for hogging-off or sheepingdown

-Weed control is sometimes rendered difficult because neighbors neglect to do their share, and the careful farmer suffers with the rest. Co-operation is needed.

-Soybeans require the same seed bed and cultural practices as corn. They should be planted in rows, like corn or beans with hills 20 inches apart and two plants to the

-An onionlike plant that grows wild along the Mediterranean coast produces the safest rat poison yet known. It is called red squill and does not seriously endanger other animal life.

-Late molters make as good winter layers as those which molt early.

-Rake the litter in the scratching sheds and houses often, so as to keep it clean and sanitary. A little disinfectant sprinkled amongst the straw will also assist in keeping it

—Charcoal helps to keep the chickens healthy and they like it, but it is not absolutely necessary. It may be made from wood, corn, wheat, barley or other grain.

-Hens that have plenty to eat otherwise may be fed a moderate amount of apples. They do not take the place of green food, but hens get considerable enjoyment as well as a little nutriment from them

-Helping hens to feel happy is a good plan in the poultry business. They do not always reward their owner in a practical way, but are more likely to do so.

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WHAT MAKES THE LEAVES CHANGE THEIR COLOR?

"What causes the leaves of trees to change color in the fall?" is a question frequently asked.

There is yet much to be learned concerning the actual process of leaf

coloration. The popular conception that frost is principally responsible for the color change is now largely Trees cease their summer growth day, days. discounted.

several weeks before autumn approaches. The upward flow of sap 666 Salve for Baby's Cole gradually stops. The leaves have performed their duty; their vitality becomes lower and they no longer manufacture the green coloring mat-To get the most out of wheat, Where the new and richer hues come from has not been entirely ground or crushed, preferably the explained. Some botanists and chemists declare that the colors are the result of mineral deposits, which are absorbed by the fine root hairs in the ground and are carried up through the tree into the leaves With the fading of the green coloring matter, the mineral deposits

show up as yellow, reds and purples-Early frost turns many leaves brown and causes them to fall before their autumnal colors appear Any cause, such as fire or drought, which retards the vitality of the leaves brings on early browning. Nature has provided a means of

discarding the leaves after they have ceased to work. At the base -Keep the weeds down if you of each leaf stem is a fine line where the leaf breaks away. Even before the leaf falls corky cells are formed on either side of the point of severance, so that when the stem There is a reason why, during some years, the autumnal coloration -Plant soybeans if the clover or of hills is more brilliant than during year, appeared to result in richer

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