

Your Health

THE FIRST CONCERN.



The following is a message from The Special Advisory Committee of the Medical Society of the State of New York on infantile paralysis.

Polio myelitis may be recognized and diagnosed before paralysis appears. The particular symptoms to look for are:

- 1. Fever Never high; with an average of 102 degrees F.
2. Headache. Is severe; most frequently general, but may be frequent and sometimes may be absent, but then replaced by severe back pain.
3. Rigidity of the Neck. District resistance to anterior flexion. Rarely is there retraction and never lateral limitation.
4. Tremor. Fine trembling of lips and hands, especially on movement as when taking a glass of water. There may be also coarse twitching in sleep.
5. Apathy. The patients are mildly indifferent and drowsy—never comatose, and are perfectly bright and alert when aroused, but they are sometimes irritable.
6. Vomiting. Once or twice on the first day, but rarely is it persistent or severe. It should be mentioned that vomiting is often severe as an initial symptom in the bulbar types.
7. Retention of Urine. When questioned, the mother often remarks a twelve to twenty-four hour period without urination; it never demands catheterization.
8. Constipation. It is almost uniformly present.
9. Sweating. This is usually seen as beading about the lips and neck and is rarely profuse.

The pre-paralytic picture presents us a distinct clinical entity with symptoms definitely those of a mild meningitis; headache, tremor, and stiff neck constituting an outstanding triad. This clinical picture is confirmed by an examination of the spinal fluid.

Every one of these nine symptoms is important although they might not all be present in any one case. Early diagnosis of the case is our only hope of preventing crippling. If a child in your care presents any of the symptoms listed above, it is urged that he be sent immediately to the school nurse or to whomever is designated by your own school to handle such cases.

WHAT IS KNOWN ABOUT INFANTILE PARALYSIS

Infantile paralysis has been epidemic recently in various parts of the country. Complete information about this disease is given in a statement by Dr. Simon Flexner, the famous head of the Rockefeller Institute for Medical Research, in New York, which is thus summarized:

"The microbe of infantile paralysis is known to belong to the class of invisible, filter-passing microorganisms to which the name of viruses is applied.

"This virus has been found in the secretions of the nose and throat of persons ill of infantile paralysis and of well persons in intimate contact with the sick.

"That communication of the disease from person to person is brought about by personal contact and the transfer of the secretions of the nose and throat of the sick to the well, has been established by observation of human epidemics and by experiments on monkeys. Present public health measures of control of infantile paralysis are based on this mode of personal infection.

"An attack of infantile paralysis is protective for life, irrespective of the intensity of the attack.

"Persons who have had infantile paralysis possess in their blood certain protective or healing substances which can be used effectively to treat persons sick of the disease, and, perhaps, to prevent the disease in other and exposed children. It is the fluid portion of the blood that is employed in this way under the name of convalescent serum.

"Since many normal adults develop immunity to infantile paralysis as a result of exposure to the virus under circumstances not leading to obvious disease, their blood serum also carries, at times, the protective and healing substances. The serum of these adult persons, which is abundantly available, may sometimes be substituted for the serum of convalescents.

"There are strong reasons for believing that a gradual immunization of the population of the United States is taking place as a result of the epidemics of infantile paralysis which have prevailed in different parts of the country since the large Swedish-Norwegian outbreak in 1905.

"The virus of infantile paralysis acts upon the nervous system and especially upon the nerve cells of the spinal cord which control muscular movements. The muscles themselves are not directly affected. Even when the paralysis is severe, restoration of motion takes place in part or even wholly as the injurious consequences of the disease subside.

"Although the name—infantile paralysis—carries the implication of actual loss of motion by muscles, yet many cases of the disease never show paralysis at all. Indeed, here are reasons for believing that the cases of the non-paralytic dis-

THE DEATH FLOWER, A FOE TO DREAD.

There is a beautiful flower that belies its looks. Its power to create human misery is unbelievable. The rack and ruin for which this bit of horticulture is responsible is perhaps the greatest single instance of unhappiness, pain and suffering in the world today.

China and India grow it commercially. The whole world is its market. Its slaves are numbered in the millions, and its despotism is definitely cruel. Such is the poppy, the producer of the drug known as opium.

In the pharmacopodia, this narcotic has a perfectly legitimate standing. Used ethically, and administered by a physician only when extreme conditions of a disease demand it, it is a beneficent instrument. In the hands of conscienceless individuals it becomes a wicked tyrant; and in this role can, and does, sink humanity into abysmal depths.

The drug habit is a fact to be reckoned with in America. America has money and narcotics follow gold. Consequently, it is not surprising that the number of addicts in the North American continent have increased to an alarming degree within recent years.

Less than 1 per cent of the hundreds of tons of narcotics annually produced are actually required for medicinal purposes. The remainder is deliberately used to demoralize as much of the human race as can be brought under its influence.

It is not a pretty subject. But it does not pay to remain silent. When one's friend hands out a habit forming headache powder and a peddler reaches high school students, the problem has assumed sufficient importance to justify an open discussion even if these instances are exceptional.

Opium and its derivative, heroin, are becoming entirely too popular. They invade the homes of the rich and the poor, the good and the bad, but they usually make hopeless wrecks of everyone.

Here are the "don'ts" on the drug evil: 1. Never take any medicine offered you by any person, friend or foe. Your physician is the only one to trust on this important question, narcotic or no narcotic. 2. Teach your children never to accept any powder or pill from strangers or friends. These rules are plain and easy ones. Fight shy of "dope" as you would of death itself.

ARMY TO LOAN MILLIONS OF COTS TO UNEMPLOYED

The War Department has directed corps area commanders to cooperate with relief agencies this winter in caring for the destitute and unemployed.

The Army has millions of warm wool blankets, hundreds of thousands of extra cots, and some surplus rolling kitchens. These will be loaned to responsible agencies.

The Army is prepared to extend its relief activities far beyond those of last year when 23,000 blankets, 18,000 cots and a few rolling kitchens were loaned to relief organizations.

This winter the War Department will make available 3,000,000 blankets, 175,000 canvas cots; 50,000 steel cots and an undetermined number of kitchens. In addition to these surplus depot supplies, each Army post has some extra sleeping and cooking equipment it may loan.

Under a plan worked out between the War Department and the States, it is hoped no one will have to spend chilly nights on park benches. This plan provides that if a city needs sleeping and cooking equipment, it shall apply through one of its relief agencies to the Governor. He will apply to the commander of the corps area in which his State is located, and, after giving bond, will receive the supplies to be passed on to the city.

The War Department pointed out that virtually every city in the country has one or two spacious areas. These can be turned into dormitories for the unemployed, and equipped with Army cots and blankets.

Ordinarily it is the Army's policy not to loan any of its equipment for private use. But with millions unemployed, the War Department feels a departure from this policy is justified.

HUNTERS OWN LAND WORTH \$1,234,575

A recent inventory made by the Board of Game Commissioners shows that the value of lands and buildings under their jurisdiction is now \$1,234,575. This valuation is conservative, according to Charles G. Stone, executive secretary of the Commission. The land include 243,388 acres of State game lands used in part for the establishment of game refuge, but the majority for public hunting grounds. Buildings valued at \$169,924 are located on State game lands and used as refuge keepers headquarters. The area of three game propagation farms where ring-necked pheasants, mainly, are produced, is 1778 acres. The value of the buildings on these three farms is placed at \$48,810.

The purchase of lands and buildings under the jurisdiction of the Game Commission was made possible by the sale of hunting licenses, none of it coming from general State revenue.

ease exceed greatly in number those in which actual paralysis occurs. Infantile paralysis is mainly but not wholly a disease of childhood. Adults are affected, but infrequently. All that we can do to prevent the spread of this disease is to keep children fairly well isolated during the period when it is prevalent. During the summer months if children are kept at summer camps constantly and no visitors allowed, they are not likely to be attacked by infantile paralysis.

THE MORROWS IN MEXICO CHILDREN LOVED THEM

When Dwight Morrow left Cuernavaca for the last time and the quiet Mexican home he had built and joyously lived in, every week-end during his stay in Mexico hundreds of children crowded the little cobble street to wave to him and call "Adiosito, Embajador!" (Goodbye for a little while, Ambassador!)

Just as few diplomats have so won the confidence and affection of the statesmen of a country as did Dwight W. Morrow when he represented the United States in the country to the south, so have few diplomats won, also, the children of a country.

The story is told in a recent article in the American Mercury written by Mrs. Morrow. First she told of their Cuernavaca home on a street which "runs from a pink church on a hill to a pink sunset on a mountain"—a house built on land "that sloped away on six levels with seven gardens of green loveliness and running water."

The house followed the line of the seven little gardens. Building it "was an experience comparable with marrying or having children in the scope it gave for imagination and understanding."

Directly across the street was a vecindad or community house occupied by the families of a carpenter, a charcoal dealer, a grocer, a cobbler and a tailor. The Morrows noticed that the many children of these families, playing day after day in the street, had no toys except an old ball and bead strings made of gear seeds, known locally as "the tears of Job."

So, on the last day they were in Cuernavaca, the Morrows "made a little fiesta and gave out toys to the children in the street." "Our unofficial scouts told us there were about 30 little boys and girls in the neighborhood," Mrs. Morrow wrote. "We bought 100 toys, and 150 children came, besides accompanying mothers and aunts."

"Little Rosarios, Guadalupes, Carmencitas, Auroras and Esperanzas, with Miguels, Fernandos, Salvadores, Jaimes and many Jesuses, trooped into our first patio and completely filled the big veranda.

"We had the presents laid on the dining room table and my husband and I gave them out as fast as we could. The children were quivering with eagerness but no one pushed or shoved, even when it was seen that there would not be enough toys to go around.

"For the late comers we had only cookies and centavos, and finally Miguel the butler whispered to me that these would soon give out, for children from far beyond our quarter were coming to the garden gate. We could not face any more wistful eyes, so we said goodbye quickly and got into the motor to return to Mexico City.

"As we turned the corner I looked back for a last sight of our street in Cuernavaca. The beautiful church was in the background hanging over the little houses like a blessing, and in the foreground stood that group of happy children, crowding the cobbles from curb to curb, each with a toy in his hand waving and shouting 'Adiosito, Embajador!'" —From the Pittsburgh Press.

FAMED HOME PRESERVED

Although scarred and mutilated by thousands of souvenir hunters, the boyhood home of Col. Charles A. Lindbergh, on the west bank of the Mississippi River, about two miles below Little Falls, Minn., will soon be returned to its original state.

Later, when more funds are available, its interior will be furnished with careful duplication of articles of furniture and household equipment it contained when it was his home.

The desire to establish a memorial had its inception among his home town people when Col. Lindbergh last visited Little Falls in August, 1927, as one of the principal stops on his triumphant tour after his Paris flight.

Two years went by and nothing had been done. Then the citizens of Little Falls formed a Lindbergh park committee.

When the Legislature convened in January, 1931, Senator Rosenmeier introduced the bills under which the State accepted the offer of Col. Lindbergh, his mother, and other heirs to deed the property to the State for park purposes.

So the Charles A. Lindbergh State Park was formed. The Legislature appropriated \$5,000 for maintenance during 1931 and 1932.

Young Charles Lindbergh lived on the farm from 1902 until 1920. He was born in Detroit and was taken to the farm five weeks after his birth. On that comparatively small tract the growing boy did the work of a farm hand, caring for livestock and looking after farm chores.

Later, when his father maintained a law office in Little Falls, the family continued to live on at the farm. For several years after the Lindbergh family moved from the house it was occupied by tenants, but for the last six years it has been untenanted.

"Who will drive this car away for \$30," read a placard on a dilapidated automobile in a dealer's window.

A man passed, read it through twice, then entered the establishment.

"I'll take a chance," he offered, "where's the prize money?"

"It took me an hour yesterday to convince my wife that I was right in the matter we were arguing about."

"You succeeded then?"

"I guess so; she hasn't spoken to me since."

BWARE OF CAUTION SIGNS ON ROAD

Warning to motorists that the familiar "Caution Road Repairs" sign along the highway has more authority under the vehicle code as amended by the 1931 Legislature was sounded by the Pennsylvania Motor Federation, State unit of the American Automobile Association, following arrests in various parts of the State of drivers who admitted violation of the new provision, but who pleaded ignorance of this change.

Section 1008 of the code, according to the Federation, has been amended making it unlawful for the driver of a vehicle to overtake and pass or attempt to pass any other vehicle proceeding in the same direction between any points indicated by the placing of temporary warning or caution signs indicating that men are working on the highway.

The Federation also called attention to an amendment to Section 1008 of the vehicle code that gives drivers more leeway in passing other cars in highways having two or more lanes for movement of traffic in one direction. This section has been amended permitting the driver to overtake and pass any other vehicle proceeding in the same direction at any roadway grade crossing or at an intersection of highways on a highway having two or more lanes for movement of traffic in one direction. This section also now provides that the operator may pass on the right under the same conditions.

Section 1009 has been amended making it unlawful for the operator of a motor vehicle to drive upon or cross the car tracks within an intersection in front of a street car when the street car has started to cross the intersection. This provision, according to the Federation, is being violated in many instances because drivers are unfamiliar with this new regulation.

THE HITCH-HIKING LAW

The old custom of giving a wayfarer the "courtesy of the road" is being frowned on these days. Eight States have now banned "hitch-hiking."

Too many Good Samaritans who gave strangers a lift "as far as the next town" have got knocked on the head. Also a number of travelers who were invited for a ride got one in the grimmest sense of the term and awoke to find themselves in a ditch and much poorer, if they woke up at all.

This banning law is a strange commentary on our times. A pessimist might think it proves the total wreck of our social amenities, and that our country roads are swarming with assassins, afoot or on wheels. And that the automobile has corrupted our manners.

This is hardly so. As far back as 1826 James Fenimore Cooper deplored the number of people who were robbed or slain in such fashion. Tales of the early horse-and-buggy days bristle with dark actions on the part of both travelers and inn-keepers.

But the "courtesy of the road" still keeps up. An observer says that a million people get a "lift" every day and arrive intact, with the best of feelings on both sides. A man may legally refuse to extend such hospitality. More often he doesn't, for the instinct of kindness is too difficult to overcome.

CENTRE COUNTY FOURTH IN AREA OF FORESTS.

According to figures compiled by the Pennsylvania Department of Forests and Waters, McKean county leads the State in total forest area with 565,000 acres of woodland. Nearly 90 per cent of McKean county is in forest.

Next in order of forest acreage is Potter county with 510,000 acres; Clearfield county, 500,000 acres; Centre county, 496,000 acres; Lycoming county, 490,000 acres; and Clinton county, 453,000 acres.

Philadelphia county, ordinarily considered a metropolitan city exclusively, has 4500 acres of woodland.

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Trustees' Sale of Valuable Real Estate.

By virtue of an order of the Court of Common Pleas of Centre County, Pennsylvania, the Moshannon National Bank of Philadelphia, Pa. Trustee under mortgage of the Highland Clay Products Company, will expose to public sale at the entrance of the Court House in Bellefonte, Centre County, Pennsylvania, on Friday, October 23, 1931, at 2:00 o'clock P. M. the following described property:

ALL those two certain tracts of land situated in the Township of Rush, County of Centre and State of Pennsylvania, bounded and described as follows:

BEGINNING at an iron pin near a railroad track in the line of a warrant in the name of Joseph Turner, thence by land of Joseph Turner, North eighty-four degrees thirty-eight minutes West, five and fifty-one hundredths rods to a stake on the bank of Moshannon Creek; thence down the same and bounded thereby, the six following courses and distances, to-wit: North six degrees East thirty-six and ninety-seven hundredths rods to a stake; North nine degrees West fifteen and ninety-four hundredths rods to a stake; North one degree fifty minutes West, eleven and twenty-seven hundredths rods to a stake; North eight degrees thirty minutes East nine and fourteen hundredths rods to a stake; North thirty-six degrees, twenty minutes East five and eight hundredths rods to a stake; and North sixty-six degrees fifty minutes East, nine and twelve hundredths rods to a stake in the line of a warrant warranted to Stephen Kingston, and thence by land of Stephen Kingston South five degrees fifty-six minutes West one and seven-tenths rods to the place of beginning; containing three acres, seventy-nine perches, and the all of six per cent, for roads, etc. Which said tract of land was July, 1921, in pursuance of a warrant dated the 20th day of June, 1921, granted to Stephen Kyler, and recorded in the place for recording of deeds for Centre County in Deed Book Vol. 128 page 331, where reference thereto being had will more fully and at large appear.

BEGINNING at a point in the center of branch railroad as now located and running in a north westerly direction on line of right of way of Pennsylvania Division of the N. Y. C. Railroad; thence South one and seven-tenths rods to 45 degrees 28 minutes West 82.6 feet to a post; thence by same North 47 degrees 59 minutes West 100 feet to a post; thence by same North 31 degrees 12 minutes West 128.4 feet to a post on South bank of Moshannon Creek; thence down said creek North 32 degrees 11 minutes East 274.4 feet to a post; thence by same North 27 degrees 57 minutes East 261 feet to a post; thence by same North 40 degrees 45 minutes East 861 feet to a post; thence by same North 30 degrees 41 minutes East 136.8 feet to a post; thence by same North 32 degrees 58 minutes East 630.7 feet to a post on line of lands formerly Berton Merritt thence by said lands and along the line of Martha E. Snyder Estate South 84 degrees 28 minutes East 1355 feet to a post on the bank of Moshannon Creek; thence down said creek South 33 degrees 33 minutes East 34 minutes East 300 feet to a post; thence by same South 12 degrees 39 minutes East 58.5 feet to a post; thence by same South 10 degrees 32 minutes West 216.2 feet to a post; thence by same 41 degrees 33 minutes West 324.8 feet to a post; thence by same South 38 degrees 24 minutes West 296 feet to a post; thence by same grantor South 83 degrees 38 minutes West 1500.6 feet to a post on line of Branch Railroad to Kelly mine tipple; thence by same lands and along the railroad South 39 degrees 33 minutes West 464 feet; thence by said lands and railroad by a twelve degree angle curve 500 feet to point of beginning, containing 48 acres and 145 perches, and being part of a larger tract of land conveyed unto the grantor by Walter C. Stephens, Executor of the Estate of O. L. Schoonover, deceased, by deed dated April 19th, 1907, and recorded in Centre County, in Deed Book 95 page 684.

EXCEPTING AND RESERVING from Parcel No. 2, nevertheless, all the coal, gas and other minerals, oil and gas, in and under the said premises, and all the right to recover the same, and all the surface of the surface of the premises as herein conveyed, caused by mining and other minerals, oil and gas, under the surface of said premises, and all damages to any buildings or structures erected upon the surface of said premises, and the substance of the strata overlying the said coal, fire clay, and other minerals, oil and gas, and all damages to any springs, wells and other water supply caused by the mining and removal of any and all of the coal, fire clay and other minerals, oil and gas, in and under said premises, wherever the coal, fire clay and other minerals are owned by the Orrin L. Schoonover Estate or assigns, is hereby expressly waived by the said grantee in this conveyance and by it released unto the said grantor, his heirs and assigns.

AND EXCEPTING AND RESERVING from Parcel No. 2 a right of way for wagon road twenty feet wide within seven hundred feet of the New York Central right of way property now or formerly of John A. Dahl, the same to begin at Moshannon Creek and run parallel to New York Central right of way.

Being the same premises which Winburn Fire Brick Company by deed dated February 7, 1929, recorded in Recorder's office for County of Centre in Deed Book Vol. 125, page 555, conveyed to Highland Clay Products Company.

Together with all and singular, the buildings, ways, waters, water courses, rights, liberties, privileges, improvements and appurtenances thereto appertaining; and together with the plant, machinery, grinding, screens and crushing equipment, brick making machinery, elevators, conveyers, engines, boilers, drying equipment, kilns, kiln yards, storage facilities, tools and railroad sidings, constituting any part of the mortgagor's plant, or incidental thereto.

Together further with any lands, hereditaments, premises and appurtenances, buildings, equipment and improvements that may hereafter be acquired by the mortgagor.

Being the premises described in the mortgage aforesaid, recorded in Centre County in Mortgage Book 52 page 678. Sale of said premises shall be made to the highest responsible bidder, and such sale shall be subject to confirmation by the Court. Payment shall be made in full upon confirmation, except that the Trustee may require such amount as it shall deem necessary, but not exceeding two thousand (\$2000.00) Dollars, to be paid on the day of sale.

For the further terms and conditions of sale and for further particulars with reference thereto, prospective purchasers and other persons interested are referred to the order of sale entered in Centre County in proceeding to No. 2 September Term, 1931, in Equity, or to the Trustee or its Attorneys.

MOSHANNON NATIONAL BANK OF PHILADELPHIA, Pa. Trustee Arnold & Smith, Attys. Bellefonte 75-38-4t

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