Democratic Watchman.

Bellefonte, Pa., November 13, 1931.

Your Health

THE FIRST CONCERN.

By Dr. Morris Fishbein

One disease which strikes fear into the minds of every parent and indeed of most physicians is the rheumatic fever of childhood. Associated with this there are almost invariably infections of the lining of the heart or the development of the condition called acute endocarditis.

Dr. John Lovette Morse has recently analyzed 100 cases of rheumatic fever with inflammation of the heart occurring in his practice during some 25 years. Twelve of the patients were seen before 1906, 20 after 1905 and before 1911, 40 after 1910 and before 1916 and 28 after 1915 and before 1921. He finds at this time that 36 of the hundred are dead and three are permanent invalids. The remaining 61 are alive, and in 37 of them the hearts are apparently normal; in 18, the hearts show slight damage; in six it was impossible to obtain re-examination of the heart.

His figures offer hope to the parent who has a child suffering with this disorder. Dr. Morse is convinced that the last word has not been said on this subject. He feels that heart disease developing in a child during a rheumatic attack is more likely to be serious than heart disease developing from tonsilitis or that following other diseases of the nose and throat.

The apparent combination of rheumatic joints with an inflammation of the lining of the heart is exceedingly serious. He is inclined to believe that there are two types of this condition; one malignant and promptly fatal, the other tending toward recovery. Thus 33 per cent of those who died, died within four weeks of the onset of the disease, and 36 per cent within four months of the onset of the disease, while two-thirds of the remainder of those who died passed away within five years. On the other hand, four per cent of the children who are alive and with slightly damaged hearts had several attacks.

One of the most important factors in the spread of diphtheria is the presence of what are known as diphtheria carriers. These unfortunate individuals—sometimes after having the disease and sometimes without even having manifested the symptoms, but by being in association with a patient—get the germs into their throats and thereafter act as sources for distribution of the germs to persons who have no resistance and who come down with the disease.

Dr. James Grant, an English health officer, studied the incidence of diphtheria in his community, and decided, as part of his investigation, to examine the throat of every child who had been in contact with a case. As a result, nine children were found to be suffering from diphtheria at the time of the inspection.

Out of all of the children examined, 53 were found to be carriers of diphtheria germs. The children who were carriers were excluded from school and examined regularly until they were found to be free of the germs.

The treatment of carriers while not very severe is a rather laborious and difficult task. It has been found that infected tonsils are particularly prone to be the place in which the diphtheria organisms are carried.

Hence, removal of the tonsils is done in such cases, and frequently brings about a cure. In other cases it becomes necessary day after day to swab the throat with mild tincture of iodine and to clean the nose with hydrogen peroxide to remove the crusts and thereafter to use a mild mercurous ointment.

Persistent daily treatment usually brought about a negative culture of the diphtheria organism in about three weeks, although there were cases in which the children continued to have diphtheria organisms in the throat for several months.

TAILOR-MADE CHAIRS URGED FOR WORKERS WHO SIT DOWN

Office and factory girls, and other persons who sit down at their work, are entitled to tailor-made chairs, in the opinion of Dr. J. R. Garner, chief surgeon of the Atlanta and West Point Railroad.

The regular old-fashioned catch-as-catch-can chairs are unprofitable for the employer since they cut down efficiency, Dr. Garner believes.

Moreover, they're apt to give a person a physical conditon which has a rather terrifying pair of names, to wit, "posturosis" or "posturasthenia."

Incorrect posture while seated causes the chest to become flat, the abdomen prominent, the heart crowded, and the circulation impaired. Respiration is so constricted that only about 17 cubic inches of air reach the lungs with each breath, while the proper amount should be no less than 20 cubic inches.

"Correct seating gives an employee energy and time to make a better product quicker," Dr. Garner says.

"A chair must be fitted to a person as accurately as the clothes he or she wears. It is foolish to buy chairs made to fit anyone who happens to come along. The chair back, chair legs and the chair feet should be adjustable to the different requirements of the individual."

REDUCTION IN EXPENSES DEMANDED BY FARMERS

The Pennsylvania Threshermen's and Farmer's Association, influential agricultural organization, has called on executive heads of the State government to stop spending money "like drunken sailors."

The association, through its publication, the Right of Way, singled out Governor Pinchot's executive office, the Department of Public Instruction and the Department of Welfare as principal offenders in an alleged spending orgy.

The publication vigorously supported Pinchot in his primary and general election campaigns. It said:

"Governor Pinchot's personal staff Sept. 30 was being paid $46,000 more than the personal staff of Governor Fisher one year earlier, and $57,000 more than was received by employees of the Governor's office in the Sproul administration in September, 1921."

The article sounded the opening gun of a barrage of demands for reduction of State expenditures, elimination of many high-salaried offices, and general exercise of economy by the State government, expected to appear frequently during the special legislative session commencing Monday.

The attack of the Right of Way on State expenditures declared that while agriculture, industry, business and labor have fallen in with changed economic conditions "those who operate the State government continue to spend money like "drunken sailors."

"The amount of the public's money they are spending today is not limited to the high cost of the boom period when prosperity was at its peak. State government today is costing almost one-third more than it did four years ago when good times were at their best," the publication said.

"For every dollar which the State was spending at the time of the 1921 depression it is spending two dollars now. But for every dollar which the State was spending immediately before the World war, it now spends $5.40."

The publication charged that "the State is multiplying the number of its employees and boosting their salaries" while employees elsewhere are taking cuts or losing their jobs.

"There are eight times as many jobholders in government offices in Harrisburg today regulating the lives of the rest of us as there were in 1914, and the number has more than doubled since the 1921 depression."

Expenditures in the 1913-1915 biennium were $65,801,610 and in the 1921-1923 biennium, $177,996,149, the article stated.

In contrast it pointed out appropriations to meet expenditures during the current biennium totaled $351,720,939.

The State's salary bill has increased $17,410,000 since 1914 and the number of State employees from 4,082 to 8,694 in the same period, it declared. The total given for 1931 did not include the "7,000 to 7,500 employees of state institutions nor the more than 20,000 employees on state roads."

"The State's most lavish expenditures are for education and such costs are $55,000,000 in excess of what they were in 1913," the Right of Way stated.

"It cost more than $200,000 for 40 executives and 'experts' to tell the rest of the department what school boards may do."

Welfare Department expenditures also came in for criticism, and the charge was made that its administration costs have increased ten times since 1913, jumping from $64,255 to $640,000.

"The habit of multiplying employees and salaries," the article alleged, "is not restricted to the departments in charge of welfare and education, but is general on Capitol Hill. The Governor himself has formed the habit."

KILL OF GAME WILL SWELL FOOD SUPPLY.

Although game has been hunted in Pennsylvania chiefly for sport and not for food during the past few years, the present depression will send a great many meat hunters into the fields and woods this fall, Game Commission officials believe. More hunters will seek to replenish the family larder, than to secure a trophy of the chase. The more than 6000 tons of game which is taken annually in Pennsylvania will provide much meat for families, the heads of which are either without employment or working part time. The Game Commission's ruling permitting the killing of both sexes of deer is going to help the food problem very materially this winter and at the same time reduce the herd. Commission officials said. At the same time a more proportionate sex ratio will be effected and considerable deer damage eleminated.

Charitable organizations and others throughout the State are commending the board for their action on the deer season at a time when the food problem is serious.

Sam and Rastus were discussing politics. Rastus was a partisan of the incumbent.

"Well," said Sam, "Ah like him all right, Ah guess; but his platform ain't no good."

"Platfo'm" snorted Rastus. "Platfo'm" Say, don't you know dat a political platfo'm is jest a platfo'm on one o' dese yere street cahs—hit ain't meant to stan' on; hit's jes' meant to git on!"

He: There was something I wanted to say to you but I forgot what it was.

She: Was it good-night?

Wife: I'm going to give you a piece of my mind.

Hubby: Just a small helping, please.

TIGER-SNAKE

(Continued from page 2, Col. 6.)

plate what she might do when she found herself alone here with Geoffrey.

On her part she more than once implored the latter to let her divorce him, but he only laughed at her. He asserted that she was his and he proposed to keep her; she was necessary to his contentment and he seemed to derive a Sadistic satisfaction in forcing his unwelcome attentions upon her.

She kept the door between their room locked, but it was impossible to evade him altogether. Nearly every evening he drank himself into a stupor and during certain stages of this process he was likely to do anything. His bronzed skin had turned a sickly yellow; heavy pouches had formed under his eyes. Much of his time he spent with Mineh.

Life for the three Europeans on the plantation grew into a nightmare; daily the strain increased. The powder was dry; any spark would have ignited it.

Their restlessness communicated itself even to Mara; he, too, changed his habits. For many years he had been used to his after-tiffin siesta—heaven knows he got little enough sleep, for Geoffrey called him at all times of night and the two hours at late midday when life in the tropics stops to drowse were about the only ones he could really call his own; nevertheless, several times when the household was asleep, Philip saw him leave his quarters and wander away into regions out of sight.

The heat was stifling; Philip wondered what the boy could be doing. Had he felt impelled to follow he would have been surprised and mystified at the fellow's actions, for Mara appeared to occupy himself in idly exploring the unkempt fields of lalang grass near the plantation boundaries and even the scrubby thickets along the jungle's edge.

He walked slowly and with extremest caution but without apparent purpose. Day after day he braved the blistering heat, returning to the bungalow with nothing more than a handful of flowers for the mem-sahib's room.

At last, however, he found what he was looking for and the discovery rooted him to his tracks for several minutes. He stood rigid, staring in mingled fear and fascination; his nostrils dilated and the breath hissed between his teeth.

Finally he retreated, slowly at first, until he had put some distance between himself and whatever it was that had challenged him; then he drew his knife and cut a forked stick which he trimmed, then tested carefully. As silently as before he stole forward.

He paused at last and poised himself; beads of perspiration appeared upon his coffee-colored face and his muscles were tensed. A full minute, two minutes, passed while his eyes measured distance and took note of many other things.

Then, imperceptibly, the stick was out-thrust, lowered, and he lunged. The breath issued from his lungs in a savage grunt; fear, triumph, ferocity blazed in his face.

A scuffling and a threshing began; the grass was beaten flat. Mara leaned upon his stick and uttered words unintelligible to European ears.

After a while he slid his right hand down the stick and closed his fingers over what it pinioned. When he rose, a scaly, wriggling, five-foot serpent was wrapped about his arm; it looped and writhed and whipped against his body.

Its head protruded an inch or two beyond his rigid fist; its horny mouth was spread wide and a flickering, forked tongue, incredibly active, licked his knuckles. Strangely enough, those open jaws exposed not the usual pair of hideous, venom-laden fangs but rows of teeth, sharp, wicked, poisonous teeth curved for tearing.

There was a light of victory in the Malay's face as he seized a straining loop with his left hand and subdued its struggles. Bearing his captive before him, he picked his way back across the field to a thicket where he had concealed a wooden box with a hinged lid.

With the utmost circumspection he managed to untwist the snake's coils, thrust it into its prison and bang the lid shut. He fastened the lid securely.

This done, he breathed deep with relief. Having hidden the box in a hole and covered it with dry leaves, he returned to his quarters and lay down upon his sleeping mat, well content with himself.

That evening, as usual, he spread out his master's evening change of white clothes, supervised the preparation of the dinner and set the table with care. He put an orchid at the mem-sahib's place, a fragile flower of heavenly beauty. He hoped she would pin it on her breast.

The dinner he served, as always, silently and with meticulous attention to detail; then he saw to Geoffrey's drinks in the living room and methodically began his homelier evening tasks. When the last of these was done he retired to the back porch of the bungalow and fingered the strings of a queery shaped musical instrument of Malay design. It gave forth plaintive sounds which soothed him.

There was a scene in the living room again that night, angry words and accusations, some of which Mara overheard. The mem-sahib ran sobbing to her chamber finally, followed by a derisory oath from her husband. Mara strummed the wire strings and sang softly to the yellow moon.

Not until the tuan besar ducked out of the bungalow and off in the direction of the quarters where Mineh roomed did the house boy cease his singing. Then he laid down his instrument and went to fetch the wooden box.

Geoffrey came in after midnight and called, "Boy, whiskey-soda, quick. When this was brought the master inquired thickly: "Did you put a new wick in my lamp?"

"It has been done, tuan."

"Good. It burned short. It went out last night and I woke up in the dark. Can't stand the dark. Too many—things in the dark. Crawling things. Don't let it happen a second time."

"Saya, tuan."

"And be sure I have plenty of cool water. I'm going to be thirsty."

"Slamat tidor!" Mara bowed and went for the water jug.

He placed it upon the table at the head of Geoffrey's bed, lighted the night lamp; then he returned to the back porch, lifted the wooden box and shook it vigorously. Instantly there came a hissing and a movement from within.

Mara continued to shake the box until it jumped and creaked and vibrated as if from the pent-up fury of it's occupant. He stole down the hall.

With his foot he forced open the screen door to the empty bedroom, then he oscillated the box again until the straining coils inside threatened to burst it's sides. He unfastened the lid and deftly dumped the snake out upon the floor; quickly he closed the screen door between it and him.

When Geoffrey staggered off to bed ten minutes later, Mara locked up the living room, put out the lights and departed for his own quarters. He could hear a queer gasping and groaning in the master's bedroom, but it was not loud enough to disturb the mem-sahib. Soon he would be quiet for all time.

Happily, the door between his room and the mem-sahib's was closed and locked, so she was safe from that snake that bit and tore like a tiger. In the morning, when he, Mara, brought in the coffee he would kill the thing.

The house boy stretched out upon his mat and composed himself for an untroubled and refreshing sleep. All things are as Tuan Allah wills.
—Hearst's International cosmopolitan.

COOKING FEVER HITS BOYS IN HIGH SCHOOLS

There is a back to the home movement on in Chicago—and it's centered in high schools among the boys.

Nor are they afraid of telling about their accomplishments, taking no thought of being called "sissies." To them, domestic attainments are not only a "woman's job" and do not necessarily indicate a leaning toward bachelorhood.

"What can you do in the kitchen?" was the question.

"What can't I do," snorted a sedate senior. "I can make oatmeal, fry eggs, make tea or coffee, and get up a steak dinner, with a baker's cake thrown in. More than that, patch my socks, sew on a button and press my suit."

"Fry frog's legs to a queen's taste," shot back another. "I can fry steaks and chops which would do justice to a $5 banquet," he went on. "The way I cook eggs not only makes them taste good but look good."

Others have their specialties, such as spaghetti, potato pan-cakes, fudge and apple sauce, while all sew. A freshman boasted of his bacon and eggs and stews, while a senior modestly admitted his proficiency with chops.

EXPLAIN DEER WEIGHT LIMIT.

Although a weight limit of 40 pounds, with entrails removed, has been set for antlerless deer during the coming season, the Game Commission is hoping that hunters will prove their sportsmanship by making an honest effort to keep within the 60 pound weight limit which was prescribed during special deer seasons of previous years.

The 40 pound limit, according to Charles G. Stone, Secretary of the Commission, was established primarily for the purpose of meeting the sportsmen half way.

Inasmuch as everyone knows the difficulty of judging the size and weight limit reduction of the limit from 60 to 40 pounds will be more than ample protection for the hunter who is likely to misjudge his quarry. Mr. Stone believes that deer hunters for the most part will appreciate this attitude on the part of the Board, and will do everything in their power to effect the killing of only such antlerless deer that are of good size and weight. If hunters concentrate on the larger animals there will be very few does weighing less than 50 or 60 pounds taken; also, fewer violations are likely to occur.

—Read the Watchman.

PIT STORAGE BETTER THAN CELLAR FOR SEED POTATOES

In the fall of 1929 Ben Koch, of Kersey, Elk county, buried a part of his seed potatoes. These were planted the next spring along side of potatoes from the same lot stored in the cellar. The yield in the fall was 209 bushels per acre from the cellar stored seed compared to 250 bushels from those stored in the pit, or a difference of 41 bushels in favor of pitting.

Potatoes stored in a cellar where there is a furnace, or even where there are heated rooms above usually will sprout and shrivel badly before planting time, according to County Agent Rothrock. Seed properly stored in a pit should come out in late spring nearly as firm and unsprouted as when placed there. With low prices for home-grown stock and relatively high seed prices, the farmer who has a good clean crop (or a lot of seconds) from a crop grown from disease-free seed can make a worthwhile saving on his seed costs, without much danger of reducing his yield, even if he does not have a satisfactory cellar.

It is important in pit storage to have the potatoes and the ground as cold as is safe before burying. Attempting to pit from the field is seldom satisfactory. Remember that the potatoes will stay at very nearly the same temperature at which they are put in the pit.

"Most farmers prefer a narrow pit, about four feet wide and long as is necessary. A well-drained spot where water will not get in should be selected. Throw out about 8 to 10 inches of soil, using a plow if operations are large. Pour the potatoes in and pile them up till they start to roll out. Put on a top covering of straw and then enough dirt to hold the straw and shed the rain. Leave in this conditon until there is danger of the ground freezing too hard to get more soil. Then put on another foot of straw and five or six inches of soil well patted down and smoothed out with the back of the shovel. The ground should be patted down and smoothed off around the bottom to prevent frost working in at the ground line. The alternate layers of straw and soil will prevent danger of freezing and also hold until planting time. Ventilators are seldom necessary if the above directions are followed, and they may prove a source of danger."