

Your Health

THE FIRST CONCERN.



PREVENTIVE MEDICINE

By Dr. Morris Fishbein

Preventive medicine includes all measures used by public health officers, by physicians, and by the public for the prevention of disease.

For instance, the feeding of cod-liver oil and calcium and the exposure to sunlight of infants in order to prevent rickets is preventive medicine. The use of exercise to bring about correct posture so that the spinal growth shall be straight is preventive medicine. The use of proper shoes so as to avoid the development of flat-feet, bunions, corns and hammer-toes is preventive medicine.

There is hardly a phase of human life in which the knowledge of preventive medicine may not be applied.

The health department sees to it that the public has a good water supply. They prevent the sale of infected food; arrange for proper disposal of sewage; pour oil on the water in case of mosquitoes breed; check the pasteurization of milk; advise mothers in the care of the child, and in many other ways encourage the practice of preventive medicine.

Most of our present technic of preventive medicine has grown up in relationship to the knowledge that diseases are caused by germs. Hence preventive medicine assumes control of all epidemics in order to prevent those who are not infected from catching diseases from those who are. It sees to it that the person with a severe infectious disease is isolated. It provides contagious disease hospitals for the care of people with contagious diseases.

Preventive medicine sees to it that not only is the person himself free of germs, but also that the things he uses, the utensils from which he eats, and his environment generally is freed from infectious material. For this purpose disinfection and fumigation were developed. Formerly such chemicals as carbolic acid and formaldehyde were used in this connection.

More recently it has been found that thorough cleansing with soap and boiling water, thorough airing, and exposure to sunlight are sufficient for disinfection in most instances.

Preventive medicine is likewise concerned with prevention of disease in the individual by raising his individual immunity through the use of vaccination, the injection of vaccines and the injection of preventive serums.

The one who is likely to be exposed to the use of drinking water not thoroughly controlled from the point of view of sanitation should have anti-typhoid vaccination. Everyone should be vaccinated against smallpox. Children particularly should receive toxoid or toxin-antitoxin against diphtheria.

Another example of preventive medicine is the giving of small doses of iodine for the prevention of simple goiter, particularly in areas such as the Great Lakes area where the water and the soil does not contain enough of this important element. The prevention of exhaustion and the control of fatigue must be included also under preventive medicine, since physical breakdown and particularly nerve exhaustion constitute our main sources of illness.

Cancer nowadays is prevented in many instances from spreading to the point of fatality by the use of early diagnosis and prompt surgical removal of the cancer while it is still localized in some one small point in the human body.

The prevention of food poisoning is largely a matter of proper inspection of food as sold and thorough cooking, since thorough cooking of foods will destroy the botulinus toxin and also the germs of botulism. For hydrophobia there is the Pasteur treatment which involves the injection into the person infected of a vaccine made of material from the dried spinal cords of infected rabbits.

But preventive medicine does not stop with this attempt to immunize the individual. It is concerned also with the proper control of stray dogs which are bitten by rabid animals and which then bite human beings and convey the disease to them. Some attempt has been made to prevent the spread of hydrophobia by vaccinating animals against the disease. Unfortunately the immunity is not long and the method has not been considered as yet a suitable method for routine use.

It is known that flies spread disease. Hence preventive medicine is concerned with the control of flies, insects and similar parasites. Preventive medicine is also concerned with the question of narcotic addiction and the production of disease by the use of drugs of various kinds. Attempts to control such conditions are made through legal control of the drugs which may cause harm.

Authorities in the field of preventive medicine urge periodic physical examination for detecting disease in its early stages and thereby making it possible to bring the disease under control. Many diseases are associated with occupation. Hence em-

OLD MAIDS.

It had been a very pleasant crossing of the ocean and all of us who had been passengers had become well acquainted.

As the big ship moved slowly to her pier we stood on the promenade deck looking into the mass of upturned faces, each hoping to discover a relative or friend.

Suddenly a woman beside me began to wave her handkerchief, and from the pier, an old lady waved back.

"That's my aunt," the woman confided to me. "Dear old Aunt Julia. My husband sent me a wireless that he is sick in bed with grippe. My mother is in the South. I was afraid there would be no one to meet me."

"But I might have known. Aunt Julia never fails. Blessed old maid, she mothers us all. How could we ever live without her!"

On the pier I was introduced to Aunt Julia. A trim little figure of a woman bubbling over with selflessness, laden with an extra coat and a pair of overshoes—just in case her loving niece might happen to be cold.

Having just come from France, and feeling very continental, I bent over and kissed her hand. She blushed like a girl.

"You mustn't try to flatter an old lady," she said. But it was no attempt at flattery; it was an act of reverence. She is a member of the noblest clan in the world.

I had been reading, on the boat, a book about the Bronte family. Mr. Bronte was a self-centered country parson, who wore out his wife by making her the mother of six children in six years. Left with the motherless brood on his hands, he cast around for help, and thought of his wife's maiden sister. She, poor thing, was living peacefully in a lovely little town, with an income sufficient to provide comfortably for her simple wants. There was every selfish reason why she should stay just where she was.

Yet, at his summons, she did not hesitate. She cast aside every personal consideration, came down to the bleak parsonage in its ugly part of England and proceeded, for the rest of her life, to devote herself to those children.

How many millions of similar instances have there been in history! What a priceless wealth of affection is poured out on the other people's children by aunts and nurses and cooks and teachers to whom Fate gives no children of their own! How could humanity conduct its existence without them?

I thought of these things as I watched Aunt Julia wrap up her niece and hurry away. I lifted my hat reverently and waved them good-bye.

CREMATION LONG IN USE FOR DISPOSAL OF DEAD

Cremation is one of the three common methods of disposing of human remains which antedate history, the others being simple exposure and burial or entombment. Cremation was originally widely prevalent among the Indo-European races. Throughout northern Europe graves of the Bronze age contain not skeletons but urns for funeral ashes. Cremation was the general practice of the Romans for hundreds of years, while the Greeks also practiced it to a great extent. Many of the early American Indians burned their dead; the custom was common of old in England and in Gallic and Germanic Europe; and in India and parts of other oriental countries it is regularly followed today.

With the spread of Christianity, however, cremation became a rare thing. Charlemagne is said to have punished with death those who practiced it. Discussions looking toward its re-establishment began a century or two ago, but nothing came of them until Italy sanctioned cremation in 1852 by revoking prohibitory laws. It was legalized in France in 1887, and had been instituted in England two years earlier. It is now practiced to some extent in almost every country.

FIGURES WORTH REMEMBERING

The 3,000-mile boundary line between the United States and Canada has not a single fort on it, and in 110 years not a warship has disturbed the Great Lakes.

Census figures show that the nation now numbers 72,943,624 potential voters, or twice as many as actually voted in the 1928 presidential election. The men of voting age total 37,056,757 and the women 35,886,867.

More than \$50,000,000,000 of Great Britain's savings were destroyed during the World war and in the four and a half years of that conflict, England spent as much as in the two and a half centuries before the war.

In spite of the arms limitations imposed upon Germany by the Versailles treaty, that country's current appropriations for maintenance of land armies amount to 1,100,000,000 francs.

Only 36 American taxpayers reported incomes of more than \$5,000,000 in the returns for 1929, while 1,523,604 reported incomes of less than \$5,000.

The Government printing office in 1930 turned out 106,000,000 copies of books and pamphlets written by officialdom. The cost of merely making alterations on the printed proofs was \$215,607.

"With a single stroke of a brush," said the art teacher, taking his class around the National gallery, "Joshua Reynolds could change a smiling face to a frowning one."

"So can my mother," said a small boy.

Players are told about the possible dangers which may exist in the industry and means are provided for prevention of disease.

Find in Desert Causes Stir Among Scientists

In a sand-filled depression near the ancient Pyramid of Degrees, seventeen miles north of Cairo, Egypt, a wonderful discovery has been made by the Egyptian department of antiquities.

Several stone statues were found in a heap at the top of a large sand-filled depression, some distance from any building. Their attributes, costumes and attitudes indicate that they are Syrian deities. On the other hand, their workmanship seems to show the hand of an Egyptian sculptor of the Persian or Ptolemaic period. The largest statuette represents a fat, seated woman, wearing a high tiara. Others represent a man in Chaldean costume, and a woman, both standing in rigid attitudes, with their hands extended forward, while a man's head with a large beard seems to come from a winged bull.

The rarity of figures of western Asiatic gods gives considerable importance to these figures. They further possess historical significance, as they were probably made for one of the foreign colonies which were so numerous at Memphis in the later pre-Christian period, and of which hitherto so little has been known.

Old and New Commingle on Streets of Madeira

Madeira has been aptly termed "The Enchanted Isle," and still deserves its poetic title in spite of a recent land slide which occasioned considerable loss of life and property. Madeira is a land of sun and flowers and blue skies which has become highly popular as a holiday resort with those of means and leisure. What struck me most about it (writes a correspondent), was the extraordinary survival of customs at least five or six centuries old, alongside modern methods and improvements. Up and down the narrow, twisting streets of cobble, patient pairs of bullocks still groan as they strain at sleds laden with passengers or merchandise, and driven by men or boys in picturesque native costume, while the most modern motor car, and motor busses, carrying natives between Funchal and the villages of the hinterland, whiz past them at a quite incredible pace.

Use of Whales

Practically the entire whale is used for commercial purposes. Whale oil, of course, is the chief product and is used principally at the present time in making soap. Occasionally it is used as a lubricant in combination with mineral oil, and recently a new use has been found for it in an animal oil for making margarine. Little whale oil is now used for heating and lighting purposes. Fresh whale flesh is ground into whale-meal meal for cattle feed, and both the flesh and bones are ground into fertilizer.

Careful Clara

Two Smith college girls were members of a camping party on one occasion when the question of mushrooms came up.

"Clara," said one of them with reference to the specimens brought in, "these may be good mushrooms all right, but are you sufficiently expert in such matters to know that they are not in reality toadstools?"

"Well," said Clara, "there weren't any toads sitting on them."—Kansas City Times.

Eye for Values

A collector of manuscripts and first editions of early Americana found a sermon in pamphlet form in a second-hand book shop. It was the only known copy of the old sermon except the one which the collector already possessed. He paid \$500 for the second copy, then took it home with him and threw it into the fireplace. The destruction of the second copy added several times its purchase price to the one the collector originally held, he explained.—Nation's Business.

Roman Carnival Changed

In a general way it can be said that carnival is held just before the beginning of Lent, but it exists no more in its ancient form. In Rome it is now almost wholly limited to masked balls in the theaters and its manifestations in the streets are sparse and very attenuated. On the Riviera, however, there are floats, mainly with flowers, while this aspect of carnival, once so important, has altogether disappeared in Rome.

Animals Well Treated

In Sofia, Bulgaria, animals of burden are protected by laws which are impartially enforced. Only loads of certain size are permitted on wagons and the wagons must be greased regularly so they pull easily. Every animal pulling a burden must be properly shod and drivers are cautioned to feed them well, keep them treated properly when they are ill. Fowls cannot be carried with heads down, as this is cruel.

Why He Was in Bad

"A man never knows when he's burned his fingers," observed Cash Miller, cigar store philosopher. "A poor fish in here recently says he got trouble at home and don't know why. He always done right, he says, and even when he went to Niagara falls he was thoughtful enough to send his wife's mother a souvenir postal card of the whirlpool rapids, saying affectionately, 'I wish you were here.'"—Thrill Magazine.

FARM NOTES

A little additional lime in spray of bordeaux or lime sulphur is a precaution against burning.

Protect your cucumbers by dusting plants and ground with one part calcium arsenate and 20 parts burned gypsum or plaster. Covering plants with a muslin frame also protects them.

If there are five people in your family and the table is only large enough to accommodate two, somebody either has to wait a good while or go hungry. The same thing applies to baby chicks.

The serious drought of 1930 showed government agriculturists that certain strains of corn had far more resistance to the lack of moisture and heat than other strains had.

The best method of cleaning market eggs is not to let them get soiled—clean nests and a dry floor around them.

If cultivation is to be effective against quack grass, it must be thorough, frequent, persistent, and properly timed.

Sheep have helped to make Frank J. Dobmeier's system of farming more profitable. Mr. Dobmeier lives on the edge of the Red River valley in Grand Forks county, North Dakota, one of the principal spring wheat sections of the country. This section several years ago became so badly infested with sow thistles that the farmers thought they might have to give up wheat raising. Dobmeier found that he could control the sow thistles with sheep. He also found that sweet clover made a good sheep pasture, that he could winter the sheep on sweet clover hay and the nitrogen that the sweet clover put into the soil helped to boost his wheat yields.

"Sheep do not require much expense or labor," said Mr. Dobmeier. "They make it possible for us to grow legumes profitably and to keep down our worst weed pest without resorting to any tillage method."

A good ration for brood sows is essential if one is to have pigs that will live.

One of our experiment stations has fed sows a ration of 3 pounds of tankage, 48 pounds alfalfa hay and 4.7 pounds of corn per day through their period of pregnancy, with the result of 7.9 pigs per sow which weighed an average of 2.34 pounds of which 89 per cent were rated as vigorous.

No doubt you are familiar with the results of feeding corn alone. This ration is often at fault when sows eat their pigs or produce pigs of low vitality.

The tankage mentioned in the ration can be reduced one-half and the other part supplied by linseed oil meal. Commercial supplements for hogs are well balanced and give good results.

A lack of exercise is a frequent cause of weak pig litters. Also sickness during the gestation period. Weak litters are more common in the spring, as a result of keeping sows too closely confined during the winter; allowing them to become too fat would have much the same effect. Feed should produce strong healthy litters. Let the sow have the run of an orchard or wood during the winter, feeding her away from the pen, compelling her to exercise.

Wheat can be converted into pork more readily than into any other meat, although it can be used in almost any live stock ration, says H. B. Osland, associate in animal investigations at the Colorado Agricultural college.

Wheat is equal to corn in feeding value, pound for pound, many experiments have shown, while several experiment stations report that it is even more valuable than corn in the hog-fattening ration. Shriveled and shrunken wheat is usually richer in protein than plump wheat, and if not too badly damaged, is fully as valuable for feed as sound wheat, it is stated.

"Tankage should always be added to the wheat ration for maximum gains and economy of production," Osland says. "Wheat is somewhat richer in protein than corn, but it requires the addition of protein to balance the ration for pigs in the dry lot."

"Wheat should always be coarsely ground or rolled for swine. Experiments indicate that this type of preparation saves 15 to 20 per cent of its feed value. If ground too fine, wheat becomes a pasty, indigestible mass when fed. Soaking wheat may increase its value slightly, but not enough to justify that practice."

"It is possible to use wheat as the only grain in the ration, but where corn is available, a mixture of corn and wheat, equal parts, is very desirable for fattening hogs. Barley or millet can also be used in the ration as a part of the grain feed along with wheat. It will take from 450 to 550 pounds of wheat or its equivalent to produce 100 pounds of pork, depending on the ration fed."

Mulching often increases the yield of strawberries 20 per cent in Pennsylvania. Not only is the yield increased, but cleaner, larger fruit results from this practice.

Whenever the ground freezes several inches deep the mulch can be applied. Wheat straw is the best material to use. Rye straw is next best. Oat straw has a tendency to pack tightly and smother the plants. Potato vines, leaves, and corn stalks, while too coarse for best results, are better than no protection at all. Whatever the material used it should be free from weed seed, timothy or grain. Otherwise, the strawberry plantings will become weedy.

Mulching material should be hauled to points in the field from which the mulching can be done with a minimum of walking. If the material is hauled several weeks before it is to be placed on the strawberry rows, the fall rains and dews will dampen it sufficiently so that it will remain in place when put there. Dry straw will blow away. Four or five inches of mulch will be enough to keep the soil from heaving excessively during the winter. This will require about four tons of straw an acre.

19,113 UNCONTROLLED DOGS KILLED IN STATE LAST YEAR

A total of 19,113 uncontrolled dogs were killed and 1,652 claims for damages amounting to \$45,856 received, the Agriculture Department's bureau of animal industry reported today in a survey of the first ten months of the year. During the same period 4,314 dog owners, 568 of whom were located in Cambria county, were prosecuted for disregarding the license law.

Nine months' totals showed 490,336 dogs and 628 kennels licensed. The bureau said Allegheny county led in the number of licenses issued and number of uncontrolled dogs killed while Crawford and Washington counties reported the largest totals of claims and damages.

The total of licenses and prosecutions by counties during the ten-month period were: Bradford, 5713; Lycoming, 6969; Potter, 1869; Tioga, 3469.

WINTER COURSES FOR FARM FOLKS AT STATE

The Pennsylvania State College is offering an eight weeks course in various phases of Agriculture, starting January 4 and continuing to February 26. The various subjects offered are outlined in a pamphlet which may be secured at the County Agent's office.

Anyone who has an average grammar school education is eligible for admission. The expense and college fee for the eight weeks need not exceed \$120, and may be slightly less. The largest single item of expense is room and board which ranges from \$9 to \$10.50 per week.

A GOOD REASON.

Once a year the newsboys of London are given an outing some place on the Thames river, where they can swim to their heart's content. As one little boy was getting into the water his little friend said: "Johnnie, you're pretty dirty!" "Yes," replied Johnnie, "I missed the train last year."

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