

Your Health
THE FIRST CONCERN.



HELPING THE STATES
(Concluded from last week.)

Naturally, the tenor of most of the arguments at the hearings on proposed bills during the sixteen months was, what are the results of the seven-years' operation of the "baby-bill"?

Well, you can go at that in two ways. First, with statistics, controversial, as they usually are. One might easily list the number of health centers established, health conferences held, letters written, mothers visited. But does all that actually save the lives of mothers and babies? There is no end to the possible arguments on the question. Senators and Congressmen of the opposition filled hours and pages trying to prove that nothing had been accomplished, and were ably answered at equal length. As a matter of fact, the census figures answer the question. They show that infant mortality rates decreased in the co-operating States that were in the birth registration area during the Sheppard-Towner period, from seventy-five to sixty-seven. And it seems reasonable to suppose that co-operation of State and nation had a good deal to do with it. The Children's Bureau estimates that if the same infant mortality rate had prevailed during the seven years as in 1921, more than 60,000 babies that lived would have died during their first year of life.

No very rosy claim can be made about the lessened number of mother deaths. Certainly the gain does not compare with the gain medical science has made against tuberculosis or typhoid. Yet that rate, too, shows a slight decline, especially in rural areas, where practically all the maternity and infancy work was done.

But suppose the death rate shows no decline at all. Leave figures out of it if you wish on the ground that you cannot actually verify them for yourself (though that seems a bit far-fetched with the census), and what does common sense say? Listen to this bit of reasoning by Dorothy Canfield:

"All I can do is put aside the conflicting columns of figures and fall back on Lord Morley's doctrine of inherent probabilities. Does it seem likely—that trained nurses brought near to ignorant mothers can probably do some good to mothers and babies? My experience tells me that they certainly can—anyone who has mixed with real people knows how much medieval ignorance and superstition still cling to the subject of pregnancy and child-bearing even in automobile-riding, telephone-using American families. No one can doubt that bringing prenatal care and infant hygiene to poorer mothers all over the country would prevent much suffering, would start a large per cent of the next generation with a better chance of health than they have at present."

STATE ACTION

But cannot the States do the job fully now? One of the aims of the work was to stimulate local activity. What has happened in the months since the act ended? Is there anything to tell us what may be expected of the States without Federal assistance?

When the act came to an end, every effort was made to secure State appropriations at least as large as the combined Federal and State funds that were expended in the final year. In some States the women's groups made refusal practically impossible. What happened was that in a third of the co-operating States the money appropriated for the following year was enough to continue the previous activities. In the others nurses and doctors had to be dismissed, and co-operative arrangements with counties and local committees had to be curtailed because the Government had ceased to share the expense. And even the States that did secure adequate funds reported a drop in the interest in the program after July 1, 1929. It seems obvious, then, that the work has suffered not only for lack of the Government's financial help, but for the lack of the sense of nation-wide co-operation; for lack of the stimulus given, in Senator Sheppard's phrase, by "the concentrated interest of the American people as a whole." If this work is good, isn't it worth that concentrated interest, worth doing with the maximum of our resources?

It is too soon to translate the slackening into loss of lives. But cause and effect are working just the same. Perhaps the States ought to do the work alone, as a matter of abstract theory—that could be argued. There remains the plain fact that they weren't doing it before the passage of the Sheppard-Towner Act, and the deep doubt whether the time has yet come when they will. Meantime the babies keep coming.

A large amount of sugar and certain bacteria cause an acid condition which dissolves the enamel of the teeth. Calcium, phosphorus and vitamin D are essential for good teeth. The health of the teeth is quite dependent upon vitamin C found in tomatoes, oranges, grapefruit and raw vegetables. The two former are

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THE WHITE PLAGUE IS NOT YET CONQUERED

A total of 2934 patients were being cared for in the three tubercular sanatoria of the State, it became known, as monthly reports reached the desk of Dr. Theodore B. Appel, Secretary of Health. The largest waiting list of all time was also shown, as statistics revealed that 1435 persons had been approved for admission, but could not be entered because of lack of facilities.

On December 1, 1931, Mont Alto was caring for 868 patients. Of these, 399 were men, 261 were women, with 88 boys and 120 girls.

On the same date, Cresson had 706 entries, divided as follows: 250 men, 268 women, 81 boys and 107 girls.

Hamburg listed 278 men and 182 women. The waiting list at Hamburg numbers 334, while 552 are ready to enter Cresson and 549 stand at the doors of Mont Alto.

This waiting list has increased by about 400 over the same date last year. Applications for entry numbered 250 for November, which was an increase of about fifty over the same month in 1930.

Each of the three sanatoria is filled beyond capacity, the Department of Health says.

SEVEN GREAT KILLERS

Seven great killers march daily up and down our State, taking toll of human life. These ruthless destroyers largely lie in wait for those of middle age, or even more advanced years, and snuff out their lives, often without much warning. In the files of the Department of Health of Pennsylvania, carefully gathered data shows these deadly enemies of human life to be: Heart disease, responsible for 23,000 deaths annually; Bright's disease, 10,000; cancer, 10,000; pneumonia, 9,500; accidents, 8,500; apoplexy, 8,250; tuberculosis, 6,000.

These diseases are responsible for two-thirds of all deaths in the Commonwealth each year.

found in milk, the latter in cod liver oil, liver, egg yolks and chicken fat. Contrary to popular opinion, there is a great amount of circulation in a tooth.

NOAH'S FLOOD DID NOT COVER THE WHOLE EARTH.

The Biblical story of the Flood is being rewritten by the picks and shovels of modern excavators.

Recently on the screen of the University Museum Dr. C. Leonard Woolley, field director of the Joint Expedition of the University and British Museums, showed pictures of excavations on the banks of the Euphrates River, in Mesopotamia.

These show that the Flood of the Bible is a legend passed from generation to generation of Assyrians, long before the Jews incorporated it in their Old Testament, he said.

It also is shown, he added, that the Flood happened long, long before the Jews were in Mesopotamia.

Down deep in the ground under Ur of the Chaldees, under superstructures of buildings built by later generations, the archeologists found the silt left by the Flood referred to in the Bible, he said. It must have happened between 4000 and 5000 B. C.

A purely local phenomenon, the Flood consisted simply of an overflowing of the Euphrates, he said. It was not a world-wide flood, as the Biblical legend relates, and not all people were drowned.

The one family that survived was the family of a Jew, Noah, the Biblical legend goes, but there were not Jews thereabouts, the archeologists say.

That not all the people were drowned the archeologists learned by comparing the houses and cooking vessels of the strata above and below the flood silt. Those houses and vessels are the same.

People who fled the flood fled to the hills, Dr. Woolley said. Later they came back and built new houses and new utensils on the same patterns as the old.

Later other nations came into the Euphrates Valley with new civilizations and changed the prevailing habits of the people, Dr. Woolley said. So the houses of the higher strata change.

About the year 1931 B. C. the Jews came to Ur of the Chaldees. They were brought to Mesopotamia in captivity, Dr. Woolley said. In the strata deposited about that time the archeologists find Jewish inscriptions on tablets.

At that time, the time of Abraham, the Jews heard the legend of

that old Flood which Assyrian mothers repeated to their children by firesides. The Jews adopted those tales, Dr. Woolley said, and made those legends their own.

At Ninevah and at Nippur the archeologists have found even more ancient tablets of the Assyrians inscribed with the same tale of the flood, Noah, the Ark and the dove, thus proving, according to Dr. Woolley, that the Jews adopted that legend.

Dr. Woolley told of the ancient houses and the battle the Assyrians had with the rising street level. People threw their refuse out into the streets, and as it piled up people of ancient Ur had to climb higher and higher from their homes into the streets.

The strange temple of Nebuchadnezzar puzzled the archeologist until very recently, he said. It consists of two buildings made exactly alike and set one above the other.

"We have since discovered that the lower temple was filled with sand, so that the profane foot of man could not enter," he said. "In the lower temple the gods wandered at will. In the upper open temple man worshipped."

At the end of the week Dr. Woolley left for Mesopotamia to continue digging in the sands of Ur.

1932 DOG LICENSE TAGS READY

The 1932 dog license tags are to be had upon application at the County Treasurer's office, ready for all owners of dogs at the regular price. By January 15th all owners of dogs must have the 1932 license tags. After that date persons who have not procured tags for their dogs will be liable to payment of a fine.

Pat was coming across on a liner and on the second day out met a fellow countryman with whom he was acquainted. Soon after, the weather became very rough and Pat succumbed to sea-sickness. It was not until they were nearing New York that the two met again.

"Why Pat," was Mike's greeting, "ye're lookin' years older than when I last saw ye."

"Small wonder at that," was Pat's reply. "Sure Ol've had several berth days since then."

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HIGH POWER RIFLES AND HUNTING FATALITIES

The high-powered rifle for small-game hunting, attacked by Governor Gifford Pinchot and others as a principal factor in the large number of hunting fatalities in Pennsylvania every year, is defended by W. K. Armstrong, known as a civic leader and ardent sportsman.

In an open letter to the Shamokin Daily News he stated:

"No doubt some criticism is justifiable, but it would be well to look at the facts instead of passing the buck to the high-powered rifle, which is barely a factor in the situation."

"First of all, any rifle, whether it be high or low powered, is capable of causing a fatality and this includes the 22 calibre.

"Second, the records show that our accident and fatality list in Pennsylvania has been much higher, in previous years, during the small game season, when shot guns were used, than during the large game season when rifles were used.

"Third, almost every accident or fatality that has occurred this season is traceable to pure neglect and carelessness at close range; and any gun would have been equally as dangerous under the circumstances.

"Fourth, a high-powered rifle with its flat trajectory in the hands of an inexperienced rifleman is in reality much safer than a low-powered rifle, as the high-powered rifle arcs the bullet which sometimes becomes a wild shot.

"The difficulty which has arisen during the big game hunting season seems to have been caused from sources entirely different from those experienced concerning the high-powered rifle—first, the deer herd of Pennsylvania has received excess publicity which has attracted the attention of nearly every novice hunter, not only in Pennsylvania but all of the surrounding States and by applying for his license, without any questioning, he is permitted to go into the woods without even knowing the fundamental principles of handling a gun.

"Commission, the Pennsylvania Game Commission set the dates for deer hunting of both buck and doe during the same period of time and most every experienced hunter predicted, long before the hunting season arrived, that there would be a

large casualty list from this ruling alone.

"Third, the woods are inadequately policed during the hunting season. The large revenue received from hunting licenses and fines could very easily provide police supervision of the woods far superior to anything which now exists and the mere presence of more state police through the woods would have a tendency to make the hunters more careful.

"Fourth, the equalization of the sexes could be arranged for different periods of time within the 15 days of the deer hunting season.

"The experienced hunter has been compelled to take his chances in the woods this season along with the rest of the novice hunters, the result being that the sport of hunting ceases to be a sport when he is compelled to stand in something similar to battlefield.

"Hunters could be examined for their capability of handling a gun before a license is issued, also guns could be inspected for their safety before issuing a license. These same hunters and firearms could be rechecked by wood police or game wardens and if neither hunter nor firearm measure up to standard, the license and gun should be taken from the hunter and fee refunded at once, together with instructions to leave the woods and go home."

BELLEFONTE HIGH 1932 FOOTBALL SCHEDULE.

The Bellefonte High school football schedule for 1932 has been announced as follows:
Sept. 24.—Pending.
Oct. 1.—Phillipsburg High at home.
Oct. 8.—Windber High away.
Oct. 15.—Mt. Union High at home.
Oct. 22.—Cresson High at home.
Oct. 29.—Tyrone High away.
Nov. 5.—Snow Shoe High at home.
Nov. 11.—Jersey Shore high at home.
Nov. 19.—State College High away.
Nov. 24.—Lock Haven High away.

PENN STATE'S SCHEDULE

Oct. 1.—Lebanon Valley at home.
Oct. 8.—Waynesburg at home.
Oct. 15.—Harvard away.
Oct. 22.—Syracuse at home.
Oct. 29.—Colgate away.
Nov. 5.—Univ. of the South at home.
Nov. 12.—Temple away.
Nov. 24.—Univ. of Pittsburgh away.

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