

Your Health

THE FIRST CONCERN.



By Dr. Morris Fishbein
Pneumonia, called by Oser "the captain of the men of death," called also "the friend of the aged," since it is a means of quick death for those who have survived to the point at which their life is merely a burden and no longer a pleasure, continues to be a disease of great mortality among all civilized peoples.

The disease is transmitted from one person to another or by materials containing the secretions from the nose, throat and lungs of those who are infected. Our present condition of housing, the crowding that takes place in the street cars, trains, elevators, motion picture houses, and similar places, leads to such intimate contacts of human beings that transmission of respiratory diseases is exceedingly likely.

Apparently the disease develops two or three days after the germs get into the lungs through inhalation, provided that the human body is not possessed of enough resistance to throw off the infection.

The patient with pneumonia should, if possible, be attended by a nurse who understands the proper sanitation and hygiene of the sick-room in contagious cases, and who will see to it that the dishes, the bedding and other materials in contact with the patient are properly sterilized or disinfected before being permitted into possible contact with other people.

Pneumonia, above all of the other diseases that attack mankind, demands good medical attention and the best of nursing care.

The disease tends to run a limited course. During the time when the lungs are congested it is necessary to support the action of the heart by proper measures. Oxygen administered properly tends to relieve the strain on the incapacitated tissues of the lungs.

BLOOD PRESSURE

The average blood pressure of men at 20 years of age is 120; at 60 years of age, about 135. In people who are overweight this pressure is likely to be higher. A variation of five millimeters of mercury above or below these figures may be considered within the average.

There are many reasons why the blood pressure may fall below the average. This occurs whenever a person is nauseated, faints, or has a severe hemorrhage. There are, however, other conditions of general weakness in which the blood pressure is low and in which the physician needs to concern himself with building the person back into a good condition.

A condition may develop following any long continued infection, and the method of taking care of the condition is obvious. Rest is necessary. If everyone who had a severe cold, even without a fever, would stay in bed in the acute stage and if every person who had a fever would stay in bed from one to three days after the temperature became normal, a vast amount of degenerative disease, of low blood pressure, and of general weakness would be avoided.

There are certain diseases which attack the glands of internal secretion which are concerned with keeping the blood pressure normal through maintaining proper elasticity in the blood vessels.

Since the blood pressure is a reflection of the power of the heart to push the blood through the arteries and veins and of the condition of the blood vessels through which the blood passes, any factor that greatly influences these two basic features of the circulation may bring about either a high or low blood pressure.

SORE THROAT

Epidemic sore throat usually occurs in explosive outbreaks and is spread chiefly by milk.

It must be differentiated from certain other types of infection of the throat by streptococci which may occur almost any time because of the widespread distribution of the various forms of streptococci among people generally. There is, for instance, in scarletina a sore throat which is due to invasion of the throat by the streptococci associated with scarlet fever in cases in which the rash of scarlet fever does not develop. Any time that the throat is invaded by these virulent germs and the body is unable to throw them off, there occurs inflammation of the throat, the tonsils and the neck with fever, prostration, and all of the other symptoms that usually accompany infection.

At such times an examination of the throat will reveal to the trained observer the redness and swelling typical of inflammation.

This disease is usually spread from one person to another, except so far as concerns the epidemic form. In the epidemic form it is usually found that the germs are being transferred through milk.

The disease begins promptly and usually follows a rapid course. Most of the epidemics of septic sore throat have occurred in the spring or in the early summer, although,

CANDLEMAS DAY TO SOME GROUNDHOG DAY TO OTHERS.

February, rich in feast days, starts out early with the very important Candlemas day, or Groundhog day, as many call it. This second day of February is groaning under superstitions which partake of the sublime and the ridiculous, being Candlemas day to priest and pagan, and Groundhog day to the farmer and weather-seer. Cityites also scan the skies, being quite as keen on good weather as are their county cousins. Our groundhog, by the way, inherits his importance from his German ancestor, the badger. The legend of this Teutonic hibernator is to the effect that he uncovers himself to the effect that he uncovers himself from his winter sleep on this day. If he finds the skies overcast or the ground covered with snow he takes stock for an early spring. Should there be brilliant sunshine he simply yawns and turns over for another nap.

Our first German settlers hereabouts must have missed their prophet badger, which is seldom found east of the Mississippi, but they amiably made the best of it and took up with the groundhog or woodchuck. After all, it's what one makes of a thing that determines its worth.

Many quaintly charming rhymes are connected with the day. Here is one:

"If Candlemas Day be dry and fair, The half of the winter's to come and fair;

If Candlemas Day be wet and foul, The half of the winter came at Yule. If Candlemas Day be fair and bright, Winter will have another flight; But if it be dark with clouds and rain, Winter's gone, and will not come again."

Another contains some advice for matron and maid:

"Down with the rosemary, an' so Down with the bays and mistletoe; Down with the holly, ivie, all Wherever ye drest the Christmas hall; That so the superstitious find Not one least branch there left behind. For look, how many leaves there be, Neglected there Maids, trust to me, So many goblins shall ye see."

DELEGATES-AT-LARGE FOR NATIONAL CONVENTION.

The list of candidates for delegates-at-large and alternates to the next Democratic National Convention, as agreed upon at the recent meeting of the Democratic State Committee, follows:

For delegate-at-large the committee recommended to the voters:

Sedgwick Kistler, Lock Haven, member of the National Committee; John R. Collins, of Condersport, chairman of the State Committee; Roland S. Morris, of Philadelphia, former Ambassador to Japan; E. J. Lynett, of Scranton, editor and publisher of the Scranton Times; John F. Short, of Clearfield, editor and publisher of the Clearfield Republican; Guy Bard, of Lancaster, the party's candidate for Lieutenant Governor two years ago; Robert Gilmore, of Williamsport, a manufacturer; Judge Henry C. Niles, of York.

Mrs. Emily Roosevelt, of Philadelphia, a distant relative of Governor Roosevelt; Mrs. Anna Felix, of Pittsburgh; Mrs. Lulu Roberts, of Harrisburg; Mrs. Anna Cort, of Latrobe; Mrs. Katherine Flohr, of Allentown; vice chairman of the State Committee; Mrs. Mary Doran, of Johnstown; Mrs. Carroll Miller, of Pittsburgh; sister of Mr. Guffey; Mrs. Isabel Crosby, of Meadville.

Alternate delegates-at-large: James P. Rossiter, of Erie; Clinton B. Ellenberg, of Stroudsburg; A. B. Clark, Altoona; Charles A. Jones, of Pittsburgh; George R. Meek, Bellefonte; Michael R. Kerwick, Philadelphia; Hiram G. Andrews, Johnstown; Stanley Janowski, Nanticoke. Mrs. Anne Madden, Millvale; Miss Mary Macken, Montrose; Mrs. Frank Phillips, Altoona; Mrs. Kathryn Stime, York; Mrs. Frank Bohlen, Montgomery county; Mrs. Lucy Winston, Mechanicsburg; Mrs. Helen Sutton, Bangor, and Miss Marion Stone, Condersport.

APPRAISERS WILL CHECK TAX RETURNS

The mercantile appraisers for 1932 will soon begin their duties, Secretary of Revenue Clyde L. King announced. The assessments made by them will be on the gross volume of business transacted during the calendar year ending December 31, 1931.

The mercantile license year begins May 1, 1932, and license taxes should be paid on that date. All persons liable for this tax are advised by Secretary King that they should make accurate returns of their whole volume of business for the calendar year 1931, on which the 1932 license tax is based.

Investigators from the State Department of Revenue will check the returns made to the mercantile appraiser by dealers, to verify the accuracy of such returns. Additional assessments will be made in all cases where it is found that erroneous reports are made.

All mercantile, theatre, pool and billiard, bowling alleys and eating house licenses are assessed by the mercantile appraisers and are payable to the county treasurers.

of course, they may occur at any time.

In general, the only advice that can be given relative to the avoiding of septic sore throat is proper examination of the throat by a competent physician who will recommend removal of the tonsils or of lymphoid masses in case there is frequent infection. The routine gargling of antiseptics is not apparently particularly helpful in preventing infection. The gargle merely cleans the throat temporarily and the person may take in a full dose of live streptococci just as soon as exposed.

WHY

Extermination of Rodents Is Unwise

Man's relentless war on the natural enemies of bugs may some day prove his own undoing. When the grasshoppers, locusts, army worm, cutworms, beetles, etc., which are increasing yearly, eat all of man's food they may turn upon man and devour him. In a letter to Senator McNary of Oregon Prof. A. Brazier Howell of Johns Hopkins charged that the grasshopper menace in the Middle West this summer was a result of the government policy of exterminating rodents. Pointing out that ground squirrels, gophers, etc., constitute the chief check on the increase of insects on the western plains where there are few insect-eating birds, Professor Howell said such animals not only eat large quantities of grasshoppers but they actually dig up and devour the eggs of insects. The Department of Agriculture, he claims, is practically exterminating rodents by poison over thousands of square miles with resulting "terrible scourges of insects." Professor Howell would have the rodents controlled rather than exterminated.

Why Traffic in United States Passes on Right

The reason why traffic in the United States passes on the right rather than the left, contrary to the practice of the rest of the world, has just been discovered by the Department of Agriculture.

It originated, says a department bulletin, with the drivers of the six-horse teams of eastern Pennsylvania. The driver, instead of having a seat inside the wagon, rode on the "lazy board," a sliding board of strong white oak that was pulled out on the left side of the wagon body.

The driver usually walked beside his team or rode a saddle horse. From the lazy board he could operate the brake and call to his horses.

Coaches and other vehicles of the day—late in the Seventeenth century—were driven from the right side, but traffic had to make room for the wagoner, seated on the left. So the practice of turning to the right gradually spread until it became the established American custom.

Why Oceans Are Salt

The oceans are salty because they are the reservoir for the inflowing water from the land areas of the earth. These flowing waters in passing through the earth take up minute particles of salt and hold them in suspension and finally deposit them in the oceans. When water is evaporated from the oceans the salt remains in the sea, and the rain that falls on the land is fresh water, which again flows to the oceans, dissolving more salt from rocks and earth and depositing it in the ocean. This process is continuous, so that the oceans are constantly growing more salty.

Why Mahogany Turns Blue

The bluish haze that is often noticed on a polished surface is nothing more than the accumulation left by moisture and dust from the atmosphere. This may be washed off with a damp cloth or soft material, wrung out of tepid water in which a little pure soap may be used if necessary, or a few drops of olive oil may be put on the cloth. Wipe off with a soft, dry cloth or clean chamolins.

Why Letter J Is Dotted

The consonant j did not appear in the Latin and other alphabets of western Europe until the Sixteenth century. It had been represented by the letter i. In manuscripts the letter i was carried slightly below the line to indicate that it was being used as a consonant. This form crept into the alphabets.

Why Called "Dark Ages"

The times usually referred to as "The Dark Ages" are the earlier centuries of the Middle Ages, i. e., from 476 (the fall of the Roman empire) till the end of the Tenth century. The word "Dark" refers to the intellectual darkness characteristic of the period.

Why Soldiers "Break Ranks"

The vibration of a body of soldiers marching across a bridge is so great, and sustained such a considerable time, that it may endanger the structure; therefore, they are required to break ranks.

Why Use of Guinea Pigs

Guinea pigs are used in laboratories due to the fact that they are susceptible to many of the diseases of man. They are also small animals and can be easily handled and are not vicious.

Why Known as "Rookies"

Army recruits got their nicknames from the term "rookery," which in English military slang refers to the quarters in the barracks occupied by subalterns.

How to End Worry

Worrying can be cured, declares a European specialist, who claims that constant suggestion and resolution can cure people of this weakness.

Why Flag Is "Colors"

The use of the term "the colors" as applied to a flag is based on a figure of speech which employs a part to indicate the whole.

Why Eggs Become Tainted

It has been found that eggs become tainted if stored near citrus fruits.

Immense Brass Brain Figures Out the Tides

In a room of the United States Coast and Geodetic Survey building at Washington is a great machine which answers to the name "Great Brass Brain." Its function is to predict tides with the utmost exactness at any place in the world, or to tell the state of the tides at any moment in the past.

This robot is a marvel of wheels and pulleys. Tides rise and fall with mathematical exactness, but there are a large number of forces acting upon them, such as the moon, the motion of the earth, and many other things. The machine takes into account 37 of these factors in its mechanical calculations.

Its chief purpose is to help in setting time schedules for ship movements, but it is also useful to the historian.

For instance, the delay of the British expedition which landed at Charlestown in 1775, which gave Paul Revere the chance to save the countryside, has been ascribed to their waiting for low tide. Brass Brain, however, showed that the tide was low when the British landed, so that they must have been waiting for something else, probably provisions.

Vast Water Resources in Black Hills Region

One of the most productive water-bearing formations of the northern interior of the United States is what is known as the Dakota sandstone, which crops out about the flanks of the Black hills in southwestern South Dakota. The formation extends eastward and northeastward to the borders of Iowa and Minnesota.

As the sandstone slopes away from the Black hills, the water percolates northeastward and eastward through the porous rock and underneath a dense covering of thick clay shale.

Beneath the James river valley is under considerable pressure, and where the surface altitude is not too great, strong artesian flows have been obtained. In fact, the artesian wells are among the greatest natural resources of that area.

However, so many wells have been driven, the supply shows signs of having been taxed about to the limit, and the force of many of the wells has fallen considerably below the original pressure.

Monarch Before His Birth

Sapor, king of Persia, probably holds the record for the earliest age at which a king has been crowned. He was crowned about two months before he was born. His father, the reigning king, died at that time, and an uncle, finding the throne vacant, organized a usurpation. The queen, anxious for the succession of her son, proclaimed a coronation ceremony and had her unborn child crowned in her own person. Such was the veneration of the people for the dynasty that the ceremony was effective in forestalling the uncle's usurpation. The child proved to be a boy and ruled as King Sapor.

Birthplace of Telephone

Among the many things for which Boston is famous is that it was the birthplace of the telephone. It was on the afternoon of June 2, 1875, that Prof. Alexander Graham Bell and his associate, Thomas A. Watson, were working in two garret rooms over the electrical shop of Charles Williams at 100 Court street, Boston, and there discovered the principle of the telephone. More than nine months later Professor Bell received from the United States on March 7, 1876, a patent No. 174,465, and thus established the existence of the Bell telephone. This has often been called the most valuable patent to mankind ever issued.

Under the Stone

"Passing through a village in western India," writes a lady missionary, "followed by a friendly crowd, we stopped at a small wayside altar, the god being represented by four flat stones decorated with red paint. We said, 'There is no god here. These are only stones.' 'Oh,' said a man, 'the god is underneath.' We promptly lifted one of the stones to discover beneath it three large, hibernating frogs, whereupon a great laugh went up from the crowd, in which we all joined."

Knew the Candy Man

A Baltimore policeman picked up a small girl crying lustily for "mamma." Other than that her name was "Marie" he could learn nothing about her. She was taken to police headquarters. Finally some one thought to ask her where she bought her candy when at home. She gave the name of a candy store owner without hesitation. The rest was easy. Her name was Marie Biser, aged four. She had strayed from her mother in a downtown store. —Capper's Weekly.

Consolation for Fat Folks

Many people in middle age and beyond are the worst and most serious offenders in the fat of reducing. Nature intentionally, with most folks, adds weight with years. The layer of fat that becomes most noticeable over the stomach is furnished for additional warmth and protection to vital organs, and to compensate for the fact that with age the body generates less warmth. A little fat, at forty, is no sign of physical degeneration. —American Magazine.

HOW

GILA MONSTER SPREADS POISON WHEN IT BITES.

The Gila monster, which inhabits the southwestern part of the United States, is the only lizard known to be venomous. The poison apparatus differs from that in snakes, which have the poison glands and fangs in the upper jaw. In the Gila monster a row of venom glands lie along the inside of the lower lip and the openings are near the bases of the grooved teeth. When the lizards bite they deliberately chew the object and cause a considerable amount of the poison to work into the wound through the channels of the teeth. Although the bite of the Gila monster has been known to cause death to man, as a rule the poison is not fatal to human beings, partly because the creature seldom has an opportunity to bite so large a victim and work the venom thoroughly into the wound. These lizards feed chiefly on other lizards of smaller species and on these the venom takes effect rapidly.

How Eskimos React to March of Civilization

The Eskimo has "gone white." The most prosperous and most extravagant race in the world at the present era of depression is the fur-clad denizen of the Arctic, who is generally pictured as living on blubber and inhabiting an igloo.

Eskimos within range of civilization have gone in for commerce, particularly the fur trade, in a wholesale fashion, and some of the most successful make incomes from \$5,000 to \$40,000 a year. They spend all they make. When an Eskimo has a rich harvest of furs and cashes in on it, his first thought is to book passage on an airplane flying to some city where, in exchange for his money, he can buy a white man's outfit.

He usually purchases a swift motor boat, new hunting and fishing equipment and clothes of the white man's mode, for use on ceremonial indoor occasions. If he has not already installed a radio he buys one, and it is probable that he will purchase musical instruments in addition. —Boston News Bureau.

How Corn Is Popped by Radio

Explaining how corn is popped by radio, and why it is placed between jars of ice, the General Electric company says that "the heating of the corn is produced by radio waves of very short wave length. The heat is generated by current induced within the kernels themselves. The purpose of the glass jars, with ice, placed on each side of the corn, was to show that this was so—that is, that the surrounding atmosphere was cold and that the only thing that was heated was the corn itself. The reason that the corn was heated by the short wave radio waves and the ice water was not because of the difference of the electro-conductivity of the corn kernels and the ice water."

How Spores Travel

Scouting trips with airplanes show that spores of certain plant diseases are often found at heights of 10,000 feet in the upper air. This is one explanation for the spread of such diseases as black stem rust of small grains, say specialists of the United States Department of Agriculture.

Investigators working with white pine blister rust have found that spores of that disease falling in a perfectly still atmosphere from a height of one mile require 65 hours to reach the earth. Such experiments make it clear that plant disease spores may be blown for long distances unless brought down by rain or some other agency.

How Gelatin Is Made

Gelatin is formed by the action of boiling water on connective tissue, cartilage, ligaments, tendons, skin, hoofs and bones. By one commercial process the selected tissues are washed and soaked in warm, diluted soda lye for about ten days and then heated in an air-tight compartment. They are next washed in revolving drums, bleached by fumes of burning sulphur and re-washed to remove the sulphur, after which the gelatin is dissolved out with boiling water. Color is removed by means of bleaching charcoal, and the clear, hot solution is poured out in thin layers, which, after setting, are cut into small sheets and dried on nets.

How to Restore Honey

Pure honey is liable to granulate during cold weather and it can be restored to its former liquid condition without injuring its flavor in any way by placing the container in a vessel of warm water and never allowing the temperature to go above about 120 degrees. The honey will then become liquid and retain its delightful aroma.

How Bee Finds Its Way

The bee finds its way home by its sense of direction. When it leaves the hive it circles around and then flies off. Each hive has its own odor, which helps the bee to identify its hive.

How Miles Differ

A standard, or statute mile, contains 5,280 feet; a nautical mile contains 6,080.2 feet.

BELLEFONTE GRADES IN BASKETBALL LEAGUE

Basketball among the boys of the grade schools of Bellefonte is already exciting a lively interest among the youthful dribblers. About forty reported for the first practice and enjoyed a hard work-out. Two periods a week have been assigned them in the gymnasium for the purpose of providing exercise and the opportunity to develop their ability in the game.

After several practices have been held teams will be organized in the 7th and 8th grades of both buildings. These four teams will play a regular schedule of games among themselves. It is also planned to select a grade school team of the best players on the four teams and arrange games with the Freshmen, Hi-Y and other available opponents.

The boys will have to maintain passing grades in all subjects in order to play on their teams. They must also have good records of conduct and attendance.

It is hoped that some suitable trophy or award will be provided by some organization or business firm in town to be placed in the room which wins the grade championship.

Dahlia bulbs should be examined to see if they are keeping well. If they are shriveling cover them with sand; if they show signs of starting into growth they should be kept in a cooler place.

The Birthday Surprise

A SURPRISE PARTY! Betty Hale's eyes danced with excitement as the guests flocked into the farm house.

"How in the world do you know I was home?" she kept exclaiming as friend after friend arrived to greet her.

The driveway was crowded with cars; the house shone with lights. Laughter and merriment echoed with each new arrival. Betty was thrilled. This was a wonderful birthday surprise!

"Now tell me seriously," she demanded. "How did you know I was going to be home this week-end? I didn't know until yesterday myself!"

Mrs. Hale beamed knowingly. "Why, Betty, you don't think only city folks have telephones, do you? I called up the folks last night when we heard you were coming!"

The modern farm home has a telephone



Farm 4

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