

Your Health THE FIRST CONCERN.



DIABETES—A NATIONAL PLAGUE

John Harvey Kellogg, M. D. Battle Creek

Although the death rate from diabetes has increased more than five hundred per cent within four decades, and in the United States has doubled within the last few years, it is not so much because of its high death rate that it constitutes a menace now. Only a few years ago a diagnosis of diabetes was equivalent to a sentence of death in the near future. Today with reasonable care and the efficient use of the resources now at the command of the up-to-date physician, death from diabetic coma or from gangrene, the two great causes of mortality under old methods, may be considered as an accident or neglect of prophylaxis. A good deal is known of diabetes with reference to predisposing influences. Among these may be mentioned heredity. It is especially noteworthy, also, that diabetes is much more frequent among the wealthy classes than among those who live the simple life. Overfeeding is unquestionably a predisposing factor. Possibly the excessive use of cane sugar has a direct relation to the disease.

Meats of all sorts should be eliminated from the dietary. There is no other way in which intestinal putrefaction can be so efficiently combated. Meats as eaten are practically always swarming with putrefactive bacteria of the colon types; and they leave in the intestine a larger amount of putrescible residues than do any other foodstuffs. It is to be remembered also, that on a meat diet there is an enormous and harmful addition to the work of the liver and kidneys.

The most important progress made in the treatment of diabetes, until the recent discovery of insulin, was due to Guelpa, a French physician. Maintaining that diabetes is due to intestinal toxemia, he cited clinical results which demonstrated that by abstention from food and thorough evacuation of the intestines, sugar disappears even in the most severe cases of diabetes and generally in a remarkably short time. The after-treatment he prescribed consisted of restricted dietary from which meat was always carefully excluded, with frequent short periods of fasting. It is evident that Guelpa is entitled to the credit for discovery of the great principles which underlie the modern successful treatment of diabetes; for he noted not only the beneficial effects of fasting in clearing the urine of sugar, but also the necessity for reducing the weight, lessening the habitual food intake, and, still further, the importance of suppressing intestinal putrefaction.

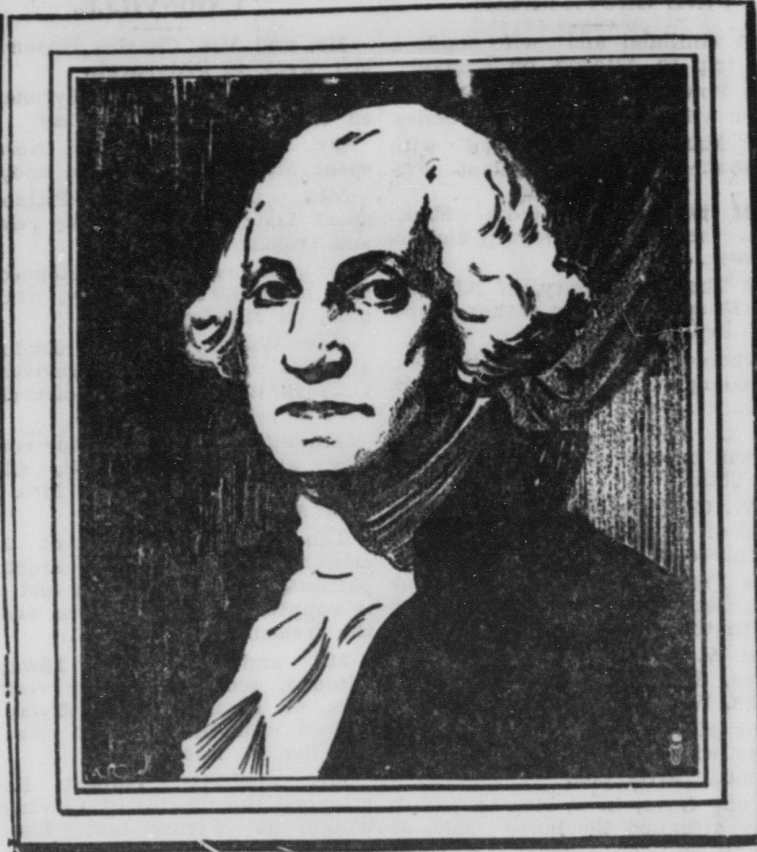
The discovery of insulin by Dr. Banting and his associates is without question the most important step that has ever been made in controlling diabetes. It is important to recognize at once, however, that the discovery of insulin does not render valueless the new principles which have been evolved through Guelpa's discovery. It is in combination with the methods derived from Guelpa that insulin is able to accomplish its results.

When the discovery of insulin was announced, the newspapers published sensational accounts of its properties which led to the false impression that a radical cure for diabetes had been found. Insulin supplies a substance which the body normally produces in ample quantity but which, because of disease, it is no longer able to furnish. By supplying the body with insulin derived from another animal the deficiency is made good temporarily. But the injury to the pancreas which gives rise to the deficiency, may, and in the majority of cases will, continue to exist; and so long as this is the case the insulin must be constantly supplied, daily and regularly.

Most unfortunate was the impression at first given that with the use of insulin the rules in regard to regulation of diet might be wholly disregarded. The truth is that without careful regulation of the diet, comparatively little benefit is likely to be gained from the use of insulin, and indeed it is entirely possible that neglect to properly regulate the diet when insulin is being used may result in grave disaster. Insulin is a powerful drug, one that cannot be used indiscriminately or carelessly. In the proper treatment of diabetes with this drug, an exact balance is established between the insulin and the carbohydrate, and this balance must be carefully maintained. An overdose of insulin or neglect to take the proper amount of carbohydrate soon after the insulin has been given, may result in very grave symptoms and even death.

Banting's discovery supplements that of Guelpa and in such a way that both discoveries are made more valuable than either would be alone.

Insulin must, of course, be used under the careful supervision of a competent physician who has made a study of the modern scientific methods of treating diabetes by means of diet and insulin. In most cases, however, under such supervision, the patient may learn to give the remedy himself, not only as a matter of economy, but so that he may not be helpless in an emergency. It is important that the patient learn also how to make a daily examination of the urine, so



WASHINGTON'S ANCESTORS DISTINGUISHED PEOPLE

February 22 is the birthday of that son of Virginia and of old stock of the British Isles, without whose high endeavor and fortitude there would possibly not be upon the earth today a United States of America.

It is worth our while from time to time, even in an irreverent and forgetful age, to remind ourselves what price was paid by those who went before us for the heritage we enjoy—and what virtues were practiced by them to make that payment possible and to complete their purchase. Washington was of a type that might fare ill at the polls these days. He was austere with an austerity that some of his contemporaries termed arrogance. He was dignified with a dignity that would ill fit the manners of the hustings and appeals for votes today. He believed in the leadership of those whose attainments qualified them for leadership. He thought that education and experience in handling large private affairs were useful to men intrusted with large public affairs.

Under the control of an iron will he had violent passions, which now and again flamed out at cowardice or demagoguery or corruption. He possessed what was then the largest private fortune in the thirteen colonies. He traced his blood for centuries through a line of English "country gentlemen," and he maintained the use of a coat-of-arms granted his forebears—a coat of arms perpetuated by its suggestion of the coat of arms and flag of the American Union.

He was moral heir of the barons who exacted the Great Charter from King John at Runnymede, of the school of John Hampden and the earlier Oliver Cromwell, rather than of Harrison and Barbones. He

would have been at home with the men who ousted James II rather than with those who finally beheaded Charles the First. There was nothing in him tolerant of the Wat Tylers that England has bred along with her Sidneys and Drakes and Fairfaxes and Lovelaces.

He believed in the propriety of great possessions. Social justice in his time did not exact of Americans the attention given to economic justice—the right to work and trade, and be properly paid for the doing—and that in turn gave way in the public mind to the related rule of political justice.

So it came about that the American Revolution was initiated, fought and won on the ancient principle of the British constitution. "No taxation without representation," which the colonists declared should govern this side of the Atlantic as well. Washington believed that great possessions of mind or of matter imposed great obligations. He believed that the "able-man" owed a debt to his fellows in the measure of his ability. And he carried into his public service a fortitude which no disaster could break, a sense of duty that no opposition could swerve, and a conscience which willingly risked "life," "fortune" and "sacred honor" for the public cause in which he was enlisted. He set no store on lofty station save as it gave opportunity to help his country and his countrymen, and for the self-seeker and the time server he entertained the stern contempt visited likewise upon the poltroon and the charlatan.

On Thursday, April 30, 1789, George Washington was inaugurated first President of the United States, in New York city, the ceremony taking place at what is now generally known in history as Federal Hall, but which is now the Subtreasury building.

CONDUCT REGULAR CLASSES AT CRESSON SANATORIUM

In order that the children in the Cresson Sanatorium may have the maximum time for rest and for outdoor activities, when their health permits, Dr. Thomas H. A. Sites, medical director, has devised a system of night schools that is working out splendidly.

Having held a morning session of all classes, followed by the noon day meal, then must be a rest period when all the children lie down for two hours of absolute quiet and rest. This has been found to be most essential. Dr. Sites decided that when the children arose from this resting time, they should go out of doors and spend a greater part of the afternoon in the open.

School convenes again at 7 P. M. and classes are conducted for two hours in the evening. This serves to take care of the evening hours, when the children would have to be indoors anyway, and combines teaching and evening care under one group—the sanatorium teaching faculty.

Grades corresponding with those in the public schools are carried forward at Cresson, and satisfactory advancement is noted each year. When the patient is discharged and sent to the home school it is found almost without exception, that he is able to take up his work at the same point at which he left it in the sanatorium.

Teachers, so far as possible, are recruited from the patient personnel, many of the instructors carrying normal certificates, indicating their preparation for this work before they went to the sanatorium. Pupils are carefully graded, and advanced as rapidly as possible, but always with the health and improvement of the patient as the major consideration. After all, the boy or girl went to Cresson to be cured of tuberculosis if possible, and school training is of secondary importance.

The Chemical Lime company, last week, opened offices in Pittsburgh where a general sales agency will be established. At present there is an increased demand for chemical lime, which is believed to be a fair indicator of a revival in some lines of business, at least.

that he may watch against the appearance of sugar. And it is also greatly to his advantage that he learn, preferably from a specialist in diabetes or a trained dietitian, the fundamental facts in relation to food and dietetics which are involved in the scientific treatment of this disease.

(Concluded next week)

U. S. ARMY BEAT US! GERMAN CHIEFS SAY

Generals Laud Doughboys as "Brave and Reckless."

Berlin.—The former heirs to the thrones of Germany, her generals and those enlisted men who opposed American troops in the world war are unanimous in their appraisal of the American soldier—"a man of superb courage and recklessness." Some add that he often lacked sufficient military training, for which America's heavy losses must be blamed, but they are practically agreed in their conviction that it was the American doughboy with his superior equipment who won the war for the allies, writes Sigris Schultz in the Chicago Tribune.

Some of Germany's most famous generals, who stood opposite American troops, have been interviewed. Former Crown Prince Rupprecht of Bavaria was "the real scrapper" among German princes. He shares the opinion of former Crown Prince Friedrich Wilhelm of Prussia and Germany.

"U. S. Troops Beat Us."

"As the war progressed I was permanently worried by the thought that the United States might possibly enter the war on the side of our enemies," Rupprecht said. "American support to the allies, war material at the beginning and troops at the latter part of the struggle brought about our defeat. The American forces opposing us consisted of young, strong men trained in sports."

Another Gen. Hans von Seeckt, former chief of staff of the Mackensen army, is also convinced that America did considerable to help win the war. General von Seeckt, commander-in-chief of the reichswehr for six years after the conflict and mentioned as Presidential candidate next spring said:

"In the World war America created, in a relatively short time, a well-equipped army, inspired by a great spirit of attack. The fresh American troops, thrown into line at a front weakened by years of fighting, decided the fate of the war. The heavy losses suffered by the American troops were due to their great spirit of attack and their lack of war experience. As far as the American forces were able to work independently, American general ship was quite up to the mark."

Stresses Lack of Training.

General von Eiselein, former commander of the Third German army, stressed the lack of training which handicapped the American soldier compared to men who had fought for three and one-half years. His troops fought American troops between Alsace and Meuse.

"If the war had lasted longer the Americans would have become real soldiers, and very good ones at that," he said. "Compared to our old veterans, the Americans were mere wearers of arms. What the Americans lacked in war experience they made up by great pluck and devotion to their cause."

"The Americans were great fellows, tremendously plucky—but real children in battle," said Gen. Wilhelm Heye, former commander in chief of the reichswehr.

"I saw the American infantry advancing near Dun, Moselle. Shoulder to shoulder, wave upon wave, a sea of khaki! One wave was mowed down, and a second, third, fourth successively rushed onward over the bodies of their comrades. Ruthlessly, regardless of losses, the attack was carried forward. The moral effect of the American onslaught on our depleted and spent troops was tremendous."

"Defiant of death, the American troops did their duty," said Count von der Schulenburg, the former crown prince's chief of staff.

Wheat Buys Tonsorial Attention in Illinois

Marion, Ill.—Three bushels of wheat paid for a haircut, shampoo and shave for Grant Cruise at a barber shop recently. The wheat was then traded by Ed Durham, the barber, for some chickens and everybody was satisfied with the unique three-way deal. Durham has announced he is ready to give tonsorial relief to all persons having an excess amount of wheat along with an excess growth of hair or beard.

Town Is Burned Up but Teacher Wants Her Pay

Boise, Idaho.—Here's a riddle. A school teacher signed a contract to teach school in Quartzburg, Idaho for one year. Quartzburg was burned up, lock, stock, and barrel, by a forest fire. The teacher demanded her salary. But there were not only no Quartzburg pupils, but no Quartzburg. The Idaho attorney general is trying to find an answer.

Flying Speed of Wild Ducks Found to Vary

Amherst, Mass.—The flying speed of different types of wild ducks varies as much as 32 miles an hour, Massachusetts State college scientists have discovered. Though wild ducks ordinarily fly at about 40 miles an hour, pintails have been clocked at 55 to 60 miles per hour, and a canvasback was found to have a top speed of 72 miles per hour.

Old Whipping-Post Tree

Alfred, Maine.—An oak tree which served as a whipping post in the days of colonial blue laws is still standing here.

FOR AND ABOUT WOMEN. DAILY THOUGHT

A lawyer never gives up a case until he has exhausted all the means at his client's disposal.

Prediction—fair fashion weather ahead. A brighter spring than for many years. More sunshine colors. Clear colors. None of those cloudy shades of a short time ago. More blue in fashion's sky—in short, it's to be a blue sky spring. For fashion is gay, zestful, good-to-look-at, easy-to-wear. Purposely so; purposely a tonic.

Most women, we predict, will look like soldiers. For the fashionable silhouette has a military lines—a clean-cut outline, broadened shoulders, narrow waistline, slim hips and straight skirt.

These straighter skirts will be lengths. Middle calf for street wear. But skirts for sports wear will be shorter.

Fashion's narrow waistlines are also higher. You'll see most waistlines worn where nature put the waistline. And many waistlines even higher than normal.

This spring, so we predict, you'll see many more coats without fur trimming than you saw last spring. The most fashionable coat without fur will also be without a collar. But worn with scarfs—of the fabric of the coat or of silk—tied in many exciting new ways.

Smartest dresses, while they keep to military outlines, will have many soft, fine details—so we forecast. And on dark dresses, lingerie touch or bright scarfs will be favorite trimmings.

Accessories are bright-colored and gay. Many cheerful scarfs. Many colorful sweaters.

Shoes are more decorative with discreet trimmings. And more comfortable with lower heels.

Handbags are tailored in line. Always flat. Often long and shallow. With decorative clasps.

Most gloves will be simple slippers with the new, more fitted wrist. And more stockings will be beige than any other color.

Just about now you're probably wondering if a print shouldn't be your first spring dress. Good idea. Fashionable designs are mostly small. Which is right. For with colors as bright as they are, you can't have too large patterns. There aren't a lot of different colors in one print, either. So it doesn't look evenly.

Even though it's a print, you get the feeling of "a green dress" and so on, just as though it were one color.

We're seeing prints used in many ways. One good way is a whole dress of print with a short jacket or long redingote of solid color.

In another the print makes the bodice of the dress and the plain color makes the skirt. (Sometimes a jacket, too.)

Still another way—and this you can see in the illustration—is a print dress with plain color trimming.

One of the newest printed costumes we've seen—and it stepped out of a limousine and into one of New York's exclusive specialty shops one day last week—was a tailored suit of printed silk.

Not too tailored, of course. It had a soft, dressmaker look to it. But the jacket was fitted and the skirt straight.

QUESTIONS

- 1—What American woman has been named for an international post never before held by one of her sex?
2—What is the American Institute of International Law?
3—What is the particular significance of Doris Stevens' nomination?
4—With what activity has she been identified for many years?
5—Did her woman suffrage work ever result in "Martyrdom"?
6—What were her activities after women won the vote?
7—What is the Inter-American Commission of Women of which she is chairman?

ANSWERS

- 1—Doris Stevens, chairman of the Inter-American Commission of Women, has been nominated (which is tantamount to being elected) to succeed Elihu Root in the American Institute of International Law. Mr. Root becomes honorary president.
2—The institute is composed of the five leading publicans of each of the twenty-one American countries. Among its functions the institute acts as legal advisor for the Pan-American Union.
3—Never before has a woman been admitted to membership in any international judicial body.
4—She has always been an ardent worker in the cause of feminism. In 1915 she organized the First National Convention for Women, which met at the Panama-Pacific Exposition that year.
5—In 1917 she was sentenced to 60 days imprisonment for attempting to petition President Wilson on behalf of national suffrage. On several other occasions her ardent work for women suffrage brought her perilously close to the law.
6—She became identified with Mrs. W. H. P. Belmont, a leader of the Women's party. This group worked for equal rights as between men and women, in all phases of life. Later Miss Stevens' interest turned to international affairs.
7—The commission was created by the Pan-American Conference in Havana in 1929. It was the result of a resolution passed at the conference and authorizing a study of "means of abolishing the constitutional and legal incapacities of women for the purpose of securing the same civil and political rights as enjoyed by men."

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PUSHES PROGRAM ON STATE WORK

Contracts valued at more than \$6,000,000 for State construction work will be in force by the end of February, according to a report compiled by John L. Hanna, Secretary of Property and Supplies.

The statement shows that in the more than four months that Hanna has been Secretary of Property and Supplies, architects have been approved, plans drawn and passed, bids advertised and contracts let for approximately \$3,800,000. From Feb. 3 to Feb. 24, approximately \$2,160,000 more in contracts will be put in force.

The work is distributed over many institutions throughout the State including State teacher's colleges, penitentiaries, State hospitals and State industrial plants. The \$6,000,000 which will be in force with work actually started by the end of February represents three-fifths of the total \$10,000,000 appropriated by the 1931 regular session of the Legislature for State construction, exclusive of construction at Eastern State penitentiary where a new prison is being built at Graterford.



... A Word in Time

PETE, the dog, cowed an ear and cocked. Strange footsteps were approaching the farmhouse.

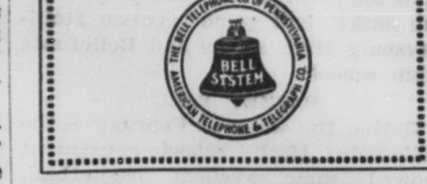
With his torn and muddy clothing, the stranger presented a curious spectacle to the Clark family. "Lost in the woods," he mumbled. "Have you got a bite to eat?"

Despite the dog's protests, Mrs. Clark bade the stranger enter and share the evening meal. He ate ravenously, his eyes constantly on Pete and the door.

Suddenly the telephone rang! "Man headed your way—dangerous character!" Details of the sheriff's description were lost in the uproar as the stranger dashed for the woods with Pete at his heels.

The sheriff's men found him easily enough in an old maple tree, the dog faithfully on guard. "For protection, give us Pete and a telephone," the Clarks agree.

The modern farm home has a telephone



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