

Your Health

THE FIRST CONCERN.



DIABETES—A NATIONAL PLAGUE

John Harvey Kellogg, M. D. Battle Creek (Concluded from last week)

In view of the great variation between cases, only a few general suggestions as to diet may be given here. After ascertaining the amount of starch or sugar that the patient can make use of without an increase of the sugar of the blood or the appearance of sugar in the urine, the amount of carbohydrate and fat in the diet should be properly balanced.

This balancing may be done by means of formulate which have been carefully worked out; or a diabetic diet table can be procured. The amount of protein required, according to the standard proportion adopted by many specialists, is not more than one-third of one gram per pound of body weight.

A considerable amount of raw food should be eaten—fruits, particularly grapefruit, strawberries and oranges, as well as salad vegetables.

The free use of water is highly important. Patients may drink with advantage three or four quarts daily, even though thirst may not demand this amount.

Meat should be eliminated from the bill of fare, substituting for it proteins of vegetable origin, such as wheat, legumes, nuts, beans and other legumes, proteose, nutoleine, etc.

Since there is no harmless substitute for sugar, it is better that the diabetic patient wear himself from sweets. He will have no difficulty in doing this if he will only fix in his mind the fact that sugar is his enemy. Instead of permitting himself to indulge in longing for confectionery and other sweets, the moment the thought of sugar enters his mind he should picture himself a fierce and implacable enemy seeking his life.

Tea and coffee should be discarded. Simple substitutes, such as kaffir tea, may be employed in their place, but the best plan is to eliminate hot beverages at meals.

Thorough mastication of the food is especially important for the diabetic, since the amount of food he takes is greatly restricted, and especially since the amount of insulin used is based upon the amount of carbohydrates eaten. It is of the highest importance that the food should be thoroughly chewed so that all of it may be utilized.

Special attention to the colon is of great importance in every case of diabetes. One of the first things to be done is to restore the normal three-day habit of bowel movement.

Fortunately, the foodstuffs which are indicated for the relief of constipation are the very ones which enter most largely into the diabetic regimen: greens of all sorts and such coarse vegetables as turnips, carrots, artichokes, cabbage, lettuce, celery, etc. A laxative or especially prepared bran (diabetic bran) is required to secure the full degree of activity which is most desirable.

Another thing which must not be neglected is intestinal lubrication. Changing the intestinal flora, which must receive attention to secure efficient bowel movement, is somewhat more difficult than usual in case of diabetes because of the small amount of carbohydrate which diabetic patients are able to tolerate. But it may be accomplished by using sufficiently large quantities of bulker (corn or diabetic bran and marmite oil). A warm enema should be used at night. If colitis is present the colon should receive special treatment.

Exercise is one of the most effective means of increasing the utilization of glucose, but it is important to remember that active exercise is not always best for a diabetic. When, however, under careful direction, the excessive metabolism has been controlled a considerable amount of exercise may be taken to advantage.

Walking at the rate of about three miles an hour, is good, becoming with age more and more increasing gradually. Stair climbing is one of the best forms of indoor exercise. Swimming in moderation is beneficial. Heat bathing and light stretching movements may be regularly practiced to advantage. Persons for whom for any reason any considerable amount of exercise is impossible may be greatly benefited by means of automatic exercisers in which the muscles are made to act and do actual work by electrical stimulation.

Freshly cleaned and out-of-door life are nearly as valuable in the treatment of diabetes as in the treatment of tuberculosis.

FAMOUS HEALTH CENTERS For centuries the "bads," or health resorts, of Germany and central Europe have been famous for the medicinal powers of their spring waters and for the elaborate establishments that have been built up about these springs, where every comfort and luxury is provided for those who come for the cure and for those who are merely in search of rest or recreation. Hundreds of thousands of persons visit them each year, and many return annually to their favorite resorts.

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DAD NEEDS MONEY; WOULD PAWN TWINS

Gets No Takers, So Flees in Fear of Charity.

Hutchinson, Kan.—Sam Harris, thirty-five, of Hutchinson, had to have an operation on his nose and offered to pawn his twin baby sons for the \$200 needed for the operation.

Harris was out of a job and figured that the only way that he could obtain money for the operation was to pawn something. He didn't have much to pawn except the twin babies.

So Harris informed A. B. Leigh, probation officer, and Mrs. Jack Campbell, police matron, that he is willing to pawn the twins for \$200. The twins' names are Daniel and Delbert.

"I can't get a job," he said as he sat with his wife and babies in their one-room tenement home. "I have nothing that I can mortgage and I won't accept charity."

"The twins are the only security that I can offer for a loan," he said. "If some one will lend me \$200, he can adopt the twins. Later on, when I get steady work, I'll redeem them."

Leigh and Mrs. Campbell recommended that Harris go to the county doctor for his operation, but he protested, saying that he would not accept charity.

The twins are six months old, and have been described by doctors as being in perfect health.

A few days after Harris made his offer he fled from Hutchinson, taking with him his wife and babies. He had confided in friends that he had feared that city and county authorities would take action against him, since he had refused to move to the county farm as a charity family.

All Adults in Village Are Sentenced to Jail

Kovno, Lithuania.—The entire adult population of the village of Naujamiesta has been sentenced to jail and the 400 inhabitants have begun serving terms of from two to four weeks in relays of ten persons. The jail accommodates only ten at a time.

The wholesale sentence was the result of a forty-two-year court action over the right of the citizens to gather firewood in a nearby forest, where for generations they had found fuel, although the government frequently warned them that the property belonged to the state and that trespassing was forbidden.

The town first filed suit against czarist Russia and later against the republican government of Lithuania, created after the World war. Police served thousands of notices of violation of the law, and many fines were assessed, while the suit was being decided by the courts. The government eventually won the action, but by that time every person in Naujamiesta had been fined once or twice.

None would pay a fine and the jail, decided to let them serve jail terms in relays. Meanwhile the population continues to gather firewood from the forest as before.

Bavarian Crown Jewels Sold for 39,300 Pounds

London.—The Bavarian crown jewels were auctioned at Christie's for a total of 39,300 pounds (about \$100,900 at par).

Considered the most important sale since the auction rooms disposed of part of the Russian crown jewels for more than \$400,000, the Bavarian collection contained the famous Wittelsbach blue diamond which was sold for 5,000 pounds. The gem weighs nearly 35 carats and is mounted in a pendant, surrounded by many smaller brilliants.

One other piece, a magnificent diamond tiara surmounted by twelve work from which are suspended 36 brilliants, was sold for 7,000 pounds. Three other large stones were sold for 4,000 pounds each.

Autos Replace Camels as "Ships of Desert"

Detroit.—Automobiles are fast replacing camels as the ships of the desert, according to H. K. Norman, London, England, on a recent visit here.

"Recently I was in Beyrouth," Norman said, "and was amazed at the lines of auto transportation that extended from that point over various desert routes. One line runs from there to Bagdad. Another extends to Damascus. Still another to Haifa."

"The reason for the replacement of camels with the modern auto has been largely the demand of tourists for more comfort and speed."

Food Costs Dropped 16 Per Cent in 1931

Washington.—The cost of food declined 16 per cent last year, according to compilations made public by the government bureau of labor statistics. Average prices of food now are approaching the pre-war levels of 1913. The bureau's index of the cost of things to eat, in which 1913 prices equal 100, stood at 114.3 on December 15. A year previous it was 137.2. During December prices decreased on all but ten of the forty-two food items listed by the bureau. Large decreases were: Pork chops, 13 per cent; oranges, 11 per cent; lard, 8 per cent.

Great Wall of China



Where Great Wall of China Would Run if Transferred to United States.

(Prepared by National Geographic Society, Washington, D. C.)—WNU Service.

THE Great Wall of China, in the shadow of which fighting between Chinese "bandits" and Japanese soldiers recently has taken place, is one of the greatest engineering feats of mankind. The barrier, beginning at Shanhaikwan on the Gulf of Chihli, stretches in a snakelike course far into Mongolia.

If transferred to a map of the United States and its eastern end placed at Philadelphia, the wall and its spurs would penetrate the border of Pennsylvania, West Virginia, Virginia, Ohio, Indiana, Kentucky, Illinois, Missouri, Arkansas and Kansas.

According to astronomers, the wall is the only work of man's hand which would be visible to the human eye from the moon. Some idea of the size of its stupendous construction may be gained from the calculation that if the materials of which it was built were used to encircle the globe at the equator, they would be sufficient to form a barrier eight feet high and three feet thick. There are more brick and stone in the Great Wall than in all the building in the United Kingdom.

Historians class this mighty rampart as the "Eighth Wonder of the World"; and not the least wonderful part about it is that it has survived all the others save one, the Great Pyramid of Kufu at Gizeh.

The Great Wall of China differed from other famous wonders of the world in that it served a utilitarian purpose, whereas most of the others were all "preposterous edifices of exaggerated hugeness, of dazzling and ruinous luxury." It had a mighty purpose, serving as a barrier to keep the barbarians of the North from overrunning China, whose fertile plains invited them.

The idea was not ridiculous in an era when bows and arrows and twisted pikes were the weapons of invaders. Then earth and stone were real deterrents (for artillery was unknown) against armies that were simply cavalry hordes.

Was Completed in 204 B. C. Walls dividing rival feudal kingdoms or protecting them from foreign enemies are mentioned in the Chinese chronicles as early as the Fifth century before Christ, and it is probable that portions of these previously built walls, of which vague vestiges are still traceable in some parts of Chihli and Shantung provinces, were utilized by Chin Shih Huang Ti (contemporary of Hannibal), who extended and linked them together when he built his "Long Rampart," stretching from Shanhaikwan, on the sea coast, to Minchow, in distant Kansu, in order to protect himself and his empire from the Huns, whom he so long unsuccessfully tried to overcome in the field.

Began in 219 B. C., the barrier was completed in 204 B. C. Thus it was fifteen years in building, seven of which were after the mighty emperor's death. To him alone, however, is due the conception of a work probably unequalled in any land or by any people for the amount of human labor bestowed upon it. Three hundred thousand troops, besides prisoners of war and all the criminals in the land, including many dishonest officials, were impressed for the work.

How these unskilled laborers accomplished their task with the primitive means at their disposal, how they overcame the physical difficulties imposed on them by the steep slopes of the high mountain ranges, remains a marvel to this day.

As for the cost of the wall, no figures have been preserved. A weaker man might well have hesitated to plan an undertaking which, though popular in the main as a defensive measure, entailed great suffering on the people. But Chin Shih Huang Ti was one of the strongest and most remarkable characters in Chinese history, or, in any history—a powerful and romantic figure, who left behind him an example of personal activity unequalled among Oriental sovereigns. Chin Shih Huang Ti was, furthermore, the autocrat who united China by subjugating a group of warring states from 246 to 210 B. C.

He Made the Emperor Supreme. He established two principles of government destined to endure in his native land for thousands of years—the supremacy of an emperor and the non-employment of officials in their native provinces. The impression he made on following ages was great and lasting.

HOW

NAMES IN CHINESE ARE WRITTEN AND ARRANGED.—In China surnames are always written first. For instance, in Sun Yat-sen "Sun" is the surname, while "Yat-sen" corresponds to the occidental first, given or Christian name, as it is variously called. According to the prevailing practice of learned authorities and institutions, when a Chinese name is written in English the surname is capitalized, while the two parts of the given name are hyphenated and only the first part capitalized: as, Chiang Kai-shek, Li Hung-chang, and Chang Tso-lin. The division of Chinese literature in the Library of Congress says that most Chinese surnames consist of only one syllable, but there are several hundred dissyllable surnames. When a Chinese has such a surname and a given name, two hyphens are used; as, Ssu-nu Hsiang-ju. In such cases only the first part of each hyphenated compound is capitalized.

If a Chinese has only two names both are written in upper case without the hyphen; as, Chung Hung. When regular Chinese names like Sun Yat-sen and Chiang Kai-shek are abbreviated the anglicized form and order are usually followed; as, Y. S. Sun, K. S. Chiang, T. L. Sung, H. J. Ssu-nu.—Pittsfield Magazine.

How Years Affect the Brain of Human Beings. There is a noteworthy change in the chemistry of the brain from birth to old age. It is reported by Dr. Frederick Tilney, professor of neurology at Columbia university, and Joshua Rosett, in a bulletin of the Neurological Institute.

In a chemical analysis of 68 brains they found that the percentage of lipids, or fats which cannot be decomposed by alkalis, increases until middle life while the water content decreases. Then the amount remains stationary until between the ages of sixty and eighty, when the reverse process takes place and the lipids give way to water.

The greatest increase of lipids comes near the end of the second year, and the largest increase noted from birth to middle age was 8 per cent. Generally, they conclude, this progressive increase gives an index of brain development. It is affected, however, by diseases and toxins.

How to Render "First Aid" When first aid has to be applied "remember that nothing has yet been invented by any chemist or druggist that takes the place of a pure soap and water scrub prolonged to get cleanliness," says Doctor Wilkes. "This provides 90-100 of the necessary precaution. Antiseptics give the final 1-100. Then after you have the spot clean, don't bind in the germ from a soiled handkerchief. Use a sterile piece of cloth. In avoiding infection, time is an important factor. A five-cent sterile gauze bandage, applied to a cut after a good soap and water scrub, can do more in the first five minutes after the accident than the most experienced surgeon often can do several hours after."

How Rubber "Fatigues" When a piece of rubber is stretched to several times its original length it returns almost completely to its original form as soon as the force is released. However, when rubber is stretched again hundreds of thousands of times, it undergoes a form of deterioration which is called "fatigue." When ordinary rubber "gets tired" it cracks; witness, for example, the cracks that develop on a pair of rubber boots where they are folded.

Chemists have discovered that a very small amount of certain organic chemicals, introduced into the rubber before vulcanization, prevent "that tired feeling" and the resultant cracks. —Louisville Courier-Journal.

How Coffee Trees Are Raised Coffee trees are raised from seed grown in nurseries, and when of a size to endure variations of temperature, usually in about six months' time, they are transplanted to the coffee orchard, where they begin to bear when three years old and bear fruit for about twenty years.

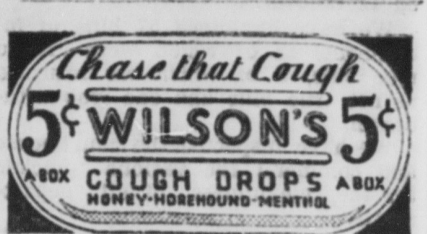
How to Clean Gilt Frames Gilt frames may be cleaned by washing them with a small sponge moistened with hot spirits of wine or oil of turpentine, the sponge only to be sufficiently wet to take off the dirt and fly marks. They should not afterward be wiped, but left to dry of themselves.

POPE TIGHTENS UP MIXED MARRIAGE RULES

A tightened restriction on mixed marriages came out of the Vatican in the form of a ruling that all children of such unions must actually be reared within the church.

The penalty of annulment and illegality in the eyes of the church was provided in the drastic measure, which was handed down by the congregation of the sacred office and approved by the Pope.

The decision amounted to a withdrawal of dispensation from a marriage between a Catholic and a non-Catholic, when the parties involved violate their promise to bring up their children as Catholics.



The Ice Harvest

IT was warmest in the kitchen, beside the stove. Mrs. Drake stirred the fire and pushed the rug against the door. "It's freezing hard," she said. "We'll be cutting ice soon!"

Sam, deep in a book, perked up. "Gee, Ma, let's have an ice-cutting party! That'd be fun! There's the Hays and the Meyers and the Greens —"

"You wouldn't forget Sally Green," laughed his mother, and Mr. Drake, behind his paper, chuckled too.

"It's a good idea, though," Mr. Drake said. "We'll be needing help. Let's have the folks on Saturday."

Sam was already at the telephone. "I'll call them up now, Ma! You bake the cakes 'n everything—chocolate layer, you know. This is going to be a bang-up affair!"

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