

Your Health

THE FIRST CONCERN.



BLOOD PRESSURE

By R. S. Copeland, M. D.

High blood pressure is one of the common ailments complained of in modern times. It was unrecognized by the old time practitioner. Even now it may not be discovered until it has left its damaging effect upon the body.

Frequently I am asked what the blood pressure should be at different ages. A sort of "rule of thumb" for determining the normal blood pressure is to add one hundred to the age. This will give the approximate, but of course not wholly accurate answer.

The pressure found in a healthy person between twenty and thirty years of age varies between one hundred and one hundred and twenty. As we grow older the blood pressure rises. This is due to certain changes which take place in the walls of the vessels. The small arteries become hard and lose their elasticity.

Since the health of the arteries greatly influence the blood pressure, it is often said that "a man is as old as his arteries." Some persons of a given age show a tendency toward higher blood pressure than others. Every case must be considered on its individual merits.

Sometimes elevation of the pressure is for brief periods only. A steady high blood pressure is dangerous. It forces the heart to do extra work. This additional burden long carried weakens the heart and may damage that organ. It becomes enlarged and eventually is unable to function.

The damage is not to the heart alone. It may affect the kidneys. Bright's disease is often associated with high blood pressure.

Persons such as we are describing require rest and careful attention. Excitement and severe exertion should be avoided. The diet should be regulated. Excesses are always dangerous, but if the blood pressure is high it is important to avoid eating too much meat, meat soups, tea, coffee, alcohol and condiments.

Warm baths are beneficial, but hot baths are harmful. A person who suffers from high blood pressure should have a daily elimination. Constipation is dangerous, for it permits poisons to collect in the body.

The blood pressure of every person over forty years of age should be taken at least once a year. If it is too high, early discovery will permit much to be done which will prevent damaging effects on the heart and kidneys.

Bear in mind that the individual element enters into the matter. We are not alike, and what is above the average for one may not be abnormal after all. It is foolish to worry over it.

WHAT TO DO FOR BURNS UNTIL THE DOCTOR ARRIVES

Prevention is better than cure, is a saying that can be applied to any ailment. It applies particularly to burns. Severe burns are often difficult to cure, and, in most instances, could have been prevented.

Burns may produce permanent deformities, which may become life-long handicaps. We cannot say enough about their dangers.

Careless handling of hot liquids, such as boiling water, hot soup, tea, or coffee, is the most frequent cause of burns. The scalding is sometimes severe and serious. This accident is particularly dangerous when it involves children and elderly individuals.

Scalding causes marked reddening of the skin. The pain is intense. If the skin and underlying structures are damaged, scars form.

In a mild burn there is simple reddening of the skin and blisters may form. Scars do not occur in this type of burn.

Treatment of a bad burn should be left to the physician. His care lessens the discomfort and pain, shortens the duration of the healing process and prevents possible complications. Yet every one should be familiar with the treatment of a burn. Often it is difficult to secure a physician, or he may be delayed in arriving.

For the simple burn, keep the air away from the inflamed area. To this end apply a paste of moistened starch, flour or baking powder. Where there is marked reddening of the skin, olive oil, castor oil, vaseline or any soothing ointment, may be applied.

In the more severe burns, where the pain is intense, the afflicted person may be placed in a warm tub to which a pound of baking soda has been added. Cold water should never be used.

While waiting for the doctor, warm drinks, such as tea or milk should be given to promote warmth. The body should be wrapped in warm blankets and hot water bottles applied to the feet.

A SANITARY BARBER SHOP

By Dr. Morris Fishbein

A barber shop, conducted with some conception of what constitute sanitary regulations, is a safe place

MEASLES TOP LIST IN DISEASE GROUP

Measles was the busiest communicable disease in Pennsylvania during 1931, according to reports to the Bureau of Vital Statistics of the State Department of Health, which show a total of 80,742 cases for the year. One of the reasons why it is called a "disease of childhood," is shown in the fact that the age group between 5 and 9 years, showed 45,000 cases of the total.

Chicken pox followed along far behind, but reported a total of 29,107 cases; and 17,600 of those so reported, were in the age group between 5 and 9 years. Scarlet fever came third, with 20,225 cases listed; and 9300 of them were in the same age group.

Whooping cough landed in fourth place, with 15,919 cases; and 6600 of such reports showed the age group to be from 5 to 9 years. Closely following, but still in fifth place, was mumps, showing 15,277 cases; and 8600 of these also appeared in children between the same ages.

Diphtheria reported 4528 cases, and while it does not show as heavy a proportion in the 5 to 9 age period, it records a total of 1683 in that group, indicating too, that it belongs in the category of child diseases. The age group from 10 to 14 shows 615 diphtheria cases, so that it is shown that more than half of all diphtheria attacks come to children between the ages of 5 and 14 years. Ages as low as 1 year show diphtheria while there are four cases reported for the year in persons aged over 75 years.

German measles reported 4021 cases, with almost half of them in the 5 to 9 age group, which number could be added to the totals for ordinary measles.

The aggregate of the seven communicable childhood disease is 170,000 cases.

LENTEN REGULATIONS 1932

1. All the days of Lent, except Sundays, are fast days. The Lenten fast ends at noon on Holy Saturday.

2. All between the ages of 21 and 59 are obliged to fast, except the sick and convalescent, women in delicate health and condition; those to whom fasting would cause grave injury to health, or would produce such illness or exhaustion as would interfere with their daily duties; and those whose occupations are of a very laborious and exhausting nature. Those who doubt whether excused or not should consult their confessor.

3. Those obliged to fast are allowed but one meal, either at noon or in the evening.

4. During Lent every Wednesday and Friday are days of abstinence. However, by special privilege of the Holy See, working people and their families are obliged to abstain from meat only on Ash Wednesday and Fridays. On all other days of abstinence those of the family who are obliged to fast may eat meat at their principal meal; those not obliged to fast may eat meat at any of their meals.

5. Those who are excused from fasting or abstinence during Lent should practice self-denial in some way or other.

6. The usual Lenten devotions will be provided in all the Catholic churches of the Diocese, and the faithful should endeavor by earnest prayer, heartfelt contrition and the worthy receiving of the sacraments to profit by the special graces of the Holy Season. Attendance of theatres and dances, and indulgence in intoxicating liquors is opposed to the spirit of Lent. Those practices should be discouraged.

7. The time of complying with the precepts of Paschal Communion extends, as heretofore, from the first Sunday of Lent to Trinity Sunday. JOHN MARK CANNON, Bishop of Erie.

N. B.—The Right Reverend, Very Reverend and Reverend Pastors are reminded of placing boxes in the church for the Lenten alms for the Holy Father.

American vessels going through the Panama canal pay toll the same as the vessels of other nations. The Hay Pauncefote treaty between United States and Great Britain which was signed in 1901 and which paved the way for the construction of the canal provided for the use of the canal on entire equality by all nations. During the latter part of the Taft administration American vessels were allowed free passage. This was so strongly protested by Great Britain that in 1914 Congress repealed free toll.

for any one and a most satisfactory concomitant to modern existence.

Conducted without proper safeguards of the customers' health, a barber shop may be a menace to the whole community.

In Ohio, the Public Health Council has issued regulations which might very well be followed by every other community. In the first place, the regulations point out that no one shall act as a barber who has any communicable infection of the skin.

The barber must wash his hands with soap and water before serving each customer. Shaving mugs, brushes and combs are to be immersed in boiling water before used on each customer.

Alum or other materials used to stop the flow of blood may be applied in powder or liquid form only. This regulation is of the greatest importance, since the old alum stick with dried blood on it permits the growth of germs which are transferred from one customer to another.

Barbers should refuse to give service to any person whose skin is badly infected or whose skin shows the presence of eruption, unless the customer brings his own shaving brush, lather cup and razor.

FOR AND ABOUT WOMEN.

DAILY THOUGHT

Do the work that's nearest, Though it's dull at whistles; Helping when we meet them, Lame dogs over stiles.

—Charles Kingsley.

—Paris.—The time seems to be over, for the present at any rate, when we had a different costume for each occasion. Now our frocks have to do double duty and be just as good looking at tea or the cocktail hour as at a smart restaurant or night club.

For this reason, we now dress in layers, slipping on over a decollete gown, a bloused effect, jacket or bolero to make it perfectly presentable when the bright lights are not yet gilding the blue of night. This is an extremely practical and workable fashion and no matter how much the great houses may charge for such a model, the purchaser feels virtuously happy that she is effecting an important economy by buying a two-in-one frock.

But, seriously, even if one does not buy an original, one will find that a good copy made on these lines will be an extremely useful adjunct to any wardrobe and will be something to crow and gloat over, as is generally the case when the mode combines the practical with the pretty.

When the frock calls for a bloused effect rather than for a coatée then it would be better to have it made of some heavier textured fabric than lace, mousseline de soire or chiffon. For the latter, an ordinary little coatée or bolero is the best choice.

Those who have ears attuned to styles and trends for the new season know by now that "ears" mark the contour of the newest hats.

This means, of course, that the snugly fitting little cap, really a skull-cap, has returned, but that we are decorating that rather monotonous line by upstanding quills and "ears" of the material.

This is really just the natural process of evolution in consequence of the success of the medieval beret and Florentine cap that were so liked this winter. Of course, brims will come later, but somehow just now these pert little caps seem to express the blithe spirit of spring, for blithe we must be in our appearance no matter what happens. We owe it to ourselves and the world.

Buy one or two good hats this spring rather than a host of inexpensive copies that don't mean a thing, and see how your spirits and outlook are materially improved.

The pert millinery that has been created for the new season is just about the grandest antidote to that jaded feeling that overtakes us all at the end of the winter.

The snug little hat is worn very tip-tilted and the tipped idea is further accentuated by the positions of the two "ears," one placed low at the right side, the other further back and high at the left of the head.

The LeMonnier model consists of four plaques of brown straw woven round and round, each like a separate plate and superimposed across the side-top and back of the head. The left side is more or less exposed and is ornamented by two short brown quills thrust through the straw.

Cocoanut Cream Candy.—Melt two tablespoonful of butter in a saucepan, add one-half cup of milk and a cup and a half of sugar. Heat to the boiling point and cook 12 minutes, taking care that it does not burn. Push back on the stove, add one-third cup of shredded cocoanut and half a teaspoonful of vanilla. Beat until the mixture is creamy, pour into a buttered pan, cool and mark into squares.

To Cook Mushrooms.—One of the nicest ways in which the meadow mushrooms can be prepared is to peel, trim off the stalks, and lay in a porcelain lined saucepan for half an hour with a tablespoonful of butter.

This draws out the juices of the mushroom. Then allow as much cream or rich milk as there is mushroom liquor and simmer in this delicious sauce for six minutes only. Season lightly with salt and pepper and turn over delicately browned slices of toast.

—Mince veal is delicious meat for stuffing green peppers.

—Before heating milk in a pan rinse the pan with water and the milk will not scorch so easily.

—A sliced banana added to the white of an egg and beaten until stiff makes a delicious filling.

—Thread often becomes twisted when sewing or embroidering. To avoid this roll the needle toward you occasionally as you sew.

—If you wish to cool a hot dish quickly place it in a vessel of cold water to which a half cupful of salt has been added.

—A long-handled corn popper is useful for broiling a piece of steak, a chop or making a slice of toast in the furnace when the range fire is not right.

—A paste made of whiting and olive oil removes the black spots which frequently appear on silver. Let it stand until dry, then polish the silver with chamois.

—If you get a piece knocked off of your walnut furniture touch it up with iodine on a piece of cotton, then go over it with furniture polish and the place will hardly show.

—For an ink spot on a rug, try a paste made of buttermilk and starch. Spread paste over spot, let it remain until it has dried.

FARM NOTES

Successful alfalfa fields are becoming more numerous in Centre county, states county agent R. C. Blaney, especially on dairy farms. Tests conducted by the agricultural extension department have proven that the proper kind of seed is a big factor in having a successful stand. It is safer in this section to use seed which was produced north of Kansas and Nebraska. In the southern counties, alfalfa seed from Kansas or Nebraska seem hardly enough for all but the most severe winters. Outside these counties something harder is advisable and seed from States, such as Idaho and Montana, will be somewhat safer than that from Kansas or Nebraska. In the northern sections, or where alfalfa is more subject to winter killing, one of the still harder strains, such as Grimm, usually is economical even at a considerable advance in price.

Where there is some question as to whether a hardy strain is needed, one where one is seeding down a field to be mowed as long as possible, it is often a good plan to use one-half to one-third hardy and the remainder good common seed from Kansas or farther north. The common seems to make a more vigorous second and third crop than the hardy strains.

One of the best sources of seed, from the standpoint of hardiness, in demonstrations, has been Canadian Varigated, grown in Ontario. There is a good supply of this seed available this year at a price but little above that of good common seed, even after paying the duty of \$4.50 per bushel.

Clover and alfalfa are the most important crops on the Centre county dairy farm. Without hay the dairyman is at a disadvantage and without clover on the land other crops in the rotation are less successful, county agent R. C. Blaney points out.

A sweet soil is needed in successful clover and alfalfa production. The agricultural extension office will test a sample of the soil from the field to be seeded. If the test shows no lime needed, some inoculated alfalfa seed should by all means be mixed with the clover seed. If the tests show need of more than a ton of burned or hydrated lime, equivalent to 1½ tons of ground limestone, per acre, clover will be very uncertain unless some lime is applied. The best time to lime is before the grain is sown, but lime applied on the grain in winter will not hurt it and may make the difference between good and very poor clover. The greater the need for lime, the poorer the clover prospects are unless lime is used. On sour soil which cannot be limed, alsike clover has a better chance of success than red clover.

Seed also is important. Red stained imported clover seed is of little value. Green stained imported seed should be avoided. Both are likely to winter-kill or die from disease. Locally grown seed, if free from weeds, is probably best. Otherwise, use American-grown seed of good purity and high germination. Seed bargains are seldom a good buy.

Spring weather determines somewhat the best time to sow. Seeding when the ground is honey-combed with frost or still freezing and thawing gives excellent results. Another good time is just as early as one can get on with a harrow, covering the seed with a weeder, cultipacker, or spikeharrow. Light harrowing will not hurt the grain. A clover seed drill will reduce the amount of seed required by covering practically every grain. Late seeding is likely to be injured by dry weather in late April or May. Dividing the seed and sowing it in different directions a week or two apart gives added insurance of a good cover and favorable weather.

Manure applied lightly on wheat when the ground is frozen will help to insure a stand of clover as well as help the grain somewhat, but may cause lodging in rich soil, R. C. Blaney explains. In view of the importance of clover sods in the rotation this may often be the best place to apply the manure.

Fertilizer is less important than manure for clover, but phosphoric acid seems to help materially and, where manure has not been used, potash is also important. This is true primarily of the fertilizer applied to the grain. A few farmers have top-dressed the grain in the spring with phosphate, or phosphate and potash, with the idea of helping both grain and clover. Results are not consistently profitable. Top-dressing the clover early in the spring of the year if it is to be mowed with 200 to 300 pounds of superphosphate or 0-12-5 has often given good increases in the hay crop.

To prevent a repetition of last year's damage by San Jose scale, spray with lime-sulphur or oil. Apply the sprays on warm days.

If the garden has not had lime for four or five years it is advisable to broadcast about five pounds of hydrated lime to every 100 square feet in the spring after the soil has been turned. Rake the lime into the top soil in preparing the seedbed.

Thin one-tenth of your woodlot this month. In 10 years the work will be completed. Then it can be started again and products taken out which will net a larger return. Railroad ties and small saw logs can be cut because of increased growth after the first thinning.

Palms and ferns should be re-potted now if they need it. Other potted plants should be top dressed. These plants start very active growth at this season.

LEGAL ADVERTISEMENTS

FOR RENT OR SALE.—6 room house on Hill Moon hill. Steam heat, bath, electricity, laundry in basement and large garden. Inquire of Charles Dann, Bellefonte, Pa. 77-9-31

EXECUTOR'S NOTICE.—Letters testamentary having been granted to the undersigned upon the estate of Mary Wilbertha Meek, late of Ferguson township, deceased, all persons knowing themselves indebted to same are requested to make prompt payment, and those having claims against said estate must present them, duly authenticated, for settlement.

FIRST NATIONAL BANK, Executor, W. Harrison Walker, Attorney. 77-7-61

EXECUTOR'S NOTICE.—Letters testamentary upon the estate of Oscar L. Fetzer, late of Boggs township, deceased, having been granted to the undersigned, all persons knowing themselves indebted to said estate are requested to make prompt payment, and those having claims against the same, must present them, duly authenticated, for settlement.

ROSS C. FETZER, Executor, W. Harrison Walker, Howard R. D. 3, Attorney. 77-6-61

EXECUTRIX'S NOTICE.—Letters testamentary having been granted to the undersigned upon the estate of Harriette D. Rumberger, late of Unionville Borough, deceased, all persons knowing themselves indebted to same are requested to make prompt payment, and those having claims against said estate must present them, duly authenticated, for settlement.

MISS LAURA RUMBERGER, Executrix, Flemington, Pa. 77-6-61

EXECUTOR'S NOTICE.—In the matter of the estate of Ellen Hale Andrews, late of the Borough of Bellefonte, in the County of Centre and State of Pennsylvania, deceased.

Letters testamentary in the above named estate having been granted to the undersigned by the Register of Wills of Centre County, Pennsylvania, all persons having claims or demands against the estate of the said decedent are requested to make the same known, and all persons indebted to the said decedent are required to make payment thereof, without delay, to

GEORGE MURRAY ANDREWS, JOHN BLANCHARD, Executors, Bellefonte, Pa. 77-6-61

SHERIFF'S SALE.—By virtue of a writ of Alias Fieri Facias issued out of the Court of Common Pleas of Centre County, to me directed, will be exposed to public sale at the Court House in Borough of Bellefonte on

FRIDAY, MARCH 18, 1932.

The Following Property: ALL those certain messuages, tenements and lots of ground situate in Patton Township, Centre County, Pennsylvania, bounded and described as follows, to-wit:—

THE FIRST THEREOF: BEGINNING at a corner of the lot of Thomas Miller; thence along the land of John Jones South thirty and one half (30½) deg. East 107 perches to corner; thence along the land of Moses Thompson Estate North 51 degrees East 55 perches to corner on line of Wasson heirs; thence along Wasson heirs North 29½ degrees West 51 perches to corner of said Clark; thence along said Clark South 51 degrees West 26 perches to corner; thence along said Clark North 31½ degrees West 28½ perches to corner; thence along same South 51 degrees West 8 perches to corner; thence along same North 31½ degrees West 24 perches to corner of Thomas Miller; thence along said Miller South 74 degrees West 14.1 perches to corner; thence South 50½ degrees West 7.5 perches to the place of beginning. Containing 25 acres and 86 perches be the same more or less. This being part of a larger tract of land belonging to Moses Thompson of all iron ore and other minerals with rights of mining, egress and regress etc. as appears in the chain of title.

THE SECOND THEREOF: ALL that certain message, tenement and parcel of land situate in Patton Township, Centre County, Pennsylvania, bounded and described as follows: BEGINNING at a stone corner of Henry Marley; thence along the line of Moses Thompson South 32 degrees East 21 perches to stones; thence South 48 degrees West 8 perches to stones; thence North 32 degrees West 24 perches to stones; thence along lands of Susan Miller North 70 degrees East 7.5 perches to stones; the place of beginning. Containing one acre and 12 perches more or less.

THE THIRD THEREOF: ALL that certain message, piece or parcel of land situate in Patton Township, Centre County, Pennsylvania, bounded and described as follows: BEGINNING at a stone corner of George Stevenson; thence along the line of Stevenson North 57½ degrees East 26 rods; thence along same North 10 degrees West 44 rods; thence along same 85½ degrees West 40 rods; thence along Gray 53½ degrees East 17½ rods; thence along the said J. Elmer Clark South 30½ degrees East 92 rods; thence along the Thompson Estate South 48 degrees West 90 rods to the place of beginning. Containing 40 acres be the same more or less. Subject nevertheless to the exceptions and reservations as appear in the chain of title particularly the reservation of the Moses Thompson estate of the iron ore and other minerals with rights of mining but the party of the second part hereto all his rights of royalty etc. as appears more fully set forth in the said reservations.

THE FOURTH THEREOF: ALL that certain message, tenement and tract of land situate in the Township of Patton, County of Centre and State of Pennsylvania, bounded and described as follows: BEGINNING at a post at corner of Moses Thompson heirs; thence along land of Moses Thompson heirs North 59 degrees East 150 perches to stones; thence along lands of John Biddle North 29 degrees East 50 minutes West 169.6 perches to stones; thence along lands of Hale's heirs South 50½ degrees West 150 perches to White Oak; thence along lands of the said Elmer Clark South 22½ degrees East 36.3 perches to stones; thence along same North 86½ degrees West 15 perches to post; thence along same and Moses Thompson heirs South 29½ degrees East 148 perches to the place of beginning. Containing 147 acres and allowances. This property is conveyed subject to the exceptions and reservations as they may appear in the chain of title particularly the iron and mining rights reserved to the Moses Thompson estate conveying, however to the party of the second part hereto all rights of the receiving of royalty etc. as may be vested in him at this time.

Seized, taken in execution and to be sold, the property of Margaret A. Barr and W. D. Barr.

Sale to commence at 1:30 o'clock P. M. of said day.

JOHN M. BOOB, Sheriff, Sheriff's Office, Bellefonte, Pa. Feb. 24, 1932. 77-9-31

WE TRADE PHEASANTS FOR RUFFED GROUSE

Pennsylvania recently effected a very profitable exchange of wild game with the State of Wisconsin. Pennsylvania exchanged female ring necked pheasant of which it has an abundant supply, for two cub bears twenty-nine bob-white quail, twenty seven Mongolian pheasants, all cock birds. All birds were on an even exchange. The melanistic and Mongolian pheasants are both high quality pheasants and make exceptional good breeders. In exchange for the two bear the Game Commission gave twelve pheasants each.

—Subscribe for the Watchman



Fair Exchange

"ANOTHER bull calf—A only good for veal!" Disappointment was apparent in Tom Beach's voice.

Mrs. Beach shook her head. "We'll not kill a calf like that, Tom. He's blue ribbon stock, remember! Couldn't you exchange him for a heifer, somewhere?"

"No," Tom countered. "There's not an Ayrshire herd within a hundred miles with the blood lines I want."

"There's that breeder in Maryland," Mrs. Beach suggested. "Why not telephone him?"

Tom's face brightened visibly. "That's a good idea. I'd like one of his heifers!"

In a minute or two the conversation was in full swing. "I got a good one," Tom exclaimed at its close. "And, believe it or not, our little bull was just what he wanted!"

The modern farm home has a telephone



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