

Your Health
THE FIRST CONCERN.



SCIENTIFIC WORLD PAY TRIBUTE TO 'COUNTRY DOCTOR'

Fifty years ago a group of doctors gathered in Berlin to hear an obscure little scientist tell how he had isolated a disease germ and had learned how to cultivate it for study.

Dr. Robert Koch had been a country doctor in East Prussia, and to the scientists he addressed he must have seemed a backwoodsman.

But Dr. Koch had brought his proofs to show he had discovered the dread germ of tuberculosis. Also, he revealed that he could make the germ grow in an artificial medium.

Almost overnight he became a greater figure in Paris than Pasteur, and last week—on the fiftieth anniversary of his discovery—physicians and bacteriologists the world over paid tribute to his genius. Those fighting tuberculosis still use methods of the experiment of Koch.

Dr. Koch died in Berlin in 1910. Dr. Koch never cared for honors and died in such poverty that a foundation had to be provided to keep his family from want.

Since the discovery, the ravages of this disease have been reduced to one-fourth of what they then were.

SCIENCE FINDS NEW METHODS TO TREAT PERNICIOUS ANEMIA

Development of a new treatment for pernicious anemia which has produced "startling" results is announced by Dr. A. C. Bachmeyer, superintendent of Cincinnati General Hospital.

Dr. Bachmeyer said experiments have produced the "most satisfactory results," no matter to what stage the disease has progressed.

Pernicious anemia is caused by a shortage of red corpuscles in the blood. A series of experiments have been started in General Hospital by the department of internal medicine designed for treatment of pernicious anemia. Dr. Bachmeyer said in a statement.

"The treatment is beyond the experimental stage and the startling results obtained will soon be released to the medical profession and eventually to the general public," he said.

Experiments conducted by four physicians, were based on an earlier discovery that beef, diseased by normal gastric juice and fed to an anemic patient, increased production of red corpuscles. However, if the beef had been digested by gastric juice from an anemic sufferer, there was no increase in red corpuscles.

Working on this premise, scientists found, it was said, that properly neutralized gastric juice could be injected into the veins of the patient, producing an apparent increase in blood cells. By isolating the active agent in this juice, the effect was said to be multiplied.

Pernicious anemia can be far more effectively treated with a new liver extract than by feeding unpalatable raw liver.

This liver concentrate solution has been developed by Dr. William P. Murphy, distinguished Harvard Medical School scientist, with the assistance of a younger scientist, at the Peter Brigham Hospital, Boston.

Dr. Murphy describes the nature of the new remedy and some remarkable results obtained by its use. In the current issue of the Journal of the American Medical Association, he was one of the pioneers of the raw liver treatment for pernicious anemia in 1924.

POWERS GREAT

Injections of the new liver concentrate are made in the patient's muscles. The extract is seventeen times as potent in its curative effect as the best calf liver itself. It is more than seven times as powerful as any other liver concentrate so far known, according to Dr. Murphy's report.

In some cases two or three intramuscular injections resulted in recovery. Marked improvement was noticeable within 36 to 48 hours after the first injection.

INTERVALS ARE LONG

It is not necessary to give these injections every day. In most cases of pernicious anemia, all that is necessary is to give injections at intervals of one to three or more weeks.

Perhaps the most interesting aspect of the Murphy liver concentrate treatment is that it can be used to replace blood transfusions in the case of gravely ill patients.

Several types of blood diseases can be treated by the extract, experiments made on some thirty patients indicate.

HONEY AND MILK SIMPLE BUT SURE COLD REMEDY

Warm milk and honey at bedtime will induce sleep in the grown generation as well as in the very young. It is also an efficient remedy for a cold. Try a glass of warm milk with a teaspoonful of honey mixed in it as soon as you or the children have the slightest symptom of a cold.

Magistrate—"You say this man stole your watch. Do I understand that you prefer the charge against him?"

Murphy—"Well, no, your worship; I prefer the watch, if it's all the same to you."

ELECTRIFYING THE PENNSYLVANIA RAILROAD

Inauguration of another major step in the advancement of the Pennsylvania Railroad's electrification and improvement program between Washington, Baltimore, Philadelphia and New York has been announced.

Work will begin at once on the construction of a new conduit system to carry the signal, telegraph, and telephone lines underground between Wilmington, Del., and Washington, through Baltimore.

The total cost of the entire project, including installation of extensive new cable lines, will be approximately \$7,000,000 and the work of laying the conduit alone will require approximately 1,000 men at its peak, it was announced by M. W. Clement, vice president in charge of the operation.

More than 100 miles of conduit are included in the project, which is an important preliminary step to actual work on the electrification of the Pennsylvania lines from Wilmington through Baltimore to Washington. The work will get under way immediately and it will be pushed to completion by the first of the next year.

Construction of the new conduit line will complete the underground installation of the railroad company's entire system of telegraph, telephone, and signal wires for a distance of 225 miles from New York to Washington. Over its heavy traffic lines, where interruption of communications or the failure of a signal for an instant might complicate the operation of trains and cause serious delays, it has been the policy of the Pennsylvania railroad to place its communications system underground and thus avoid danger from weather hazards or any interference from the overhead power system in electrified territory.

The conduit consists of six ducts in which the various wire systems will be installed. These include the railroad's important communications system and the signal system, governing the operation of all trains. This signal system, operated by remote control through sub-stations located approximately every ten miles, sets the automatic signals which determine the movement of every train.

Carrying 108 strands of wire in the communication cable, the new telegraph and signal system will require more than 11,000 miles of wire for the installation between Wilmington and Washington. This enormous cable will have a capacity of 135 telephone and telegraph messages humming along simultaneously through its copper strands.

Following completion of each section of the conduit system, the cables will be installed as rapidly as possible. It is expected that the entire project can be completed next year.

Special trains, carrying mixers and cars of material for manufacturing concrete on the ground, will be used to speed the work along. Mechanical conveyors on these concrete trains will feed the concrete direct from the mixer to the excavations.

MAIL PLANE PILOT CRASHED TO DEATH

Mail pilot Forrest Mallick, 24 years old, gambled his life against the weather, last Thursday, and lost. And it was not in the mountainous stretch of Pennsylvania which facetious writers have dubbed "Hell's Acre," but on the flat expanses of Ohio that he crashed to his death.

Mallick, flying the night mail from New York to Cleveland, fell in a farmer's field near Bedford, Cleveland suburb, where he ran into a blinding fog, rain and snow.

Carrying 1,000 pounds of mail, he left the Newark, N. J. airport at 10:15 p. m., on Wednesday. Shortly after midnight he arrived at Bellefonte, Pa. He climbed out of his ship to ask about the weather the rest of the way.

He was told it was thickening but he had flown the night mail on the New York-Cleveland run for eight months and decided he could make it through.

At 2:30 a. m., only half an hour from the end of the run, he was reported over the airport at Parkman, Ohio. A few minutes later he ran into an early morning storm and farmers, hearing a plane flying low with its engine "missing" called police of Bedford and nearby towns. Several hours later, his body was found in the wreckage of his plane.

He was flying only a few hundred feet from ground because of the low ceiling and apparently did not have time to use his parachute, which was still strapped on his back. He saved the mail by switching off the ignition thus preventing a fire.

RANK COMPARISON OF ARMY-NAVY OFFICERS

A casual discussion in a newspaper office the other day led to an attempt at comparison between the relative ranks of officers in the Army and Navy, and it was not until "expert counsel" was called into the discussion that a table was drawn up to explain the relative standings.

Our readers may be interested in the following: The rank of Admiral in the Navy is equivalent to that of General in the Army and Marine Corps; Vice-Admirals rate Lieutenant General; Rear Admiral compares to Major General; Commodore (though there are none now in existence) is the same standing as Brigadier General. A Captain in the Navy ranks with a Colonel in the land forces; A Commander's position is equivalent to that of Lieutenant Colonel. The Lieutenant in the Navy is on the same footing as the Army's Captain, while the junior grade Lieutenant in the Navy is of the rank as Army First Lieutenant. Ensigns and Second Lieutenants rank alike, as do Midshipmen and cadets.

—We will do your job work right

FARM NOTES.

—Don't feed baby chicks too early. Let them go without feed for 72 hours.

For starting feed, oatmeal or good starting mash are extra good.

Feed oatmeal five times each day, one heaping tablespoon at each feeding for 15 baby chicks. Leave mash before them. Give plenty of sour milk of same acidity each day.

Green feed is essential after first seven days.

Keep clean, fresh water before the chicks all the time.

Charcoal and grit are essential for best results.

Practice cleanliness with utmost care.

Use good judgment in all things and your success with baby chicks will be assured.

—There is no mystery or magic about growing good pullets. Slow-growing pullets that are not ready to lay until they are eight or ten months old are a dead loss and should not be tolerated.

With good and strong pullets and hens that are physically fit to lay eggs and have the feed necessary to make the eggs there will be a margin of profit from eggs this next winter.—R. B. Thompson, in the Oklahoma Farmer-Stockman.

—Turning stock on the pasture before the grass has a well-established top and root growth may damage the pasture and reduce the season's total feed from it.

—Scenting pigs with kerosene is suggested as a means of inducing a sow to adopt the young of others.

—In the form of butter, milk fat is easily digested, is unequaled in concentrated energy value, palatability, flavor, and vitamin content, claim students of nutrition.

—The most important apple insects, a revised edition of Farmers' Bulletin No. 1270-F, just issued, may be obtained free from the Department of Agriculture, Washington.

—Manure, or other forms of organic matter, will greatly improve garden soils. Apply eagerly enough for straw material to decay. Plow spray deeply and thoroughly. Then apply fertilizer broadcast and work into the soil. A 4-12-4 mixture is good on a farm garden with sufficient manure, while a 4-8-4 is better with little or no manure.

—Providing low forcing roosts for chicks as early as 3 to 4 weeks of age will help to prevent coccidiosis, say State College poultry specialists. Furthermore, chicks will feather and grow more uniformly if forced to roost at an early age.

—Runners taking root in June or early July are several times more productive than the later ones which set in late August and thereafter. An early start is important. Prepare the soil early and set the plants in April. A side-dressing of sulphate of ammonia or nitrate is helpful in giving a quick start and high production next year.

—Record keeping on milk production of dairy cows becomes of greater importance as milk prices decline. Detective work should be started at once and continued until all profit losers are definitely spotted. Then "out they go" should be the slogan.

—Be sure to rake off the mulch on shrubby borders and flower beds before active growth starts. If this is left on too long it softens the plants. Do not remove the mulch on a bright sunny day.

—Sulphate of ammonia and nitrate of soda are the two most generally used fertilizers for fruit trees. They should be applied at least 2 or 3 weeks before blooming for best results. Broadcast the fertilizer around the tree throwing it halfway from the ends of the branches in toward the trunk and an equal distance out beyond the spread of branches.

—The brooder house should be cleaned whenever there are signs of damp litter. For the first few weeks it is practical to clean the brooder house once a week.

—Sweet corn, peas, cabbage, snap beans, and similar crops, may be grown easily on improved field soil. Many troubles encountered in the small garden will disappear when these vegetables are grown on soil not previously used for them. With more space a larger supply can be grown.

—There seems to be no depression in tree planting. One county has broken all past records in number of individuals applying and the total number of trees requested.

—Sterile milk utensils greatly reduce bacteria in milk. Pails, cans, and strainers should be sterilized by boiling or by use of live steam under pressure. Clean milk tastes better and keeps longer.

—Flower lovers who want to grow some of their favorites will do well to begin with annuals, which are plants the seeds of which must be sown each year. These plants bear flowers and produce new seed each year before they die.

—In an experiment at State College last year it required 5.63 man hours and 4.64 tractor hours an acre to grow 69 acres of corn with tractor equipment.

—"The days be dark and trade be tough, it's always well to make a bluff, to face the world with cheerful eye, as though the goose were hanging high."—Walt Mason.

Some men have reasons to advance for their failure, but on the other hand, if they were successful there would be none.

CANCER AND THE HEART LEAD FATALITIES OF 1931.

The bureau of vital statistics, State Department of Health, has released preliminary figures on the mortality in Pennsylvania during 1931. Belated reports will not materially change these statistics, altho in many cases they will be subject to such corrections during the next few weeks.

According to expectation, diseases of the heart take the lead as agencies of death, reaping a toll of 22,752 lives during the year. This is the highest for a decade, with the single exception of 1930 which ran about 300 more for the year than the present report for 1931.

Cancer steps into second place as a "killer" for 1931. The number who died from this malady is given as 9637. That is practically the same as the previous year, and in both cases is slightly lower than 1930.

Pneumonia was third in mortality activities, showing a total number of 9470 for the past year. As a cause of death pneumonia has stood high in the lists for the past ten years, reaching a total of over 14,000 in 1923. The year just closed is about on a par with 1927 and 1930, running less than a hundred in excess of each of those years.

Bright's disease continued to be a large enemy of human life. The figures as announced are 9035 for the year. It has not been so low in any year since 1923, and is about a thousand and fewer than 1928, 1929 or 1930. This does not indicate any particular diminution of the activity of this disease. Since the early variations over a period of ten years time, show it sometimes below that mark. The past three years have been above that line, while the present one falls slightly below.

Apoplexy stands fifth in the list, as a cause of death. The figures stand at 8132 for the year. This is the lowest since 1923, and is the ninth straight year to record between eight and nine thousand deaths from this cause. The variations are so slight as to indicate that the ravages of this malady are practically stationary in the Commonwealth.

These five diseases account for about 60,000 deaths in the State in 1931, or about half the total number.

INTERESTING FACTS.

Among "facts nobody knows," compiled from all parts of the world by Collier's weekly, the editors awarded the first place to the following:

More than 2,000 different articles are now plated with chromium.

What is the largest palace in the world? The Vatican, with 11,000 rooms.

Human skin is so antiseptic that it kills 90 per cent of all disease germs that land on it.

Any ordinary suit of men's clothing is made up of approximately 130 different pieces of cloth.

Patron—"May I have some stationery?"

Hotel Clerk (haughtily)—"Are you a guest of the house?"

Patron—"Heck, no. I'm paying twenty dollars a day."

PORT MATILDA MAN PUT ON HONOR ROLL

Having attained the age of 67 years Andrew J. Johnson, of Port Matilda, terminated 31 years and 3 months service as a carpenter on the middle division of the Pennsylvania railroad and became an honor roll man last Friday, April 1st. He enjoyed every hour of his work with the company, got along fine with his fellow workmen and those for whom he worked, and today looks with pride on his life-work as a carpenter. His record of service is without a blemish.

Mr. Johnson was born a carpenter. When but a youth he obtained employment in the planing mill at Port Matilda, spending 18 years there and becoming a master of his trade prior to entering the service of the railroad. His pleasant home in Port Matilda speaks volumes for his craftsmanship; not only did he plane all the lumber, but built it entirely with his own hands. It is complete in every detail from cellar to attic, and the hardwood floors attract the admiration of all who tarry under his roof. He was a careful workman, attested by the fact that he has many of the original tools purchased when he first started to work.

Andrew Johnson and Miss Almada Jones were united in marriage July 4, 1888, at the First Methodist church in Camden, N. J. One son, Oscar, prominent citizen and lodge member of Tyrone, blessed their union.

Mr. Johnson has been active in the church, having been a member of the First Methodist church of Port Matilda for 45 years, much of which time he served in practically all official capacities. Mrs. Johnson, who is the president of the Ladies Aid society, was a teacher in the Sunday school for many years.

He has been vitally interested in community affairs, and served many years as president of the school board. He was a member of the old Tyrone division safety committee for three terms.

As a fraternal man, he has been equally as active as in other things. He is a charter member of the Knights of the Golden Eagle and of the Junior Order United American Mechanics, of Port Matilda, and has the honor of being a past officer, having passed through all chairs in each. He is a life member of Tyrone Lodge No. 494, Free and Accepted Masons, and of Harrisburg Consistory. He also holds membership in Jaffa Temple, Altoona, and in the Tyrone Hook and Ladder company of volunteer firemen.

Mr. and Mrs. Johnson look forward to their vacation days, many of which will be spent in Port Matilda where their life interest has been.

Mother—"Mabel's young man has taken offense at something. Have you said anything to him?"

Father—"Not a word. I have not even seen him since I mailed him last month's electric light bill."

"Who is that fellow with the long hair?"

"He's a fellow from Yale."

"Oh, I've often heard of those Yale locks."

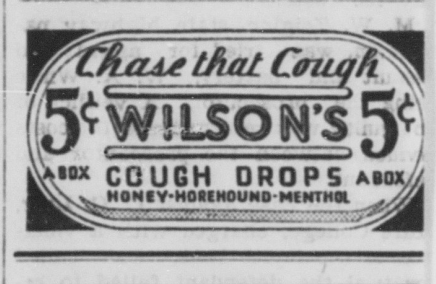
FLYING BOAT TO CARRY 200 PASSENGERS PLANNED

The Hague.—The world's largest flying boat, twice as big as the famous German DO-X, will be constructed this year by the Dutch aircraft builder, Fritz Koolhoven, at Rotterdam, after a complete new model and at an estimated cost of \$1,200,000.

The total passenger carrying capacity will be 200, with room still left for a freight load of two tons. The cruising speed is estimated at around 125 miles an hour. The power plant will consist of ten 1,000 horse power motors. It will be a monoplane with a wing spread of 325 feet. The maximum cruising range is gauged at 3,000 miles and flight distance full loaded 2,100 miles. The machine is intended for trans-Atlantic service.

It is claimed that the cost of construction, while only half that of dirigible, will produce a machine of much higher efficiency.

On account of its size the ship will be built not in the usual aeronautics factory but in a shipyard.



The Charred Match

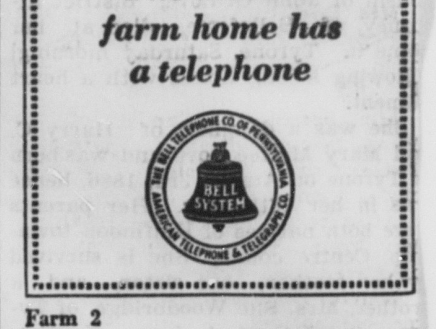
CHARLIE, the hired man, hunted for the liniment. Old Nell was limping again. It was dark on the barn floor, but Charlie struck a match and found the bottle, tossing the charred match-end aside.

Before he had finished with Nell, a thin whisp of smoke was curling from the barn door. It grew quickly to a billowing cloud. Then Charlie heard the crackle.

"Fire!" He rushed to the farmhouse and seized the telephone. "Fire at Farmer Blake's!" he shouted to the operator.

The alarm was spread. Neighbors raced to the scene. The town's fire company clanged along the highway. Working feverishly, Charlie and Farmer Blake drove out the livestock and battled the flames. Then help came and the worst was over. Once more the telephone had saved the day!

The modern farm home has a telephone



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TELLS YOU the temperatures and cooking time required to get best results. Can be used with any type of range. Write Home Economics Department, West Penn Power Company, Box 1223, Pittsburgh, Pa. Just say, "Send Simplified Cooking Chart." No obligation.

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