

Your Health

THE FIRST CONCERN.



"Louis Pasteur and Robert Koch proved that transmissible diseases and infections enter the body tissues by specific microorganisms which invade it from the outside. These bacteria, vary in trouble degree from the one causing an irritating cold to those resulting in major illness and death, states Dr. Appel, Secretary of Health.

"Those persons who have unfortunately contracted colds should cough and sneeze into handkerchiefs. The spray from a cough or sneeze can very readily infect a close-by stander by the direct air route. Moreover, if persons suffering from respiratory or bronchial affection cough or sneeze over food that is served another, the germs thus distributed can quite readily invade the consumer. Unquestionably carelessness in these matters has been the direct cause for many a cold and worse.

"Food handlers who are ill are likely to become a disease hazard if they do not religiously apply soap and water to their hands before engaging in their work.

"And finally, in this highly complex civilization of ours, the hands of the average well individual are likely to contact with germs by way of other objects such as doorknobs, towels, etc. Therefore, soap and water again looms large as the only safe prophylaxis before one takes food into the mouth.

"In short, a little more individual care and the use of a little more soap and water will do much to decrease the power of some of the more common disease breeding bacteria. Why not apply them?"

CAUSES OF DENTAL DECAY
By Dr. Morris Fishbein

"Such work has been done in recent years on the causes of dental decay that physicians and dentists are beginning to have a real insight into the subject.

Dental decay is no respecter of persons; it affects the rich and the poor, the young and the old.

In a survey of the subject Dr. Martha Koehne has revived the most prominent opinions of leading investigators. There is, of course, first of all the idea that good or bad teeth are inherited. However, marriages are not made from health points of view and not possible to determine that part exactly.

For a while the slogan—"A clean tooth never decays"—was believed to express the truth, but serious students of dental disease have long since discarded this conception.

A survey of the subject made by a group of Wisconsin investigators indicated that mouth washes are not dependable protection against dental decay.

For a while it was thought that the chewing of hard food was a valuable measure, but today it is believed that such chewing is helpful only to the gum tissues and has little, if anything, to do with the permanence of the teeth.

There are many other theories that concern the general chemistry of the body so far as acid or alkaline diets may be involved.

It is difficult to correlate the body chemistry of dental decay with the fact that certain teeth, for instance the molars, decay more rapidly and more frequently than the incisors.

There are parts of the world where rickets, due to a deficiency of vitamin D, does not occur, and yet many people in these areas suffer with the condition called caries or general dental decay.

There is also, of course, the infectious theory which would place the responsibility on certain germs in the mouth. Unfortunately no one has been able to isolate a germ that will produce dental decay in animals, and this theory is considered as yet unproved.

The chief practical point in all discussions is the fact that good dental care given early to spots of decay prevents their spread and prevents the growth of the individual cavity.

One of the most common causes of illness among children is impetigo contagiosa, an infection that attacks the skin and produces blisters, crusts and pus.

At present in several hospitals newborn infants seen to be particularly subject to this infection.

Frequently when a child develops the condition, the mother will remember an occasion when her child was in contact with some other child or adult that had the disease.

Impetigo first appears with one spot of infection, usually a small, grayish-yellow blister, which, when it bursts, dries and becomes a yellowish-brown crust.

Since the lesions itch, the child is likely to scratch and rub them, which serves to spread the purulent material over the skin so that from 24 to 48 hours later similar blisters appear on other parts of the body.

Th younger the child the more sensitive the skin and the more likely the spread of the infection.

The germs in the pus are active, so that the infection may be transmitted not only on the hands but also on clothing, handkerchiefs, towels, toys, washcloths or any other material that has been contaminated by the pus.

Like all infections, impetigo is best controlled at the earliest possible mo-

OFFICIAL TELLS DUTIES OF HEALTH OFFICERS

Some misunderstandings having arisen in several counties as to the exact duties of health officers working under the Pennsylvania state department of health, Dr. J. Moore Campbell, chief of the bureau of communicable diseases, has issued the following statement:

"In order that he may protect the health of a community by quarantine in the case of a communicable disease, a health officer must have information concerning the case. This information may be given him by the physician, by the school teacher, by neighbors, or it may come to him in some roundabout way, as a neighborhood news. In any event, he must at once investigate, secure the report from the householder, and if true, establish quarantine.

"Even the merest rumor that such a case exists must be investigated by the health officer, and he must require, under threat of prosecution if that shall be necessary, the householder's report, if no physician be in attendance.

"As a very important link in the mechanism of contagious disease control, teachers should always notify health officers, when they know, or even suspect, that a contagious disease of any character exists in the homes of any of their pupils. If reports, even vague in their character, reach the ears of teachers, they should communicate them to the health officer, and it will be his duty to investigate and establish the truth or falsity thereof.

WHITE COLLAR JOBLESS FOUND HARD TO HELP

No group of unemployed are more difficult to help than the "white collar" workers, the President's Organization on Unemployment declares in a bulletin.

In the first place, the bulletin states, the unemployed clerk, or office man, is the last to admit his plight and apply for aid. In the second, it is most difficult to find—or make—relief jobs for these men.

In an effort to help solve this problem, the president's organization has had the women's bureau of the Department of Labor make a survey of the best methods of approaching the "white collar" problem. After investigating methods in 31 different cities, the bureau has submitted a number of suggestions.

First the bureau suggests a survey and a special registration of the office class employed. This has been found the best method of breaking down their natural resistance to charity.

The bureau lists the following types of special work which have been provided for the "white collar" jobless: Traffic counts, study of traffic accidents, tree surgery, chauffeur service, bringing city records up to date and attending to special work in public offices.

The unemployed office men also have been found useful as extra welfare workers and relief investigators, the bureau reports.

MUST GET PERMIT TO SOLICIT FUNDS

Under rulings of the Solicitation Act of 1925, agencies soliciting funds in Pennsylvania for charitable purposes, other than those organizations exempt by provisions of the act, are required to obtain approval of the state department of welfare. This measure is taken to prevent fraudulent solicitation of funds for questionable charities, protecting not only accredited agencies, but the unwary citizen who is victimized by the fund racketeer.

Agencies planning solicitation of funds in Pennsylvania are warned that they must comply with the provisions of this law. Violation of any of the provisions of the act constitutes a misdemeanor, punishable by fine or imprisonment, or both.

Mrs. Alice F. Liveright, secretary of welfare, says that only 55 certificates of registration had been issued for 1932.

295,574 DOGS LICENSED OVER 300 OWNERS FINED

A total of 295,574 individual dog licenses and 428 kennel licenses for 1932 have been issued, according to the latest reports received by the bureau of animal industry, Pennsylvania Department of Agriculture.

During the first two months of the year, 3,168 unlawful dogs were killed by police officials and 303 prosecutions instituted against owners for violating the law. Damage claims numbered 206, totaling \$4,797. These claims cover damages to livestock and poultry by dogs.

2330 dog licenses were issued in Tioga county. In Potter county there were 1335; in Lycoming, 4686; and in Bradford, 4297.

That airplane motors operate more efficiently early in the morning than any time is one of the mysteries of mechanics which automotive engineers have vainly tried to solve. It is an established fact that for a period slightly before dawn at the earth's surface to an hour afterward an airplane motor operates at its highest efficiency. A similar, although modified effect is noted for a like period immediately after sunset. Automobile motors on the ground are affected, but in a lesser degree.

If the very first pustule or blister is treated with proper antiseptics, if the pus is absorbed on a piece of sterile cotton or gauze, if the crust is removed by soaking with warm water and then the antiseptic powder or liquid applied, the condition can usually be stopped.

However, it must be remembered that the clothing of the child, its handkerchiefs, its washcloths, or its toys may have already become contaminated by the pus and that it will be necessary to carefully disinfect all of these materials if the condition is to be completely eliminated.

FARM NOTES.

"There is a right time to ship poultry. Shipment should be made so it will reach the market Tuesday, Wednesday, or Thursday according to observations by many experienced shippers. The market is often overloaded toward the end of the week, resulting in selling at reduced prices to avoid a carrying over to the next week."

It is also a smart plan to compare local prices with terminal market prices because, in many cases, the difference is not worth the extra costs connected with the shipping.

Powdered limestone as a substitute for alfalfa hay produced satisfactory results in fattening cattle at the Kansas agricultural experiment station. One-tenth of a pound of finely ground limestone, substituted for two pounds of alfalfa hay, produced slightly larger average daily gains in the Kansas tests. The profits per head were also in favor of the cattle fed ground limestone.

The rations in which the alfalfa hay and powdered limestone were compared included corn, cottonseed, meal and silage. The tests indicate that silage may be satisfactorily supplemented with powdered ground limestone which acts as a substitute for alfalfa hay.

Here is the advice given by Professor Halpin, Wisconsin College of agriculture to an inquirer who asks about the plan of fattening turkeys on barley:

"In reply to your letter, would say that if I were you, I would not depend upon barley alone for fattening turkeys, but would use a combination of barley and corn or barley, wheat and corn. In addition to this I should want to feed some milk. Barley alone and milk would bring your turkeys along fairly well. A combination with corn and wheat and the milk would give you, on an average, more satisfactory gains. Barley is good poultry grain, but like all the other grains must be supplemented with these other things to get good results.

"I note you have to buy corn. I would urge you to buy good, dry, old corn. I wouldn't feed turkeys new corn as there are many reports of trouble from the feeding of new corn to turkeys."—Wisconsin Agriculturist.

The feeding of grain in limited quantities in deep litter provides exercise for the hens in that they are compelled to scratch and work to find the grain. This working increases their appetites and makes them eat more mash feed, which is necessary for higher egg production. A hen that does not eat enough soon drops off in her laying. If too little grain is fed, and the litter is too deep, the birds soon become discouraged and do not work. If the litter is too

dirty and packed down, the grain remains on top and fails to induce exercise, as the grain is too easily found. If too much grain is given during the forenoon, the birds do not eat enough mash. Give the morning supply in two feedings. This distributes the exercise better during the morning. Birds should go to roost with a full crop of grain.—American Fruit Grower.

Hens must have lime in readily digestible form. Among the best sources of this element are oyster shell and high quality ground limestone. Limestone known to be high in magnetism usually referred to as domestic limestones, should not be used as the sole source of eggshell-forming material. Experiments have definitely shown that a high quality of ground limestone is equally as valuable in the formation of eggshells as oyster shell.—Southern Agriculturist.

Ground yellow carrots can be substituted for green feed for chickens in winter rations if fresh green feed can not be provided. Chopped alfalfa hay or alfalfa meal is another substitute feed that gives satisfactory results. If possible every laying flock should have some sprouted grain each day. In a test run in a western State hens with green feed each day produced 68 cents more income per hen during the year over those that did not receive this kind of feed.

Magazine pages protect early cucumber and tomato plants from frost in Mrs. Alvin Lynch's garden in Piatt county, Illinois, says Capper's Farmer. Mrs. Lynch puts down one end of the page near the plant covers the end with dirt, arches the sheet of paper over the plant and covers the other with dirt. She says she never has suffered a loss when her plants were protected in this way except when actual freezing temperatures have been reached.

The Pennsylvania Seed Law does not permit the selling of oats, or any other farm seeds, for seeding purposes which have not been labeled in compliance with the Seed Law. This is the answer given by officials of the State Bureau of Plant Industry, to the timely question, "Can feed oats be legally sold for seed oats in this Commonwealth?" The protection of the Seed Law to the farmers need not be accepted if they do not wish to have it, and from past experience we know that many farmers in the State do not accept the protection given them by the Seed Law.

Successful hatches can be expected to depend fully as much on the vigor and vitality of the parent stock and the care of the eggs before being put into the incubator as upon the incubator itself.

Successful hatches can be expected only when the birds in the pens from which the eggs come are enjoy-

HUMAN BODY WORTH 94 CENTS, SAYS EXPERT

According to Dr. Thomas E. Lawson, noted British physician, here is what the human body is being made of:

Enough water to fill a ten-gallon barrel.

Enough fat for seven bars of soap.

Carbon enough for 9,000 lead pencils.

Phosphorous enough to make 2-220 match heads.

Sufficient magnetism for one dose of salts.

Enough iron to make one medium sized nail.

Sufficient lime to whitewash a chicken coop.

Sulphur enough to rid one dog of fleas.

All, at prevailing prices, could be bought for 94 cents, he said.

TREE PLANTING NOW IS AT FORMER TOTALS

A total of 1,125,000 forest tree seedlings will be planted on the state forests this spring as a part of Pennsylvania's reforestation program, according to Charles R. Meek, chief of the bureau of extension of the Pennsylvania department of Forests and Waters. This is the largest number of trees planted on the state forests in a single year since 1919.

The species include white pine, red pine, Norway spruce, Scotch pine, larch and black walnut. The counties in which the trees will be planted are Perry, Franklin, Clarion, Tioga, Potter, Westmoreland, Wyoming, Huntingdon, Lackawanna, Clearfield, Clinton, Centre, Union and Snyder.

MANY TROUT ARE PLANTED IN STREAMS

Distribution of 63,280 brook trout above legal size, during January and February by the fish commissioner, O. M. Deibler, February distribution of the speckled beauties, ranging in size from 6 to 10 inches, totaled 45,480, having a value, if purchased, of \$8116. Mild weather was a definite aid to the stocking.

Of the trout distributed last month Bellefonte hatchery furnished 19,000, Reynoldsville hatchery 18,800, and Corry hatchery 7680.

Other species of fish distributed by the commission during January and February were 11,500 blue gill sunfish, 3500 bullhead catfish and 72,000 minnows.

Use two spoons to turn a roast. A fork pierces the meat and allows the juice to escape.

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Poor hatches are probably caused more frequently by poor breeding stock than by poor incubators.

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