Bellefonte, Pa., May 13, 1932

Your Health



MAY DAY HEALTH ADVICE

Every town and community in Pennsylvania could easily plan to have its children who will enter school next aucumn, given physical examinations during the "May Day Health Day Observance," according to Dr. Mary Riggs Noble, State chairman or this celebration, the chief of the pre-school division, State Department of Health.

This action would result in the discovery of all defects which should be corrected during the months that elapse before school opening next fan, thus forestailing possible loss of time from illness after school has opened. Missing school because of sickness is an expensive practice, and interferes with progress in preparation for passing the grades.

Scores of towns should plan to immunize every baby against diphtheria who has reached its sixth month. If there are other children in the community under school age who have not yet been protected, this is the time to attend to it, while attention is centered on health. In addition to this, every baby upon reaching its first birthday, should be vaccinated against small-

"Consult the dental hygienist in your public schools, because she always has fine plans for May Day, and will be interested in the preschool child as well," advises Dr. Noble. The dental hygienist, in her service to community children, lasts

throughout the entire year.
"Continue the work of Clean Up Week," which was held in April, by making a special drive for better sanitary conditions in the section in which you live. Some health hazards may have been overlooked. Do not be satisfied until all unsanitary places, fly breeding dumps, dirty alleys and garbage filled back-yards have been thoroughly cleansed. This is a vital part of "May Day Health Work," and is recommended to all health workers," said Dr. Noble.

County, district and group chairmen throughout the Commonwealth, will give local direction to the State wide program for the celebration.

HABITS OF CLEANLINESS FOR CHILDREN

By Dr. Morris Fishbein

Any caila can be given simple lessons in personal nygiene and autrition. Once habits or cleanliness are established they need be given little further attention. They will mean to the child so much satisfaction that it is likely to continue without more than an ordinary amount of regulation.

Every mother ought to be able to instruct her child in personal cleanliness. The hands should be washed before eating and after going to the bathroom and whenever they are unusually soiled. The finger nails should be cleansed at least once each day, and fingers should be kept away from the eyes, ears, nose and mouth. Every child should have a bath

at least twice a week and every day if possible. Bathing cleanses the skin, removes dust and oil from the pores, and in addition helps the functions of the body. It does this by stimulating the circulation of the blood. A cold bath with a brisk rub is invigorating; a warm bath is quieting and helpful to induce sleep. Finally, the bath serves to remove parasites from the body and to keep

away odors. It seems rather simple to give instructions as to how to take a bath, but every child has to be taught. It must learn how to get aware of the right temperature, how to use a wash cloth, how to clean the neck and the ears, and how to keep the scalp

The toothbrush ought to be used morning and night, and under some circumstances even after each meal. Any good toothbrush will do since shape and size and similar characteristics are merely matters of taste and have not been found to be of special importance in securing satisfactory results.

If the child prefers any particular toothpaste, it may have the one it prefers, since several of the leading toothpastes sold in the country today have been found by official bodies to be satisfactory. Teeth should be brushed with a circular motion, which will include the gums, the tops, the inside and outside of both upper and lower teeth.

Every child should have proper sleep and rest; the young ones an extra nap in the afternoon. They should learn the importance of standing erect with the abdomen and the chin in.

Outside play, particularly in fall, spring and summer, is essential to health and happiness. It develops leadership, teaches good sportsmanship, and above all provides the child with sunlight and fresh air. Under such a program children will be found to improve in their standing in school as well as in their health.

-- The daily milk consumption at the three tuberculosis sanitoria of the State Department of Health, at the present time totals about 4500

LAUREL TIME QUEEN

Governor Pinchot has announced the appointment of Miss Barbara Vincent, to be Queen of "Laurel Blossom Time" in the Pocono Mountains. Miss Vincent, the daughter of Lewis Vincent, of Beaver, and a junior in the School of Liberal Arts at Pennsylvania State College, is to be the leading figure in the annual celebration of Laurel Blossom Time in Pennsylvania's famous mountain resort in Monroe county beginning June 17 and continuing until June 26. As her aides for the ten days of the celebration she will have 13 princesses selected by the students of 13 of the leading colleges in Pennsylvania and New Jersey.

A brilliant program has been arranged for the celebration with a climax on Friday evening, June 24, when a grand ball will be held at the Wolf Hollow Country club, Delaware Water Gap, in honor of Queen Barbara. On the following day, Saturday afternoon, June 25, at the "Arena in the Clouds" at Mount Pocono, a brilliant coronation pageant will be held in which several hundred persons will participate. Governor Pinchot is expected to lead the grand march at the ball with Queen Barbara, and, on the following day place the crown of laurel upon her

Governor Pinchot selected Miss Vincent to be Queen on account of her high standing in collegiate activities at Penn State. She was graduated from the Rockford High school, Rockford, Ill., in 1929. Penn State she was manager of the Women's Athletic Association board, She is also a member of the women's track team, and has been prominent in "Players," the dramatic organization of the College. Though in a relatively unimportant role she did an astounding bit of work as "Alice Greenleaf," the mother in the Drinkwater play "Bird-in Hand," which the "Players" offered for the entertainment of visitors for "Mother's Day" at State, last Saturday night.

As Queen of Laurel Blossom Time, Miss Vincent will succeed on the laurel throne Miss Elsa Beamish, of Philadelphia and Harrisburg, daughter of Secretary of the Common-wealth Richard J. Beamish.

Her court of honor is now in the process of selection by 13 eastern colleges and her eight pages have been selected from the eight most popular girls in the high schools of Monroe county.

TRAPPERS REMOVING

BEAVER COLONIES

To satisfy complaints of damage caused by beaver, expert trappers of the Game Commission have removed twenty-seven of them from various parts of Union, Snyder, Centre and Potter counties. The trappers now are confining their activities to Jefferson, McKean, Luzerne, Clearfield and Dauphin counties. Reavers so trapped are rel more desirable sections of the State.

Why Termed Silhouette The name "silhouette" comes from Etienne de Silhouette, French minister of finance in 1759. He strove by severe economy to remedy the evils of a war which had just terminated, leaving the county in great exhaustion. At the end of nine months he was obliged to leave his place. During this period all of the fashions in Paris took the character of parsimony. Coats were made without folds, snuff boxes were of plain wood and outlines were drawn in profile instead of painted portraits. All of these fashions were called "a la silhouette," but the name remained only in the case of profiles.

Why the "Sucker State"

There are numerous explanation as to why Illinois is called the "Sucker One is as follows: It is re-State." lated that this word originated at the Galena mines in the fall of 1822, at a time when there was a great exodus. A large returning party, while boarding a steamer at the Galena wharf was asked, "Wher' ye goin'?" "To hum." "Well," was the rejoinder of an old miner, "ye put me in mind of suckers; they do go up the river in the spring, spawn, and all return down ag'in ir the fall."

Why Covered Bridges

The covered bridge is a survival of an ancient custom. A great many of these bridges were built before the Revolutionary war, and their builders followed the methods used by the old European bridge builders. The object of covering the roadway of the bridge was for the purpose of protection against the weather, against possible

riots and primitive weapons.

Why One Yawns We yawn when we are tired because the act helps to fill our lungs with oxygen. Yawning appears to be "catching" because it very often happens that a person yawns when the air he is breathing has not enough oxygen to satisfy him, and others present yawn because they also need more oxygen.

Why Floors Creak

Squeaking floors are often not properly secured at the joists, or not properly supported. Sometimes finishing nails may be driven in to make them more secure and to overcome this trouble. If the boards are of uneven thickness, the floor often creaks.

Why Known as "Bears" The origin of the term "bears," for those who sell short in the stock market, is not definitely known, but one authority says that it will probably be found in the proverb, "Selling the skin before you have caught the bear."

Eisteddfod Goes Back

to Eleventh Century The eisteddfod is an annual Welsh national festival, accompanied by competitions in the musical arts most associated with the history of the Welsh people. Music competitions of a similar nature and under the same name are now also held chiefly among people of Welsh origin or descent, in the Unitsd States and some of the British de

The Welsh word means literally "sitting" or "session." It was applied of old to the Welsh assemblies of bards, whose meetings, traditionally, go back to the Fifth and Sixth centuries. The eisteddfods of definite record, however, begin much later than that. The earliest actual account of one of these festivals is of the one held in 1170 by ord Rhys at his castle at Alberteifi.

In that century the eisteddfod appears also to have been a regularly constituted court of a sort, its function being to license bards and regulate their privileges. In the time of the Tudors it was still recognized as a tribunal of authority and Queen Elizabeth issued a commission for holding one in 1658.

During the next century the custom seems to have lapsed entirely, but it was revived in the Nineteenth century, and restored to its importance in Welsh life. The eisterdfod is now held every year, in North and South Wales alternately, and is attended by many thousands.

Poetic Tribute Paid to the "Beauty of Words"

Wilhelmina Stitch expresses "the

beauty of words," in the following: "Words are such precious things! They laugh and dance and shout with glee! and some have golden wings; others are quiet and friendly like a tree. There is a word that sings; another croons most tenderly or with high courage rings. Some are arrayed so gorgeously; others wear gentle colors, like a nun; or full of vigor like a noonday sun. Some words there are like fine and rich brocade; others like stars do shine; some are alluring like a piece of jade, and some are ruby red, like wine.

"Lo! There are words as still as aight, and words that lie in love against the breast, and there are those that wheel like hawks in flight-and those that bring deep rest. So many things God made to give delight; blossoms of bright hue, the song of birds, the midnight sky with silver gems bedight-but none so lovely as his gift of words."

Days and Nights on Moon

All parts of the moon are bathed in direct sunshine at some time or other, and as each part is thus exposed for nearly two weeks at a time the surface temperatures must get very hot at such times. Astronomers have computed that when the sun is shining the surface lava rises to a temperature of about 216 degrees Fahrenheit, that is, several degrees higher than the temperature of boiling water. On the other hand, temperatures as low as 243 degrees below zero Fahrenheit are believed to occur in that part of the moon turned away temporarily from the sun. Because of the absence of an atmosphere there are great contrasts of temperature from time to time and from place to place.

The Post-Graduate Wife She always has her home in perfect

order so that when her husband comes home tired in the evening they can start out without delay. She is scrupulous about her appear

ance in the house and can always lunch downtown any day twenty minutes after ringing her husband at the She has solved the problem of pre

serving her husband's love of home by keeping him out of it as much as

Knowing how much depends upon ner husband's health, she watches his diet. She sees that they eat in none but the best restaurants. What sleeping he does is in the most exclusive apartments.-Kansas City Times.

Bugle Calls Copied

The bugle calls now used in the United States army naturally show the influence of foreign allies with whom our soldiery of pre-Revolutionary and Revolutionary times came in contact. The English and French influence predominated as a matter of

In comparing the bugle calls now is use in the United States service with those of other countries, it is noted that, with few exceptions, they consist generally of fragments of calls and signals used by our European neighbors. In some cases they are identical both in melodic and rhythmic structure .-Exchange.

"Sights" of Waterloo

The village of Waterloo in Belgium elebrated for the great battle of June 18, 1815, is naturally full of memorials of that great day, and the visitor may make a visit to Mont St. Jean and the two monuments on the old battlefield. the Lion and the farms of La Haye Sainte and Hougomont. A small panorama is exhibited of the great battle, but the old bullets, weapons and other relics sometimes offered for sale in the souvenir shops are mostly spurious. Interest attaches to the Hotel des Colonnes, for in it Victor Hugo is said to have written much of his "Les

Electric Current Makes Way Along Wire How does a current of electricity

flow along a wire? The answer to this question which has long baffled scientists, has been found after nine years of intensive work by Prof. John McLennan, director of the physics laboratory of the Uni-

versity of Toronto. It is predicted the Professor Mc-Lennan's discovery will lead to the making of wire, which are perfect conductors of electricity, as those used at present are not perfect and big losses of energy take place in them.

The following explanation is given of the reasons why electricity flows along a wire: An electric current consists of a

stream of electrons, particles of electricity so tiny that billions of them could find ample room upon the poin' of the sharpest needle.

When an electron enters a wire It charges into an atom, drives out one of its electrons, and takes the latter's place. The expelled electron jostles another atom in the same way, with the result that when one electron enters a wire one electron, bu: not the same one, goes out at the other end .-Louisville Courier-Journal.

Why Cinnabar Deposits

Are Lost to the World

Zulu superstition holds inviolate the secret of the location in Natal of rich deposits of cinnabar, the ore from which mercury is extracted. The earth has a brilliant red color. Ernest King, a well-known prospector, heard a legend that it was once used exclusively by the wives of one of the Zulu kings, to color their hair. After a time their hair all fell out, due to action of the mercury, and the unused cinnabar was replaced and the hole filled in and decrees given that no one was to touch it again. King discovered that the secret of the location was kept by the headman in the district, who refused to tell and warned him that serious three blocks today." consequences would follow if the earth were found.

Why Lakes Are Salt

Why should an inland lake be salt? Great Salt lake in Utah is the one we hear most about. A salt lake has no outlet. It must be large enough so that the constant evaporation of water equals the amount which constantly seeps into it from small streams and springs. This water brings with it common salts from the rocks it flows through. Salt does not evaporate with the water and the older the inclosed lake the more salt it possesses. The Dead sea and our own great Salt lake contain so much salt that no fish can live in them.

Why Storks Migrated

studying the disappearance of the storks which once graced the Alsace landscape, have decided that they left because of the abundance of food in North Africa. Formerly the African native scratched the soil with a pointed piece of wood. Now they plow deep with steel pointed plows and the birds find plenty to eat.

Why Known as Rubrics

Rubric is from a Latin word meaning red. Formerly items which it was specifically desired to stress were written or later printed in red ink. The early missals had the commandments, the beatitudes, matins, lauds in red, and in the liturgy the directions for the performance of the service were also red.

Why Elections on Sunday

Germany, Peru, and many other countries hold their national elections on Sunday for reasons of convenience and industrial economy. Having a national election on that day enables the largest number of voters to take part with the least interruption of business.

Why Snow Is White

Snow is white because the crystals are so minute that each cell of the retina receives a general impression produced by the combination of different wave lengths reflected from inperable minute facets.

Why Bushmaster Is Feared The bushmaster is said to be the most dangerous of South American snakes. Its venom is less deadly than some, but it is able to inject a larger amount of the poison into its victims than other poisonous snakes.

Why Creosote Forms The creosote that runs from the chimney is precipitated out of wood smoke which has been cooled to a certain temperature. This happens when wood is burned with an insufficient quantity of air.

Why "Caucasians"

Johann Blumenbach, a German anthropologist, gave the name "Caucasian" to the white race because the finest skull in the collection was found in the Caucasus.

Why Poison Does Not Act Game birds can eat with impunity grain poisoned with strychnine, not because they are immune to the poison but because it does not pass through the walls of the intestine.

Why Red Ships' Trimmings Admiral Nelson is said to have had British battleships painted in bright red trimmings, so that the sailors would be less demoralized at the sight of blood.

AUTOMOBILES A BOOM

TO THE UNDERTAKERS

The motor car has killed 25,150 people in Pennsylvania in the past twenty-six years. The bureau of vital statistics, State Department of Health, made its first record in 1906, when a total of nineteen lives was taken by automibiles during that year. The Department of Health continued to collect death certificates for motor car accidents, and 1907 showed thirty-six deaths. In 1910 they reached 103—and from that

M. KEICHLINE.—Attorney at Law and Justice of the Peace. All professional business will receive of the Peace. All prompt attention. Offices on second floor of Temple Court. time until the present, the toll has steadily mounted as the use of the motor car has increased and its speed has been accelerated.

In 1929 automobile accidents accounted for more than 2000 deaths. In 1930 there were 2424, and in 1931 a total of 2430. These figures do not include the deaths that occur in collisions between automobiles and street cars; or between railroad trains and motor cars. Such figures

cord accidental deaths by collision as being caused by the larger vehi-cle. Hence all deaths in train collisions are charged to railroad accidents, and all the deaths in trolley car collisions are classed as trolley car accidents. The figure of 25,150 deaths is the toll of automobile accidents exclusively, either in colli-sion with each other, or in some

other type of crash.

The abuse of the automobile has resulted in a number of deaths since 1906, that would entirely depopulate cities the size of Butler or Lebanon, and if concentrated in Wayne county would have destroyed every man woman and child in that political subdivision, officials pointed out,

SUCH A SIGHT!

First Chorus Girl-"Did you ever have a pair of garters that would really hold up your stockings "
Second Girl—"No, dearie; but I have a pair that held up traffic for

Home **Each Week**

TOODBYE, SUE-J goodbye, Joe!" The car lurched forward, leaving Mrs. Saul alone on the farmhouse porch. A fiftymile drive lay ahead of the travelers.

> "It's lonely for Mother," Sue observed as she tucked in the rug. "She ought to give up the farm." She'd be miserable any-

> where else," Joe replied. "All we can do is to visit her oftener." "Oftener!" Sue echoed.

> "We're there once a month!" Joe smiled. "Well.

> there's the telephone, you know. We could call her up each week. It wouldn't cost much - thirty-five cents, perhaps." Sue was surprised. "Is

that all?" she exclaimed. "Then let's do it! Mother would be thrilled by a regular telephone date every Wednesday night!"

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add 83 to the number that have lost their lives in transportation accidents.

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