

Your Health

THE FIRST CONCERN.



TRANSMISSION OF DISEASES THROUGH EATING UTENSILS

The startling amount of disease germs in ordinary dish water has been disclosed in many investigations by Dr. James Cumming. He says: "The number of organisms per cubic centimeter of dish water is far greater than in many specimens of sewage, and one would not intentionally wash eating utensils in sewage." It was shown that by the usual hand method of washing only 30 per cent of tubercle bacilli were removed from eating utensils used by tuberculosis individuals. Germs of many diseases are transmitted to and are upon the dishes from which you eat, after they have been washed in the ordinary way. Dr. Cumming says further: "Today, the saliva-borne infections cause the majority of deaths. Chief of these are tuberculosis and pneumonia. There is abundant proof that eating utensils are a major avenue of transmission of saliva-borne infections. In the army, warm mess kit wash water was the chief intermediate conveyor. The majority of influenza cases have arisen from the interchange of sputum through contaminated eating utensils. The eating utensils of the case or the carrier become contaminated with saliva which is laden with infection. These utensils are washed in only warm water; They are not disinfected, and many infectious organisms still adhere to them after completion of the washing process. Twenty-five per cent of the animals inoculated with rinse water specimens of hand-washed eating utensils used by open tuberculosis patients died from tuberculosis.

The populace must acquire the habit of practicing those measures which aim for universal prevention. These measures should not be instituted at terms of threatened epidemics with the view of attacking them in their incipency, but they must be continuous and of a habit forming nature."

ALUMINUM COOKING UTENSILS NOT DETRIMENTAL TO HEALTH

By Dr. Morris Fishbein

The claim has been made that the presence of aluminum in foods or use of aluminum cooking utensils promotes the growth of cancer in the human body.

There is not the slightest evidence to support this claim. But the charge has been made so persistently and so vigorously by various propagandists that it has been necessary to undertake scientific research to disprove it. It has been charged that manufacturers of cooking utensils made of material other than aluminum have been in some instances behind the campaign.

In any event, when the combat was being vigorously waged manufacturers of enameled ware cooking utensils attacked the use of aluminum and the manufacturers of aluminum countered by claiming that chips from the enamel were could get into the body and cause appendicitis. Scientifically there is no evidence to support the view that cooking in either type of utensils is to any serious extent detrimental to the human body.

Nevertheless, there are certain qualities that must be inherent in any type of utensil used in cooking. First, it must not depreciate the quality of the food. If the cooking utensils adds anything to the taste of the food or distorts it in any way, it is not a good cooking utensil. This perhaps should not apply to liquors aged in wooden casks.

Second, the cooking utensils should not destroy any of the important ingredients of the food. It is now well established that cooking of fresh fruits or vegetables in copper utensils in the presence of air will destroy vitamin C.

Third, the utensil should not discolor the food. Finally, it should not add to the food any substance harmful to human health.

In order to find out whether or not aluminum utensils would meet these criteria, a number of workers in an Eastern laboratory have made a series of tests on foods cooked in aluminum vessels. For purpose of comparison the same foods were cooked at the same time in vessels made of glass. In general it was found that clean aluminum cooking utensils are attacked to an insignificant degree by foods of neutral reaction.

However, acid foods or foods to which baking soda has been added dissolve small amounts of aluminum from the cooking utensil. If sugar is present, the amount of corrosion of the aluminum cooking utensil is less.

The largest amount of aluminum found in any food was 118 parts per million in apple butter which had been cooked in aluminum utensils for six and a half hours.

If all of the food to be eaten during the day were cooked in aluminum cooking utensils there still would not be enough aluminum taken up by the food to interfere seriously in any way with the activities of the human body.

—When you read it in the Watchman you know it's true.

HOW LURAY CAVERNS WERE DISCOVERED

Two score and six years ago three men worked indefatigably in a practical August sunshine and discovered the Luray Caverns. These men were A. J. Campbell, now dead; P. B. Stebbins, also dead, and William B. Campbell, still living in Luray, but bent with age and his head white by the weight of 75 years.

At the time of the discovery of the cave the men were following a well-defined idea that the hill in which the cave was found contained something better than had up to that time been found in some of the small openings on all sides of the elevation. Finally one of the men found a little ravine leading up the steep hillside to the summit of what he thought was an opening and through which air was pouring. He called to his companions nearby what he had found and the three men were soon hovering over the little opening in the ravine.

Then they began with picks and shovels to make the hole larger. Perspiration dripped from the men while the sun poured down suffocatingly. Gradually the hole began to get larger and the men pursued their work with renewed vigor.

Then the opening was big enough to admit a man's body, the hole dropping sheerly from the surface. Cooler and cooler the air from the hole beneath the ground became. It was decided to get a rope and let one of the men down. The man chosen was Andrew Campbell, perhaps the oldest of the trio. Cautiously and with some dread the two other men, W. B. Campbell and P. B. Stebbins, saw their companion disappear from sight while they held tightly to the rope. Down and down they lowered him until he called that he had reached the ground, that he wanted to untie it from his body.

Then for a long time all was still. save the hoot, hoot of an owl that had come around as darkness began to gather around the men about the opening. No message came from their companion. They began to grow apprehensive. Fear took possession of the men and they called loudly into the underground blackness, but the only answer was their voices reverberating. After waiting long hours they heard Andrew Campbell call.

Between the rocks that jutted out and through an opening not as big as a flour barrel they hauled their companion. He had only traversed a part of the first chamber of the cave.

The land at that time upon which the cave was found did not belong to the men who made the discovery and they kept their find a secret for some time. The land was finally sold for delinquent taxes and the discoverers bought it at a small sum. Then they opened the cave and proclaimed to the world what they had found.

Former owners set up the claim that the land was bought and acquired under false pretense. The Page county Circuit Court, a tribunal which has since that time been abolished, decided that the Campbell and Stebbins were the rightful owners, but the Supreme Court of Virginia thought otherwise. The bonanza slipped from their hands.

Since that time it has changed hands many times, the Luray Caverns Corporation, of which T. C. Northcott, of Luray, is the president, is the owner, and only William Campbell remains to tell of its discovery and the crushing of their dream of wealth.

HE NEEDED MONEY BADLY AND HE GOT IT QUICK

He was a pleasant looking fellow, with an easy air, and yet if you looked hard you could see that underneath he was uneasy.

He strode into the office of the insurance company and waited for a few moments outside the office of the particular official he had called to see.

"Hello, Mr. Soandso," said the official, "glad to see you're looking so well."

"Thank you," said the visitor. "I've called about a little financial matter."

"Uh huh," said the official, breezily, "everybody does nowadays. But the thing to do is to take everything as pleasantly as possible. There's no sense sitting around and grumbling. Grumbling will never help you in times like these. No sense giving way to despair."

"Quite right," said the visitor, smiling brightly, but between his teeth. "Glad you feel that way. You see I came about my insurance. You know I have a \$200,000 recall policy, on which I may borrow on 24 hours notice."

"Yes, yes, of course," said the insurance man. "But I hope you don't have to borrow on it."

"As a matter of fact," said Mr. Soandso, "I do. Quite a sum, too—\$20,000."

The insurance man made a wry face and stroked his chin.

"Well now," he said, "of course you know that in times like these we can't let you have \$20,000 on only 24 hours' notice."

The visitor still smiled, but there was more of the hard, gritty side of him in that smile than there had been.

"That's precisely it," he said softly. "I don't want it within 24 hours."

"Oh, you see," said the official, relieved, "you see—"

"I have to have it within two hours!"

The insurance man bounded out of his chair.

"Ridiculous," he exclaimed. "Preposterous. I haven't the time—"

The visitor also arose.

"Very well," he said, still smiling, "if I don't get that money within two hours, tomorrow you will have to pay the entire \$200,000 to my estate."

Within two hours he had the money.—By Robert Reiss, in his "Topics of the Times" column in the Philadelphia Record.

PULL WEEDS FOR HEALTH IS LATEST SUGGESTION

"To pull a weed is a healthy deed," is suggested as a new spring slogan for both children and grown-ups by Dr. Ernest H. Lines, chief medical director of the New York Life Insurance Company who pointed out that gardening during the spring and school vacation days is a beneficial form of physical exercise having a definite and proven health value.

"Gardening," states Dr. Lines, "provided it is not undertaken on too ambitious a scale, is not only an interesting pastime which keeps one in the sunshine and fresh air but the physical exercise also develops and strengthens practically all the muscles of the body. The resultant benefit to the health of the individual is both immediate and lasting. It is one of the very best forms of recreation."

"Furthermore, the study of nature, and the tendency to observation and study of the natural objects around, develops the mind." Dr. Lines suggests that parents who live in suburban and country districts should encourage their children to raise gardens while on their school vacations, and recommends that the boys might raise vegetables and food products like corn and potatoes, while the girls plant and cultivate flowers.

Another valuable aid to individual health which would also benefit the health of the community, he declares, would be achieved if groups of school children or the unemployed were organized to free the vacant spaces and countryside of harmful and unsightly weeds which favor the breeding of flies and other insects and the pollen from which causes hay fever and other respiratory irritations.

Even in the city, the young folks who do not have a small lawn or back yard may plant gardens by organizing among themselves and taking over suitable vacant lots, the resulting "crops" to be shared equally among the participants.

Many books on gardening may be had from the public libraries, and literature is also available from the U. S. Department of Agriculture and from other sources.

"However," not too much must be attempted at once. The very first efforts may be somewhat fatiguing and discouraging. Yet with a little practice, most persons will soon overcome the initial troubles and the benefits in a few weeks to the health of the individual and to the community will be more than could be accurately stated in dollars and cents."

WANTS MORE STATE GROWN WHEAT USED

The practical use of flour milled from Pennsylvania winter wheat will be shown bakers in the state-owned institutions operating bakeries during the coming week. In accordance with suggestions that the flour used in these institutions be a blend including at least 50 per cent flour milled from Pennsylvania winter wheat, the institutions will change their baking procedure where necessary in order to obtain results.

R. Bruce Dunlap, of the department of welfare, supervisor of agriculture in the state institutions, has arranged a series of baking demonstrations, beginning with a general gathering at Rockview. The demonstrations will be in charge of a baking expert from the federal baking laboratories.

REAL ESTATE TRANSFERS

Russel D. Spangler, et ux, to William F. Kessinger, tract in Liberty township; \$1.

Edna M. Vonada to Paul A. Vonada, tract in Walker Twp.; \$100.

Unionville Cemetery Association to E. V. Drumel, tract in Unionville; \$10.

E. V. Drumel to Mike Murphy, et ux, tract in Unionville. \$10.

Bellefonte Trust Company, Exec., to Leon E. Fighetti, et ux, tract in Spring Twp.; \$75.

Waldo E. Homan, et ux, to John F. Kimport, tract in Harris Twp.; \$1.

John M. Hartswick, et al, to Thomas J. Royer, tract in State College; \$1.

Helen I. Lonebarger, et al, to M. S. Myers, tract in Harris Twp.; \$1.

First National Bank, Exec., to Curtis M. Cronmiller, tract in State College; \$7,500.

Nannie M. Meek, et bar, to Robert A. Husey, et ux, tract in State College; \$1,500.

The doctor answered the phone. Turning to his wife, he said, "Quick, get me my satchel. The man says he cannot live without me!"

"Just a minute," said his wife, who had picked up the receiver. "That call is for Ethel."

Arthur: "My poem on the landing of Columbus has been taken."

Wife: "Oh, dearie, I'm so glad! Who's taken it?"

Arthur: "The maid took it this morning to light the fire with."

Billwiggie: "How does your furnace work in this weather?"

Dinkleprou: "The exercise of raking and shaking it keeps me warm enough, but the other members of the family complain."

Q.—Who administered the oath of office to President George Washington?

A.—Chancellor Robert R. Livingston of the State of New York.

Q.—How did the name "U-boat" originate?

A.—It is a shortening of the German name for submarine "Untersee-boat."

Mrs. Alden—"Do you ever flatter your husband?"

Mrs. Breenley—"Yes, I sometimes ask his advice about things."

HOW

CHANGE OF CLIMATE CAN BE PROCURED IN THE HOME.

It will not be necessary to leave home if you want a "change of climate." That is, it will not be necessary after a while, for some elaborate experiments are being conducted at a Cincinnati hospital by Dr. C. A. Mills to determine the effect of atmospheric conditions to human health and comfort. A laboratory has been fitted out where certain climate conditions can be reproduced and the effects upon animal life observed. Rabbits and rats are the subjects of the present experiments and humans will follow. Doctor Mills says that in the future controlled indoor atmospheres will be used in the treatment of disease. We shall have cold rooms for fever patients and hot, moist chambers for use when blood pressure gets too high. "It seems sure," he says, "that climatic change of any type a physician may require for his patient can soon be prescribed and carried out within the hospital or in the patient's home. A climatic cure no longer needs to mean that a patient is banished from his home or sent away from the care of his own physician."

How Broken Backs of

Books May Be Repaired

Books are withdrawn from a shelf by pulling on the top edge of the back binding. Heavy volumes soon become damaged by this handling, points out the May issue of Practical Mechanics Magazine. Not infrequently the whole back loosens. It is a simple matter to apply glue to the broken back, but difficult to find or improvise a clamp in which the book may be held tightly until the glue sets. "Apply the glue only to the sides of the broken back," the article direct, "and never down the center, or the book will break again when it is opened. Set the book carefully in place and then wrap the whole book tightly with a stout cord, its turns wound close together. Leave the cord on for at least 24 hours."

How Flowers Are Grouped

The beautiful blossom of the aster, and the more simple bloom of the daisy, while they are widely different in appearance, belong to the same general family, a family which composes, perhaps, as much as one-seventh of all the vegetation in this country and constitute by far the largest single family group. These flowers, the Composite, include the sunflower, the chrysanthemum, the goldenrod, thistle, dandelion, sagebrush, ragweed, resinweed and other such common plants. A single bloom, on close examination, is found to be not one bloom, but many closely joined into a common head with the outer petals which give the illusion of a single flower.

How Zither Is Played

A zither is a musical instrument having from 30 to 40 strings over a shallow sounding box, set horizontally before the performer. A fretted finger board at one side lies under some of the strings, on which the melody is played by a plectrum on the right thumb, these strings being stopped by the left hand. The remaining strings are timed in fourths and plucked by the fingers of the right hand.

How Anthracite Burns

Burning with great intensity, the radiant heat of anthracite is very great. At the time the coal is in a state of incandescence the heat of the flame generated is marked by its intensity. This coal neither softens nor swells in burning. It is burnt with a short flame of yellowish tinge that changes to a faint blue and is of transparent appearance, due to the particles of solid carbon in the flame.

How Glass Wool Is Made

Glass wool, also known as glass silk and spun glass, is used as an insulating material in ships, locomotives and engine rooms. The glass is prepared by being melted in a furnace and passed through holes from which it is spun in fine silky threads of about one-thousandth of an inch in diameter. The strands cling together, which gives it the appearance of a veil.

How We Get "Rule of Thumb"

Originally rule of thumb meant measuring with the thumb. In the cloth trade, as well as in carpentry, a thumb or thumb's breadth was taken to equal one inch. By extension, "rule of thumb" is used figuratively for any simple and roughly practical method of measurement based on practice and experience rather than scientific knowledge.

How to Tell Wool Cloth

Wool dissolves when boiled for 15 minutes in a solution containing one tablespoon of lye to a pint of water. Larger amounts of alkaline washing powder may be used instead of lye. This is an excellent way to detect fabrics made of both wool and cotton, as the cotton will not disappear under such treatment.

How Teakwood Is Cured

Since green teakwood would not float as a raft, and if let lie on the ground would season unevenly, it is cured standing. It is girdled and a broad strip of bark and sap wood taken off annually. Two or three years is required for curing to a point where it will float. It is handled by elephants.

HEART DISEASE LEADING AMONG FATAL MALADIES

The group of diseases affecting the great vital organ of the human body, and known as "Diseases of the Heart," were responsible for the loss of 23,440 lives during 1931.

This is the greatest death toll recorded since there has been a State Department of Health, and establishes the highest rate in the history of the bureau of vital statistics—a rate of 240.6 per 100,000 population. The trend has been steadily upward, without a break, since records have been kept.

In 1906, heart disease held third place as a "killer." Tuberculosis and pneumonia were both ahead of it. In 1910 and again in 1920 it took second place, with pneumonia stepping into the lead. For the other years, diseases of the heart have had a higher mortality than any other cause of death. It favors figures show that its ravages are fairly evenly distributed as between urban and rural.

When it comes to the consideration of the age periods at which heart disease is the most deadly, it is known that as age increases, heart disease gains in importance as a cause of death. More than one-half the total number reported, were 65 years of age, or over. Advancing into the years beyond 65, the group of diseases that affect the heart become more active, and take a greater toll of human life.

Youth, however, is not entirely exempt. In 1931 a total of 1,225 persons under the age of 30 died as the result of this disease. From 35 years to 44 years, 1,362 died; and from 45 to 54 years, 2,766. More than 200 children under 5 years of age also died from heart disease during 1931.

THE SISTINE MADONNA

For more than four centuries artists and scholars strove to fix the identity of the model who posed for Raphael's famous masterpiece the "Sistine Madonna." It was early established that her features were those also of "La Fornarina," another of Raphael's treasured paintings. And now we are informed that both the calm sweet mother, and the comely woman of the world, were inspired and posed by Margherita Luti, the daughter of a baker, Raphael's favorite model and some think his one love.

The "Madonna di San Sisto," usually known as the "Sistine Madonna," is one of the last of Raphael's paintings and is peculiar in that no studies or sketches for it are known to exist. It was painted in 1518 for the monastery of Saint Sisto at Piacenza. The painting was done entirely by Raphael, in Rome, where he was leader of a brilliant group, including Michaelangelo, attracted there by the Pope's love of art and the great project of adorning the buildings of the Vatican then under way.

Only recently also have identities been established for the models for "Pope Sixtus II" and "St. Barbara" who kneel in adoration of the Madonna in the picture. Dr. Moritz Steubel of Dresden has produced convincing evidence that Pope Julius II, patron of Raphael and Michaelangelo, virtual founder of St. Peter's, was the model for the figure of the Pope. St. Barbara, this authority claims, was the Duchess of Urbino, the ward of Julius II.

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