

Your Health

THE FIRST CONCERN.



WEIGHTS AND STATE OF DEVELOPMENT OF CHILDREN AT VARIOUS AGES.

By Dr. Morris Fishbein
A statement just made available by Dr. William Palmer Lucas indicates the weights and state of development of children at various ages so that the parents may have some idea as to whether or not the child is gaining properly.

AT ONE YEAR
Weight—Boys, 21.5 pounds; girls, 20 pounds.
Height—Boys, 29.5 inches; girls, 29 inches.

AT TWO YEARS
Weight—Boys, 28.4 pounds; girls, 27.8 pounds.
Height—Boys, 33.1 inches; girls, 32.7 inches.

AT THREE YEARS
Weight—Boys, 33.5 pounds; girls, 31.5 pounds.
Height—Boys, 36 inches; girls, 35.6 inches.

AT FOUR YEARS
Weight—Boys, 36.4 pounds; girls, 35.1 pounds.
Height—Boys, 38.6 inches; girls, 38.4 inches.

AT FIVE YEARS
Weight—Boys, 41.4 pounds; girls, 40.2 pounds.
Height—Boys, 41.7 inches; girls, 41.3 inches.

AT SIX YEARS
Weight—Boys, 45.1 pounds; girls, 43.8 pounds.
Height—Boys, 44 inches; girls, 43.4 inches.

TONSIL TROUBLES
By R. S. Copeland, M. D.
Infected and enlarged tonsils are injurious to the health. If actually diseased they should be removed, as they may be responsible for many serious ailments.

Other glandular material similar in structure to the tonsils is found in the back of the throat. This is the pharyngeal tonsil, and when it becomes enlarged the child has what we call adenoids.

It is now possible to have tonsils removed without a cutting operation. The procedure I refer to is used only for the removal of diseased tonsils. It is not advised for children. The treatment consists of applications to the diseased tonsils of a special

POLITICAL PATRONAGE

As our political system is organized at this time, it is just possible that the patronage appended to elective officers has now become dangerous to the welfare of the nation, as well as the States and localities within them.

To these ladies and gentlemen on the payroll the delinquent taxes filed in every county in the Commonwealth should tell a convincing story as to the evils in the system of taxation and expenditures of the taxpayers money that should lead that payroll to join with the taxpayer in his efforts to bring the cost of government within the ability of the people to pay.

Neither a government nor a man can live beyond its income for any length of time without meeting with financial disaster.

The whole country, practically, has been living beyond its income during the last twelve years. It has really been living beyond its income for a longer period than that, as the living cost during the war was supplied by borrowed money from the moment we entered the World War.

In this situation the problem now seems to be, is the payroll strong enough to prevent the cost of government, local, state and nation, from returning to that pre-war basis, when real, solvent, peace-time prosperity blessed the land?

It is entirely probable that the average citizen gives little thought to the power of the payroll in this country at each and every election.

No one knows exactly the number of employees on the public payrolls, local, state and national, but we have seen it estimated at three millions.

These people on the payrolls are bright, active and intelligent men and women. They are probably all experienced politicians, or are appointed through the influence of expert politicians.

It is not alone the vote of the individual members of the payroll force that is dangerous, but that force carries with it the votes of the "sisters, the cousins and the aunts" of the persons on the payroll.

When all that force is mobilized and put into action, the unorganized taxpayers are at a distinct disadvantage at the polls in every election.

In a campaign the leading men of the party in power can count definitely on the support of the payroll, as, in following the leaders, they vote for a continuance of the high salaries that are slowly sapping the foundations of this government and bankrupting the taxpayers.

It is that united action on the part of the payroll that gives us eggs at ten cents a dozen and Congressmen at ten thousand dollars a year.

That payroll not only provides votes for the support of the organization candidates, but it provides the funds necessary to carry on a campaign. High officials unblushingly tell us that these high salaries are made necessary by reason of the cost of campaigns, thus the people are to be eternally taxed for the purpose of financing the campaigns of those who unjustly tax us.

That is entirely clear every campaign by the assessment of the payroll for the election of Presidents, Governors, and all other officials.

Sometimes we hear protests against assessing the payrolls. These protests are based on the injustice of assessing one man for the purpose of electing another man to office.

The fact is that it is not the payroll at all that is assessed. It is the taxpayer that is assessed by those who assess the payroll.

The high salaries are paid to all officials in order to enable them to contribute to the campaigns of the political employees on the payroll, and thus the taxpayer pays the bills of the politicians.

The problem that now confronts the American people is the question, "Is the payroll stronger than the people?"

It is impossible for the people to compel the payroll to return to peace-time salaries, and all government to return to a peace-time cost? It certainly begins to look that way.

If it shall be found that the payroll can maintain its costly position, there is no hope ahead during the immediate future. The only basis on which the taxpayer may find a hope is in his own bankruptcy and inability to pay war-time salaries in times of a profound peace which will result in a reorganization of government.

The delinquent taxes on file in all the counties indicate that that situation is rapidly approaching.

When that crisis arrives it may then be possible that the payroll will be awakened to the disasters it has forced, not only on the people, but on itself, and will then join with the taxpayer to relieve his situation and help in the return to peace-time cost of government, local, state and national.

It is apparent today that the taxpayer is absolutely at the mercy of the payroll.

We do not think it is necessary that the taxpayer shall continue to be at the mercy of the payroll. We are of the opinion that united action on the part of the taxpayers of this country can yet save themselves from bankruptcy.

Are you sure he was drunk?
Yes, it was plainly seen.
He stood at the excavation three hours.
Waiting for the light to turn green.

electrical current until the tonsils are destroyed.
There are many advantages in this form of treatment. The patient can continue work without interruption.
The tonsils are removed without shock, pain or danger of hemorrhage, and this treatment will appeal to many who have feared operation.

AUTO TAG PLAN PROVES ECONOMY

Long past the experimental stage, the present plan of numbering Pennsylvania automobile license tags is regarded by the Highway Department as an established method of effective economy in the manufacture and mailing of such tags.

By the use of letters in conjunction with numbers, all passenger cars are restricted to five digits, incidentally adding in speed identification. Letters are used singly or doubly on these types of vehicles, and in various combinations of numerals.

When five digits are used they may either be five numerals or a combination of letters and numerals. The letters used on pleasure car tags are ABCDEFGHJKLMNPQRSUV. "O" is not used as a letter but as "Zero" or "Naught." The letter "X" is used only to designate motor vehicle dealers.

In the case of passenger car tags, Pennsylvania can issue tags far in excess of the number that ever will be registered. By juggling letters and numerals millions of tags can be issued and in no case will the tags designation exceed five digits. Benjamin G. Eynon, Commissioner of Motor Vehicles, states that the number of passenger car tags possible under the present five digit combination of letters and numerals is indefinite.

Each of the 26 letters is used alone such as "A." It continues to appear as the first digit until "A999" is reached. The same applies to the other letters used. After that letters are used as the second digit, such as "9A99," as the third digit, such as "999A," as the fourth digit, such as "999A9," or as the fifth digit, such as "9999A."

The use of the double letter, such as "AA" is carried through to "AA999" or whatever letter is being used. The double letter is also used in various combinations with numerals. Letters are also used in combination such as "AB," "AC," and so on.

The letters RSTUVWYZ are used to designate commercial vehicles but when so used only appear in series of six digits. The digit letter indicates the class in which the truck is registered. The numerals following begin at 10,000 for each class of truck registration. For example, two axle trucks having a chassis weight of less than 2,000 pounds are assigned in the "R-1000" series.

Three axle trucks are designated by "RZ," "SX," "TZ," "UZ," "YZ," and "ZZ." The numerals following the letters begin at 1,000. The letters indicate the weight, and number of axle classification.

The zero (0) series without letters indicates motor bus or motor omnibus. The letter "T" is reserved for trailers and the letters "TE" for tractors.

CAMP CEDAR PINES

Camp Cedar Pines, in the Pine Creek gorge, has issued a splendid camp booklet for the 1932 season. The cover of the booklet is presented in the colors of the camp, cardinal and green, and shows the picture of an Indian, and represents a particular type program promoted in Indian Lore at Cedar Pines.

Last season hundreds of boys and girls from ten different States and one foreign country turned to Cedar Pines as an ideal place in which to spend their summer respite from the tasks of the school room. The atmosphere in the camp is that of a great big family, with a strong feeling of kinship.

The camp was established in 1915, and is under the personal direction of Clyde E. Baltzer, General Secretary of the Y. M. C. A., Jersey Shore, Pa. Mr. Baltzer has been long interested in the welfare of the boys and girls, and when he organized the first camp it was endowed with four essential ideals—health, happiness, friendship, simplicity. Its cornerstone was simplicity. Its cornerstone was simplicity.

The camp is fully equipped in every particular to care for campers. The size and location of the camp grounds enable the director and staff to do what is most desirable in caring for boys and girls, to have them absolutely removed from the distracting interests during the summer season.

At Cedar Pines campers are carefully supervised. There is, however, a spirit of freedom and happiness throughout the camp which seems in no way hampered by the fact that those in authority know where each camper is and what he or she is doing. The campers at Cedar Pines are able to enjoy all the privileges of an expensive camp at very moderate rates.

One of the features of Cedar Pines is the large number of interests to which campers devote themselves. The program of activities is a graduated and progressive one, and the campers find pleasure in expressing themselves in their own way.

Camp for boys opened on Monday, June 20th and closes on Monday, July 18th. A special post-season camp opens on July 19th and continues for a period of three weeks.

BEARS KILLING SHEEP

After controlling their weaknesses for both mutton and honey for a four month period the bears of Pennsylvania reverted to their old habits during May.

Game Commission officials are able to tell just how the bear is behaving by the number of damage claims received.

During the first four months of the year no claims were filed, but in May the killing of 18 sheep and the destruction of nine hives of bees were reported. The complaints came from Bedford, Luzerne, Lycoming, Sullivan and Warren counties.

FARM NOTES

Activity in the farm real estate market is slow, according to reports reaching the Pennsylvania Department of Agriculture, but the number of persons interested has increased.

Inquiries are usually for small, cheap farms from 10 to 100 well located, worth not over \$2,500, well sized and suitable for either poultry raising or truck growing. Occasionally there is an inquiry for a dairy farm. Many of the transfers involve changes for city real estate.

City unemployed, most with previous farm experience, or people of foreign extraction with slack work in the mines, constitute the bulk of the inquiries, but farmers are said to be usually the purchasers of the larger acreages. The only credit available, judging from reports, is arranged to suit the purchaser. In some localities, mortgages at 5 per cent have been offered.

The March 1 reports from both farm land owners and realtors to the Federal State Crop Reporting Service, indicate that farm real estate in Pennsylvania suffered an average decline of 5 per cent in value during the past year. The price level at the present time is estimated to be 4 per cent below that prevailing during 1912-1914. Low prices for farm products, high taxes and scarcity of credit are blamed for the situation.

Relatively speaking, Pennsylvania is more fortunate than the mid-western States where the present value of farm real estate has fallen to as much as 40 per cent below the pre-war level. The average for the United States is 11 per cent below the 1912-1914 average.

The practice of raising swine on garbage is a specialized business which demands close attention and requires more than just a little luck to be successful, according to specialists in the bureau of animal industry, Pennsylvania Department of Agriculture.

Garbage feeding may at first appear to be an economical operation but it can readily prove a costly one since there is the constant danger of introducing disease into the herd, it is explained.

The non-garbage feeder barring cholera, is relatively free from disease but the garbage feeder is constantly exposed and should protect his swine at all times by the use of simultaneous vaccination. Other mixed infections and parasites are diseases such as necrotic enteritis, also prevalent in uncooked garbage. Likewise, coccidiosis is appearing more frequently than heretofore. Pigs are especially susceptible. This disease is easily introduced into swine herds fed on garbage because the parasite requires an acid medium for development.

As evidence of the great risk involved in feeding uncooked garbage, the disease specialists point out to the recent outbreak of a foot-and-mouth disease in a garbage-fed swine herd in California. Furthermore, a previous outbreak of foot-and-mouth disease in California was traced to infected garbage which had been received from a foreign ship in port, and removed to a garbage feeding farm.

Swine raisers of Pennsylvania have been fortunate in escaping the ravages of the dreaded foot-and-mouth disease during recent years, but they are reminded that livestock in this Commonwealth is continually exposed to the possibly entry of the disease from other countries just as much as California, and possibly more so because of the many harbors along the East coast where vessels from countries where foot-and-mouth disease is prevalent, dock.

Many people think Irish potatoes originated in Ireland, because of their name. They were first introduced into England from America by Sir Francis Drake in 1586, and were not introduced into Ireland until 1610.

Transferring bees from illegal box or cross comb hives into the modern, movable frame type, can be done successfully by the average bee-keeper any time up to the first of August. H. B. Kirk, chief apiary inspector, Pennsylvania Department of Agriculture states, in response to numerous inquiries.

The bee specialist makes clear also that now is an ideal time for bee-keepers to inspect thoroughly their bees for brood disease. If the brood is irregular with perforated and sunken cappings, American foulbrood is likely to be present, he explains. If not sure of the identity of this disease, the beekeeper is urged to send a sample of the brood comb to the State bureau of plant industry, Harrisburg, for examination and for complete directions on the control of the disease.

Requeening all colonies that have old failing queens or queens of poor reliable breeder, is also advised.

Tomatoes do best when the fertilizer for them is placed about three inches underground, tests conducted by horticulture specialists of the Ohio State university this past summer would indicate. In this demonstration tomatoes yielded 10.4 tons to the acre without fertilizer, while an application of 500 pounds of 4-12-4 on the surface in a ring about each plant brought the yield up to 12.4 tons. No accidental yield above that of surface treatment was noted with the fertilizer one inch under ground; with it placed two inches beneath the surface the yield was 12.76 tons; while the greatest yield of 15.24 tons, was obtained with fertilizer placed three inches deep. A lower return was secured with the fertilizer placed deeper. With tomatoes worth \$10 a ton the \$8 spent for fertilizer returned a net gain of \$29.64 over its cost, plus its application and increased labor due to a larger crop. The demonstration was in charge of E. R. Lancashire.—Ohio Farmer.

DON'T WASTE MONEY ON "COACHING" FOR A CHANCE FEDERAL JOB

The United States Civil Service Commission has issued a statement advising against paying money for "coaching" courses in preparation for Federal civil service examinations.

Schools which sell such courses under present conditions accept money under false pretenses. A purveyor of civil service courses is now under indictment in Iowa for false representation. It is expected that other such cases of prosecution will follow.

Comparatively few appointments are being made in the Federal civil service. Vacancies must be filled by the transfer of those in the service or the reinstatement of those who have been in the service, wherever practicable.

It is seldom necessary to announce the examination. In most cases large registers of eligibles exist as a result of examinations held during the past year. When an examination is announced, the applicants are usually hundreds of times in excess of the need.

Money paid for civil service coaching courses at this time might almost as well be thrown to the four winds.

WHY WE SHAKE HANDS

The custom of handshaking dates back to prehistoric times, a relic of those savage days when strangers could not meet without suspicion of murderous purpose. Then all men went abroad with weapons and shields, and when they met, would stand in pleasant converse, each with his shield upon his left arm, and with his right hand clasped so that there would be no chance for a sudden swing of the knife or bludgeon. The right hand was invariably used for the weapon, with the result that we are a right-handed race. The reason for this lays undoubtedly in the fact that the left arm was always employed in the important work of shielding the heart. Among the common people of the Aryan race, the old pledge of amity in yielding the right hand to be grasped and held has since remained the chief token of open friendship. In the Iliad the returning chiefs were "greeted with extended hands." Even at that remote day the early significance of the handclasp has been lost in the noble meaning of civilized life. But it remains a salutation in which a greater or less degree of equality is claimed or conceded.

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