

LOCAL AND PERSONAL.

Nieman's Store, Millheim, will be closed all day Monday—Memorial Day. Children's Day services will be held in the Evangelical church, Tusseyville, Sunday evening, June 12th.

Practice for community singing for Memorial Day will be held in the Presbyterian church, Wednesday evening at 8:30. All singers are invited.

John D. Neese, one of Millheim's expert mechanics, was a business visitor in Centre Hall on Saturday, and favored the Reporter with a call.

Mr. and Mrs. Keemer Runkle, and Mr. and Mrs. James Bloom, of Williamsport, were week-end guests of Miss Laura Runkle, at the Centre Hall hotel.

E. M. Smith and Daniel S. Daup went to Philadelphia last week and drove home a new Nash coupe which the Hagan garage agency delivered to Miss Laura Runkle.

A Star-6 landau sedan was sold through the Phillips sub-agency, Pottery Mills, to D. R. Hassinger, at McClure. Delivery of the machine was made on Tuesday.

Mr. and Mrs. Harold McWilliams, of Johnstown, and Mr. and Mrs. Ralph Musser, of Rock Springs, drove by auto to Centre Hall on Sunday and for the day were guests of Mr. and Mrs. F. V. Goodhart.

John A. Martz, one of the local P. R. R. trackmen, was the only one of the veteran railroad employes to take advantage of the trip up the Hudson from New York given by the P. R. R. Company.

The policeman will get you, little girl, if you're not good while in Bellefonte, day or night. Girls are not permitted to loaf on the street corners, or gad the streets unless accompanied by parents or someone to vouch for them.

Genevieve Ruble, Gladys Smith and Isabel Bradford were guests of friends and relatives at Lemont for a few days beginning Saturday. The former was with her sister at the home of Mrs. Dolin, and the latter two with Isabel's aunt, Mrs. Philip Bradford.

Mr. and Mrs. A. E. Lutz and son, Edward, of Greensburg, visited the former's daughter, Mrs. William Garis, in Centre Hall, for a few days, returning home beginning of this week. The senior Mr. Lutz is superintendent of the Hemphill coal mine near Greensburg.

J. W. Wolf, of Ardmore, is improving nicely after having undergone treatment for throat trouble, and in a short time expects to have fully recovered from the effects of the operation and the original trouble. The treatment consisted largely of the use of radium.

The singing class under instruction of Mrs. Alberta Krader, will hold two rehearsals—on the evenings of June 23 and 24—and then close their season of instruction with a concert in the auditorium on Grange Park on Friday night, June 10th. The public is invited to this concert.

Franklin B. Ruble, who joined the navy a year or two ago and was on the U. S. Ship Seattle, was declared a straggler beginning of this month and later a deserter. His whereabouts is unknown. The authorities, it appears, are not certain whether the young man meant to desert his ship or whether he met with a mishap.

Court is being pretty largely attended by residents from the south side of the county. Their interest centers in several cases in which acquaintances are the principals. Then again, some want to pass judgment on the personal appearance of Judge Furst while sitting on the bench, and feel that to do so it must be done now.

Mr. and Mrs. James E. Stewart and son, Herbert Stewart, and the latter's lady friend, all of New Bloomfield, drove here by auto on Saturday and were guests of Mrs. Stewart's sister, Mrs. Lucy Henney, until Sunday evening when they returned home. The senior Mr. Stewart is able to do some work of late and is happy because of it.

Mr. and Mrs. J. M. Spicher and son James J. Spicher, of Altoona, were in Centre Hall on Sunday as guests of Mrs. Spicher's sister, Mrs. H. J. Lambert. The senior Mr. Spicher and his only grandchild, Freda Claycomb, viewed town, and admired it. Mr. Spicher is a railroad engineer but will be in line for retirement in a few years, and is keeping an eye open to find a little homestead near Centre Hall to live in when that time comes.

While superintending work at one of the Kelley saw mills, W. Maurice Kelley made a narrow escape of losing his life and that in a most peculiar manner. He was standing near a running belt, and on stepping up on a block his foot landed on a piece of bark which slipped from under him, causing him to fall against the belt. The belt struck him just above the "Adam's apple," and for a space of three inches seared the skin to the jugular vein. The contact was but for an instant, yet the burn was severe. It was a close shave!

The Reporter has preached tolerance for young people, especially boys, for more than twenty years, because in many instances complaints were the result of a bad "liver" rather than anything else, but for the past year a group of boys hereabouts have exhausted every leeway due them and are bidding strong to become acquainted with the strong arm of the law. Youth must have room for expending an excess energy, and against interference with this this paper has conscientiously and consistently advocated. The deprecations complained of are of a character too raw for passing on as the result of bubbling youth, they are the acts of the beginnings of many criminal careers and will be checked unless four-wheel brakes are applied skillfully.

Missionary Conference.

The missionary workers of the Northern Conference of the Susquehanna Synod of Central Pennsylvania of the Lutheran church, met in conference Thursday of last week in Boalsburg, holding sessions all day through Good reports of work being done were turned in. The box work offering for foreign mission in the district was \$225.

The officers elected were, president, Mrs. C. H. Stine, Lock Haven; vice president, Mrs. J. F. Harkins, State College; secretary, Mrs. Cole, New Berlin; treasurer, Mrs. S. L. Hubler, Millheim.

Announcement was made that Mrs. J. F. McMahan, of Pottsgrove, had been named secretary of the synodical society, following Miss Dimm, deceased.

Mrs. George Fisher, president of the Synod society, and Mrs. Moorehead, president of the general synod society, were present at the session.

MARRIAGE LICENSES.

Alfred Stanley Chandler, Bellefonte
Esther Symmonds, Bellefonte
Harold L. Londo, Greensburg, Wis.
Della R. Beezer, Bellefonte

Frank W. Chumard, Arlt, Pa.
Beba Bartleson, State College
Leon H. Aley, Nittany
Gladys L. Herr, Howard

COUNTY HEALTH OFFICER

GIVES ARTICLE ON GOITER

"The Easiest Disease to Prevent," He Says—Why Some Have It and How to Prevent It.

Goiter, says County Health Officer J. L. Tressel, Bellefonte, is the easiest disease to prevent.

This is the message of American leaders in Disease Prevention.

What is goiter? Goiter is one of the oldest known diseases, affecting children and adults, especially girls. It is one of the most insidious diseases of the age. But only during the past twenty years have we been getting at the exact cause of this disease and working out practical methods of prevention. The sum total of its ravages in all lands is still unrealized by the public generally. It is the easiest of all known diseases to prevent and it may practically be excluded from the list of human diseases as soon as society adds iodine in minute quantities to its regular diet. It is more common in certain parts of the country, known as goiter belts or districts—of which Centre county is considered a part.

Simple goiter is an enlargement of the thyroid gland, which lies in front of the neck and normally is too small to be seen. We know that this enlargement is due to a lack of iodine.

Lack of iodine the cause of goiter. There are certain periods when goiter appears more frequently, as during the years from twelve to sixteen, during pregnancy, and also during or following any chronic or severe infection. The work of the thyroid gland is to keep growth and development at a normal rate, and at these times the amount which the thyroid gland is called upon to do is increased. Years of untiring study by eminent medical scientists have convincingly proved that the thyroid gland overworks and enlarges when an insufficient supply of iodine is taken into the system. Iodine

has been knowingly used in the treatment of human goiter since 1820, and is its prevention since 1917. Among those who have contributed largely to our knowledge of goiter are Dr. O. P. Kimball, of Cleveland; Dr. Klinger, Zurich, Switzerland; Dr. David Marine, New York City. All have made successful experiments with excellent results in the prevention of goiter by adding quantities of iodine to the diet.

How can we detect goiter? This enlargement of the thyroid gland shows by a swelling in the front of the neck. You may suspect the presence of goiter in yourself or in your children when you see a lump in the front of the neck which moves up and down on swallowing. Prompt treatment by your physician would cure most cases, but all could be prevented.

Why do we have goiter? It has been often proved that if the thyroid has iodine so that it can produce the needed secretion, it will not enlarge (or form goiter); but if there is a lack of iodine in the body, the thyroid enlarges in its efforts to secure it. It was also found that only a very small amount of iodine was needed to keep the thyroid supplied. This fact made clear the method of goiter prevention, as now practiced in many cities of the United States, Canada and Europe.

Why check goiter? Goiter may injure the mind as well as the body of the boy and girl in school. It slows normal growth, being sometimes found dwarfism and feeble-mindedness. If allowed to grow, an operation may be necessary, or it may lead to cancer of the thyroid, or very serious poisoning and nervous conditions. It is then no longer "simple" goiter, but a grave disease, sometimes causing death. Probably 90 per cent of the malignant tumors of the thyroid originate from simple goiter.

How can we prevent goiter? A small amount of iodine once a week through these periods when most needed will prevent goiter. Therefore in preventing it in the schools in many places, each child is given, once a week, a chocolate tablet. This is so prepared that it tastes like good chocolate candy, yet contains enough iodine to prevent goiter. Any one with actual goiter should not start treating it without the advice of his or her physician, but the simple and efficient method of prevention should be known and practiced in every home or school in districts where goiter is common. The prevention of goiter means vastly more than eliminating outward deformities.

Can goiter be mastered? Because only a physician can tell the difference between simple goiter and a toxic or poisonous one, because iodine might make the condition of a poisonous goiter worse than better, it is most important that iodine be taken after the doctor's examination. Goiter is more frequently in girls than in boys, but if the thyroid is kept supplied with iodine by taking the tablet (iodostarine) weekly at school or at home, or by using "iodine salt" exclusively in cooked foods and on the table three times a day—meal time—neither need have it. For women the most important period is during pregnancy, for here we must protect two thyroids. By these practical methods, goiter can be mastered.

Dr. Woods in his article, "Please Pass the Iodine," in the Saturday Evening Post, January 3, 1925, urges the use of iodine salt.

J. L. TRESSEL,
County Health Officer.

NEW ADVERTISEMENTS.

PLANTS FOR SALE—Cabbage, tomato, celery, and pepper, 12c and 15c per doz.; special prices on quantity. Satisfaction guaranteed.—RAY G. DECKER, R. F. D. 1, Centre Hall.

FOR SALE.—Sow and nine pigs.—G. W. Ralston, Centre Hall.

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Adults, 25c. Children, 10c

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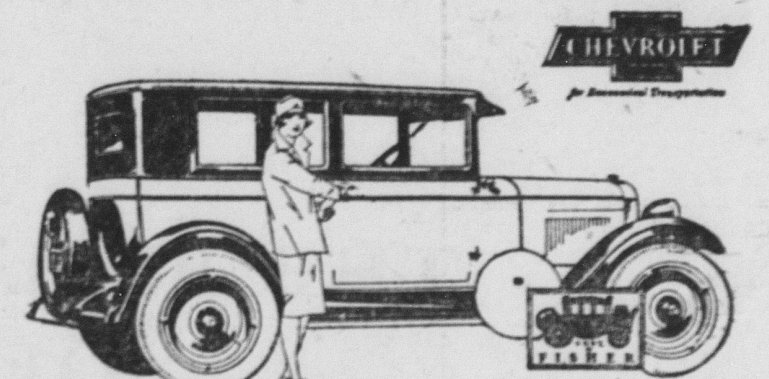
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The Coach	\$595
The Touring or Roadster	\$525
The Coupe	625
The 4-Door Sedan	695
The Sport Cabriolet	715
The Landau	745
The Imperial Landau	780
1/2 Ton Truck	395
1 Ton Truck	495

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