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#### MESCAL IKE By S. L. HUNTLEY



#### FINNEY OF THE FORCE By Ted O'Loughlin Night Alarm PHOOLOSSFER WAL- OTM GOING-HULLO-WHET YE WILL HAVE HIS-WE BOTH INNEY NIVER A BIT-WON'T IT TO BE BUYING BE YEZ T'BED-AND IT IS WURRK 'IS PLAYED OUT, DOIN' ? AS LATE AS THANKFUL OI AM A NEW ALARUM IT ATALL Z NO DOUBT THAT OI DON'T BE CLOCK WE WANT WURRKS YEZ AH-PRECIATE SHLEEP WAKE ME TOMMERER MORE TH LISS YEZ GIT O'IT.



DR. JAMES W. BARTON Talks About

Menace of Overweight NORMAL condition has N occurred more frequently among my diabetic patients than has obesity (overweight)."

I am quoting Dr. Elliott P. Joslin, Boston, the outstanding authority on diabetes.

Life insurance companies are very strict in their consideration of permitting overweights to take out insurance. as they have found that so many of

of them later develop dlabetes. In fact they have found that in examining applicants for insurance as many as 20 per cent already are showing sugar in the urine. "The average diabetic man or woman has been greatly overweight. Overweight is due to overeating. What is added to the waist line is Dr. Barton. cut from the life line."

Dr. Chas. H. Mayo says: "Men fifty years old and fifty pounds overweight are much more likely to have cancer than the normal. This means then that eating or overeating is a factor in causing cancer because half the cases of cancer are found in the stomach and intestines."

a higher death rate. At fifty years of tive mind as to secure rest by varieage an excess weight of 55 pounds increases the death rate by 50 per cent." I am quoting from "How to Live" by varies his work. I have found that Prof. Irving Fisher and Dr. Lyman Fisk.

However, overweights have more than the death rate to consider; they of daily life. must think of their everyday lifetheir chances for good health, their ability to get around easily, their resistance to ailments, their mental ability or grip.

#### Some Famed Light Eaters.

Famous men whose brains keep clear till the end are usually light eaters who from early years of experimenting have found out just what agrees with them and are satisfied with this amount and variety of food. Chauncey Depew attended dinners and banquets three or four times a week for years, but always looked over the menu and ate only the foods he knew gave him the nourishment he required.

Thos. A. Edison came of a long-lived family who for generations had learned to eat what they knew their bodies required and no more. Thus in an interview some years ago Edison said: "The body is only a piece of machinery and every practical man knows that to get good work out of a machine and keep it in repair at the same time one must know how to take care of it. Now, if you have a 100-horsepower engine and a boiler big enough to drive it, no wise engineer will fire that boiler to full capacity when he only wishes to take eight horsepower out of his engine. If he does, he sooner or later burns the grate-bars out of his fire-box. But that is just what the majority are doing; burning up 100 horsepower of fuel in their bodies and taking out eight horsepower of work. Is it any wonder that the boiler flues and the arteries get clogged up, that the pipes burst, causing apoplexy?"

# Watch Your Posture; Has Vast Influence in Health

"How you feel, how much you get out of life and how long you live depends to a surprising degree on the proper functioning of your vital organs, and their health is largely controlled by your posture-at any rate, improper posture will crowd or displace organs and interfere with functional efficiency. Many mysterious ailments are traceable to this, says Rex Beach in Cosmopolitan. He passes on these tips regarding posture from Dr. Stanley Green, who has worker them out according to the principles of "body mechanics":

Don't sit on the feet. It twists the pelvis, and may eventually produce a postural spinal curve. Sit with the weight on base of pelvis, leaning forward from the hips, knees not crossed, head up.

At the office, don't slump with weight on base of spine or middle of back or with feet elevated. It crowds the heart and lungs, compresses the vertebrae, and may cause eye strain, headache, neuritis, lame back and other ills. Sit well back in chair, weight on the buttocks, head up. If necessary to bend forward, bend at hips-not at neck or walst. Standing with weight on one leg causes a pelvic twist, spinal curvature, and flattening of the arch. Stand with weight on both legs, head erect, feet parallel or slightly turned out.

### Going Out of Ourselves to Refresh Our Thoughts

Doctor Richardson tells us there "To sum it up, the overweights have is nothing so wholesome for an acty of work. A man can do five or six times more than he expects if he to be so in my own life. By varying his work a man obtains fresh spirits, and renewed powers for the duties

There is so much that is discouraging and depressing in the world, that we must sometimes go forth, as it were, out of ourselves for fresh thoughts and fresh air. The greatest workers, when they go out for a holiday, are not idle; they find rest by change of occupation. Life is too short to admit of idleness in anybody .- Erskine Clarke.



#### Truth About the Stomach.

As you know, early man lived outdoors, used the great bulk of muscle covering his body, had a natural appetite and "filled" his stomach when he obtained food because he did not know just when he would get his next meal. Thus Nature supplied him with a stomach that would hold enough food to fill his needs for a whole day or more.

Today we have these same huge muscles covering our bodies and have the same large stomach, but we do not live outdoors, do not work these huge muscles and so do not need more than about half the food that was needed by early man. Yet because we have the same big stomach and get the kinds of food we like, many of us thoughtlessly think we have to fill this big stomach three times a day.

Remember, then, that we need some of all the different kinds of food daily, that is (a) meat, eggs or fish (b) cream, butter or other fat, (c) vegetables, both starchy and leafy, (d) minerals and (e) water. But if we want to be at our best mentally and physically we eat just the amounts of these foods that will keep us strong without increasing our weight above normal.

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## **Relaxation** and Sleep

So much has been written about the value of sleep that many nervous individuals worry themselves into sleeplessness. They fear dire ailments or even insanity if they don't get a certain number of hours of sleep each night.

Now while nothing can take the place of real sleep, with every muscle relaxed, it has been found that if an individual is unable to sleep but can relax body and mind to a point almost approaching sleep he can attain as high as 80 per cent of the value of sleep. It is estimated that two hours' sleep in the 24 will keep anyone alive, so that with complete relaxation for four hours and say four hours' sleep you might be fully capable of doing your work.

Enough outdoor exercise, without overdoing it, brings on a "natural need" for sleep that is better than any other method of inducing sleep. O-WNU Service.

# From Your Doctor if the "Pain" Remedy You Take Is Safe.

## Don't Entrust Your Own or Your Family's Well - Being to Unknown Preparations

**B**EFORE you take any prepara-tion you don't know all about, for the relief of headaches; or the pains of rheumatism, neuritis or neuralgia, ask your doctor what he thinks about it - in comparison with Genuine Bayer Aspirin.

We say this because, before the discovery of Bayer Aspirin, most so-called "pain" remedies were ad-vised against by physicians as being bad for the stomach; or, often, for the heart. And the discovery of Bayer Aspirin baready of baread Bayer Aspirin largely changed medical practice.

Countless thousands of people who have taken Bayer Aspirin year in and out without ill effect, have proved that the medical findings about its safety were correct.

Remember this: Genuine Bayer Aspirin is rated among the fastest methods yet discovered for the relief of headaches and all common pains ... and safe for the average person to take regularly.

You can get real Bayer Aspirin at any drug store — simply by never asking for it by the name "aspirin" alone, but always saying BAYER ASPIRIN when you buy.



Might Break an Arm You can't push yourself ahead by patting yourself on the back.



COLEMAN LAMP AND STOVE