

### NORTH CAMBRIA MINERS IN EXAMS

List of the men who took examinations for certification as mine foremen, electricians and fire bosses, at state exams conducted by Mine Inspector Dennis Keenan, last week at Sunse ballroom, follow:

**First Grade Foreman.**  
Andrew J. Zelich, Barnesboro; Joseph J. Novotny, Lilly; Albert J. Novotny, Portage; Paul Ender, Hastings; Bryner D. Watkins, Ebensburg; Peter Gresh, Spangler; Stephen Sachash, Cherry Tree; William C. Elick, Patton; Martin Jashner, Colver; Glenn White, Patton; Richard Hollen, Barnesboro; John E. Steir, Patton; John Drinospy, Portage; Sheldon Jones, Ebensburg; Harold Richardson, Revloc; Charles T. Kinney, Portage; Samuel Chilton, Cassanara; John McWilliams, Marsteller; James Laird, Marsteller; Thomas J. Lamont, Elmora; Louis Ramblan, Ebensburg; Walter Julman, Revloc; Manual Booterbaugh, Cresson; Eugene R. Sharbaugh, Carrolltown; George Chonko, Barnesboro; John Sally, Heilwood; David Sloan, Colver; Merrill Smith, Colver; Edward J. Ciance, Gallitzin; Regis Daugherty, Colver; Gust Glass, Barnesboro; Michael Kuzenchak, Heilwood; uy Michael, Cherry Tree; George Cannon, Loretto; Victor Bobetick, Revloc; Robert Beck, Twin Rocks; John Frank, Marsteller; John Drahnik, Hastings; Frank Smiley, Revloc; John Novotny, Portage; Reno Franchescini, Barnesboro; John Oklanchak, Cassanara; Francis Buth, Cresson; Anthony R. Kunko, Portage; Robert Farino, Elmora; Stephen A. August, Portage; Anthony R. Landl, Mentcle; Mike Burick, Heilwood; James Burkett, Colver; Ray McCreary, Portage; Kenneth L. Richardson, Marsteller; Howard W. McHugh, Colver; Frank Platal, Portage; David Gates, Flinton.

**Second Grade Foreman.**  
Clarence Penrod, Portage; William B. Penrod, Lilly; Joseph Wilk, Lilly; Harold C. Hipps, Barnesboro; Geo. R. Stronko, Barnesboro; John Sabo, Barnesboro; Matthew Krayvak, Starford; James Bagley, Alverda; Victor C. Mumman, Hillsdale; Michael Pysz, Barnesboro; Paul Griffin, Barnesboro; Glenn Plummer, Colver; John Pysz, Barnesboro; John E. Stassel, Barnesboro.

**Electrician.**  
Patrick Yeager, Patton; Leo Booterbaugh, Cresson; Gust W. Anderson, Cresson.

**Fire Boss.**  
Mike Zaliznock, Elmora; John E. Stassel, Barnesboro; Eli Arotin, Spangler; Paul Griffin, Barnesboro; Edwin J. Lipnic, Carrolltown; Edward Dorsch, Cassanara; Clarence E. Burke, Lilly; John Sabo, Barnesboro; Charles Kupetz, Patton; John Chervenak, Barnesboro; Joseph Roberts, Patton; Anthony E. Valeri, Colver; James P. Kavanaugh, Colver; Nick Rabich, Patton; Michael Orebosky, Lilly; Blair E. Robine, Lilly; Robert Leap, Lilly; Leroy Lawrence, St. Benedict; Joe J. Kunka, Portage; William Kaczowski, Barnesboro; Ralph P. Rathford, allitza; Herbert Strum, Cherry Tree; John Konitsky, Elmora.

### WEEKLY HEALTH TALK

As Compiled by the Medical Society of Pennsylvania.

"Psychosomatic" is a word with which the American public will soon become familiar.

Just as sulfanilamide and penicillin are known to the public generally so will psychosomatics be known.

Psychosomatic is derived from the two Greek words—psyche, or mind, and somatic, or body, therefore pertaining to the mind-body relationship.

In medical nomenclature psychosomatic refers to that condition in which objective symptoms have a psychic or mental origin.

A useful word as applied to sick persons, it directs attention to both aspects of personality, the mental and the physical, and their interrelationships.

General practitioners are therefore concerning themselves both with the physical and mental aspects of health, consulting the psychiatrist if the mental features predominate.

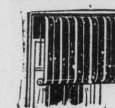
No concept of medicine can be successful that fails to bear in mind that all patients are creatures of thought and emotion with physiological processes.



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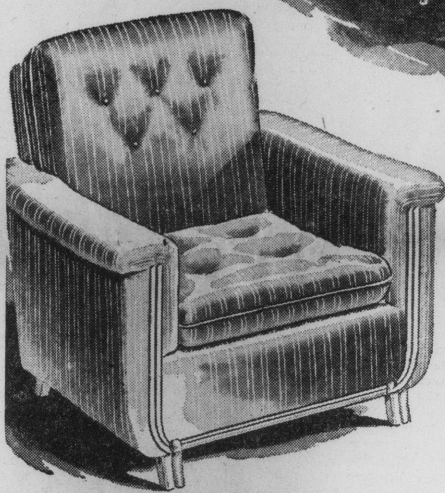
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In recent years the development of medicine has revealed increasing interest in the patient as a whole.

In the psych-somatic approach, the investigators seek to find if a relationship exists between the patient's stomach symptoms, for example, and his state of mind.

How do the patient's emotions, his efforts, hopes, discouragements, and anxieties influence his digestive processes?

That worry or joy do influence and affect different parts of the body has become an accepted fact.

Psychosomatic medicine is a simple, common sense approach to the sick person.

### WEEK FARM CALENDAR

From the Pennsylvania State College Agricultural School.

**Grow Emergency Pasture.**  
Sudan grass is the most productive and palatable emergency pasture crop, according to extension agronomists of the Pennsylvania State College. Sown now on a fertile, well prepared soil, it will carry about 3 cows an acre from mid-July until the grass is killed by frost.

**Maggot Attacks Crops.**  
The seed corn maggot attacks peas and beans as well as corn, say extension entomologists of the Pennsylvania State College. Plant the seeds somewhat thicker and not so deep as usual to get a quick germination of the seeds before the maggots have an opportunity to destroy them.

**Market Wool Clip.**  
Practically all the medium wool produced in Pennsylvania will be handled through the 31 wool growers' cooperative associations, report livestock extension specialists of the Pennsylvania State College. Last year these groups marketed 652,000 pounds of wool for 4600 members.

**Stop Broody Turkeys.**  
If turkey hens are penned the first day they become broody, they can be returned to the breeding pens in about three days and often will start laying two to five days later, according to Penn State Poultry specialists.

**Destroy Bagworms.**  
Unless the bag-like structures

hanging from branches of evergreens are destroyed soon, the hundreds of bag worm eggs in them will hatch and small shade trees and shrubbery will suffer attacks in late summer, say Penn State entomologists.

**Grow Hog Feed.**  
Fields of several varieties of sweet corn can be planted to produce early feed for hogs, say Penn State livestock specialists. The sweet corn will help relieve the feed shortage.

**MANY APPLY.**  
After the recent lowering of the age limits for Merchant Marine trainees, more than 7,000 young men, between 16 and 17½ years old, applied at U. S. Maritime Service enrollment offices, and about 600 have already been ordered to report to training stations.