

REFLECTIONS ON THE LIVER.

By Levi A. Miller.

The seat of the soul is the liver, say I,
The' my theory men may dispute;
But in the face of the facts, I think that
her acts
Show that my ideas are 'cute.
When the liver works badly the owner
feels sadly;
His spirits are low and depressed;
His intellect staccos, his character black-
ens,
His love for his kind is suppressed;
He maligns his neighbor, he shrinks from
his labor;
He fancies all sorts of distress;
He makes of life's bubbles the greatest of
troubles;
He neither will kiss nor caress.
But open the portals of liver-bound mor-
tals,
Their gall with their wrath disappears.
With a pill and a smile they get rid of
their bile,
And banish their worries and fears.
Washington Republic.

The fellow who wrote these verses evidently has a liver, and knows what it is to have that important organ go off on a spree, take a lazy spell or get mulish. If there is one organ in the physical economy of man that can contribute more to his misery than another, it is his liver, and if there is one organ more abused than another it is this same liver. It is the scapegoat for more than half the petty meanness done in the world, and is dragged in to account for all sorts of shortcomings; that it has been for ages past. The ancients were aware of the bile, and its superabundance was called cholera; from which we got our word cholera. There is but the difference of a letter in the words, and scarcely more in the disorders. A choleric man is little less miserable, and no less disagreeable to his friends than a choleric man. The term man in this article will be used in its generic sense, thereby including women. They also have livers, as is very well known.

When the flowers of spring begin to bloom the liver takes its wildest tantrums. It seems to secrete rivers of bile, and then suddenly pour it out into every avenue of the system, turning the complexion green, yellow or splotchy; the whites of the eyes lose their brightness, the teeth their whiteness, and above all, the temper its sweetness. The green humor drives the angels out of their human tabernacles, or causes them to roost high carnival and impel man to the commission of deeds for which he is heartily ashamed when his complexion has regained its wonted tinge. Since the potency of bile has been more accurately determined, it is found that it will drive men to madness, to suicide, to murder, and to fancy themselves in love, and to be great. It rouses the passions, stimulates the mental faculties and electrifies the nerves. What is peculiar about it is that it is capable of producing precisely the opposite of these effects, so that one should be quite sure of the state of his liver when he feels an inner prompting to indulge in anything different from his usual habit. Some may be disposed to think that this is merely poking fun at the liver, but such is not the case. Instead of having charged too much, a thousand times might be added, and still not be too much.

The choleric humor traverses every artery, touches every nerve and penetrates every bone. Not a fiber of the body, or even filament, but responds to its touch. Why should there be such a disturbing element in the system? For the best of reasons—necessity. Were it not for the bile, or something of similar quality, man would die of laziness, his muscles would wither for want of use; his nerves would lose their sensitiveness, and he would be nothing more than a pale and listless thing.

It was held by some in olden times that the liver was the seat of the devil in man, and from his throne therein his impish majesty drove poor wretches to murder, to torture, rob and ruin their fellow men. It was by using mercury as a charm against the devil and other evil spirits that its virtue as a liver regulator was discovered. Following this it was used for all diseases affecting the temper or disposition, such as melancholy, headaches, dullness, morbidness, irritability, anger, hysteria, and other distempers attributable to satanic influences.

Is it not possible that the liver is the organ through which the spirits of the air affect mankind so disastrously? When one murder, robbery, outrage or other form of great wrong occurs, it is almost sure to be quickly followed by others. This phenomenon has been a puzzle to the scientists of all ages, and to this day has not been satisfactorily answered. May it not be that an atmosphere of a peculiar quality so affects the liver as to excite cholera of a peculiar type?

We have had air—malaria—which produces fevers, chills, rheums and various debilitating, as well as fatal disorders. Why might there not be a condition of air that would incite a man to commit murder as well as to become prostrated with cholera; to commit suicide as well as to grow yellow with jaundice; to commit a great outrage as well as to reel and stagger with vertigo?

It is reasonably clear that the craze for painting things red is due to the same cause as the recent phenomenal red sunsets. This would indicate that there is a marked similarity in the physical and psychological effects produced by the same cause. It may be only sympathetic or reflex, but it is as it is.

The alchemist, or scientist of olden times, noticed the fact that crime and disorder went in waves or tides. They attributed it to the influence of the planets, probably from the fact that the tides of the ocean were regulated by the moon.

Their conclusion, though wrong, is

very creditable to them considering their limited knowledge of malaria and the human liver. Early Scandinavian scientists had a theory, however, which was fully as ingenious as the other. Although it was entirely different from the planetary plan, it was no less philosophical and equally as near the truth. They attributed these outbursts of crime and disaster to spirits in the air.

They evidently had no idea of malaria as we understand it, but they understood a spirit to be merely a specific agent or potency; and they were as near the truth as we are, except they had no microscope to reveal the form and character of this agent. They never dreamed that these spirits of the air had bodies and well defined forms. Friends, take my advice and keep a close tab on that troublesome liver.

TURKEY'S ECONOMIC NATIONAL PACT.

The following from an American paper published in Turkey, was sent to Charles F. Cook, by his daughter, that the true pact might be known to the readers of the "Watchman."

Thousands of examples of the Turkish Economic National Pact, which has been drawn up at the Smyrna Economic Congress, have been printed and are to be distributed throughout the country.

It has also been decided to put this Economic Pact as a preface to all works published in Turkey in the future. It is as follows:

(1) Turkey is completely independent within her national frontiers and is an element of peace and progress in the world.

(2) The Turkish people, having won its national sovereignty at the price of its blood, will no longer permit the smallest sacrifice thereof. It will always support the Assembly and Government, which are based on the popular sovereignty.

(3) The Turkish people is not a factor of destruction but of construction, and its labor tends to the economic revival of the country.

(4) The Turkish people will try to produce as far as possible all articles necessary for home consumption. It will be hard-working and avoid waste of time and resources. Its motto will be "work if necessary day and night to the prosperity of national production."

(5) The Turkish people is aware that it possesses great natural resources. It cherishes its forests like children. That is why it celebrates the festival for the Planting of Trees and will proceed to reforestation. It will exploit its mines with its own hands and will take care to learn and explore the natural resources of the country better than any one else.

(6) Theft, lying, hypocrisy and idleness are our mortal enemies. Solid faith without fanaticism is the essential principle in the guidance of our life. We shall always adopt useful innovations.

All propaganda or activities directed against our sacred traditions or

our territory or our goods or our fellow-citizens will be rejected with horror by the Turkish people, who will fight against such manoeuvres.

(7) The Turk is the ardent admirer of enlightenment and science. He will organize in order to gain his livelihood wherever he is but, above all, the Turk feels that he is the child of his country.

The importance which he gives to public instruction is proved by the Festival of the Book, which is celebrated on the anniversary of the Conception of the Prophet.

(8) Our ideal is to assure the increase of our population which has been decimated by war and privations of all kinds, and to guarantee our health against disease.

The Turk will avoid microbes, contaminated air, uncleanness and epidemics. He will love pure air and cleanliness.

He will employ himself in developing his physical strength and with this in view he will practice riding, hunting and shooting, which were the favorite exercises of his ancestors. He will take great care of the animals he possesses and will occupy himself with the amelioration of their race and with breeding from them.

(9) The Turk is friendly to all peoples who respect his religion, life and institutions. He is not the enemy of foreign capital, but he will entertain no relations with economic in-

stitutions in his country which do not use his language and obey his laws.

Everywhere he will go to the sources of science and art and in all economic relations he will have no intermediary.

(10) The Turks reject all monopolies and desire free industry and trade.

(11) The Turks will live in complete accord with their compatriots in every class and profession.

Excursions to get to know the country better will be organized.

(12) Turkish women and teachers will bring up their children in accordance with the prescriptions of the Economic Pact.

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Straight from Boston.

There was a loud crash and a tinkling noise as the new tea service which Jane was carrying met the hard floor of the kitchen.

Almost immediately there was a patter of feet outside, and the kitchen door opened to admit Jane's mistress.

The mistress gazed with dismay at the mass of debris on the floor.

"Oh, Jane," she cried, "how did it happen?"

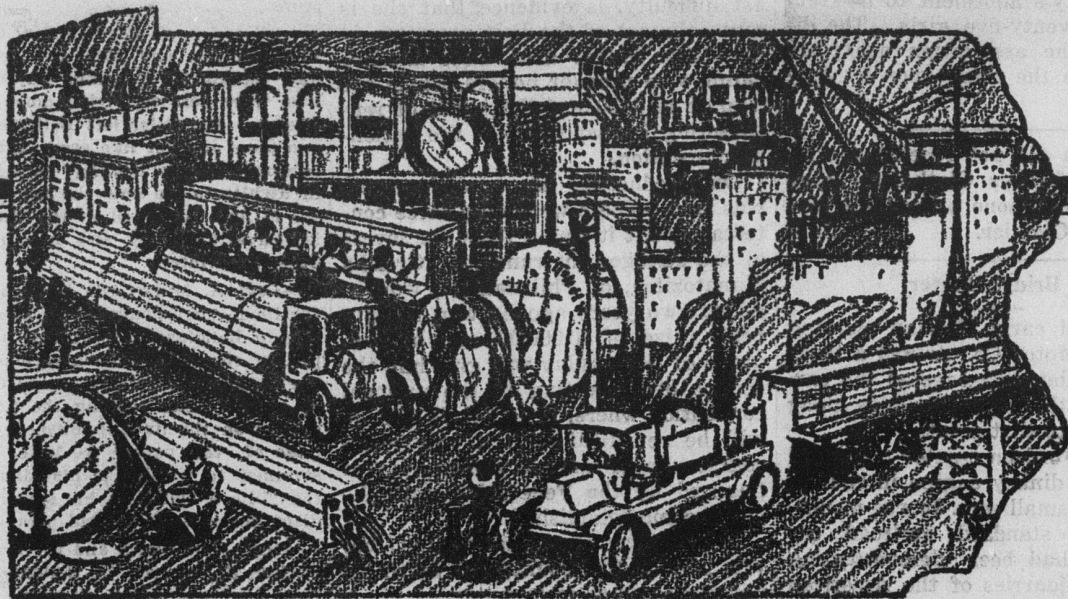
"Lack of co-ordination between mind and muscle, madam," replied Jane.

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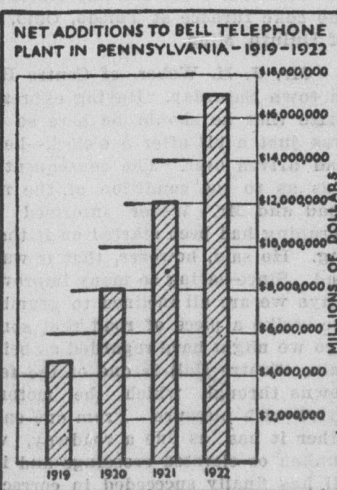
HALF a million miles of new wire, thirty-five new building operations, seventy thousand new telephones, ten million dollars' worth of central office equipment—such is our program for 1923.

And all this in addition to the tremendous amounts of new plant added in the last three years, which was more than in any six previous years in Pennsylvania's telephone history.

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