

Democratic Watchman

Bellefonte, Pa., November 16, 1923.

INSULIN, DIABETES REMEDY, PROVES EPICHOLO DISCOVERY.

More than 1,000,000 persons in the United States are victims of diabetes. Of this number 50,000 lives, which might be saved, are sacrificed each year.

The great increase in diabetes is due to ignorance and delay in applying for treatment. It can be stayed, and frequently a complete cure can be effected, if treatment is taken with regularity and persistence.

Diabetes is not contagious nor hereditary.

These are facts culled from the report of the recent investigation of the Rockefeller Research Foundation to determine the value of the recently discovered serum, called insulin, which scientists acclaim the greatest boon to diabetes.

The story of the recent great progress in the treatment of diabetes is the story of the greatest triumph, so far, in the study of the glands of internal secretion, according to leading physicians of this city. What is even more remarkable, they claim, is the fact that this achievement is that of a man not particularly equipped with scientific training, but endowed only with a burning, almost morose, faith in the rightness of an idea.

WHAT DIABETES IS.

"We grow accustomed to see the terrors of disease attacked by groups of highly trained scientists working in richly equipped laboratories," said Dr. Alfred Stengel, of the University of Pennsylvania. "Here, on the other hand, is a tale of an obscure doctor who flings aside his newly established practice, burns his bridges behind him and goes at the proving of his idea like a bull at a gate, resulting in the discovery of insulin."

Diabetes, which, according to statistics, has been greatly on the increase in the United States during the last half century, is in brief, failure of the liver to "warehouse" sugar, the accumulation of sugar in the blood, and the failure of the tissues to use it as fuel. The muscles, unable to use sugar for energy, must have some kind of fuel to burn. So they try in an imperfect way to use proteins and fats. They obtain these not only from food, but from body tissues themselves. Hence the wasting away, so characteristic in the sufferer from diabetes.

This knowledge gained, doctors at once put diabetes on a diet which contains much protein and fat, but little sugar or starch. That is the idea at the bottom of the dietary treatment of diabetes. Many patients, middle-aged or older, can lead normal and quite useful lives on such a diet.

On the other hand, in many cases the wasting away proceeded in spite of every care. Unable to use sugar, the body seemed to try to use proteins and fats of its own tissues as fuel for energy, with very poor results. Scientists in the past agreed that the most effectual treatment was the scantiest sort of a diet, low in starch and sugar—little more than the staving off of death—until the discovery of insulin.

DISCOVERY WINS NOBEL PRIZE.

"This is a practically new serum isolated by Dr. F. G. Banting, a young Canadian, during a series of experiments dating back only as far as May 21, 1921. Within two months after the first test, promising results had already been obtained. Generally long periods of fruitless effort are the lot of the scientist who sets out to prove a theory which at first glance seems plausible and easy to work out. And now, to Dr. Banting and Dr. J. J. R. MacLeod, of Toronto, has been awarded the great distinction of the Nobel prize for outstanding world progress in medicine during 1923."

Thus a very serious and widespread human disease like diabetes that was once grouped with the "incurables" seems about to be conquered. The tests having passed the rigid requirements of the Rockefeller Research Foundation, John D. Rockefeller contributed \$150,000 to fifteen hospitals in the United States and Canada to promote the use of insulin in the treatment of diabetes. The endowment was designed to bring this extraordinary boon of the new pancreatic extract discovered by Dr. Banting within the reach of both the medical profession and the non-paying public.

Already there has been arranged a course at the University of Pennsylvania for the instruction of physicians in the use of insulin. This is in charge of Dr. John Musser Jr., who has been a champion of the Banting method from the outset, and a critical follower of its tests and developments. Dr. Bartlett, of Hahnemann, where the use of insulin has met with remarkable success, declared that improvements in the production of the fluid recently have been made in hospitals throughout the country, where experiments with it were tried. As the method of extraction improved, he said, the cost would be lowered. Only recently it has been found that the future supply of insulin probably will come from fish in the sea which hitherto have been believed to be of little economic value.

WORKS BEST IN WORST CASES.

Dr. Alfred Stengel, professor of medicine in the Medical School of the University of Pennsylvania, regards the serum as "one of the big discoveries of the age in medical science."

Dr. D. W. Shelly, of Ambler, at the Polyclinic hospital, said there was a widespread lay interest in the use of insulin, for unlike most curative agents, insulin produces the most satisfactory results in aggravated stages of diabetes, owing to its almost instant restoration of the amount of sugar in the blood to normal ration, holding out hope for so-called "hopeless" cases.

"In diabetic coma, insulin is considered a specific," said Dr. Shelly. "In the diabetes of children, insulin saves life. In patients in whom diabetes is associated with infections such as tuberculosis or in which sur-

gical operation is required, insulin is invaluable. And for the majority of diabetics whose comfort and whose diet has heretofore been limited, insulin offers opportunity for a more normal existence."

The Canadian government, in recognition of Dr. Banting's discovery, has granted him an annuity of \$7500 a year.—Philadelphia Public Ledger.

TELLS HOW EATING ALTERS CHARACTER.

Would you like to be magnetic and have personality and natural beauty? Then—

Drink raw egg yolk and eat an onion now and then.

Florence L. Knapp, dean of the College of Home Economics, Syracuse University, an authority on foods and health, has explained the relation of food to health in all its phases, including personality and temperament.

"The glass of health is the skin—a sparkling eye, creative ability and initiative come with the continued use of foods supplying iron, calcium, potassium, sodium, chlorine, oxygen, phosphorous and sulphur," she said.

"Iron and oxygen work together to make red blood. Iron is supplied by many tasty foods and oxygen we can get from the air. Oxygen is the easiest and cheapest material to supply, but the majority of people do not even take the trouble to breathe deeply and so supply this valuable chemical. Iron attracts oxygen and the oxygen tends to make one a good mixture. Any person wishing to do successful work with people should take up quantities of oxygen."

"We have not given much thought to feeding the brain. The idea that the stomach is all that needs consideration in planning the menu is fast becoming Victorian."

"While the power center of the brain makes one able to do big things in a big way if properly fed, it soon wears out if stimulated continually by strong beverages of any kind or too stimulating food or narcotics."

"Children under seven should not be allowed stimulating drinks or manufactured sweets in excess."

"People who become drug addicts have not fed this center but have worn it out by excitement and overstimulating foods and finally seek a stimulant stronger than foods can supply."

A Give Away.

Blake was talking to his friend Scribbler, the well-known English journalist of Fleet street, London.

"Do you believe in writing anonymously?" he asked the hero of the pen.

Scribbler looked to see that the door of his study was shut ere he replied in a confidential whisper:

"Well, I've often wished that one of my productions had been anonymous."

"What was that?" asked Blake.

"A letter proposing to Mrs. Scribbler," groaned the famous writer.—St. Louis Star.

GROWTH OF BUS LINES.

Twenty years ago, says a bulletin issued by the American Highway Educational Bureau, the prophecy that there would soon be developed a system of public roads that would open the way for highway passenger and freight lines, that through the introduction of such an agency, farmers' wives and farmers themselves, could go to town and return without taking their teams out of service in the fields, thus delaying farm work—such a prophecy would have been flouted with derision.

But such a development has come to pass. In Pennsylvania, where public spirited citizens decided five years ago to embark upon the construction of a comprehensive system of State highways, there are today 250 highway passenger lines in operation. Undoubtedly this new and popular form of transportation has been fostered by the splendid system of hard-surfaced roads which Pennsylvania has set out to build.

Some of these lines perhaps were running in the jitney stage, but their major development has come within the last two years. Back of this development lies a reason. Trade moves in unison with wheels. Where movement is slow and irregular, business languishes; where it speeds up and restrictions are permanently removed, opportunities for gain and transactions multiply. More people moving about creates more business.

How to reach out over longer stretches of thoroughfare to a greater number of homes with potential buyers has become the logical next step in retail trade building. Wise merchants know this. That is why their advertising signs are encountered along the highway.

But a bargain in the store is not a bargain on the farm without frequent and inexpensive means of travel from farm to store. Neither is a day used to full advantage when the commercial traveler or man of affairs is forced to wait until the "five-fifteen" that afternoon, when the business in hand requires only a few moments. Selling cost is always a part of the retail price, and time-waste at railway stations has already added to sales costs in no small amount.

The motorbus in highway passenger service has come to change all this. It is the modern cash register in commercial travel. It helps the salesman conserve his time and ring up more orders in the day's run.

Control and operation of the motorbus rests in the communities which it serves and the money it earns in well-merited passenger service goes back into local channels of trade. It pays its share of highway construction and maintenance, and thereby aids materially in the development of the State highway system.

The further extension of Pennsylvania's highway passenger system over well-built state highways is of vital concern to every community. But, if the public hopes to keep down transportation costs in this new agency, it must look well to the con-

struction of strong rigid surfaces upon which fuel and repair costs may be held to a minimum.—Ex.

Many Religious Faiths Represented at Penn State.

Twenty-five different religious denominations are represented in the student body at The Pennsylvania State College this year. The Presbyterians lead all others according to the announced preference of all but about 200 of the 3300 students.

There are a total of 753 students of the Presbyterian faith enrolled at Penn State. The Methodists follow closely with 646. The Lutherans are third in point of numbers, with 363. Roman Catholic students total 288 and the Reformed faith is represented by 207.

Penn State is a non-sectarian institution and the student body represents a very democratic group. Other sects represented in the order of numerical representation are: Protestant Episcopal, Baptist, Hebrew, Evangelical, United Presbyterian, United Brethren, Society of Friends, Church of Christ, Congregational, Dunkard, Christian Science, Moravian, Unitarian, Mennonite, Universalist, Greek Catholic, Disciple, United Zion Children, and Schwenkfelder, the last three having but one representative each.

The State College borough Presbyterian and Methodist churches both have special assistant pastors to care for the student members of those faiths, the large numbers making this provision advisable.

FIRST OF TEXAS RANGERS.

The mounted police of Canada is the only other similar organization to the Texas Rangers on this continent. The service of the rangers is more effective than that of the regular soldiers, for they pay less consideration to the possibilities of international complications.

"Killed in resisting arrest" is a very frequent report of a ranger, and it is always considered a satisfactory explanation of the death of an outlaw or criminal attempting to evade arrest.

The original rangers came into existence in the early days of the State, along about 1840, in the neighborhood of San Antonio. To affiliate with this band it was absolutely necessary for a man to possess courage, to be a splendid rider and an unerring shot, and to have a fleet horse worth at least \$100. For this he was remunerated by the State with the sum of \$1 a day.

The ranger was usually clothed in buckskin and wore a broad-brimmed hat. For his accoutrement three or four revolvers and as many bowie knives were thrust through his belt and a short rifle was thrown across his arm. Years of fierce border warfare had inured them to every hardship and had prepared them for every eventuality.—Detroit News.

—Subscribe for the "Watchman."

The Outlook for Business is Cheerful

Conditions have recently improved. We must go ahead in the United States, in spite of our political prophets of despair.

The war caused a tremendous upheaval, and the automobile has introduced a new era.

But the world is slowly adjusting itself to changed conditions.

The First National Bank

Bellefonte, Pa.

W. L. FOSTER, President. DAVID F. KAPP, Cashier.

How Thick is a Dollar Bill?

NOT VERY THICK—is it? Yet, by the thickness of the dollar bill they failed to bank, thousands of people have just missed success. The dollar bill in a Bank Account HERE is thick enough to support a man from disaster.

Open an Account Today

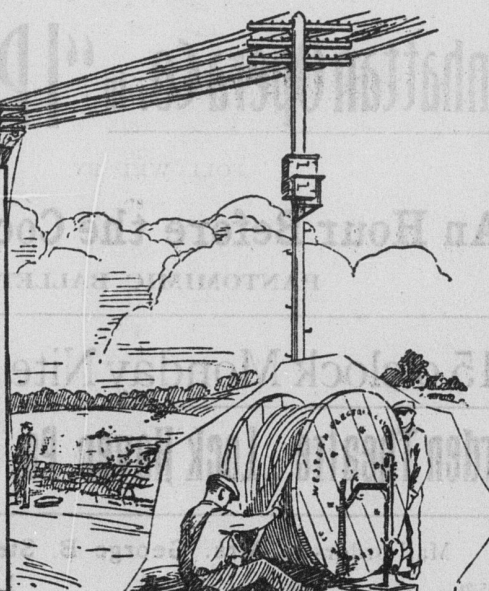
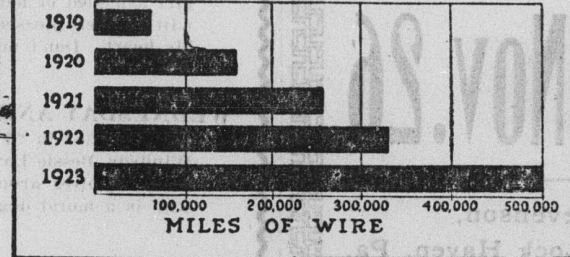
The First National Bank of State College

State College, Pennsylvania

CAPITAL \$125,000.00 SURPLUS \$125,000.00

68-10

MILES OF BELL TELEPHONE WIRE ADDED IN PENNSYLVANIA 1919-1923



Half a Million Miles

To the moon and back again with enough left over to wrap around the earth.

That's how much new wire is being added to the Bell System in Pennsylvania this year.

And in 1924 we expect to add 630,000 miles.

New buildings are being constructed, twenty-two of them, thirty large additions to other buildings, ten millions of dollars' worth of new switchboards and Central Office equipment, seventy-six thousand new telephones.

Factories are working day and night, train after train is hauling the equipment.

To what end?—That the telephone system in this state may keep pace with the needs of the people.

The Bell Telephone Company of Pennsylvania

C. W. Heilhecker, Manager



ONE POLICY, ONE SYSTEM, UNIVERSAL SERVICE, AND ALL DIRECTED TOWARD BETTER SERVICE

Everything in Warm Wearables for the Men who Own Cold-Faced Alarm Clocks

Sweaters and Flannel Shirts—the kind of wool that's kind to you when November starts putting on airs.

Woolen Hose; we sell them by the foot but they deliver comfort by the yard.

Heavier Underwear that turns 6 A. M. into a 4 o'clock tea.

Heavy Trousers and Lamb lined Coats for the man who has to get out and harness up a cold carburetor.

Lined Gloves that shield the steering knuckles behind the wind-shield.

Just name your work and we play up to it with a quality and price service that you will have to get up early to equal—and stay up all night to beat!

A. Fauble