

Your Health

THE FIRST CONCERN.



SYMPTOMS OF RHEUMATISM

By Dr. Morris Fishbein
Editor, Journal of the American Medical Association, and of Hygeia, the Health Magazine.

The human body is a complicated mechanism through which the blood circulates.

The nervous system is co-ordinated through the spinal cord and the brain. Hence a pain in one part of the body may be the manifestation of something seriously wrong in some other part, exactly as a bell ringing on the second floor of a house may indicate that a burglar is trying to enter a basement window.

In a recent survey of the general subject of rheumatism, Dr. J. J. Girard, associated with a center for research in diseases of the heart in Bristol, England, describes a large number of cases of acute rheumatic conditions in which the first symptoms of importance were related to the abdomen rather than to the joints or to the heart, as is quite commonly expected.

Thus in four cases concerning boys and girls between the ages of 9 and 18, the first symptoms of rheumatic fever were severe abdominal pain, vomiting and diarrhea, followed within a very few months by the development of murmur in the heart and later by pains in the limbs and all of the symptoms of acute rheumatism.

A study of medical literature reveals that these symptoms have been described by medical investigators as far back as 1635 and that a series of studies of these symptoms were made in 1894 by several physicians.

Sometimes the pains are related particularly to the appendix, and it seems possible that the rheumatic infection may on occasion manifest itself first in a severe form of appendicitis. On the other hand, it is quite possible that a severe rheumatic infection of the hip joint may cause pains which are much like those occurring in appendicitis.

Sir James MacKenzie, noted British investigator of diseases of the heart, emphasized repeatedly the importance of detecting the earliest possible symptoms of disease in order to accomplish what may be accomplished for its prevention and for its control.

It would seem to be especially important of detecting the earliest plain of severe abdominal pain, with but little other noticeable cause for the pain, be watched more carefully thereafter for the earliest signs of rheumatic conditions, particularly those affecting the heart.

HOT PACKS AND REST OFTEN BRINGS RELIEF FROM PAINS IN LEGS

The majority of people with sciatica or sciatic neuralgia are men between the ages of thirty and sixty.

People who have this disease suffer from severe pain which may begin as a dull ache in the back of the thigh, but which finally becomes a burning or piercing pain radiating downward from the back of the thigh to the muscles of the calf and even of the foot.

When the pain begins, it causes a severe degree of discomfort so that the person affected is likely to shift his position, keep his leg flexed, walk, or to do all sorts of things in order to get relief. Sometimes the attacks are mild and last only a few days, but in severe cases they go on for weeks and months, incapacitating the person entirely for work and eventually making it necessary to undertake serious measures to get relief.

The exact cause of inflammation of the sciatic nerve or its related tissues is not known. There are, however, cases in which removal of visible infections in the nose and throat and the teeth have brought about some relief from the sciatica.

Certainly one of the most valuable methods of help to a person with this condition is application of heat to the region affected. Unquestionably the person does better if he is able to lie quietly in bed and not to exercise the affected tissues.

Unfortunately far too often these people fall into the hands of "rubbers" or manipulators who vibrate or massage the affected portion of the body and thereby make the condition worse instead of better.

One of the certain methods of controlling the pain in this condition is to inject about the affected nerve a solution of some substance which will successfully block off the passing of the pain sensation along the nerve. The procedure is a technical one which must be carried out by a competent physician. The substances used include salt solution, water, local anesthetic substances, or various other chemicals.

In an earlier day it was quite customary to attempt to stretch the nerve by manipulation of the tissue, but this measure has been discarded because of a large number of failures compared with the possible successes resulting from its use.

INFANTS SHOULD BE VACCINATED AGAINST SMALLPOX BEFORE THEY ARE ONE YEAR OLD

The dissemination of knowledge concerning the spread of infectious diseases creates great interest in the possibilities of freeing the child

from the likelihood of having some of the conditions which were formerly considered an inevitable portion of its lot.

In a recent consideration of what may be done for the child in this connection the United States Public Health Service states that children should be vaccinated against smallpox before they are one year old.

The chief advantages of vaccination at this early age are the fact that the child is completely under control so that there is no danger of injury to the vaccination from being struck by hard objects, or danger of getting dirt into it, and little, if any, likelihood of infection.

At the time when the child enters school it should be vaccinated again, first because vaccination does not protect in every case throughout life; second, in order to protect the child against severe exposure, such as may occur when it goes out into the world. If the child is sufficiently immune to smallpox, the second vaccination will probably not take and the result will merely be a little red spot on the arm for a day or two.

The United States Public Health Service also recommends immunization against diphtheria by the use of toxoid or of toxin-antitoxin. The period for this immunization is preferably the time known as the preschool age, although it is quite possible to immunize the child at a much earlier age. The injections given between the age of one and two years of age will make it possible for the child to enter kindergarten or even attend nursery school with the knowledge that it has been protected against the possibility of diphtheria.

The other conditions with which mothers are especially interested are scarlet fever, measles, typhoid fever, whooping cough, and infantile paralysis.

Scarlet fever is not nearly so common a condition as formerly, and its severity is apparently on the decline. Hence, it is advised that children be immunized against this disease only when there is likelihood of an epidemic or when the child has been exposed to the disease by contact with someone who has it.

In the case of measles, a serum taken from those who have recovered from the disease confers immunity. Here again it is not possible to vaccinate the entire community, and it is probably not advisable to attempt to protect the child by this method unless some other child in the vicinity has developed the disease and it is exposed.

Evidence is accumulating to indicate that children may be protected against infantile paralysis by inoculation of serum from someone who has recovered. Here also the protective measure should be available for use in times of epidemic or exposure, but not given as routine.

The vast majority of people are now protected against typhoid fever by the sanitation of water, sewage and food supplies. Vaccination against typhoid fever should be reserved for those who are going to travel in places where sanitation is not well developed.

The evidence that vaccines and vaccination for whooping cough protect against the disease is not such as to warrant the use of this measure as a routine. It should be left to the individual physician to decide whether or not it is to be used in any certain case.

SEE VAST FUTURE IN 'HIGH PRESSURES'

A new field of vast possibilities for the world's industry and agriculture is being uncovered by developments in the use of high pressures. It is declared in an announcement by the American Chemical Society that a symposium to be addressed by leading research workers in this field will be held in connection with the society's eightieth meeting in Cincinnati on Tuesday, September 9.

Scientific investigation now going on in the laboratories of the Standard Oil Company, Federal Bureau, Massachusetts Institute of Technology, University of Illinois, University of Wisconsin and other institutions will be reported in papers which, it was asserted, will reveal chemical science at the threshold of discoveries promising fresh reservoirs of supplies for human needs.

Discovery of the value of these pressures is believed to mark the foremost advance achieved in applied chemistry in the last twenty years, according to Professor Norman W. Krase, of the University of Illinois. Hydrogenation of petroleum, production of synthetic nitrates and the manufacture of methanol from water gas are, he pointed out, merely the starting point of a revolutionary advance.

HAD NO TASTE FOR KILLING

"In all the work Abraham took his part," says Ida M. Tarbell in her "Boy Scouts' Life of Lincoln" in his hands as soon as they arrived in Indiana, and he was so strong and so willing that he was soon able to swing it with skill. It was only from hunting that he held back. Just before he was eight years old he shot his first turkey—and it was his last. He never shot deer or bear, though he always took part in guarding family and neighbor when there was danger from prowling wolves.

Little Joan—"Daddy, I don't think mother knows much about raising children."

Daddy—"What makes you say that?"

RADIO-TELEPHONE PLANNED TO LINK U. S. WITH HAWAII

Construction of Transmitting and Receiving Stations to Be Begun This Year

Radio-telephone circuits connecting the United States and Hawaii are scheduled to be placed in operation in January, 1932, according to a recent announcement by the American Telephone and Telegraph Company.

As a prelude to the establishment of telephone service across the Pacific, sites for radio stations have been purchased in California by the Trans-Pacific Communication Company, Ltd., a subsidiary of the A. T. & T. Co. Construction work is to be begun early this year.

A transmitting station similar to those used in trans-Atlantic telephone service is to be built at Dixon, near Sacramento. The receiving station will be at Point Reyes, on the California coast north of San Francisco.

Initially the radio channels will be connected with the facilities of the Mutual Telephone Company of Hawaii. The Bell System proposes eventually to establish circuits to Japan, Australia, the Philippines and Alaska, as well as ships at sea.

Service to Australia Another nation was brought within speaking distance of the United States on October 27 when regular commercial telephone service was established between North America and Australia.

The circuit employed for this service is the longest ever established for commercial telephony. It consists principally of two radio links, one across the Atlantic to England and the other from England to Australia. With the wire lines involved in a connection between New York and Sydney, the circuit is more than 14,000 miles long.

The A. T. and T. Company recently made application to the Federal Radio Commission for a permit to erect stations for a short-wave radio-telephone service between the United States and the Bermuda Islands.

ARMY SELLS CLOTHES TO CHARITY GROUPS

Authority has been granted by the War Department to corps area commanders and to commanders of independent Army stations to sell to accredited charitable organizations at a nominal figure to be fixed by corps area commanders and commanders of independent army stations, available salvage clothing, shoes and equipment for the relief of the unemployed.

The War Department will require the charitable organizations to certify that all articles purchased will be given away and will not be sold, and that uniform coats, overcoats and caps will be dyed or otherwise changed in appearance so as to remove the distinctive character of the article.

There is no specific authority of law to authorize the government to donate government property for this purpose.

OLD DIVINING ROD KEEPS ON FINDING WATER

The "diviningrod" of the Fifteenth Century was reported successful in locating underground sources of water supply for wells on 12 farms in the recent drought.

While science has from time to time scoffed at the belief that an apple twig used as a divining rod will locate water, John J. Rothmund, 25, reports that he has never failed in eight years and his neighbors back his claims.

The butler went down to the tailor to get his master's suit.

"Look here Giles," the tailor said, "You need a new vest badge. Let me make you one!"

Giles shook his head. "Hill get me wife to make a new front and back the arm'oles will last a year yet."

STOP NIGHT RISING

Its Nature's Danger Signal. Man of 74 relieved.

Jacob S. Yoder, Charm, Ohio, says, "Have had bladder irritation for 18 years and was bothered 6 to 8 times each night. Tried many medicines but found relief only from Lithiated Buchu (Keller Formula.) Will gladly tell or write my complete experience." It acts on bladder as epsom salts do on bowels. Drives out foreign deposits and lessens excessive acidity. This relieves the irritation that causes getting up nights. The tablets cost 8c each at all drug stores, Keller Laboratory, Mechanicsburg, Ohio or locally at C. M. Parrish's.

WHO IS YOUR BUTCHER.

Your guests will want to ask this question when they have once tasted our delicious lamb; and you may be sure that steaks, veal, roast, and other items from our establishment are just as good and tender.

Market on the Diamond Telephone 666

Bellefonte, Penna.

P. L. Beezer Estate....Meat Market

75-1

Subscribe for the Watchman



Can the youngsters see to study at the dining room table?

Plenty of well-shaded light makes the dining room a convenient place for the children to do their home work in the evening.

WEST PENN POWER CO

BETTER LIGHT MEANS BETTER STUDENTS

The BEST Gray Hair Remedy is Home Made

To half pint of water add one ounce bayrum, a small box of Barbo Compound and one-fourth ounce of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Apply to the hair twice a week until the desired shade is obtained. It will gradually darken strawed, faded or gray hair and make it soft and glossy. Barbo will not color the scalp, is not sticky or greasy and does not rub off.

IRA D. GARMAN JEWELER 1420 Chestnut St., PHILADELPHIA Have Your Diamonds Reset in Plantium 74-27-1f Exclusive Emblem Jewelry

Employers, This Interests You

The Workman's Compensation Law went into effect Jan. 1, 1916. It makes insurance compulsory. We specialize in placing such insurance. We inspect Plants and recommend Accident Prevention Safe Guards which Reduce Insurance rates. It will be to your interest to consult us before placing your insurance. JOHN F. GRAY & SON State College Bellefonte

Fine Job Printing

A SPECIALTY at the WATCHMAN OFFICE There is no style of work, from the cheapest "dogger" to the finest BOOK WORK that we can not do in the most satisfactory manner, and at prices consistent with the class of work. Call on or communicate with this office.

GOSSIP

Say, pal, did you ever stop to think. When you gossip about your friend. That nothing's going to stop those words. And he'll hear them in the end. He'll look about and wonder Why he put his trust In such a faithless soul as you And the gold will turn to rust. Then you've lost the rarest treasure. That God above can send. When you've lost the faith of the one you knew. And chose to call your friend. -By John M. Fleming.

Among the recipients of degrees at the mid-winter commencement at Susquehanna University, at Selingsrove last week, were Sarah Haines and Paul Haines, both of Millheim.

CHICHESTER'S PILLS THE DIAMOND BRAND Ladies Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold wrapper. Taste no other. Buy of your Druggist. Ask for CHICHESTER'S DIAMOND BRAND PILLS for 25 years known as Best, Safest, Always Reliable. SOLD BY DRUGGISTS EVERYWHERE

The Pennsylvania Railroad Our Oldest Depositor This Bank was started in 1856, as a private Bank, under the corporate name of Humes, McAllister, Hale & Company. In 1863 a National charter was obtained. The next year, in 1864, the Pennsylvania Railroad began its regular train service to Bellefonte, and its account with us dates from that year. During the sixty-seven years that have elapsed, our relations with the Company have been uninterrupted and we still have the pleasure of acting as its local depository. THE FIRST NATIONAL BANK BELLEFONTE, PA.

WE FIT THE FEET COMFORT GUARANTEED Baney's Shoe Store WILBUR H. BANEY, Proprietor 30 years in the Business BUSH ARCADE BLOCK BELLEFONTE, PA. SERVICE OUR SPECIALTY SPECIAL ORDERS SOLICITED

Hey, Fellers! Tell your mother that at Fauble's she can get you regular \$7.50 and \$8.00 4-Piece Suits For \$5.95 Also regular \$12.50 and \$15.00 Suits For \$9.85 Every Suit has two Pairs of Golf Knickers and Mannish Vest... A. FAUBLE