

Your Health

THE FIRST CONCERN.



Some Disorders of the Liver and Gallbladder.

By Arthur H. Kretschmar, M. D.

The biliary system is composed of the liver, the bile ducts and the gallbladder. The liver is one of the most important organs of the body. It has been said that living depends on the liver. It has often been likened to a chemical laboratory. Toxins which have been brought to the liver by the blood from the intestinal canal and small amounts of poisons in the way of chemicals and so on which have been taken into the body may be detoxified into harmless end products. The liver also excretes bile and for its perfect working the channels for the excretion of bile must be kept clear. Anything which dams back the bile interferes with the function of the liver and thus deranges its mechanism. The causes of conditions which may obstruct the outflow of the bile from the liver are as follows: (1) Conditions inside of the bile channels themselves such as infection, parasites or stones; (2) Conditions in the walls of the bile ducts such as strictures or tumors; and (3) any condition around the bile ducts which may cause pressure upon them and hence tumors and usually malignant tumors are among the causes.

Jaundice is a symptom rather than a disease. A patient with jaundice must be thoroughly investigated. The commonest cause of jaundice is due to stones which have lodged in the bile duct and have caused obstruction of the outflow of bile. Another quite frequent cause is the so-called catarrhal jaundice which is really a mild infection of the gallbladder and bile ducts, the congestion in the ducts causing them to swell and obstructing the outflow. Jaundice is also seen in some cases of diseases of the blood and it is not infrequent in malignant disease (1) where the cancer involves the bile ducts themselves, (2) where it involves an organ outside the biliary system which may press upon the bile ducts, and (3) where it has spread to the liver from other organs of the body.

Infections.—Infections of the biliary system can be brought about in different ways, one of which is infection ascending the bile ducts from the intestinal canal. A second method by which infection may reach the biliary system is from some focus of infection such as infected tonsils or an abscessed tooth or possibly even a sinus infection. The germs which are contained in these infected tissues may be carried by the blood stream to any part of the biliary system, probably most commonly to the gallbladder, and there set up an infection which at first may be acute and later on become chronic. Still a third way in which infection can occur in the biliary tract is when there is disease of some other abdominal organ. It has been shown that infection can travel from a diseased appendix by way of the lymphatics to the gallbladder.

It is perhaps rather rare that infection occurs in any small part of the biliary system but it often seems as though Nature has placed a sentinel along many of the systems of the body to alarm us when infection occurs. Thus the tonsils might be considered the sentinel of the respiratory tract and the appendix of the alimentary canal and the gallbladder of the biliary tract. Often the sentinel is the first part of the system that is overcome by the infection and thus we hear more about disease of the biliary tract; but coming back to our statement again that usually no one part of the tract alone is infected, we find that where there has been gallbladder disease over a long period of time that the liver is affected and that possibly the bile ducts are also involved. Because of this tendency of an inflammation or an infection to extend from one point and involve the entire system, it is important in the case of the biliary tract to make an early diagnosis and institute early treatment for an infection of the gallbladder. Infection of the gallbladder is commonly termed cholecystitis. In chronic cases of infection of the gallbladder it has been the rule to observe that in the immediate neighborhood or in that portion of the liver which is adjacent to the gallbladder, there is nearly always a zone of more or less extensive scarring or hardening of the liver, and this is another reason for dealing radically with an infection of the gallbladder. Being often asked what is the cause of gallstones, the answer is fairly simple. There are two things to consider: (1) infection and (2) stasis. Infection plus stasis or delay in emptying, make gallstones. A great medical writer has said that gallstones are the tombstones of dead bacteria.

Contrary to popular belief the majority of cases of gallstones do not make pain. It is only when a small stone slips down into one of the small bile ducts and causes spasm of the duct that we get the so-called gallstone colic. Also it is rather uncommon to find jaundice with gallstones. Again it is only when a small stone slips down into the common bile duct and dams the bile back into the liver and then

into the blood that we get the yellow discoloration of the skin which is so characteristic of jaundice. Probably the commonest symptoms of gallstones are as follows: Vague distress located in the upper abdomen, sometimes just below the breast bone or sometimes just to the right of this point. This feeling of discomfort may be transferred around the lower edge of the thorax and the right side. Occasionally it may be referred to the right shoulder. Sometimes people complain of "neuritis" of the right shoulder. Patients with gallstones also complain of a good deal of gas formation which is not usually relieved by the passage of the gas. Such patients are subject to acute attacks and an acute attack comes when a small stone slips into the common bile duct. Acute pain is caused and jaundice may develop after a day or two if the stone is not passed into the intestinal canal. Such an attack may result in an acute infection of almost the entire biliary tract including the bile ducts, the small bile channels in the liver and the liver itself. In the presence of gallstones, it is possible at any time to have an acute flare-up within the gallbladder itself. This quite frequently results in an abscess formation and can very rapidly become dangerous. Acute infections of the biliary system usually require emergency operations.

WHAT IT COSTS CAPONE TO BE GANGSTER BOSS.

"Al Capone has 6000 State and city officials of Illinois and Chicago on his weekly payroll. "He wants to get out of the game, but he can't. The 6000 won't let him quit, because they want their pickings." So says Albert R. Brunker, chairman of the Chicago Civic Safety Committee, who says he got the facts and figures from the gangster chief's own lips. The significant thing about the charges is that they are completely credible.

Al Capone, according to Brunker, estimates that \$8,086,000,000 is spent annually in this country for liquor, and that \$6,000,000,000 of the sum goes for corruption of officials. The figures, of course, are not accepted offhand. They are not the report of a Presidential commission.

Yet they are believable. And there is something ominous in the fact that since the coming of prohibition the public is ready to believe anything of the officials elected and appointed to uphold its law.

Under Volsteadism the slightest attempt to expose official corruption, as in New York, Chicago and Philadelphia, sets a great geyser of municipal sewage loose. That corruption grows bolder every year; is satisfied and secure when it is only half-hidden.

What prohibition has accomplished is to prove the axiom that every man has his price—and to make it possible for bribers to dig up the price.

In the history textbooks to be written 50 years from now, Al Capone's payroll, critically evaluated by Ph. D.'s yet unborn, will stand as the symbol of a legislative mistake which tried to suppress a minor evil and ended by making the forces of crime rich and powerful and defiant.

Some great scholar of the future is certain to refer to us as the people who replaced the corner saloon by the speakeasy, the bribed policeman, the corrupt politician and the "bought and paid for" Judge.—Philadelphia Record.

BLAMES FURRIERS FOR DOG AND CAT DEATH RATE.

Li Chaokuan has petitioned municipal authorities to stop slaying dogs and cats in Peiping for their furs. Li's own motive is purely humanitarian, he says, but he also points out the dog and cat fur business is corrupting Chinese fur dealers who, he claims, are selling these skins in the guise of seal, marten and fox.

Furriers have improved methods of tanning and dyeing skins to make them imitate the furs of valuable wild animals. Li declares, and the profits cause many pet animals to be stolen and killed for their hides. He claims 5,000,000 Peiping cats and dogs are slain each year for the industry.

MINUTE FLOWERS

Flowers while you wait. That is the achievement of Viscount Fitzalan of Derwent.

The Viscount has discovered the secret of how to grow flowers before the eyes of his friends and family. He has had a sunlight apparatus installed in the cellar of his greenhouses at Cumberland Lodge, which stands not far from Windsor Castle.

There by the use of violet rays and 1,000-candle power arc lamps equal to strong sunlight, he can make his flowers attain in a few hours a pitch of perfection which nature, unaided, could only hope to achieve in a few weeks.

When Lady Fitzalan wants special floral decoration for her dinner table, she has only to order them a few hours before hand—and there they are.

PARIS CAN CALL COPS LIKE FIREMEN NOW.

The authorities report satisfaction with the result of the six hundred police telephones arranged throughout the city. They are like fire alarm boxes. On breaking the glass a connection is made with all police stations simultaneously. As a result of the "burglar alarm posts," the police surprised 32 burglars and caught them red-handed.

—The Watchman is without a peer in the newspaper field.

ALASKAN DOG TEAMS ARE GIVING WAY TO PLANES.

Modern transportation by air is threatening the future of the malamute, hero of many an Alaskan tale of danger and hardship on the snow-packed trails of America's frontier.

Despite the present high cost of airplane travel, mail and other articles may be sent by air cheaper than by dog team, statistics have revealed.

The cost of the average dog team, including the driver, amounts to \$25 per day, or 65 cents per passenger mile, and the team has an average speed of 30 to 40 miles per day.

In comparison with the time and cost, airplane transportation has become popular in this land of poor communication facilities. The airplane has reduced dog team mail time between Nome and Nenana from 29 days to four hours. Gold dust and furs are transported from Nome to Fairbanks, 540 miles across a snowbound wilderness, in five hours, instead of the month required by a fast dog team.

The malamute is slowly losing his place as provider of transportation over long distances. Even law enforcers, who used to whip their dog teams onto the trail of criminals, spending weeks or months in the pursuit, have taken to the air.

With development of airways and construction of landing fields, airplanes are expected to solve the communication problem in the territory.

PLANTERS REQUESTING 7,000,000 SEEDLINGS.

More than seven million forest tree seedlings have been ordered by private planters from the Pennsylvania department of forests and waters for planting this spring. Deputy Secretary John W. Keller in commenting upon this large reforestation program in privately-owned lands throughout the Commonwealth said that considerable labor will be necessary in the planting of these trees, which will contribute in no small way to help relieve the unemployment situation.

Planting trees for reforestation is one of the most interesting and profitable occupations, Keller said. It affords the tree planter a keen sense of enjoyment in starting something that will live long after he is gone and insure a valuable heritage for succeeding generations.

Charles R. Meek, chief of the bureau of forest extension, receives many letters from people over 70 years of age who are still planting many trees and are enthusiastic about reforestation. One man 84 years of age recently applied for several thousand trees which he expects to plant this spring. There are still available for distribution in the state forest tree nurseries white pine, pitch pine, red pine, and black locust seedlings.

"FIRST LADY" TO GET \$12,000 EACH YEAR.

The wife of the President of the United States was named beneficiary in an unusual trust fund created by the late Henry G. Freeman, Jr., who died in 1917, according to terms of his will which have been made public.

Freeman's will provided for an annuity of \$12,000 for the "First Lady" to "continue in force so long as this glorious government lasts." The fund is to be known as "the Henry G. Freeman, Jr. Pin Money Fund."

Whether Mrs. Hoover will benefit from this fund, should she so elect, will depend upon a definition of questions of law by the orphan's court. St. Joseph hospital and St. Joseph female orphan asylum share in the revenue of the properties.

STRICT REGULATION OF BILLBOARDS PROPOSED.

More stringent regulations regarding the erection of advertising signboards on or adjacent to provincial highways are planned by the Ontario Department of Highways, according to R. M. Smith, Deputy Minister of Highways.

The department at present levies a heavy tax against all signs which do not advertise a business conducted upon the property on which the billboard is situated. Now it is planned to introduce legislation forbidding erection of signs where they will destroy the appearance of the countryside.

It is also planned to ban the erection of signs within 500 feet of road intersections and railroad crossings. The present limit is 300 feet.

RETAINS LEAD IN BITUMINOUS COAL.

Figures released by the United States bureau of mines show that Pennsylvania has retained the lead for 1930 from the standpoint of bituminous coal production. The 1930 production for Pennsylvania was 122,459,000 tons, as compared with a production of 143,516,241 tons for 1929. The production of West Virginia for the year 1930 was 120,040,000 tons, and for 1929, 138,518,885 tons.

The production of the other major coal producing States follows: Illinois, 53,275,000 tons; Kentucky, eastern, 40,497,000 tons; western, 10,200,000 tons; Ohio, 23,550,000 tons; Indiana, 15,840,000 tons; Alabama, 15,240,000 tons, and Virginia, 11,115,000 tons.

1931 Hunters' Licenses Will be Wine Color, with White Numerals.

Hunters' licenses for 1931 will be wine color with white numerals and letters. An order for 544,000 has been authorized by the Game Commission.

—Senator Scott has introduced a bill in the State Senate appropriating \$40,000 to cover the deficiency in the original cost of rebuilding the Phillipsburg State hospital.

FARM NOTES.

—Most fungous or bacterial parasites thrive best where moisture is plentiful.

—Calves fed at shorter intervals are also subject to digestive disorders.

—When they get to using rustless iron and steel in agricultural implements, the sky-roofed machine shed will not take its toll so rapidly.

—Weed patches in grain fields should not be treated with sodium chlorate until after harvest when they need not be disturbed further with farm machinery.

—From the standpoint of feed production, the pasture is commonly the most important field on the farm. Don't overlook the permanent pasture when applying this winter's manure.

—Soy beans are recommended by specialists as an excellent emergency hay crop. The soy bean is tolerant of acids soils and produces a hay of high protein content and feeding value comparable to alfalfa.

—Plows scour most easily in soils that have plenty of humus. A starch condition of soils can be corrected by bringing the percentage of organic material up to 4 per cent using calcium carbonate for soil acidity.

—There are splendid opportunities for commercial growing of strawberries.

—It is very difficult to do effective spraying without good spraying machinery.

—It's a mistake to slash too freely into mature trees. A tree is a living thing. The main purpose of pruning is to keep down the height so that spraying and picking the fruit will be easier.

—Where the grapevines are affected with scale insects, use the lime sulphur spray of one gallon lime sulphur to seven gallons of water.

—While the methods of pruning all young, deciduous fruit trees are more or less similar as the trees grow older their differences in general growth, shape and fruit characteristics become more pronounced, requiring greater study and care in order to meet their individual requirements, and to serve better the economic needs of the grower.

—The first and most important step in gathering the materials for use in manure-heated hotbeds is the manure. The best is fresh horse manure. Pile in rows four feet wide, not over six feet high and as long as is needed for the beds to be filled.

—Prune grape vines to insure a maximum crop of high quality fruit. A strong well-grown plant in good soil can support about 60 buds.

—Hotbeds and coldframes are valuable equipment for growing early vegetable plants. They are easy to build and operate. Circulars 120 and 135 tell how. Write to the Agricultural Publication Office, State College, Pa., for free copies.

—Successful livestock feeders have found legume hays superior to other hays in quantity, quality, and palatability of protein, and in lime content. For dairy cows an abundance of home-grown legume hay provides a basis for an economical ration.

—Shadows in the colony house will scare baby chicks and cause them to crowd. Shades over the windows will prevent the moon from casting shadows which frighten the young chicks.

—Dairy cattle values are closely associated with milk producing ability and type. Both of these characteristics are largely matters of inheritance. Good sires provide the cheapest and surest means of improvement.

—To get live foals treat the brood mares right. Feed them properly and work them carefully, say horse specialists of the Pennsylvania State College. Well-balanced rations that contain considerable bulk are essential for health.

—In figuring the capacity of brooder houses, allow one square foot of floor space for three chicks. For best results, not more than 300 chicks should be placed together in one brooder house or pen.

—Prune Grape Vines for Good Fruit.—Grapes which have not been pruned already should have this important operation performed at once, states County Agent R. C. Blaney. Late winter pruning, if done before the flow of sap starts, will reduce "bleeding" of the vines.

"The Kniffin system is the most generally accepted type of pruning practice in Pennsylvania, although the Umbrella and Chautauqua systems are used extensively in some areas. All three systems are acceptable, are based primarily on the same ideas, and result in practically the same yields."

Quarter-inch 1-year-old vines, with buds spaced fairly close together are the highest yielders, says Blaney. "Bull" runners, or coarse woody vines, with buds spaced far apart, are to be avoided if possible because of their low yielding ability.

A strong, well grown plant in good soil can support about 60 buds, while a weak, less vigorous plant can support only about 40 buds advantageously. Four vines, each having from 10 to 15 buds depending on the vigor of the plant, should be left. All older wood should be cut away as close to the central stalk as possible. Vines pruned in this way will yield a maximum

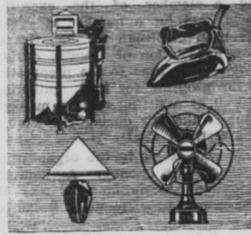


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"KWH"—Kilowatt Hour—the unit used to measure electrical energy.

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DANGER MAY BE LURKING IN BRIGHT SPRING DAYS.

Dr. J. Bruce McCreary, deputy secretary of health, issued a warning on so-called "pet" days. He pointed out that at this particular season of the year with the different marked ranges in temperature many persons are likely to become over-enthusiastic when the temperature rises and by disregarding the necessity of being sufficiently protected so far as clothing is concerned, thereby open themselves to colds, gripe and other diseases which frequently follow such conduct.

"Many persons each year become exceedingly enthusiastic concerning the brightness and the warmth of some of the days that at this particular season of the year, in themselves into the average cool or cold weather," Dr. McCreary said. "Unthinkingly, under the false impression that spring has come, many men and women upon the first indication of more than average warmth will doff protective apparel to such an extent that they invite disease.

"While of course it is possible to become over-fond of the fur coat and the heavy winter overcoat, there is on the other hand, a golden mean which should not be disregarded. The mere fact that a "pet" day suddenly arrives is no justifiable reason for persons to go outdoors, clothed or unclothed, to the extent that is natural and seasonal during the real warm months. Nevertheless, this thoughtless custom is indulged in by numerous persons and often to their sorrow.

"The weather to be found in Pennsylvania's latitude in the early spring frequently is falsely alluring and at best demands careful consideration and thought as to the attitude to be assumed regarding it. The sudden changes in temperature, while of course demanding a measure of clothing adjustment, will not without danger permit running from one extreme to the other in this regard.

"With the grippal conditions which still are more or less prevalent throughout the Commonwealth, it behooves everyone to use care regarding undue exposure, including clothing. Lack of caution has already produced records in the Department of Health of many cases of the respiratory type. One of the fundamental rules of nature is that sudden changes in temperature call for a sensible regulation of wearing apparel. Extremes will not safely be countenanced by any other kind of conduct."

crop of fruit and will require a minimum amount of work.

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