

## Your Health

THE FIRST CONCERN.



### COLITIS, A COMMON AND INCREASING AMERICAN DISEASE

By Dr. John Harvey Kellogg

A century ago, colitis was almost unknown. In certain parts of the world the disease is still rare. But, in the United States, colitis is becoming so common that it threatens to soon become almost universal if it not checked.

Colitis is a chronic infection of the colon. It begins in the mucous membrane lining of the colon and may involve merely a small area or may extend to the entire colon. At the beginning it is superficial, but in severe and chronic cases the infection may extend to the deeper structures of the colon, involving the entire thickness of the intestinal wall and even its peritoneal covering. In the most aggravated cases ulceration and hemorrhages may occur.

The symptoms of colitis, when well pronounced, are unmistakable, the disease revealing its presence by frequent or infrequent discharges of mucus which may appear in the form of strings, flakes, shreds or even tubular casts of the bowel, which give the erroneous impression that the mucus membrane is sloughing. Masses which resemble membrane consist simply of coagulated mucus. In many cases of colitis mucus is rarely seen, being so well mixed with food residues and other wastes that it cannot be discovered without an expert examination.

Persons who suffer from colitis may have either frequent or infrequent stools. In many cases there is an alternation of constipation and diarrhea. In advanced cases the bowel movements may be very frequent. In a case recently under the writer's observation the bowels moved nearly every hour, yet the colon was never empty. The frequent discharge is often simply an overflow from a paralyzed and over-distended right colon.

Other conditions associated with colitis are emaciation, due to malnutrition, a sallow skin, a coated tongue, a foul breath, and the numerous symptoms of indigestion, especially the condition commonly called "nervous dyspepsia."

While there is no doubt that colitis is caused by bacteria infection, it is not known that there is a specific organism to which the infection is due. Observations made by the ablest investigators indicate that it may be produced by a number of different bacteria, especially those which give rise to putrefaction and which are always present. These germs, together with various pus-forming micro-organisms, abound in house dust and of course street dust, which is in a considerable part made up of the dried dejects of animals. These germs are, of course found in sewage, and are always present in stale eggs and even fresh meats of all kinds as sold in the meat shops, for the reason that meat is always allowed to hang for a few days to become tender before being offered for sale. This process of ripening is nothing less than putrefaction, which is due to the infection of meat with manure germs which always occurs in the process of slaughtering. An ounce of beefsteak usually contains 25 to 50 millions of colon germs, while such meats as liver, hamburger steak and sausage are likely to contain a hundred times as many. Salted and dried meats are infected as well as fresh meats. Shell fish, game and cold storage meats are richest of all in pernicious bacteria.

Combe regarding the use of flesh foods as one of the common causes of colitis, having noted that the disease was very rare among Swiss peasants, who eat almost no meat at all, but very common city dwellers, among whom meat-eating is almost universal.

According to Fuld, colitis is rare in Russia, a fact which he attributes to the vegetarian diet of the Russian peasant.

Colitis may follow an attack of typhoid fever, dysentery, influenza or poisoning by the use of decayed or infected food. Von Noorden, the eminent German physician, years ago called attention to the fact that colitis is a common result of the habitual use of mineral waters, cathartics or laxative drugs of any sort.

Colitis is sometimes the result of parasitic infection, or at least is associated with this condition. Cases of this sort are most frequent in tropical countries.

In the so-called "mucous colitis," large quantities of mucus are discharged at irregular intervals. The very pronounced nervous symptoms often associated with this form of colitis gave rise to the old belief that it is of nervous origin, but this is no longer tenable. Mucous colitis is essentially the same as regards its character, origin and causes as other forms of the disease.

The real cause of the disease is infection, and in the majority of cases the cause of the infection is to be found in constipation or stasis; that is, a stagnation of the colon contents, which affords an opportunity for the development of advanced putrefaction, so that the bacteria present attain such a high degree of virulence that they are able to attack the mucous membrane and to invade the tissues. The condition is

### INDIAN PRINCE BELIEVED WORTH TWO BILLIONS

The world's richest man, the Nizam of Hyderabad, doesn't know the extent of his fortune estimated at more than \$2,000,000,000 and lives in frugal simplicity in his castle in the heart of India.

Many tales are told of the wealth of this proud and aristocratic 45-year-old ruler of 13,000,000 subjects. He is said to have \$500,000,000 worth of gold in bricks and coins in his treasury house. Two Englishmen worked more than two years classifying the family jewels worth millions of dollars. The value of the state gems is unknown.

During the World war he made contributions totalling more than \$50,000,000 to the British government to aid in defraying the costs of the conflict, and made gifts regularly of \$50,000 and \$100,000 to charitable and educational bodies. Outraged at the German submarine warfare, the Nizam sent his check for \$500,000 to London to be used to combat the menace and then insisted on paying the entire cost of two bodies of Indian troops engaged in the war.

Although the world's wealthiest man the Nizam is not as well known outside of his country as is the ordinary American millionaire. He is prohibited by precedent from leaving India the tradition being that his person is too valuable to be placed in danger.

When he does travel however he does it in state. On a visit to New Delhi two years ago, the Nizam arrived in a special train consisting of 22 pullmans. The luggage had been sent in advance in four special trains, one of which carried only his private motor cars. He owns more than 400 automobiles, most of them expensive limousines, used by his family and state officials.

Various estimates have been made of his private income, which is generally agreed to be between \$30,000,000 and \$40,000,000 a year. In 1929, when his treasury vaults were overflowing, he ordered \$4,000,000 transferred to the Imperial Bank of India. Despite this, one writer who recently returned from a visit to Hyderabad, said:

"He lives simply, frugally and is reported to be as penurious over sartorial requirements as a poor clerk in an office."

Yet the Nizam felt it a good investment to spend \$1,500,000 on a new castle in New Delhi which contains more than 60 apartments, exclusive of kitchens and bathrooms. He also spent \$25,000 alone in installing noiseless rubber flooring in one of the palaces he was having renovated for use of distinguished guests.

He is said to have many wives and is reported on some occasions to serve them food personally. The Nizam succeeded to the title in 1911 and is considered the principal Mohammedan ruler in India. Much of his wealth he inherited, some of the remainder he obtained from his subjects in taxes and "ceremonial gifts." He confiscated estates after death and ruled ruthlessly until the British government in 1926 intervened.

One story is told of a minister of the state of Hyderabad who turned over his Rolls-Royce automobile to a friend for a sight-seeing trip while he called at the Nizam's palace for a conference in a dilapidated cheap car, explaining he feared the more expensive car would be confiscated.

The Nizam's father, however, lived in the great splendor generally attributed to these fabulously wealthy Indian princes. He entertained lavishly and was accustomed to keep a special train under full steam for days at a time, even when he did not contemplate a visit. When asked by a friend why he did this, the Nizam replied:

"Well, was the train made for me, or I for the train?"

At his death a large weight, generally supposed to be made of glass, was found on his desk. It was taken to a jeweler, who found it was a huge uncut diamond and its value estimated at more than \$30,000.

### CHEWING GUM STILL HOLDS EXPORT LEAD

Chewing gum still maintains its outstanding position in American export trade, despite the drop in all other items.

Alone among the American products, gum exports increased last year, the Commerce Department disclosed today. A total of 3,692,404 pounds was sent to exercise foreign jaws, as compared with 3,615,541 pounds in 1929. This represented a grand total of over half a billion sticks.

The American doughboy gave Europe the chewing gum habit in World war days, and American moving pictures have played a part since.

If you are an average American, the Commerce Department revealed further, you are chewing 100 sticks a year. That represents a per capita consumption of the largest consuming and manufacturing chewing gum nation in the world.

### VOCATIONAL CONFERENCE

Officials of the Department of Public Instruction have announced that the 1931 annual State vocational conference will be held at Eagles Mere June 25, 26 and 27. It is estimated that between 700 and 1000 people will be in attendance at this conference.

Kind Gentleman (to a little boy eating an apple)—"Look out for the worms, sonny."

Little Boy—"When I eat an apple the worms have to look out for themselves."

somewhat similar to that present in eczema of the skin, a disease often associated with colitis. (To be concluded.)

—Subscribe for the Watchman

### DROUGHT PROOF STREAMS ONLY ONES TO GET TROUT.

Numerous streams throughout the Commonwealth which are suitable for the planting of trout will be surveyed and stocked before the opening of the season, according to an announcement by Commissioner of Fisheries O. M. Deibler.

Under the new program of distribution, the Board will distribute all of its own fish with its own equipment and personnel, and it will only stock those waters which are suitable for the species of fish requested. Commissioner Deibler has been attending on an average of four association meetings weekly throughout the Commonwealth getting acquainted with and placing before the sportsmen the new program, which was adopted some little time ago.

At the last meeting of the Board of Fish Commissioners, the Commonwealth was divided into four sections and capable men have been busily engaged in making a survey of the trout streams in every county of the Commonwealth. In this way the Board will have available information of a permanent character regarding every trout stream in Pennsylvania.

Only those streams which withstood the severe drought of 1930 will be considered for stocking and by confining its efforts to these streams it will be found that there will be much better fishing, Deibler believes.

The Board has shipped thousands of trout to waters in counties where surveys have been completed, and it is hoped that several thousand additional can be distributed at least two weeks before the opening of the season, which is April 15.

Associations and individuals have shown excellent co-operation in this work, and it is hoped that when these men return to the counties to complete their surveys of the other waters that the same spirit will be manifested. Deibler said. When this survey is entirely completed covering all the waters of the Commonwealth, the Board will have at its disposal a permanent list of suitable waters for stocking which will give the fishermen the information they have been seeking for many years.

### WHY THE RABBIT AT EASTER?

So many have asked, "Why is the rabbit so closely associated with Easter?" I found a solution the other day and shall give it. Perhaps some of our readers know of other answers and will send them to me at once. Each year at this season the cunning little bunny appears in the shop windows beside downy chicks and gaily colored eggs. The legend of the Easter rabbit is one of the most ancient in mythological lore and is closely related to the folk tales of southern Germany.

In the beginning of things, it seems, the rabbit was a bird. As a great favor the goddess Ostara, who was the patron of spring, gave it four legs, for which the rabbit was deeply grateful. In remembrance of its former life as a bird, when the spring or Easter season comes it lays eggs of gorgeous colors, and the egg has always been a symbol of the resurrection, and therefore used at Easter time when we look for the life everlasting and all things made new.

It is a German custom for children to go to their godmothers at Easter for the gift of colored eggs and a baked rabbit. Just before Easter the children are sent to the garden to build a nest for the expected rabbit, and early Easter morning they go with great expectations, and are never disappointed, to get the eggs which the rabbit has laid for them. Even in Africa, among the heathen tribes, worship of the egg is common. No altar is complete without its egg decoration, and most huts have at least one sacred egg. On all the eggs devoted to the rites of worship a verse from the Koran is written at each end, while the sides are ornamented by scenes from the Nile.

A rare specimen of these eggs is to be seen in the Detroit Museum of Art. The etchings on the shell follow closely the same general design as the paintings of men and women that were recently found in Cairo.

### POLITICAL ANNOUNCEMENTS. DEMOCRATIC FOR SHERIFF

We are authorized to announce that Elmer Breon, of Belleville borough, will be a candidate for the nomination on the Democratic ticket for the office of Sheriff of Centre county, subject to the decision of the voters of the party as expressed at the primaries to be held on Tuesday, September 15th, 1931.

I hereby announce myself a candidate for the nomination for Sheriff of Centre County, subject to the decision of the Democratic voters at the primary election on September 15, 1931. SINIE H. HOY

We are authorized to announce that John M. Boob, of Millheim borough, is a candidate for nomination for Sheriff of Centre County on the Democratic ticket, subject to the decision of the voters of the party as expressed at the primaries to be held Tuesday, September 15, 1931.

### COUNTY TREASURER

I hereby announce myself a candidate for the nomination for Treasurer of Centre County, subject to the decision of the Democratic Voters at the Primary Election, to be held September 15, 1931. ROBERT F. HUNTER

### PROTHONOTARY

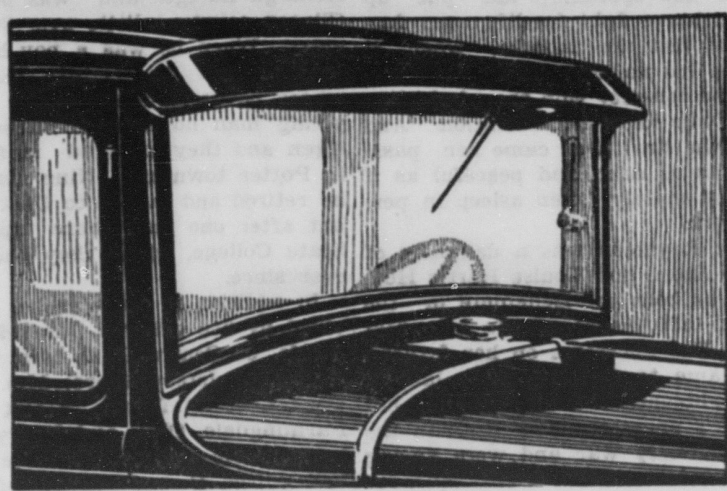
We are authorized to announce that S. Claude Herr, of Belleville, Penna., is a candidate for nomination for Prothonotary of Centre County, on the Democratic ticket, subject to the decision of the Democrats of Centre county as expressed by the voters of the party at the primaries to be held on Tuesday, September 15, 1931.

### FOR RECORDER

We are authorized to announce that D. A. McDowell, of Spring township, is a candidate for nomination for Recorder of Centre county, on the Democratic ticket, subject to the decision of the voters of the party, as expressed at the primaries to be held on Tuesday, September 15, 1931.

COUNTY COMMISSIONER We are authorized to announce that T. M. Huey, of Patton township, is a candidate for nomination for the office of Commissioner on Centre County, on the Democratic ticket, subject to the decision of the voters of the party as

## FORD SAFETY

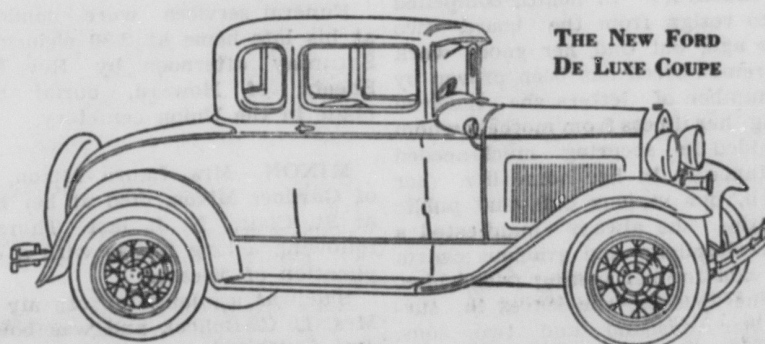


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expressed at the Primaries to be held Tuesday, September 15, 1931.

We are authorized to announce that J. Victor Brungart, of Miles township, is a candidate for nomination for the office of Auditor of Centre County, subject to the decision of the voters of the party as expressed at the Primaries to be held on Tuesday, September 15, 1931.

### COUNTY AUDITOR

We are authorized to announce that A. B. Williams, of Port Matilda, Pa., is a candidate for nomination for the office of Auditor of Centre County, on the Democratic ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held Tuesday, September 15, 1931.

### REPUBLICAN. FOR SHERIFF

We are authorized to announce that L. Frank Mayes, of College township, is a candidate for nomination for the office of Sheriff of Centre County on the Republican ticket, subject to the decision of the voters of the party as expressed at the primary election to be held September 15, 1931.

I hereby announce that I am a candidate for nomination for Sheriff of Centre County on the Republican ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held on Tuesday, September 15, 1931.

### N. R. LAMOREAUX, Philpsburg, Pa.

COUNTY TREASURER We are authorized to announce that O. G. Morgan, of Belleville borough, will be a candidate for nomination on the Republican ticket for the office of Treasurer of Centre County, subject to the decision of the voters of the party as expressed at the primaries to be held on Tuesday, September 15, 1931.

I hereby announce my candidacy for nomination for the office of Treasurer of Centre County on the Republican ticket, subject to the decision of the voters of the party as expressed at the Primary to be held on Tuesday, September 15, 1931.

C. C. SHUEY, Belleville Pa. We are authorized to announce that Philip E. Womelsdorf, of Philpsburg, is a candidate for nomination on the Republican ticket for the office of Treasurer of Centre county, subject to the decision of the voters of the party as recorded at the primaries to be held Tuesday, September 15, 1931.

I hereby announce that I am a candidate for nomination on the Republican ticket for the office of Treasurer of Centre County, subject to the decision of the voters of the party as expressed at the Primaries to be held on Tuesday, September 15, 1931. ERNEST E. DEMI, Philpsburg, Pa.

### ATTORNEYS-AT-LAW

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