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Your Health

THE FIRST CONCERN.

THE SINUSES MAY BE A VERY HOT BED OF TROUBLE

By Henry Wharton in Good Health

Each edition of the medical dictionary records new diseases. This does not mean that Nature is constantly adding to the plagues of mankind but that scientific knowledge is increasing. The ills the flesh is heir to have mostly existed since primeval days. Recognition of them is the first step toward cure.

In recent years much attention has been directed to the sinuses. This word really means a cavity and has wide application in anatomy. But in popular language its application is limited to those communicating with the nose and in this sense it will be in the present writing. Most of the laity hardly knew formerly what they were. But now all of us have relatives or friends who have been found to be suffering from some trouble in these regions—indeed we may be among the number ourselves. So we have had our thoughts directed toward this subject.

Medical science has now learned that these air chambers may have a decided effect in causing disturbance not only locally but in different and perhaps distant parts of the body. They are now, like the teeth and tonsils, recognized as sources of focal infection, to which arthritis, neuritis, rheumatism, heart troubles, so-called indigestion, nervous, mental and other difficulties may be due. Proof of this connection is often given when relief from sinusitis is promptly followed by alleviation of neurological symptoms and cardiac irregularities. For neuritis and rheumatism, the effect is usually slower in manifesting itself.

The purpose of the sinuses is to give resonance to the voice. They are like the body of the violin; the vocal cords correspond to the strings. These spaces vary in size and shape in different people. That is why no two human voices are exactly the same. When these sinuses are diseased or blocked off by a cold, we notice a change in the voice. It assumes a nasal tone. The Chinaman has either very small sinuses or none at all. Hence he always talks, as we say, through the nose. These cavities also decrease the weight of the head.

The sinuses go by four names, three on each side being single cavities, the fourth being the ethmoid cells, four to eleven in number. The frontal are in the forehead, just above the eyes; the ethmoid are between the eyes; the maxillary are in the cheeks under the eyes. The sphenoid are in the center of the head. All are lined with mucous membrane. The maxillary may be the size of a walnut; the frontals are about half as large.

DISEASE WITH OR WITHOUT PUS

When a person has a cold, the inflammation spreads to one or more of these sinuses. Usually it clears up in a week or ten days. If it persists, however, longer than that, it resolves itself into a sinusitis which may be either of two types. In one, there is an excessive secretion of pus. In the other, there is either a discharge of mucus, which is watery, or none at all. Or there may be a combination of the two. You may have wondered how the flow of mucus can be so profuse in a cold. This is because it is given off by a large area of mucous membrane. The nose and sinuses together may have a surface of one square foot.

Formerly nose and throat specialists saw the first or suppurative type most frequently. In the last ten or twelve years, the second has come into greater prominence than before. It may be that the great epidemic of influenza in 1918 was a factor in this change. Where there is pus formation, drainage is all that is necessary for relief. This may be accomplished by washing out with a normal saline solution or by making a definite opening at the bottom of the affected cavity or cavities into the nose, thus permitting escape by flow.

The sphenoid and maxillary sinuses have their openigs at the top. Their membranous lining is covered with hair-like processes called cilia. These act as a bucket brigade. When any liquid enters the chamber, they lift up and pour it out through the orifice. If a normal sinus is filled with a dye or oil, it is emptied in from fifteen to twenty minutes by this wonderful mechanism. But under conditions of inflammation, these cilia are powerless. The cavity is permitted to fill up until it overflows into the nose. The lining membrane may, indeed, swell up until the chamber is closed up. Sometimes it is necessary to remove this membrane surgically. In that case, nature replaces it with scar tissue, covered by a new membrane.

A PANDORA'S BOX OF EVILS

Of course, the medical profession campaigns actively where pus shows itself. But the inclination in the past has been to pay little attention where there was no apparent trouble save the thickening of the membrane. In recent years it has been learned that this condition may be fraught with widespread ills. It may cause repeated colds. It is often the source of headaches whose origin is unsuspected. It may bring on deafness or troublesome eye symptoms or types of vertigo. Going farther afield, it may effect the great vagus mogastric nerve, causing asthmatic bronchio spasms and inflammatory disturbance of the bronchi, irregularities in the heart beat, nervous indigestion and spastic colitis.

Hyperlastic (thickened) sinusitis is found in the majority of cases of bronchial asthma submitted to proper examination. While the known incidence of bronchial asthma is large, there are numerous instances where it exists without being recognized, the patient complaining of different symptoms from those characteristic of this disease.

Another result may be nervous tension and hence emotional disturbances, insomina and depression. In some of these various manifestations, the effect may be merely to exasperated troubles which had previously been there.

Then there is the highly important group of possible focal infections, to which reference has already been made. The discovery of the principle of a poison originating in the tonsils, teeth, gall bladder, appendix or intestines and causing neuritis, arthritis, rheumatism, heart troubles and various other disturbances, has been of untold value in lessening human misery.

ACTION AND REACTION

Sinusitis may also be a marked factor in any general debility, such as anemia or low metabolism. Conversely, lowered resistance in the body as a whole may render the sinuses very susceptible to inflammation. It is the old story of the vicious circle.

One difficulty with the hyperplastic form of the trouble is that it may present no direct signs of its existence. The individual has no cause for suspecting malady in that region. Hence he may suffer the consequence of it in other organs without any notion of the basic responsibility.

When an examination is made by an otolaryngologist, the nasal cavity is studied by means of a beam of light, reflected with a mirror. This procedure of course does not reach the sinuses. These are transilluminated when this can be done. For instance, a light is placed in the mouth. If the maxillary sinuses are normal, they will show up clearly. If they are not, the expert may see signs of filling up. But a clear illumination by no means rules out the presence of non-suppurative sinusitis, with thickened membranes.

The next recourse would be to the ordinary X-rays, which have long been used in studying the sinuses. But they have only a restricted value. Their effectiveness has been very greatly increased, in fact, revolutionized, by the injection of an opaque susbtance into the cavities. This same principle is employed in obesrving the stomach and intestines. Barium or some other metallic powder is mixed with food. When eaten, it casts a shadow on the photographic plate. Examination of the chest has also been facilitated by filling the lungs with idolized oil. This same substance is now used in the sinuses. In earlier experiments, various chemicals were tried but they have now been abandoned. The addition of about fourteen per cent of iodine to oil makes it opaque to roentgen rays.

Such an observation is not made in the early, acute stage of a cold. It is not advisable until there is some subsidence of the inflammation.

(to be concluded next week).

YAQUIS IN MOURNING IN MEMORY OF CRUCIFIXION

Arizona's two Yaqui Indian villages went into mourning in memory of the crucifixion of Christ.

The period of grief is a regular part of the tribe's springtime dances, a blending play presented annually during Holy Week.

Crude little crosses, marking the way to a mythical Calvary, where the Yaquis have pantomimed the death of Christ, were draped in black face masks, but vivid colors they wore gave way to those of somber hue.

Generally it was a day of prayer. Now and then a few strains of music would intersperse the low chanting, but always it was in keeping with the spirit of the day.

In a way residents of Guadalupe, a small Yaqui village near Phoenix, and Barrio Pascua, a larger town near Tucson, were glad because of the slackened pace.

"'We need the rest," one young brave told the United Press. He had reference to the aboriginal dances, with which spring is welcomed. These started early Saturday and continued without interruption through the day, night and until mid-morning Easter Sunday.

The Indians have given interpretative dances of the arrest of Christ, have portrayed their idea of the procession to the cross, during which mumers fought a valiant fight to save the Master, and have destroyed the Garden of Gethsemane, where Christ was betrayed and arrested.

OUTSIDE OF WINDOWS CLEANED FROM INSIDE

Window cleaners may no longer have to hook themselves on window sills at dizzy heights above the sidewalks as they ply their trade on tall office buildings. E. H. Brown, of Los Angeles, Calif., has invented an apparatus that cleans windows from the outside while the cleaner remains within. Besides being safer, the washer does a more thorough job.

A framework, fitting into slots on both sides of the window frame, carries scrubbers and driers that press against the panes. Raising or lowering the sash cleans and dries the pane at one operation. The framework is light and easily portable, so that it can be carried about a building from window to window.

—Dried orange peel burned on hot coals will dispel a disagreable odor.

WORK STARTED ON NEW FEDERAL PENITENTIARY

Preliminary construction has started on the world's most modern prison, the new United States federal penitentiary for the northeastern district, on a 26-acre tract in Kelly township, Union county, not far from Lewisburg.

Construction work of the general outline and the first unit is in charge of the Great Lakes Construcion company, of Chicago.

The contract, awarded for $2,781,000, calls for completion of the first section, to accommodate about 1500 prisoners, in 425 working days.

The entire project covers a 10-year building propram, an expenditure of about $12,000,000 and a penitentiary to accommodate 1500 prisoners to be drawn from the northeastern section of the United States.

The builders' first task was grading of the site by removing from eight to ten inches of the top soil over the 26-acre area, jurisdiction over which has been ceded the Federal Government by Pennsylvania.

The wall which will surround the tract will rise 21 feet and will be eight feet below the surface. Estimates of materials to be used included 3,500,000 bricks; 650,000 square feet of cement block; 65,000 barrels of cement; 70,000 tons of sand; 60,000 tons of cut stone and 30,000 tons of other stone.

Wells are being dug to provide adequate water supply. The Reading Railway has run a two-mile siding to the tract. Electric lines and telephone wires are being strung from Lewisburg.

Within the walls construction will express some of the new ideas in prison arrangement and penal practice to be developed at the penitentiary.

The familiar "big house" of most prisons will be missing. Accommodations will range from a small block within side cells for less tractable inmates, to small dormitory apartments for the most peaceable prisoners, offering them living quarters on a par with those of an average salaried person. Conduct and character will determine occupancy of the more favored dormitories.

Inside the walls, too, will be buildings providing kitchen, baking, refrigerating, butchering and manufacturing facilities; classrooms and laboratories; a hospital, a radio room, a theater and auditorium and a comfortable library. Outdoors extensive fields for farming and dairying have been planned.

Make Application For Training In Citizens Military Camps Now

Young men who are interested in applying for enrollment in one of the Citizens' Military Training Camps should apply now, in order to be sure of being accepted. Due to the increased popularity of these camps some of the counties of Northeastern Pennsylvania have already "gone over the top" of the quotas allotted them.

These camps are conducted by the War Department in compliance with the laws adopted by Congress and approved by the President of the United States.

The object of these camps is to bring together annually, for a month's training, the best representative young American citizens from all sections of the Nation; to give them the basis of military instruction and that physical and moral development that will fit them to become influential leaders in their communities; to inculcate a stronger patriotism and a wholesome respect for discipline and obedience to constituted authority; and, above all, to teach the young men of this generation their serious duties, responsibilities, and obligations to home and country.

Attendance at these camps does not in any way encourage the candidate to join the army, nor is it resirable that he do so.

No social standing, political pull, or wealth will cause a man to be favored in any way while attending these camps. Each man must succeed or fail on his own merits. All come together in a spirit of friendly rivalry and good cheer. Lasting friendships are formed, and many candidates carry on a regular correspondence with their "bunkies" for years thereafter. They are classmates of the greatest democratic institution in the world, the Citizens' Military Training Camps.

$4,300,000,000 FOR OPERATING THE OLD U. S. THIS YEAR

Establishing a new peace-time record for spending, the United States Government probably will require in excess of $4,300,000,000 during the fiscal year which ends next June, judging from figures available today.

When President Hoover submitted his budget to Congress last December, it was estimated that total Government costs would be $4,104,000,000, or an increase of $20,000,000 over the fiscal year 1930.

Instead of a $20,000,000 increase for the entire year there has been a gain in expenditures of $226,000,000 in a little over eight and a half months. Higher costs will continue through the remainder of the year, more than $300,000,000 over 1930.

There have been decreases in costs resulting from interests and smaller refunds of tax receipts. However, these items have been far offset by the $69,000,000 boost in costs pertaining to operation of the Federal Farm Board, $30,000,000 greater postal deficit, $112,000,000 for adjust service certificate loans charged against ordinary receipts and other items.

On the other hand receipts are slumping off so seriously as to put the Treasury in a dilemma. The budget estimate put total receipts for the 1931 fiscal year at $3,834,000,000, a reduction of $343,000,000 from 1930. Up to March 20 receipts showed a reduction of $425,000,000. For the entire year the cut will be substantially greater.

SIGNS OF DECAY SHOWING IN WASHINGTON MONUMENT

Engineers and Architects Worried Over Condition of Building Stone.

New York.—The marble of which the Washington monument is constructed is showing rather alarming signs of decay, to the worriment of engineers and architects.

There is, of course, no danger to the monument yet, writes D. W. Kessler, bureau of standards engineer, in the American Architect, but the fact that the marble is cracking and chipping—architects call it spalling—gives one to think about the material of which structures designed for the centuries should be built.

The old story of frost breaking up the stone is not taken too seriously by Mr. Kessler, although that may have something to do with it. He looks upon the spalling marble as simply decaying and proposes no remedies. Among other things, the unnatural gases and acids which modern cities pour into their air are seen as an important factor in the decomposition of building stone.

There are not enough old buildings in this country for the various kinds of native stones to have been thoroughly tested. The bureau of standards issues reports on building stones as the results of tests under simulated weather conditions but there arises the question of whether these tests really approximate the effect of weathering on building stone.

The tremendous load strain on the stone of the Washington monument may have some part in the spalling of the edges of the stones.

"Many writers on the subject of masonry decay have been inclined to place most of the blame on frost action," writes Mr. Kessler in the American Architect, but he adds, "Since this does not occur to slate we must conclude that such dense materials are not stressed appreciably by frost.'

Freshmen at Ohio U. to Be Given New Deal

Athens, Ohio.—The freshman—traditionally the "underdog" at Ohio university—has been elevated to the social position held by upper classmen. A new ruling passed by the junior-senior governing board gives the freshman privileges equal to those of his big brothers, the sophomore, the junor, and the senior.

No longer will first year students be forced to wear little green caps and be subjected to the maltreatment of sophomore vigilance committee. These were outlawed by the new rules.

"The junior-senior board, in order to promote on the Ohio university campus a co-operative spirit among students, and to accord with the progressive institutions throughout the country, withdraws the freshmen rules made and authorized by them and recommends that the sophomore vigilance committee disband," the new resolution stated.

For many years freshmen have been forced to wear green, short billed caps and obey certain rules of conduct on the campus. Violations of these rules resulted in punishment to varying degrees by the vigilance committee.

British Census Takers to Hear True Ages

London.—The ever delicate question of a woman's age will be one of the principal features in the census of Britain's population, to be taken April 26. All women will be compelled to tell their ages.

Their embarrassment will not be public, however, for the authorities have undertaken to inflict the severe penalties on any one who unlawfully gives away the secret.

It is believed in many quarters that a number of woman members of parliament were partly responsible for the decision to withhold the knowledge from the curious and inquisitive. The reticence of the women of Westminster in regard to their ages is most noticeable in the reference books, which almost invariably omit the date of their birth.

U. S. Kids Happy; Drought Cuts Down Spinach Crop

Washington.—Little boys and girls can thank last summer's drought for one thing.

It reduced possibilities of a large spinach acreage for canning purposes this year.

The acreage of spinach intended for canning in California for 1931 is estimated at 7,027 acres, a reduction of 16 per cent below the 8,270 acreage of 1930.

In Maryland the acreage depends largely upon the market price of the crop. If favorable weather conditions prevail, the acreage used for canning purposes is expected to equal the usual acreage, or close to 1,500 acres.

Stranger Gives Blood to Save Homeless Wait

Chattanooga, Tenn.—A sixteen-year-old homeless orphan, Edgar Chapman, lives today because of the gift of a pint of a stranger's blood.

It came in answer to a radio appeal after physicians decided a blood transfusion alone could save his life from the effects of a difficult operation.

Hundreds answered, men and women, old and young, scores were tested and finally the blood of E. D. Milligan, twenty-year-old resident of Chicago, was found satisfactory.

WINTER SPORTS BECOME INCREASINGLY POPULAR

Rapid strides in winter sports and increased use of the forests of Pennsylvania in the season of snow for health and recreation is predicted by J. M. Hoffman, chief of the bureau of parks of the department of forests and waters, as a result of observations made throughout the State during the past winter.

If the tendency shown by the people of Pennsylvania toward winter enjoyment of the forest is an indication of what is coming, the time is not far distant when winter sports will be as important in the lives of our people as summer recreation in the out of doors is today, Hoffman believes.

The appeal of the winter season has for some time been luring the people to the mountains in increasing numbers. This is especially true in the Pocono Mountains region in Pike and Monroe counties. Skiing, snow shoe running, skating and tobogganing are popular sports when King Winter holds sway. Winter opportunities for enjoying the forests are just as great as in the summer. The tang of the air and the zest of the open in winter contribute in no small way to the development of a sturdy and healthy people, Hoffman asserted.

Pointing out the extent to which winter sports have been developed in New York and the New England States, the belief was expresed that Pennsylvania offers equal opportunities. Nature study too offers a particular field of appeal, and nature study teachers are keen to appreciate the value or the trees for winter material. Nature study classes find particular delight in going forth on winter excursions.

When the snow covers the hills and valleys with a carpet of white, nature has made her supreme effort to portray the beautiful, Hoffman said, and an increasingly large number of people are taking advantage of the fact.

TEN QUESTIONS

Can Your Children Answer Them Quickly

There are many tests for getting at the mentality of a child. There is room for many more, which test abilities other than intellectual. Ability to observe comes in very handy in life. Certain vocations require it.

Do you, my young reader, see what you look at? The purpose of these questions is to test the accuracy and thoroughness of your observation when you saw the object mentioned or a picture of it. Exactly one minute and thirty seconds allowed.

1. When a horse has been lying down, which end of him gets up first?
2. When a cow has been lying down, which end gets up first?
3. Which end of a dog gets up first?.
4. Which end of a man gets up first?
5. Does a dog's tail wag up and down or horizontally?
6. When we chew, does the upper jaw move?
7. Are a horse's eyes on the front or side of his head?
8. How many wings has a fly?
9. How many keys are there on the ordinary piano?
10. Is a mosquito's sting in the front or back?

Father holds the watch. Johnny and Susie push the pencil. Time allowed, 1 minute 30 seconds.