



BED OF TROUBLE

By Henry Wharton in Good Health (Concluded from last week.)

of such examinations have been The oil is either injected or made. allowed to flow into the nose, the head being held in an appropriate position. It runs into all the sinuses-that is, unless the opening to any of them is closed. Then X-ray photographs are taken from various angles, which are specifically desig-nated by the otolaryngologist in charge of the case.

If a cavity is normal, the opaque contents will reveal this; more than one picture must be taken to get all the dimensions. But if the walls are thickened, the volume of the

iodized oil is proportionately lessen-ed. A "filling defect" may show the presence of a polyp or tumor. If the outline of the sinus is not regular, but is broken by a projection of some sort, we have what is called a filling defect.

The extent to many is hyperplastic can be measured with considerable accuracy. The outlines of 6,273 have been issued. In umber 2,415 represent rest is situated. If the shadow of the opaque liquid and the surrounding bone are separated by a larger space than usual, thickening is proved. It may measure only a millimeter or may me sinus, may extend to ten inimiteters, or two-fifths of an inch. By taking such pictures at intervals of days or weeks, exact information can be had as to any change for better or worse.

oil are taken from different angles. not more than three in any other From these a clay model can be county. made of the cavity as it then exists.

only if there is no other effective cure. But it is now to be dreaded much less than formerly. The iod-ized oil-X-rays show exactly what the situation is. There is no need of exploratory surgery. The task is thoroughly understood in advance. Methods have been greatly improved, so that the patient usually remains

in bed only overnight. The desideratum for those suffering from sinusitis, particularly of the non-suppurative kind, is to attain the best possible condition of general health, and then to live consistently and persistently so as to maintain this. We all know more

or less how to do this- that we should have proper exercise, sleep, diet, with avoidance of poisons like alcohols and tobacco. For this reason, treatment for sinus trouble can THE SINUSES MAY BE A VERY HOT best be given where attention to the local trouble can be combined with constitutional measures for building up the resistance of the body to disease. The reward will be not only the cure of the sinusitis, with PIONEER WORK In some large clinics, thousands flowering of all the physical powers

14,000 NOTARIES PUBLIC

Pennsylvania has approximately dry lot. 14,000 notaries public. This is in marked contrast to the number per-

payment of any fee by the original enactment. Now the revenue to the State from that source during each four years is approximately \$350,000. While commissions for notaries are signed by the Governor, the work of issuing them, and keeping of records is done in the commission bureau of the department of state bureau of the department of state, ers. As such appointments must be con-

illing defect. The extent to which the membrane hyperplastic can be measured with the first part of the bi-ennial ses-sions that the bureau is the busiest. Description of the bi-ennial ses-sions that the bureau is the busiest. Description of the bi-ennial ses-sions that the bureau is the busiest.

A fairly accurate estimate of the mission a competent number of per-percentage amount of the filling up sons as notaries public to hold their of a sinus can be obtained by vol-ume measurement. Photographs of the cavity as outlined by the iodized more than six in Philadelohia and

two are weighed and the percentage of filling defect can be calculated But for ordinary purposes, this pro-cedure is not necessary. The X-ray pictures taken after the injection of oil, will also reveal anatomical variations, tumors, polyps, cysts and foregin bodies. Soft tis-The original limitation did not last cysts and foregin bodies. Soft tis-sue eludes the ordinary roentgen rays but is clearly outlined under those taken when the cavity has been rendered op \subseteq que to them. Polyps are a fairly common attendant on a catarrhal condition. Some of them attain the size of a walnut. appointed during a recess it runs from the date of appointment and until four years after confirmation. Formerly the term was three years,

FARM NOTES.

-Do not turn cows on pasture

the brooder house.

-In completing the planting of ornamental trees and shrubs it is better to create a wide "saucer" in the soil about each plant than to form a mound against the trunk. form a mound against the trunk.

-As a general rule, small seeds life in the army, with its discipline like lettuce, onion, carrot, radish, and and drills, to a life of idleness at spinach are planted one-half to three quarters of an inch deep. Large seeds like beans and corn are plant-

ed one to three inches deep.

saved \$97.50 in feed costs when used as hog pasture in an experiment at State College last summer. Pasture-becomes so demoralized that they becomes not content for more but ng of all the physical powers NOTARIES PUBLIC COMMISSIONED IN STATE sylvania has approximately Notaria has approximately State Conege last summer. Pasture-fed hogs gained more rapidly, ate less concentrates daily, used less grain for each 100 pounds of pork than did similarly fed hogs in the dence in England. becomes so demoralized that they cease not only to look for work, but cease not only to look for work, but some of them actually refuse manifestation, too, is now in evi-dence in England.

Perfection of a process for vul--Start cutting the lawn before mitted by the law of 1791 when the limit for the entire State was sixty-six. No provision was made for the

Spraying information is available

-Russia threw her gauntlet down at the world grain conference.

In a defiant speech, Abraham Kis-sin, Soviet delegate, declared that, far from reducing her wheat production, his country would increase it this year and that instead of giving up her policy of so-called "dump-ing," she intended to increase her wheat exports to pay for her im-ports, which now exceed \$500,000,000

WHAT HAPPENS UNDER DOLES PITCH PINE TREES

What bappens when the govern-ment distributes doles to the unem-Pitch pine is the most fire resistmen willing to enlist in the army, After the sapling stage is reached, the tree is usually fire resistant. Ordinary surface fires in the forest because an unemployed man on govin diameter several feet above the

ground. The fire resistant qualities of pitch and independence of spirit to prefer pine have made it a favorite tree for planting by mining companies, in sections of the State where the fire

Nearly nine million pitch pine from Those who accept it reluctantly and -Two acres of Dwarf Essex rape from pressing necessity in the be-ginning soon fall into the habit of

at the time he left office last January, that the surplus of approxi-mately \$29,000,000 he would leave

for his successor in the Treasury's general fund would be increased by canization of rubber under water three or four more millions by the

> Senator Baldwin, chairman of the Senate Finance committee, show that \$28,923,301.81 which the Fisher Administration left behind has been increased by \$4,691,990.60, an excess over the actual and estimated unappropriated surplus of the pres-ent biennium bequeathed to Governor Pinchot.

> > are waiting

ATTORNEYS-AT-LAW

S KLINE WOODRING.-Attorney Law, Bellefonte, Pa. Practices all courts. Office, room 18 Crfde Exchange.

J KENNEDY JOHNSTON.—Attorney-at-Law, Bellefonte, Pa. Prompt at-tention given all legal birsines entrusted to his care. Offices—No. 5, East High street. 57-44

After the sapling stage is reached, the tree is usually fire resistant. Ordinary surface fires in the forest will not kill pitch pines four inches in divertised for the second floor of Temple Court.

W G. RUNKLE. - Attorney-at-Law. Consultation in English and Ger-man. Office in Crider's Exchange. Bellefonte, Pa.

SPECIALISTS

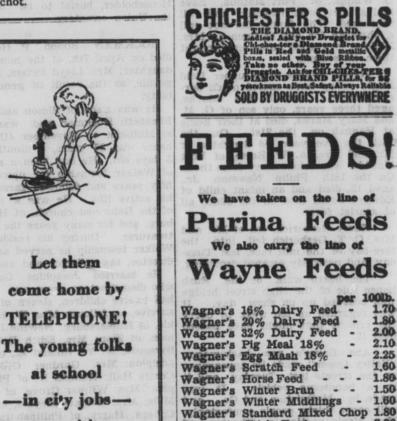
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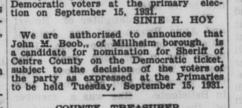
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DEMOCRATIC FOR SHERIFF

We are authorized to announce that Elmer Breon, of Bellefonte 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 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 elec-tion on September 15, 1931. SINIE H. HOY



COUNTY TREASURER

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

A Swedish castle built in 1499 con-

been planted in Pennsylvania, and 6,643,316 of them have been set out by private land owners. FISHER ADMINISTRATION LEFT OVER \$33,000,000 IN TREASURY The forecast of Governor Fisher

WITHSTAND FIRES

Their removal usually brings sum-mary relief. Discovery of them was often difficult or impossible before the use of iodized oil and X-rays.

HEALING EFFECTS FELT

Originally lead sulphate, bismuth, potassium iodide or other substances were used to render the cavities opaque. They had to be removed after the exposure to the X-rays. But the iodized oil is left in and But the iodized oil is left in and often indeed seems actually benefi-cial. Patients will declare that they feel a distinct relief from their symp-toms merely from the injection of this emollient. Similar experiences are quoted when such oil is used in taking skisgrams of the branchi of taking skiagrams of the bronchi of the lungs.

Most colds will run their course Most colds will run their course even if no remedies are applied. Suppurative sinusitis may give a similar history, although in both cases, proper medical attention will shorten the atack, lessen its severity and aid in protecting from serious after-results like influenza, bronchitis or pneumonia. But the non-sup-purative type, with thickened membranes, is not thus self-limiting. If it reaches the chronic stage, it tends to persist. And since its only symptoms may be at other points,

local irrigations, aeration, sprays, and so forth, come first. But, these, you might say, merely pump out the ship. They do not stop the leak. Sinus trouble, especially that not marked by pus, usually indicates the need of systematic building up. All handicaps to health should be avoid-ed or removed. Active measures ed or removed. Active measures should be taken to bring about the highest possible resistance to disease. Such a program would involve avoidance of any protein sensitization, alkaline diet, with free fluid intake, ultra-violet rays, avoidance of colds, cold vaccines, avoidance of strain in life, laxative diet and a proper sup-ply of vitamins. The endocrine glands may cause sinusitis and hence they should have attention.

HIGH COST OF ILLITERACY Illiteracy's toll in crime and other social evils is all too well counted. As machines increase leisure, il-literacy will become more and more a costly social burden. Few, how-ever, realize the direct burden of illiteracy on business. Illiteracy on busines. Illiteracy on business. Illiteracy on busines on the

Julius Rosenwald fund, says it is time business is shaking this burden from its shoulders:

"The illiterate has neither money to buy manufactured goods nor the means of learning about them through the ordinary channels of advertis-

As to treatments, the ordinary ocal irrigations, aeration, sprays, nd so forth, come first. But, these, rou might say, merely pump out the hip. They do not stop the leak. Sinus trouble, especially that not marked by pus, usually indicates the cannot, however, call ours a successful civilization.

GROUNDHOGS ARE

and may be killed at any time by landowners and licensed hunters. Each spring, officials said, the Game Commission receives a large number of queries concerning the condition under which is used for condition under which groundhogs flavoring.

Bad, neglected teeth and tonsils should be removed, for they are likely to occasion low grade sinus trouble—as well as disturbances else-where. Surgery is employed, of course,

on a catarrhal condition. Some of ing extraordinary expenditures and them attain the size of a walnut. They may cause severe headaches and other distressing manifestations. On as a source of revenue and comon as a source of revenue and com-missions were issued in large num-not be reduced to a point that makes bers. Appointees must pay a fee of \$25 house always seems colder than a to the Commonwealth, give bond dry ventilated house at the same and record the commission in the temperature. Dampness seems to be county of their residence. When a cause of colds and low vitality appointed during a session of the and both conditions may cause roup Senate the term runs for four years or at least a low per cent of egg from the date of appointment. When production.

> -The words "dove" and "pigeon" are practically synonymous, but in ordinary usage "pigeon" is a some-what broader term and is applied to all birds belonging to the family Columbidae, says an article in Path-finder Magazine. Both terms are applicable to the domestic pigeon and to various wild species, but some

important in wheat production as is the proper preparation of the seed-bed. The time of preparing the land for wheat is of utmost impor-tance. Indextreparation of the seed-bed. The time of preparing the land for wheat is of utmost impor-tance. Indextreparation of the seed-the county on the Republican ticket, subject to the decision of the voters of the party as expressed at the Primar-ies to be held on Tuesday, September 15, 1931. N. R. LAMOREAUX

symptoms may be at other points, perhaps far away and not apparent-ly related to their origin, the enemy is a hard one to fight. Added to that, its actual diagnosis may elude all efforts of the special-ist unless the iodized oil method of X-ray is used. This is so new a procedure that it has not been very widely adopted, although it is stead-ity coming into greater favor. Then too, its application is limited to those having access to an X-ray laboratory. As to treatments, the ordinary

-Herbs are a logical part of any garden program. Some of them are used for flavoring and some for

ALWAYS LEGAL PREY Groundhogs are not protected and caraway, of the parsnip family;

ands may cause sinusitis and hence hey should have attention. OTHEE PRECAUTIONS Bad, neglected teeth and tonsils hould be removed, for they are hould be removed be hould be removed be hould be hou

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, Sep-tember 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 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 on the Demo-cratic ticket for the office of Commis-sioner 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.

N. R. LAMOREAUX Philipsburg, Pa

COUNTY TREASURER

We are authorized to announce that O. G. Morgan, of Bellefonte 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 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 Bellefonte Pe

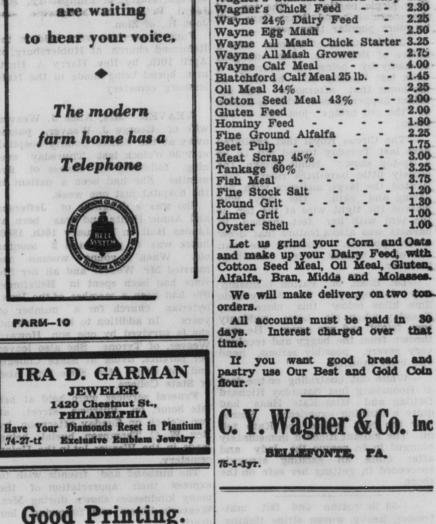
C. C. SHUEY, Bellefonte Pa.

We are authorized to announce that Philip E. Womelsdorf, of Philipsburg, 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 candi-date for nomination on the Republican ticket for the office of Treasurer of Cen-tre County, subject to the decision of the voters of the party as expressed at the Primaries to be held on Tursday. September 15, 1931. ERNEST E. DEMI, Philipsburg, Pa.

AUDITOR

We are authorized to announce that R. D. Musser, of Spring Mills, is a candi-date for nomination for the office of Auditor of Centre County, subject to the decision of the voters of the Republican party, as expressed at the primaries to be held on Tuesday, Sept. 15, 1931.





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