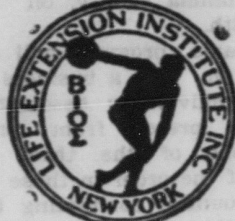


Your Health

THE FIRST CONCERN.



THE SINUSES MAY BE A VERY HOT BED OF TROUBLE

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

PIONEER WORK

In some large clinics, thousands of such examinations have been made. The oil is either injected or allowed to flow into the nose, the head being held in an appropriate position.

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 lessened.

The extent to which the membrane is hyperplastic can be measured with considerable accuracy. The outlines of the normal sinus are provided by the bony structure in which it is situated.

The X-ray pictures taken after the injection of oil, will also reveal anatomical variations, tumors, polyps, cysts and foreign bodies. Soft tissue studies the ordinary roentgen rays but is clearly outlined under those taken when the cavity has been rendered opaque to them.

Originally lead sulphate, bismuth, potassium iodide or other substances were used to render the cavity opaque. They had to be removed after the exposure to the X-rays.

But the iodized oil is left in and often indeed seems actually beneficial. Patients will declare that they feel a distinct relief from their symptoms merely from the injection of this emollient.

HEALING EFFECTS FELT Originally lead sulphate, bismuth, potassium iodide or other substances were used to render the cavity opaque. They had to be removed after the exposure to the X-rays.

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 attack, lessen its severity and aid in protecting from serious after-results like influenza, bronchitis or pneumonia.

Added to that, its actual diagnosis may elude all efforts of the specialist 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 steadily coming into greater favor.

As to treatments, the ordinary 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 need of health should be avoided or removed.

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

only if there is no other effective cure. But it is now to be dreaded much less than formerly. The iodized 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 alcohol and tobacco.

14,000 NOTARIES PUBLIC COMMISSIONED IN STATE Pennsylvania has approximately 14,000 notaries public. This is in marked contrast to the number permitted by the law of 1791 when the limit for the entire State was sixty-six.

No provision was made for the payment of any fee by the original enactment. The revenue to the State from that source during each of the 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.

—Lower prices make it important that only chicks from well-bred stock be started this year. —Farmers' Field Day at the Pennsylvania State College will be held Thursday, June 11, instead of June 16 as announced in recent press dispatches.

—Russia threw her gauntlet down at the world grain conference. In a defiant speech, Abraham Kissin, 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 "dumping" she intended to increase her wheat exports to pay for her imports, which now exceed \$500,000,000 a year.

—All that can be done to the farm poultry house in the way of insulation or storm curtains or banking around the outside, will tend to keep bird heat to make the pullets more comfortable. But ventilation must not be reduced to a point that makes the house damp.

—The words "dove" and "pigeon" are practically synonymous, but in ordinary usage "pigeon" is a somewhat broader term and is applied to all birds belonging to the family Columbidae, says an article in Pathfinder Magazine.

—Not only the breed, but also the size and development of the dairy heifer must be taken into consideration in determining the age at which to breed. Large heavy breeds, though somewhat slower in maturing, should be bred to freshen at the age of twenty-seven to thirty months, and the matured breeds which are more quickly matured, may be bred to freshen at an age of twenty-four to twenty-seven months.

—Herbs are a logical part of any garden program. Some of them are used for flavoring and some for decoration. All are easily grown. The list comprises parsley, anise, dill and caraway, of the parsnip family; and sage, sweet marjoram, peppermint and lavender of the mint family. Except for parsley, the herbs of the parsnip group are available for their seed, which is used for flavoring.

—The members of the mint group owe their usefulness to the aromatic oils their leaves contain. Sage and sweet marjoram are used in cooking and lavender as a means of scenting clothes-presses. Peppermint leaves flavor scapes, candy, jellies and cooling drinks—such as iced tea.

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FARM NOTES.

—Do not turn cows on pasture until the grass gets a good start, Penn State dairy specialists warn. The pasture will be better all summer if the grass is permitted to get a good start in the spring.

—Clean out straw, hay, and shavings provide satisfactory litter for 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.

—Two acres of Dwarf Essex rape saved \$97.50 in feed costs when used as hog pasture in an experiment at State College last summer. Pastured fed hogs gained more rapidly, ate less concentrates daily, used less grain for each 100 pounds of pork produced, and made cheaper gains than did similarly fed hogs in the dry lot.

—Spraying information is available to apple growers in 52 counties through the agricultural extension service. Following careful study of conditions in each of these counties, information on materials and time of spraying is supplied to the growers.

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WHAT HAPPENS UNDER DOLES

What happens when the government distributes doles to the unemployed over a considerable period is being evidenced just now in England. There is an army recruiting campaign under way and 10,000 enlistments are desired.

The dole pauperizes people. It breaks down economic morale. Those who accept it reluctantly and from pressing necessity in the beginning soon fall into the habit of expecting it as a matter of right in many cases.

Perfection of a process for vulcanization of rubber under water instead of under steam, has been discovered by L. A. Laursen, of Eau Claire, Wis.

A Swedish castle built in 1499 contained a central heating plant in the basement with conduits through the walls.

FOR SHERIFF We are authorized to announce that Elmer Bron, 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.

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 R. 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.

COUNTY AUDITOR We are authorized to announce that A. E. Williams, of Fort Matka, 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.

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 primaries to be held Tuesday, September 15, 1931.

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.

C. C. SHUEY, Bellefonte Pa. We are authorized to announce that Philip E. Womack, 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 expressed at the primaries to be held Tuesday, September 15, 1931.

ERNEST E. DEMI, Philipsburg, Pa. We are authorized to announce that R. D. Morgan, of Bellefonte borough, 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, Sept. 15, 1931.

DAVID A. HOLLER, of Bellefonte, 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, Sept. 15, 1931.

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PITCH PINE TREES WITHSTAND FIRES

Pitch pine is the most fire resistant evergreen tree in Pennsylvania, according to Charles R. Meek, chief of the bureau of extension of the state department of forests and waters. This is attributed to the nature of the bark, which becomes thick early in the life of the tree.

The fire resistant qualities of pitch pine have made it a favorite tree for planting by mining companies, in sections of the State where the fire hazard is still above the average. Nearly nine million pitch pine from the state forest tree nurseries have been planted in Pennsylvania, and 6,643,316 of them have been set out by private land owners.

FIGURES MADE PUBLIC LAST WEEK BY SENATOR BALDWIN, CHAIRMAN OF THE SENATE FINANCE COMMITTEE, SHOW THAT \$28,928,301.51 WHICH THE FISHER ADMINISTRATION LEFT BEHIND HAS BEEN INCREASED BY \$4,691,990.60, AN EXCESS OVER THE ACTUAL AND ESTIMATED UNAPPORTIONED SURPLUS OF THE PRESENT BIENNIAL BEQUEATHED TO GOVERNOR PINCHOT.

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ATTORNEYS-AT-LAW

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KENNEDY JOHNSTON, - Attorney-at-Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 2, East High street. 67-4

M. KEICHLINE, - Attorney-at-Law and Justice of the Peace. All professional business will receive prompt attention. Offices on second floor of Temple Court. 49-6-ly

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