

Your Health

THE FIRST CONCERN.



ANGINA PECTORIS OCCURS MOST OFTEN AT END OF MIDDLE AGE; PAIN IN CHEST MAY CAUSE DEATH BY NERVOUS MECHANISM WHICH STOPS HEART

By Dr. Morris Fishbein, Editor, Journal of the American Medical Association, and of Hygiene, the Health Magazine.

Pain in the chest of great intensity, carrying with it the fear of impending death, is one of the most disturbing diseases that attack the human being.

Angina pectoris brings about death through a nervous mechanism which stops the beat of the heart. The disease has been known to the medical profession for many years; in fact, it was first studied by Edward Jenner, who was credited with the development of vaccine for smallpox, and in 1768, by Herberden, who is credited for his studies of rheumatic nodities.

Angina pectoris occurs in men most frequently at the time when their veins begin to break down but before the occurrence of senility. It comes on at the same time as hardening of the arteries begins and the aorta of middle age begins to disappear. If old age is completely established with calcification of blood vessels and angina pectoris has not appeared, it is likely to appear any individual.

In many instances the disease seems to be associated with infections of a rheumatic type, early in life, with various forms of inflammation of the blood vessels, and the unusual disturbances of the nervous system.

Thus the person who has angina pectoris begins to realize that his heart attack is usually associated with some extraordinary effort, such as walking rapidly after a meal or talking against the wind, such as excitement in the form of anger or fear, or after any type of physical or mental activity that may be associated with an increase in the blood pressure.

It is known that the excessive use of tobacco may be an inciting factor that intoxication will lead to a form of disturbance associated with diabetes may lead to angina pectoris in some people.

There are several conditions affecting the heart which may produce in that region, but the pain of angina pectoris is distinctive. It begins suddenly as a sharp, stabbing pain, or a dull grinding pain with a feeling of pressure in the chest, radiates upward toward the shoulder and may even seem to pass down the arm to the fingers. It is distinctive and associated quite definitely with the nervous mechanism. Anyone who has seen a person in an attack knows the reaction which almost inevitably occurs. The person concerned may cry out, the face becomes pale and looks pinched and drawn, and perspiration may appear on the forehead. Fortunately for these patients, scientific medicine has developed a method of relief for the acute attack. In the majority of cases the inhalation of nitrate brings about prompt relief.

Some patients, however, do not respond to nitroglycerine, which is used as a remedy and with several other medical preparations. Any physician can prescribe these as needed.

Relief of the acute attack is not the chief matter of importance. The physician who is responsible for a patient with this disease finds it necessary to regulate the entire life of the patient in order to minimize the number of attacks and, if possible, to overcome the basic disorders in the body associated with the onset of the acute disease.

W TREATMENT FOUND FOR VARICOSE VEINS

During the last five years continuous experimentation has finally resulted in the establishment of methods of injecting varicose veins in order to obliterate them, and a method formerly exceedingly doubtful has become recognized as safe and worthwhile.

As with all other medical procedures, much depends on the substance used, the manner in which the injection is made, the kind of vein selected for treatment, and by other factors of importance. The method is not one that can be used on every person regardless of the extent of the varicosity or the age in which the varicose veins appear to be located.

Sometimes people with varicose veins complain of pain in the feet or the calf muscles which they relate to the veins, but which is actually due to deformities or weakness of the tissues. The removal of the loose veins will not remove the symptoms of which the patient complains.

Not infrequently there are recurrences of the varicose vein after the operations for the simple reason that varicose vein represents response strain on the blood system which merely transferred to other veins in those that have previously disappeared. Sometimes the recurrence may be due to the fact that the work has been incomplete and that an insufficient amount of the vein has been removed.

Uncle—How old are you Jimmy?
Jimmy—I'm thirteen at home, fourteen at school, and eleven in the street.

The injection method of treating

varicose veins is fairly simple. The physician, having located the extent of the dilated portion, injects into the vein a substance which causes an irritation of the walls of the blood in the vessel to coagulate, the blood then grows together and the vein disappears.

The technique is being widely disseminated among the medical profession. With properly controlled conditions, the results seem to be good in the vast majority of cases, and the entire procedure may be counted today as one of the important advances of medical science in recent years.

EXPLAIN WHY WORLD WAR CAME TO AN END IN 1918

Why the World war came to so sudden an end on November 11, 1918—a point still obscure to most Americans—is explained graphically and tersely by Mary Roberts Rinehart who, in the Good Housekeeping Magazine, describes her visit to General Pershing's headquarters three days after hostilities had ceased.

"At last we were at Chaumont and I was being taken into General Pershing's private office," she says. "He was standing there smiling and holding out both hands.

"So you got here after all!" "He looked thinner, very tired. But he looked every inch a man and a soldier. He had fought not only his part of the war; he had fought Foch and the entire inter-Allied command; he had fought for his army as an entity. And now he had struck the decisive blow with that army and ended the war. Standing by the map he showed me the strategy of the finish smash of the German lines; the terrible choice between battle loss of an attack that summer and fall with green troops, or the slow attrition by disease of a French winter and an attack in the spring."

Mrs. Rinehart also discloses that, long before he returned from France, Pershing foresaw and forestalled the movement to reward his military achievement with the Presidency.

"After dinner on the train that night I sat alone with Pershing and asked him what he thought of the talk of his running for the Presidency in 1920. His answer was swift and unequivocal. He did not want the Presidency. He would not run or allow his name to be presented. He was a soldier; he knew nothing about politics."

The week after the Armistice presented one phase of war suffering which has never been completely pictured until now—the return of Germany's ex-prisoners. Mrs. Rinehart describes an incident in Strassburg:

"Quite suddenly in the dark our car was stopped in the public square by an influx of men. Out of the darkness they emerged into the light of a street lamp. Clad in the uniforms of most of the allied nations, ragged, weary and footsore, they poured doggedly into the square and moved on. The Germans, exhausted of food and supplies, had merely opened their prison doors and the prisoners had vomited forth these incredible caricatures which had once been men. Between them and any occupied land lay the wide belt of the devastated zone. Before them a journey on foot and in winter, in rags and broken shoes, without food or funds, toward homes and families which might not still exist."

MINING COMPANIES LEAD IN TREE PLANTING

Water companies and mining enterprises lead industry in tree planting in Pennsylvania, according to the State Department of Forests and Waters.

The department announced that 9,000,000 tree seedlings have been shipped from the State nurseries at Mont Alto, Greenwood and Clearfield this season. Of the total 937,000 seedlings were sent to 52 water companies in 21 counties and 292,000 trees were supplied various mining companies.

Water companies have received 12,303,000 trees from State nurseries since 1910, the department announced.

Mining companies have been engaged in reforestation since 1916, when the first state-reared trees were supplied. Since then, 109 different companies have received and planted about 14,000,000 trees.

Tree planting by coal mining companies is of special interest, the department said, because the mining industry is an immense wood consumer, a large land owner and a heavy importer of timber. The total wood requirements of the industry exceed 100,000,000 cubic feet annually.

Mining companies own between one and two million acres of land as surface rights acquired with their coal deposits, it was said. Part of this land is in forest and the remainder includes many abandoned fields and otherwise idle acres.

The companies not only grow much of the timber they need but in their use of considerable timber of smaller size and round form provide opportunity for profitable thinnings early in the life of a planting.

FIRST STEPS TOWARD OLD AGE PENSION

First steps toward adoption of an old age pension system for Pennsylvania was complete in the Legislature.

Amid a burst of applause, the House set its approval on the bill by Sen. Harris, Allegheny, providing for a constitutional amendment to permit old age pensions and soldiers' bonus. The measure had already been passed by the Senate and must now be voted upon by the next Legislature and if approved by them, submitted to a State-wide referendum.

FARM NOTES.

—If hens are kept confined to the laying houses until noon they will eat more mash and lay more eggs than if they are allowed free range all day.

—Careful feeding of dairy cows is especially important when milk prices are low. The ration should be carefully balanced and grain fed strictly in accordance with the amount of milk produced. Carelessness in feeding increases milk production costs.

—Application of water after planting ornamentals should be continued in order to enable the plants to become established in the soil.

—Leafy vegetables, such as lettuce, spinach, kale, cabbage, endive, and Swiss chard will grow much more rapidly with top dressings of nitrate of soda. Before cultivating, sprinkle the fertilizer on the soil at the rate of 250 pounds an acre or about one pound to 50 feet of row.

—A brush and a can of kerosene are mighty good tools to loosen dirt and rust so that bearings may be adjusted properly and bolts and nuts tightened.

—Lawns will look better and be easier to maintain if they are mowed while the new grass of May still is fairly short.

—Permanent pasture sod usually can be improved greatly in quality and carrying capacity by the use of lime, manure, and fertilizers. It will respond to these in much the same manner as other crops, says Pennsylvania State College specialists.

—Use of bouquets of cross-fertilizing apple blossoms will insure a heavier set of fruit.

—It cost 55 farmers in 15 Keystone counties an average of 82 cents a bushel to produce potatoes last year, records summarized by farm management extension specialists of the Pennsylvania State College show.

—Now is the time to order forest tree seedlings for 1932 planting. Early orders get the best selection. Choose black locust for fence posts, Norway spruce for pulp wood, larch for telephone and electric light poles, Scotch pine for mine timbers, red, white, and pitch pine for lumbers. Consult your county agent.

—Grain feeding is necessary when cows are on pasture if milk yield is large. Cows giving more than 20 pounds of milk daily should have grain even if grass is abundant. A common rule is one pound of grain to each six pounds of milk given by the cow. Protein content of the grain mixtures need not be above 15 per cent.

—Turkey eggs can be hatched in incubators and the poults can be raised successfully with brooder stoves. Growing and mature birds can be yarded and kept away from contaminated soil.

—Spraying of potato vines is absolutely essential if successful culture is to be realized. Bordeaux mixture is the greatest of all sprays for potato diseases in the field.

—The best way to use a lawn mower is often. Clipping the grass at short intervals improves the look of the yard as nothing else can.

—Fighting the corn borer has helped farmers to do a better job of soil preparation. Plowing under all trash is a fundamental control measure.

—Baby chicks do a lot of growing in the first four weeks of their lives. H. L. Shrader, extension poultryman in the United States Department of Agriculture, says they double in size in the first two weeks. Not satisfied with such a record, they double in size again in the next two weeks, if they get the right kind of attention.

—Two essentials for success in rearing baby chicks, Mr. Shrader explains, are plenty of heat and feed. A good rule to follow in feeding chicks, he says, is to provide a hopper 4 feet long for each 100 chicks. At the end of three weeks another hopper should be added.

—Be careful about starting hens through the summer in an over-fat condition. A great deal of the summer loss from heat is due to over-fat hens. The hens should be getting equal parts of grain and mash at this time of the year. If you do not have natural shade for the young stock and old hens, build some cheap sheds for them. Keep water troughs handy. Remember that chickens like fresh water during the hot summer months as well as plenty of shade.

—It will pay to separate young cockerels from pullets when eight to ten weeks of age. This will give the pullets a chance for better development, and enable the poultryman to force the cockerels for market. Time and labor will be saved by hopper-feeding the grain to the growing chicks after five weeks of age. Put the grain and mash in hoppers out on the range and induce a maximum of exercise. This keeps the chicks out in the sunshine for vigor and vitality.

—One reason why so many dairy cows are unprofitable is because their owners do not understand how to feed for milk production. The ration that is best suited for the best cow intended for the market is not the best for the production of milk. There are, however, many cow keepers who believe that the only difference in the methods of feeding these two classes of cows consists in the amount and not the kind of feed.

—Chicks that were brooded in small houses have outgrown their home by summer.

WOULD LEASE STATE LANDS

The State would be empowered to sell or lease the mineral and gas rights on State game lands or State game farms under the provisions of a bill introduced in the Legislature by Representative Way, of Clearfield.

This measure is an amendment to the Game Act of 1923 and would make several other changes in the present law. "The board of Game Commissioners" subject to the approval of the Governor is hereby empowered to sell or lease in the name of the Commonwealth minerals, oil or gas found on lands acquired under this act whenever it appears to said board that such disposition would be to the best interests of the Commonwealth," it is stated in that section of the bill pertaining to minerals, oil or gas rights.

"However, any proposed sale or lease of minerals, oil or gas exceeding \$500 in value shall be advertised at least once a week for three weeks in advance of the sale in two or more newspapers published nearest the location indicated. The proceeds from such sales or leases shall be paid into the State Treasury through the Department of Revenue and credited to the Game Fund."

John J. Slatterback, executive secretary of the Bureau of Game Commissioners, said that this measure was prepared at the instigation of the board. Should the bill be approved, he said, it would affect 4,000 acres of State game land in Tioga county near one of the largest producing natural gas wells drilled in the last year.

POLITICAL ANNOUNCEMENTS. DEMOCRATIC FOR SHERIFF

We are authorized to announce that Elmer Breyer, 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 as expressed at the primaries to be held on Tuesday, September 15, 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 Democratic voters of the party as expressed at the primaries to be held on Tuesday, September 15, 1931.

FOR RECORDER

We are authorized to announce that D. M. Husey, 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. Husey, of Patton township, is a candidate for nomination for the office of Commissioner 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.

We are authorized to announce that J. Victor Brungart, of Miles township, is a candidate for nomination on the Democratic ticket for the office of Commissioner 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, Philipsburg, 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 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. SHUBY, Belleville Pa.

We are authorized to announce that Phillip E. Womeladorf, 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 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, Philipsburg, Pa.

AUDITOR

We are authorized to announce that R. D. Musser, of Spring Mills, 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.

We are authorized to announce that David A. Holter, of Howard 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.

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