

Your Health



A short time ago an article from Good Health magazine on The Sinuses was printed in this column.

SUNSHINE DISCOVERED CURE FOR SINUS TROUBLE

By R. S. Copeland, M. D.

Sinus disease is one of the most prevalent and common of body disorders. Though no actual figures have been compiled, so far as I know, its prevalence at times is appalling.

Sinus disease is usually the result of neglected head colds. It often follows sore throat, ear disease, grippe, bronchitis, pneumonia or any infection of the upper air passages.

Sinus disease may follow infection of the root of a tooth. This is important in consideration of the prevention of the condition. The teeth should never be overlooked as possible causative factors.

Surgery may be indicated in some of these cases, but it should not be resorted to too quickly. Medical care and supervision in early cases of sinus disorders are usually quite enough. The chronic cases are more difficult to overcome.

If you are a sufferer from sinus disease, consult your physician. Have a careful examination made of all your teeth and sinuses. It is best to have X-ray pictures taken.

Plenty of nourishing food, fresh air and sunshine are imperative. Baking in the sun is one of the finest methods of treatment for sinus disorders. If possible, live for a time in a warm climate, above sea level and away from large bodies of water.

INFECTION OF THE SINUSES; BAD DIET, SENSITIVITY TO VARIOUS PROTEINS OR GLAND AILMENT ARE UNDERLYING CAUSES

By Dr. Morris Fishbein

Editor, Journal of the American Medical Association, and of Hygiene, the Health Magazine.

The public has learned that there are sinuses or air spaces surrounding the nose, and associated with knowledge, according to Dr. Lee M. Hurd, there has developed among neurotic types a fixation on the sinuses in which there is not only headache and pain, but also a slight mucous discharge to lend strength to the picture.

On the other hand, there are some phlegmatic individuals with obstructed breathing in the nose and a profuse discharge who wonder why they always feel tired, have no appetite, who wonder why they have pains in the joints and limbs, and who have not realized that the nasal condition is primarily responsible for the trouble.

According to Dr. Hurd, the mucous membrane of the nose becomes deranged either by a bad diet which is deficient in vitamins, by sensitivity to various protein substances, or by some disorders of the glands of internal secretion.

The changes that take place in the mucous membrane make it possible for germs to invade them easily and then the infection has begun. If rats are put on a diet that is deficient in Vitamin A, the mucous membranes change and infection of the sinus occurs.

In cases where there is sensitivity to various food substances, the mucous membranes swell and are much more likely to be invaded by germs. In the same way, disorders of the glands of internal secretion are reflected by changes in the mucous membranes.

If the underlying cause is removed, the infection may be brought under control, but in the vast majority of cases correct treatment in the underlying cause but also treatment of the infection. If the vitamins are insufficient, they may be supplied through giving a well balanced diet. For the sensitivity, it is necessary to make diagnostic tests, which will indicate the special substance to which the person may be sensitive.

Disorders of the glands of internal secretion must be carefully investigated. There are some cases, for instance those in which the thyroid is deficient, in which it is possible to supply the deficiency through proper preparations.

People who work indoors in crowded rooms where the air is bad and the temperature too low or too high are more likely to develop infection of the sinuses than those who spend a good deal of time outdoors.

A constant discharge from the nose, particularly a discharge of pus, is one of the most certain indications of infection from the sinuses. Sometimes when discharge from the sinuses becomes blocked, there is swelling of the forehead, dizziness and even ringing in the ears. There are several sinuses, each of which must be studied individually by the physician in order to determine the extent and nature of the infection.

Such study involves a thorough examination through the nose of the openings of the sinuses into the nose, washing of the sinuses to ob-

EYES TO SEE

(Continued from page 2, Col. 6.)

library. Bob was seated in a leather chair.

"Stand up, sir," she commanded, from the doorway, and pay your respects to your great-grandmother."

He came to his feet instantly, took her in with a swift darkening of the eyes. "My Lord!" he breathed. "No wonder men once fought duels."

"I rather like myself," confessed Faith. "And I do feel deliciously feminine. I'm sure if a mouse should appear I'd scream." She settled herself on the couch. "And now, my great-grandson, what have you in mind to entertain me?"

"I've ordered dinner for two sent over from the hotel," he said, his eyes still drinking her in. "Gracious! What will the neighbors say?" asked Faith.

"If I dine my great-grandmother Chichester, what can they say?" "Plenty. They might say that Faith Adams, that shameless hussy—"

"I doubt if they say much," interposed Bob. "And here's our dinner, anyway."

The ancient major-domo had brought it in person. He glimpsed Faith and his teeth showed in his dusky face. "Ho-ho!" he chortled, as a privileged acquaintance.

"What am all this—a masquerade?" "The storm beat mercilessly at the windows, but inside was peace. The major-domo departed presently, after serving them. Bob put another log on the fire. Faith watched him, marked his grace as he stooped to pick up a silver spoon that had dropped from the tray. He placed it on the mantel, turned to her, his eyes still curiously dark.

For a second Faith felt as if the wind tore at her. But what she said was: "I don't believe there is another man in the world who wouldn't have asked me forty questions by now. I arrived half-drowned—"

Which suggests reason enough for postponing the forty questions. "But you've had plenty of opportunity since."

"And you have also had the opportunity to tell me anything you cared to."

"Aren't you even curious?" she asked. He smiled. "Not so very," he replied serenely, and Faith felt dashed. But he went on: "I have some notion, anyway. Of course you were told that the will could be contested."

"Broken, Chan is quite sure it can be."

"I am not so sure of that."

"Chan is very clever."

"Granted; at least so far as law is concerned."

"And in many other ways, too."

"Probably; but he obviously forgot one thing—overlooked it, anyway."

"What did he forget?" "The possibility that you might walk out on him—even walk back."

"He wanted to bring me. I wouldn't let him. We had an awful quarrel. He said anybody could see that Uncle Amos was crazy. The way he lived and pinched."

"Are you taking his side?" "I didn't agree. I said—"

"What's the use of going back to that? Chan said I was a silly sentimentalist. It all sounds too childish for words."

"A quarter of a million is a lot of money," Bob reminded her. "And Chan never knew your uncle Amos; never lived in Leicester."

"Are you taking his side?" "Merely stating his side," corrected Bob. "He's a lawyer and this particular will would suggest a contest to a lawyer."

"You knew he'd want to contest it?" "I'm not wholly without wit," remarked Bob dryly. Then: "Are you sure he isn't on his way back now?"

"We both said too much for that. I couldn't help it. It was Uncle Amos' money, anyway, and he did plan beautiful things. It isn't as if there were just other people like me to contest with. It's the firemen and the old ladies and the sick and the—"

"Do you remember that I once suggested that you didn't really know yourself?" put in Bob softly. Faith's eyes met his, then fell. "I wonder if I know anything or anybody," she replied, with swift humility. "It seems as if I were always wrong. I always thought of Uncle Amos as having no vision, no ambition, and all the time he was dreaming wonderful dreams. Why, he's done more, will affect more lives than my grandfather—who was supposed to have vision, ambition and everything. And the funniest part is that he made more money. I can't understand it."

"My father helped him with his investments, but he was shrewd and canny himself," put in Bob. "And you must have handled his affairs these last few years," said Faith.

"Oh, they were all in good shape." But Faith was looking at him, eye to eye. "You said I never tried to fathom you," she said slowly. "I see I never did. Mother always told me you were like Uncle Amos, and I believed it."

money and like to hunt and fish, as I've always thought."

"I do stay because I have some money—and like to hunt and fish. New York has no particular appeal for me. My roots are deep here. There has always been a Chichester practicing law in Leicester. When my father died I took his place—that's all."

But it wasn't. Faith suddenly remembered Bob's father, Judge Chichester, his position in Leicester and the authority he wielded. Yet, forgetting that, she had felt Bob ought to want a bigger scope. Now she wondered about that.

"And since then I've just carried over where he left off," Bob was saying. "I'm more valuable here than I would be anywhere else. I know the people and their problems. Leicester does need a lawyer at times as much as it needs a doctor."

"You are a lot like Uncle Amos, after all," Faith said softly. "I'm not!" he protested. "I haven't given up anything."

"You wouldn't change for me—wasn't I anything?" she persisted. "That wasn't a case of giving up. I had no volition. I am as I am, and it wouldn't be fair to you to pretend—"

"I gave Chan his ring back," Faith announced. "The engagement is off."

"I noticed that the ring was gone. But are you sure the engagement is off?" Faith gave him a swift glance. "You see much, yet can be blind. Even Chan wasn't—quite so blind."

"What do you mean?" he asked quickly. Faith could not meet his eyes. "He said that if I was so—so stuck on Leicester and all its paupers I—had better go back and marry 'that rube lawyer.' He said he could see you were mad over me and that he was beginning to suspect I must be over you."

"He's half right," said Bob, in a strained voice. "So far as I am concerned, anyway."

"Oh, was he? I'd never suspect it. I'm sure that any one of Great-grandmother Chichester's boy friends would have been on his knees by now."

"You know"—Bob now sounded half-strangled—"I've been on my knees for years and years, and a lot of good it's ever done me."

Faith forced her eyes to meet his. "You—you might try it just—once more."

He, however, omitted the preliminary. "Gracious!" gasped Faith—some time after. "I doubt if even Great-grandmother Chichester got so much action in so little time. I always knew you could move fast!"

"I did not want to give you a chance to change your mind."

"Change my mind?" She was now sitting on his lap, flushed and lovely. "Why should I?"

"You said you'd only marry a man you admired and respected."

"I have a new-found admiration and respect for you, sir!"

He kissed her for that, but he was not satisfied. "And you said that you'd be afraid to marry anybody you were in love with," he reminded her almost fearfully. "That love was an illusion."

"Well, it doesn't seem so now," she assured him. "I—oh, darn it, I never could have married anybody else, anyway. And if that's illusion—"

She did not bother to finish, merely let him recapture her lips. And if what she felt was illusion, it was complete. Time and space were not. They quite forgot the front door was unlocked.

Now it opened, admitting the ancient Negro. "There seems to be a spoon missing," he began. "If it isn't too much trouble I'd like to—"

He stopped there, goggle-eyed. Then he withdrew hastily, tiptoeing down the hall. "Spoon," he gurgled delightedly. "If 'twas anybody but Mr. Bob I'd say there was a couple of spoons there."

But he knew Bob better than that. "Going to miss Mr. Bob at meal times mightily," he gurgled. "But it's nice to see him get a home of his own. Stick right here now, sure and never get itchy foot like them other young roosters that go to New York." To which he added an explanatory footnote. "Town like this certainly needs smart young man like Mr. Bob more than big city does."—Hearst's International Cosmopolitan.

LIVE DEER TRAPPED BY A NEW DEVICE

Although game commission officials were able in recent years to successfully design traps for taking beavers and bears alive, it was only recently that their painstaking efforts and experiments were successfully rewarded in designing a trap for taking live deer. According to H. H. Groninger, chief of the bureau of predatory animals, a new type trap has been designed by the commission's trappers and recently four deer were caught in seven nights in the Mifflin county section. The new trap is 12 feet long, 3-1-2 feet wide and 9 feet high, and is constructed of heavy poultry wire. Trap doors are placed at each end and are dropped by a trigger arrangement in the middle of the trap. The trigger is set off by the deer coming in contact with two wires which are placed over corn and apples used as bait. On all sides of the trap are rolled curtains which drop when the trap doors are sprung, rendering the interior dark. The dropping of the curtain causes the deer to become quiet and it is not as apt to make a fuss or injure itself until it can be transferred to the shipping crate.

Weatherman—"Put down rain for a certainty this afternoon."

Assistant—"Are you positive, sir?"

Weather Man—"Yes, indeed, I've lost my umbrella. I'm planning to play golf, and my wife's giving a lawn party."

AUTOMOBILE OWNERS USE WORTHLESS CHECKS

Checks totaling \$108,669.65 sent to the State Revenue Department in payment for motor licenses and other fees incidental to the operation of automobiles have been returned to Benjamin G. Eymon, commissioner of motor vehicles. The checks were returned chiefly because the makers either had no funds on deposit or insufficient funds to meet them.

The figures cover the first three months of the year. They exceed by \$6,091.78, the total of checks returned last year. A penalty of \$5 is levied on makers of all such checks irrespective of the amount of the check.

—A railroad man was ready to make his usual run. His wife instructed him to get her some turkey eggs to set. In passing through a small town a dirty country lad approached the engineer and asked him,

"Don't you want to buy some buzzard eggs?"

Seeing an opportunity to play a joke upon his wife, he gave the lad a nickel for them. About a month later he asked his wife,

"How are your turkeys getting along?"

"Oh, I decided it was getting too late for turkeys, so I put them in your lurch."

POLITICAL ANNOUNCEMENTS. DEMOCRATIC

FOR SHERIFF We are authorized to announce that Elmer Breen, of Bellefonte borough, will be a candidate 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 election on September 15, 1931.

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

COUNTY TREASURER We are authorized to announce that S. Claude Herr, of Bellefonte, Penna., is a candidate for nomination for Treasurer 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.

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 expressed at the Primaries to be held on 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.

We are authorized to announce that O. S. Womer, of Rush township, is a candidate for nomination for the office of County Commissioner, subject to the decision of the voters of the Democratic party as expressed at the Primaries to be held on Tuesday, September 15, 1931.

COUNTY AUDITOR We are authorized to announce that A. E. 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, Phillipsburg, Pa. COUNTY TREASURER We are authorized to announce that O. G. Morgan, of Bellefonte borough, 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 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 Pa. We are authorized to announce that Philip B. Womelsdorf, of Phillipsburg, 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, Phillipsburg, Pa. AUDITOR We are authorized to announce that R. D. Muser, of Spring Mills, Pa., 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 H. 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 Republican party as expressed at the primaries to be held on Tuesday, Sept. 15, 1931.

Inquiring Irene—"Momsie, why do they shut off the aisles with ribbon at a church wedding?"

Monrose Daddy—"Don't bother your mother, Irene. They do it to keep the bridegroom from dodging through the pews and getting away."

James came to a word he could not pronounce. "Barque," prompted the teacher. James snickered. "Barque," exclaimed the teacher harshly. James (obediently)—"Bow-wow."

—The Watchman prints the news

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