

Your Health

THE FIRST CONCERN.



CONSTIPATION THE MOST COMMON AFFLICTION OF CIVILIZED MAN

W. F. Martin, M. D.

Constipation is the most common affliction of civilized man. Some authorities state that eighty-five per cent of Americans are affected by it in some degree. The condition is not so simple and trivial as some are inclined to think, one that can be cured by the taking of a pill or a potion. It may be temporarily relieved but it is not in itself a disease but a symptom of some abnormal condition. It is, however, one of the most common causes of serious diseases, such as appendicitis, gallbladder and kidney infections. Normally, food taken at a meal passes along through the thirty feet of the alimentary canal on a regular time schedule, making the whole distance in twenty-four hours. It is held in the stomach for gastric digestion from three to four hours. In about the same time it passes through the twenty-three feet of small intestines, where the digestive processes are completed and the usable portions absorbed. In eight hours after it is eaten it should be in the first portion of the colon, from where absorption is completed and the residual carried on through the five feet of colon to the rectum. The residue should be evacuated twenty-four hours after its ingestion. There are many different reasons why it is not, in people who suffer from constipation and it is the duty of the physician to determine where and why the food train is delayed. This can easily be accomplished by a careful physical examination in conjunction with X-ray studies and proctological examinations. To relieve the symptom by taking physic is not sufficient; the cause must be determined and removed.

RECTAL CONSTIPATION

The most common location for delay is the rectum (the last eight inches of the large bowel). It is a daily occurrence to find patients suffering from this type of constipation. A proctoscopic examination reveals the rectum packed with feces unaccompanied by desire or ability to expel.

In many cases, even after the patient has had his daily stool, the rectum remains full of feces. This is known as residual constipation, the patient never having complete evacuations, always leaving a residue which putrefies, forming poisons that are absorbed into the blood stream causing nervousness, dizziness, headaches, leg and backaches, tired feelings, aching sensations and other symptoms of auto-intoxication.

The beginning or primary cause of this type of constipation is neglect. When the colon residue passes through O'Seal's siphonator into the rectum a reflex nerve sensation is at once dispatched to the brain where it is interpreted as a desire to defecate. This is just as natural as the reflex causing the eye to blink when irritated or the desire to urinate when the bladder is full or to expectorate or swallow when the mouth is full of saliva.

The bowels of infants move automatically in response to this reflex. The same process takes place in all animals in their natural habitat, hence the reason why constipation is rare among them. Man has learned to inhibit this function, to control the desire and postpone the action to an opportune time. This I believe to be the most frequent and potent cause of constipation. It usually begins in childhood when children are busy at play or in school, the time not being convenient, and the call of Nature is postponed. This is a hazardous habit. Soon the rectum, which naturally should be empty and perfectly clean, loses its sensitive nerve reactions and fecal matter can lie there for hours without creating any desire at all. Moisture is absorbed, the feces become dry and hard and difficult to pass even when an effort is made. By not heeding the call and functioning when the desire is present, we lose the ability to defecate even when an effort is made.

DANGERS OF NEGLECT

In addition to the functional conditions mentioned above, many bad diseases of the rectum and anus (the last one and one-half inches of bowel) develops as the result of rectal stasis. The mechanical presence of the feces sets up an irritation of the mucous membrane lining of the rectum, causing a proctitis, which in a prolonged and neglected case becomes ulcerative in type, a serious disease and one very difficult to cure. It also may produce an irritation of the prostate gland and other pelvic organs and is the origin of many cases of kidney and bladder infection. In fact, more than fifty per cent of all kidney infections are caused by the colon bacilli which develop into a pathogenic type in this fecal residue. They are absorbed from the bowel into the blood and eliminated by the kidneys producing an infection on their part. The gallbladder may become infected in a similar way as all of the blood absorbed from the bowel must pass through the liver before getting into the general circulation. It is easy to understand why constipation with residual fecal matter lying stagnant in any part of the alimentary canal, undergoing putrefaction with pro-

SUGAR CROP STARTS FOR DINING TABLE

Every Strata of Labor Used in Production.

Washington.—Cuba's sugar crop is on its way to the dining table. Grinding sugar cane began several days ago by decree of the president of the republic.

"The progress of sugar from standing cane on the vast plantations which belt the world in areas where there are long summers and plenty of moisture and fertile soil, to the sugar bowl on the dinner table, is a story involving nearly every strata of labor from experts in agriculture, sugar refining and distribution, to the lowly laborer from headquarters of the National Geographic society.

"Sugar cane must be mature to give the maximum quantity of sugar. When the stalk is cut and loaded into an oxcart, it has already survived a major operation by which it has lost its appendages—its blades and the upper part of the stalk which contains almost no sugar.

"While automobiles glide through the sugar country today, the oxcart, long a part of the sugar plantation panorama, still collects the cut cane and delivers it to the nearest railroad for transport to the crushing machines. In Cuba a railway car transports about 20 tons of cane and each train consists of about 30 cars—600 tons of cane in a single trainload. Ten trainloads must be harvested to keep a crusher in operation for the 24 working hours in the height of the harvesting season.

"After the cane is deposited on the oxcart, human hands seldom touch it until it emerges from a refinery, ready for the dinner table. A derrick lifts the cane from the oxcart, and deposits it on railway cars. At the crusher the cars are pulled, one at a time, onto a cradlelike device. A button is pushed, the car tilts and the cane falls into a deep pit where an endless conveyor belt delivers it to the crushers.

"The crushers send forth a stream of foamy juice and a badly mangled mass of cane fiber. The fiber emerges from the last crusher almost as dry as tinder and is conveyed to the fire box to make steam for the destruction of other stalks.

Whitewash is Purifier.

"Meanwhile the cane juice is strained and mixed with whitewash. The mixture is heated to a degree just above the boiling point. The whitewash neutralizes the acid in the juice and invites some foreign substances to join it at the bottom of the tank. Other impurities take flight in the opposite direction, joining the foam on the surface so that the liquid in the middle is clean, pure juice which is drawn off through excelsior filters.

"Large evaporators begin the process of transforming cane juice to sugar. Once through the evaporators, where a portion of the liquid has been removed, the sirupy mass is poured into vacuum pans where sugar crystals show themselves for the first time in the sugar-making process. A man in charge of a vacuum pan is called a sugar master. As the thick sirup slowly boils and crystallizes, the sugar master adds fresh juice from time to time. The sugar from the fresh juice clings to the crystals already formed. The vacuum pans finally become filled with sugar and mother sirup. Then the sugar is removed to a machine that swirls it at the rate of from 1,000 to 1,400 revolutions a minute, forcing all the sirup from the crystals.

"The sirup again is boiled and pressed until it is relieved of nearly every particle of sugar. The remaining liquor is the 'blackstrap' of commerce. Raw sugar is yellow. It is whitened at refineries.

Calf Born With Face Like That of Bulldog

St. Cloud, Minn.—A calf which was born with a face like a bulldog has attracted attention among farmers in Long Prairie township. The animal's lower jaw protrudes like that of a bulldog, and its nostrils are divided, one appearing on each side of the lower jaw. William Becker, the owner, plans to sell the calf for display purposes.

New Gyroplane Devices Developed in Indiana

Elkhart, Ind.—New ideas and untried devices for gyroplanes are being developed here by George L. Stauffer, regarded as an inventor of the gyroplane. A large Harrick vetoplane, the type in which an aviator met death at Niles, Mich., recently, is planned by Stauffer. It will be a combination of the conventional plane and the autogyro.

Youth Plays Hookey So Others Can Have Food

Topeka, Kan.—When a truant officer picks up a fourteen-year-old boy for "cutting school" it is not unusual. But when the boy's reason is "I stayed away so my brother and sister could have my lunch," it is unusual. Kelsey Petro, the truant officer, investigated and found the boy's mother and sister and brother in need and now he is hunting a job for the boy.

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eration of disease germs and production of systemic poisons, is a serious condition and one which demands careful consideration for its relief before any complications arise.

Odd Ceremonials That British Cities Retain

New mayors who wish to start picturesque customs might take lessons from ceremonies that English mayors must go through.

At High Wycombe the mayor has to undergo a kind of "weighing in" ceremony. He proceeds to the weights and measures department of his borough with his aldermen and councillors, and there, with due solemnity, each member of the council is weighed. Their weights are entered faithfully in the civic records.

The new mayor of Lincoln, and at several other places, has a ring placed upon his finger. The ceremony is intended to symbolize the wedding of the mayor to his borough or city.

At Hanley, in Staffordshire, and at Bournemouth the retiring mayor and the new mayor embrace each other. Strictly, they should kiss, but this part of the ceremony has been allowed to lapse.

The new mayor of Brighton is elected to office in the belfry of the parish church.

There are also strict customs in connection with the banquet which follows the election. At Yarmouth a sprat feast is held. At Peterborough the mayor and his guests always consume sausages and champagne, though no one seems to know how this custom originated.

That "Lorrowing" Idea

Old Subject With Her

Edward Lowell, well-known book collector, said in an address:

"Book borrowers as a class are punks. For that matter, all borrowers are punks.

"A young woman ran into a neighbor's one day and asked:

"'Can I use your telephone, dear?'"

"'Certainly,' said the neighbor.

"'I'm giving a little party Saturday night, and I want to invite a few friends.'"

"'I see.'"

"'It will be a rather gay party—the younger married set—poker and all that—so—well, naturally, you would—well, you would hardly—'

"'Not another word,' said the neighbor. 'I understand, of course. You don't want me to think you're cheeky for borrowing my telephone to invite people to a party that leaves me out. Well, set your mind at rest, darling. Mrs. Smith borrowed the phone the other day to order 10 tons of coal from Grignon—it was nothing to her that my husband is in the coal business—and last week a man borrowed it to call John up at the coal yard and threaten him with a lawsuit if he didn't settle a disputed bill within 24 hours.'—Springfield Union.

Use for Irish Moss

Two-dollar-a-pound Irish moss from England lost its market in 1835, when the mayor of Boston announced that the Massachusetts coast had an ample supply. Further investigation showed that the moss covered rocks from North Carolina to Maine. The mayor's announcement led to the Irish moss industry at Seltwater, which still exists. The moss is used in making blanc mange and many other puddings, and remedies for coughs. It also is an ingredient of some kalsomines, shoe stains, shaving soaps and dyes for calico printing.—National Geographic Society.

Humorous Raven

Ravens are long lived birds, some having been known to live for over a century, and if taken young may be tamed easily, and even taught to talk plainly, as readers of Charles Dickens will remember. They are not without jocular faculties, either, for one educated specimen used to gather numbers of rooks and other birds together in his owner's park in Wiltshire, England, and after grave consultations in bird language, would of a sudden shout, "Hailon," in a man's voice, when to his evident delight his audience would scatter in the greatest consternation!

Long-Lived Tortoises

Tortoises have been known to live great ages. For instance, in the library at Lambeth palace, England, there is the shell of one of these reptiles which was brought to that place by Archbishop Laud in 1633, and lived till the year 1753, when it was killed by cold weather. A laborer in the garden dug it up from its winter quarters, and forgetting to replace it, a frosty night killed it. Here is another example: A tortoise was put in the garden of the bishop of London's palace, at Fulham, in 1628, and died of natural death in 1754.

Haemophilia

An article on the subject of haemophilia was published by J. C. Otto in 1803. Oliver Appleton, who lived in Uxwick, Mass., in the early part of the Eighteenth century, was the first bleeder or person suffering from haemophilia of whom there is any record in the United States. From this man there is a record of 15 of his descendants being bleeders. The direct transmission of the disease from parent to child is unusual. In the majority of cases it skips a generation.

Avoid Pessimism

Pessimism is merely a disease of the mind. It places wrong construction on what has happened and denies absolutely any faith in or hope for the future. The pessimist is never happy. What is more, he gives the rest of us a pain in the neck also.—Grit.

"Wild Man" Creation of Shrewd Master Showman

The famous wild man claimed by showmen to have been captured in the jungles of Borneo was a fake. The notion of such a wild man probably originated in the fertile brain of some master showman like P. T. Barnum or white elephant fame. For many years nearly every circus and Wild West show in the United States pretended to have on exhibition the original "wild man of Borneo." Borneo was probably selected as the native haunt of the wild man because that island has long been the classic land of the headhunters. It seems, however, that the ferocity of the headhunters of Borneo has been greatly exaggerated, although the natives still occasionally take the heads of their enemies in time of war. But headhunting is no longer a favorite sport with the Dyaks, who resort to the practice only when times are dull and other amusements wanting.—Pathfinder Magazine.

Proved She Had Need

for Second 'Kerchief

Thomas Jefferson had no social life at the White House for anyone to gossip about. He shut up the place, all except his bedrooms, his office and the kitchen, and let spiders run the rest of the house, writes David Rankin Barbee in the Washington Post. After him, however, came the precious reign of Dolly Madison, the little Quaker from North Carolina, whose father had been a tavern keeper. She was the social queen of the White House if ever it had one, and what delightful stories have come down to us about her.

She always carried two 'kerchiefs, one a delicate lace thing which she flirted with, and the other a large red silk bandanna on which she blew her nose. Dolly was a user of snuff and a dainty one, too; hence the bandanna. Once a Prince Charming asked her why she carried the red one: "For heavy work, sir," was the quick reply, suiting the action to the word.

Hurrah

The exclamation hurrah was in use in New England in 1686, and in England in 1694. In the form whurra, it was used by Addison ("Drummer," act 5, sc. 2) in 1716; and as "hurree, hurree, bravo!" by Goldsmith ("She Stoops to Conquer," act 1, sc. 2) in 1773. Beresford in "Lord Auckland's Correspondence," dated 1798 and reprinted 1802, vol. 3, p. 334, uses the form hurrying. Moriz Heyne, cited by Grimm, declares that hurrah was used as a war-cry by the Prussian soldiers in the War of Liberation (1813-1815). The term comes from the German hurra which has been traced to the Middle High German (Twelfth century) hurren, which means to hasten.—Literary Digest.

Splendid Exercise Board

Necessity may truly be called the mother of invention, for not long ago a patient recovering from paralysis needed exercise to co-ordinate the muscles of his hands and arms. An exercise board was devised. It consists of a plain board 30 inches long and 7 inches wide with a shelf 3 inches long. It is fastened to a bed or a table with iron clamps or wooden hand screws. Articles for exercise, such as screen door spring, bird's cage spring, sash lock, cupboard latch, barrel bolt, drawer pull, snap switch are attached. These may be obtained at any hardware store, an article in Hygeia Magazine explains.

Rigid Court Customs

No cabinet minister ever kisses the king's hand, when the new ministers are presented by the prime minister, they kneel before the king and take his hand into their own. They make an inclination of the head towards the royal hand, but do not actually attempt to kiss it, having been warned in advance by an usher not to do so. In the case of a lame minister he is excused from kneeling. The seals of office are kept in small cases and are handed personally by the king to the cabinet ministers when they take office, and are returned into the king's own hands when a minister resigns.—London Mail.

Man With a Horn

A Grecian workman, named Saranopoulos, visited the Athens municipal hospital there and asked if an operation could be performed to remove a horn which was growing out of his forehead. The doctors scarcely believing their ears examined the man, and discovered that he had in fact a horn resembling that of a goat, three inches in length, projecting from the middle of his forehead. The victim explained that several times he had cut it off, but it always grew again. An operation was performed, and the horn is now preserved among the curios of the hospital.

Insects in Winter

To our unseeing eyes, the hosts of insects abroad during the summer months seem wholly to disappear when winter comes. If we look about us to see where it is possible for insects to find shelter during the winter we would find at least, the following locations are available: In the ground, or under shelter on its surface; in ponds, streams and other bodies of water; in stumps, logs and dead wood, and plants of all sorts; in, or on living trees, shrubs, and smaller plants; in galls, in fruits, and in occasional shelter provided by man for his own service.

FOR AND ABOUT WOMEN.

'Tis human touch in this world that counts; The touch of your hand and mine—Which means far more to the tired heart Than shelter or bread or wine. 'For shelter is gone when the night is o'er, And bread lasts only a day, But the touch of the hand and a word of cheer Sings on in the soul alway.'

The English notion that children look best in simple clothes, devoid of doodads or frills, is gaining ground all the time.

Strictly tailored—that's the watchword to keep in mind when you shop for the younger generation. The tailored idea holds good through all types from casual clothes to party dresses, and for all ages from the extremely young ladies—just out of baby dresses—to those old enough to gaze yearningly upon the plumes on their mamma's hats. The very young wear skirts very short; the older sisters get extra inches, according to their years, and, of course, the situation changes radically when the 'teens arrive, and the young ladies are permitted to wear dresses like their young mothers.

No light is so kind to one's features as that shed by a lone candle, which accounts for the new type of place card that is being rapidly ordered by smart hostesses here. It consists of an individual crystal candlestick, low and either plain or exquisitely carved. There is a place for the name plate to be slipped in near the handle, and the taper is about six inches high. These placed at each guest's plate give sufficient lighting for the entire room and spread flattery all the way around the table.

Crystal boxes for playing cards also are among the late attractions. They encourage the purchase of beautiful cards so that their colors and scenes may shine through and reflect the good taste of the hostess. Individual ones for each table at a party are prescribed.

Washable wallpaper is a practical, modern idea, and it may be had in any number of charming patterns. It's particularly appropriate for the nursery, bathroom, dinette, kitchen and pantry but many of the patterns are quite formal and designed for living rooms or bedrooms.

There's a reason for that glamorous light the movies throw about the heads of stars.

This year hair is especially important. Spring hats, you will find, look beautiful and so that your hair isn't just right. And when your hair is lovely and is fixed becomingly, hats attract attention to it these days, instead of completely covering it.

A good trick to give your hair have fixed it. The best way is to use an atomizer. Get a brilliantine that is as odorless as possible.

When you have finished your coiffure, take up your atomizer and spray your hair sparingly with it. Then just smooth it over with your hands or your comb and you will notice how this improves the looks of it but makes it easier to keep your hair in place.

An ironing board and iron are a necessary part of sewing equipment. A sleeve board is a convenience, and sometimes where the seam to be pressed belongs to a sash or tie, for instance, an unvarnished broom handle or even a smaller stick is best to use. Besides these things a pad suitable for pressing shoulders is also useful.

No matter what you are sewing, if it isn't perfectly smooth, it should be made so. No sewing or cutting can be accurately done otherwise.

To take out creases that are often found in materials when bought, press on the length on the wrong side—never letting the iron stay long enough in one spot to leave a mark. If the material will stand dampening a piece of cheesecloth can be wrung tightly out of lukewarm water and laid over the crease. Run the iron over lightly, so as to steam the material, then remove the cheesecloth and use a piece of heavy muslin. Press until the material is dry.

When seams are finished with binding ribbon, these bound edges should be pressed with the tip of an iron before laying the seam over the round stick to press open. The seam, if pressed on a flat board, will show the outline of the edge on both sides. But if a round stick is used the iron will not touch the seam edges at all. Often when pressing seams open, small creases will be found on the right side. These should be pressed out at once.

Where a curved seam is to be pressed, put it on the round stick and only press a short distance at a time; then keep shifting the seam further along on the stick until the entire length has been pressed.

When necessary to press silk, be sure that the iron is warm, not hot, and never press on the right side unless a piece of cloth is laid between the iron and silk. Never let the iron stay long in one place, either, but keep it moving either straight across or straight up and down the material.

Chocolate Nougat Cake.

Beat one-half a cupful of butter to a cream, add gradually one and one-half cupfuls of sugar, beat continuously for five minutes; measure two and one-half cupfuls of flour, add to it two teaspoonfuls of baking powder, sift three times; beat the whites of five eggs to a stiff froth and measure one-half of a cupful of water; now add a little water, then a little flour and a little white of egg, and so continue until all of the ingredients have been added. Then grasp the bowl firmly and beat continuously for two minutes; bake in three layers.

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