## Your Health

THE FIRST CONCERN.



ANAL TROUBLES

Where a case of simple rectal type of constipation is allowed to exist, sooner or later a diseased condition is produced in the anus. Here there are two sphincter muscles which con-trol the opening of the "tenth gate," a large number of glands or crypts was no Johns Hopkins University that secrete mucus for lubricating the parts; and a large plexus of sympathetic nerves from which many disturbing reflex nerve sensations

The forcing of hardened feces through this organ injures the delicate tissues, produces fissures, infections in the crypts resulting in subsequent mile 50 cents. ulcers, or causes a dilation of veins producing hemmorhoids (piles which may become infected and eroded,) causing much pain and many other unpleasant symptoms. The existence of such in the sphincter muscle causes sphincter muscle spasm sim- \$25. that in the eye whenever spasm until the cause is removed as it is to open the eye until the cinder is removed.

Sometimes the muscles become so tight that it is almost impossible for tire colon resulting in a backing up and stagnation in the cecum or right side of the colon. This intensifies the picture, causing a more extensive and potential type of putrefaction.

It is appalling how many people are sick for no other or greater cause than ulcerated hemorrhoids, fissures in the anus and cryptitis. We have seen scores of patients cured of sciatica, arthritis, lumbago and infections of anal crypts and ulcer-

ated hemorrhoids. the most severe cases of chronic constipation completely cured by removing the diseased condition of the It is a common experience to see

Almost all of these anal diseases, such as hemorrhoids or piles, infected crypts and fissures, can now be safely and painlessly cured by ambulatory methods which eliminate the necessity of being confined in a hospital or the taking of anesthetics.

Regular and complete evacuation actua of the bowel is essential to life and from health. Many people have fasted for with a method of computing it by the ancients. There are many gone a similar time without the bowel movement and survived. Ejection is more essential than in-

Every sufferer from constipation should have a thorough examination in an effort to determine the cause of his trouble before starting to treat himself empirically, and the rectum or last gate should never be neglected in this study.

"Are we undertaking in the preparation of physicians, to produce a brand of professional attainment which we shall not be able to use because of the cost?" asked Dr. Rosco Genung Leland, director of the A. M. A. bureau of medical economics at last month's Congress on Medical Education, Medical Licensure & Hos-

"REVOLT AGAINST COSTS"

That proud introspective body, the American Medical Association frankly calls it "the popular lay revolt against the costs of medical volt against the costs of medical The proper time for the observ-care." How to lay that "revolt" is the A. M. A's great current problem, as it is the problem of the committee on the Cost of Medical Care. Last week neither the Committee (after four and one-half years' investigation) nor the A. M. A. had an effective campaign to offer. But a couple of hospitals, to save their heads, did something.

The solution must equate the doctor's cost of getting his prolonged education, the cost of supporting According to present himself and family, the cost of nursing, the cost of running hospitals and the patient's income. Everyone concerned overweighs his own factors in the calculus of these vari-

The American Nurses Association, for example, is striving to discourage girls from entering their vocation, Last week Dr, May Ayres Burgess of the A. N. A. complained: "Any nurse, to make a reasonable income in her field at the present time, must either be unusually competent, unusually lucky or more skillful in personal competition than are the rank and file." The usual fee for a private nurse has been \$6 to \$7 a day and found. for a 12-hr. day. But she worked on the average only three out of five days, getting \$1,200 to \$1,500 cash per year. Now nurses can be found to work for less money. But they prefer longer hours at the standard stipend.

John Hopkins Hospital's gestures at economy last week was to cut ing of the season on April 15. Trout While these hatcheries, Reynoldswages of everyone receiving \$500 or averaging seven to nine inches are dale, Corry and Bellefonte, furnish more a year. Calculated as part of now being distributed. wages were the cost of full maintenance of employees. Nurses, dieti- Pennsylvania's trout streams at the ery, Pleasant Mount, annually protians and department heads cost \$365 present time insures proper forage vides many thousand trout for stockper year to feed, the house orderlies and protection, Commissioner Deib- ing purposes, in addition to rearing and maids \$250 per year.

attacking the "lay revolt" with fixed dition for planting. fees for all services. The doctor need A period of from one to two weeks The trout planted this spring will patient nothing to \$25 for an office of the fish when placed in wild ed men of the Fish Commission to visit, nothing to \$10,000 for an oper-waters, and they rapidly assume the adaptable waters. Commission Deibation. When a patient gets into a brilliant coloring which marks the ler emphasized the fact that these hand that he will pay about what fish of the inland waters.

Manhattan's Sydenham Hospital last MERCANTILE TAX week announced it would charge: Surgical operations: difficult majors \$100 to \$150; ordinary majors \$75 to \$100; minors \$10 to \$50.

Medical fees: 1st week \$25; 2nd week \$20; 3rd week and after \$15; but not more than \$150 for the entire time in the hospital.

Consultation fees: \$5. Normal child births: \$50, including one pre-natal examination; instrumental deliveries, including consultation, not more than \$150 on any

Operating room or delivery room and anesthesia: \$15. Nurse: \$3 a 24-hr. day (she at-

tends up to four patients). Laboratory fees: \$5 to \$10.

Basal metabolism or cardiographs:

X-ray: \$5 to \$35. Parallel to those moderate charges are the fees of 60 years ago, when doctors lacked X-rays, cardiographs basal metabolism machines, laboratories, when three years of study made a boy a physician, when there School of Medicine. In A Doctor of 1870 and 80's, recently published, Dr. William Allen Pusy. 1924-1925 president of the A. M. A., reports that at Elizabethtown. Ky., his father, Dr. Robert Burns Pusey, used to charge:

Visits in town and office calls; \$1. Country trips: 1st mile \$1; each Consultation: \$5 to \$25; usually

Child births: \$10.

Operations: Minor \$5 to \$25; major, chiefly amputations, \$25 to \$100. Dislocations and fractures: \$10 to

Between 1870 and 1886 Father there is anything irritating it. It is Pusey's income averaged \$5,200 per just as impossible to relax this year. That, estimates Son Pusey, was equivalent to about \$13,000 in the same small town today. "I never heard of a complaint at overcharge. Rather, his bill was usually paid with thanks. He did not make entries the feces to pass unless softened or on his books of less than \$1 and his liquefied. Such a condition reflexly accounts were settled on a cash basinhibits peristaltic action of the en- is. He would take in credit on a bill a calf, a young mule or horse that he could use and, if he wanted some-

to his account." The father, according to the son, 'A butcher who buys calves, steres was a rather effective business man and hogs and dresses them and sells who looked after his affairs in a the meat to customers must have a quiet way that in the end got results. retail mercantile license covering all I surmise that only a few people in dressed meat sold even though it the community had a larger income; was bought alive. Should he sell a other remote conditions by relieving certainly his father lived as liberally live calf or hog to another butcher as any other. He was indeed too gen- in his town, he is not liable for a erous with his expenditures, for like mercantile tax. Livestock is not conmost doctors he did not make suffi- sidered by law as goods, wares or

#### SOME PERTINENT FACTS ABOUT EASTER DAY

Easter Sunday, which falls on March 27 this year, is observed by Christians 'n commemoration of actual anniversary, as its date varies other variety of beryl, a stone which, thirty days and lived, but few have adopted by the Council of Nice in the year 325.

The custom of celebrating Easter is really an outgrowth of the Jewish Passover. There is no trace of its observance as a Christian festival in the New Testament or in the writings of the Apostolic fathers. fact, neither Christ nor the Apostles enjoined the keeping of this or any other festival.

But as most of the early Christians were derived from the Jewish church, many of the old Jewish festivals continued to be observed by them and gradually passed into the Christian calendar.

The name of Easter is derived from Easter, the Angle-Saxon goddess of spring, and many customs which have marked the day's observance are drawn from pagan sources. In the ancient church the celebration of Easter lasted eight days but after the eleventh century it was limited to three, later to two, and finally to one.

of bitter controversy among various Christian groups. In the year 197 Pope Victor excommunicated Polycrates, bishop of Ephesus, and his entire Asiatic following for not conforming to the Roman custom. The Greek church did not adopt the Roman date until 1923, so that only during the last eight years has the entire Christian world observed

According to present usage Easter cannot occur earlier than March 22 or later than April 25. The last time it fell on March 22 was in 1818, after which some three centuries must elapse before it occurs so early again. It fell on April 25 the last time in 1843, but will not occur so late in

any year of the present century.

Of all Easter customs the use of Easter eggs is the most universal. This is also the pagan origin, the egg having been considered a symbol of immortality by the ancients.

### LEGAL SIZE TROUT

included in the autumn stocking sport for fishermen. program, other favorite trout waters will be cared for prior to the open-

nd maids \$250 per year.

ler said. The trout at the hatcheries back bass, yellow perch, catfish, bluegill sunfish, pike perch, and min-

### AFFECTS VARIED BUSINESS PLACES

With mercantile appraisers now in the field many persons engaged in small businesses are unaware of their obligations under the mercantile tax law. Some of these have been summarized by Linn L. Reist, commissioner of the bureau of county collections of the Department of Revenue, in the belief the information may be of great interest.

A tourist house that displays in a window the sign—"Lodging—Meals Served"—is liable for an eating house license, Reist said. The sign he pointed out, is an invitation to the public to buy meals even though they are served in the owner's own home. The owner must report to the mercantile appraiser of his county the total amount of sales of all meals sold to customers that are not served by what hotels call the "American plan," the commissioner asserted.

Barbers are not required to report to the mercantile appraiser money taken in from hair cutting and shaving and the lotions used by them in that connection. However, such part of their sales as include toilet articles which they buy to sell again must be reported to the appraiser for a retail mercantile license tax. Hair tonis made by themselves and sold by them need not be included in the

report. A marble dealer who sells monuments and tombstones is liable for a mercantile tax under certain conditions, Reist said. By a recent ruling of the Attorney General, he stated, merely polishing, finishing or carving designs or letters or figures on a tombstone is not in the nature of manufacturing. Marble dealers doing this are liable for a tax on all sales except sales of monuments they make of stones which they actually cut out of a formless piece of rock fresh from the quarry.

Sales of cigars, cigarettes, candy and chewing gum by a restaurant proprietor makes him liable for two licenses, Reist said. He must have thing, he would buy it by preference an eating house license covering the from one of his patients and credit meals sold and a retail mercantile license for the other articles.

### Gem Long Prized

The aquamarine is among the oldes. of gems. It is simply a transparent variety of beryl, typically of a bluish green color. Hence the name, meaning "sea water." The emerald is anin its various tints, was much prized Greek intaglios of these gems, displaying the finest workmanship. The beryl was one of the stones of the breastplate of the Jewish high priest, and the Roman jewelers, who put it to a number of purposes, anticipated one of the popular modern uses of the aquamarine by making ear pendants of it

### Another Cincinnatus

The folk tales of most European nations have many stories about national heroes who were summoned from the plow to free the people from a foe, says an article in a Boston paper. In Bohemia, now part of Czechoslovakia, legend attributes the role to Premysl, a peasant who was working in his fields when a deputation of his countrymen besought him to be their leader. He drove out the enemy, married Libussa, who is regarded as the foundress of Prague, and their descendants ruled Bohemia as dukes and kings for many centuries.

### Motors' Peculiarity

That airplane motors operate more efficiently early in the morning than at any time is one of the mysteries of mechanics which automotive engineers have vainly tried to solve. It is an established fact that for a period slightly before dawn at the earth's surface to an hour afterward an airplane motor operates at its highest efficiency. A similar although modified effect is noted for a like period immediately after sunset. Automobile motors on the ground are affected, but in a lesser

Trout reared at the State hatcheries are without exception, hardy. They are of large strain, and under scientific care and feeding, rapidly attain legal size. Most trout released by the State are from 22 to 24 months old. At two years most of the hatchery trout have attained a BEING DISTRIBUTED length of from eight to ten inches, and are proportionally large in girth. Spring distribution of brook trout When stocked in suitable waters, Fish Commission has been that is, in streams having plenty of started Oliver M. Deibler, Fish Com- space for forage and abundant food missioner, announced. While many of supply in the form of aquatic and inthe trout streams in the State were sect life, they provide exceptional

Of the State hatcheries, three are devoted to the rearing of brook trout. many of the brook trout for Penn-High waters in the majority of sylvania streams, the largest hatch-

decide whether to charge his is generally required for acclimation be scientifically distributed by train-"fixed fee" hospital he knows before- brook trout as the most beautiful trout will be planted over wide areas on approved streams,

## PRETTY GERMAN SPY DYING IN MADHOUSE

### "Blond Lady of Antwerp" Prisoner in Asylum.

Berlin.-Formerly one of the cleverest and most beautiful spies the world has ever seen, a haggard, wildeyed woman, whose name is given as Bertha Heinrich, lies in the great asyof for the insane at Wittenau, near 49, awaiting her rapidly approach by end.

An entry in the books of the inditution indicates that she was a peless drug addict, when, more than years ago, she was first admitted. but behind that simple entry lies the story of one of the most amazing personalities of the war years.

Known as the "Blond Lady of Antwerp," she was one of Germany's most successful spies, and betrayed countless allied secret service men.

Caused Many Deaths. Her victims, however, were by no means confined to that field, for one of her duties was the appointment of hundreds of German agents, and these, without being in the least aware of the fact, were in turn spied on by members of a special corps which she had organized,

It has been averred that in this way she was responsible for the shooting of a number of spies in the pay of Germany who were suspected of playing their paymasters false.

At the height of her power she was tall, slim, graceful creature, possessing an irresistible allure. In a pale oval face of delicate mold were set two big blue eyes, luminous and appealing. Few there were who could say "No" to her, and yet, behind all fascination there worked a brain masterly in its perception and intuition.

Little more than a girl when she Arst entered Germany's spy service. she soon revealed such brilliant qualities that it was not long before she was left with a free hand. She made Antwerp her headquarters, and it was there that she brought off some of her greatest coups.

Used "It" on Captives. When a Belgian or French secret service agent was taken by the Germans, he was, in nine cases out of ten, left to the mercies of the "Blond Lady." Her "interrogation" followed none of the orthodox lines; all the witchery and fascination nature had given her were employed to the full.

And in almost every instance where the stern cross-examination of a military court would have been resisted, the skill of this modern Delilah was successful, for men stammered out to her their secrets against the promptings of their training and their judgment.

Her daring, too, was as great as ner personal fascination. Time and again she penetrated to points behind the French line.

It was after the war that Nemesta overtook this "woman with the smile of a Gioconda and a heart of the hardest rock," as she has been called. Haunted by the ghosts of dead menmen betrayed by her hand and brainshe sought temporary forgetfulness in drugs. But the phantoms remained, and before long the "Blond Lady," now a hopeless drug addict, had lost evertyhing, beauty, charm, reason itself-everything in fact except the insatiable craving for cocaine.

#### Nail Swallowed by Man 28 Years Ago Removed

Elmer, N. J.-Severe pains in his hest recently startled Edward Snyder, Pennsylvania railroad track foreman living here. Mr. Snyder recalled that twenty-eight ago, when making tomato crates, he had swallowed a nail and so told his doctor.

The nail, now quite rusty, was located by surgeons and removed in a delicate operation at the Episcopal hospital, Philadelphia. They said it must have penetrated the intestinal wall at some point and gradually worked is way upward through Snyder's body until it lodged between his lungs and ribs.

Snyder is recuperating at his home

#### Fastest "Sub" Launched by French; Named "Hope" Paris.-What is believed to be the fastest submarine in the world was launched at the French naval yards at

Cherbourg. Instead of receiving a number h got a name, L'Espoir (Hope). It is of the same pattern as the Redoubtable and Venegeur with a displacement of 1,560 tons and is 300 feet

It will be armed with eleven torpedo tubes and one gun. It is expected it will be able to speed at twenty knots and will have a long cruising range.

### Is Only a Citizen

When He Quits Car Albany .-- A trolley conductor ceases to be a conductor when he leaves the trolley, the Court of Appeals has ruled.

The case was that of John Mack, who had sued the Brooklyn City Railroad company because one of the concern's conductors had hit him. The company maintained that the conductor had left the car when he smote John and that, ergo, he was no longer their agent—but a private citizen. And the company won.

### OIL TURNS \$500 TO MILLION FOR GIRLS

### "Worthless" Land Left by Father Brings Fortune.

San Francisco.-Old Dame Fortune

has her sentimental moments. She bestowed a \$500,000 dowry on bride of less than two months, it has developed here—and just to keep things even, poured another half mil-'ion into the lap of a married sister.

The two lucky women are Mrs. Louise W. Dessauer, who became the wife of a local stock broker recently, and Mrs. Cora Nathan Michaels, both of this city.

Ten years ago upon the death of their father, Louis D. Nathan, a promoter, they inherited an estate considered virtually worthless. It was a quarter interest in 160 acres of bleak land in a corner of Kings county, ap praised at \$500.

The same legacy is now valued at \$1,000,000.

The estimate was made in the court of Superior Judge Thomas F. Graham when W. D. Kelley, trust officer for the Wells Fargo Bank and Union Trust company, presented an accountng of the Nathan estate.

The property is located in the Kettleman Hills oil district, a development barely deamed of in Nathan's

Kelley told the court a half inter est in the 160 acres was recently leased to a large oil company for \$8,000,000, and should bring the two sisters royalty rights approximating \$1,000,000.

Mrs. Dessauer, in their summer nome at Belvidere following the honeymoon, laughingly intimated that the "wedding present," was highly appre-

# Doorkeeper Witness to

50 Years U. S. History Washington .- Eye-witness to a half century of diplomatic history is Edward Augustine Savoy, famed colored messenger of the State department, who has just completed 50 years of service as diplomatic doorkeeper for secretaries of state from Hamilton Fish to Edward Stimson.

Next month Eddie will be obliged officially, to leave his job. But Secretary Stimson, who last year got the civil service commission to grant Eddie a 12-month extension, has promfsed him he can stay around the State department "as long as I have anything to do with it."

Eddie knows all the diplomats a Washington; and they all like him. When Sir Esme Howard, former British ambassador, retired last year he sent Eddle an autographed photograph of himself in full diplomatic

When the Japanese delegation to the London naval conference visited the State department they were so Impressed with Eddie they sent a diamond and platinum pin. Japanese Ambassador Debuchi made the presentation himself.

Eddie's every sentence is history Casually he refers to Sir Edward Thornton and is a little disgusted that be has to explain that Sir Edward was the foreign minister to this country whom Great Britain elevated to the rank of ambassador. He speaks of "the war," but he means the Spanish-American war.

### Can Read 5 Miles Away by Novel Searchlight

London .-- There is news of the inrention of an entirely novel searchlight which throws a beam of light so intense that a newspaper can be read by it at night at a distance of five miles.

The searchlight is the invention of W. H. Pennow, and one of its most astonishing features is that it is able to keep the lamp's rays in a narrow pencil of light. The beam of ordinary searchlights diverge so much that even when lamps of enormous candle power are used their ranges are comparatively short. The Pennow beam is focused much more sharply; at a mile it produces a spot of light only twelve feet in diameter. The searchlight has been designed chiefly to help aviators in night flying, but it has many other uses.

# Large Cut in Sailings

Marks Ocean Shipping Washington. - Wholesale cancelladons of sailings on the part of every line interested in the North Atlantic trade has been the most outstanding recent development in the British passenger shipping world, according to British trade reports received in the Commerce department from its London office,

About 40 scheduled departures have oeen struck from the calendars as a result of falling off of travel consequent upon the reduction in incomes of those who normally could afford luxury voyages. The curtailment has affected Southampton, Liverpool, and London, the principal ports concerned.

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