

### Osteopathic Health

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#### EPILEPSY

Epilepsy is almost as common in America as diabetes and tuberculosis, yet, we hear little about it. That's because many of us think of it as a hopeless condition. This is unfortunate because many epileptics can lead useful lives.

The general public mistakenly connects the violent epileptic fit with every case of epilepsy. There are other less serious types, one in which loss of consciousness does not occur or lasts for only a few minutes; another in which the

muscular activity or spasm is localized; and an emotional epilepsy in which there is little activity except in or about the eyes.

There are two main underlying causes of epilepsy, the first of which is hereditary susceptibility and the second, abnormalities caused by an injury to the brain or body.

Causes which may bring on epileptic seizures in persons who are susceptible to them are injuries to the central nervous system, local disease of the brain, infectious diseases such as meningitis, whooping cough or pneumonia, or toxins in the body such as those which cause lead poisoning and uremia.

In addition to these, there is a group of so-called reflex causes which include eye-strain, infected teeth, and foreign bodies in the ear or nose. Many epileptics seem

to be allergic to certain proteins and eating these foods may bring on an attack. Digestive troubles are extremely common in epilepsy and research indicates that certain bowel disturbances may play a part in some types of epilepsy. Symptoms of epilepsy may be convulsions, spasms, faints, "fits," "spells" headaches, dizziness, lapses of consciousness, sleep-walking, night terrors, dreamy periods or psychosis.

The patient should be given a thorough physical examination with particular attention to posture, general physique and the circulatory system. Of the laboratory tests, probably the most important is the record of the brain wave patterns.

There are three important types of epilepsy. Grand mal, or major epilepsy, is the one in which violent convulsive seizures may occur. The convulsion, if it is severe, is usually followed by a heavy sleep and by headache, by muscular soreness, and a feeling of depression.

In petit mal or minor epilepsy, seizure comes on suddenly and loss of consciousness occurs without warning, lasts only a few seconds and has no after symptoms. This kind of seizure usually is hereditary. Attacks may occur many times a day but they tend to disappear after adolescence.

The main symptom of psychomotor, or emotional epilepsy, is amnesia. One who suffers with this kind of epilepsy doesn't have a seizure in the usual sense of the word. After the period of confusion ends, he has no recollection of what has happened. When a seizure is prolonged, there is a possibility that the victim may commit acts of violence.

Epilepsy seems to be improved by treatment of emotional problems. A survey at a New York clinic showed that epileptic children had fewer attacks and needed less medicine when they received psychiatric treatment and were able to release some of their emotional tensions.

At present, the treatment of epilepsy consists of control of the seizures through the use of certain drugs. There are four drugs in common use by doctors. Dilantin, phenorbital and mensantoin seem to be the most effective in major epilepsy. Tridione has given promising results in minor epilepsy. Psychomotor epilepsy does not respond as well to drug therapy.

Surgery is used to correct abnormalities which are present but is not a cure for epilepsy. It may be advised in Jacksonian epilepsy, the partial or localized epilepsy, or in traumatic epilepsy, which may follow a fracture. If examination reveals a tumor on the brain, consultation with a brain specialist is advisable.

The greatest majority of epileptics are mentally normal. Some deterioration of the brain may occur in a small percentage of them and these persons probably should have institutional care. As a rule the epileptic, like the diabetic, can learn to live with his disorder, and must accommodate his living habits to make his life as happy and normal as possible. He must guard against possible injury occurring when loss of consciousness takes place unexpectedly. A special diet may be advisable; alcohol is prohibited; and regular hours and habits of personal hygiene are essential. Good health habits plus drugs which help to control the seizures can make life more pleasant for the epileptic patient.

**MARRIAGE LICENSES**  
Merle J. Eckenrode, Ebensburg R. D., and Mary Louise Passanita, Dysart.

Roy A. Folk, Blandburg, and Anna M. Newling, Albansville. Charles W. Young, Indiana, and Frances Hanayok, Carrolltown.

**LONGEST WORD**  
The longest word in Webster's dictionary is pneumoultramicroscopicalcolvicocanokoniostis.

### Older Model Cars Should Be Driven Slower For Safety

Danger of high speeds on the modern highways, especially in older cars, is stressed by R. B. Maxwell of the Pennsylvania Motor Federation in a statement

issued this week. "While a great deal of stamina has been built into our passenger cars," he said, "these vehicles cannot sustain long periods of operation at peak speeds."

"Sustained high speed on modern highways, especially the Pennsylvania Turnpike and comparable stream-lined highways, is playing havoc, especially when it comes to the older passenger cars. Many owners of new cars, not to mention the owners of the

older cars, are finding this out much to their sorrow and expense."

The PMF-AAA official cited a report advising that large numbers of older cars are "conking out" on stream-lined routes in the various sections of the country.

"This is particularly true when the vehicle has reached an advanced age," Mr. Maxwell said. "After five or six years many vital parts of the car become subject to 'metal fatigue' and are

likely to fail, causing expensive repairs, if not a disastrous accident."

Warning that to drive an old vehicle at excessive speeds is an open invitation to trouble, he advised motorists to stay within the speed limits and never to drive at high speeds for mile after mile.

"If the driver pushes a car beyond its mechanical limitations resulting in a breakdown, he faces only an expensive repair bill and can be considered for-

tunate," Mr. Maxwell remarked. "However, should a mechanical failure due to hard-driving at a high rate of speed result in a serious accident, bringing injury or death, the driver has only himself to blame."

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### THE FLOP FAMILY

By Swan

Panel 1: A dog barks "RING RING".  
Panel 2: A man asks "THIS IS SUE GABBY— NO-SHE'S OUT SHOPPING. IS HELEN THERE, MR. FLOP?"  
Panel 3: A man says "OH, DEAR—I JUST WANTED TO TELL HER I HEARD THAT ELSIE JONES IS ENGAGED TO HERB SMITH, AND SHE'S ONLY KNOWN HIM FOR TWO WEEKS—BLA-BLA—"  
Panel 4: A man says "YE GAD!!— MAY I SAY SOMETHING?"  
Panel 5: A man says "—AND TELL HELEN THAT MURTEL BOUGHT A NEW PRINT DRESS—SHE HAD TO TAKE UP THE HEM AND IT TOOK HER TWO DAYS—BLA-BLA—"  
Panel 6: A man says "—AND BE SURE AND TELL HELEN TO BE AT THE BRIDGE CLUB TOMORROW— THERE AN'—ER— WHAT WAS IT YOU WANTED TO SAY, MR FLOP?"  
Panel 7: A man says "GOOD-BYE!"

**ELMER**  
DOC WINNER

Panel 1: Elmer says "CRIM-A-HEENTLES! IT'S TOO SWELL A DAY TO GO BACK TO SCHOOL THIS AFTERNOON—I'LL WRITE MISS REID A NOTE AND GET IT EXCUSED."  
Panel 2: Elmer says "THEY'LL GO DOWN ALONG THE CREEK AND LOOK FOR TURTLE EGGS."  
Panel 3: Elmer says "THERE! BY GEORGE IT'S FINISHED!"  
Panel 4: Elmer says "ELMER! YES UM I'LL BE RIGHT DOWN."  
Panel 5: Elmer says "YOUR WHICH IS READY FOR YOU IN THE DINING ROOM?"  
Panel 6: Elmer says "THE NOTE."  
Panel 7: Elmer says "DEAR MISS REID— PLEASE BECAUSE I'M GOING TO THE AFTERNOON, I WOULD LIKE TO ASK YOU TO WRITE ME AROUND THE HOUSE— AND PLEASE WRITE ME A NOTE."  
Panel 8: Elmer says "SO THAT YOUNG GENTLEMAN IS PLANNING TO PLAY HOOKY THIS AFTER-NOON."  
Panel 9: Elmer says "THIS NOTE YOU WROTE TO YOUR TEACHER— I'LL KEEP IT HERE AND DON'T WRITE ANOTHER ONE."  
Panel 10: Elmer says "HUHF?"  
Panel 11: Elmer says "AND REMEMBER, COME RIGHT HOME AFTER SCHOOL THIS AFTERNOON UNDERSTAND?"  
Panel 12: Elmer says "YES UM."  
Panel 13: Elmer says "RATS!"  
Panel 14: Elmer says "GEE WHIZ WHY CAN'T I LEARN JUST TO WRITE NOTES? I'VE NEVER THOUGHT OF THIS IF I HADN'T PUT MY FOOT IN IT— AND GIVEN HER THE IDEA."  
Panel 15: Elmer says "AND RAKE UP THE YARD WHEN YOU FINISH THAT."  
Panel 16: Elmer says "SHINE 'EM UP, MISTER?"  
Panel 17: Elmer says "THERE YOU ARE, SIR! JUST LIKE NEW!"  
Panel 18: Elmer says "FINE!"  
Panel 19: Elmer says "THAT'S O.K. KEEP THE CHANGE!"  
Panel 20: Elmer says "DON'T TELL ME YOU'VE GIVEN UP LOAFIN' AN' GONE TO WORK! NOT YOU!"  
Panel 21: Elmer says "LET'S SEE WHAT KIND OF A SHINE YOU CAN PUT ON THESE BROGUES OF MINE— THEY SURE NEED IT!"  
Panel 22: Elmer says "YOU GOT ANY MONEY?"  
Panel 23: Elmer says "WHAT DO YOU MEAN— MONEY? GET DUBY ON THESE BOOTS!"  
Panel 24: Elmer says "NOT ME!"  
Panel 25: Elmer says "YOU'RE ALWAYS TRYIN' TO MOON SCHEWY FOR FREE— WELL, I'M NOT IN BUSINESS FOR MY HEALTH— IF YOU WANT A SHINE, LET ME SEE YOUR DOUGH!"  
Panel 26: Elmer says "HMMM!! LET ME SEE YOUR LICENSE TO OPERATE A STREET STAND— YOU CAN GET A MONTH IN THE COOLER AND A STIFF FINE IF YOU HAVEN'T GOT ONE, YOU KNOW?"  
Panel 27: Elmer says "NOT SO FAST!"  
Panel 28: Elmer says "YEE P Y CANT CROSS UP THE LAW?"

**PETE THE TRAMP**  
C.D. RUSSELL

Panel 1: Pete says "SHINE 'EM UP, MISTER?"  
Panel 2: Pete says "THERE YOU ARE, SIR! JUST LIKE NEW!"  
Panel 3: Pete says "FINE!"  
Panel 4: Pete says "THAT'S O.K. KEEP THE CHANGE!"  
Panel 5: Pete says "DON'T TELL ME YOU'VE GIVEN UP LOAFIN' AN' GONE TO WORK! NOT YOU!"  
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