

Heart Disease in the Popular Sense

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By DR. WILLIAM N. ANDERSON.

There often appears on the part of the layman a great fear to face the facts about heart disease. Yet, if one were to use the same attitude in business he would soon find himself a failure. Conservation is the first rule in the care of a damaged heart or a damaged business. When a business has developed a leak it is not necessary that bankruptcy and failure result if but a little frugal management is resorted to. And even when such failure comes the experience encountered makes it possible for one to rehabilitate himself if he tries.

So it is with disease of the heart. When you have been told you have such a condition, look upon it with calm judgment and conserve that which is left. In normal people the heart never uses up all of its energy in its ceaseless beating. There is always some left for emergency. Just as the good business man never uses up all of his credit but has some left for emergencies. Now when disease comes there is less surplus left, but it is still possible for one to live a normal life with restrictions. Such restrictions naturally vary with the amount of damage received. This means particularly limitation in exercise, but one must remember that mental activity makes somewhat the same demand, but less in extent. It is not usually necessary for an individual to be wrapped in cotton and laid upon the shelf. There is something he can do easily and well if he tries hard enough.

Many Varieties.
There are as many different kinds of heart disease as there are stores in a city each differing from the other in its quality of goods and size of stock. What is common in one condition is foreign in the other. Because John Smith suddenly drops dead with one kind of heart disease is no reason why you should do the same with another.

Diseases of the heart fall into four large classes each with many little variations as to the extent and combination.

Valvular Diseases.
The valvular diseases are called commonly organic heart disease or leakage of the heart. They begin as a complication of St. Vitus dance, scarlet fever, pneumonia and acute rheumatic fever. Only the acute rheumatic fever provokes this condition, other forms of rheumatism may lead to its production. It begins insidiously and may not be recognized during the course of these conditions.

One should always be carefully examined during the course and after convalescence in any of these diseases to see that such a damage to the heart has not resulted. Should such a difficulty arise during the course of these diseases then it calls for six weeks, at least, of absolute rest to allow the heart to adjust itself to its new requirement and to minimize the damage already done.

In the majority of cases, however, the first inkling of such a lesion is in the form of a palpitation or the new common industrial examination. At this time the heart is found enlarged. No fear should be felt upon this score as this enlargement is a necessary form of accommodation for the added work to be done. Many years may, and usually do, pass before there is any trouble with such hearts and then not till some excessive exercise has overtaxed the heart muscle. Medicines are not necessary during this stage. A normal life can be led in all respects except that there should be a limitation of those exercises that make shortness of breath. Stimulants are not required until failure takes place. Death does not occur suddenly.

Degenerative Conditions.
Degenerative conditions are many. They occur most frequently above the age of 50, usually above 60 and rarely at 40 to 50, never below. In these instances there is usually no previous trouble until following some undue exertion, or group of exertions, shortness of breath occurs. At this time it is even possible by restriction of excessive exertions to live a normal life for a long period of time. There are a few of these cases that do suddenly die, but by far the lesser number.

There are many types of irregularities of the heart which occur at any age, some of which are important. The majority, however, have little significance and are usually due to irritative toxins such as tobacco and bowel absorption. To distinguish the important from the unimportant requires the study of a careful physician.

Many Symptoms Nervousness.
By far the greater symptoms referable to the heart are entirely nervous and are manifestations of different emotions. How often one hears the expression "My heart jumped into my throat." No such thing really happened, the sensation being that of palpitation. Palpitation means consciousness of the heart beat and is not a sign of heart disease. Very few of us go through a normal life without this sensation at some time.

Should children, therefore, have any of the diseases which tend to develop valvular diseases of the heart they should be examined after these conditions are over as to discover it in its first stages. If found they should be subsequently examined by a good physician to determine its progress.

When an individual has reached the 50 mark he should remember that he has reached the degenerative age and physical exercises cannot be so easily performed as originally. It is his duty then to undergo a rigid examination periodically just as he makes out his yearly business invoices. It is oftentimes possible to find disease in its incipient in this way and by conservation long life can be had.

Finally, exercise has no place in the treatment or care of heart disease.

MATCH TESTER HAS NEAT JOB

London, Dec. 13.—Day after day, for 26 years, Tom Tutthill has worked in a London match factory, striking matches to test their quality. He searches all his matches with his fingernails and passes judgment upon the quality of each consignment from the workrooms.

Painters, Apprenticed Together 42 Years Ago, Finish Joint Work to Celebrate End of 20-Year Separation



J. Trummer, left, and Charles T. Johnson, right, holding the painting which they have completed jointly as a symbol of their reunion after 20 years. The cottage of the late George A. Hoagland, who spent several months each year at Lake Jefferson, Minn., is located to the left of the picture.

Painters' eczema is an incurable disease. It makes one itch to paint constantly, according to Charles T. Johnson, 57, and J. Trummer, 50, who have been afflicted for 42 years. In 1882 both Johnson and Trummer were among the applicants who answered the advertisement of McGill & Rosenzweig, painters and decorators, 1517 Douglas street, for an apprentice.

Although but one boy was wanted, both were put on the payroll finally at \$2 per week. In their official capacity as cellar boys they worked all day cleaning paint pots with lye. That was the inception of the malady. "Boys wouldn't work for such a munificent sum nowadays," declares Johnson, who is now a bailiff in Judge James Fitzgerald's court.

As the two boys advanced in their apprenticeships, Johnson specialized in paper hanging and painting, while Trummer turned to painting pictures. First Painted Advertisement. The first painted advertisement in Omaha was dabbed on the side of the Million Rogers' store at Fourteenth and Farnam streets by Trummer. Sign advertisements were new and the old farmer Trummer portrayed coming into town with his umbrella and bag attracted much attention.

After leaving the employ of McGill & Rosenzweig, the two pals gradually drifted apart. Trummer started painting for the Thomas A. Cusack company in 1903 and when he retired in 1923 he was chief artist of the design organization. Johnson was in the paper and paint business for 10 years, then he became proprietor of a laundry. Six years ago he was appointed deputy sheriff and for two years has served as bailiff in district court.

Johnson discovered the name of his old friend in the list of jurors impaneled in the court December 1. The two old chums indulged in an enthusiastic demonstration in the corridors of the courthouse. It was the first time they had met in 20 years.

Both "Oil Dabbers." Although Johnson had been out of the painting business for years and Trummer had been engaged in executing the more or less uninspired advertisements, they found that both had been "dabbing" in oils in their spare time. Each viewed the other's canvases.

Finally they agreed to do one together as a symbol of their reunion. A view of Johnson's cottage at Lake Jefferson, Minn., was chosen for the theme. Johnson sketched the scene and from his description Trummer reproduced it on canvas. They completed the painting in four days, working during their leisure time.

"Neither Trummer nor I have taken a lesson in our lives," declared Johnson as he exhibited the canvas about the courthouse. Paintings Are Lauded. Trummer has been offered as high as \$1,000 for one of his paintings.

AUTO HITS MAN ADMIRING SHINE

Philadelphia, Dec. 13.—Too closely inspecting his newly shined shoes nearly cost the life of Christopher Shane, who was struck by an automobile and seriously injured. According to witnesses, Shane was bending down admiring his freshly polished shoes when struck by an automobile driven by Nathan Levine. Shane was taken to the Pennsylvania hospital where it is said he has a fractured skull and internal injuries.

Central College.
Fine progress is being made in the rehearsal of the "Messiah" chorus in an indication of the first annual spring festival to be given in Fremont the latter part of next March. Nearly 200 voices make up the huge chorus under the direction of Prof. T. Amos Jones, head of the Midland voice department. Each member is to be presented with a button identifying him or her as a charter member of Fremont's first "Messiah" chorus as it is planned to make this an annual affair. The regular meeting of the Y. L. M. S. took the form of a model meeting given by several of the girls at Luther college at Wahoo. Miss Ruth Selheimer was the leader. Several Bible references were read and discussed. Annual debate tryouts are to be held at Midland next Wednesday evening. The main arguments will be five minutes in length and the rebuttals will be of three-minute duration. Prizes have been donated by Dr. R. L. Patterson of the Western Theological seminary. The History-English club met at the East hall with the Misses Diehl, Stoll Wilke and Bernice Stahl entertaining. After a short business meeting Dean Tilberg introduced J. H. Hanson, pioneer Fremont, who gave an interesting talk on the development of Nebraska since 1854. The regular monthly meeting of the Luther league was held Wednesday evening at the Commercial rooms. Cotis and Paul White and Ted Wood entertained at a progressive ruck party as a feature of the evening's fun. Following the business meeting several new members were received into the league. Midweek Caterers is scheduled to present an expression recital at Arlington, Sunday, December 14. Dr. McDaniel delivered a lecture at Mead, Saunders county, Tuesday evening on "Education—A Home-School Proposition." Coach Speer and Dean W. E. Tilberg were slated to attend the meeting of the state college conference at Lincoln this week. The committee on the state hospital of the Luther League of Nebraska held a meeting at Hotel Pathfinder Thursday. Plans are being made to erect this building in Omaha. The committee includes Rev. George Dorn, Omaha; Herbert Fischer, president of the state league; Rev. L. L. Schulte, O. E. Scheiburger and Dean Tilberg.

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ACTRESS SUED FOR PRIZE ACTING DOG
Los Angeles, Dec. 13.—Marjorie Rambeau, well-known actress, has been made defendant here, with a producing company and the owner of a boarding house for dogs, in a suit for \$1,000, brought by Adele Lingo, owner of Nitze-Poo, a Pekingese dog. Nitze-Poo, according to complaint, in the suit, was a canine actor of no small ability. He was borrowed from Adele Lingo by Miss Rambeau, who carried the dog in her arms during an act in "The Goldfish." Now Nitze-Poo has disappeared, and the owner asks settlement.

'DEVIL' BLAMED BY SHOPLIFTERS
Utica, N. Y., Dec. 13.—Mamie Andreu and Josephine Hallimo, charged with shoplifting, were arraigned before City Judge John T. Buckley. They told the court they were not bad, but that the devil was inside of them and prompted them to take the

articles. In passing sentence Judge Buckley said: "The devil is responsible for a lot of crime. I don't want to be hard on you so I'll sentence the devil to 10 days in jail. As long as he is inside of you, I suppose you'll have to go along, too."

Tardy to bed, tardy to rise, causes a headache and reddens the eyes.

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