The Road To Better Health

HIGH BLOOD PRESSURE

By DR. WILLIAM J. SCHOLES

With the growing knowledge of hypertension and its signficance in the ranks of the medical profession has come an increasing interest in the subject on the part of the public. And, as usual, the incomplete information most people have been given regarding the topic has given rise to many misconceptions, some of them as humorous as they are unfounded.

What Blood Pressure Signifies

Everyone has blood pressure—a certain normal degree. By blood pressure is meant the tension exerted upon the walls of an artery by the column of blood within the vessel. When this tension is too high or too low, for reasons presently to be given, then it becomes a symptom of disease and a menace to the life and well-being of the organism. The blood pressure is divisable into three phases: **diastolic, systolic, pulse.** The diastolic pressure is the tension inside the arteries during the instant the heart is resting between beats and which it must overcome by its contractile force before the blood will begin to circulate. The systolic pressure is the tension in the vessels at each contraction of the heart during which time a fresh volume of blood is driven into the arteries. The pulse pressure is the difference betwen the diastolic and systolic, and represents the power of the heart over and above the diastolic pressure.

Causes of High Blood Pressure

The causes of hypertension are numerous and various. In general terms whatever increases the force of the heart's action and reduces the elasticity of the vessels leads to high blood pressure and all so-called causes of hypertension come under one of these two heads.

Perhaps one of the commonest causes is overeating. Since the organism has a limited capacity for digesting and assimilating food, exceeding this limit leaves a certain amount of toxic residue. These toxins are highly irritating in addition to placing an extra load on the heart, liver and kidneys. It follows that reduction in the amount of food eaten is the proper remedy in such cases.

Alcoholic drinks stimulate the heart and load the blood with toxins not only of the alcohol itself but of food toxins which are a result of the repression of the digestive process. It should be cut out.

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STILL POND

Mr. Harry Bidwell spent several days last week in Philadelphia.

Mr. Henry Davis, of Wilmington is much improved and expects to be at home the last of this week.

Mrs. Harry Bidwell and Mrs. Lillian Scheetz spent last Wednesday in Wilmington.

Mrs. L. B. Harper is spending this week with Mr. and Mrs. F. B. Harper

Miss Joan Robinson entertained the Little Light Beares on Friday afternoon at the home of Mrs. William Medders. They had a good attendance of members and parents and spent a very pleasant afternoon.

The P. T. A. had a very profitable meeting on Friday afternoon. Miss Mildred Neal, our new Teacher, gave new spirit to the organization. New Officers were elected, Mrs. Elmer Atwell, President; Mrs. Oliver Nicholson, vice president; Mrs. Elwood Glenn, Secretary; and Mrs. E. K. Jones, Treasurer.

Mrs. Annie Davis, Mr. Walter Davis and Miss Louise Travers were guests of Mr. and Mrs. Romie Skirven, of Fairlee, on Sunday.

Mrs. Lillian Sheetz is leaving for the West on Wednesday of this week.

Mr. Jesse Coleman escaped injury when his truck struck a pole on the way in with the mail on Saturday morning. His truck was damaged but is repaired and on the job again.

Mr. Carson Greenwood also had an accident on the corner on Saturday night. His car was badly damaged.

At a meeting of the Official Board on Tuesday evening, the Heater Committee had good returns and can report "Progress" but they will need a good many dollars to get the new heater so they can keep the church comfortable this winter.

JOHN W. BARROLL
ATTORNEY-AT-LAW
Phone No. 10 Chestertown, Md

Subscription to the Transcript $1.50 per annum.

TO THE LADIES

Of interest to the ladies is this Special Sale of COATS, DRESSES, SHOES

COATS
Reduced From
$20 to $12
$25 to $19.50
$35 to $24.50

DRESSES
Reduced From
$5.95 to $3.77
$6.95 to $4.95
$9.95 to $5.95



SHOES, Suede and Leather, in Black, Brown and Gray. $4 and $5 Values Now each $2.98

25% REDUCTION ON ALL CHILDREN'S COATS

BONNETT'S

NOTICE TO CREDITORS

NOTICE is hereby given that the undersigned has obtained from the Orphans' Court for Kent County letters of Administration on the personal estate of

SALLIE B. NORRIS

late of said county, deceased. All persons having claims against said deceased's estate are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 7th day of April, 1934, otherwise they may by law be excluded from all benefit of said deceased's personal estate.

All persons indebted to this estate must settle at once.

Given under my hand this 3rd day of October, 1933.

MABEL M. NORRIS, Administratrix.

ANNOUNCEMENT

I wish to announce that I have secured the services of a very competent nurse to act as lady assistant. The addition of lady assistant should prove of great value in giving the latest and very best of professional service.

My aim is to give to the public the very latest and best methods of our profession.

R. ELLIS CLARK,
Funeral Director,
Denton 24 Chestertown 341M



Subscription to the Transcript $1.50

Announcement

FAMOUS READING ANTHRACITE COAL

Price Lowest in 15 Years.

The coal that all others try to imitate.

Your Orders Solicited

J. D. BACCHUS

Chestertown, Md.

L. W. BARROLL
Counsellor-at-Law
EQUITABLE BUILDING
Corner Fayette and Calvert Streets
Baltimore

EXHIBIT L.

STATEMENT OF BOARD OF EDUCATION OF KENT COUNTY FOR 1932-1933.

RECEIPTS

Balance on hand Aug. 1, 1932		$1,917.78
From State and Federal Funds:		
Census and Attendance	17,796.48	
Census and Attendance, 1931	1,470.00	
High School Aid	13,520.00	
Free Book Fund	2,088.60	
Materials of Instruction	522.16	
Salaries of Officials	4,920.00	
Colored Industrial Fund	1.500.00	
Equalization Fund	17,115.99	
Handicapped Children	244.56	58,177.79
From County Levy:		
Current Expenses	108,243.99	108,243.99
From Other Sources:		
Licenses and Fines	1,081.24	
Tuition Fees from Adjoining Counties	725.00	
Tuition Fees from Patrons	20.00	
Interest on Bank Balances	99.68	
Transportation of H. S. Pupils	1,110.50	
Sale of Property:		
Buildings and Grounds $380.00		
Equipment 15.25		
Text Books 71.26	466.31	
Contributions and Donations	10.00	
Refunds	19.50	
Schools for Libraries	11.83	3,544.36
Total Receipts		$171,883.82

DISBURSEMENTS

General Control:		
Office Expenses	$1,037.49	
Printing and Advertising	447.81	
Board Members Allowance	200.00	
Legal Service	50.00	
Salary of Superintendent	2,940.00	
Traveling Expenses of Superintendent	500.00	
Salary of Clerk	1,400.00	
Salary of Attendance Officer	1,200.00	
Traveling Expenses of Attendance Officer	500.00	
Other Costs of General Control	115.86	8,391.16
Instructional Service:		
Salary of Supervisors	3,740.00	
Traveling Expenses of Supervisors	867.45	
Other Expenses of Supervision	34.55	
Teachers' Salaries:		
White High $35,957.35		
White Elementary 52,883.33		
Colored High 3,419.00		
Colored Elementary 13,956.38	106,216.56	
Handicapped Children	244.56	
Text Books	3,575.29	
Materials of Instruction	1,693.13	
Summer School Allowances	1,034.00	
Other Costs of Instruction	668.54	118,074.08
Operation of School Plant		
Janitors' Wages	4,985.00	
Janitors' Supplies	115.88	
Fuel	5,405.91	
Other Costs of Operation	906.73	
Water, Light and Power	516.98	11,930.50
Maintenance of School Plant:		
Repair Buldg and Upkeep of Ground	2,109.23	
Repair and Repmt of Equip	2,011.27	
Rent of School Buildings	130.00	4,250.00
Auxiliary Agencies:		
School Libraries	116.97	
Transportation	23,817.97	
Health Service	247.35	
Other Auxiliary Agencies	332.35	24,514.64
Fixed Charges.		
Insurance	871.09	
Contributions	25.00	
General Entertainment	81.94	978.03
Debt Service:		
Refunds (Transportation)	5.00	5.00
Capital Outlay:		
New Buildings E 3-5	300.00	300.00
Total Disbursements		$168,443.91
Amount on hand		1,917.79
Amount Received		169,966.04
Total		171,883.82
Disbursements		168,443.91
Balance by Books		3,439.91
Outstanding Checks		7,247.13
Balance in Bank		10,687.04

SUPPLEMENTARY STATEMENT OF BOARD OF EDUCATION OF EDUCATION OF KENT COUNTY, MARYLAND FOR 1932-1933

Balance on Hand, July 31, 1933	3,439.91
Unpaid Bills as of July 31, 1933	1,837.13
	$1,802.78

BILLS UNPAID AS OF JULY 31, 1933.

	General Control	Instructional Service	Operation of Plant	Maintenance of Plant	Auxiliary Agencies
University of Chicago Press					$6.84
Stanford University Press					10.80
Benj. H. Sanborn & Co.					2.31
D. Appleton-Century Co.					11.50
American Book Company					3.97
J. D. Bacchus			$706.24		
R. D. McAllister				$40.00	
Edwin Smith				2.50	
Harry Lipscomb				3.00	
Howard Mench				41.25	
John P. Ahern & Co				1.30	
Jones & Satterfield				26.80	
Richard Warrick				6.30	
A. Leon Brown					
Mary Wanson			25.00		
J. A. Begelow			11.00		
Chestertown Elec. Lt. Co.			6.50		
Md. Light & Power Co.			8.88		
P. T. A. Betterton School			3.75		
Wm. Belt Townshend	$137.50		1.00		
C. & P. Telephone Co.	11.45			5.25	
T. H. M. Bramble					
E. T. Othoson			1.63		
Geo. N. Coleman			4.00		
Macmillan Co.		$136.56			
Ginn & Co.		100.69			
Charles E. Merrill Co.		37.53			
South-Western Publishing Co		30.77			
Rand McNally & Co.		1.31		45.20	
Isaac A. Sheppard Co.					
Denoyer-Ceppert Co.		9.15			
General Biological Supply H.		6.60			
E. L. Redmile	7.60				
Underwood Elliott Fisher Co				385.00	
	$156.55	$322.61	$767.95	$554.60	$35.42

EXHIBIT M.

MISCELLANEOUS DISBURSEMENTS—BY ORDERS

St. Walter Martin, exp. of inves. thefts in Kent Co.	21.00
Marian C. Caldwell, paying P. O. Box rent ond freight	2.26
Marian C. Caldwell, paying P. O. Box rent and freight	1.41
Dr. G. H. Dana, Lancing abscessed tooth for county prisoner	1.00
Mrs. Nell C. Wtstcott, for paying transportation of Martin family to Ohio	34.50
Jas. A. Young, Clerk, certfyg. copy chapter 316 of Acts of 1931	1.00
Dr. Frank W. Smith, exam. patient for insanity	5.00
Marian E. Caldwell, Clerk, P. O. box rent and freight	5.50
Sarah Green Moore, burying pauper	20.00
Marian E. Caldwell, clerk, stamps and freight	10.48
Fred Williams, extinguishing forest fire	8.45
Phillip T. Jones, extinguishing forest fire	1.75
John A. Tobin and Son, burying pauper	25.00
Commissioners of Betterton, police service	50.00
Dr. Frank W. Smith, examining patient for insanity	5.00
Dr. W. N. Palmer, prof. services to prisoner	10.00
Sgt. Walter Martin, investigation of death	28.68
Marian E. Caldwell, paying for adding machine ribbons	1.85
Harrison Y. Vickers, exp. for co. comm. and atty. on business trip.	11.20
Enterprise, adv. reward for chicken thieves	1.50
Dr. G. R. Dana, prof. serv. rendered to prisoners	3.00
Thos. J. Davis, trav. exp. to trial before State Tax Commission	2.50
Dr. G. H. Dana, prof. services rendered to prisoners	3.00
Thos. J. Davis, trav. exp. to trial before State Tax Commission	2.80
Harrison W. Vickers, trav. exp. to trial before State Tax Comms.	7.00
Dr. Frank Hines, exam. for insanity	15.00
Marian E. Caldwell, P. O. rent and freight	2.50
H. W. Vickers, atty. exp. of co. comm. and atty. attendg. meeting	11.25
H. W. Vickers, atty. exp. of co. ccm. and atty. attendg tax meeting	6.40
Asbury Henry, burying pauper	20.00
James A. Spence	25.00
Robert A. Shallcross, clerk, recording agreement and plot	3.50
H. W. Vickers, atty. exp. of trip to State Tax Comm.	7.00
Marian E. Caldwell, P. O. box rent, etc.	2.50
Marian E. Caldwell, freight	2.59
J. Page Gale, fighting forest fires	8.70
Fred Williams, fighting forest fires	7.35
State Department of Health, one-half tel. calls by Dr. Beachley	5.90
Marian E. Caldwell, freight charges, etc.	2.55
Kent News, notices and supplies for C. Newsome	2.50
Dr. G. H. Dana, prof. services to prisoners	1.00
Stam Drug Co., supplies for health officer	6.85
Owen C. Smith and Son, supplies for health center	2.41
Total	$391.36

MISCELLANEOUS DISBURSEMENTS—BY CERTIFICATES

W. T. Hicks, burying pauper	$32.69
John E. Squires, watching Millington Bank for two weeks	21.79
State Department of Health, tel. calls by Dr. Beachly	10.07
State Department of Health, tel. calls by Dr. Beachly	8.20
A. W. Duhamel, night watchman	21.70
John T. Vickers, sheriff, summoning jurors for death	48.38
T. C. Fox and Sons, damage to co. truck	211.97
Roland M. Comly, fighting forest fires	5.30
Lenhart, Griffin and Anderson, Inc., prem. on bond	26.44
Russell Motors Corp., part of Public Health Assn. note	125.85
B. R. Fellows, burying pauper	12.56
C. Lee Gill, treas., donation to Ambulance fund	105.37
John T. Vickers, sheriff, carrying colored boy to hospital	5.22
Chas. L. Dodd, burying pauper	66.64
Dr. G. H. Dana, services to prisoners	2.08
Robert A. Shallcross, refund for tax sale property	36.64
Asbury Henry, burying pauper	29.12
Fred Williams, fighting forest fires	7.65
May M. Beck, mileage for delivering patient to Salisbury	10.38
Sgt. Walter Martin, two trips investigating robbery	29.64
Children's Aid Society of Cecil Co., board of patient	21.22
B. R. Fellows, burying pauper	25.88
Russell Motors Corp., payment on Health Association car	103.42
Frank W. Smith, examining patients	5.17
Total	$973.38
Grand Total	$1364.74

REVOLVING FUND—**EXHIBIT N.**

Balance on Hand June 16, 1932		$63.85
RECEIPTS		
Check from Commissioners of Rock Hall, for slag	$410.00	
Cash from Joshua W. Davis, for slag	6.00	
Check from Chester Cemetery Co., for pipe	25.20	
Check from Wallace C. Johnson, for slag	110.00	
Check from Board of Education, for pipe	33.60	
Cash from Henry Wyle, use of roller	25.90	
Cash from Aubrey Faucett, for 55 tons of slag	55.00	
Check from Com. Brown, Jr., for 3 tons slag	6.00	
Check from Morris L. Clothier, for 81 tons of slag	145.80	
Check from G. E. Chaires, for two tractor wheels	2.00	
Check from Continental Oil Co., for refund on Gas	32.45	
Check from Eckley B. Coxe, for slag	29.00	
Cash from W. R. Startt, for pipe	8.40	
Check from George H. Biles, for slag and labor	547.50	
Cash from W. C. Johnson, for slag	110.00	
Check from Commissioners of Rock Hall for pipe	32.96	
Cash from E.S.Adkins Co., for ref. for pymt of bill	.91	
		1,580.72
Total		$1,644.57

DISBURSEMENTS

Aubrey Faucett, for road material	$41.25	
Aubrey Faucett, for road material	41.25	
Linwood Burris, for labor	52.50	
George Ringgold, for road material	35.75	
Vincent Mench, for labor	70.25	
Thos. A. Marvel, for labor	33.00	
Medford Capel, road material freight	50.00	
C. C. Jones, for pipe returned	11.90	
Emory M. Bonwill, road material	25.00	
George H. Ringgold, pipe returned	7.00	
Emory M. Bonwill, road material	50.00	
Howard E. Hadaway, frt. road material	82.50	
Medford Capel, road material freight	125.00	
Emory M. Bonwill, road material	45.00	
Emory M. Bonwill, surf. and transp.	80.85	
The Texas Co., for gas and oil	97.20	
H. E. Hadaway, frt. on road material	82.50	
Ericsson Line for frt. on pipe	2.21	
Henry H. Meyer Co., pipe for Rock Hall	30.75	
Total		$963.91
Balance on Hand June 15, 1933		680.66
		$1,644.57

EXHIBIT O.

SOURCE OF REVENUT FOR KENT COUNTY, MARYLAND. FOR YEAR 1933-34 AS SHOWN BY THE ASSESSMENT BOOKS OF THE COUNTY COMMISSIONERS

Real and Personal:		
1st District	$2,973,891.00	
2nd District	2,799,752.00	
3rd District	2,225,759.00	
4th District	2,767,734.00	
5th District	1,888,421.00	
6th District	1,505,525.00	
7th District	1,145,675.00	
Total		$15,306,757.00
Bank Shares	155,263.05	
Corporations	221,597.66	
Corporations (Domestic)		
Corporations (Special)		
Motor Vehicles	524,655.00	
Non-Stock Corporations (Full Rate)		
Non-Stock Corporations (Security Rate)		
Real and Personal, Extra	105,845.00	
Securities, extra	107,397.00	
Total		$1,114,757.71
Securities:		
1st District	57,840.00	
2nd District	13,380.00	
3rd District	8,650.00	
4th District	636,035.00	
5th District	65,700.00	
6th District	560.00	
7th District	325.00	
Total		$782,490.00
Grand Total		$17,204,004.71

Taxes to be collected on the above at the following rates per $100.00:

Bank shares	$1.00
Corporations	.93
Corporations (Domestic)	.93
Corporations (Special)	1.00
Motor Vehicles	.93
Non-Stock Corp. (Full Rate)	.93
Non-Stock Corp. (Sec. Rate)	.30
Real and Personal	.93
Securities	.30
Trust Companies	1.00

EXHIBIT P

STATEMENT OF CERTIFICATES ISSUED BY THE KENT COUNTY COMMISSIONERS AND WITNESSES CERTIFICATES ISSUED BY THE CIRCUIT COURT 1932-33 AND PAYABLE JANUARY 1, 1934.

Alms House	$4,725.76
Assessments	835.45
Auditors' salaries and supplies	370.22
Board of prisoners	4,522.65
Circuit Court	2,638.73
Circuit Court, clerk's office	501.55
Circuit Court, witnesses Oct. 1932	165.03
Circuit Court, witnesses Oct. 1932 (Special Session)	1.14
Circuit Court, witnesses Oct. (Grand Jury witnesses)	20.34
Circuit Court, witnesses Apri 1933	21.38
Circuit Court, witnesses April 1933	335.38
Court House	234.50
Court House and Jail	3,406.68
Hospitals	4,949.44
Incorporated Town s Bank Shares	1,423.44
Inquisitions	744.69
Jail	40.25
Jail Supplies	1,430.18
Kent and Queen Anne's Joint Account	192.10
Miscellaneous	973.38
Machinery for County	991.30
Magistrates and Constables	3,358.26
Orphans' Court	392.32
Refund Taxes Paid in Error	326.63
Registrations and Elections	6,399.72
Reformation and State Schools	2,432.48
Sheriff's Fees	1,077.35
Transporting Prisoners	1,211.16
Treasurer's Office	1,739.77
Tuberculosis Eradication	3,220.92
Wharves and Landings	302.04
Total	$48,983.40

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