

YOUR DOG AND MINE

VITAMINE A.

By EDWARD C. LOUD, JR.

Vitamine A was the first vitamine to be discovered. Without it a dog could not live, and yet it is necessary only in very minute quantities. It is tied up with a new thought in medicine and for that reason it is also interesting. The medical profession had in general thought of disease as being caused by something, and it had scarcely occurred to the members that disease could be caused by a deficiency. Investigators had undertaken to put together all the organic substances which were thought to be necessary for nutrition to see if they could make up synthetic diets which would prove adequate, but at that time never were able to make them keep the animal alive for any extended period. It always required the addition of what they called natural foods to make them sufficient.

Certain mysterious acessory food substances were described and then it became the desire of students of nutrition to discover just what they were and how and why they acted as they did. In 1913 the first report of Vitamine A was published. Osborne and Mendel, using albino rats, noted repeatedly that certain of the rats in addition to looking out of condition, had diseased eyes which appeared to be caused by some infection. Whole colonies of rats would seem to contract the disease and others on different diets though next to those with it, would not contract it. It was clearly a question of food despite the fact that opthalmologists tried to treat the eyes with medicines. Medicines applied externally did not help. Finally by the process of elimination it was learned that some food substances like butter had the power to prevent the disease, and lard, for example, lacked this power. Finally the agent was tracked down until the investigators could say what did and what did not contain this food substance. These were classified and purified and today we know that in general vitamine A is contained in nearly all foods which are yellow and green in nature. The following list is taken from the J. Amer. Merd. Assoc. It is not complete but it does indicate substances which are rich, medium and poor in Vitamine A.

Unappreciable Amounts

Beets, celery, egg white, flour (white), honey, hydrogenated fats, lard, onions, radishes, rice, starch, sugar.

Fair Amounts

Apples, beans (navy or soy), bread, cabbage (cooked), cauliflower, fish, oatmeal, parsnips, potatoes (white), rye, wheat (whole).

Good Sources

Asparagus (green), beets (green), bread (whole wheat, milk), cabbage (raw, green), carrots (cooked), cheese corn (yellow), dandelion greens, lettuce, liver (beef), milk, orange juice, oysters, peaches, peas, potato (sweet), pumpkin, tomato.

Excellent Sources

Butter (high grade), carrots (raw), cod liver oil, cream, eggs, milk (fresh), cow's, dried, evaporated), spinach, watercress.

How are we going to tell if our dogs are suffering from lack of Vitamine A? Simply by knowing whether their food is well fortified and if there is any doubt, by watching for symptons. Appetite is not a good indication. The first indication is the lack of lustre to the coat. At the same time too, the dog begins to loose flesh. His contours and curves become angles. The distance across the loin diminishes, the joints seem to become stiffened slightly, and the dog loses his resiliancy. He seems to lose interest in life and does not bark and frisk as he did when normal.

The eye trouble sets in and the eyes not only become filled with pus in the corners, which seem to accumulate despite any kind of eye drops and cleaning, but the eyes actually become sore. The eyelids will be found to be glued together with the matter which has exuded and it is somewhat difficult to cleanse them. They look much as some dogs eyes do, during a siege of distemper. Sometimes in advanced stages the nose runs too as in distemper. By this time the dog's condition is about hopeless.

The fact is that on the usual diets there is very little likelihood of any dog showing these symptons. Only in experimentally induced cases does one find such disease. One dog belonging to a kennel owner who had neglected it, showed all these symptons but not in extreme form and was cured by the simple addition of fresh alfalfa leaf meal to his diet.

DR. JULIAN T. POWER
Chestertown, Maryland



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MID-RIVER LEAGUE

STANDING OF CLUBS

	W	L	AVE
Kennedyville	3	0	1.000
Massey & Galena	3	0	1.000
Middletown	3	0	1.000
Warwick	0	3	.000
West Kent	0	3	.000
Cecilton	0	3	.000

SATURDAY SCORES

Massey & Galena 2; Warwick 1.
Kennedyville 4; Cecilton 1.
Middletown 8; West Kent 2.

WHERE THEY PLAY SAT., MAY 11

Massey & Galena at Cecilton.
Kenedyville at West Kent.
Middletown at Warwick.

Massey & Galena	Ab	R	H
Betz, 2b,	3	0	0
Newnam, 3b,	3	0	1
Boyles, ss,	4	0	0
E. Passwater, c,	4	0	1
Peacock, 1b,	3	0	1
Haley, rf,	3	0	0
Massey, cf,	3	1	2
Coxe, lf,	2	1	1
Grady, p,	3	0	1
Woodall, 2b	0	0	0
Totals	28	2	7

Warwick	Ab	R	H
Lockwood, 2b,	2	1	0
Beck, ss,	3	0	0
Smith, c,	4	0	0
Unruh, 3b,	4	0	1
Layman, cf,	4	0	0
Ray, 1b,	2	0	0
Alken, lf,	1	0	0
Carroll, 1b, & lf,	3	0	1
Pierce, p,	4	0	1
Savin, rf,	3	0	0
Totals	30	1	3

SCORES BY INNINGS

Massey & Galena 0 0 0 0 2 0 0 0 0—2
Warwick 0 0 0 0 0 0 0 0 1 0—1

W. C. TAKES 2 FROM ST. JOHNS

Washington College completed its seventh straight baseball victory on Wednesday by defeating St. Johns at Annapolis 10 to 6.

After trailing until the fifth, Washington put across 3 runs to tie the score 3 to 3. Two more in the 6th was tied by St. Johns in the 7th but Washington scored 3 more in the eighth and two in the ninth to clinch the game. St. Johns hopes of recovery in the ninth were thwarted when Fountain struck out all three men.

WASHINGTON	Ab	R	H
Berry, ss,	4	0	1
Evans, 1b,	3	1	0
Tigner, lf,	5	2	1
Nich'son, cf,	5	1	1
Hoffman, c,	5	2	2
Bilan'ni, rf,	4	1	2
Salters, 3b,	5	0	1
Rein'rt, 2b,	3	2	0
Fountain, p,	4	1	2
Totals	38	10	10

ST. OHNS	Ab	R	H
Downs, 3b,	5	0	1
Jarrell, lf,	4	0	1
Archer, ss,	4	1	0
Delisio, 1b,	5	1	2
La'bros, 2b,	5	1	3
Englas, cf,	5	1	0
Cerniglia, c,	0	0	0
Napar'no, c,	5	1	1
Silver, rf,	2	1	0
Cooper, p,	4	0	0
Pindell, p,	1	0	0
Totals	40	6	8

Washington .. 0 0 1 0 2 2 0 3 2—10
St. John's .... 1 1 1 0 0 0 2 1 0— 6

Last Saturday the Johnnies went down to a 2 to 7 defeat at Chestertown when Washington found the Annapolis pitcher in the 8th and 9th inning for 5 runs. Fountain did the mound work for the local team.

The lineup and summary:

St. John's	Ab	R	H	O	A
Downs, 3b	4	0	1	0	2
Jarrell, lf	4	0	1	2	0
Archer, ss	4	1	1	3	3
Delisio, 1b	3	0	0	14	1
Lebrose, 2b	4	0	0	2	3
Englar, cf	4	1	1	2	0
Naparano, c	4	0	1	0	1
Brooks, rf	3	0	1	1	0
Cooper, p	2	0	0	0	5
Williams, p	0	0	0	0	0
Totals	32	2	6	24	15

Washington	Ab	R	H	O	A	E
Turner, rf	3	0	1	0	0	0
Berry, ss	3	1	0	0	0	0
Tignor, lf	4	1	2	0	0	0
Evans, 1b	4	0	0	7	0	0
Huffman, c	3	1	1	11	2	0
Salter, 3b	4	2	3	5	0	0
Reinhart, 2b	3	1	2	2	3	0
Fountain, p	3	0	0	0	2	0
Bilancioni, rf	2	0	1	0	0	0
Totals	32	7	11	27	7	

St. John's ..... 1 0 0 0 0 0 1 0 0—2
Washington .... 0 0 1 0 0 1 2 3 x—7

Errors—Archer, Englar, Naparano, Evans, Reinhart. Two base hits—Nicholson. Salter. Three base hit—Archer. Home run—Salter. Stolen bases—Turner. Berry (2), Naparano, Bilancioni, Tignor. Sacrifice—Reinhart. Double plays—Lambrose to Archer; Archer to Delisio 2. Base on balls—off Cooper 2; Williams 1. Hits—off Cooper, 9 in 7 2-3 innings; Williams, 2 in 1-3 inning. Struck out—by Fountain 11. Passed ball—Huffman. Losing pitcher—Cooper. Umpire—Horsey. Time 1.45.

CHESTERTOWN NINE WINS OPENER

DOWNS NORTH EAST 4 TO 3

The newly organized Chestertown baseball team scored a 4 to 3 victory over North East, after trailing until the seventh inning.

Bill Loller held the visitors to 7 hits. Hickman's single in the ninth, scoring on Kennedy's single ended the game.

The lineup and summary:

Chestertown	Ab	R	H	O	A	E
Russell, lf	4	0	1	1	0	0
Oliffe, c	2	0	0	8	1	0
LeCates, rf	3	0	1	5	0	0
Nicholson, cf	4	1	1	1	0	0
Bennett, ss	4	0	1	2	3	0
Hickman, 3b	4	2	1	0	1	0
Kennedy, 2b	4	1	2	2	1	2
Clements, 1b	3	0	1	8	1	0
Loller, p	2	0	0	0	2	0
Tinko, p	0	0	0	0	1	0
(a) Weetenkamp	1	0	0	0	0	0
Totals	31	4	8	27	10	2

North East	Ab	R	H	O	A	E
Herstine, ss	4	0	0	2	3	0
McCann, rf	5	0	2	1	0	1
Jackson, cf	3	1	0	3	1	0
Bryan, 1b	3	1	1	13	0	0
Cully, c	4	0	1	1	1	0
Reynolds, 3b	4	0	1	3	2	1
A. Beed, 2b	3	0	0	0	3	0
Davis, lf	4	0	0	2	2	0
F. Reed, p	4	1	2	0	4	0
Totals	34	3	7	25	16	2

(a) Batted for Loller in eighth inning.

One out when winning run scored.

Chestertown ... 0 0 0 1 0 0 2 0 1—4
North East .... 0 0 0 1 1 0 0 1 0—3

Two base hits—LeCates, Bennett, McCann, Bryan. Three base hits—Cully, Kennedy, Clements. Stolen bases—Hickman 2, Reynolds. Sacrifice hits—Oliffe, Herstine. Double play—Jackson to Bryan. Base on balls—off Loller 2, off F. Reed 2. Struck out—by Loller 6, by Tinko 2, by F. Reed 1. Hit by pitcher—Jackson, Oliffe. Umpires—Green, Bilancioni and Blackway. Time of game, 1:55.

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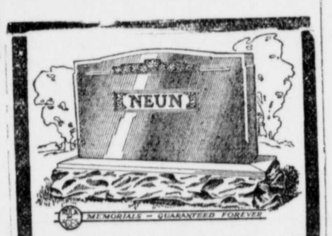
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NOTICE is hereby given that the undersigned has obtained from the Orphans' Court for Kent County letters of Administration on the personal estate of

MORRIS H. COOPER

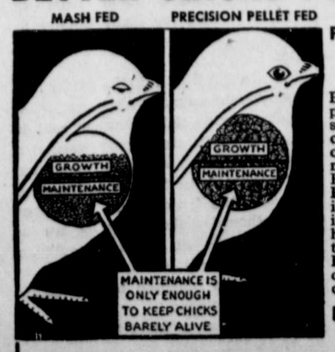
late of said county, deceased. All persons having claims against said deceased's estate are hereby warned to exhibit the same, with the proper vouchers thereof, to the undersigned on or before the 9th day of September, 1935, otherwise they may by law be excluded from all benefit of said deceased's personal estate.

All persons indebted to this estate must settle at once.

Given under my hand this 5th day of March, 1935.

S. TILDEN COOPER, Administrator.

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