

HAY FEVER

MAJOR CLAUDE BROWN DIAGNOSIS COMMON MALADY.

Teary eyes, fevered brow and much use of faithful kerchief are unmistakable symptoms of the most common malady of hot weather. Hay fever has proven a military problem as well as a factor in civil life because of the unpleasant effects of the disease.

Major Claude Brown, chief of the laboratory service of the U. S. Army Base Hospital Camp Greene, has prepared the following treatises on the subject of hay fever which is of value to layman as well as members of the medical profession.

"Hay fever is a disease which returns to taunt it's victim so regularly that sufferers believe they can tell almost the hour when their attack will begin each summer or early in the fall.

"Rose cold and Hay Fever are much alike except that usually the symptoms of Hay Fever are more severe, the explanation of this is probably in the amount of pollen floating in the air.

"Rose Cold is caused mostly by pollen from timothy, rye, orchard wheat, and other grasses, although daisies, roses and other flowering plants may



THEY HAVE IT.

also produce the symptoms.

"Hay Fever is caused in about 90 per cent of the sufferers by Ragwood, but a few cases are undoubtedly due to golden rod or corn, as the pollen of corn is very heavy and golden rod scanty, they are not wind borne to any great extent.

"The peculiar ability on the part of certain individuals for their nasal secretions to break up the pollen cells and liberate the poisons which cause their symptoms is somewhat allied to those who get a rash after eating strawberries, sea food etc., and is known as sensitization.

"It is possible now by making a slight abrasion of the skin and applying various pollens and extracts of food to find which of the plants or foods are producing these disturbances.

"Every sufferer one meets, has his own remedy, none of which, however, is entirely satisfactory. Undoubtedly

INFLUENCE.

You kept a man from the front today—  
His heart was aflame to be away,  
But you clung to his arm and bade  
him stay  
And he loved you better than country  
or fame,  
That hope of honor or his own good  
name,  
So, he stayed at home with you.

But the troops go marching gaily by,  
And his face grows white—men cannot  
cry,  
And he longs to go forth to do or die;  
But you feared to have him enter the  
fight,  
And you robbed him of his own birth-  
right,  
So, he stays at home with you.

Can you make it up to him, do you  
think,  
When the troops come home again?  
There'll be tales of valor they have to  
tell,  
And an honored hush for the one who  
fell,  
And a shout for those who fought so  
well,  
He'll stand and listen, then slink  
away,  
And come back to you—who made him  
stay.  
Say, can you make it up to him?

keeping the nasal passages cleaned with a normal saline solution followed by the application of some simple ointment is helpful. The salt solution should not contain more than a small teaspoonful of salt to a pint of water. The method which gives greatest promise of relief and possibly ultimate cure is the use of Pollen extracts.

"Extracts are prepared from most of the pollens which cause standardization are used by hypodermic injection. The injections are given by the physician, who repeats them as often as seems necessary in any particular case.

"The method by which the pollen extracts produce their effect is not clearly understood but their action seems to be the removal from the individual, the ability of the secretions to break down or digest the pollens known as desensitization, so that poisoning does not occur.

"The discovery, that Hay Fever and Rose Cold are caused by pollens, dates back less than fifty years. Dr. Blackley of England had an attack on Christmas day, when one of his children brought into the house from the conservatory a sprig of timothy, which was in bloom. His researches following this threw new light on the whole subject.

"In some parts of the country campaigns have been started looking to the elimination of Ragwood and other weeds. The cutting of these weeds must be widespread as pollen from many are very light and are carried great distances by even slight breeze.

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