

### Plan For The Control Of T. B. In Wilkes County

...ed from Disease of the Vol. V, No. 3, Mar., 1939) ... the belief that tuberculosis can be controlled if communities will cooperate in its eradication, if diagnosis is early and treatment is prompt and adequate, we have evolved a plan which we believe will eventually make the disease much less frequent.

Our plan consists of three phases: namely, (1) Community education, (2) Early diagnosis, (3) Adequate treatment.

The community education is done largely to our county health office. Every effort is made to get our people to realize that tuberculosis is not a disgraceful or shameful disease, but an unfortunate state which can be controlled and prevented. Here, as in nearly all parts of the country, people frequently try to hide the presence of tuberculosis in the family, as they fear that if such knowledge gets out they will be ineligible for work in factories and other public works.

Education is attempted by several means. For those who want literature (published by the United States Public Health Service and by the state) is available. An effort is made to get this literature into the hands of families in which tuberculosis exists and into the hands of those who come in contact with the disease.

By newspaper articles in the newspapers, we try to tell

### U. S. Officers in Eskimo Regatta



An army lieutenant (upper left) and a navy lieutenant (center) are here shown as they participated in an Eskimo kayak race during a visit of a navy patrol vessel to Lake Harbor, Baffin land. The officers are members of the Greenland patrol.

our people what tuberculosis is and how it can be diagnosed and treated. The community is told of the early symptoms of tuberculosis and it is urged that people in contact with the disease or people having some of the early signs go to their physician for diagnosis. Our people are assured that with early diagnosis much can be done to arrest the progress of the disease and every effort is made to remove from the lay mind the gloomy prognosis that tuberculosis has formerly had. As in the present publicity campaign against syphilis, we are trying to bring the disease out into the open daylight.

Nothing, so far, has been done in the way of giving lectures at public meetings, but much has been done by conversation with our patients. These talks follow the lines of the newspaper articles. Again, our patients are told there is no need to be ashamed of having tuberculosis, but that it is shameful to spread it to innocent contacts.

Early diagnosis is attempted by three means. First, our practitioners of medicine are made "tuberculosis conscious". They are asked to regard with suspicion all patients who complain of loss of weight, low grade fever, easy fatigability, or any of the other early signs of tuberculosis. The x-ray is being used much earlier when any symptoms are found. From sad experience we are learning that "Early tuberculosis should be seen and

not heard," as we have all been startled by x-ray plates showing extensive involvement when no physical signs were present.

Our second means of early diagnosis is the use of the tuberculin test among school children. This work is done by our county health officer and his assistants. It is done systematically in all the schools in the county every year. No effort is made to test all the school children, as it is felt that this would be needless. The health officer makes a routine check-up of all children annually to find gross physical defects such as malnutrition, bad tonsils, deafness, poor vision, etc. Children who are found to be more than 10 per cent under the standard weight are tuberculin tested, if the parents will give their consent. As in all communities, there are always a few parents who are non-cooperative. Usually from fear of putting the "stigma" and "shame" of tuberculosis on their children. As a whole little difficulty is encountered along these lines. A second group that is tested consists of known contacts. As tuberculosis is a reportable disease in this state, all tuberculous families are known to the county health office. Members of these families attending school are urged to have the test whether they are under weight or not.

When a child is found to have a positive tuberculin reaction his family is notified of the fact and they are asked to have him

x-rayed and observed by the family physician. Treatment for those found to be tuberculous will be gone into later. X-rays are made by our local hospital, for full price when the patient is able to pay, and at actual cost when they are not. Neither the county nor the state has set aside any funds for paying for these x-rays.

Our third means of early diagnosis consists of the fluoroscopic clinic held in our county seat each summer. This service is rendered by our state sanatorium. One of the sanatorium's physicians, skilled in fluoroscopic diagnosis, is sent to us with a portable fluoroscope. He stays here from one to two weeks, the number of patients to be examined dictating the length of his stay. This clinic costs neither the county nor the patient a cent, but is a part of our state's effort to bring tuberculosis under control.

Prior to the coming of the fluoroscopist, all the doctors in the county are notified of the date of the clinic and are urged to tell patients whom they suspect of having the disease, all contacts, and all who have had tuberculosis, to appear.

Further publicity is given by frequent newspaper announcements of the dates. This publicity is designed to catch those who have no regular family physician. It is surprising how many people will come in without being sent. All known contacts receive a letter from the county health officer urging them to come in for an annual check-up. In addition to these, all patients resident in our local tuberculosis but are brought in for check-up.

All patients, whom the fluoroscope shows to have either definite or suspicious lesions, are referred to our local hospital for chest plates. Here again, there is no financial provision for taking these pictures, so the patient pays according to his ability. Borderline cases found by fluoroscopy are given the tuberculin test and, if cough and sputum are present, the sputum is examined for tubercle bacilli by the State Laboratory of Hygiene.

So far, this plan is exactly that outlined by the state sanatorium for the early diagnosis of the disease. It is in treatment that we differ from most of the rural counties of North Carolina.

At the 1937 fluoroscopic clinic the doctor from the state sanatorium told me that of the active cases he diagnosed at the clinic, over half would be dead before they could be admitted to the state sanatorium. This was attributed to lack of proper treatment and diet during the time they were on the waiting list for admission, and to the insufficient number of beds available at the state institution.

As the treatment of tuberculosis is more or less standardized, we determined that, as nearly as possible, we would duplicate that given by our state sanatorium.

Our treatment consists of (1) Isolation of active cases, (2) Absolute rest in bed, (3) Nourishing diet, and (4) Compression therapy, either by pneumothorax or by phrenic nerve operation, where indicated and where possible.

Isolation is accomplished where the patient will cooperate, by having him admitted to a small hospital (12 bed capacity) furnished by the county and located on the county farm. Thus the danger of spread of the infection is minimized. Rest is more easily possible in that the patient is not distracted by the usual home worries.

The hospital itself is small, having only one floor. There is an entrance hall flanked by two large wards. Behind the entrance hall are the kitchen and living quarters for the two women who attend the patients. Such a hospital is inexpensive to build and equip. As the hospital is located on the county farm, food supplies are available in abundance and at small cost. No attempt is made to force feeding, but the diet is general and nourishing. Extra vitamins are supplied in the form of tomato juice, orange juice, and cod liver oil.

Pneumothorax is our method of choice in compression therapy. Equipment for this procedure is inexpensive and simple to operate. It is beyond the scope of this paper to go into the indications for the procedure or its technique. Suffice it to say that any good medical man or surgeon can learn the technique and indications by short visit to his state tuberculosis sanatorium. Where we are unable to get a collapse with pneumothorax, a phrenic nerve crush is done.

Usually, these measure will greatly improve the patient in a few months. At least, they will slow down the progress of the disease to such an extent that he does not die before he can be transferred to the state sanatorium.

Several of our patients have been sent to the state sanatorium for more elaborate therapeutic procedures, such as pneumolyses and thoracoplasty operations and

then have been returned to us for continuation of treatment.

Medical attention is rendered these patients by the county health officer, by his family physician or by myself—as the patient chooses.

**Conclusion**  
A plan for early diagnosis and adequate treatment for tuberculosis patients in rural communities has been presented. We feel that this is an effective, inexpensive plan and one that (if followed) will materially reduce the incidence of tuberculosis.

### EXAMINATION FOR—Postmaster At Moravian Falls

The United States Civil Service Commission has announced an examination, as a result of which it is expected to make certification to fill a contemplated vacancy in the position of fourth class postmaster at Moravian Falls, N. Carolina, and other vacancies as they may occur at that office, unless it shall be decided in the interest of the service to fill any vacancy by reinstatement. The examination will be held at North Wilkesboro, North Carolina. The compensation of the postmaster at the office was \$334 for the last fiscal year.

Applicants must have reached their twenty-first but not their sixty-fifth birthday on the date of the close of the receipt of applications.

Applicants must reside within the territory supplied by the post office for which the examination is announced.

The examination is open to all citizens of the United States who can comply with the requirements.

Application blanks, Form 9, and full information concerning the requirements of the examination can be secured from the postmaster at the place of vacancy or from the United States Civil Service Commission, Washington, D. C.

Applications must be properly executed and on file with the Commission at Washington, D. C., prior to the hour of closing business on the date specified at the head of this announcement.

Receipt of applications to close January 2, 1942.

The date for assembling of competitors will be stated in the admission cards which will be mailed to applicants after the close of receipt of applications.

### WILKES UNIT OF—S. C. F. Meeting Held On Friday

**Teachers To Transact Business of "Save Children Federation"**

Mary Sue White, R. N., representative for the Save the Children Federation, met with the executive committee of the Wilkes unit of the Federation Friday in the office of C. B. Eller, county superintendent of schools.

Work of the Save the Children Federation was discussed. All activities and business of the organization will be transacted through the teachers of the schools, in cooperation with the county superintendent of schools, the welfare department, the NYA and the WPA.

### P. M. Cardwell, 82, Claimed By Death

Funeral service was held Tuesday afternoon at Mount Pleasant church for P. M. Cardwell, 82-year-old citizen of that community who died late Sunday night. The pastor, Rev. Grady Hamby, conducted the last rites.

Surviving are his widow, Mrs. E. M. Eller Cardwell, three daughters and two sons: Mrs. Wesley Hamby and Mrs. Noah Hall, Purlear; Albert Cardwell, Durham; Cleve Cardwell, McComas, W. Va.; and Virginia Cardwell, Purlear.

### Mrs. D. F. Coffey Rites Wednesday

Funeral service was held Wednesday afternoon at the residence in Rock Creek township for Mrs. Sarah Frances Coffey, wife of D. F. Coffey. She died Monday night at home.

She is survived by her husband and two sons, J. F. and T. M. Coffey, of Hays.

### Triple A Office To Close 2 Days

Wilkes county Triple A office in the Wilkes courthouse will be closed on Christmas Day, December 25, and Friday, December 26, according to announcement by Lawrence Miller, Triple A secretary.



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Very Useful!

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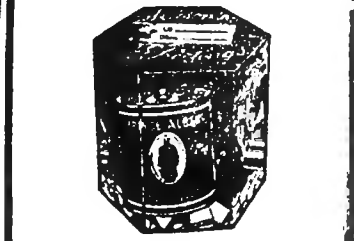
### GIFTS FOR THE MAN

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### CURB MARKET

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Tuesday, Dec. 23

Christmas Greetings To  
All Our Friends  
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# Gifts FOR THE ENTIRE FAMILY

 VAGABOND Plays on AC, DC or battery \$19.95 batteries extra	 OLYMPIC 6 tubes. Built-in loop antenna \$19.95	 BICYCLES Super Cruiser, \$29.95 up	 TOASTERS (shown) \$11.95 \$4.99 up
 COMMENTATOR Ivory cabinet. 6-tube circuit. Built-in loop antenna \$12.95	 ROBES \$2.98 to \$6.95	 WAFFLE BAKERS \$5.95 to \$7.95	 Electric Refrigerator \$114.95 up

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### Other Gift Suggestions

Bicycle Speedometer \$2.98	Seat Covers \$2.69 up
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	Deluxe Thermos Bottle \$1.98

## ELLER'S FIRESTONE STORE

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We are cooperating with the Government and no new tires or tubes will be sold until January 4th. If your tires are dangerously worn, we have Firestone New-Treads or we can put a New-Tread on your smooth tires. Firestone New-Treads, at low cost, give up to 80% of the mileage built into the original tread.

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