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THE FAMILY DOCTOR

By **JOHN JOSEPH GAINES, M.D.**

THINGS TO DO—AND NOT TO DO

The suffering man or woman is generally willing to grasp at the straw which promises even the slightest alleviation. It may be an inflamed and swollen joint, a throbbing, agonizing, inflamed nerve, a passing calculus, or the pain of peptic ulcer. Local applications afford a measure of relief worth going after, besides keeping the mind occupied so far as possible on the work in hand and away from the suffering.

There are many forms of local medication, but there are only a few drugs that penetrate the skin and reach the affected part. One had better leave the local use of poisons to the physician. Liniments containing ether, chloroform, carbolic acid, and such like, act as local anesthetics, the two former must be carefully kept from flame, as they ignite easily. Ointments containing menthol are cooling and

soothing to inflamed surfaces. The use of vaseline for the incorporation of drugs, forms an ointment that does not enter the pores as a rule.

Hot packs, either wet or dry, have their special uses. They expand the small vessels, and permit an increased flow of blood through the part; this increase of new (and purer) blood may remove the damming of the passages inflamed. Hot packs should be of short duration, and frequently renewed—as hot as can be borne is not too warm.

Cold packs must be used with judgment. A fevered, "pounding" headache may be relieved temporarily by cold packs, while the cause is being attended to. I have always been timid about putting cold packs about the throats of children in acute affections; in fact, I never do it. Cold drives blood away from the part, by contracting the vessels.

TODAY and TOMORROW

by **FRANK PARKER STOCKBRIDGE**

PREPAREDNESS essential

I watched the great Army Day parade in New York on April 4th. On the same day I read of Mrs. Roosevelt christening our Navy's newest and biggest air-craft carrier, the Yorktown. I reflected, with some satisfaction, that the ultra-pacifists who would stop all efforts to defend our country against a foreign foe have not yet killed the martial spirit of America.

I don't think we are likely to be attacked or invaded by any foreign nation. But I am sure that, the world being what it is, we would be inviting attack if we did not keep ourselves prepared to resist it. I do not think we are ever likely to engage in a war of aggression, but I can easily imagine a situation developing such as developed twenty years ago, in which this country might again feel, as we did then, an almost unanimous compulsion to go to war to preserve our national rights and liberties.

PATRIOTISM ours

I got a thrill out of the Army Day parade, not so much from the splendor of the uniforms and the

music of the bands, as from the companies and battalions of boys, members of various cadet corps, who marched behind the flags. They were giving visible proof that the spirit of patriotism still lives.

I hope none of those boys is ever called upon to kill an enemy. I hope none of them is ever killed in war. But I hope that if the occasion ever comes again when the people of America have to resort to the crude implements of bloodshed to reaffirm their devotion to the greatest of all spiritual concepts, the concept of ordered liberty for every human being, these boys will feel, as the men of America have felt from the beginnings of our nation, that life without liberty is unendurable, death preferable to submission to any form of compulsion that would restrict any man's liberty to order his own life.

IDEALS the first

The greatest danger to America that I set is the danger that we are losing sight of the ideals upon which our nation was founded and in the pursuit of which we have grown to greatness. And first among those ideals I would list the ideal of personal liberty of thought, speech and action.

I see signs all around that suggest that great groups of Americans no longer cherish those liberties, and that other groups are definitely bent on destroying them.

There is more to patriotism than being ready to go to war. It seems to me that any man who does not do whatever lies in his power, to challenge any attempt, either from within or without his country's boundaries, to curtail any of his or other people's legitimate liberties, is not much of a patriot.

Unless we stand up for our liberties, and refuse to surrender them, it won't be long before we have no liberty left worth fighting for.

VALUES change

The most striking change in the thinking of Americans in recent years has been the shifting of standards of value. The emphasis is more upon material values, less upon real values.

Real values are not measurable in dollars. "What shall it profit a man if he gain the whole world and lose his own soul?" It is utter nonsense to talk of liberty as if it had only such value as can be compensated for in money. It is worse than nonsense, it is stupid, almost criminal folly, to teach the young that success consists in making money.

The secret of success lies in learning how to live with one's self.

I meet many young folks who seem, by their words and acts, to have been taught that the world owes them a living. They think that happiness comes only from the possession and use of the things money can buy. Nothing is falseer than that.

SECURITY courage

We hear much these days about security. Security for the aged, security for the wage-worker, security for the farmer. I don't hear much about security for the man or woman who doesn't ask any help except to be left free to do as he pleases with his own possessions. The talk is all of economic se-

curity. Some day we are going to wake up to the fact that there is no such thing; certainly not at any price most of us can afford to pay.

We hear that our forefathers came to America in search of security. The security they sought was security from interference with their liberty of thought, of speech and of choosing their own way of living. They did not come here to gain economic security at the cost of liberty, but to gain liberty in order to take a chance at building their own economic security.

That took courage. Only brave men and women took such chances as did the pioneers of America. I wonder, at times, whether that old strain of courage to take long chances for the sake of liberty has vanished.

The blood content of the human body is five quarts.

A marriage ceremony in Japan consists of passing a cup of wine 18 times between the bride and the bridegroom.

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