HEALTH

DISPLAY HEALTH EXHIBITS.

Health exhibits are now on display at the following camp buildings:

Postoffice.
American Library Association.
Liberty Park Recreation Hall.
147th Inf. U. S. R. Post Exchange.
Y. M. C. A., 102, 103, 104, 105, 106, and base hospital.

The exhibit is well worth spending the time in studying.

The stereomotograph will show health pictures free at the Liberty park recreation hall this week beginning Tuesday night. The stereo is in operation practically all hours during the day and evening and the attendant will be pleased to give added information to any who approach him. Hundreds have watched this novel machine with interest this week at Y. 105 near the postoffice.

SPIROCHETA PALLIDA.

"A pox on you" was a curse during the latter part of the middle ages. To have those spirocheta pallida in one's blood causing a pox on one is damnation enough for anyone. That is what every "Regular" most desires to avoid—and it can be avoided—for syphilis is a preventable disease.

Syphilis, sometimes called the pox is caused by a tiny germ scientifically known as the "spirocheta pallida." Under the microscope it is seen to be a very active spiral-shaped organism. When this germ enters a sore or scratch anywhere on the human body it soon makes its way into the blood, becomes very numerous, and makes its way to all parts of the body, carried by the blood. In order to get rid of the disease it is necessary for the germ to be killed. This is very difficult and requires long, patient, and conscientious treatment, often extending over several years.

Syphilitic sores contain thousands of germs. When such a sore comes in contact with a cut or scratch on a healthy person, or even with the mucous membrane of the sex organs, the germ may quickly penetrate into the blood and infect one with the disease. Most cases are acquired through the practice of sexual intercourse with a prostitute, although one may become infected by coming in contact with a person, or article used by a person who has syphilis, in an infectious stage.

Sometime after the germ of syphilis has entered the body a sore varying in size, appears at the site of the entrance. This sore which is called a chancre disappears of itself, but more quickly if treated. This, however, does not mean that the disease is cured for most of the germs have by this time entered the blood and the disease will break out later in another way.

A few weeks after the appearance of the chancre, the secondary symptoms manifest themselves, usually by causing a general ill feeling, sore throat, eruption of the skin, etc. These symptoms vary in severity. The skin eruption is sometimes very slight and may resemble any of the contagious diseases. The sores which often occur in the mouth at this time are extremely dangerous to others. Kissing, and the use of public utensils should be absolutely prohibited during this stage. After a few days the symptoms disappear, but the disease is still in the blood and is likely to break out again even after many years have passed.

In later years, syphilis if uncured, may attack almost any tissue of the body. It is usually a deep destructive process—eating away the muscles, bones or nerves. Blood vessels are especially susceptible and when eroded by the disease, serious consequences result. Vigorous treatment may stop the destruction of the tissues, but it cannot replace bones once destroyed. However if treatment is faithfully followed in the early stages of the disease, these latter manifestations are extremely unlikely to appear.

Certain nerve cells in the spinal cord regulate the control of muscular action. These cells are the favorite prey of the poison of syphilis in its late stage and when destroyed cause the condition known as Locomotor Ataxia, in which the patient loses the control of his muscles. Probably more than 95 per cent of Locomotor Ataxia is due to syphilis.

The brain is made up of countless delicate nerve cells. The cells may be attacked and destroyed by syphilis years after all outward symptoms have disappeared. Since it is impossible for new cells to grow in their places, these functions of the brain regulated by them are destroyed. Twenty-five per cent of the insanity of the United States is due to this cause.

A frequent cause of miscarriage is syphilis in the parents. In other cases the child is born at full term, but is weakened in body and mind, or deformed and wholly incapable of making a living. All persons who have reason to believe they have syphilis should learn whether any traces of the disease remain before marrying. By means of blood tests and other examinations a physician will be able to assist you in determining this question.

Most people acquire syphilis through sex relations; others by intimate contact, as kissing; and some through contact with infected towels, drinking cups, contaminated eating utensils, unclean shaving instruments, etc., and still others have inherited the disease from their parents. Syphilis is one of the most prevalent of the serious diseases—is transmissible to the offspring and causes death of most of those so infected—is one of the principal causes of insanity—is the cause of locomotor ataxia—is the cause of paresis or progressive paralysis of the insane—is the cause of nearly half the involuntary abortions and miscarriages—is the cause of a large proportion of diseases of the heart, blood vessels and other vital organs. Most prostitutes, (public and private) have had syphilis.

Syphilis should never be thought of as the "shameful disease"—not as disease, but as immorality is shameful.

"PUTTING THE GRIN INTO THE FIGHT!" (At Washington.)

Your shots are very wild, I think I'll transfer you to the artillery where you don't have to see what you are shooting at.

BASE HOSPITAL BREVITIES.

The barracks baseball league is one of the most flourishing institutions at the base hospital. In the early part of the spirited race the nine from barracks No. 7 defeated the men from barracks No. 3 by a score of 7 to 1, while barracks No. 6 drubbed the stick and mit artists of barracks No. 5 by a 4 to 1 score.

Capt. Thomas Crowe delivered an inspiring lecture at the organization of the young men's Bible class at the Y. M. C. A. last Thursday night. "The Value of Bible Study in Every Day Life" was the timely subject for the address of the detachment commander.

There are now four Bible classes which hold weekly discussions at the hospital Y. M. C. A. In addition to the classes for nurses, patients and detachment men there is a class made up of Hebrew enlisted men, who are making an intensive study of the Old Testament.

Rev. E. O. Smithdeal is the new religious secretary at the base hospital Y. M. C. A. He is in charge of the religious work among convalescents.

"The Four Square Man" was the subject of the warm religious address delivered by Dr. McClung, the Presbyterian camp pastor, at the Sunday evening services at the Y. M. C. A. Nurses Damont and Shook sang a duet as a musical feature.

Private Marquezwski has opened up a fully equipped tailor shop in barracks No. 5.

Supply Sergeant Moore has established his office in barracks No. 6.

All the men of the detachment have been assigned their identification numbers. There is a cheery thought in the fact that these numbers are for identification in case we are shot.

ELEVENTH MACHINE GUN BATTALION

Company B has a boy wonder in the sixth squad in Carl Czarek, and Van Aiken says he knows it. Also we have a sawmill in Private Picard, and "Buffalo Bill" is still on the job, especially since he received his automatic.

Crenin has the dreams of being rich some day. Some squad.

HEADQUARTERS CO., 39TH INFANTRY.

The morning was cold and black and with each man as quiet as a mouse. The intense silence seemed to hold the new recruits spellbound. All at once a terrible rumbling was heard. "An earthquake," some one cried. Each man gripped his rifle tightly and set his jaws. Steady, men, it was only Private Ross answering roll call.

If there is anything you want to know, ask Ivory. He has been through the mill.

For a good definition of a pencil, see Sergeant Tagliabud of the Pioneers.

Sergeant Hall says he takes a cold shower every morning when the water is warm.

"What did you do on the outside?"

"Oh! just loafed."

"Put him in the intelligence squad, sergeant."

Corporal Cassidy has become quite a magician. Last week he changed a dollar into four quarters.

Get in the game, boys! A big night at Headquarters Company's dance and may the bugler forget to blow first call the next morning.

Captain to Pvt. Goff: "What's your name?"

Pvt. Goff: "Goff, sir."

Captain: "What rank?"

Pvt. Goff: "Rear rank, sir."

Sergeant Cleveland says they call them doughboys, because they knead the dough.

Sergeant Jewell, like Caesar, knows the name of every man in his command. They are good soldiers, too, sergeant—both of them.

The man worth while
Is the man who will smile.
When the first sergeant mentions
The old wood pile.

ITEMS OF CO C, 58TH INFANTRY.

Sergeant Linkus, our famous comedian, refused to entertain the fifth squad, because his Chicago girl failed to answer his special request. We were very inquisitive.

Corporal Sanders is transferred to Headquarters Company. We all felt sorry to see him go.

Bugler Martin returned from his furlough last week. We were very glad to see him back again.

Private Hersche is still in the signal school. He enjoys his Sunday K. P. very much.

Cook Hafski, the famous kitchen artist, is busily engaged instructing the new men. We all love him very much.

Private Fenton is still on the job drilling recruits. He craves rank. Just think, he attained the rank of lance jack already. We all expressed our greetings of his promotion.

Private Geiter, our bread sergeant, is on the sick list. We all hope he will soon recover.

TRENCH AND CAMP STAFF.

Camp Editor, C. M. Oliver.
Departmental Editors:
Religious—Dr. H. R. McKeen.
Education—Orel J. Myers.
Athletics—A. E. Bergman.
News—C. R. Edwards.
Roster of Y. M. C. A. Secretaries:

Camp Staff:
Camp Secretary—J. O. Grogan.
Camp Religious Secretary—Dr. Henry R. McKeen.
Camp Physical Secretary—A. E. Bergman.
Camp Educational Secretary—C. M. Oliver.
Camp Social Secretary—J. T. Mangum.
Camp Secretary Material—J. A. Shirley.
Camp Singer—D. W. Milan.
Camp Motion Picture Expert—H. M. Beaty.
Camp Book-keeper—C. O. Padgett.

Building Staffs:
Building No. 102.
Building Secretary—L. E. Martin.
Religious Secretary—W. A. Crozier.
Physical Secretary—Grausneck.
Educational Secretary—W. J. McCreery.
Social Secretary—Jesse Gray.
Building No. 103.
Building Secretary—D. M. Spence.
Religious Secretary—Dr. Charles L. Jackson.
Assistant Religious Secretary—Rev. E. O. Smithdeal.
Physical Secretary—George H. Aylsworth.
Educational Secretary—J. W. Rupp.
Building Assistant.
Building No. 104.
Building Secretary—C. E. Winchell.
Religious Secretary—Rev. J. H. Armbrust.
Assistant Religious Secretary—F. P. Anderson.
Physical Secretary—W. S. Williams.
Educational Secretary—Paul Hubbell.
Building Assistant—F. T. Smith.
Building No. 105.
Building Secretary—J. H. Strawbridge.
Religious Secretary—L. B. Padgett.
Physical Secretary.
Educational Secretary—Orel J. Myers.
Building Assistant—A. C. Newmann.
Building No. 106.
Building Secretary—C. Howard Ellinwood.
Religious Secretary—Dr. R. Brown.
Assistant Religious Secretary—Rev. George H. Allen, Jr.
Physical Secretary—Ralph Parsons.
Educational Secretary—Charles M. Oliver.
Building Assistants—Ralph P. Parsons and H. L. Greene.

Rifle Range Staff.
Building Secretary—R. E. Cooper.
Building Assistant—C. E. Libby.

Base Hospital.
Building Secretary—J. W. Day.
Building Secretary—J. L. Ferguson.
Religious Secretary—Smithdeal.

RAILWAY FARES AND SCHEDULES FOR TROOPS

Following fares including war tax in effect from Charlotte, N. C.:

Fares.

Boston, $22.14; New York, $16.47; Buffalo, $21.76; Pittsburgh, $17.86; Washington, $10.37; Richmond, Va., $7.67; Atlanta, Ga., $7.24; Chattanooga, $10.37; Cincinnati, $14.89; Chicago, $22.24; St. Louis, $21.68; New Orleans, $21.68; Birmingham, $11.77; Jacksonville, $11.77; Syracuse, N. Y., $20.29.

Schedules.

From Boston, New York Philadelphia, Baltimore, Pittsburgh and Washington and all points north and east—leave 4:35 a. m., 6:55 a. m., 9:45 a. m., 10:20 a. m., 8:45 p. m., 11:00 p. m.

To above points leave, 4:25 a. m., 11:00 a. m., 7:30 p. m., 9:15 p. m., 12:20 a. m.

From Spartanburg, Greenville, Atlanta, Anniston, Birmingham, Montgomery, Mobile, New Orleans, and all points south, leave, 9:25 a. m., 10:46 a. m., 5:45 p. m., 9:10 p. m., 12:10 a. m.

To above points, leave, 4:45 a. m., 9:55 a. m., 10:00 a. m., 8:50 p. m., 11:15 p. m.

From Rock Hill, Columbia, Augusta, and Jacksonville, leave, 7:20 a. m., 9:35 a. m., 12:35 p. m., 8:25 p. m.

To above points, leave, 5:00 a. m., 7:05 a. m., 11:20 a. m., 4:55 p. m.

From Asheville, Knoxville, Chattanooga, Memphis, Louisville, St. Louis, Chicago, Detroit, leave, 9:25 a. m., 10:45 a. m., 12:15 p. m., 5:45 p. m., 8:55 p. m., 9:10 p. m., 12:10 a. m.

To above points, leave, 4:45 a. m., 8:30 a. m., 9:55 a. m., 10:30 a. m., 4:30 p. m., 8:50 p. m., 11:15 p. m.

Army-Navy AUCTION BARGAINS
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