



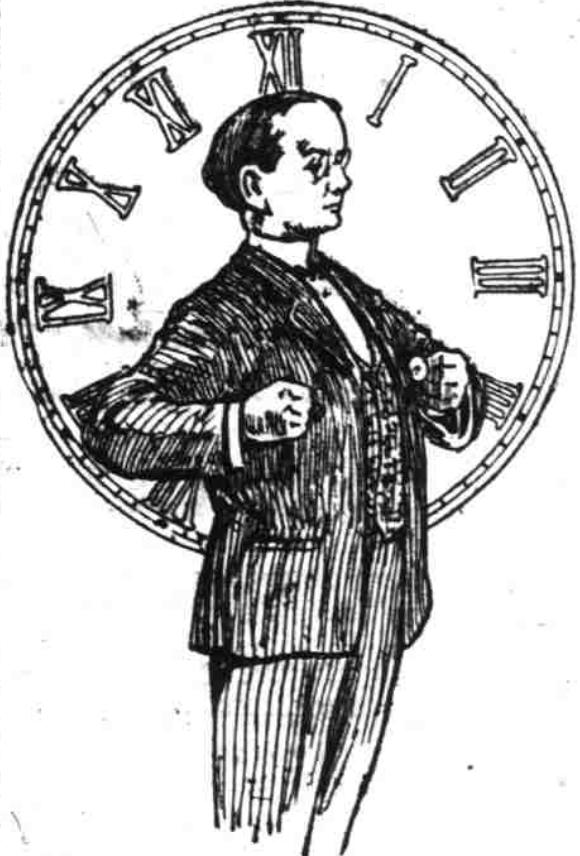
HEALTH IS WEALTH. HEALTH AND HYGIENE. By the STATE BOARD OF HEALTH.

QUESTIONS ON HEALTH, HYGIENE AND SANITATION OF GENERAL INTEREST TO OUR READERS WILL BE ANSWERED IN THESE COLUMNS OR BY MAIL IF ADDRESSED TO THIS OFFICE OR TO THE STATE BOARD OF HEALTH AT RALEIGH AND ACCOMPANIED BY A STAMPED, ADDRESSED ENVELOPE. NO DIAGNOSIS OR TREATMENT OF INDIVIDUAL CASES WILL BE ATTEMPTED.

Draw up The Slack

A man of fifty-two years has had what he calls chronic indigestion for fifteen or more years. In that time he has consulted some famous internists, specialists and many general practitioners in different cities. Various explanations of his trouble have been offered, and various lines of treatment employed, most of them being more or less helpful for a brief time, and nearly all of them being at least scientific. He is a man of considerable horse sense, and he does not readily absorb pseudo-science. However, he still has his indigestion.

Queried and cross-examined he gives the following history, which is not at all unusual: Twenty-five years ago he contracted syphilis, and was



BRACE YOURSELF EVERY HOUR.

thoroughly and properly treated. Eight years ago the Wassermann test of the blood was negative. Twelve years ago a good physician offered a frankly doubtful opinion that locomotor ataxia was developing; this opinion was probably influenced by knowledge of the history. But the man shows no symptom suggestive of locomotor ataxia at present; that may be due to the thorough anti-syphilitic treatment he was given through several years. We all know that it takes at least three years to conquer syphilis.

One year ago he had an X-ray negative, or several negatives of the abdominal region. A marked prolapse or sagging (ptosis) of the stomach was demonstrated. Now, this condition does not necessarily cause symptoms; some

TINKERING WITH OLD SORES.

All external cancers and many internal ones are nothing but old sores in the beginning.

Old cold sores on the lip which do not heal within a reasonable time; old warts or pimples on the face which almost heal up, when become irritated, bleed a little, scab over and almost heal up again, only to become irritated once more, and so on.

There is a great deal of foolish prejudice against what the crook with an alleged cancer cure likes to call "the knife." This prejudice may have been justified in the ancient days when an operation was painful and very dangerous; then the doctors had no anesthetics and knew nothing about the ways of preventing blood-poisoning, and so an operation was a very ser-

ASK THE MAN WHO KNOWS



DON'T TINKER WITH OLD SORES.

Let Your Doctor See Them.—They May be the Beginning of Cancer.

ious adventure, no matter how trifling. At present, with either, chloroform, oxygen or nitrous oxide, (laughing gas), and other safe anesthetics, as well as the local anesthetics which render minor operations absolutely painless, there is nothing about surgery to dread, and under modern methods there is less danger of blood-poisoning following an operation than there is after the use of alleged healing salves and cancer pastes.

Rarely it may be impossible, for some reason, to give a patient an anesthetic, and hence a cancer paste may be the only choice, but it is a far more dangerous remedy, and far less certain to cure cancer than operation.

Many little sores about the lips, the cheek, or on the skin anywhere, which remain irritated and refuse to heal for a period of three months or longer, are skin cancers, though it may be many months, even years in some cases, before the growth will spread or become alarming. For mere safety and comfort, therefore, the wise plan

people have a sagging stomach and perfect health. But some people have pronounced astigmatism without suffering any unpleasant effect, while others must have carefully fitted glasses for slight errors of refraction. Some people have floating kidney and are quite unaware of any disturbance of health; others complain of mucus suffering from a loose kidney. As a matter of fact this man's right kidney was floating, though the X-ray pictures failed to show it.

The doctor who suggested the X-ray pictures now ordered an abdominal supporter. The patient wore it for nearly a year, but continued to suffer from distress after eating, belching huge quantities of gas, dragging pain and soreness about the flanks, tenderness over stomach, and the other indefinite symptoms people call indigestion or dyspepsia.

Discouraged, he tried still another doctor. He was now advised to assume the knee-chest position for a few minutes after each meal. In this position the patient gets down on all fours, then lets the chest sink to floor but keeps the hips high, with thighs always perpendicular to floor. It permits abdominal and pelvic organs to rise, or fall, as you please, upward toward the diaphragm. Then he was urged to lie down for half an hour or more on an inclined couch or bed with hips several inches higher than shoulders.

He was further taught how to stand erect, and advised to "brace himself" every hour by the clock, no matter what he might be doing or where he might be.

A new broom sweeps clean. The man is delighted with his relief. He has gained several pounds in a few weeks—and it seemed impossible for him to gain weight heretofore.

Position is not everything in this world, yet it is well worth cultivating.

Questions and Answers.

Acid Fruits and Rheumatism. A. F. R.—Should one with chronic rheumatism indulge in such things as lemons, tomatoes, grapefruit and the like? Are not such fruits full of acid?

Answer: One should, whether he has rheumatism or not. In the first place, no joint disease is caused by acid in the blood; in the second place, all fruit acids circulate as alkaline salts, thus tending to increase the alkalinity in the blood.

Canker Sores in the Mouth. L. C. H.—Please tell me what will relieve canker sores in the mouth. I have them every few weeks.

Answer: Touch each suspicious spot with tincture of iodine morning and night. Look well to your oral hygiene, or have the dentist do it.

Is to have such sores surgically treated, by your physician or a surgeon he will recommend. Take a wart, for instance. Often enough it resists each and every alleged remedy and only becomes more irritated the more you tinker with it. But, with the aid of a local anesthetic, it can be removed in a few minutes, and that is the end of the trouble.

People like to imagine that this or that application possesses some mysterious "healing" virtue. No remedy, we care not what its nature, makes a sore heal. The physician prescribes certain remedies to accomplish definite things which he finds necessary to aid Nature in the healing process. Yet the fact remains that Nature always does the healing, and at a rate which cannot be hastened by human agencies. Healing, however, may be retarded or prevented by ill-advised applications to a wound or sore, and this is the reason why it is always more economical to let your doctor decide what is best to put on a wound or sore, for naturally he understands such things much better than a mere druggist or a manufacturer or medicine, or an old woman, or the patient himself.

QUESTIONS AND ANSWERS.

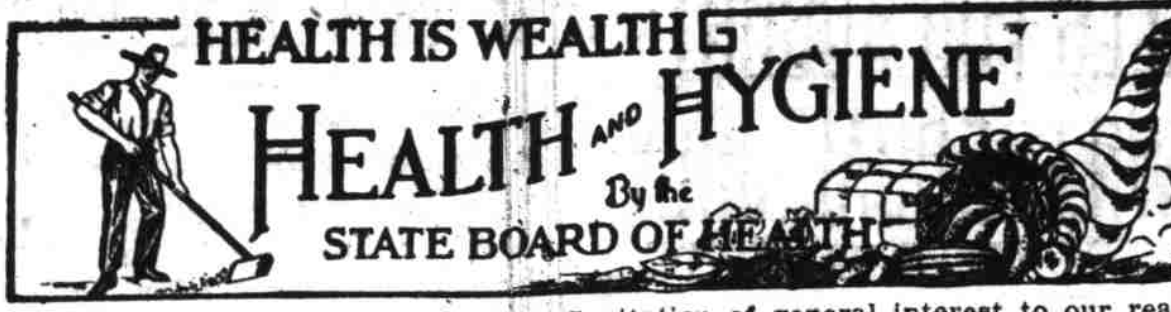
Don't Poutice a Boil. Will you tell me what causes boils? Are they contagious? Not long ago I had one on my arm, now I have several. What is a good treatment for boils?

Answer—A boil, or "furuncle" as the surgeons say, is nothing but an abscess of the skin. The essential cause is the pus germ. Not in the sense that measles or whooping cough is. The pus germ is only capable of penetrating the skin in rare instances. They generally gain admittance through a hair follicle or "skin" gland. They are conveyed from the skin on one part of the body to another by contact, as scratching. The prophylactic treatment consists of cleanliness. A person having one or more boils should take a warm bath at least four times a week, using soap free from alkalis and fancy perfume. When a boil first occurs try to abort it by touching with pure tincture of iodine, and paint around it with forms, go at once to a good doctor, one who gets red in the face if you suggest applying a poultice or greasy salve. A hot compress will do all the good any poultice can do and does it without incurring any danger. The right doctor will take a sharp knife and open thoroughly and finish by applying a sterile dressing.

Bad Stuff in Cough Medicines.

Is medicine containing one grain of opium to the ounce good to stop a cough from chronic bronchial trouble?

Answer—Such medicine would be more likely to make the bronchitis much worse in the end. Opium, morphine, heroin, codeine—all derived from opium—are bad for any cough. These narcotics merely dull the brain for the time being, make you forget the cough, but meanwhile the disease is getting a firmer foothold, and when you come to think, after the first bottle is empty, you will discover you are worse than in the beginning. A doctor may find it advisable to stop or diminish a cough temporarily, but it is a precarious business, and you had better not take the risk on your own responsibility.



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Playing On The Square.

Every so-called "cold" is caused by the transfer of germs from one person to another. Every acute sore throat must be looked upon as more or less contagious, whether it proves to be only a slight illness or diphtheria or ordinary tonsillitis. In fact, a simple sore throat seems to be just as catching as the ordinary diphtheria is. Comparatively the simple "colds" and sore throats are much more catching than diphtheria nowadays, for the reason that most human beings have enough respect for diphtheria, when they know it is diphtheria, to take reasonable precautions against spreading the disease; but only the minority as yet, are as conscientious about the spread



CRIMINAL HOSPITALITY.

of other acute nose and throat troubles.

The isolation of persons who have contagious disease, such as measles, scarlet fever, smallpox, chickenpox, diphtheria and whooping cough, is more or less burdensome for the patient and perhaps for members of the family, yet no one would wish to let down the bars and subject the whole community to the risk of infection, just to save the patient or members of the family from the annoyance of isolation.

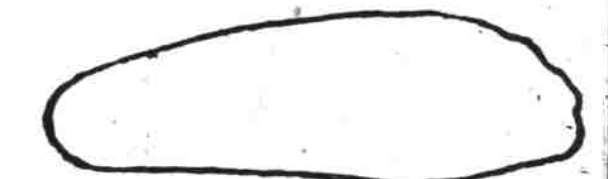
The most contagious period of all the eruptive diseases, at least of scarlet fever, measles, german measles and chickenpox, is the period of invasion,

A Girl's Weak Ankles

It is a sad fact that so many girls from ten to eighteen years old are wearing crude arch props or braces in the hope of overcoming foot weakness thrust upon them by the hideous and unnatural shoes at present in fashion. Parents are getting quite irresponsible and bowing supinely to the frills and fads of the shoemakers, who seem obsessed with the belief that Nature was all wrong when she designed the human foot.

It is difficult, apparently, for the shoe manufacturer to think that the ball of the foot is naturally the widest part of the foot, and the inside sole line does not naturally turn out to end in a narrowly pointed sole. He assumes that a shoe should cramp the forefoot into a narrow space and twist it as far outward apart from its mate as the law will allow.

Mark the outline of an unspoiled foot on a piece of paper and you will have a sort of a wedge-shaped figure, like this:



Notice that lines which bisect sole and heel meet at an angle in the foot print, whereas, if you draw bisecting lines through the sole and heel of a fashionable, high-heeled, pointed shoe there is no such angle—the toe is made to turn out. Now compare the naturally shaped shoe; the bisecting lines meet at an angle similar to that of the natural footprint, and hence the naturally shaped last gives comfort to the feet.

The Chinese grew so accustomed to deformed, cramped feet that they actually came to admire such feet. The American people once admired bustle waists and hoop skirts and bustles and other real or imitation deformities. In recent years we have come dangerously near admiring the slouchy debutante posture affected by our young fashionables of both sexes. Narrow high heels are hideous enough on a front row chorus lady, but on a school girl they look tragic indeed. The little girl's weak ankles are caused by nothing else than bad footwear. Narrow heels which give the foot no stability; out-turned soles,

ner borders of soles and heels; and finally, broken down arches and flat feet.

Prevent all this lifelong foot trouble by insisting upon sane footwear for the young girls. A foot dressed in naturally shaped shoes looks quite as well, rather much better than a foot foolishly shod with freak footwear, and besides is much more in keeping with the simple refinement of cultured people.

QUESTIONS AND ANSWERS. Mother Affects Nursing Child. Young Mother. My four months old baby seems to be constipated much of the time. Does the fact that I am frequently constipated have anything to do with my baby's condition? What shall I give the baby?

Answer: The fact that the mother is frequently constipated may be the cause of the same condition in her nursing child of four months. The fundamental cause of infant mortality is without a doubt weak heredity. Alcoholic drink or opium on the child, the remedy is for the mother to select a diet under the direction of a physician, and to give the infant nothing except what is prescribed by a physician in actual attendance.

even before the eruption shows on the skin. Therefore, it is the duty of parents to isolate a child from other children the moment a so-called "cold" or sore throat or feverish illness begins, for who can tell that it is not one of the eruptive diseases developing?

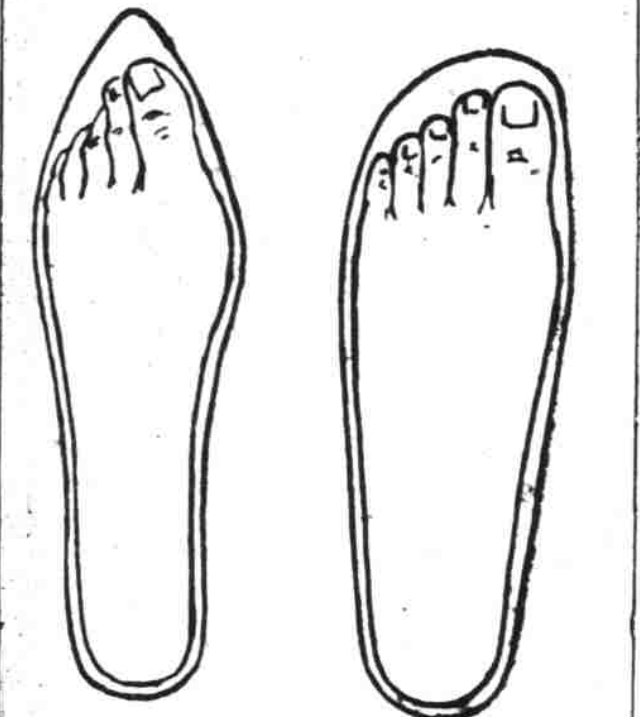
To send a child to school or to permit the child to come into personal contact anywhere with other children when a "cold" or sore throat is developing is a crime against public safety in any way. When there is the least question of any eruptive fever developing, the child should be isolated from all associates until the question is settled one way or the other. This is playing the game square. Parents who cannot play square deserve to be punished by the public health authorities. North Carolina means business, and the State Board of Health intends to use stern measures for those who will not play fair.

Thousands of children nowadays escape the eruptive fevers altogether, through intelligent care in preventing the spread of infection. The writer is a physician frequently in contact with such diseases, yet he has never had them. As children grow up a kind of natural immunity comes to them, which protects them through life. And everybody knows that now and then even the least alarming eruptive diseases, such as measles and chickenpox, either end fatally or leave some serious complication or sequel which handicaps the unfortunate child.

When in doubt, don't be a hog. Give your own community the benefit of the doubt. Keep the patient isolated from all susceptible persons until you have the assurance of your physician that there is no danger of infection, or until the illness has passed off and health returns.

A great deal of the epidemic disease so frequently breaking out in spite of the efforts of the health authorities is due to the failure of parents to isolate mild cases. The mildness of Mary's "scarlet rash" or her "stomach rash" is no assurance that when Johnnie catches it he will not be dangerously ill or develop some permanently harmful sequel.

which force upon her an ankle skin to that of the flat-footed street-car conductor; sharply pointed toes which cramp the forefoot and prevent the physiological use of muscles and ligaments which support the arch. Result, first tired and aching feet, calves, perhaps hip and back; then turning in of the ankles and scuffing off the in-



FASHION'S FOOT AND NATURE'S PLAN.

Natural and Unnatural Foot in a Naturally and Unnaturally Shaped Shoe.

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