

HOME HEALTH CLUB
By Dr. David H. Reeder, Chicago, Illinois.

There is at present raging in many communities, large and small, an especially severe epidemic of scarlet fever and diphtheria. True to its belief in traditions that "an ounce of prevention is better than a pound of cure," the Home Health Club offers in the following article some timely advice on the subjects.

There are now in the city of Chicago 2,000 cases of scarlet fever and 500 of diphtheria, these numbers being from two to three times the average expected for this season of the year and increasing rapidly. Not only is this the case, but both diseases are raising in a much more virulent form than of late years. Further, it is feared that the re-opening of the schools on January 6th will have furnished opportunity for the infection of many susceptible children by others healthy themselves or only mildly affected who, being carriers of the disease, may transmit it to those of lower resistance in whom the disease may develop into most virulent form.

In view of these facts all parents and others who have the care of children should take all possible precautions to avoid the contraction by their little ones of either of these dreaded maladies. It is hardly necessary to suggest that children should be warned to keep away from others who may complain of sore throat or show any signs of rash on the skin. They should be cautioned against using their drinking cups, towels, and all articles of personal use to which others have access. Indeed, to be on the safe side each child should have his own individual cup, etc. All individuals, both adults and children, who find it necessary to take all or part of their meals at restaurants or lunch counters should make a practice of using a mouth wash after each meal as infection may be transmitted by dishes which have been cleansed in the customary slipshod way.

As the infective material in both these diseases is introduced into the body through the mucous membranes of throat and nose, these parts should be frequently cleansed with a mild antiseptic wash. Obtain at the drug store some simple mouth and throat wash, such as Liquor Antiseptic, or Liquor Antiseptic Alkaline, which are the same as those sold under the trade names of Listerine and Glycothymoline at a higher price. Hydrogen Peroxide is also suitable. These should all be used diluted with equal quantities of warm boiled water as a mouth wash and gargle, and also applied by means of an atomized or nasal douche to the lining membrane of the nose. It would be well to do this three times daily.

Frequent bathing, always commendable, is now particularly useful, and an admirable wash of a highly tonic and anti-septic nature, may be prepared by adding diluted acetic acid or good white vinegar to the water in quantity sufficient to impart a tingling

sensation to the more delicate parts of the skin. The clothes, of course, should be changed frequently and those just worn should be given a thorough airing and exposure to the sunlight before being again put on. Buy milk only from dairies known to be conducted according to sanitary principles.

While suggesting the use of simple precautions, such as these, it is not intended that anyone should attempt to rely on them in case they are unfortunate enough to have one or more of their children taken down with either diphtheria or scarlet fever, even though it should be in a mild form. A doctor should be called in and no attempt should be made to evade the regulations of the health department regarding quarantine, as it is only by the isolation of such cases that epidemics are prevented or held in check and we should all be public-spirited enough to be willing to put up with a certain amount of inconveniences when such vital interests as the health of the community are at stake.

Club Notes.

I will gladly answer all inquiries for information on health subjects from readers of this publication if same are addressed to Home Health Club, 5639 Cottage Grove Ave., Chicago. Send full name and address with four cents in postage.

Dear Doctor:—As I have had acne, or more properly speaking acne rosacea, for about 15 years, I would be grateful if you could tell me whether there is any hope for a permanent cure, or could advise me in any way in regard to treatment of it. I have tried almost everything I ever heard of without permanent results.

MRS. L. R.

Acne rosacea is a condition of redness of the skin, often accompanied by some thickening, usually of the nose, and more often of the tip of this organ. It is caused by dilation of the minute blood vessels of the skin, affection of the arterial capillaries producing the red tint, while if the venous capillaries are involved the color will have a bluish shade. The commonest exciting factor is over-indulgence in alcoholic liquors. In your case the habitual use of too much stimulating diet may have some influence in inducing the condition. Usually such a condition lasts for life despite all treatment. Guard against over-eating and select non-stimulating, easily digestible articles of diet. Too much fats, cheese, spices and rich foods generally will aggravate any already existing tendency to this complaint. Local external medicinal applications are, as a rule, of but little use. I think, however, it is well worth your while to try the simple measures suggested in my private letter to you.

All readers of this publication are at liberty to inquire for any information pertaining to the subject of Health at any time. Address all communications to the Home Health Club, or to Dr. David H. Reeder, 5639 Cottage Grove Avenue, Chicago, with name and address in full and at least four cents in postage.

IS NORTH CAROLINA HEALTHY?

Prominent Statistician Shows Why No One Knows.

Frederick Hoffman, the prominent New Jersey statistician, in a recent discussion on the healthfulness of various localities, made the following statement regarding North Carolina. A glance at the map of the United States shows that North Carolina is common with all of the other Southern States, is not included in what is known as the registration area of the Division of Vital Statistics of the United States Census. Anywhere, therefore, in quest of information on the important subject of local health, and mortality, finds himself confronted by a most serious obstacle in that the required facts are not available. It requires no argument, however, to prove that in so important a matter as the health status of a given State or community there should not be a want of trustworthy information, the availability of which is appropriately considered an index of civilization. For all of the great nations of the world trustworthy information regarding local health and mortality is available, but as yet for the United States reliable data can be had for only about 33.5 per cent of the area and 58.3 per cent of the population. All of the Eastern States and most of the Central-Western and Pacific Coast States are in the registration area, but not a single one of the Southern States! Yet, for no area is trustworthy information regarding the true incidence of the death rate from all causes, or from particular diseases, of greater importance than for the South. In the case of North Carolina, such information is of particular value for the entire coastal plain, where it is generally assumed that the health conditions are far from being as satisfactory as in the upland region of the State. Whether this is so or not cannot be conclusively determined to the satisfaction of impartial critics, otherwise than by means of trustworthy vital statistics collected and tabulated in conformity to the standard rules of the Division of Vital Statistics of the Census and adopted by all of the so-called registration States. A promising beginning has been made in North Carolina in the case of communities with not less than 500 population, but these constitute only about one-sixth of the total population of the State. It is of at least equal importance that reliable information concerning health should be available for the rural districts, since in North Carolina, as in practically every other State of the United States, rural hygiene is much more neglected than the public hygiene of cities. The economic or pecuniary value of trustworthy vital statistics is not questioned by anyone familiar with the fact. There can also be no question but that many communities in the Coastal Plain would have made more rapid progress in white population if the true facts regarding local health conditions were a matter of trustworthy record and conveniently accessible through the publications of the Census Office and the State Board of Health. It also admits of no doubt but that far-reaching sanitary improvements

would be made and that the required sums for such improvements would be made and that the required sums for such improvements through drainage or otherwise would become readily available if the facts regarding unsatisfactory local health conditions were established upon an official and thoroughly trustworthy basis. Vast areas which could maintain in comfort and health a teeming population drawn more or less from the congested sections of the North and West, are undeveloped, for reasons primarily connected with neglect of sanitation in rural districts. The enactment of an effective law providing for the complete registration of all deaths throughout the whole of North Carolina, cannot but prove, therefore, of far-reaching benefit to all the people of the State, and considering the progress which has been made in this direction in many other States, the early enactment of such a statute is called for not only by considerations of State duty, but also by considerations of State pride.

AMBASSADORS MEET AGAIN.

Powers Warn Turkey and Bulgaria Not to Plunge Europe into War.

London, Jan. 13.—Sir Edward Grey, the British foreign secretary, and the ambassadors of the powers are making valiant efforts to bring about a peaceful settlement between Turkey and the Balkan allies. They have had additional interviews with Dr. Danef and Rechad Pasha, head of the Bulgarian and Turkish delegations, respectively, advising moderation on both sides and warning them that if either party, if through obstinacy should plunge Europe into war again would incur a heavy weight of responsibility.

The meeting of the ambassadors today was the lengthiest yet held. They discussed the note to be presented to the Porte, passage by passage, aiming to meet every possible argument likely to be raised by the Turks.

The general impression among the plenipotentiaries is that definite decision on war or peace must come from Constantinople. Whatever concessions and compromises the Balkan league may make, the allies will never consent to the renunciation of Adrianople, which the Turks make the sine qua non of peace.

While progress toward peace is at a standstill here, the Balkan delegations are endeavoring to obtain advantages for themselves in the partition of the conquered territory. The kings of Bulgaria, Greece and Montenegro are working actively among their relatives and friends on the other thrones of Europe to influence the powers in favor of the claims of their countries. It is known that they have sent special envoys to some of the capitals to support the work of their regular diplomats. The Greeks, unhappily, are continuing the fighting in Epirus, where today sharp encounters took place with the Turks.

According to several dispatches to Premier Venizelos, the Greek forces are doing their utmost to surround Janina. Their efforts are now being carried to the north, where the Turks

have kept communications open and have thus been able to obtain supplies. It has been difficult, therefore, to take the city by starving it out. Scutari is even more invulnerable to hunger because it is one of the great grain depots in the Balkans and must have six months provision on hand.

Turkish delegates have not yet taken steps to carry out their threat to leave London.

SLEEPING FOR A LIVING.

Performance That Gained a Man Enough to Keep Him a Year.—(From the London Chronicle.)

To sleep for one's living may appear to some as a more attractive alternative than to work for one's living. But the feat has been achieved.

In the Daily Courant of August 9, 1741, the following advertisement appears: "Nicholas Hart, who slept last year in St. Bartholomew's Hospital, intends to sleep this year at the Cook and Bottle in Little Britain."

Some further particulars of this professional somnolent are to be found in the Spectator for October 1 of that year.

It appears that Hart was every year seized with a periodical fit of sleeping, which began on August 5 and ended on the 11th. Its various stages are thus described:

"On the 1st of that month he grew dull; on the 2nd appeared drowsy; on the 3rd fell a-yawning; on the 4th he went to bed; on the 5th dropped asleep; on the 6th was heard to snore; on the 7th turned himself in his bed; on the 8th recovered his former posture; on the 9th fell a-stretching; on the 10th about midnight awaked; on the 11th in the morning called for a little small beer." This performance, it is asserted, gained for Hart "enough to support himself for a twelvemonth."

Stow records one instance of prolonged sleep. On April 27, 1546, "being Tuesday in Easter week, William Foxley, potmaker for the Mint, in the Tower of London, fell asleep, and so continued sleeping and could not be awakened with pinching, cramping or otherwise burning whatsoever till the first day of term, which was fourteen days and fifteen nights." This unusual experience seems to have been followed by no bad results, as Foxley lived in the Tower for more than forty years afterward.

Some Swiss doctors maintain that the amount of sleep should be regulated by altitude. Too much sleep, they say, is as harmful as too much food or drink. In low lying districts seven hours of slumber may be enjoyed with impunity, but up in the mountains five hours is quite enough.

These sleep specialists also ban the practice of remaining in bed in the morning half awake, and insist on the necessity of arising as soon as sleep falls.

WILD DUCKS ARE TAMED.

Movement to Restore and Save Game Promises Success. (Winnipeg Correspondence Minneapolis Journal.) The agricultural experiment station

OPENS UP CLOGGED NOSTRILS AND HEAD IN ONE MINUTE—ENDS CATARRH MISERY

Stops Nasty Discharge, Clears Stuffed Head, Heals Inflamed Air Passages and You Breathe Freely.

Try "Ely's Cream Balm."

Get a small bottle anyway, just to try it—Apply a little in the nostrils and instantly your clogged nose and stopped-up air passages of the head will open; you will breathe freely; dullness and headache disappear. By morning! the catarrh, cold-in-head or catarrhal sore throat will be gone.

End such misery now! Get the small bottle of "Ely's Cream Balm" at any drug store. This sweet, fragrant balm dissolves by the heat of the nostrils; penetrates and heals the inflamed, swollen membrane which lines the nose, head and throat; clears the air passages; stops nasty discharges and a feeling of cleansing, soothing relief comes immediately.

Don't lay awake tonight struggling for breath, with head stuffed; nostrils closed, hawking and blowing. Catarrh or a cold, with its running nose, foul mucus dropping into the throat, and raw dryness is distressing but truly needless.

Put your faith—just once—in "Ely's Cream Balm" and your cold or catarrh will surely disappear.

Special agents: J. Hicks Bunting Drug Co. (Advertisement.)

at the Connecticut State College is taming wild ducks. The station was enabled this season through funds provided by sportsmen to send an expedition to the Canadian Northwest to study methods of increasing wild ducks and getting breeding stock for experimental purposes. The expedition was in charge of State Ornithologist Herbert K. Job.

Most species of wild ducks have not been persuaded to breed under restraint, but it has been believed they would do so, if stock could be secured that was hand reared from the egg and had never learned wild ways. Job established a camp on the shore of Lake Manitoba. Wild duck eggs were collected in the surrounding wilderness and hatched out in incubators. Twelve species of wild ducks nest in that region, and eggs or young of all these were secured.

In the majority of cases every egg hatched. The average for the season was 92 per cent, far better than poultry men often attain. Most of the young, except of two peculiar maritime species—the white-winged scoter and the ruddy duck—were reared with very little loss. Even such supposedly wild natures as the redhead, canvasback, bluebill and various others proved perfectly docile, thriving in confinement.

On the 2,000 mile journey back, Job personally cared for and tended the consignment in the express cars. A fine large stock, representing eleven species, arrived in good condition and are now thriving at one of the large preserves affiliated with the experimental station. Experiments with them will be conducted there. On the trip only one duckling, some three weeks old, died.

The achievement is expected to prove the beginning of an important movement to save and restore the wild fowl while demonstrating the effect of environment on even the wildest creatures.

London, January 16.—The Pekin correspondent of the Daily Telegraph, asserts that the elections throughout the country are going against President Yuan Shi Kai and in favor of the leaders of the radical south.

AN OLD INDIAN REMEDY

S. S. S. is one of the oldest of medicines; it was prepared and used by the Indian Medicine Man hundreds of years ago in the treatment of all blood disorders. Of course it did not then bear its present name, but the formula for compounding it was just what it is today, and its results then as now, entirely satisfactory to those who used it. S. S. S. is made entirely of roots, herbs and barks without the addition of a particle of mineral. It is the widest known and the best acting blood purifier before the public today. This great remedy cures Rheumatism, Catarrh, Sores and Ulcers, Skin Diseases, Scrofula, Specific Blood Poison and any and all blood infections and impurities. No one need fear to use S. S. S. It is perfectly safe for any system, and its fine vegetable tonic effects especially recommend it to all weak, debilitated persons who may be in need of a blood purifier. S. S. S. goes into the circulation and removes every particle of impurity, humor or poison from the blood. S. S. S. acts most pleasantly and beneficially on the stomach, assists in toning up the digestive members, and contributes in every way to the blessing of strong robust health. Write for free book on the blood and any medical advice you wish. S. S. S. is sold at drug stores.

S. S. S.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

The New Parcels Post

The Local Merchants' Opportunity

MAKE your Plans for a bigger and brighter business in 1913 by getting in line with the avenues of trade all about you. The new Parcels Post is going to mean much to the merchant and manufacturer who goes out after out of town business in an intelligent and systematic way. Time was when everything was slow. A man planted his business on a street where many people passed, and the public had to pass his store to know what he was doing. Now he no longer waits for people to pass his door, but he goes through the doors of their homes and reaches them when they are in a receptive mood, and there presses the story he has to tell. There lies the power of advertising. The hamlet, the country and city have been brought closer together by improved railroad schedules, the telephone and, lastly, by the Parcels Post.



With its subscription list of more than 4,000 daily and more than 6,000 Sunday—The Morning Star is in a position to handle your message to the people of All East Carolina and upper South Carolina most effectively and most economically. Its stronghold for years has been with the merchants, farmers and business men of all this section. It goes into the hands and homes of people who have money to spend and who spend much of it in Wilmington. For much less than three cents an inch per thousand papers, your announcement can be carried daily, weekly and yearly to these buyers in Wilmington. Are you ready for the opportunity? No man need waste another day who has the right idea and energy, and who knows how to talk for publication. Uncle Sam has extended your trade territory by opening the Parcels Post. Let The Morning Star carry your message. Inquire for rates, space, position. We'll be glad to talk it over with you, assist you in preparation of copy, and do anything else needful.

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