

The Great White Plague

PROPHYLAXIS OR PREVENTION.

[Paper read at public session of the Union County Medical Society, Sept. 7, 1908, by Dr. J. W. Neal.]

Mosses was the first to practice prophylaxis, or prevention medicine, and to formulate and record a set of sanitary regulations.

While Mosses' great preventive measure was a miracle pure and simple, modern methods and results are scarcely less so, and while Mosses' great measure saved thousands, modern methods have saved many millions. While a look at the brazen serpent stayed the plague in the camp of Israel, modern medicine has stayed the ravages of many of the great epidemic diseases, and deprived smallpox, the plague, yellow fever, cholera and diphtheria of their horrors for civilized man.

But consumption, "The Great White Plague," is still but little abated in its ravages amongst the nations of the earth. Other diseases have caused more dismay and panic, and occasionally for short periods of time, greater destruction of life; but of all diseases common to man, consumption is at once the most widely spread, constantly present and deadly. Its attacks are one continuous onslaught upon the human race. Its victims come from every part of earth's population. It is more prevalent among some races—notably the negro—than others, but none are exempt. Its victims are mostly between the ages of 20 and 50, but it spares no age or class of people. Its death toll in North Carolina is the best of our information about 4,000 annually. It is to the combatting and prevention of this terrible disease that I wish to call your attention.

The best way to combat an enemy is to first learn the enemy; his location, his strength, his resources, both of supplies and reinforcements, his mode and method of attack, his enemies. We are in the possession of this information as regards consumption.

Thanks to Dr. Robert Koch, we know consumption—that it is an assemblage of millions of tubercular germs whose very form and habits of growth and propagation are known. His location is in the human body, as well as in certain animals, especially the cow. His strength lies in the weakness of his prey. His supplies are drawn from the debilitated, the physically weak and exhausted. His reinforcements are the unsanitary surroundings of his victims. His mode of attack is insidious. His method is by stealth. His natural enemies—our allies—are vigorous health, good food, good habits, pure air, sunshine and cleanliness.

Consumption is a preventable disease. Without germs there can be no consumption. The most common source of tubercular infection is the sputum—the matter coughed and hawked up by consumptives. Other sources of infection are milk and butter and under cooked meat of tuberculous cattle. The subject, then, of Prophylaxis resolves itself into three heads:

The destruction of the sputum. The conduct of the uninfected. The conduct of the consumptive.

What Shall Be Done With the Sputum?—How Can the Germ be Destroyed?

Every home, office and factory, every public building, school house, court house, store or bank; every public conveyance, street car, railroad car or what not; in fact, every place occupied or frequented by man should be provided with spittoons. These should be partially filled with some strong germicide and emptied and cleaned once a week or oftener. All sputum should be deposited in these. All persons who are under the necessity of spitting, and especially consumptives, should carry with them some receptacle for the sputum, the especially made spit flask is the best. These should contain some germicide.

Making Good.

There is no way of making infected friends like "making good"; and Doctor Pierce's medicine well exemplify this, and their friends, after more than two decades of popularity, are numbered by the hundreds of thousands. They have "made good" and they have "made drunkards."

A good, honest, square-deal medicine of known composition is Dr. Pierce's Golden Medical Discovery. It still enjoys an immense sale, while most of the preparations that have come into prominence in the earlier period of its popularity have "gone by the board" and are never more heard of. There must be some reason for this long-time popularity and that it is to be found in its superior merits. When once given a fair trial for weak stomach, or for liver and blood affections, its superior curative qualities are soon manifest; hence it has survived and grown in popular favor, while scores of less meritorious articles have suddenly flashed into favor for a brief period and then been as forgotten.

For a hard liver with its attendant indigestion, dyspepsia, headache, perhaps dizziness, foul breath, nasty coated tongue, with bitter taste, loss of appetite, with distress after eating, nervousness and debility, nothing is so good as Dr. Pierce's Golden Medical Discovery. It is an honest, square-deal medicine with all its ingredients printed on bottle wrapper—no secret, no hocus-focus humbug, therefore don't accept a substitute that the dealer may possibly make a little bigger profit. Insist on your right to have what you call for.

Don't buy Dr. Pierce's Favorite Prescription expecting it to prove a "cure-all." It is only advised for woman's special ailments. It makes weak women strong and sick women well. Low advanced than some preparations sold for like purposes, its sterling curative virtues still maintain its position in the front ranks, where it stands over two decades ago. As an invigorating tonic and strengthening nerve it is unequalled. It won't satisfy those who want "loose" for there is not a drop of alcohol in it.

Dr. Pierce's Pleasant Pellets, the original Little Liver Pills, although the first pill of their kind in the market, still lead, and when once tried are ever afterwards in favor. Easy to take as candy—use three a dose. Much imitated but never equalled.

erise to exhaustion.

Avoid the excessive use of whiskey or any other alcoholic stimulant. Whiskey affords no protection against consumption, but on the contrary its excessive use debilitates the constitution, lowers vitality and favors infection and hastens a fatal termination.

Watch your general health. A loss of body weight and a cough are highly suggestive. Don't neglect a cough or cold. Consumptives can invariably tell you of a neglected cold as their starting point. At the very earliest symptoms or suspicions, go to your physician and demand a careful, painstaking examination and a plain, frank, honest statement of the diagnosis. Know the disease that has attacked you and go to work with your physician to get well. Don't decide that your case is incurable. Many cases get well. I have seen them and can cite them. The best authorities say that 75 to 80 per cent. of cases taken in its earliest stages can be cured. Don't fool away your first and most valuable days so far as recovery is concerned, with cure-alls and patent medicines. Recovery depends upon the best medical skill and the hearty, hopeful, co-operation of the patient.

How Shall the Well Avoid Consumption?

Our best assets are pure air, sunshine and sanitary surroundings. All buildings, public or private, should be kept clean, well lighted and ventilated. All persons should be well clothed, have abundant good, properly cooked food, live moderately, observe regular habits of eating, drinking and sleeping, and avoid excesses of every kind. Weakly persons and persons who have been exposed to the disease, and descendants of consumptives, should constantly be on their guard against the disease. Such persons should seek out-door occupations. Every one should be cleanly. Bathe thoroughly and frequently, at least once a week. Always bathe the hands before eating. Eat no food that has been long exposed to dust. Eat no fruit without peeling. Eat no candies or cakes that have been lying around in dusty show cases and windows. Be sure of the cleanliness of your milk and butter and that the cattle from which they are obtained are not infected. Don't buy milk or butter from consumptive families or when a consumptive has been handling it.

Never put the dirty fingers into the mouth. Better keep the fingers out of the mouth and nose. Never handle food to be eaten by yourself or others with dirty hands. Keep the finger nails cut short and clean, watch children especially about these points. Children are frequently infected with various diseases and poisons by dirty finger nails. White swelling and other forms of tuberculosis are no doubt frequently gotten this way.

Avoid all unclean habits, all habits that necessitate spitting. Especially to be condemned is the use of tobacco in any manner: smoking, snuffing, or chewing. This becomes especially important as regards manufactured tobacco. A very great part of the labor in tobacco factories is done by negroes who are very liable to consumption and careless in their spitting and filthy in their habits.

Be you consumptive or not, don't spit on the carpet or floor or hearth or wall of any building, private or public, or on the sidewalks or path way or any place where the sputum may become dried and pulverized and thus a possible source of infection. When necessary to spit, spit into a blazing fire or a spittoon or a spit flask, or soft cloths and burn them at first opportunity. Not only be wise and prudent in the disposal of your own spittle, but teach others to do so as well.

Don't put into your mouth coins or any articles which have been promiscuously handled by others. Don't drink out of public drinking cups. Don't eat or drink out of any vessel used by another until the same has been thoroughly washed. Every keeper of a public fountain should be sure that every utensil used is thoroughly washed after each using and is absolutely clean, and the hands of the dispenser as well.

Don't wear second-hand clothes unless you know they have been thoroughly disinfected.

Women should not wear skirts which sweep the floors and steps and sidewalks of the consumptive's spit and other filth and carry them into their homes to distribute to their family.

Keep your premises clean, thoroughly aired and sunned. Don't occupy premises which have been occupied by a consumptive until they have been thoroughly disinfected. The germ will live in dark, damp, closed houses for months.

Don't sleep in a room with a consumptive. Don't sleep or live in overcrowded houses. Over-crowding favors infection. A most dangerous place is the over-crowded and poorly ventilated and lighted workshop or factory or home.

Don't kiss or unnecessarily shake hands with a consumptive. Kissing in general is to be condemned. Many a fond mother has given a fatal kiss to her child. Not only is consumption thus carried, but diphtheria and other dangerous diseases as well.

Don't dread or shun the consumptive. Treat him kindly. He is not dangerous. Eat dread and shun his spit; there the danger lies.

Have plenty of fresh air and sunlight in your sleeping and living rooms. Sleep with a window open winter and summer. Don't be afraid of the night air; night air is all right. Night air is much preferable to CANNED AIR—the air in a tight, stuffy room, breathed over and over again for hours. Night air is much purer than the dust-laden air of mid day; it is also more wholesome. Breathe through the nose; if you can't do this, consult your physician.

Exercise daily in the open air, hot or cold, winter or summer; but don't take violent exercise, or ex-

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MOSQUITOES AND MALARIA.

Richard H. Lewis, Secretary State Board of Health.

[Published by request of Sanitary Officer T. L. Crowell.]

ONE of the most prevalent diseases in North Carolina is malarial fever in one form or another. It is by no means confined to the low-lying eastern section of the State, but is quite abundant in many localities in the hill country, having been reported even from Cherokee.

By recent scientific investigations the cause of the fever has been shown to be a microscopic animal known as the plasmodium malaria or ben-amela vivax, which feeds upon the red corpuscles of the blood; hence the pallor of persons suffering from chronic malaria. The development of this little parasite in the blood is as follows: One of the spores, or baby germs, so to speak, enters a red corpuscle and, feeding on its contents, grows until at the end of twenty-four hours it has become nearly as large as the corpuscle. It then, by a process known as segmentation, splits up into a dozen or more little spores again, which for a short time are free in the blood and unattached to the corpuscles. It is just as the segmentation occurs that the chill comes on, which explains the periodic recurrence of the chill every twenty-four hours, and as it has been found that quinine is most effective in killing the germs while they are free in the blood and not buried in the substance of the corpuscles, the best time to give quinine is just before the chill is expected.

The method of the introduction of the malarial poison, the plasmodium, certainly the chief method, has been demonstrated beyond all question to be the sting of a certain variety of mosquito known as anopheles, which has previously stung some one having malarial disease.

The common mosquito, known as culex, while more abundant, is innocuous as a carrier of disease. Mosquitoes breed in stagnant water of any kind. Pools containing vegetable matter and no fish to eat up the larvae are best for developing anopheles. The larvae, or "wiggletails" as we generally call them, are the young mosquitoes. Although they live in the water from the time they are hatched from the eggs which were laid on the surface until they reach maturity, they cannot live without air; they must breathe. Contrary to the general idea, they breathe "wrong end foremost"—through a long breathing tube which springs from the body near the tail and which they stick out of the top of the water when they want air. The bearing of this arrangement on their destruction will appear later.

There is a popular misapprehension in regard to the movement of mosquitoes. The general impression is that they are carried by the wind, and people at the seaside say that a land breeze brings mosquitoes. It is a fact that they are more abundant when the breeze is from the land or in a calm, but according to those who know best the fact probably is not that they are blown from the swamps to landward, but that they simply come out again from the trees and shrubbery and the lee side of houses where they had taken refuge from the strong sea breeze which was too rough for their fragile bodies. With rare exceptions they travel, it is said, seldom more than a mile, and generally not so far. When one is troubled with mosquitoes a careful search will almost always reveal stagnant water in the near vicinity—pools, water-barrels, old tin cans, etc.

The destruction of mosquitoes and the consequent prevention of malaria is accomplished in two ways: First and best, by the thorough drainage of all stagnant pools of water, and the emptying of all receptacles holding stagnant water; and second, by keeping the surface of such pools or receptacles covered with petroleum, which is known as light fuel oil, or even the crude petroleum, being better and cheaper than ordinary kerosene. The film of oil prevents the larvae from breathing and smothering them. The quantity necessary is one ounce or two tablespoonsful to every fifteen square feet of surface, repeated every two weeks. Some care and a little expense in securing protection against mosquitoes and in providing a supply of pure drinking water will practically insure against malaria.

To those interested in this subject I cordially commend a very interesting and valuable book on mosquitoes written in popular and entertaining style by Dr. L. O. Howard, the Chief Entomologist of the United States, and published by McClure, Phillips & Co., New York, at a cost of \$1.61, postpaid.

Millions of bottles of Foley's Honey and Tar have been sold without any person ever having experienced any other than beneficial results from its use for coughs, colds and lung trouble. This is because the genuine Foley's Honey and Tar in the yellow package contains no opiates or other harmful drugs. Guard your health by returning it but the genuine. English Drug Co.

An Opportunity.—"Darling, I could die kissing you." She: "Then you'd better call around this evening when father's at home."—Scraps.

Don't be afraid to give Chamberlain's Cough Remedy to your children. It contains no opium or other harmful drug. It always cures. For sale by Dr. S. J. Welsh.

Dr. Witt's Little Early Risers are small pills, easy to take, gentle and sure. Sold by English Drug Co.

She Knew.—Medium (impressively): "It's the spirit of your late husband, madam. He wishes to speak with you." Mrs. Peck: "It can't be poor Henry; he never had no spirit."—Boston Transcript.

Don't be afraid to give Chamberlain's Cough Remedy to your children. It contains no opium or other harmful drug. It always cures. For sale by Dr. S. J. Welsh.

Shot His Wife With a Winchester.

Durham Special to Charlotte Observer, 12th.

The most sensational homicide this county has known since the crime for which John Hodges was hanged, the murder of his wife two years ago, took place three miles from Durham tonight at 9 o'clock and W. H. Tilley is held tonight without bail.

Though a great distance from town crowds are pouring out there a-foot and the house is overrun by the morbidly inclined. At midnight Coroner Maddry went to the scene, arriving too late here to give the result of his finding. In a pool of blood of unbelievable amount Mrs. Tilley is lying face sidewise to the floor. A Winchester bullet has passed through her face and her husband sits within five feet of her, held by Sheriff Harward, who does not hesitate to tell the man that he murdered his wife.

Tilley's story is that at 9 o'clock he saw a dog in his yard and, taking down his rifle, snapped twice at the beast. Thinking his gun was unloaded, he hit it with his hand and it discharged full in the face of his wife, who was sitting at the bureau reading a paper. She fell without a cry and he rushed to her, he says. Believing her dead, he went to a neighbor's and aroused her. She died twenty minutes later. The fellow talks with a refreshing nonchalance of the tragedy. He does not seem the least disturbed and when pressed for an account of his past life says it has not been what it might have been, domestically speaking. He is pretentiously religious and has stood without blame in his neighborhood. Nevertheless Sheriff Harward says Mrs. Tilley has appeared often in distress and asked advice as to living with her husband, who had threatened more than once to kill her. Her relatives are bitter, for they tell a story of how he took all of her \$3,000 secured by her second husband's death and invested it in a plantation, falling out with her when she refused to be further bled. They had not lived in the same room until the past month, when a reformation began and the two were united. Their only child was asleep at the time of the shooting and there is nothing but circumstantial evidence, entirely too much in doubt, it would appear, to sustain a charge of murder.

Mr. and Mrs. Tilley are well connected, both being members of as good families as live in Durham.

How to Get Strong. P. J. Daly of 1247 W. Congress st., Chicago, tells of a way to become strong. He says: "My mother, who is old and was very feeble, is deriving so much benefit from Electric Bitters that I feel it my duty to tell those who need a tonic and strengthening medicine about it. In my mother's case a marked gain in flesh has resulted, insomnia has been overcome and she is steadily growing stronger." Electric Bitters quickly remedy stomach, liver and kidney complaints. Sold under guarantee at English Drug Company's, 50c.

Little Child Ground Up in a Gin. Near Parkton yesterday Luther McTainey, the five-year-old son of Mr. J. D. McTainey, a prominent farmer, was killed by falling into his father's cotton gin. The little boy, who had been playing in the gin house, was ground to pieces by the machinery.

Weather Forecast.—Miss Gossmar: "They say a ring round the moon indicates stormy weather ahead." Sir Percy: "Yes, and a ring round a girl's finger often indicates the same thing, by Jove!"

Will Interest Many. Every person should know that good health is impossible if the kidneys are deranged. Foley's Kidney Remedy will cure kidney and bladder disease in every form, and will build up and strengthen these organs so they will perform their functions properly. No danger of Bright's disease or diabetes if Foley's Kidney Remedy is taken in time. English Drug Company.

A Shrewd Youngster.—Teacher: "What is it, Tom?" Tom: "Jimmy's swearing." Teacher: "What did he say?" Tom: "Well, marn, if you say over all the cuss words you know, I'll tell you when you come to it."—Kansas City Star.

Kodol will, without doubt, make your stomach strong and will almost instantly relieve you of all the symptoms of indigestion. It will do this because it is made up of the natural digestive juices of the stomach so combined that it completely digests the food just as the stomach will do it, so you see Kodol can't fail to help you and help you promptly. It is sold here by English Drug Company.

Married for Love.—"You say she married for love, but I happen to know that the man she married is worth a million." "Of course, the million is what she loves!"

A Paying Investment. Mr. John White of 38 Highland ave., Houlton, Me., says: "I have been troubled with a cough every winter and spring. Last winter I tried many advertised remedies, but the cough continued until I bought a 50c. bottle of Dr. King's New Discovery; before that was half gone, the cough was all gone. This winter the same happy result has followed; a few doses once more banished the annual cough. I am now convinced that Dr. King's New Discovery is the best of all cough and lung remedies." Sold under guarantee at English Drug Co.'s, 50c. and \$1. Trial bottle free.

There's a great deal in shape. Some men die and leave plenty of property of some sort, but it isn't in the right shape. It is usually largely in real estate on which the dead man owed a lot of money which he expected to pay off before he died but he died too soon. There is where the shape of his estate was bad. Too much attention had been given to the body, and too little to the legs. The legs were too weak for the body, so when the temporary support of man was withdrawn, the legs caved in. He should have braced them with life insurance policies and then the body could not have fallen nor would the family nor the creditors have suffered loss. As I remarked, in the beginning, there's a great deal in shape. What is your shape? And what would be the shape of your affairs if you were called, without notice, to turn your business over to your wife to operate during her life? I want to impress you with the fact that the State Life Insurance Co. of Indianapolis, is a mighty good tailor, when it comes to improving the shape of an estate, and we would like to take your measure, we don't give trading stamps, but we will do this: You may wear the suit all your life, and when you die if your wife or executor doesn't want the clothes, we will give them every dollar you have paid us, if they will turn the old garments over to us. We would like to make a suit for you. We will guarantee a fit and no rips. And we will sell it on the installment plan, you paying just a little every year. And now it's your move. What are you going to do about it? D. Sam Cox, Manager, Department of the Carolinas, Columbia, Charlotte, Greensboro.

CASH \$1,000.00 CONTEST

Contest opened Sept. 1st, 1908. Closes Feb. 28th, 1909. The Journal Company has appropriated this One Thousand Dollars (\$1,000.00) in cash to be divided among the agents who do the best work, in addition to the usual cash commission. We want an active, hustling agent at every postoffice throughout the South and on every rural route.

For particulars of the contest, terms to agents, outfit, sample copies, etc., write

THE SEMI-WEEKLY JOURNAL, Atlanta, Ga.

The Bank of Union

Progressive people everywhere regard Banks as business necessities. Those who fail to patronize them incur unnecessary danger and do themselves positive injustice.

Deposit Your Money in the Bank of Union

It was expensive, but the Bank has a Corliss safe and prospective depositors would do well to remember this. Everything possible has been done to earn the confidence of the people and make their money safe. Call and confer on any financial matter. You may learn something to your advantage. You are always welcome.

Commercial Accounts.

The accounts of business houses, corporations and individuals are cordially invited and every consideration is extended which is consistent with a conservative banking policy. This bank has ample capital and surplus, and small as well as large accounts are solicited.

The First National Bank, Monroe, North Carolina.

W. C. Heath, President. J. R. English, Vice Pres. Roscoe Phifer, Cashier.