

ple are hypersensitive to various foreign proteins. When grasses and plants blossom they give off pollens which act as foreign proteins to which some people are peculiarly susceptible

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HE lightning may strike where it will but there is always a definite reason for its willing, to strike where

Every year, during the summer season, persons are struck and killed by lightning. It would be more correct to say that persons are struck and stunned by lightning and later die from neglect. Most persons stunned by lightning could be resuscitated if speedy and proper treatment

The intense straight flasnes are the most dangerous. The rig-rag flashes are seldom dangerous and the sheet lightning never dangerous Just as the person instantly killed by a bullet never hears the report of the gun so the person struck by lightning does not hear the thunder. By the time we hear the thunder the danger

When a thunder storm approaches do not seek shelter under a tree with thick foliage. This is especially dangerous if you have already gotten wet. Your body is a better conductor than the trunk of the tree and by standing under such a tree your body forms a line of discharge to the ground. Probably more people are killed by lightning in this way than all other ways. When in a group of persons one is struck and the others not it is because the body of that person is a better conductor than the others. The person lying flat on the ground is always safe.

Do not stand in the doorway of either barn or house nor at the window near a chimney. Lightning, to some extent, follows the currents of air through doors and up the chim-



Bureau Of Health Education, North Carolina State Board Of Health

> ME persons are very seusitive to the sting of the bee. others scarcely notice it at all. An instance is recalled of a perfectly healthy child

who on one occasion was stung on the finger by a bee and within a few minutes was completely prostrate. Both eyes were swollen shut and the entire body greatly disfigured. The heari action and respiration were greatly disturbed and the child appeared dangerously III. There were at the home of the child many colonies of bees and the child was frequently stung and slways with marked reaction, but only this one time was it so severe.



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When these pollens in the air get onto the mucous membranes of eyes. nose and throat of susceptible persons they set up violent reactions. The firitation substance causes reddening of the conjunctiva, and swelling of the trar ducts. There is increased secretion of tears which cannot drain off through the swollen shut tear ducts and hence the eyes "water". In the mucous membrane of nose and throad there is the same condition. In an effort to expel the irritart there is much sneezing. When the mosal pasbecome so swollen that it is hard to breathe through the nose, the patient begins breathing through the mouth. If the patient still remains in a polluted atmosphere then these inritating pollens are inhaled directly into the lungs where the bronchi and bronchioles become congested so that breathing is difficult. This stage is called asthma

The entire body is equally sensitiv. except where the outer protective lay er of the epidermis prevents the ab sorption of these poliens. If this protective layer of epidermis is broken by a slight pin scratch and the offend ing pollen applied to the scratch there will result a red and swollen wheal, By utilizing this point the physician is enabled to use test pollens on scratches in the skin and thus determine the exact pollen or pollens which cause the individual damage. In many cases frequently repeated small injections of an extract of the offending pollen will finally produce in the individual a degree of relative immunity

Many things other than plant pollens cause hay fever and asthma. Dander of horses, dogs, cats, feathers and many foods cause severe reactions in some people