

# THE GASTONIA GAZETTE.

TUESDAY, SEPTEMBER 26, 1916.



### PREVENTIVE MEDICINE.

Paper Read Before the Teacher's Meeting by Dr. R. M. Reid, School Physician.

Today is the day of preventive medicine.

The medical profession of today is attaching ever increasing importance to preventive medicine rather than to the curative medicine, that is, the profession is daily realizing that far more benefits to man-kind follow their efforts to prevent diseases than have ever followed their attempts to cure diseases.

While National and State governments are spending time, money and thought in the employment of scientists, engineers and medical experts to draft numerous and various laws which are now on our statute books for the protection of their citizens, still all this counts for naught, unless we can get the hearty co-operation of the teachers in our public schools. The last word in sanitation, public health and prevention of disease resolves itself into the enthusiastic, unstinted and untiring support given this subject by our public school teachers.

To the thoughtful and intelligent teacher this fact is too obvious to need mentioning, except to keep ever in your minds the following self-evident fact, that the hope of all future sanitation is inseparably linked with the conscientious instruction on this subject by our teachers and by indelibly stamping it on the susceptible and receptive minds of the children now in our public schools. To reverently paraphrase a scriptural quotation, the government may plant, the physicians may water, but our public school teachers only can give the desired increase in sanitation.

The history of our public schools is that they have ever been a veritable hot-bed for the transmission of infectious diseases; and the reason for this is conspicuously apparent when you consider these facts, that our schools are filled, or very often more than filled, with children from every walk and condition of life and who are of the age of greatest susceptibility to disease, who live in close daily contact and who have no thought or knowledge along this line.

With these facts as a prelude to the subject I wish to discuss with you, I now desire to present a few of the more frequent and important infectious diseases, with their prominent and suggestive symptoms, which I trust may aid you in preventing their transmission. As you well know, no one or even two symptoms, are ever absolute proof or diagnostic of any given disease but simply suggestive of some specific disease. Just here let me urge upon you never to make a positive diagnosis, in fact I would advise that you make no diagnosis, for it is entirely out of your province and may lead to an embarrassing position for you or even disastrous results to the child.

To impress this fact indelibly on your minds, permit me to make this statement: to be able to habitually make a correct diagnosis, in the majority of cases, requires years of discriminating study and scientific training and has ever been "the consummation devoutly to be wished" by every conscientious member of the medical profession in all ages.

In considering an infectious disease, it is well to know:

First, that the symptoms of diseases are both subjective and objective. Subjective symptoms are those unseen or constitutional symptoms and, therefore, can seldom be of much benefit to you except in certain cases. Objective symptoms are those that can be known by one or more of the five senses, as sight, touch, taste and smell. Of these five senses you will necessarily rely upon three, mentioned in their order of importance, namely sight, touch and hearing and just here let me say, that the conscientious and consistent use of these in your daily work, will be a revelation to you in the amount of information you personally can obtain and will, not infrequently, enable you to prevent an epidemic and thereby preserve the health and even the lives of some child or children entrusted to your care.

Second, the period of incubation,

which is the time between exposure to a disease and the appearance of the first symptoms, and is of importance as you will observe later.

Third, the method of onset may be gradual, mild or severe.

Fourth, the degree of sickness is fairly characteristic of each disease, but it must not be forgotten that a typical mild case may transmit a severe case to others.

Fifth, sore throats exists in acute sore throat, tonsillitis, diphtheria, and scarlet fever.

Sixth, a skin rash (often more or less characteristic in each case) exists in scarlet fever, measles, German measles, chicken-pox, small-pox and from scratching in scabies.

Seventh, diseases and defects resulting from infectious diseases are numerous and various. In scarlet fever the kidneys may be irreparably damaged. Heart disease frequently results from diphtheria, scarlet fever, rheumatism and tonsillitis. Scarlet fever, measles, grippe may cause abscesses of the ears or glands of the neck.

From the foregoing you can readily realize the responsibility of making a differential diagnosis between the four or five diseases that begin with the common symptom of sore throat or between the six or seven diseases that have skin manifestation as the initial symptom; then couple with these the not infrequent, irregular, a typical or mild cases, and you can understand why it is not only difficult but sometimes impossible, even with medical men to make a positive diagnosis.

We now come to the practical application of these facts. If any child has a general eruption over his hands, face or oesoph; if he has a severe cough, red watery eyes; if he has sore throat, difficulty in swallowing; if he has minute furrows over his hands more especially between his fingers; if he has enlarged glands or kernels about his ears, neck or angle of his jaws; if he complains of headache after reading, near or far sightedness, mouth breathing, noticeable dullness or backwardness; or if he has inflamed and weeping eyes; send him at once to his family physician, or to the school physician. You will find one or more of the above symptoms present in every acute infectious disease that demands investigation in the school room. The following infectious diseases, with their period of incubation and length of quarantine necessary, may be of aid to you:

Diphtheria incubation period, 2 to 7 days, quarantine 2 weeks. Scarlet fever incubation period, 2 to 5 days, (2-4 most often) quarantine 6 weeks. Measles incubation period, 11 to 14 days, quarantine 3 weeks. German measles incubation period, 11 to 20 days, quarantine 3 weeks. Chicken pox incubation period, 10 to 14 days, quarantine 3 weeks. Mumps incubation period, 14 to 21 days, quarantine several days after swelling has disappeared.

### TODAY'S POEM

#### THE LITTLE FARM.

Margaret E. Sangster, Jr., in The Christian Herald. There's a little farm that nestles in the shadow of a hill; It's a lonely spot in winter when the earth is white and still; When the tempest makes your heart ache with its bitter, wailing sigh, And the roads are all unbroken, and a storm is in the sky.

There's a rocky bit of pasture where the huckleberries grow; It's a quiet place in winter 'neath the ghostly sheet of snow; And the vines that twine their tendrils all about the stony wall Are the wreaths of creeping woodbine that was scarlet in the fall.

There's a time I can remember at the twilight of the day, When the shadows growing purple, look like forms that kneel to pray; When a little mother standing in the window strikes a light, And the lamp-shine glimmers golden all across the winter night.

There's a little farm that nestles in the shadow of a hill, And a group of memories haunt me — I am sure they always will, For a boundless love, far reaching, stretches toward me where I roam, And my heart is lonely, sometimes, for that little farm is home!

#### THE BOY WHO MEANT TO.

Selected. He meant to get up early, when the air was crisp and cool, And mow the lawn and clip the hedge before he went to school; But he was tired and sleepy when he woke at break of day, So said another time would do and slipped in dreams away.

At school he meant to lead his class



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before the term was done; But lessons are such stupid things, and boys must have some fun. In manhood feats he likewise meant to earn some laurels too; But fame is such a fickle dame and picks her favorite few.

He meant to reach a wise old age, esteemed by great and low; But wisdom's path is hard and steep, and pleasure lured below. But since he never really tried the things he meant to do, That nothing ever came of them I'm not surprised, are you?

MY TOWN! I know my town, and I love my town, And I want to help it be As great a town to every one As it seems to be to me! I praise my town and I cheer my town, And I try to spread its fame; And I know what a splendid thing 'twould be If you would do the same.

I trust my town and I boast my town, And I want to do my part To make it a town that all may praise From the depths of every heart; I like my town and I sing my town, And I want my town to grow; If I knocked my town or I blocked my town, That wouldn't be nice you know!

I think my town is the very best town In all the world—to me! Or if it's not, I want to get out And try to make it be I talk my town and I preach my town, As I think a fellow should Who has more at stake than to win or make For the love of the common good!

I bet on my town, and I bank on my town, And I think it fine to feel— When you know your town and you love your town— That it's part of your honest zeal; I'm proud of my town, I love my town, And I want to help it rise— And that's the way to help a town— Not curse it and despise! —Bentzon Bard.

### YOUR CHANCE FOR A BIG OUTING.

The family that is tired with the work and the heat of the summer should use the week of the fair as a time for a picnic outing and make each day a holiday. To men it will furnish an opportunity to wash off the soil-stains gotten on the farm or the dirt and grime of the shop. To women it will furnish an escape from the wearisome anxiety, hard work and humdrum of the household. All can turn from the care and confinements of a life of toil to the bright sunshine of the park, enjoy the scenes and lessons interspersed with amusements, and thus find the highest class of recreation.

The big Baby Show on Thursday. Every convenience has been provided this year for the comfort of the babies. Special attractions each day. Enjoyment for young and old, and a good time for all.

We Will Sell You a Lot In "Chester-Place" and Build Your Home According to your plans. The terms are easy too. Come in and talk it over. Gastonia Insurance and Realty Company Real Estate Dept. Phone 89. Gastonia, N. C. W. T. RANKIN, Pres.-Treas. R. G. RANKIN, ANDREW E. MOORE, Vice-Prests. E. B. BRITIAN, Secretary

New Series Now Open The Gastonia Mutual Building & Loan Association opens its 24th and matures its 11th series. We Are Making New Records In SALES, LOANS, and MATURITY Cost to mature stock amounts to \$83.50. Mutual in fact as well as in name. E. G. McLURD Secretary and Treasurer Office at Gaston Loan & Trust Co.

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AUCTION SALE OF FARM. On Thursday, October 5, 1916, at noon at the court house in Gastonia we will sell at auction the McCully farm of 130 acres, located on Crowders Creek near Bowling Green Station. Has dwelling, barn, two tenant houses, etc. Close to school and church. Terms of sale cash. C. W. McCULLY, MRS. D. G. LESLIE, Heirs. 29p

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SEPARATE YOUR MONEY into two parts. One to contain the cash for your needs, the other the amount you can spare. Bring the second pile here and open a savings account. If you keep it by you it is apt to be frittered away needlessly. In this bank it will go to work for you. It will not grow less. It will grow more.

## Gaston Loan and Trust Company

Gastonia, N. C.

ANNUAL FLORIDA EXCURSION TO JACKSONVILLE, ST. PETERSBURG, SARASOTA AND TAMPA, FLA., TUESDAY, SEPTEMBER 26, 1916, VIA SOUTHERN RAILWAY.

THE SOUTHERN RAILWAY will operate low round trip fare excursion from North Carolina points to the above-mentioned places Tuesday, September 26, 1916. Special train consisting of Pullman Sleeping cars and high-class day coaches will leave Greensboro at 7:30 p. m., Salisbury 9:15 p. m. and Charlotte 10:50 p. m., arriving Jacksonville next morning at 10:55.

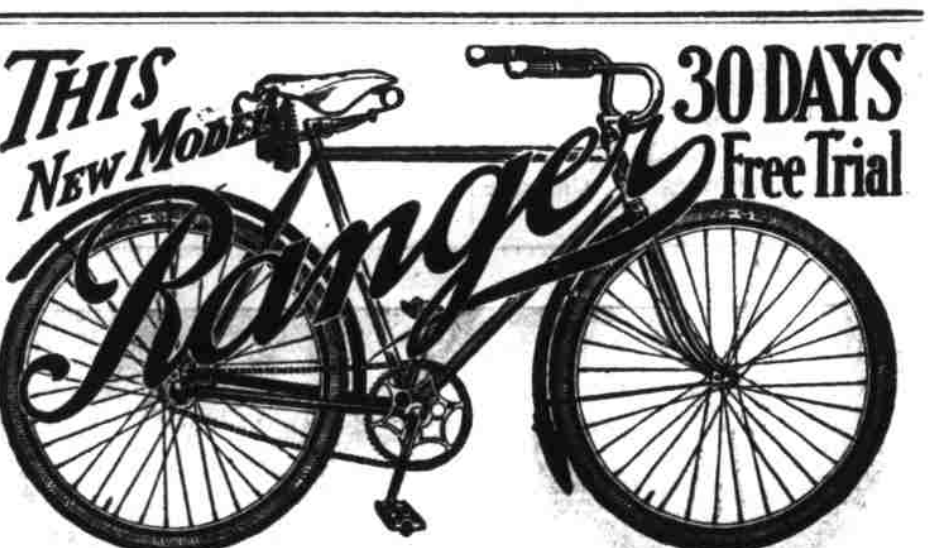
The following round trip fares will apply from stations named: Charlotte to Jacksonville \$8; Sarasota \$11, St. Petersburg \$10.50. Concord to Jacksonville \$8, Sarasota \$11, St. Petersburg \$10.50. GASTONIA to Jacksonville \$8.75, Sarasota \$11.75, St. Petersburg \$11.25. Greensboro to Jacksonville \$8, Sarasota \$11, St. Petersburg \$10.50. Hickory to Jacksonville \$8.50, Sarasota \$11.50, St. Petersburg \$11. Salisbury to Jacksonville \$8, Sarasota \$11, St. Petersburg \$10.50. Shelby to Jacksonville \$9.50, Sarasota \$12.50, St. Petersburg \$12. Statesville to Jacksonville \$8.50, Sarasota \$11.50, St. Petersburg \$11.

Fares from all intermediate points same basis. Tickets good going only on special train. Returning, good on regular trains. Passengers on branch line points will use regular trains to junction points connecting with special train. Tickets to Jacksonville bear limit of seven (7) days. Tickets to Sarasota, St. Petersburg and Tampa bear limit of ten (10) days. Pullman reservations should be made in advance. R. H. DeBUTTS, D. P. A., Charlotte, N. C.

REGISTERED BERKSHIRE PIGS FOR SALE. We can furnish registered Berkshire pigs of different ages at most reasonable prices. Bred from our selected dams. Pigs from \$6 to \$15, including registration. HILLACRES FARMS, Gastonia, N. C. R. G. Rankin, Proprietor.

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Tone tonight. Your druggist or dealer sells you a 50 cent bottle of Dodson's Liver Tone under my personal money-back guarantee that each spoonful will clean your sluggish liver better than a dose of nasty calomel and that it won't make you sick. Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up feeling fine, your liver will be working; headache and dizziness gone; stomach will be sweet and bowels regular. Dodson's Liver Tone is entirely vegetable, therefore harmless and can not salivate. Give it to your children. Millions of people are using Dodson's Liver Tone instead of dangerous calomel now. Your druggist will tell you that the sale of Calomel is almost stopped entirely here.