

THE FAMILY DOCTOR

(By John Joseph Galace, M. D.)

CHANGING DOCTORS

It has been said that it's a bad practice to swap horses in the middle of the stream. I think this applies quite as well to the abrupt changing of physicians in the middle of a protracted disease.

In the very nature of some complaints, they advance very slowly, taking sometimes months and years to produce complete disability. Diseases that come slowly are, as a rule, overcome slowly. A disorder that has been on hand two or three years cannot be cleaned up in as many weeks. Particularly is this true in diseases of the heart, lungs and kidneys. To shift physicians impatiently every two weeks, in the effort to secure quick relief, is to invite disaster; it takes in some cases of very serious disease, several months of intimate relation and study on the part of the physician, to tide the patient ashore safely. This cannot be done by shifting tactics on part of the invalid. It is his business to start right and stay right; his life may depend upon it.

Years ago, a healthy man offered me \$1000 to clear up one-fourth of one per cent of albumin from his urine. I accepted his tempting proposition. "What shall I do first," he asked: "Go to bed for four weeks." I answered, "Can't possibly do it, you see. I've got some business." Of course he had. All men have affairs.

He went to a magnetic healer, who cured by laying on of the hands, \$250 wasted. Another shift to a "patby," no better luck; then to a "nuclei"; by this time disease was coming. A month with a masseur who agreed to "rub it out." It didn't rub out. The last I heard of the case, he had gone to bed and called his family doctor, too late—the kidneys were far beyond possible relief. Swapping horses in mid-stream. That man should be alive today. But he was too busy to "stay put." He has been dead a long time.

If you suspect serious disease, stick to your physician—don't neglect his advice—his your best bet.

THE SKIN PUZZLE

An old anecdote has it that a society lady at her bridge game, asked her partner, who was young "skin specialist," why he chose that branch of medical profession for his life work—such a perplexing sort of diseases, his reply was, "well—those cases never get me out at night, they never die—and, they never get well."

My outstanding case today was a very aggravating case of eczema. A young farmer who came from a place about fifty miles away, treated him for a similar attack, five years ago, with good success, hence his return after about one month of suffering; he was half-mad from the terrible itching. I assume that this will interest such of my readers as have had experience with skin afflictions.

Eczema is the outstanding skin disease—if we are to judge by the frequency of patients with skin trouble. If one doesn't know his diagnosis very well, he will collect nine times out of ten by calling it "a form of eczema."

Of course the thing the patient demands in relief, he doesn't care two whoops about the looks of the thing—he wants the itching stopped—the sooner the better. And so would you, dear reader.

First and foremost, remove ALL sources of irritation. A coarse harsh suit of underwear will render relief impossible, no matter what the treatment. I once compelled a lady to stop wearing a fur boa, who had an intense eczema that included the skin of her rather long neck. She substituted the softest silk—or stayed inside. A very simple, skin anodyne—ointment dismissed the trouble.

I have seen cases that had to be in cold water, in bed for comfort.

In carrying out the idea, this vital point, I wish to impress thoroughly in this letter, it may be soap that you are using—change your brand, or use none. Carry out your physician's directions—else you are liable to carry an exceedingly chronic disease for many years.

Sydnor-Spainhour Co.

That the firm of Sydnor-Spainhour company is meeting the demand of the public as a modern department store is proven by the constantly increasing patronage, which has justified the firm in filling its large store with the newest in high class merchandise, thus enabling it to expand in the territory served.

Three large floors, including a big bargain basement, presents a wonder display of merchandise with the most complete stock of goods in the city. Although relying upon quality lines as its drawing card for the most discriminating trade, also carries goods bearing the lower price tags

which enables those of more moderate means to do their shopping at this popular and reputable mercantile house.

Mr. Eugene Spainhour has been manager of the store for the past several years, and through his untiring efforts has been able to build up a large volume of business, much of which is drawn from a good distance through the surrounding trading territory.

Another valuable addition to the force is in the person of Mr. Herbert Jeffries, who has charge of the shoe department, and who also has been very successful in establishing their famous line of Enns Jettick shoes for women.

If you are not a customer of this firm, the manager cordially solicits the opportunity of being of service to you, and showing you through their new lines.

SIGNS OF TUBERCULOSIS

Continued weariness, loss of weight or energy without apparent cause.

A Hemorrhage of the lungs means tuberculosis almost without exception.

A subnormal temperature (by the thermometer) in the morning and a rise of temperature in the afternoon means tuberculosis 99 times out of 100, and often the other time, too. Pleurisy—a sharp stabbing pain in the chest—either dry or with fluid is almost always caused by tuberculosis, and one having it should have a thorough chest examination.

A low blood pressure, taken with the proper instrument, is suggestive of tuberculosis.

A cough that lasts more than three weeks should suggest tuberculosis and should call for an examination by a competent physician.

The tuberculo bacillus in the sputum is a positive sign of tuberculosis, but the diagnosis should be made long before the bacillus can be found.

The earlier the diagnosis of tuberculosis is made, the greater are the chances for recovery. The later in the course the disease is found the less are the chances for recovery.

Examinations for tuberculosis are made by appointment at the North Carolina Sanatorium every morning between the hours of 8 and 11 without charge. If you have any of the above symptoms do not wait, but have your physician write for an appointment.

Tonzallu—I hear that Dr. Chestnut isn't going to take any more vacations.

Fozello—No, after he got back from his vacation this summer almost all his patients were well.

A Modern Building HAS BEEN COMPLETED

We rejoice with Elkin's population upon the completion of this handsome new building. It was built to render a service to mankind, and the call for help has been responded to most generously by our people. To all who have helped, in any way, to build the

Hugh Chatham Memorial HOSPITAL

we join in extending congratulations and gladly add our stamp of approval and best wishes for success.

IN THIS CONNECTION PERMIT US TO REMIND YOU THAT OUR 25TH SERIES IS NOW OPEN, AND WE URGE ALL NON-MEMBERS TO TAKE SHARES. THIS IS THE BUILDING SEASON—WHILE MATERIAL AND LABOR ARE CHEAP AND PLentiful. OWN YOUR OWN HOME, THROUGH SAVINGS IN OUR ASSOCIATION. 5 PER CENT NON-TAXABLE ON PAID UP STOCK; 6 PER CENT NON-TAXABLE ON RUNNING SHARES.

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Elkin-Jonesville Building & Loan Association

C. G. Armfield, Sec.-Treas. Elkin, North Carolina (Office in Elkin National Bank)

A Worthy Institution to Open

Welcome

WE MOST HEARTILY WELCOME THE NEW HUGH CHATHAM MEMORIAL HOSPITAL AS A VALUED ASSET TO OUR COMMUNITY. IT IS DESTINED TO ACCOMPLISH MUCH GOOD, AND THAT IT WILL SUCCEED THERE IS LITTLE OR NO DOUBT. ITS NEED IN THE COMMUNITY HAS BEEN KEENLY FELT FOR YEARS, AND ANNOUNCEMENT OF THE OPENING OF THIS NEW AND MODERN HOSPITAL WILL BE MOST WELCOME NEWS TO THE PUBLIC.



Welcome

IN THE OPENING OF THE NEW HOSPITAL, NEW FACES WILL BE BROUGHT TO OUR MIDST, AND WE JOIN IN EXTENDING A WELCOME TO THOSE WHO COMPOSE THE HOSPITAL STAFF. AND WE ALSO CONGRATULATE ALL WHO IN ANY MANNER CONTRIBUTED TO THE SUCCESS OF THE UNDERTAKING IN ORDER THAT THE PEOPLE OF THIS SECTION OF THE STATE MIGHT HAVE HOSPITAL FACILITIES OF THE VERY BEST. TO ALL: CONGRATULATIONS.

TO OUR FRIENDS AND THE PUBLIC IN GENERAL

While extending a welcome to the hospital staff and congratulations to those who made the institution possible, we wish also to welcome the visit of the people throughout the Western Section of North Carolina to visit our big hardware store and view the big collections of merchandise in our line. Here you will find everything to be desired in hardware, farming implements, garden tools, stoves and ranges, plows and plow points, fencing, roofing materials, builders' hardware, paints, enamels, and scores of other items needed by the public from time to time. Our prices are right, and the quality defies any argument. We appreciate your business and try to make it to your advantage to trade with us, through the combination of quality—service—price.

Elkin Hardware Company

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