

Copeland's HEALTH TALK

Neglect Is Dangerous

By ROYAL S. COPELAND, M. D.

(United States Senator and former Health Commissioner of New York)

(Inquiries may be addressed to Dr. Copeland, care The Star, Shelby, N. C. If you desire a personal reply, enclose a stamped envelope, addressed back to you.)

In this world of ours are many living inhabitants. Some of them are tiny organisms known to everybody as "germs." Some of these are essential to our well-being, but these are dangerous and even deadly.

The harmful germs are watchful, crafty, sneaking, treacherous beasts. Like assassins in the night they pounce upon their victims. They seek to take his life.

One of the most vicious of the common germs is known to the scientific world as the "streptococcus." This agent is responsible for much suffering and, I am sorry to say, for many deaths.

I wish we could get everybody to understand that any wound where skin is broken is an open door through which dangerous germs may enter. Once they are inside the body nobody knows what havoc will be wrought. Let me give you a word of warning against neglect of any injury or bruise, even the slightest.

It is characteristic of boys and girls and even some men and women to want to appear brave and foolhardy. When we are young we scoff at a small cut or abrasion, a blister or burn, or the tear caused by a rusty nail. Fear of being considered a "baby" or a "poor sport," or the desire to appear very brave, makes many persons appear to look lightly on such seemingly simple wounds.

No one should neglect an injury or a bruise, whether it is the prick of a pin, or a more serious accident. Blisters, burns, tears and abrasions, lacerations, punctures made by sticks or toys, scratches from nails, splinters, and torn metal, cause wounds which require careful attention. The attention is required to guard against blood poisoning with the possibility of a fatal effect.

Every wound, no matter how slight, should have immediate attention. It should be washed with clean water and soap to remove all dirt and foreign material. Then iodine, two per cent, or another germicide should be mopped on the part. If the skin is broken, a small dressing of clean gauze, held in place by adhesive plaster, should be applied after this emergency treatment is used.

Blisters, cuts and bruises of the feet are very apt to become infected. The irritation from the shoes increases the inflammation and the dye and the germ-laden dust from stockings may be carried into the wound.

For this reason the greatest care must be exercised to keep these abraded surfaces covered and free from the possibility of infection. Once an infection starts it may travel rapidly through the entire system.

If the redness around the wound begins to spread, or if tenderness or other sign of inflammation is present, consult your family doctor at once.

Answers To Health Queries. Geo. W. S. Q.—What do you advise for her hernia?

A.—While wearing a truss will greatly relieve the condition, an operation is the only real cure.

Food For Infants. Summer time is a trying time for little babies. No matter how watchful the mother is all the rest of the year, she must take special pains in hot weather. No detail is too small.

Answers To Health Queries. Mrs. W. J. C. Q.—What will help me to reduce? I have tried tablets, but am afraid to take any more. Would a glass of milk with the juice of an orange taken after meals be of benefit in reducing? It sours my stomach.

A.—Proper diet, avoiding too many sweets and starches and some systematic exercise daily should bring about a reduction in weight safely and sanely. No milk and orange should not be taken together.

Marie R. Q.—How can constipation be overcome? A.—The diet must be corrected. Avoid foods unduly rich in starches and fats. Add stewed fruits and bran to your diet.

M. M. J. Q.—What can be done for flabby legs? A.—Exercise, such as running, walking, skating and dancing, will help to make the flesh firm.

J. B. Q.—The large joint on my foot becomes sore and red at times. What causes this? A.—May be due to arthritis. Send self-addressed, stamped envelope for further particulars and repeat your question.

Joyce, S. Q.—Can blackheads be removed? A.—Yes. For information send a self-addressed, stamped envelope and repeat your question.

J. L. Q.—What is the cause of hives? A.—A nervous condition, constipation, food poisoning and, in some instances, a kidney condition may be responsible for hives.

Constant Reader. Q.—Do you advise treatment for blackheads and pimples? A.—Yes. For full particulars send a self-addressed, stamped envelope, and repeat your question.

F. I. U. Q.—What will promote the growth of eyelashes? A.—Apply 1 per cent yellow oxide or mercury ointment to the lashes and brows every night before retiring.

MORE Issac Shelby Flour Is Used In Cleveland County Than Any Other Two Flours that are Sold In This Section. Dependable Goodness And Wholesomeness Are The Reasons. Eagle Roller Mill Company

WEST SHELBY NEWS GLEANINGS Several Attend Birthday Dinners. Sewing Club On Trip To Chimney Rock, Personals. (Special to The Star) Mrs. G. A. Gantt of Kenver, Ky., and Miss Pearl Gantt of Belwood spent the week-end with Mr. and Mrs. C. L. Ramsey. Mr. J. C. Hyder and daughter Miss Daisy attended a birthday dinner for his brother, Mr. Jim Hyder at Spindale Sunday. Mrs. Joe Willis of Eastside visited Mr. Clem Willis Tuesday. Mrs. Dock Wesson and children of Beaver Dam community visited her mother, Mrs. Franklin Tuesday. Mr. and Mrs. Ellis Cook and children of Granite Falls visited Mr. and Mrs. A. C. Canipe Sunday. Mr. and Mrs. F. H. Glenn and children attended a birthday dinner at his grandfather's, Mr. S. R. P. Glenn Sunday. Mr. Glenn was 83 years old and he is indeed very active for one of his age. Mrs. Lee Devenney and children returned from a visit to Mr. Devenney's parents near Casar. Mrs. L. T. Bingham and daughter, Miss Bertie are visiting relatives near Kings Mountain this week. Little Miss Addie Lee Hambricht spent the week-end with her aunt, near Zoar. Mrs. C. D. West and daughter, Miss Pearl spent Sunday with Mr. and Mrs. A. C. Canipe. If there is such a weakness great care must be taken to guard the child from exposure to great heat. The coolest place in the house must be given over to the baby. Sudden changes in temperature are disturbing. Fresh air is essential, no matter what the weather is. But on cool or cold days guard the child against the other extreme of weather. Should a sudden attack of diarrhea come on, stop the feedings. Give only boiled and cooled water. Plenty of this is recommended. Do not return to food until your doctor advises you to do so. Sometimes very weak tea or rice water will be useful. I mention these for the benefit of some mother who is far distant from a doctor. In all cases, where he is within reach the family physician should be consulted. Answers To Health Queries. Mrs. W. J. C. Q.—What will help me to reduce? I have tried tablets, but am afraid to take any more. Would a glass of milk with the juice of an orange taken after meals be of benefit in reducing? It sours my stomach. A.—Proper diet, avoiding too many sweets and starches and some systematic exercise daily should bring about a reduction in weight safely and sanely. No milk and orange should not be taken together.

GIRL WHO JUMPED IN SATILLO RIVER IS N. CAROLINIAN Waycross, Ga.—A young woman held here since Friday after police said she attempted to commit suicide by jumping into the Satillo river today was identified as Frances Teague, of Elon College, N. C. Before identification, she gave the name of Thomas. She declined to reveal the name of her parents. Police quoted physicians as saying that she was temporarily mentally unbalanced. Mrs. C. E. Tapscott, of Elon College, mother of the girl, advised officers that she was forwarding transportation for the girl's return to her home. Physicians agreed to her release. Sale Of Valuable Farm Property. Under and by virtue of the authority conferred upon us in a deed of trust executed by F. M. Bartee and wife, Bertha Bartee on the 18th day of November 1926, and recorded in book of mortgages 141, page 223, we will on Monday, 29th day of July, 1929 at 12 o'clock noon at courthouse door in Shelby, Cleveland county, sell at public auction for cash to the highest bidder the following land, to-wit: Being joined on the N. by John Welchel and Berry Green, on the E. by John Welchel, on the S. by Hub Crawley and Carl Huskie, and on the W. by Tink Cobb; and being composed of those two tracts of land conveyed to F. Marion Bartee by V. A. Humphries by deed registered in book "NNN" page 431; and by G. E. Scruggs and wife, by deed registered in book—page—

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