

## BLEEDING UNWISE IN TREATING BLACK EYE

Infection May Follow Breaking of the Skin, Warns Dr. Copeland, Telling How Best to Reduce the Swelling and Remove Discoloration.

By ROYAL S. COPELAND, M. D.  
United States Senator from New York.  
Former Commissioner of Health, New York City.

Did you ever have a black eye? If so, you know what a lot of "kidding" your friends gave you.

The tissues of the eyelids and cheek are soft and very sensitive. They overlie a ridge of hard bone. This is the edge of the orbit, the cavity within which is contained the eyeball. The parts in this region are richly supplied with blood vessels.

All the conditions are favorable for trouble. A blow with the fist, running against a door or other hard object, stooping over and striking the corner of a chair—any one of these accidents will pinch the skin and damage the delicate blood vessels.

The tissues are caught between the external object and the sharp ridge of bone. The blood vessel is crushed as it would be with pinchers. There is no room for the thin wall, is broken. When this happens the blood oozes into the soft tissues surrounding it.

An accident of this sort produces the same results we find in the skin anywhere else following a bruise. There is a "black and blue" spot. When this happens in the neighborhood of the eye we have what is commonly called a "black eye."

Doctors give this condition a big name—"ecchymosis of the lids." All this means is that there is a collection of blood in the connective tissues—the soft portions of the eyelids.

The length of time the discoloration will last depends on the amount of blood which has escaped from the damaged vessel. Ordinarily it requires from one to two weeks for absorption to take place. The black and blue stain may continue longer, perhaps for a month.

If you get a blow in the region of the eye it is well to apply cold water almost continuously for an hour or so. This retards the bleeding and reduces the quantity oozing into the tissues. Diluted witch hazel may be used instead of plain water. Lead water and laudanum is a favorite household remedy for black eye.

When all danger of further bleeding has passed massage is helpful. You can see that this should not be applied at once, because it would break the clot and bring on renewed bleeding. But after a couple of days it may be begun. Apply a little cocoa butter or cold cream and gently manipulate the discolored part.

For cosmetic reasons, or to spare yourself ridicule, you may paint the surface with some form of cosmetic. A stick of the grease paint used by actors may be employed to smear the surface and hide the discoloration.

It is unwise to cut the skin or to apply a leech. If the surface is broken in this way it may become infected and cause a lot of trouble.

### Answers to Health Queries

MRS. E. G. Q.—What can you advise for constipation? I have just recovered from gastric ulcers.

## HUGGINS LAUDED BY B. S. TRUSTEES

Man Who Was Connected With Institution For 21 Years Is Praised For His Work.

At a recent meeting of the executive committee of the Bowling Springs junior college, to act upon the resignation of Prof. J. D. Huggins, fitting and deserving resolutions were unanimously adopted commending him for his faithful work at Bowling Springs with which he was connected for 21 years and for having put his life into the cause of Christian education. M. J. H. Quinn is chairman of the board of trustees of the college and the board of trustees that under the lesser strain and fewer responsibilities, he may find rest, relaxation and recuperation of health, they shall lengthen the span of usefulness to yet many other years.

Following preambles and resolutions were unanimously adopted by the executive committee of the board of trustees of Bowling Springs college at a recent meeting, a copy of same being sent Prof. and Mrs. Huggins:

Whereas, we have just received with inexpressible regret, the resignation of Prof. J. D. Huggins as dean, professor of mathematics, and high school principal, and of Mrs. Huggins as professor of Latin in Bowling Springs college; and

Whereas, upon hearing the rumor to the effect that Prof. Huggins was considering such a change, President Davis immediately communicated with him relative thereto, advising and urging him not to consider such a course, at the very time when his influence and services were so much needed to guarantee the greatest success of the junior college program; and

Whereas, both the reply thereto and the personal resignation sent to the chairman of the board of trustees, indicate that Prof. Huggins is convinced that his health will not permit him to continue under the responsibilities and anxieties contingent upon the building of a great junior college, although he was assured that the administration and trustees desired that he serve wherever, and according as his strength would permit;

Therefore, resolved: First, That we do herewith express, personally and officially, our profoundest regrets that Prof. Huggins, with his very capable wife, feels that his strength forbids his continuance under the added responsibilities and anxieties of the expanding program of building at Bowling Springs a great junior college, which is the child of the high school to which he has given his very life.

Second: That we, with profound

reluctance and regret, accede to his urgent request for their release from such responsibilities next year.

Third: That we would take this opportunity and means of expressing to him and his capable companion, personally and officially, our warmest and most permanent appreciations for the loyal and sacrificial services they have rendered to the cause of Christian education through the institution which he has led for more than 20 years.

Fourth: That we do herewith vouch to both of them our best wishes and continued prayers for their growing success in the new field chosen of their own initiative and against the will and advice of both the administration and the board of trustees that under the lesser strain and fewer responsibilities, he may find rest, relaxation and recuperation of health, they shall lengthen the span of usefulness to yet many other years.

Fifth: That a copy of these resolutions be sent to Prof. Huggins and his family, a copy be spread upon the minutes of the meeting of the executive committee of the board of trustees, now in session, and a copy filed with the institution.

Signed: J. H. QUINN, chairman, board trustees, C. C. MATHENEY, secretary, board trustees, J. B. DAVIS, president, college.

Sun Slowing Down.

The sun is as tickle in most of its characteristics as well, supply of its sun. It has been found however, that this inconstancy is probably a periodic function, so that the sun will vary from maximum to minimum in its behavior over a fixed period of years.

For example, Dr. Charles S. John of the Mount Wilson Observatory in California has discovered that the period of rotation of the sun has been increasing. The sun in other words, is slowing down. In 1876 the equatorial speed of the sun's rotation was 2.23 kilometers per second. In 1915 it was 1.96 and by 1928 the sun had slowed down to 1.89 kilometers per second. It is believed, however, that this decrease will not be constant, and that beginning in 1929 the sun will gradually pick up speed again until it reaches a maximum period of rotation within the next few years.

Scotland county farmers are having a hard time finding seed with which to plant their stubble lands.

H. L. Seagrove has been secured as county agent of Caswell county. A supporting board of agriculture has been organized.

## MARE, 2 YEARS OLD, IS NEVER SEEN SUN

Klein, Mont.—Born deep in a coal mine here, a two-year-old mare which has never had an ultra-violet ray, in fact has never even seen the sun, offers a problem for health investigators.

The mare is in vigorous health, high-spirited, her coat glossy and she stands a head taller than other horses in the mine that have been "up" for periods, according to her owner, Charles Fletcher.

Fletcher plans to bring the animal to the surface soon. Arguments as to whether she will adjust herself to new conditions with a few blinks, or stumble about dazed and blinded by the light, will be settled then.

"The Effects of Synthetic Nitrogen and Concentrated Fertilizers on Cotton and Sweet Potatoes," is the title of experiment station bulletin 266 recently published at the State college of agriculture. Copies will be sent free to citizens of the state making request to the agricultural editor.

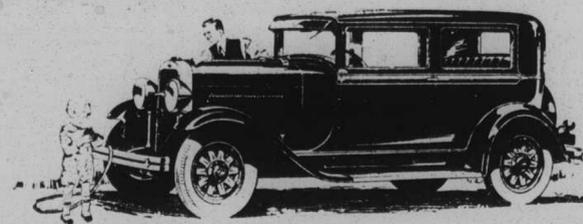
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