

Your Health, The First Concern.



THE CANCER HAZARD.

Cancer has become one of the most common causes of death. In Pennsylvania it causes one-half more deaths than tuberculosis. In twenty years its death rate has nearly doubled, whereas the death rate of tuberculosis has been cut in half.

Hereditarily is not a definite mode of cancer, although there may be an inherited deficient condition which predisposes towards its development, as occurs in tuberculosis, cancer, at least, is not directly inherited, as syphilis. In the experimental work which has been so essential in the study of this disease, cancer has been carried down through successive generations of certain strains of white mice, but in them the resistance to cancer dominates over the susceptibility. There is no evidence that heredity plays a role with the human family.

The definite cause of cancer yet remains one of the unsolved mysteries of medical science. It is known, however, that it injures to the breast by babies having nothing whatever to do with causing cancer in their mothers. There is no evidence that any individual injury produces a cancer growth, but there is some circumstantial evidence that long continued injury, especially the continuous application of heat or other irritating substances over long periods of time probably does induce the development of cancer. Among the Asiatics who hold charcoal fires against the body for warmth, among the tar workers who are constantly being burned by hot tar, and among those who smoke pipes with hot stems, cancer commonly develops at the point of contact. Among workmen, who wear nothing but overalls at work, cancer is found to be prevalent, caused by the blue dyestuff in the denim.

To such extent can cancer be prevented, by avoiding pressing against the skin by the hour, day after day, for long periods of time, any substance which will heat or irritate the skin. The cancers in X-ray workers follow X-ray burns received from daily exposure to these dangerous rays.

Stomach cancers, or other carcinomas of the abdomen, are the most difficult to detect and to overcome. They are usually the ones which are least suspected and hence diagnosis is delayed until the case becomes inoperable. Persons beyond forty-five with chronic indigestion and disappearing weight need medical or surgical attention.

Old scars from childbirth are apt to become cancerous and should receive attention; they should have received surgical attention when caused. The presence of pelvic cancers may be detected by bleeding, and as soon as any abnormality of this kind is discovered, a surgeon should immediately be consulted. Too much modesty in these matters hastens death.

The detection of cancer cannot be written briefly, suffice it to state that pain is not a symptom of early cancer. In order to detect the beginning of cancer, the possessor should be able to note any abnormal condition of the body, but must not develop a cancer-phobia, or constant dread of the disease, and think that anything and everything leads to carcinoma. When cancer begins, it appears as a lump beneath, or as a breaking down of the surface. This is true whether the cancer is on the skin, in the mouth, breast, or in an internal organ. When the surface breaks away sufficiently there is bleeding, which is most apt to occur from the mucous membrane lining some of the internal organs, particularly of the pelvic region. Therefore anybody who notes any seeming abnormality should at once consult a physician.

Cancer of the breast is very common and usually begins as a small, hard, but painless lump. Whenever a lump is noticed a surgeon should be consulted at once and the lump removed. These breast cancers in a few weeks or months grow and involve the lymphatic system. A complete operation at that time may prolong life for only two or three years, but an early operation on the whole cancerous mass when it is small frequently is an absolute cure.

Cancers spread by extending into surrounding tissues or else through the blood or lymphatic systems. The latter spread is called metastasis. Pressure upon any cancer squeezes the malignant cancer cells into the lymph or blood streams to be carried to other and usually inaccessible parts of the body. Whenever a person has any cancer, therefore, great care should be taken that it is not rubbed, squeezed or pinched, as these promote its spread. It is dangerous, therefore, to keep rubbing a skin or breast cancer, or to press upon the latter by tight clothing.

The treatment of cancer is entirely surgical in its nature, and includes such physical agencies as X-rays and radium. No medicine can affect the growth or spread of cancer. The hope

of a cure lies absolutely in early diagnosis and early surgical operation. Delay determines death as the outcome.

PROTECT THE CHILDREN FROM BLASTING CAPS.

It is claimed that about 605 children are killed or injured annually in the United States while playing with blasting-caps picked up in the vicinity of mines, quarries, construction work, or in the fields where agricultural blasting has been going on. The very thought of 600 children killed, blinded or mangled every year is appalling, but so far nothing of a very effective or concerted nature has been done to stop all this suffering and human waste.

Blasting-caps contain fulminate of mercury, a quick, powerful explosive. It is readily exploded and will "let go" when struck by a hammer or when thrown into the fire or when children try to extract the contents with a pin.

A grown man is assumed to have sense enough to exercise ordinary caution when handling explosives. It is the danger to children who do not appreciate the risk they take when they bite or hammer a curious bit of copper that worries us. There is no use in warning the children. They must not be left where they will fall into the hands of children.

Boys often play in and around quarries and construction jobs on Sundays and if there are any stray caps lying around they will inevitably pick them up and start to investigate them. It is rarely that they do this without getting hurt. Perhaps they know the caps are dangerous and that a spark or a blow will explode them; but they do not realize how sensitive they are, how violently they explode, or how the pieces of copper fly. Even the name is misleading in this respect. The word "caps" suggests the paper caps used with toy pistols, and because the blasting-caps are called by this name it is natural to think that the two articles belong to the same family. They may; but they bear about the same relations to each other as a man-eating tiger does to a pussy-cat.

If all the children mangled in a single year by blasting-caps were hurt in one big explosion what a tremendous stir would take place! Public indignation would be so great that immediate measures to prevent a recurrence of the catastrophe would be taken. But because the accidents are scattered all over the country and happen at the rate of only about forty or fifty a month, nothing is done. Indeed, the best and only thing that can be done is to educate the whole population to realize how dangerous blasting-caps are when out of their proper place, and what a dreadful thing it is to go through life crippled or blinded for want of a little care and knowledge. A child who is maimed or blinded at ten or so has little to look forward to but a life of dependence and frustration. Mercifully, the little victims do not realize the horrible facts of their case, but that doesn't make them any less deplorable nor compensate society for the transformation of potential assets to life-long liabilities.

In a community such as Centre county, where millions of caps are used annually in stone quarries and coal mines the danger is a constantly present one. Its remedy is, care, on the part of those who use, in not leaving them lie where they can be picked up by curious children. Parents might also advise their children never to pick up mysterious looking little articles lying around quarries or mines.

Ford is America's First Billionaire.

Bitter though the pill must be, Wall Street is obliged to declare Henry Ford the world's first billionaire. Wall Street watches Henry like a hawk, and when the Ford Motor company filed its balance sheet for 1924 with the Massachusetts commissioner of corporations, as required by the law, Wall Streeters sharpened their pencils and figured up the total value of the company to be \$863,000,000. This is on the basis of shares being worth \$5,000, which is said to be the exact minimum estimate. But the making of cars is only one of Ford's money-making interests. He manufactures tractors and airplanes, and operates boat lines, railroads, lumber camps and coal mines, all of which add to the total value of his property and bring it to about one billion dollars. A comparison of assets and liabilities for 1923 and 1924 indicates that the surplus of the Ford Motor Company was increased by \$100,435,416 during 1924, and the Wall Street estimators put this down as the net profit for the year. The company made 2,100,000 cars and trucks last year, which would mean an average profit of \$47 on each machine. Profits on the 172,645 shares of stock may be estimated in the same way. At a par value of \$100, profits would be \$52 per share or 52 per cent. No, you cannot buy any of this stock at any figure. It isn't for sale.

Last year was Ford's best year. He sold cars at the rate of 250 an hour, twenty-four hours a day, for the 300 working days. He paid his employees \$253,001,525 in salaries during the year. And to think that the Ford company was incorporated only twenty-two years ago with \$8,000 in its treasury. The story of its growth is the greatest romance of modern industrial history.

Birth of Wireless.

The first wireless message sent from a ship at sea was dispatched from the American liner St. Paul to the Needles, November 15, 1899, the vessels being then 66 miles from the land station.

The wireless was first used in saving lives early in 1909, when Jack Binns sent out his memorable call for help from the stricken ocean liner Republic, after its collision with the Florida off Nantucket.

—Subscribe for the "Watchman."

FOR AND ABOUT WOMEN.

DAILY THOUGHT.

Sincerely, a deep, great, genuine sincerity, is the finest characteristic of all men in any way heroic—Carlyle.

No matter what kind of a Valentine party you're going to give, a Jack Horner full of favors is fun at refreshment time.

We were at supper on the second of February when the door opened and a bright red apple was tossed in, while a young voice outside called out "Good Morrow, Valentine." In the square white envelope attached to the fruit by a bit of a red ribbon was a rhymed invitation.

The men's invitations, it developed, had been sent by the afternoon mail and were much simpler than those sent to the girls. They read:

Saint Valentine requests the pleasure of Robin Hood's company at eight-thirty, p. m., on Tuesday evening, February Thirtieth, at Twelve Park Street. To meet Maid Marian. R.S.V.P.

The name of the movie character whose company was requested, as well as of the personage he was supposed to "meet," varied, of course, on each invitation. The girls' invitations, it should be mentioned, were written in delicate, old-fashioned hand by the hostess's grandmother, on large squares of heavy, parchment-like paper folded envelope-like and sealed with a heart-shaped wafer of red sealing wax, as was the custom before the days of envelopes. The method of delivering the invitations was suggested by the old custom of attaching a valentine to some sweetmeat, fruit, or trinket, and delivering it in the manner described.

Everyone came in costume, as requested, and before the inevitable guessing of identification had fairly started, the sliding doors between living- and dining- room were pushed back, and there stood an immense old-fashioned lace-paper valentine. The edging, it may be explained, was made of imitation lace shelf paper on an oblong pasteboard frame. Hearts and other valentine symbols had been cut from the crepe paper and pinned to the sheet which was draped inside the frame. Screens stood on either side and behind the valentine, and a shaded light overhead illuminated the space behind the frame. An old lace curtain could be utilized beautifully for the frame. Each person was then asked to pose for a few seconds in the frame to give the others a chance to inspect and identify.

This process enlightened partners in finding each other: Robin Hood sought his Maid Marian, John Ridd, his Lorna Doone. Thereupon the matched-up couples were asked to pose, representing if possible some moment in the film play from which they had borrowed themselves. Here there was a wide field for dramatic ability to disclose itself.

This tableau feature in itself suggests an evening of entertainment with admission charged for a club or church. In such a case each "still" should have a setting arranged, and the actors should rehearse under a critical eye to insure the utmost in grace and pose. The tableaux can be made real works of art, and if accompanied by well-selected short readings from the books or plays from which the screen versions were taken can be most decidedly diverting. There is a possibility too of arranging soft music for the duration of each picture, thus rounding out the harmony more completely.

After the tableaux guessing the men were separated from their partners, the men going into one room and the girls into another.

The men found a large table, with tissue and crepe paper, paper lace, colored pages from old floral catalogues, paste, scissors, crayons, and all materials for making valentines. They were instructed to supply, within a stated time, a valentine for each girl in the party.

Meanwhile with the aid of old comic supplements, clever fingers, and subtle wit, the girls set to work fashioning comic valentines for the men. Each was put into an envelope addressed to the one for whom it was intended, and the hostess saw to it that each girl prepared her valentine for the man who was making hers. Each guest, upon receiving his or her valentine, was required to read it aloud and show it to all, then to guess who had made it. When the guilty one was guessed or had confessed the couple became partners for the next event.

This proved to be a wild auction and exchange, in which everyone ruthlessly sought to exchange the maker of his valentine for someone else. The medium of barter was confusory hearts, and great was the confusion for the next ten minutes. Of legend has it that a boy and the girl who had sold her valentine for ten hearts had herself been disposed of to another by her unloved and unloving partner for five hearts.

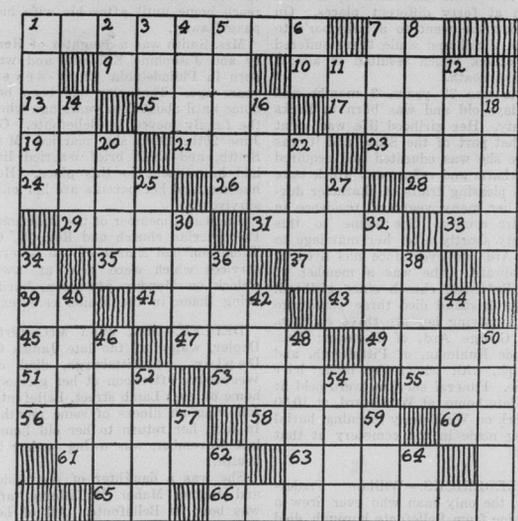
When the excitement had subsided the hostess declared that the only fair way to select partners was by lottery. The means chosen was an old-fashioned cowbob hunt. Accordingly, each man was asked to choose one end of a string, the men all starting in one end of the house and the girls in another. Upstairs and down, over the chandeliers and under chairs the strings ran; but if one pursued for enough there was sure to be a partner on the other end of the cord.

As a parting souvenir the hostess gave each guest an envelope containing five bay leaves, in accordance with the old St. Valentine tradition, for legend has it that a bay leaf under each corner of one's pillow and one under the center on St. Valentine's Eve bring dreams of one's future life partner.

The problem of keeping linen pure white has found a simple and happy solution. While the effect of blue in serving this purpose has long been known and has been commonly adapted to use by putting blueing in laundering water, or by wrapping linen in blue paper, only recently has there been a more practical adaptation of this knowledge. If the insides of drawers are coated with blue paint the linen kept in them retains its del-

HOW TO SOLVE A CROSS-WORD PUZZLE. When the correct letters are placed in the white spaces this puzzle will spell words both vertically and horizontally. The first letter in each word is indicated by a number, which refers to the definition listed below the puzzle. Thus No. 1 under the column headed "horizontal" defines a word which will fill all the white spaces up to the first black square to the right, and a number under "vertical" defines a word which will fill the white squares to the next black one below. No letters go in the black spaces. All words used are dictionary words, except proper names. Abbreviations, slang, initials, technical terms and obsolete forms are indicated in the definitions.

CROSS-WORD PUZZLE No. 1.



(© 1928, Western Newspaper Union.)

- Horizontal. 1—Famous French emperor 2—A weight (abbr.) 3—Is indebted to 4—Sea 13—To exist 15—To continue 17—Fertile spot in a desert 19—To wear in, as a piston 21—An arrow 23—Near 24—Makes a mistake 26—Three feet 28—That woman 29—A part of speech 31—Pastries 32—Taurium (abbr.) 35—To erode 37—A trail 39—Bone 41—Complacent 43—A foray 45—Scarlet 47—A black wood (poetic) 49—Kind of sailing vessel 51—Dry 53—Snow vehicle 55—Self 58—An arrow 60—Thus 61—A rustling sound, as of silk 63—To become fatigued 65—Highway (abbr.) 66—Delays
- Vertical. 1—High-minded 2—Italian river 3—Bird of night 4—To conduct 5—Short written composition 6—Negative 7—Skinny 8—Foundation 11—Company (abbr.) 12—Evening 14—To merit 16—To ensnare 18—Woolly animal 20—The forepart of a boat 22—A journey 25—Brings suit against 27—Costly 30—Cognomen 32—To plunge a knife into 34—Superlative of bad 36—Chafes with friction 38—To employ 40—Prophecy 42—Precious metal 44—Delves 46—Depletes with a pencil 48—Cattle of the ox kind (pl.) 50—Material 52—To give forth 54—To leak 57—Addition to a letter (abbr.) 59—Prefix meaning three 62—Hour (abbr.) 64—And (French)

Solution will appear in next issue.

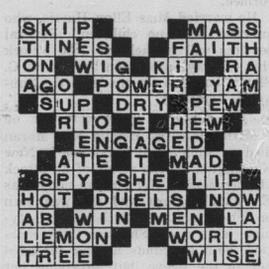
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Despite the fact that it will cost \$125 more, the city of San Diego has decided to place a picture of Col. Charles A. Lindbergh and his famous Spirit of St. Louis on the \$650,000 airport bonds. A committee, appointed by the city council, so decided.

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