

Your Health
THE FIRST CONCERN.



By Dr. Morris Fishbein
Editor, Journal of the American Medical Association, and of Hygiene, the Health Magazine

The current epidemic of influenza has carried with it a vast amount of secondary infection of the ear, a condition which is invariably frequent when there are epidemics of colds, sore throat, and of acute infectious diseases.

In the vast majority of cases when cultures are made of the infectious matter taken from such ears, a germ of the streptococcus group is found. The amount of infection in the ear varies greatly in individual cases.

Thus, the infection may be limited entirely to the ear and after the rupture of the ear drum spontaneously or through opening by a physician, the infectious material will discharge, the temperature drop and the patient recover. In other cases, the infection may spread into the bony cells adjacent to the ear so that the patient develops a secondary infection of the mastoid. In such cases it may be necessary to chisel into the mastoid region so as to release the infection there active.

Sometimes the infection attacks the blood vessels and is spread from the ear throughout the body. In these cases the germs may be found in the urine, there may be secondary meningitis there may be inflammation of the appendix or of the intestinal tract.

Dr. I. Friesner points out that these infections occur more frequently in children than they do in adults, and that when the joints are concerned as secondary manifestation due to infection in the ear, the hip joint is the one usually involved. Obviously the important step in the treatment of any of these conditions is the release of the infection from the ear into the adjacent tissues or so that it will not gain entrance into the blood stream and thus be spread throughout the body.

Here is particularly one of the medical conditions in which early attention and careful watching throughout the entire progress of the situation is perhaps the most important step in control of the dangerous aspects of the condition.

FROSTBITE

By Dr. W. A. Evans

"Freezing. A frozen part of the body will have the color of lead and feel hard to touch. It will be insensible. The old-fashioned method of rubbing with snow often causes the skin to rub off, which later leaves scars and is liable to infection. Small frozen sections can be thawed out by holding the hand over them. Parts recovering from freezing are treated almost like burns. They should be kept surgically clean and protected by a coating of sterile vasoline."

Let us add this: Frozen parts must not be put in warm water or exposed before a fire, or held over a radiator. They can be thawed with clean, cold water or by covering with wool or fur or contact with warm skin. The sensitiveness to cold which follows freezing can be overcome by bathing in warm (not hot) melted paraffin.

Scoutdraft warns against profuse sweating due to over-dressing and heavy exertion while hiking, skiing or skating. Avoid having the garments become wet with sweat by removing surplus wraps and sweaters.

"Wet feet: Hikers are especially warned against getting the feet wet, or at least letting them stay wet. The boots should be kept well greased. Extra socks should be carried on the hike. If the feet are wet or cold or both, time off should be taken and the socks should be changed."

Frostbite is a very troublesome affliction and its effects are long continued. While cold foot baths and vigorous rubbing and especially baths in warm paraffin will help to relieve the itching and burning, and tendency for the toes to turn dead white, prevention is much better than cure.

SURGEONS ARE NOW APPLYING PHAGES TO CURE BOILS.

The method of treating boils with the newly prepared staphylococcus bacteriophages is to apply a wet dressing of these phages.

This is a novel and important development in phage cures. How those great microbe hunters, Pasteur, Koch and Lister, the father of antiseptic surgery, would have rejoiced to hear what Dr. John F. Anderson, director of the Squibb Laboratories, New Brunswick, N. J., says as follows:

"Robert Koch showed the cause of wound infections, the most dreaded of all the dangers of the surgeon, to be minute germs known as the staphylococcus infections are among the most common met with by the surgeon and among the most difficult with which he has to deal. "They are sometimes mild, but in many instances the staphylococcus infections are extremely virulent. "Now, our staphylococcus bacteriophages can be administered by application in the form of wet dressings for ulcers, abscesses and similar conditions, on the surface of the skin. The action of these bacteriophages is to swallow up the infection germs and thus to heal.

"Bacteriophages are administered also by mouth as liquid for intestinal infections like dysentery and cholera, and also by subcutaneous (skin) injections for bacteria localized in tissues, as in staphylococcus and streptococcus infections.

It must be clearly understood that each kind of bacteriophage or germs swallows is specific for a particular infection. That is, each type of phage will eat up, so to say, but one sort of germ.

"We obtain strains or stocks of the staphylococcus and streptococcus bacteriophages from diverse sources, from discharges of infected persons, animal tissues, even small-pox virus and so on. Material containing these phages grow only in presence of living of growing germs."

45,000 CHRISTMAS BOXES FOR CHILDREN OF EUROPE

Forty-five thousand gayly wrapped Christmas boxes carried the greetings and good wishes of American school children—members of the Junior Red Cross—to Junior Red Cross children of Europe. Assembled in New York, the gifts were forwarded by the American Red Cross to the Red Cross societies of the various countries, for distribution.

Other large shipments of holiday packages went to the Orient, to South America, to the islands of the sea. Eight hundred were sent to children of the Virgin Islands. Some of the boxes had to be prepared months in advance, in order to insure arrival on time.

From all over the world came characteristic gifts and hundreds of "thank you" letters in return. This year from the juniors of Turkey came 1,000 handsome boxes of dried apricots stuffed with almonds, and from Greece a shipment of 2,000 pounds of dried currants.

The exchange of Christmas presents is a part of the program of the Junior Red Cross to promote international peace, understanding and good will.

CRIME COST U. S. 16 BILLION ANNUALLY.

Crime costs the United States \$16,000,000,000 annually, Dr. Ray O. Wyland, New York director of the national Boy Scout educational department, said in an address before 4,000 scout troop leaders and assistants.

"One criminal takes as much money from the American public every year as it would cost to give character training to 100 normal boys and girls for a whole year," Dr. Wyland said. "It would be cheaper to add to the annual budget for teaching American youths the right habits."

The Boy Scouts movement has been commended for its effectiveness in training and building character more often than any other social agency, he said.

THE SEVEN WONDERS OF THE WORLD

The Pyramids of Egypt.—The royal tombs are 70 in number and lie on the west side of the river Nile. They represent 1200 years of Egyptian History. The first of these great monuments was erected not long after 2300 B. C. Some of them contained 2,300,000 blocks of stone, some weighing two to three tons.

The Hanging Gardens of Babylon.—Are found near the Euphrates river 60 miles south of the present city of Bagdad. In the gardens were planted flowers and small trees. They also built fountains 75 to 300 feet above the ground. They were built about 600 B. C.

The Temple of Diana.—It is found in Asia Minor, south of Smyrna. The temple is of marble, and was built in the fifth century B. C. It was burned by Herostratus who wanted notoriety, but he never got it. He was killed later on, by one of the Smyrnans.

The Pharos of Alexandria.—It is a white marble light-house on the island of Pharos in Alexandria, Egypt. It was completed in 285 B. C. by King Ptolemy Philadelphus. It was joined to Egypt by Alexander the Great. The structure cost \$850,000 and it was over 400 feet high. An earthquake destroyed it in 1375.

The Colossus of Rhodes.—The Colossus is a brass statue of the Greek Sun-God Apollo. It is about 109 feet high. Erected by Charles of Lindus in the city of Rhodes. It took 12 years to build it, and cost \$258,000 and was completed about 280 B. C. Was thrown down by an earthquake. Later it was sold by the Saracens who had seized Rhodes. It was broken when it was sold.

The Statue of Jupiter Olympus.—It is found in the Valley of Olympia in the southern part of Greece. The statue was begun by a Greek sculptor named Phidias. It was a figure of a bearded God in a sitting posture, with an olive wreath on his head. In his right hand was a figure of victory, in the left a sceptre.

The Tomb of Mausolus.—He was King of Caria in Asia Minor. It was built of marble in 352 B. C. by Queen Artemisia. The widow was named Mausoleum. It was destroyed by an earthquake.

118,269 DRIVERS' BLANKS RETURNED.

Postal authorities have returned to the Bureau of Motor Vehicles 118,269 of the two million drivers' license applications mailed from the Bureau early last month, Motor Vehicle Commission Benjamin G. Eynon said recently.

While this is a large number Eynon said, it's less than the figure of 151,228 in 1929 and 170,947 in 1930. Of the number returned, 76,167 had moved to points unknown and 34,335 had their new addresses furnished by the postal authorities.

ARMY WILL NOT ENLIST MEN WHO ARE MARRIED.

"Married men will not be enlisted in the United States Army" declared Colonel L. B. Simonds, the recruiting officer of the Third Corps Area.

"Many married men are among the applicants who are daily trying to enlist in the army. Uncle Sam cannot care for them and will not accept them. The War Department has directed that every applicant for original enlistment shall be investigated to determine if he is married. When unmarried applicants are enlisted the result of the investigation regarding the marital status of the recruit will be sent to Washington with his enlistment papers."

Colonel Simonds said this investigation is made in justice to the applicant, because under existing laws there is no provision for married quarters for men under the first three highest grades of noncommissioned officers. Married men of junior grade and their families are under an extremely serious financial handicap.

"If a man now in the service does not apply for re-enlistment before three months from the end of his present enlistment has passed, we must investigate his marital status just as though he were a recruit," Colonel Simonds said. "This is merely a strengthening of present regulations. "You know, he added, "it is an old custom in the Army for an enlisted man to ask for the consent of his commanding officer before he marries. This is a wise precaution. If there are no quarters on an Army post for the couple the commanding officer would not give his consent. If a man marries, regardless of this, he is faced with supporting from his own funds a household outside the post and from his army pay must meet all the expenses of housing and subsisting and clothing his family."

The influence of Knute Rockne, one of the nation's outstanding coaches, is seen in the committee's decision not to molest the rules to any great extent, Rockne holding that the rules are complicated enough as they stand and should be left alone for a few years so that the people may become acquainted with them.

Hereafter players will not be allowed to tape their hands unless to protect them after injuries and then only after an inspection and authorization by the referee. The suggestion was voted down by the rules committee after much discussion, however.

PRODUCTION OF CIGARETTES INCREASES 600,000,000.

Nearly one thousand cigarettes for every man, woman and child in the country were manufactured in the United States during 1930, according to internal revenue figures made public recently.

The total was 119,624,909,917, an increase of 600,000,000 over 1929. At the same time 5,880,132,434 cigars were manufactured, representing a decrease of 338,000,000 compared with 1929.

The taxes on cigarettes, cigars, and tobacco manufactures during 1930 totaled \$446,156,354, a decrease of nearly \$3,000,000 compared with 1929. It was the first time a falling off in such revenue had been recorded since 1925, when the total was \$360,124,241.

As usual, North Carolina led all States in contributing to this form of taxation, the 1930 total being

CHANGE MADE IN GRIDIRON RULES.

For the third year in succession the collegiate rules committee has decided to let well enough alone in regard to the football playing rules. The committee announced that there is but one change that amounts to anything.

The change made was in the regulations governing the procedure when a foul occurs during the try for point.

Under the new rule when a foul is committed by the defending team the latter will be penalized one yard, that is the ball will be taken from the two yard line up to one yard line. A foul by the attacking team will entail a five yard penalty.

Heretofore the regulations awarded the point to the offending team if the defending team committed a foul, and nullified the point if the attacking team fouled.

Coaches in session last December suggested that this change in the rules be made. The coaches also recommended that when a punt was blocked before crossing the line of scrimmage, the kicking team if fortunate enough to recover the ball, be allowed to advance it. The suggestion was voted down by the rules committee after much discussion, however.

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\$22,877,093. Ohio was second with \$9,915,774; Missouri third, with \$8,323,770 Illinois fourth, with \$6,360,062, and Tennessee fifth with \$3,577,130.

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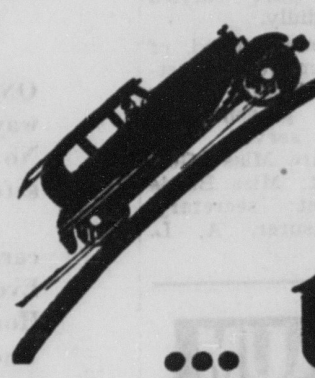
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