

## Notes on Health and Sanitation

**DANGER FROM DULL RAZORS.**  
**A**NY prolonged irritation of the skin is dangerous. For although the nature of cancer is not well understood, it is pretty clearly established that certain cancers are produced by irritation.

In India a peculiar skin cancer is thought to be caused by the use of a dull razor. The seat of this cancer is the scalp; and as the Mohammedans and Hindus shave the head in part or as a whole, using extremely dull razors that scrape and mutilate, it is believed that the cancers are due to this repeated irritation. If scraping and mutilation will cause a cancer in the tough skin of the scalp there is every reason for thinking that similar mistreatment may cause cancerous growths in the delicate skin of the face.

Another example of irritation producing cancer is that of the cancers in the abdominal walls that afflict the natives of Kashmir, a province adjoining the Punjab. The irritation is caused by a small earthenware vessel surrounded by basketwork, used to contain charcoal fire, and worn by the natives suspended from the waist, under the flowing robes and next to the skin, for the purpose of protecting them against cold. The prolonged irritation produced by this means often eventuates in epithelioma (skin cancer), with involvement of the glandular structures.

**Significance of Mottled Hands.**

The condition known as "mottled hands," which is not uncommon, is popularly believed to be the result of bad digestion. The immediate cause of the condition, however, is a derangement of the circulation in the small blood vessels of the hand and forearm.

In elderly persons this condition is sometimes accompanied by giddiness, due to deranged circulation in the middle ear. Yet curiously enough, both conditions are caused by the same thing—the fact that the "nerve wiring" of the hand and ear are on the same circuit.

The disordered stomach sends a nerve impulse to a nerve "center," which acts as the receiving station for nerve messages. The distorted messages from the stomach upset the "central" arrangement so that false messages get into the circuit controlling the circulation of the hands and the ears, which results in mottling and dizziness.

As the seat of the trouble is in the digestive tract, it is obvious that the best way to correct the difficulty is to restore normal digestion.

**Can Gallstones Be Dissolved?**

The quest for some substance that will dissolve gallstones that form in the gall bladder is an old one. For gallstone disease is a rather common affliction after middle life, causes great suffering, menaces life, and involves a dangerous operation for correction.

One of the great obstacles that interfere with finding a gallstone remedy is our ignorance of the cause of the malady. We know that the stones are formed from bile; but as yet it has not been determined in just what respect this gallstone-forming bile differs from the normal fluid.

Some German scientists recently tried the experiment of transferring human gallstones to the gall bladders of dogs, giving the dogs a special diet, and Carlsbad water. The stones were gradually dissolved.

The success of this experiment suggested that Carlsbad water might prove to be the long-sought solvent. But later experiments showed that the gallstones disappeared whether the dogs were given Carlsbad water or not. In short, it was the dog, not the liquid, that did the work. Nevertheless, mineral waters sometimes give grateful, even if temporary, relief to some gallstone sufferers.

**Narcotics and Mental Stability.**

There is one quite common danger signal indicative of a somewhat unstable nervous make-up that every individual can gauge, and should heed. This is the effects of alcohol. Persons who are abnormally sensitive to small quantities of alcoholic drinks have less stable mental equilibrium than those who are not affected by reasonable quantities. Persons of this peculiarly sensitive type should avoid alcohol in every form, and should practice mental hygiene, at least to the extent of avoiding the better-known dangers to mental equilibrium, such as bursts of anger, brooding, and tendencies to despondency or excesses of any kind. For their idiosyncrasy is most significant.

**TAKE TIME FOR REST.**

**A**S a rule, women who lead active lives are too much inclined to disregard the subject of their health. As long as they can go on with their daily round of duties, they do not stop to inquire the reason why they are frequently troubled with headache, indigestion or sleeplessness, and that they take their petty worries more to heart than was formerly the case. In fact, they fail to recognize that their powers of physical endurance have a limit, and that a continual strain of mind and body cannot go on forever. A woman, whether she is burdened with social duties, home duties, or remunerative occupation, can generally, by the exercise of a little thought and management, avoid overtaxing her strength. She should remember the greater the tax on the mental and physical energies the more need there is for sufficient rest, not only in the form of sleep, but in such recreation as will divert her thought into another channel, and produce a sense of invigoration. If possible, a time should be set apart during the day when she can be left undisturbed, even if only for an hour. Such a pause in a busy life will do much to restore the flagging nerve power, and will enable a woman to be a brighter and more agreeable companion than if she is utterly tired out.

**Health Notes.**

Three parts of white vaseline and one of bismuth makes an old and well-known ointment for skin diseases.

A Honolulu remedy for sore throat is fresh pineapple, as much as one can digest. The effect is said to be marvelous.

Among the various causes for crossness of children are some very common ones, such as hunger or thirst, improper sleep, overeating, uncomfortable clothing, and the pernicious feeding of sweets.

Brushing is good for the hair, as it brings the blood to the scalp, and the blood brings nourishment. A shampoo once a month or so, if the hair gets very dirty, is also essential to keep the hair soft, fluffy and healthy.

Egg yolk nourishes the nervous system. It contains lecithin, an essential to all nerve substance. This lecithin can be purchased in the extracted form. It is said that children and young animals fed with lecithin grow more rapidly.

For the little hacking cough that keeps the household awake at night, bind a cloth wrung out of quite cold water around the throat and over this put a dry cloth. One application is usually enough, but if not, more than twice wetting the cloth will not be required.

**Can a Poor Man****Become a Farmer?**

**I**N an issue of Farm and Fireside, the farm paper published at Springfield, Ohio, David Buffum, a practical New England farmer, writes an interesting article entitled, "Can Poor Men Become Farmers?" He goes on to show how the man with a little capital can get started in agriculture much easier than the man with no capital—precisely as in the case of other business. He does not absolutely discourage men taking up agriculture without any capital, however. His article is filled with practical advice founded on experience. In the following passage he shows how on the farm it is necessary for a man to work harder than anywhere in the world:

"The new farmer should refrain, at first, from hiring much help. He should plan to do most of the work himself. And he must work hard—harder probably, at times, than he ever worked before. For although there are 'slack times' on the farm—as in winter, when the farmer's work is easy and his hours short, or in the early autumn, which is

proverbially the farmer's holiday—it is not so in 'the busy season.'

"His plowing, planting and harvesting must be begun and finished each in its proper season or result in loss; and nature, with whom he is working in collaboration, takes no account of the eight-hour law or of whether he is tired or short-handed. There are times when he must rise before he is properly rested, and begin his day's work tired and sore; nor can he, as when a wage-earner, leave his work behind him on Saturday noon with no thought of it again till Monday morning.

"I have laid the more emphasis upon the exacting nature of the farmer's work because so many city dwellers see in farming an easy way of getting a living, and, from being long accustomed to a taskmaster, forget that a man who is working for himself, if earnest and resolute and determined to succeed, may find in the demands of his farm a harder taskmaster than he ever worked for before.

"I would counsel the greatest caution in all who are thinking of taking up farming on small means, it is right for me to say that for a man who is resolute and resourceful, who has learned to know the real values of things, and who, from sureness of his fitness for the work and a careful weighing of his resources, can see his way clear to a reasonable chance of success, farming offers an exceedingly inviting field, and one that is worthy of both effort and self-sacrifice."

**\$2,000,000 Waste**

(Continued from Page 8.)

these disappear likewise the worry incident to the numerous elements of uncertainty involved in collecting. Thus at once are eliminated tugs and scows and their crews. The expense of collecting is but a trifle more than that of disposal by dumping through the cannery floor, and is decidedly cheaper than the method resorted to by some canneries.

As the producer and consumer of the raw materials are one and the same, the conflict between the interests of the two disappears. Contracts working a hardship upon the one or the other are an objectionable feature of the central rendering station plan as actually practiced.

With a strictly by-products plant, overhead charges disappear. The cannery already has its clerical force and its sales and purchasing departments, which, without any increase in their force, are quite able to handle the slight additional labor incident to the by-products plant. Likewise it has the assistance of experienced foremen and mechanics regularly attached to the cannery force, and the use of the supplementary equipment, such as machine shops, of the cannery. Likewise, the docks, and frequently the unused floor space of the cannery, can serve to cut down the initial expenditures.

**The Friend.**

It's not that he's obligin',  
 Good-lookin' or a saint;  
 Dear God (who made him out of mud)  
 Knows well that's what he ain't.

He never lent me money;  
 He never saved my life;  
 An' he don't like the brand I smoke,  
 An' I don't like his wife.

He's not so quick an' clever;  
 That is, not as a rule;  
 At times (the times we disagree)  
 He seems a sort of fool.

But still it somehow thrills me  
 To grip his hearty hand;  
 I guess the thing that makes us stick  
 Is that we understand.

I understand the varmint;  
 Sometimes he savvy's he,  
 And that's what makes a man your pal  
 As far as I can see.  
 —Charlton Lawrence Edholm, in Collier's.

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