

# Home and Farm Magazine Section Editorial Page

Suggestions From Our Associate Editors, Allowing For an Interchange of Views, Written by Men of Experience on Topics With Which They Are Fully Acquainted—Hints Along Lines of Progressive Farm Thought.

## WHAT YOU SHOULD KNOW ABOUT CANCER.

**C**ANCER is a dreaded disease. Everyone should know about it. Here is the very latest scientific information on the subject:

### ITS LOCAL BEGINNING.

Cancer is almost invariably at first a local disease.

It is easily cured if promptly recognized and at once removed by competent treatment.

It is practically always incurable in its later stages.

### THE DANGER SIGNS.

The disease usually begins in some unhealthy spot or some point of local irritation.

In external cancer there is something to be seen or felt, such as a wart, a mole, a lump or scab, or an unhealed wound or sore. Pain is rarely present.

Cancer inside the body is often recognized by symptoms before a lump can be seen or felt. Persistent indigestion, with loss of weight and change of color, is always especially suspicious.

Persistent abnormal discharge from the body should arouse the suspicion of cancer, particularly if the discharge is bloody.

The early and hopeful stages of cancer are usually painless.

### WHAT YOU SHOULD DO.

Fear the beginning of cancer. Never be afraid to know the truth.

Any painless lump or sore appearing upon your body should be examined by your physician.

By the time a cancer has become painful the best chance for its cure has passed.

But even a painful cancer can be removed permanently if it has not extended too far beyond the place where it began.

### SEEK EARLY EXAMINATION.

If you notice that a wart, mole or other "mark" begins to change in appearance or to show signs of irritation go to a physician and have it completely removed. Do not wait until you are sure it is cancerous.

All lumps in the breast should be examined.

### MEDICINE USELESS.

Medicine which relieves pain does not have any effect upon the disease itself; it simply produces a period of freedom from discomfort and therefore delays the proper treatment.

### LIMITATIONS OF RADIUM.

According to the most authoritative opinion the curative effects of radium are practically limited today to superficial cancers of the skin, and to superficial growths of mucous membranes and certain deeper-lying tumors of bone, etc., which are not very malignant. Radium has probably been shown to exert a definitely curative effect on certain of these cases, while the disease is still local and in the early stages.

Radium definitely relieves suffering when used in the advanced stages of deeper-seated cancers; but in those cases it improves only the visible or tangible manifestations and exerts no effect upon the disseminated disease as a whole. It is believed that there is as yet no proof that radium has finally cured any case of advanced and disseminated cancer.

### RADIUM FAKES.

The public should take warning against dishonest and fake, money-getting radium-cure establishments, conducted by individuals who possess little or no radium, and have no knowledge of its use. These people promise cures, but are, in reality, unable to obtain even those palliative effects which are possible from radium.

The best results of radium therapy can be secured only when comparatively large amounts are available for use, and the present limited world's supply of this metal

places it out of reach of the great majority of patients.

### MENACE TO THE INDIVIDUAL.

Cancer is of greater frequency at ages over 40 than tuberculosis, pneumonia, typhoid fever or digestive diseases.

At ages over 40, one person in 11 dies of cancer.

One woman in eight and one man in 14 over 40 years of age is attacked by the disease with fatal results.

Largely because of public ignorance and neglect, cancer now proves fatal in over 90 per cent of the attacks.

### A MENACE TO THE NATION.

Of the 75,000 deaths from this disease in the United States in 1913 about 30,000 were deaths from cancer of the stomach and liver, 12,000 from cancer of the uterus and other organs of generation, 7,500 from cancer of the breast and about 25,500 from cancer of other organs and parts.

### A MENACE TO SOCIETY.

Cancer respects neither race, creed nor social position.

It is the common enemy of all mankind, attacking rich and poor alike.

Its insidious onset occurs at the most useful period of life; and death is most common at the age when the care and guidance of children and the continuance of business responsibilities make the mother and father the most useful members of society.

### A MESSAGE OF HOPE.

The only cure for cancer is to remove every vestige of the disease.

The only sure way to do this is by a surgical operation.

If taken at the beginning, the majority of cases of cancer are curable.

All cases will end in death if let alone.

Records of our best hospitals prove that the chances of cure are very high with early operation, and that these chances decrease with every day of delay.

### A NATIONAL CAMPAIGN.

The American Society for the Control of Cancer is studying these hospital records and will spread nation-wide the message of courage and hope in early recognition and prompt operation.

By publishing circulars and articles in newspapers and magazines, and by organizing lectures and public meetings, this society is conducting a general campaign of education based on the latest knowledge of the disease.

Thoughtful and influential people can help this work by joining the society. Write to the office, 289 Fourth Avenue, New York City, for further information.

## DO YOU GIVE YOUR DAUGHTER A MONTHLY ALLOWANCE?

**I**N the August Woman's Home Companion appears a page entitled "Good Ideas for Girls."

One of the suggestions on this page has to do with monthly allowances for girls. The writer says that the charge is often made by men that women are extravagant, but she asks whether the men have never realized that the remedy lies in their own hands—that if they do their share in training their own daughters, the women of the next generation will have some knowledge of administering money. The writer goes on with her suggestion:

"No; the real solution is more inclusive. If your daughter is ever to know the value of money, you must teach her to keep accounts and to live within whatever sum is allotted her.

"Figure up approximately the entire amount you have given her for clothes during the past year. If she is the sort of girl who asks frequently, or for large sums at a time, knock off ten or fifteen dollars from the lump sum; if she asks

but seldom, and then reluctantly, add twenty-five. Tell her that she must keep within this limit.

"Let her have it monthly or quarterly, as is most convenient for you both. If at all possible, put the money in the bank for her and let her have her own check book. By this plan she will learn to keep accounts, to do business by check, to plan and shop for herself, and to live within her income.

"There is a special advantage in such a plan for the girl who often goes without because she hates to ask for money. It is there all ready for her, and that peculiar self-respect of hers is thereby saved.

"No doubt there are some fathers who will say: 'A great fuss about nothing! The old-fashioned way of handing it out is good enough for me!' Let me tell you, many a girl (it may be yours) is using her earning capacity on the housework, by this means saving you the expense of outside labor. If she gave the same amount of time and attention to any business or profession away from home, she would draw a salary and enjoy her personal independence on it. Then why shouldn't she enjoy a similar independence with a stipulated income at home? Financial dependence at home is driving out into the world many a girl who really does not need to go, and whose parents would be glad to have her stay with them.

"If you have done your share toward training your daughter to spend wisely what money she has, you are privileged to complain of woman's extravagance—but not before!"

### A QUESTION FOR THE FARMER.

**H**OW can a farmer feed his crew when a cook can work only eight hours a day, six days in the week? When Sunday comes and the entire crew and the cook have worked the maximum for the six days of the week and are thereby disqualified from lifting a hand on Sunday, how are they to be fed?

This inquiry shows the concern of some Washington farmers over the possibility that the state may adopt the universal eight-hour law, proposed through the initiative. It is contained in an argument against the bill submitted by the farmers' union of Walla Walla, Garfield and Columbia counties, submitted for printing in the state's pamphlet to be circulated among all voters.

The union has put up \$200 to pay the cost of printing and circulating the argument.

"Who will feed the livestock, milk the cows and do the thousand and one other chores required on a farm on Sunday?" is another query contained in the argument, which goes on:

"The intent of the measure is clearly to restrict field operations to eight hours a day, six days of the week, and we contend that farming operations cannot be conducted successfully under such a handicap.

"The increased cost of the wages and board for the extra men would prevent the employment of two shifts of eight hours each."

### FARM MORTGAGES GOOD INVESTMENT.

**W**ORLD'S WORK, in answering a Western investor who had asked advice about diversifying his investments, says only the old fogeyish critic will advise indiscriminately against all farm mortgages except those which may be found in the investor's own community.

The writer cites the experience of the life insurance companies, who have continued to reach out, year after year, for mortgage loans into practically every section where the industry of agriculture flourishes, and the impressive results of their experiences have served slowly but surely to remove old prejudices from the minds of

individual investors everywhere.

Added to this, there has been a growing confidence in the modern methods of making loans, adopted by scores of responsible associations and dealers throughout the country, who are careful to discriminate between the borrower who asks for all his land will stand and the borrower who makes his proposition on a business basis, asking only for a definite sum of money for which he has a definite use.

The principal criticism of the old-fashioned "straight" first mortgage on farm land as an investment was based upon its non-convertibility.

It seems quite possible that co-operation in this field of banking may result in a sufficient broadening of the market for these mortgages to take away much of the force of that criticism.

### CONTINUE THE CLEAN-UP.

**F**OLLOWING a cleaning up of the front and back yards, and with the flower and vegetable gardens started, investigate the cellars and attics. These places are favorite storehouses for all kinds of cast-off clothing, old newspapers and magazines and various other inflammable materials, and while they accumulate and grow germs they increase the fire risk.

Frequent and complete ventilation coupled with the liberal use of whitewash and lime will make the cellars sweet and clean. These measures should be employed and particularly in cellars. If there has been no attempt at ventilation, foul odors accumulate and these odors by contaminating the air of the rooms above, reduce the resistance of the occupants thereof, and in that manner become a menace to health.

Empty cans, bottles and broken crockery are both unsightly and insanitary. When they become partially filled with water they furnish an ideal breeding place for mosquitoes. Any mosquito is a pest, and they may convey diseases.

Premises upon which kitchen waste-water is drained to the gutter or out into the yard furnish breeding grounds for flies. If sewer connections cannot be made, these places can be rendered more sanitary by the use of a small amount of lime each week.

Foul stables and open vaults (old style) are a positive menace to health and life, and detract enormously from the comfort of your family. Septic tanks are within the reach of all and sanitary.

Don't forget our oft-repeated warning to keep garbage in fly-proof metal containers. Continue to clean up all the above mentioned nuisances. You will profit in the security you feel and the satisfaction that follows from neat, clean surroundings.

### ENTITLED TO RESPECT.

**W**E HAVE a great deal of respect for H. G. Cox, of the Ireton fruit ranch, south of Salem, Or.

Instead of howling about hard times he got busy and raised strawberries.

The other day he paid a big part of the mortgage on his farm. Ninety-nine crates of strawberries were grown by him on a strip of land 117 feet wide and 163 feet long.

A few years ago Mr. Cox purchased 10 acres, paying \$50 cash and promising to pay the balance as he could.

He dried more than two tons of loganberries last year.

He says if his crops are good next year he will liquidate the mortgage.

Others can do as well as Mr. Cox if they get in and dig.

Let's hear of others who got the best of their mortgages and how they did it.