

IF YOU THINK YOU HAVE A CANCER

By Dr. Harvey W. Wiley, Director of Good Housekeeping Bureau of Foods, Sanitation and Health. Furnished by the Local Red Cross Branch.

before the World War was won, when France, England, Italy, Rumania, Greece and the United States were all fighting for freedom, there was no lack of bravery, no lack of fellowship, no lack of spirit of sacrifice, no hesitation in the shedding of blood, but still enemy was not conquered. It was until the forces of the Allies were placed under one command that the decisive blow be struck.

Just now there is a renewed interest in the subject of cancer. Many sporadic investigations have been made by eminent biologists, physiologists and physicians in all parts of the world. There have been several important researches made in the United States. The necessity for teamwork that has been shown is one of the principal results of these investigations. If cancer is to be checked and gradually obliterated we must combine all the factors of this great work into one efficient methodical and consistent attack. It is proposed to do this under the auspices of the American Society for the Control of Cancer, a society made up of eminent specialists and scientific men from all parts of the United States with its office at 370 Seventh Avenue, New York City.

About a year ago there was observed under the auspices of this Society and of the State and municipal health authorities a so-called cancer week. During that week all physicians, health officers, and others connected with the public welfare, were urged to draw the attention of the people to the necessity of some more vigorous opposition to the inroads of cancer. The medical profession has realized that in so great a work as this the doctor needs the wise assistance of the layman.

Cancer. The very name causes shivers to run down one's back. We think of the Zodiac because one of its signs is Cancer. But that cancer is merely a crab. The cancer now under consideration has nothing of the properties of the crab. It is an ugly, horrible thing to look at. It gets hold of you and never wants to let go. It is a monster that would devour a man if he ever comes to the cancer that grips the human being. It is not only ugly but it is treacherous. It conceals its true nature. It gives you no remembrance of its coming. It seems to have little to do with heredity or environment.

If one were allowed to choose the disease which would carry him off, it would be a misanthrope and a pessimist that would choose cancer. Unfortunately the law of nature does not respect human prejudices. The man or woman who has no antipathy to cancer is just as likely to have the disease as the one who hates it.

Dr. Hoffman Statistician of the Prudential Insurance Company has published a wonderfully illuminating book on cancer throughout the world. As a result of this practical, he does not claim they are medical investigations, he says: "The main results of the investigation may be summed up in a brief but extremely suggestive statement that the actual frequency of malignant disease throughout the civilized world has been determined to be much more of a menace to the welfare of mankind than has generally been assumed. It is the case, and that in contrast with practically all the countries of the world, that the statistics of cancer are obtainable. Cancer is undoubtedly a disease of old age. Unfortunately, old age gains very early in many people and it is not surprising, therefore, to find cancer attacking infants and children under five and ten years as well as children between the ages of ten and twenty. Statistics for five years including the years 1918 show that under the age of ten years, 1061 boys and 914 girls died of cancer in the registration area of the United States. Practically these data and those

WHY DID PRINCE TAKE TITLE OF LORD RENFREW?

WINNIPEG, Sept. 28.—Who is Lord Renfrew? Why has the Prince of Wales chosen this title in which to travel through Canada to his ranch in Alberta?

These are the questions puzzling many people. The explanation is simple. Every student of history is familiar with the origin of the title Prince of Wales, given to the heir apparent to the British throne. It may be remembered that when Edward I. endeavored to persuade the rebellious Welsh chieftains to submit to his authority he promised them a prince who could speak no English. Upon their acceptance of his terms he produced his own infant son, and even since the eldest son of the reigning monarch in Britain has been known as the Prince of Wales.

In travelling as Lord Renfrew, E. P. is adopting one of his three Scottish titles. Baron Renfrew gets its derivation from the old Stuart or Stewart ancestors of the Royal family. The Stuarts were simple lairds in the country of Renfrew in the twelfth, thirteenth and fourteenth centuries, who gave a long line of Stuart kings to Scotland, and subsequently to Great Britain. Walter Fitzalan found favour with David I., who made him High Steward of his household, an office which involved collection and management of the Crown revenues, and possessed the privilege of holding the first place in the army next to the king in battle. In addition, the king gave Fitzalan a grant of the lands of Renfrew and neighborhood situated on the Clyde below Glasgow.

The accession of Robert, the

highly dangerous proceeding. Even a harmless tumor or growth should be removed by a skillful surgeon with properly sterilized apparatus. The application of pastes for the sake of checking warts or other growths which is apparently a harmless procedure may in the course of a few years produce such irritation of the outer skin and the tissue lying immediately under it as to promote the formation of malignant growths.

There is another very important feature in early diagnosis. It is now quite certain that cancer is not a system disease; that is, it does not arise from any specific infection of the body. On the contrary, at its beginning it is strictly localized. If all the proliferating cells can be removed, there is no reason to expect a return of the disease. Hence, in all cases where an operation is possible, and this is true particularly of external cancers, and those that can be reached by easy incisions, the entire enucleation of these diseased cells may be regarded as a certain method of stopping the disease.

Radium Treatment.

It has been hoped and expected that these cells may be destroyed by the highly injurious rays of radium and other radioactive bodies. There is some reason to believe that in the early stages of the disease the radium treatment may be of decided efficiency but it must not be forgotten that radiant energy such as that coming from radium is no respecter of tissues. It is quite as likely to injure and destroy the healthy as the unhealthy cells. It is perfectly reasonable to sacrifice some of the healthy cells for the sake of killing those that are diseased.

It is easy to see from the established belief in regard to the origin of cancer that the radium treatment, if effective as all must be administered before the diseased cells have expanded into any considerable area or reached any considerable depth. For this reason the great hope of elimination of cancer and the saving of life at the present time must be centered in the surgeon and the radiologist, or, if possible, the surgeon-radiologist. The surgeon's knife is the quickest, simplest and most effective remedy. The radiant energy may be considered more desirable for deep-seated growths that are difficult to be reached by the surgeon's knife.

One thing is certain in the way of curative or prophylactic processes; there is no medicine or drug or preparation of any kind which taken internally has any helpful effect whatever on the cancerous growth. There is no paste or pomade or ointment or other preparation which can be applied externally that can possibly give any help or relief unless it be a substance which cauterizes, destroys and kills all the tissues with which it comes in contact. It is quite impossible in my opinion that any such preparation that is tolerable could reach all the localities where the proliferating cells are found.

The cruelest, most unethical, misleading, deceptive and outrageous methods are those of the quack or charlatan. The charlatan takes advantage of the well-known antipathy of the human animal to cancer; he plays upon his fears and seeks to arouse his hope. He shows pictures where cancers have been taken out by the reds while he is ignorant of the fact that cancers have roots. The victim puts his faith in the deceptive statements in the form of affidavits of complete and lasting cures. He pays large fees for these so-called remedies which are utterly powerless to help. I do not know of any other kind of secret-remedy advertising so culpable as the advertised cancer cures that disgrace many publications of this country.

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TRURO MEN MAY USE THE BIG STICK

TRURO, N. S. Sept. 24.—Pursuant to arrangement, L. S. Brown, General Manager of the Atlantic Region of the C. N. R., accompanied by R. W. Simpson, assistant General Manager, arrived in Truro by the Maritime Express this afternoon and met a delegation of the Truro Board of Trade, accompanied by Mayor Murray, Harold Putman, M. P., and Councillor C. M. Dawson, who sought actual figures to show how actual figures to show how better efficiency would result by moving the district offices from this place to Halifax.

Mr. Brown and his associate, Mr. Simpson, did not deem it prudent to give out the figures, but contented themselves with a possible expression of opinion that there would be a substantial economy and an increase of efficiency in the proposed movement. The delegation, however, was like the man from Missouri, and are writing Sir Henry Thornton asking that the enforcement of the order be delayed a few weeks until Truro, presumably joined by Bridgewater, may ask for the date which was today withheld.

THE CANADIAN MONUMENT

APPRECIATION OF THE CANADIAN MONUMENT AT ST. JULIEN; "THE EVENING STANDARD," LONDON, ENG. AUGUST 14th, 1923.

Shortly after leaving Dixmude we saw the first of the monuments, that erected to Guyennemer by his brother-armsmen. This is especially French in its exquisiteness of form, and also, as it said in the unshamed rhetoric, almost the "cheatricality" of its inscription. At the top of a tall and elegant column is a flying stork, neck and legs outstretched and supported, one gathers by the drooped wings. There is a suggestion of the aeroplane here which the eagle of our own monument on the Embankment does not convey.

On the plinth is a bronze inscription which Cyrano de Bergerac might have devised, acclaiming Guyennemer as an individual hero "Heros regardant tomb on plebs, grand estro" but also presenting him as a symbol of the qualities of the French race and an example "meat for the noblest emulations." But in reading this shapody you forget the jumble dead and remember Confeite.

SORROW IN STONE.

THE CANADIAN MONUMENT. There were two new monuments. One put up by the French man, on the spot where he fell. On the top of a column is a flying stork, its neck and legs outstretched and supported. There is a somewhat flamboyant inscription, all about the tenacity of the race and imperishable glory. I felt jealous that some of the British aces, heroes, too, but anonymous, had been commemorated. And then, shortly afterwards, I came to the Canadian monument in the middle of a tiny graveyard. A noble granite head and shoulders, with round helmet, is seen growing out of a high granite column. It broods over the countryside. At the base of the column on one side is the word "Canada," and on the other side a statement that on that spot 18,000 Canadians resisted the first gas attack in April, 1915, and 2,000 of them died there.

There is a prose that is more wonderful than poetry, and this was it. As far as the finest memorial of the late war that I have seen, and the one that will tell future generations most about the Great War, I feel no longer jealous of the inscription on the Guyennemer memorial. The Canadian memorial is in "heart and finer idiom." A mile or so further on stands a monument which affected me beyond the power of stone. From a grey and giant sheath grew the head, and shoulders of a Canadian soldier.

The head, crowned with the familiar helmet, is bent the hands are folded upon a reversed rifle; the soldier's head over those "who sleep" beneath. On the front of the plinth is the single word "Canada." On the sides, in raised yet hardly decipherable lettering, is the bare statement: "On this spot 18,000 Canadians of the British left without the first German gas attack, April 22-24, 1915. 2,000 fell and were buried here."

This has almost the power of the Greek: "Stranger, depart and tell the Laedemontans that we lie here obeying their laws." One bows the head in humble acceptance; the bravest ornaments were out of place. There is a mysterious power in this brooding figure, drawing you from the things that are to die things that were. It does more than command the landscape, the order of the spirit. The Guyennemer monument is a pretty thing and a fine gesture; this is the soul of those who fell. It is conceivable that a grey day might add to the spiritual significance of this memorial; in the blinding August sun its shock is overwhelming.

SCIENTIFIC MISCELLANY REVEALING WORLD OF WONDER

The Growing Conception of the Universe, More Wood From Waste, a Giant Rhinoceros, Fatigue of Metals — Nearsightedness From Lifting, Etc.

The universe of stars is regarded as not infinite from the fact that in going outward from magnitude to magnitude the ratio of increase in numbers grows smaller. Modern astronomers are seeking definite measurements, and from their results on the Einstein assumption that the average density of matter in the universe is the same as that of the Milky Way, Prof. Archibald Henderson, of the University of North Carolina, finds that the radius of the universe is at least 150 million light years, or 1 million times 1 million times the distance of the earth from the sun. With Curtis at 30,000 light-years, the diameter of the universe is found to be 10,000 Milky Ways laid end to end. But Shapley has shown the galactic system to equal 10 times Curtis' figure, for he has calculated the positions of the 69 globular star clusters forming a part of it, and found that they themselves make a huge flattened cluster 300,000 light-years in diameter and 100,000 light-years in thickness. Far beyond are more than a million spiral nebulae. It calculated that the extreme distances of these must be of the order of 10 million light-years if considered as galactic phenomena, and 100 million light-years if considered as island universes. In either case they fall within the bounds of the Einstein universe, with its super-diameter of 300 million light-years.

The corn-cob wood of Prof. Darling, of Milliken University, is made by grinding the cobs to a fibrous pulp, mixing with a binder, and subjecting to high pressure. It is claimed that the product has great crushing strength, can be nailed or worked like wood without splitting or chipping, and it can be painted or otherwise finished like the natural wood.

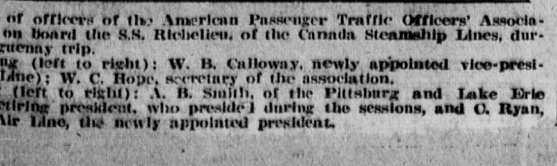
The Baluchitherium, as reconstructed by Prof. H. F. Osborn from a five-foot skull and other gigantic bones found in Asia, has a horse-like neck, an overall length of 23 feet and a height of 12 to 13 feet. It is said to be certainly a rhinoceros, though unlike any other known, modern or ancient.

The fatigue of metals is still little understood, though it has been under investigation more than three years at the University of Illinois. In his report to the Engineering Foundation and the National Research Council, Prof. H. F. Moors finds that the industrial losses from this cause probably amounts to many millions of dollars yearly, in large numbers of minor accidents rather than in spectacular disasters, and that better acquaintance with the phenomena of fatigue failures should reduce these losses more than one-half. Quite as important as the reduction of losses may be the finding of metals for machines more resistant to fatigue stresses than those now used. In many cases it would be very desirable for example to use non-ferrous, non-corrosive metals for making steam-turbine blades, and such metals are so far very little employed because their resistance to prolonged fatigue stress is not known. Steel castings are rapidly replacing expensive steel forgings. There is great difference in their fatigue strength, however, and a great drawback to the use of the castings is lack of knowledge of their fatigue-resisting qualities. In the investigation of repeated stresses so far made, one test of steel was carried to one billion repetitions.

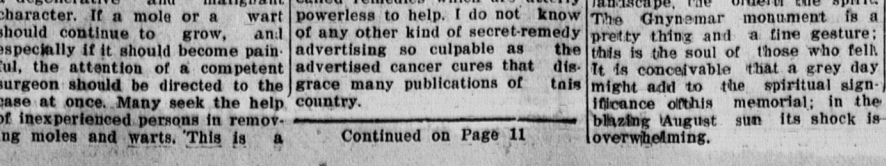
Myopia, or near-sightedness may have as its exciting cause such distension of the eye through the veins as is caused by lifting a heavy weight, according to Dr. Edridge-Green, British ophthalmologist. Without such distension an eye with weak sclerotic may retain normal vision, but on

As you give love you will have love.

A harmless hilarity and a buoyant cheerfulness are not infrequent concomitants of genius, and we are never more deceived than when we mistake gravity for greatness, solemnity for science, and pomposity for erudition.



Group of officers of the American Passenger Traffic Officers' Association on board the S.S. Ritchie, of the Canada Steamship Lines, during a recent trip.



Girl Climbers of the Appalachian Mountain Club, of Boston, on board the S.S. Cape Eternity, of the Canada Steamship Lines. They crossed the mountains of the Saguenay this week, and assisted in the trail through the Laurentian mountains.



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