

but they should lead to a prompt consultation with a good physician or surgeon.

One of the most hopeful and curable forms of cancer is that dread of many women, cancer of the breast. Any lump in the breast, whether painful or not, should receive immediate attention.

There is one exception to this rule in the case of nursing mothers. Lumps suddenly appearing in the nursing breast are usually temporary and unimportant. It is also true that in the case of some women temporary lumps appear at the time of the monthly period. Many physicians, however, believe that safety lies in securing the opinion of a medical man on the appearance of any lump whatever which arises in the breast, and certainly all physicians are agreed that any lump which persists should have attention.

When malignant disease began in the uterus and adnexa it was regarded among the most hopeless localities, but now it is placed among the more hopeful, because it is possible to recognize the danger signals in an early stage and the removal is relatively safe and easy. Every woman should be well acquainted with the two main danger signals of this form and she should know definitely that although they are not necessarily certain signs of cancer they are warnings which should lead to immediate consultation with a doctor and to an immediate and thorough examination.

Cancer of the stomach and intestines is at best one of the most difficult forms of the disease with which to deal, and this makes it doubly necessary for us to give the earliest possible attention to the danger signals, always remembering that they may be caused by other than cancerous origins. Here, too, while it is foolish to get excited over common symptoms, it is just as foolish to take unnecessary chances. We must strive to take a middle course and steer clear between the shoals of hypochondria on the one hand and the rocks of foolhardy carelessness on the other.

In all chronic indigestions in middle age the most careful and early investigation at the hands of a skilled physician is advisable, and all the constantly improving technical methods of modern medical science, especially the X-ray, are required.

NOT HEREDITARY, NOT CONTAGIOUS.

It is comforting to remember that the present verdict of science regarding cancer is that it has not been proved to be hereditary. Moreover, it is a cheerful consideration in this connection that cancer, being as it is one of the diseases of later life, does to a certain extent go hand in hand with longevity.