

constitutional or blood disease, like typhoid or malaria, for instance. When we are sick with typhoid, we are "sick all over". But when we are afflicted with cancer, we may be afflicted only in some tiny spot, and we may be perfectly well and wholesome in every other portion of the body. This is one of the most comforting things about this otherwise unpleasant disease.

THE PROBABLE CAUSES.

Cancer arises after long continued irritation of various kinds in and about benign growths and ulcerations. For instance, cancer of the lip and month is frequently caused from pipe smoking, broken teeth, and the chewing of tobacco. Cancer of the stomach frequently follows an ulcer of the stomach. Cancer of the uterus has frequently been traced to neglected lacerations and ulcerations; cancer of the skin from irritated moles and warts, and breast cancer from neglected sores, cracks, and especially from lumps which were at first benign (harmless).

It is thought by some that an irritation involving heat is particularly liable to cause cancer. In this connection it is interesting to note that cancer of the esophagus or food pipe has often been traced among the men in China to their habit of eating hot rice; on the other hand, it is not observed among the women of the same land who are accustomed to eat their rice cold at a second table.

Doctors were formerly taught that a benign growth always remained benign, but it is now known that benign tumors may become malignant growths. The old teachings about diagnosis recognized cancer only in the incurable last stages; everything else was diagnosed as benign. But doctors are now taught to recognize the pre-cancerous conditions in which treatment actually prevents the development of the disease.

Prevent any form of chronic irritation and you prevent at least the possibility of cancer of many types. Persistent ulcerations, cracks and sores, warts, moles, or birthmarks which change in appearance or grow larger, should be removed. Intelligent attention to these and other danger signals, and prompt examination by a competent physician or a surgeon, will greatly reduce the probability of one's having cancer.

If cancer in its beginning caused as much pain as a good stiff toothache or earache does, we should at once take warning, and most cases would be attended to without the fatal delay. However, pain—that blessing in disguise—is a danger signal which is usually not present at first, and therefore it behooves us to learn the other commonest symptoms or danger signals of the more important types of the disease. It must be remembered that these signals do not necessarily mean cancer,