

## Why You Need Not Fear Cancer

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**I**N the United States, although nearly 100,000 persons will die this year of cancer, you can be of good cheer, those who will do more than merely read what is here set down.

If you will not only remember, but apply to yourself the action and practice, which this knowledge offers, you will escape from among the 100,000 who succumb. This means Canadians as well as Americans. Do not be like the average sinner, who hears a sermon and applies it to some one else.

Modest doubt is called the beacon of the wise, the light that searches to the bottom of the pit. Our doubts are traitors and make us lose the good we oft might win, by fearing to attempt.

The doubt, that cancer can be prevented is unjust; the doubt that it can be cured after salves, herbs, prayers, surecures, and any temporary disappearance has delayed correct treatment is eminently proper.

"Why cannot science and discovery control cancer?" is a frequent query.

You, friend, have the answer in yourself. Your neighbors and acquaintances think they are able to decide about the treatment and the prevention of this scourge as well as the United States Government officials, the scientific investigators, and the institutes for medical research.

One of the reasons tuberculosis is somewhat less a menace to-day than it was twenty years ago, is because people have begun to avoid alleged "cures" and elaborate claims as to its treatment by medicines and ointments, salves and drinks.

Cancer nowadays causes more deaths in persons over forty years of age than does consumption.

Why? You ought to suspect the reason. Your dear ones, ill with tuberculosis no longer seek easy, pleasant remedies. They do not delay treatment, but go at once to a distant sanatorium and suffer the torments of cutting winds and cold, fresh air and sunlight.

Would you be safe from cancer? Then seek no handy-pamby "cure". Shun "royal roads to health" and quick reliefs.

Instead, go to a thorough conscientious and conservative surgeon and submit to the cutting—not winds this time—that will set you free from its sneaky, penetrating tentacles.

Happy thoughts and an agreeable point of view, will help those, who may have or think they have cancer. The information necessary to tell a cancer from a crow's foot, to recognize, prevent, and treat the condition should never be heard or read with fear in the heart.

A beloved relative told me recently that I had preserved one life by the narration of what I now set down for all. If this shall be the means of helping some more of you a little bit, if it does not help many a great deal, it will be reward enough.

However, unless you put this into action and use, instead of merely carrying the facts in your memory, my will and wish to do good is vain.

It is onset, the early, neglected, ignored, and lightly dismissed origin of cancer, which should frighten you and your dear ones. If you pay no attention to the beginnings of a cancer, it is a waste of emotion to be afraid of the last stages. It is then too late.

"Oh, I'm not afraid of cancer," said a devoutly religious woman, after one of my public lectures. She was told that cancer is most dangerous for those who are "not afraid" of it. What is meant that a little bit of fear does no harm, but makes you a bit cautious; and sane enough to remove the first signs of some harmless thing which might take on a malignant nature of a cancer.

A little bit of fear at the earliest sign of something may be the best thing in the world for you. It will whisper to you to seek advice from no half-baked healer, but to go and to go quickly to the highest medical and surgical guide.

Never look for pain. Pain is no symptom of cancer in its curative, early stages! Ere pain appears, it is almost too late to cure. One hundred per cent of cancer cures can be wrought by the best surgeon's knife, if you present your-

self to him before the slightest sign of pain has been felt.

When pain comes into the cancer or pre-cancer, chances of cure often flies away, cancer of the muscles, the breast, the throat, the skin, the tongue, and the lip has no pain in its curative stage. Once pain appears, it means you have delayed too long. This happens to those who fail to believe such knowledge as is here presented, and seek to avail the surgeon's knife by dallying away valuable time with the remedies of nice honest old maids, male and female; quacks; patent medicines; travelling doctors; and the like.

How can the average man tell cancer disease from non-cancer disease. He cannot! No more can the busy doctor of only one life time of experience. What's to be done? Why err on the safe side: conquer this unfortunate state of affairs by playing safe. When in doubt have the surgeon remove even a harmless sore or a harmless tumor. If this is thoroughly done, no disaster can follow.

While it is true that cancer does not ever begin in a healthy spot, you may be sometimes in doubt as to which is or is not a healthy spot.

Sores; unhealed wounds; scratchy, continuously irritated spots; warts; moles; scabs; lumps; nodules; fatty tumors; swellings; enlarged glands; while all of these do not often become cancers, one in a hundred does change into these deadly growths.

Is it not wiser, is it not a better form of life insurance to cut away completely

all of the one hundred than to take the reckless, American chance; the modern foolhardiness, and let a few or any of them escape thorough excision?

Unhappily, human nature in you—and also me, when I'm inattentive and off guard—induces two dangerous conditions, to wit, "not afraid of certain diseases," and the feeling that "it cannot happen to me," but applies to the other fellow.

Cancer is par excellence a disease, made to awaken man from these human weaknesses. It is a malady of benighted carelessness. It assails those who are "not afraid of it". It eats into those who will not listen or obey the inexorable facts here set down which unselfish scientists have discovered for them. It devours the rich and ignorant; those who delay operations, the sceptic and the negligent.

The victim who delays the use of the preventive knife and the doctor, who at present abets or encourages the use of anything other than the knife is particeps criminis. Better not leave any abnormality or unhealthy bit of tissue alone, than to take an average chance that it is not or will not become a cancer.

Cancers of women, internally or even in the breast are placed by my former friend and teacher, Professor Joseph C. Bloodgood among the preventable diseases.

He points out that internal cancers in women usually begin, when there is a discharge of a different appearance, or at a different time, or long after the natural one has disappeared, or when it comes for longer period than was expected. Then is the time to operate

and prevent the cancer. Not later on, when pain appears.

When these irregularities are observed, few women and doctors are impressed with the warnings. And they are distinct warnings of possible cancer. Not always, to be sure, but suppose you are or are not the one in the hundred. Can you afford to gamble with the matter and ignore the storm signals?

No woman adds to her modesty or her life by concealment of these symptoms. Nor can the woman of 25 escape cancer by hiding a lump in her breast. Such mock modesty are sometimes paid like the wages of sin, with death.

A member of the American Society for the Control of Cancer has asked me to write you these and the following facts with the hope that you will not forget to put them into use and action and not merely memorize them as a parrot does for mere satisfying of curiosity.

The tongue and lips have cancers. Every man is warned in time; there is always first to be seen and felt on the lower lip or on the tongue some abnormal defect. This defect is often a burn from smoking, or an irritation from ragged teeth. When men heed this warning and receive treatment within a few weeks the probabilities of a cure are one hundred per cent.

Any irritation is the little skin defect, or injury to the nodule beneath the skin increases the probability of the development of cancer or, if cancer is already present, of its more rapid growth. No one should treat such apparently innocent lesions himself, but immediately consult a physician.

Cancer of bone. The early warn-



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