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Codfish swallow shelled mollusks
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Health Talks.

By WILLIAM BRADY, M. B.
Noted Physician and Author

Dr. Brady will answer all signed letters pertaining to health. Writers' names are never printed. Only inquiries of general interest are answered in this column, but all letters will be answered by mail if written in ink and a stamped, self-addressed envelope is enclosed. Requests for diagnosis or treatment of individual cases cannot be considered. Address Dr. William Brady, in care of this paper.

The Chill of Onset

The characteristic onset of lobar pneumonia (also known as lung fever, pleuro-pneumonia and sometimes pneumonitis) is with a sudden chill with little, if any, preliminary indisposition. The abruptness of this chill is impressive and has led to deplorable misunderstanding in the past on the part of the laity. In short, the frequency of a chill with the onset of pneumonia is a strong prop for the catching cold delusion. But every educated physician knows today that the chill or onset is a result, a symptom of an infection already consummated, and no more a cause or factor of the pneumonia than is the chill a cause of malaria or of erysipelas or of septicemia, diseases in which chill is a striking symptom. Yes, every physician knows that, but not every physician is pointing it out to his patients. Don't those most effective advertisements, press bulletins from the bedside of the great and near-great, still convey the information that the Senator has taken a heavy cold and is threatened with pneumonia?

That the chill is a symptom of bacterial infection already consummated we know from this recognized fact: the body temperature, if measured while the chill is still on, is usually found elevated several degrees above normal if the patient is developing an infection, be it pneumonia, erysipelas, septicemia or whatnot. Although laboratory workers assert that fever, elevation of temperature above the normal, may be produced without infection by germs, it is pretty hard to prove that fever ever occurs naturally without an invasion of the body by germs or by their poisonous products.

The chill is evidence of active resistance on the part of the victim's blood to the invading germs. It is a favorable omen, to that extent—in the sense that you are "lucky" when you fall downstairs and break no bones. If the victim of the Pneumococcus infection happens to be very feeble, very aged, a hard drinker, or otherwise unfit to fight, then he is likely to develop pneumonia without any chill at onset. Therefore, you may shake hands with yourself when you begin to chatter—but, at the same time you had better lose no time in getting a hot mustard foot bath IN BED. Never mind whether you are threatened with pneumonia, erysipelas, bronchitis, quinsy or the flu. You are safest IN BED—with a trained nurse, if possible, or at least an amateur nurse, to give you a hot mustard foot bath. This may seem very hateful having to go to bed, when you still feel able to drag about and perhaps "fight it off"—if you are foolish enough to take stock in that notion. But you are safest IN BED, because REST conserves energy needed to resist infection. And you are SOONER UP AGAIN, even though the threat prove but a false alarm.

Many a false alarm is calmly appropriated by a half-charlatan as another case of pneumonia or something "broken up" by his treatment. Let him take the credit, but play it safe by going to bed, even if only for a day, whenever you have an infection to fight.

QUESTIONS AND ANSWERS
Some Say
Is there any cure for gallstones other than an operation? Would you advise the removal of the gall-bladder? Will one's health be as good without the gall-bladder? Some say it shortens one's life to have it removed. (H. E.)
ANSWER—Yes, I'd have my gall-bladder removed pronto if it should trouble me. The gall-bladder or gall-sac is a superfluous structure and we are as well or better off without it. The "some" who "say" it shortens life to have it removed merely show the extent of their ignorance or may be it is from a desire to have you experiment with some other alleged treatment. Certainly there is no other cure for gall-stones but operation, although some stupendous humbugs are exploited as "remedies."

Dry, Itching Dandruff
My hair is oily, but my scalp is caked with dry itchy dandruff. (Miss C. H.)

ANSWER—Carefully rub into about one-fourth of the area of the scalp each night, parting the hair here and there, some of this ointment. Shampoo once a week. Salicylic acid 20 grains. Precipitated sulphur 1 dram. Ointment of rose-water 1 ounce.

Syphilis and the Kiss
I would like your advice whether syphilis is ever contracted through kissing and whether there are any symptoms by which one may recognize it. (H. B.)

ANSWER—A great many cases of syphilis have been contracted by kissing a person who has the disease (and many a person has syphilis, though healthy looking to the casual observer).

The first sign of syphilis is the hard sore (called chancre, pronounced shan-ker) which appears at the point of inoculation (as on the lip in kiss infection) from two to five weeks after the date of exposure or inoculation. This sore is often single not very large, and perhaps mistaken for a "cold sore." Of course a diagnosis can be made only by your physician. Incidentally, a girl of good family who has been promiscuously kissing.

EXCHANGE RATES.

New York, Oct. 29.—Disparity of exchange rates, is tending to reduce greatly the first post-bellum rush of trade between Great Britain and the United States, according to Paul E. Derrick, general manager of the American Chamber of Commerce in London.

Huge purchases by British firms in the United States were cancelled, Mr. Derrick said, when the depreciation of silver came about. The high cost of goods, through the operation of adverse exchange rates, he explained, made it impossible to market to the British consuming public.

SILVER SHIPPED.

Omaha, Neb., Oct. 25.—Two hundred million dollars' worth of silver bars have just been shipped secretly from Washington across the United States enroute to India, according to Raymond T. Baker, Director of the United States Mint. The bars

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"Sometimes as soon as you give the operator a telephone number from memory, you realize you have called the wrong number." The first impulse is to hang up the receiver, but you should wait and say to the other party, "Beg pardon for calling the wrong number." Then everybody feels all right about it.

If you hang up the receiver without acknowledging your error, the operator gets the blame when she tells the other party that "there's no one on the line."

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