

They are hard-working men, these men of the Institute, and they are willing to do more still. They recognize to the full their responsibilities, and their opportunities; and they are patiently waiting to be given the full privileges that a grateful public will only too gladly give them once the real worth of the new movement is known. They will lecture for you—as before mentioned—if you pay just their travelling expenses. They will answer questions in regard to any disease that does not demand personal examination of the patient, through the columns of "The New Public Health" Department, with which you are already acquainted. They will analyze water from your wells to assure you if it be fit to drink, and they will examine sputum to advise you as to whether you have contracted consumption or not.

A word of warning may, however, be necessary. If you wish the water in your well analyzed, or a sample of sputum examined, it is not sufficient for you to bottle up some of it "anyhow" and pack it off. Don't you see that other bacteria, perhaps clinging to the bottle itself, or to its cork, may develop in numberless millions along the way, thus rendering your sample utterly useless for examination?

In either case, apply to your local health officer for information how to proceed. He should be prepared, not only to give you instructions as to how the sample may be prepared scientifically, but also to provide you with the tubes, etc., necessary for sending it.

An eminent doctor remarked not long ago that few people after a serious illness, are just quite what they were before; an organ once diseased is just a little weaker ever after, a little more likely to succumb to attack. Surely, then, it is better to keep well than to break all the laws of health through ignorance, pay the penalty, and have to depend on a physician for cure. And, surely, this being recognized, this new Institute of Public Health, wherever it may be set afoot, deserves the encouragement and patronage of the people it would serve.

Make no mistake:—It does not look to doing away with doctors; far from that. It aims at helping doctors to maintain public health, at co-operating with them, at directing people's attention to them at the beginning of trouble, and so working with them towards creating and maintaining a saner, healthier, happier populace.

The Institute, despite delays in equipment, etc., has already published eight scientific articles in scientific journals; a book; over one hundred and fifty newspaper articles (reaching an average of 150,000 readers weekly); has delivered over 150 technical lectures to over 150 technical students; 45 public lectures to about 2,000 non-professional persons; analyzed over 100 specimens of various kinds; and tabulated the infectious diseases of over 6,000 children, besides giving eight addresses before scientific audiences, and "a few other little things!"

We have called your attention to the movement and its workings; now it is for you to take advantage of it as you may.

The New Public Health.

QUESTIONS, ANSWERS, AND COMMENTS.

Conducted by Institute of Public Health, London, Ont.

[Questions should be addressed: "New Public Health, care of 'The Farmer's Advocate,' London, Ont." Private questions, accompanied by a stamped, self-addressed envelope, will receive private answers. Medical treatment for individual cases cannot be prescribed.]

What Is Cancer -- How Prevent It?

The body is subject to various kinds of diseased swellings called, medically, "tumors." Suppose a mosquito bites you; the resulting swelling is a tumor: suppose you bang your forehead on the

ice; the resulting swelling is a "tumor": suppose one of the very numerous microscopic sebaceous glands in your skin becomes plugged, so that the sebaceous matter gradually accumulates instead of escaping unnoticed as it usually does; the resulting swelling is a "tumor." If you have a "cancer," that is also a "tumor." In brief, "tumor" is the scientific word for a swelling, temporary or permanent, whether due to injury or disease. Those due to injury, like the mosquito bite or the bruise on the forehead are called "traumatic tumors"; those due to disease as "malignant tumors." So you see that when anyone tells you you have a "tumor," he is not telling you anything very much: he is telling you simply that you have a "swelling,"

occurring as the result of the "poison" in the stuff the mosquito stings you with; and both limited to a very small area, as everyone knows. A bruise is due to the actual escape of blood from the bloodvessels broken by the blow: if the skin is cut you bleed outwardly: if the skin is not cut, you bleed into or under the skin, making a bruise. In a sebaceous cyst (or wen), the material which makes the swelling is a natural secretion of the body, held back in the skin by purely mechanical opposition to its escape, i. e., the plugging of the gland-mouth. A cancer, in strong contrast to all of these, is an actual growth of some one of the constituent parts of the body. "Why, all parts of the body are growing all the time; according to that we are

know this: that if the "cancer" can be caught when it is beginning, and if it is thoroughly removed, it cannot spread, any more than a weed can if you pull it up entire.

The real question concerning every tumor is: how can you tell an innocent tumor from a cancerous tumor? If you have a swelling of the lip or breast, or any other part of the body, how can you be sure that it is cancer, or is not cancer? On the answer to this question your life, happiness, and the danger of fearful months of pain, may hang; it involves financial as well as many other factors in the happiness and welfare of your family, as well as of yourself.

Of course, anyone can tell that some tumors are not cancer; mosquito bites, for instance, bruises, etc. But when it comes to a permanent swelling somewhere, anywhere, in the body, an expert physician may be puzzled, especially in the early stages, and that is the only stage when there is much hope of cure.

The safest rule to go on, then, is this: If your physician cannot assure you positively that your "tumor" is not a cancer, have it out anyway! If it is already too big to make this a simple matter, have a small piece removed and examined under the microscope. The Institute of Public Health is equipped and ready to do this, and if your physician will remove a small piece of the tumor, and send it, properly preserved, to the Institute, it will be examined there promptly. The charge of \$1 is made to cover part of the expenses, and this charge goes into the Institute funds, giving the chance for some more public-health work!

Certain things are done free at the Institute, if sent by physicians, such as examination of sputum for tuberculosis, cultures for diphtheria, blood for typhoid, and so on. But for other things the Government prescribes a charge, set so low as not to be a burden to anyone. Cancer examination is one of the things for which a charge must be made.

H. W. HILL.

TREATING BY CORRESPONDENCE.

Suppose a doctor is honest, can he treat a person properly by correspondence? Are there any reputable doctors who do this?

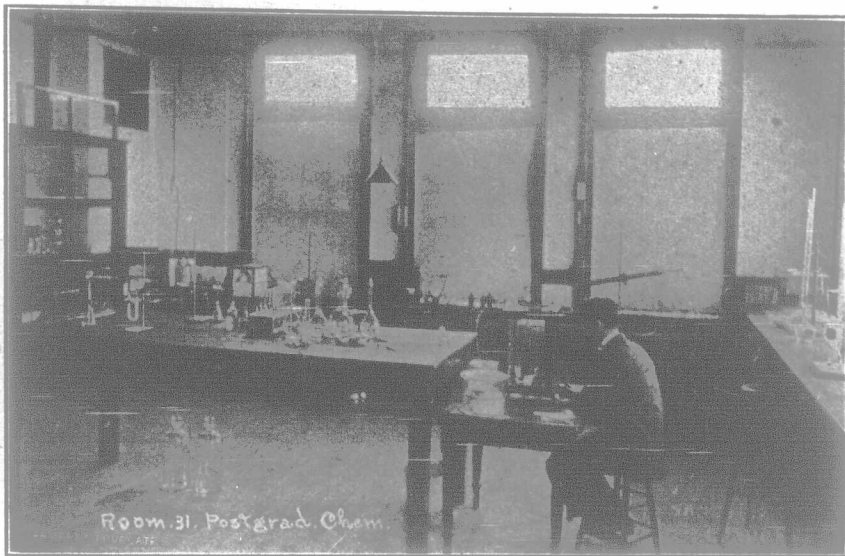
H. M. P.

Ans.—I do not know any method by which a doctor could find out by correspondence what is wrong with a patient from the patient's description of it, unless in the very simplest things, such as no one would want to ask questions about. If a doctor cannot find out what the trouble is by correspondence, how on earth can he treat the patient? Of course, he might give some inert stuff, but that would not be honest. Besides, to undertake such treatment would naturally induce the patient to think that the physician did know what was the matter, and that he was treating the case properly. The patient would be satisfied, and so neglect to secure proper examination and proper treatment until it was too late. No more cruel or heartless fake can be devised against anyone's health or life than to delude people into paying money for treatment that is no good, meantime losing the precious time during which active, intelligent treatment, based on real knowledge, might still be of value.

If you appreciate that the most careful description of a case, given by one physician to another, after a most careful and skilful examination by the first physician, would never justify the second physician in treating the patient without his own personal examination of the patient, you will understand how impossible it would be to treat a patient on the patient's written description of his own case, when the patient has no medical knowledge or skill in examination. Of course, one medical man, after reading a description of a case which he has not seen, might properly suggest something further in the way of examination, or even a line of treatment, but such suggestions would always be subject to the judgment of the physician in actual contact with the case.

We often receive requests for diagnosis or treatment of cases by correspondence, but invariably refuse them, not from unwillingness to help, but because it is impossible to do it safely; and dishonest to pretend to do what cannot be done. Human life is too valuable to experiment with in that way.

I think the answer to the previous



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Department for analytical and research work in chemistry, also for post-graduate students' work.

which may be harmless or very serious: something that may pass off of itself, like a mosquito-sting swelling, or a bruise; something that may require a very simple operation to remove, like a sebaceous accumulation (commonly called a wen); and possibly a cancer. Mints of money are made from many people every day all over North America by unscrupulous "quacks" who use the word "tumor" to frighten people with, and who treat expensively, painfully, for months, or years, innocent "tumors" that might be removed at once, or even left alone safely. Hypnotized by the word "tumor," people will go on with such treatment, believing a "tumor" is necessarily a cancer.

Now, a cancer is a very particular and

just one big cancer, all over!" In a whimsical sort of way there is a ray of truth in that statement; but a cancer is a material constituent of the body growing in the wrong place, too fast, and with a tendency to spread to other parts.

Here is the point: when the constituent parts of the skin, say, grow in the ordinary proper way, each different part of the skin grows in proportion to the rest, keeps itself to itself, and is content to form the part it is expected to form, and to perform the functions that it is there to perform. But if one of the constituent parts of the skin throws off these restraints, grows wildly, irregularly, invading parts of the skin where it has no business, neglecting (like other busy-bodies) its own business, while interfer-



Part of Chemical Department

ing with others', then you have a skin cancer; and if some of this wild, irregular growth enters (as it generally does sooner or later) a vessel, the liquid may carry it to other parts of the body, where it will lodge and grow "wild," just as it did before in the place where it originally began.

Now, we do not yet know what induces certain constituent parts of the body to go "wild" thus; so we do not know how to prevent "cancer" (or the very similar disease known as "sarcoma" in medical circles, but usually lumped as "cancer" in ordinary conversation). But we do

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