



Health Service

OF THE

Canadian Medical Association

Edited by

GRANT FLEMING, M.D., ASSOCIATE SECRETARY

Tuberculosis Causes Tuberculosis

When anyone is told by his doctor that he has tuberculosis, that person and his friends naturally wonder where he got the disease. We should all know where tuberculosis comes from because when we know the source of a disease and its manner of spread, we would be able to control that disease to a considerable extent.

The cause of tuberculosis is a germ known as the tubercle bacillus. Tuberculosis cannot occur unless this germ is present. There are conditions such as overcrowding which favour the spread of the germ from the sick to the well. There are conditions of the body, such as overwork and fatigue, which give the germ a better chance to cause disease.

None of the conditions which favour the germ can in themselves cause the disease, the germ is the one and only cause. This leads us then to consider where the germ comes from and how it is spread.

The tubercle bacillus does not, as far as we know, live in nature outside of the human or animal body. This means that the germs come from human beings or animals suffering from tuberculosis. The transfer must be fairly direct because sunlight and drying destroy the germs fairly quickly once they are outside the body.

The important point to understand is that tuberculosis is spread by those who have the disease, whether they know they have the disease or not. This means that tuberculosis causes tuberculosis.

Children suffer from a form of tuberculosis which they contract from the use of raw milk coming from tuberculous cows. This form of the disease can be and is put

an end to just as soon as milk is pasteurized because the process of pasteurization kills the tubercle bacillus.

Most causes of human tuberculosis get the disease from other tuberculous humans. Tremendous numbers of germs leave the body in the sputum of those suffering from active tuberculosis. It is the transfer of this sputum, laden with the germs of the tubercle bacillus, which accounts for the spread of the disease.

The transfer may be direct as in kissing or by coughs, sneezes or loud talking. It may be indirect as in the use of common eating and drinking utensils. In one way or another the sputum of a healthy person. The more frequent and the more intimate the exposure, the greater the chance of spread and so the spread commonly occurs in the family.

The case who has learned to take the necessary care to prevent the spread of his sputum is not a danger to others. It is the ignorant or careless case that is responsible for the spread of most of the disease. Tuberculosis causes tuberculosis—every new case comes from a previous one.

Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

NO SALES MADE AT MOOSONEE AUCTION

No sales were made last week at the auction of townsite lots in the new terminal port of the Temiskaming and Northern Ontario Railway. Bidding ceased after two hours' work by the auctioneer. Many of those present at the auction were Northern pioneers and there was much criticism of the reserve bids as well as other features of the auction.



The Ideal Baby Food

By Dr. William J. Scholes

The changes that occur in the skin as a result of sunburn are the same as those produced by any other agency capable of causing burns. In the milder forms the skin becomes reddened, tender and swollen. Later on, the surface layer of the skin (epidermis) usually peels off. Sometimes, if the burning has been more severe, blisters will form. These may break, leaving a raw surface. Anyone who has ever been sunburnt knows that it is very uncomfortable, and sometimes even painful.

How to Prevent It. It is true that sunlight is extremely valuable in promoting and maintaining health. But there does not seem to be any particular advantage in becoming sunburnt.

Prevention is often possible. Rubbing some mild ointment into the skin

before exposure to the sun will afford some degree of protection. Either rose water ointment or boric acid ointment may be used. But the ywill probably not protect the skin against prolonged exposure.

If the skin begins to be reddened, it is an indication that is becoming burnt. If one waits until the skin begins to

burn, he will have waited too long. The sensation of burning means that the damage is already done.

The Best Remedies

After sunburn has occurred, soothing lotions and ointments will do much to relieve the discomfort and hasten a cure. Further irritation of the skin by exposure to the sun should, of course,

be avoided. The application to the skin of soap, or anything else that may irritate, should be avoided.

Solutions of either boric acid or baking soda make suitable soothing lotions. Or boric acid or rose water ointment may be used. A good home remedy, and one that is usually handy is plain cow's cream.

WALL STREET "GOLD MAN" VISITS CANADA

James W. Allen, known in the United States as "the big gold man of Wall Street," visited Ontario last week. Allen, a native of Aultsville, is chief messenger for the National City Bank, New York, and has handled more than \$35,000,000,000 in gold and silver and currency in the past 30 years.

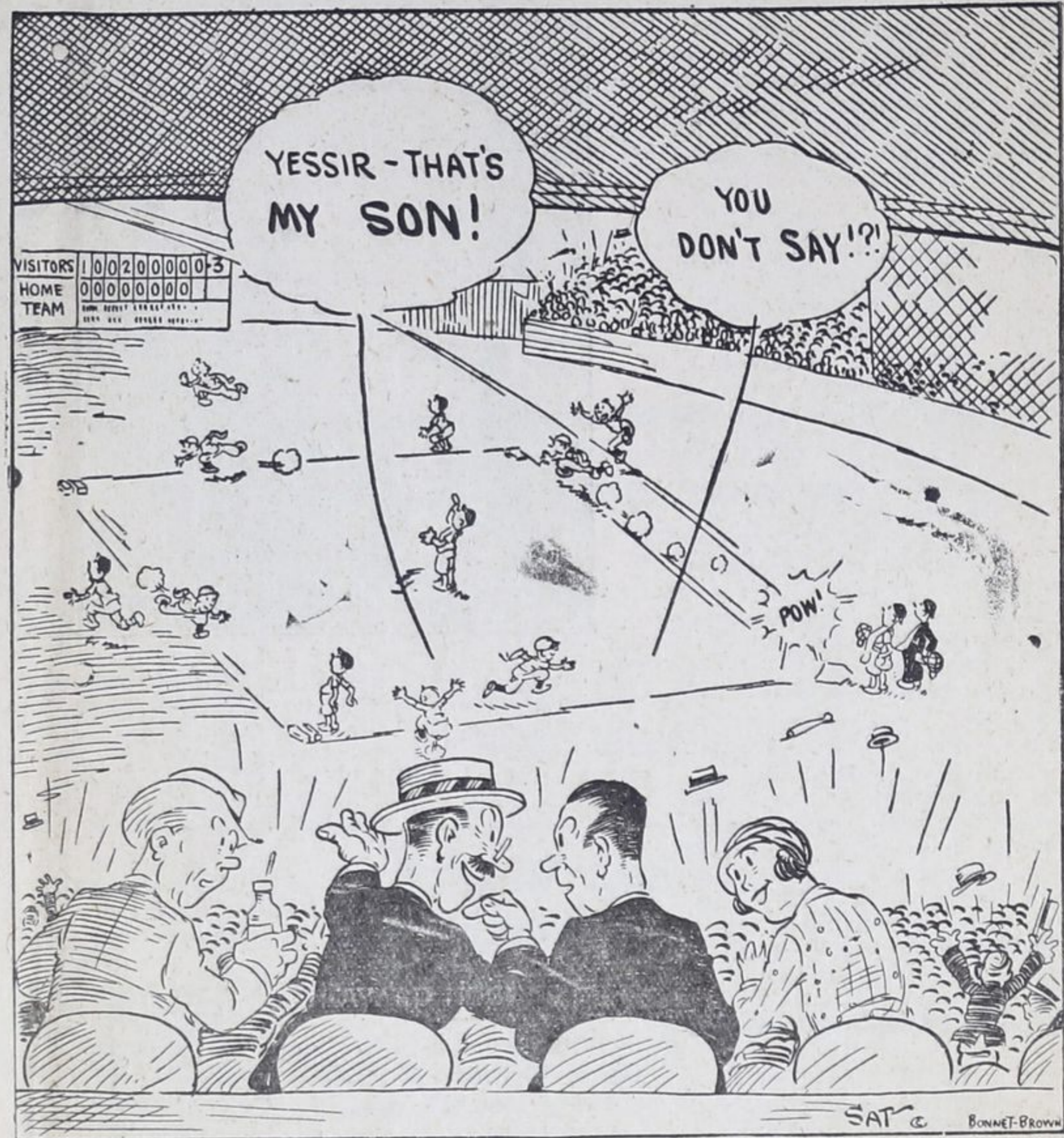
Anonymous Letters Being Investigated in Winnipeg

Police in Winnipeg are investigating the source of two anonymous letters threatening the lives of Premier John Bracken and Mayor Ralph H. Webb, of Winnipeg, should they be successful in the Manitoba elections June 16th.

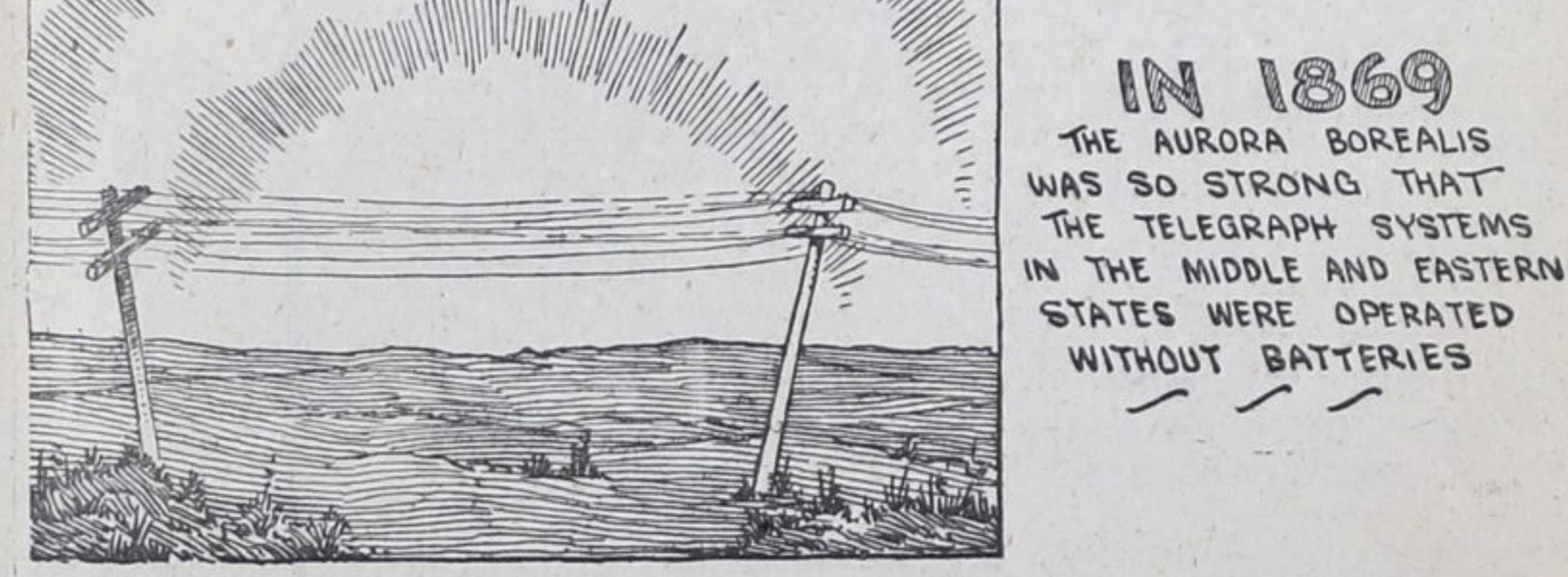
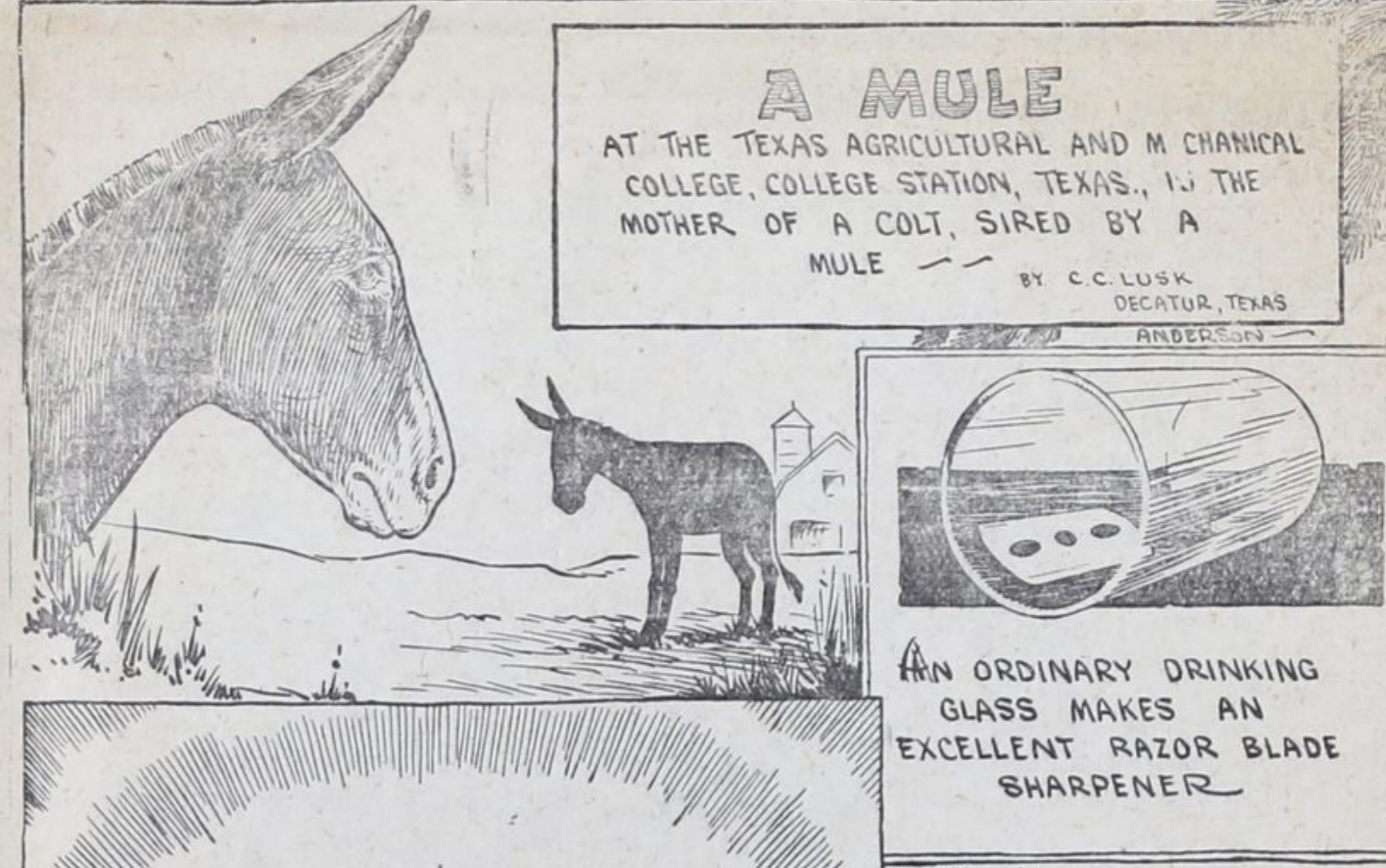
SUDBURY HELPS JOBLESS

The unemployed of Sudbury will be provided with boots and clothing by the relief committee of the city providing they give two days' work to the city. Mayor Peter Fenton told a delegation of some 700 jobless men, who met with him by appointment at the city hall last week.

Proud Moments!



ODD—But TRUE



Hints for the Household

HOUSEHOLD HINTS

A Sewing Hint
To avoid puckering sheer material: With some material such as muslin or crepe de chine it is almost impossible to stitch it without puckering it. This can be avoided by placing a piece of paper under material while stitching and sew seam. When finished it is a very simple matter to tear paper away from seam.

Hints for Women While Touring
1. Do not worry about your dress.
2. Dress as naturally as you can in order to feel comfortable.
3. A little hat is better than a large one.
4. For hot days—a thin dark dress can be worn anywhere at almost any time and is preferable to the heavy suit, motor coat and veil of the old days.

Don't Forget Watercress
Crisp watercress is made so by keeping it in ice water. It is an appetizing garnish for salad, fish or cold meat.

Fancy Luncheon Dish for Summer Luncheon
Toast.
Fried Tomato.
Sweet breads.
Mushroom gravy.
Bacon.
Method: Parboil sweetbreads. Then broil or fry according to taste. Toast

rounds of bread. Fry slices of tomato—red or green. Make a mushroom gravy. serve on hot platter. Place fried tomato on each round of toast. Place fried sweetbread on top tomato. Top with crisp bacon and garnish with green.

Asparagus Salad
1 large bunch asparagus.
1 tablespoon of gelatin.
2 tablespoons of cold water.
1 cup of hot water (use water asparagus was cooked in).
1 tablespoon of vinegar.
Little salt.
Mayonnaise dressing.
Method: Boil and drain asparagus. Cut up in 2-inch lengths. Soak gelatin in cold water. Add hot water, vinegar and salt. Arrange tips in circle around mold. Fill centre with plain pieces. Pour over gelatin mixture and chill. Serve with mayonnaise dressing. Peas are a nice addition. Parsley and radish roses also make a pretty trim.

Strawberry Short Cake
The most tempting dessert for this time of year. Individual drop strawberry short cakes are delicious and no trouble to make.
Recipe is for four individual short cakes:
1 cup of sifted flour.
1 tablespoon of butter.
2 teaspoons of baking powder.

1 scant tablespoon of sugar.
Little salt.
Milk enough to make drop batter.
Method: Put together flour, butter, baking powder, sugar and salt. This can be done any time ahead in morning or afternoon. Also pan floured. Then just before ready to bake have oven hot. Add milk enough so that batter may be dropped from spoon onto floured pan and not be running. Bake in hot oven. Split cakes—put butter between and crushed and sweetened berries between and on top. Serve with either plain or whipped cream.

Prune Charlotte Russe
This is delicious for any meal. The recipe:
Sponge cake.
Simple icing.
2 cups of prune pulp. (cooked).
1/2 cup of chopped nuts.
1 teaspoon of vanilla.
1 bottle of whipping cream.
Sugar.
Method: Hollow out center of cake. Mix prune pulp, sugar, whipped cream, nuts and flavoring. Pile lightly in center of cake. Decorate with prunes and cream. If cake is large this will serve 10 to 12 people. Use smaller cake and 1/2 recipe for fewer people.

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The Family Next Door



Sometimes Ignorance is Bliss