

Methods of Controlling Spread of Tuberculosis

Article by Dr. Norman H. Russell in the Series Sponsored by the Ontario Secondary School Teachers' Federation in Their Campaign for National Fitness.

Several articles have already been published in The Advance in the campaign for National Fitness sponsored by the Ontario Secondary School Teachers' Federation. Below will be found another in the series. This touches on one of the most important questions in national health. It is by a recognized authority on the subject, Dr. N. H. Russell, of St. Mary's hospital, Timmins.

How to Avoid Tuberculosis

(By Dr. Norman H. Russell)
The following article, in a brief way, will try to outline what I consider the best method of controlling tuberculosis. In order to appreciate and intelligently carry out any campaign against tuberculosis one must have at least a working knowledge of the pathology of the condition.

From the pathological standpoint the most important factor is the existence of healed tuberculous lesions in the bodies of those who have never exhibited any evidence of the disease during life. The actual statistics from various centres vary but it is now commonly accepted that 90 per cent. of all civilized people are infected with tubercle bacilli and in a very large percentage of these the primary lesion can be demonstrated by careful search at autopsy.

On the other hand tuberculosis has never been demonstrated in a still-born baby or a baby who dies shortly after birth.

On these facts the present pathogenesis of consumption is based and it may be summed up as follows: (1) Every individual who lives under the ordinary conditions of civilization is infected after birth and at some period between birth and adult life with the tubercle bacillus. (2) Such infection,

although it produces a definite body reaction, is not necessarily followed by disease. (3) In the vast majority of cases the individual deals successfully with the infection and all that remains is a minute scar. (4) In a certain percentage of cases, however, manifest disease occurs at a later date, this being due to re-infection by the tubercle bacillus either from within or from without and this re-infection is commonly preceded by a lowered resistance on the part of the individual.

With a full understanding of these scientific facts we can go ahead in a much more enlightened manner in our attempt to control tuberculosis. It is obvious from the above that we can have very little hope of avoiding contact with the tubercle bacillus throughout life. Therefore our efforts must be directed to controlling the amount of active disease and consequent deaths from this all-invasive organism.

From invasion by the tubercle bacillus which is ubiquitous there is no escape. Sooner or later everyone is infected and if the primary lesion occurs in early life and the dose is massive the patient succumbs. If on the other hand the primary lesion heals and perhaps succeeding small lesions heal without any manifestation of disease then the individual's resisting power will be gradually raised to a point where he will be protected under any ordinary circumstances for the rest of his life.

Therefore it is perfectly apparent that the solution of adult tuberculosis depends almost entirely on the study of tuberculosis in children. It is in the children that we see played the first act of the drama of tuberculosis which may go on to adult tuberculosis unless the patient dies of some other condition or we are fortunate enough to control it.

It is an established fact that the death rate from tuberculosis is decreasing. It has gradually decreased from first place to sixth place as the cause of death in all the age groups. But we must remember that tuberculosis is still by far the leading cause of death amongst adolescents and young adults.

Bearing all the above points in mind it can be readily seen that the schools should be the centre of preventive work in tuberculosis. It is not suggested that the schools should be burdened with any more than they have now on their hands but it is perfectly obvious that the school is the logical point of attack. The question of ordinary hygiene is taught in all our schools and undoubtedly is a factor in control and also the habit of spitting is a bad one and the question of bad housing conditions plays an important part in the spread of tuberculosis. All these things, however, are secondary to an intelligent tuberculosis survey of your children carried out year by year.

The method I would suggest is as follows:

- (1) Get the co-operation of either the Medical Health Officer or if he seems indifferent, find some medical man who is vitally interested in children.
- (2) Enlist the services of your school nurse and also district nurses in making the survey.
- (3) Buy your tuberculin in quantities large enough to do your whole group.
- (4) Get the written permission of the parents to have the test done.
- (5) Do an intracutaneous tuberculin test on each child from the kindergarten up to the top forms in the high school.

The value of the tuberculin test is incalculable. A positive test means that the tubercle bacilli have entered the individual's body in sufficient numbers to produce a body reaction. This reaction of course does not mean necessarily that the individual has clinical tuberculosis but it shows contact. A negative tuberculin reaction means, roughly speaking, (a) the child has no living tubercle bacilli in the body. This may be due to the fact that they have not up to date come in contact with open tuberculosis or on the other hand their primary focus has completely healed. (b) The number of organisms present are so few that they have not produced a body reaction. (c) The infection is so massive that it has overwhelmed the defences of the body and the patient is acutely ill and in the last stages of active tuberculosis. It can be readily seen that this negative group is safe except for those coming under heading (c) and of necessity this group is outside the sphere of the school.

(6) All the positive skin tests should be X-rayed and reported on by a competent radiologist. If your community lacks a well-trained chest man the films can always be sent away for diagnosis.

(7) The X-ray will further classify the group of positive reactors. A certain number will be considered healed or the condition is apparently in the process of healing. However, a certain group will show active disease in the X-ray film and these cases should be referred to one of the tuberculosis clinics of the Ontario Government.

Last year we carried out the following survey in the Porcupine district and the figures I believe are self-explanatory:

Approximate number of children tuberculin-tested	4800
Approximate number of positive tuberculin tests	600
Total number of students X-rayed (completed)	575
No. of students who should have had a repeat X-ray and for various reasons did not report	26
Total No. of students referred to chest clinic	62
Total No. of students referred to family doctor (tonsils, heart, etc.)	21
Negative for tuberculosis at present time	472
Students already under supervision of clinic as contacts who had a positive I.C. previous to survey (additional to group referred by survey)	52

Findings of Students Examined	
Pulmonary tuberculosis minimal	11
Hilus tuberculosis (childhood)	16
Quiescent tuberculosis	2
Not determined, for observation	17
Negative	10
Bed rest at home	8
Sanatorium	5

The money to carry out this survey was raised through the Christmas Seal Fund.

This in my opinion is the sound way to go about tuberculosis prevention work. It is from this foundation that we can build up all our preventive work. There is the investigation of families to find out the source of infection. There is the care of children whom the survey shows need particular attention. It is also the soundest method of tracing contacts. And another factor that is very important is its relatively low cost per child.

Before finishing this article, I would like to mention briefly bovine tuberculosis. Bovine tubercle bacilli have been and still are harmful invaders of the human body. Fortunately bovine tuberculosis is seldom fatal but it is the most common cause of bone, joint and abdominal tuberculosis. However, the remedy for this is at hand in the pasteurization of milk. It is extremely rare to see a case of bone, joint or abdominal tuberculosis in a community that uses pasteurized milk.

Unsettled Weather Says Weatherman

While today is fine and moderately warm, the weather forecast for the next few days will be unsettled and changeable, according to the forecast of S. C. Wheeler at Hollinger observatory.

Light showers on Saturday and Sunday accounted for .65 of an inch of rain. Maximum and minimum temperatures since last Wednesday are: Thursday, 82 above and 60 above; Friday, 83 above and 61 above; Saturday, 64 above and 53 above; Sunday, 65 above and 49 above; lowest last night, 42 above; eight o'clock this morning, 51 above.

Graduation of St. Mary's Hospital

(Continued from Page One)
Song, Mrs. J. E. Barry.
Address, Dr. Maurice J. Kelly.
Song, Mrs. G. C. Armitage.
Address, Rev. Canon Cusning.
Violin Solo, Mr. E. Nathanson.
Address, Rev. W. M. Mustard.
Song, Mr. R. Jones.
Address, Mr. A. Neame.
Piano, Sister Louis de Gonzague.
Jingle, Miss K. McPhail.
My Creed, Class.
Nightingale Pledge, given by Father Theriault, and taken by Class.
Presentation of Diplomas, Rev. Fr. C. E. Theriault.
Pinning of Medals, Mrs. J. P. Bartleman and Mrs. R. E. Delahunt.
Class Song, Class.
Thanks, Rev. Fr. C. E. Theriault.
Farewell, Class.
O Canada.

Following the presentation of diplomas and medals, four little flower girls, Mary Loy Harrison, Lita Baerigan, Joyce Holland, and Shirley Manette, presented the graduates with baskets of flowers. The presentation of the flowers was a special feature of the evening, for the little girls were exceptionally pretty in white organdy "Snow White" dresses, with tiny caps made of lily-of-the-valley, and white gloves, and were gracious in every movement, proving that they had been taught well, and had taken heed of what they were taught.

Elsewhere in today's issue, The Advance is presenting the "Jingle" and "Valedictory," composed by the students and graduates, both of which are interesting, and will give those who were not present at the event a picture of the proceedings.

Record Success Made by Kiwanis

(Continued from Page One)
11th—W. G. Bingham, 160 Peter St. N., Orillia, Ont., 1572-C; \$5.00.
12th—K. Koski, P.O. Box 360, Timmins, Ont., 4370-A; \$5.00.
13th—R. Fletcher, 52 Sixth Ave., Timmins, Ont., 4376-C; \$5.00.
14th—Joe Carfagnini, 59 Birch St. S., Timmins, Ont., 5460-A; \$5.00.
15th—Mrs. M. Joyce, P.O. Box 652, Schumacher, Ont., 3805-C; \$5.00.
16th—Joe Dolton, 77 Balsam St. S., Timmins, Ont., 5522-A; \$5.00.
17th—Ernest Poirier, 232 Hemlock St., Timmins, Ont., 4596-C; \$5.00.
18th—A. L. Joyner, P.O. Box 470, Schumacher, Ont., 380-A; \$5.00.
19th—H. Potvin, 16 Columbia Ave., Timmins, Ont., 7156-C; \$2.00.
20—C. Blundon, c/o Buffalo-Ankerite Gold Mines Limited, South Porcupine, Ont., 4361-A; \$2.00.
21—D. A. Edgar, P.O. Box 545, South Porcupine, Ont., 2502-C; \$2.00.
22—J. A. Tremblay, 52 Mattagami Blvd., Timmins, Ont., 8951-A; \$2.00.
23—Janet Proulx, P.O. Box 88, 76 Crawford Avenue, South Porcupine, Ont., 6551-B; \$2.00.
24—Joe Lafabe, 53 Mons Ave., Timmins, Ont., 1193-C; \$2.00.
25—Marie Clutchey, 41 Tole St., Timmins, Ont., 6266-B; \$2.00.
26—Yvonne Zavoie, 15 Windsor, Timmins, Ont., 3011-A; \$2.00.
27—E. Stevens, 7 James St., Timmins, Ont., 5460-C; \$2.00.
28—A. T. Evans, 68A First Ave., Schumacher, Ont., 6561-A; \$2.00.

Meetings in Connection with Campaign for Blind

In connection with the regular annual campaign for the Canadian National Institute for the Blind, a meeting of the ladies' committee is called for Tuesday, June 28, at 3 o'clock in the Legion Hall, Timmins.

A meeting of the South Porcupine ladies' committee is called for Wednesday, June 29, at 3 p.m. at the home of Mrs. Bisette.

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Field Man for the Blind at South End Kiwanis

Specially Interesting Kiwanis Dinner on Thursday. Young Cubs of Dome Pack Camping on Porcupine Lake. Two Weddings at South Porcupine. Other South Porcupine and Dome News.

South Porcupine, June 25.—(Special to The Advance)—Mrs. S. Lloyd, of Dome Extension, and Miss Margaret Lloyd left on Saturday by car for ten days vacation in Toronto and Boston where they will visit relatives.

Mrs. B. Covey, of Connaught Hill, left on Wednesday to spend the summer in Quebec and the New England States.

Mrs. Sidney, of Bruce Avenue, left on Thursday to spend a few days visiting in Halleybury.

Mrs. Harry Owens, of Hamilton, is visiting her daughters in South Porcupine.

Mr. and Mrs. Edward Richardson, of the Dome, have left for a two-week vacation in Cornwall, Ont., and Montreal, and other points. Miss Ruth Doran accompanied them. She will spend a month visiting in Gananoque and Toronto before returning.

The usual Thursday dinner of the Kiwanians was held in the Masonic hall. Mr. D. B. Lawley, field secretary of the National Institute for the Blind, was the guest speaker, and he told them of the work of the blind in different parts of the country. Mr. Lawley is, himself, blind. It was suggested and unanimously adopted by the club that work of planting trees at the Porcupine General hospital grounds should be undertaken by the Kiwanis. Grading is being done at the present time under direction and next week will see the local Kiwanians busy digging up and digging in local saplings. In addition to this the Children's Playground is to be an accomplished fact, as soon as school closes. Equipment has been ordered and will be setup just as soon as possible. Today (Saturday) is tag day for this purpose and the club hopes to get enough by this means to play for the equipment. We also hear that a supervisor is to be in charge of this playground, which is most necessary. A joint dinner meeting of the South Porcupine club and the Timmins Kiwanians is to be held in Timmins on Monday at 6.30 p.m.

The young Cubs of the Dome Pack are having a wonderful time this weekend camping on the Porcupine side of the lake. They are in charge of Mr. Letterman and are accompanied by Mr. and Mrs. Longley and Mrs. S. Jay.

Mr. George Crawford, of South Temiskaming, is in town visiting Mr. D. Rayner and other old-timers in camp.

The following news item will be of interest to many in camp—Jimmy, only son of Mr. and Mrs. Lewis Watson, of Port Hope, who is only nine years old has won the silver medal for singing in the Port Hope District Music Festival. Last year, "competing with boys of his own age, he won the Gold Medal at this same festival. This year he won the silver medal competing in the senior class with boys under 15. Jimmy is to be congratulated. His father worked for some years at the Dome Mines, and his mother is the former Eva McCann, eldest daughter of Mr. J. McCann of Crawford street.

Mrs. G. McNulty and family, of Detroit, are visiting at the home of Mr. Maurice Rowan, brother of Mrs. McNulty.

Visitors this week at the Empress hotel were—Mr. R. Hansford, New Liskeard; Mr. A. Murchison, Toronto; Mr. J. L. Hill, Noranda; Mr. C. J. Dilson, Toronto; Mr. Carl Keetch, Matheson; Messrs D. Brunton and P. Gilchrist, of Kirkland Lake.

We hear that all the members of the staff of the High School are definitely re-engaged for 1938-39; and also there will be no changes in the staff of the Public School next year.

Mrs. Leonard Lawrence, of Sundridge, and son, have come to Lakeview to live, joining Mr. Lawrence already here.

The Rebekah Lodge held its final meeting for the season on Friday night. It will meet again on the first Friday in September.

Mr. Mike Dodge is in Porcupine General hospital getting along well after operation on his eye.

Mrs. Andrews, of Montreal, is visiting her son Mr. Wm. Andrews, of Connaught Hill.

The Girl Guide Camp at Night Hawk Lake will hold two separate contingents of Guides under Captain Letterman's charge. The first camp starts on July 3rd and continues to the 15th. Timmins Guides will be in this group. The second camp goes on from the 15th to the 27th, and Kirkland Lake Guides will join this group. It has not yet been definitely decided if South Porcupine troop will go with the first or second camp. It depends upon the number of Guides wishing to attend.

Drumhead Service Cancelled
Unfortunately the Legion Drumhead Service was called off, after it was too late to alter the announcement in this column. They had difficulty in getting some equipment so decided to cancel the service.

Bingo
A bingo evening at the Masonic hall on Friday seemed to be a success, under the auspices of the Legion. The affair was nicely arranged, it was cool

and fairly well attended. It might be a good idea for the Legion to put on one of these bingo nights weekly, seeing that all other activities in town seem to be stopped. At least, we heard this thought expressed by more than one who attended this affair. Tonight (Saturday) this branch of the Legion is holding a "smoker" in the Masonic hall (not Central hotel as previously announced).

Weddings

On Saturday afternoon a wedding, conducted by Dr. Fraser took place in the United Church in South Porcupine. The bride was Miss Irene Elliott, whose parents live in Lakeview, and the bridegroom, Mr. David Melkiejohn, of South Porcupine.

The bride was prettily gowned in beige with white accessories and a large white picture hat. She carried a bouquet of roses. She was attended by her younger sister Miss Muriel Elliott who wore a dress of blue and white crepe with a large white hat and white accessories. Mr. Don Macdonald acted as best man for the bridegroom.

After the ceremony the wedding party returned to the bride's home where the wedding breakfast had been prepared. The bride's mother received the guests in a gown of navy blue.

The young people will reside in Lakeview. We wish them long and happy years of married life.

The wedding of Miss Mafalda Mary Rotondo, of Golden City, to Mr. William Abbott Willman, also of Golden City, took place on Friday at the home of Mrs. Ed. Smith, Dr. Fraser tying the nuptial knot.

The beautiful little bride was simply gowned in white satin with lace, and wore a veil. She carried pale pink roses.

Attending in the capacities of matron of honour and best man were Mr. and Mrs. George Sawyer of Porcupine.

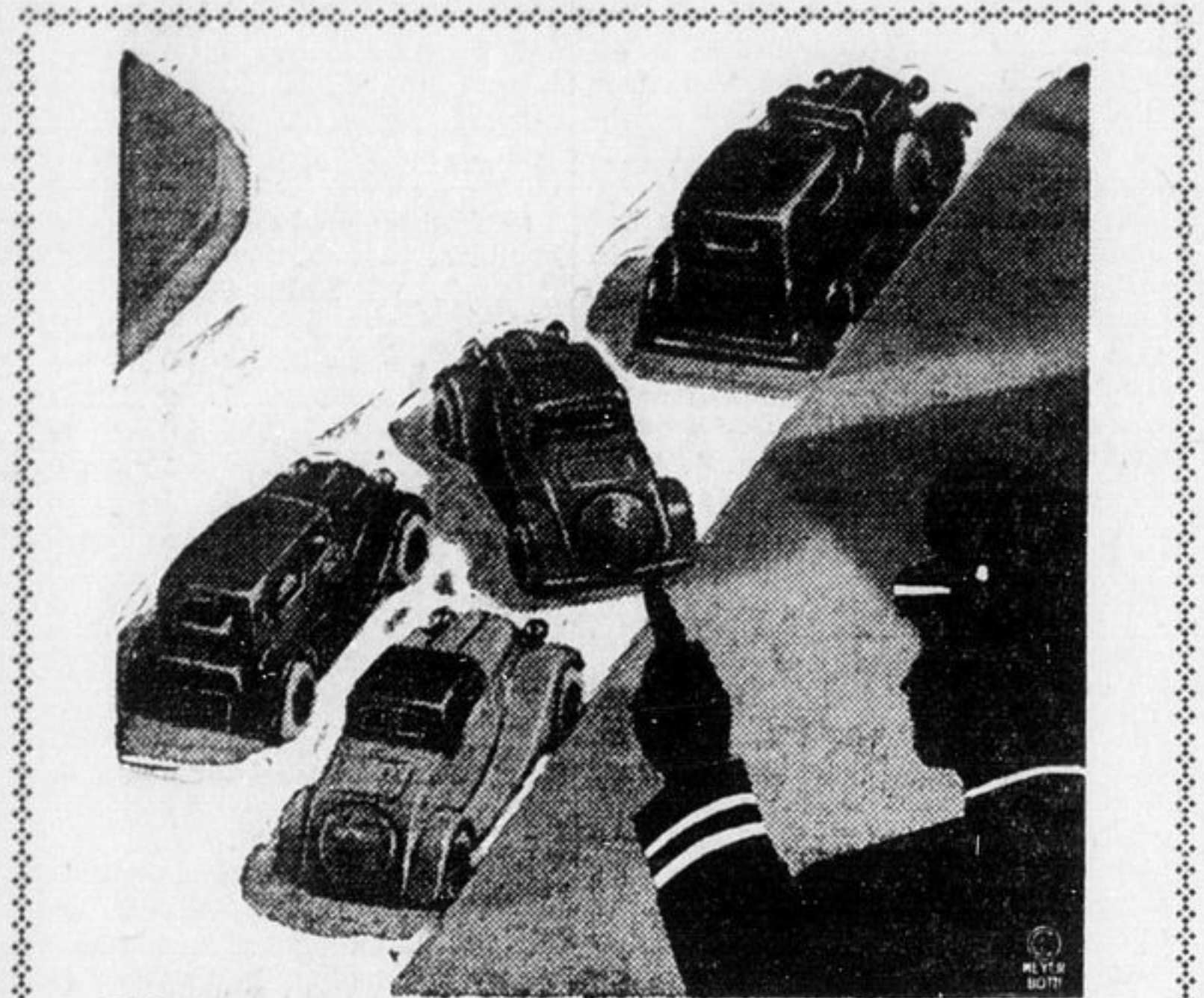
A wedding breakfast, attended by the little wedding party was held at Mrs. Ed. Smith's home, after which the happy pair left by car to visit the bridegroom's parents at Matheson.

The young couple, to whom we extend best wishes for future happiness will reside in Golden City.

Brownies
The last meeting of the South Porcupine Brownie pack until September, was held on Tuesday. A very nice turnout greeted Brown Owl. They decided not to have a regular meeting, so Brown Owl gave them a friendly talk reminding them to be Brownies all through the summer vacation, and carry their Brownie ideals with them wherever they go. Packleader gave them a lovely story "The Adventures of a Brownie", during pop-wow and they sang their Brownie songs and renewed their Brownie promise and put several most important wishes under the Toast-table before ice cream—a treat from Brown Owl—was served.

Next Brownie meeting will be the third Tuesday in September.

North Bay Nugget:—Premier Neville Chamberlain's complacency while Germany, Italy and Japan disregard all Divine and human laws is remarkable, but he's in the best position to judge the course of Great Britain in these times.



LOOK OUT Before You PULL OUT

A SAFE COURTEOUS DRIVER always looks back to see if there is any traffic approaching and then proceeds slowly out into the road. In this way anyone coming from the rear can plainly see his intentions and there is no possibility of a collision. It's better to be safe than sorry especially when reasonable precaution takes only a moment.

Too often, motorists apparently in a hurry pull out from a line of parked cars without giving a warning of any kind or looking to see if the road is clear. Rather than take a moment to look or signal they trust to luck that the coast is clear.

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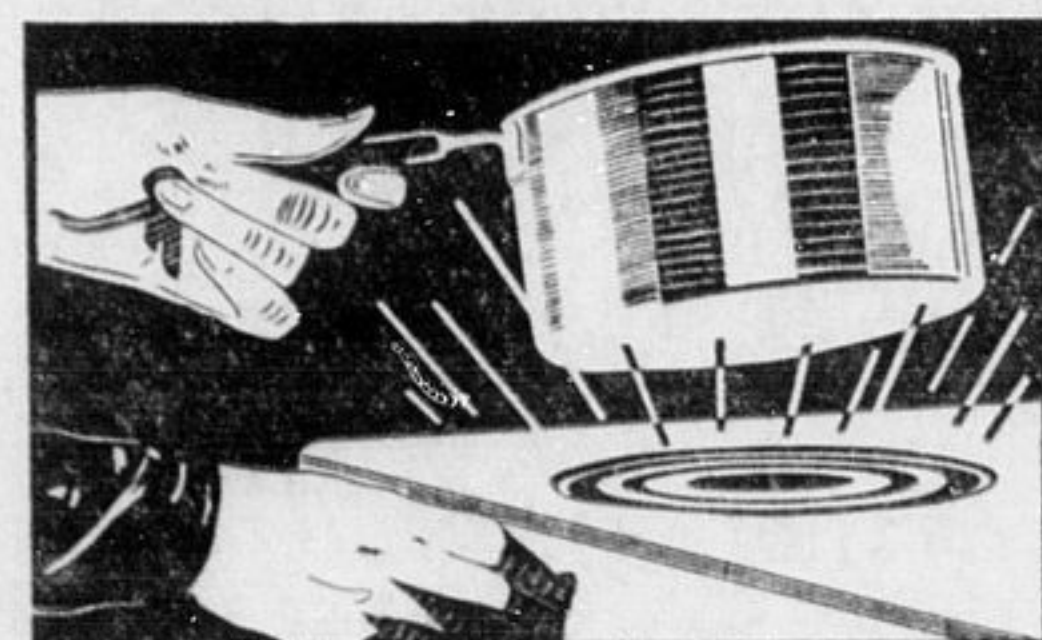
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