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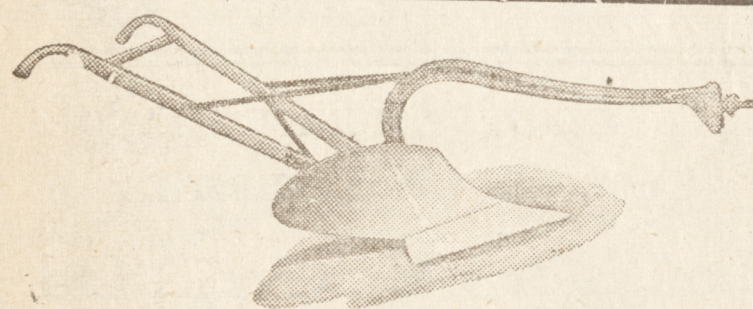
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...OF...

Interest to Women

Cancer of the Breast and Early Cures

(By Dr. Herman N. Bundesen, Former President, American Public Health Association)

The very mention of the word cancer so frightens every woman that unconsciously she does everything possible to sidestep having an examination made, when she notices some lump or swelling in the breast, for fear it might be cancer. And yet, the world's greatest authorities on cancer tell us that cancer of the breast, if treated early enough, can be cleared up.

Every woman should see a doctor at once, if she notices any swelling or lump in the breast. Such a swelling does not necessarily mean that the trouble is cancer. It may be a growth which is not serious. But even if the swelling is cancer, the chances are excellent that there will be no serious consequences if the lump or growth is treated early enough.

Every woman should know the simple facts about cancer of the breast. The cancer can be felt as a lump in the breast, which is usually firm and hard, and easily felt with the flat of the hand. It is slightly tender to the touch and the edge of the lump is firm.

Tumors in the breast which are not cancer, may also cause this same kind of swelling. But, in cancer, the skin over the growth is usually fastened down, so that it 'dimpls'. This is a very important sign of cancer, and this 'fixing' of the skin over the swelling does not happen in other kinds of tumors of the breast. The cancer also may become fastened to the surrounding tissues, while other types of breast tumors are easily moved by the fingers.

It was once believed that a discharge from the nipple was a sign of cancer. But, according to Dr. B. F. Rose, of the General Hospital, Birmingham, England, such a discharge rarely happens in breast cancer. The glands in the armpits may swell when any cancer of the breast is present. But this swelling of the glands is a late sign and comes when cancer has been present for some time. Dr. Rose made a study of 100 women who had trouble with swellings in the breast. Of these, 67 had cancer. Most of these women were 45 years of age or over.

No swelling of the breast, no matter how slight, should be considered lightly. It is far better to be safe than sorry. A careful examination can have no other result than giving the person peace of mind. If there is any doubt as to whether the condition is cancer or not, a little of the tissue is taken and examined under the microscope. In this way, it is possible to tell definitely whether a tumor is or is not a cancer.

In treating cancer of the breast, the growth may either be taken out, or it may be treated with radium or X-ray. The important thing to remember is that every swelling in the breast should be examined by a doctor who is familiar with cancer in its various phases.

TAKING A CHANCE IS NOT ALWAYS ADVISABLE IS SAID

(By Ruth Cameron)

What's wrong with gambling? A letter friend wants to know.

Why is it so wicked to take a chance? You take a chance in lots of other ways in life, why not on a bet?

Well, frankly, I don't think just a bet is the least bit wrong. I mean for instance a bet whether it will rain tomorrow or not. Whenever we make a plan for some outdoor pleasure we are betting on that subject, why not bet a quarter or a dollar if we want to, and also if we can afford to lose it if we lose.

Which brings me to the first of the two things that are wrong with gambling.

Betting what you cannot afford to lose. If you put aside a certain amount of money for pleasure and you want to use a small part of it in some form of bet and it doesn't affect your budget if you lose, there isn't anything wrong in that. But if you bet money that you cannot afford to lose that is needed for household expenses that is another thing. If you lose, then what? Then you won't pay your other bills and that means that you have borrowed the money to bet with from your butcher, your baker and the modern equivalent of the candlestick maker. And borrowed it without asking their permission. And what is borrowing without asking permission when you borrow it down? Isn't it pretty close to a well-known crime which

often puts people behind bars?

But the second out about gambling seems almost worse than that to me. It's the 'get something for nothing' spirit which gambling produces.

The Mr. 'Micawber' waiting for something to turn up spirit.

It's the spirit that makes backbones into wishbones.

It's the thing that makes businesses go to pot while people gambled on the stock market.

The corner loafer with a lottery ticket in his pocket feels justified in his loafing. He may not be doing anything to earn his money just this minute, but he knows a man who got a thousand dollars on his ticket and it's time his own luck turned.

In 1929 we had a nation largely made up of people who were all going to retire in a year or two because they were all going to win their bets. Well, it just naturally couldn't be done and we have been paying for the attempt to do it ever since.

When gambling gets into people's blood, it does something to the will to work honestly. The few dollars one can earn seem so small compared to the money one could rake in if one's lottery ticket turned out the lucky one or one had five dollars on the nose of a horse who comes in first with long odds, that it seems silly to work.

And why be silly we think, when it's also a lot of bother?

APRON STRINGS STRETCH UNTIL THEY BREAK

(By Arthur Dean, Sc.D.)

"Dear Arthur Dean: What am I going to do? My parents refuse to trust me. This is not a mere assumption, but a fact. Father has already admitted the point. Mother refuses to admit it, but action speaks louder than words.

"Have I been an inconsiderate son? Have I had too much for my own good? The following facts answer the questions. They are not written to put myself upon a pedestal.

"At 11 I earned my spending money 10 cents a week, with which to go to the show. I helped big brother peddle papers, then he would take me to the show.

"At 14 I was starting to earn enough money to buy all my own clothes and provide my own spending money.

"At 15 I was paying \$4 a week board, buying my own clothes and providing my own spending money besides buying a radio for the home.

"At 19 I am paying \$5 for board. I want to bank \$4 a week, but am not allowed to do it.

"Mother says I have had too much and that I have been spoiled. I don't think so.

"I can't have a key to the house. I can't have a key to the car. I can't carry my money around with me because I might come in too late and I might take the car without permission. I can't take it anyway; I might wreck it, and I might spend my money foolishly.

"One of the most interesting articles I have read lately was 'What Length Apron Strings.'—Much Troubled."

Many of us wonder how long a mother's apron strings ought to be, and when should she use the scissors. I wondered a great deal when I

was your age because my mother did not seem to use the scissors on her apron strings and I felt just as impatient as you do. In fact I was so impatient that one of the biggest ideas of my life was to get away from home so I could stay out as long as wanted to and spend my money in any way I saw fit. I never had any other troubles except the question of when I was to come in and the amount of money of my own which I could spend. Like you I earned my spending money. I was not only allowed to bank some of it; I was expected to. I had the horse and buggy with permission, and later I had it without permission because I was allowed to have a horse of my own.

This matter of money and getting out nights was very irritating, but that was all that irritated me. I had a high school and college education. I had a riding horse, many books, excellent food, perfect medical attention, and a mother who had in her blood certain qualities that were a great help to me later in life.

Now let me ask you a question, 'Much troubled.' Is your mother really and honestly interfering with your life? Isn't she a good mother? Doesn't she furnish you a nice home? Are you not rather proud of her, and isn't it your job to recognize her limitations with reference to apron strings?

CALLS SLEEP BEAUTY AID NUMBER ONE

Human Guinea Pig Proves Cosmetics Are Harmless After 15-Year-Test

(By Antoinette)

In defiance of those remarks heard some times about cosmetics damag-

ing the skin, we present Carol Hope Horton, manager of a beauty salon, who for 15 years has been treating herself as a human guinea pig, testing beauty treatments and preparations.

Her complexion, today lovely and youthful, has survived tests with 30 different and complete sets of preparations, totalling 180 separate lotions and creams.

In such close contact with the subject of greater concern to women after love, shall we say, or before it, Miss Horton has arrived at some interesting deductions:

Sleep and lots of it, she offers as beauty aid No. 1, confessing to the nourishing cream, eye bath, and the foundation cream. This home treatment runs into around 25 cents a day. Miss Horton figures. The preparations used cost a total of \$10 and last her six weeks.

A permanent three times a year is suggested so that the hair will require less steam, getting that dried out appearance.

Removing mascara properly every night is her suggestion to keep the lashes from becoming brittle and breaking, but use it, for its early and continued use promotes the long lash growth, Miss Horton says. Personal need of ten hours out of every 24.

Drinking plenty of water comes at the top, too, in commended beauty pursuits; no alcohol and a quart of milk every day.

Brushing the hair on the good old principle of applying massage to the scalp with the brushing implement is another 'must' in Miss Horton's program.

And spending 15 minutes a day, on the average, applying the beauty preparations that have been recommended as your best bet. Miss Horton uses seven items personally, a pore wash, cleansing cream, skin tonic, stimulant,

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