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MENINGITIS PREVENTION
Cleanliness Necessary as Precautionary Measure.

The following article on meningitis is published at the request of Mr. O. E. Colquitt, president Texas Apical Colicosis Association:

Because of its recent outbreaks in the Southern and Southwestern States epidemic cerebro-spinal meningitis is a disease of a peculiar and vital interest to the general public.

The specific cause of epidemic meningitis is known to be the meningococcus, a very small "bead-shaped" organism which is found in pairs. Although meningitis (which is, essentially an inflammation of the membrane surrounding the brain and spinal cord) may be caused by other bacteria, the epidemic form of the disease is always due to the meningococcus. This organism probably invades the human body by way of the nasopharynx. It is found in practically all cases in the cerebro-spinal fluid. Lumbar puncture or the withdrawal of fluid from the spinal canal by means of a needle introduced for this purpose, is used to obtain fluid for microscopic examination as well as for the relief of pressure and the introduction of serum.

The portal of entry of the meningococcus into the body is through the mucous membrane of the nasopharynx. From this location it probably enters the blood and through streams direct. Careful examination of the nose and throat of patients have shown the meningococcus present in a considerable proportion of cases. Since this is true it may be seen that the source of the nose and throat of the epidemic patients may be highly communicable, and the disease may be transmitted to other individuals directly by these secretions.

Coughing, sneezing and forced expiration cause the expulsion of small particles of mucus which may be inhaled by others and through the infection of their nose and throat meningitis may result. In recent years it has been discovered that in epidemics of meningitis, as has been found true in diphtheria epidemics, many individuals will be found who do not show any evidence of the disease, yet show many of the secretions of the nose and throat of these individuals in their "carriers" location. These individuals are not ill, they may be the means of spreading the germ to others and lowered bodily resistance, may develop the disease. The patient is a source of infection in the secretions; this is much more dangerous than the radius of activity is. He is not confined to his bed by only a few, but in his daily business and in his contact with the community as he is a danger to all individuals who come in direct contact with the patient because carriers. They may not contract the disease, but they may assist it. Also it has been shown that many who have not at any time come in contact, directly or indirectly, with patients show the meningococcus in the nasopharynx. The number of carriers, then, is not restricted to those in the community who are in attendance upon or members of families in which cases of meningitis occur.

While meningitis is not an "air-borne" disease and does not require possibly, the same restriction as some of the most contagious diseases, it is certainly desirable for definite steps to be taken by the health authorities so that all those who may contribute to the spread of the disease be under control. This would mean the reporting of all cases which are even suggestive to the local authorities. Rigorous isolation of the patient and attendance should use disinfectant spray and gargles and visitors should be placarded and excluded. Children of the family should not be admitted to school unless they can be shown to be free from the organism and can change their residence.

If the number of cases in a given locality is sufficient to justify such measures, schools should be closed, public gatherings such as church services and theaters should be prohibited, every effort should be made toward thorough cleanliness both general and personal. It is scarcely necessary to say that the public drinking cup should be avoided in this manner the direct transmission of organisms which occur so readily in places of public gatherings could be largely prevented.

Personal prophylaxis is of equal importance. That is, cleanliness of person as well as premises. The intestinal tract should be kept clean; constipation should be avoided. An infection of the nose or throat—a acute "cold"—may be the means of allowing the meningococcus entrance through a mucous membrane which had been resistant.

A drug which may be of much value is hexamethylenamine. This drug had been shown to be excreted, when taken in large doses, into the cerebro-spinal fluid. Wherever it is excreted it exerts a more or less definite germicidal action because of the fact that it is broken up in the body and formaldehyde is liberated. Since the organisms early localize themselves in the covering of the brain and cord and the cerebro-spinal fluid, if sufficient formaldehyde can be gotten there to destroy them early, the disease might be aborted. The objection to this is that hexamethylenamine, given in sufficient dosage to excrete appreciable amount of formaldehyde in the cerebro-spinal fluid (the amount necessary being from one to three drams daily), often excites a violent irritation of the bladder and actual hemorrhage may even occur. On this account, these large doses are out of the question for many individuals. In fact, the amount of hexamethylenamine which can be taken before this bladder irritation often varies markedly in different individuals. Some show marked irritation on small doses while others take larger ones over long periods of time with seeming impunity. It should be remembered that the drug should be discontinued, at least temporarily, whenever frequent, painful urination occurs.

Fortunately, hexamethylenamine is not only excreted into the spinal fluid, but also through the nasal mucous membrane. This is true even when moderately small doses are taken, that is, from five to 10 grains three times daily, since the organisms gain entrance to the body through the nasal mucous membrane—the taking of hexamethylenamine should be of considerable service in liberating formaldehyde at this point and aiding in the destruction of the organisms.

A most important factor in personal prophylaxis is the nasal spray and the gargle. In this way direct application of antiseptic solution is made to the mucous membrane of the nose and throat. These applications to be effective must be thorough and must be done at frequent intervals. Alkaline sprays are probably the best, the ordinary Dobbie's solution being very satisfactory. A dilute peroxide of hydrogen solution and weak solution of carbolic acid are often used. Any of these should be followed by an oil spray as the frequent application of the watery solution leaves the mucous membrane bare of its normal thin coat of mucus and irritation occurs. Especially before going out in the cold air should the oil spray be used. The efficiency of the spray as a prophylactic measure is undoubted.

The use of antimeningitis serum in the treatment of the disease was first elaborated in this country by Flexner and his associates of the Rockefeller Institute for Medical Research.

The use of this serum consists of its introduction through a hollow needle into the spinal canal. The needle is introduced between the vertebrae in the "small of the back" and the fluid in the spinal canal which contains the organisms is drained off. After sufficient fluid is withdrawn the serum is introduced through the same needle. Here the serum comes in contact with the organisms and, by the "immune bodies" which it contains, destroys them.

Of the value of serum in the treatment of meningitis there can no longer be any question. All cases are not cured. In some the

ganisms and can change their residence.

GO TO THE "OLD RELIABLE" FOR YOUR MERCHANDISE DURING NINETEEN-THIRTEEN

E. F. Vander Stucken Co.

George Bernard Shaw, writer, critic, Socialist and mischief maker Irishman, was always unconventional in his dress, first from necessity and afterward from choice. He says that at one time "my clothes turned green, and I trimmed my cuffs to the quick with a scissors and wore my tall hat with the back part in front, so that the brim should not bend double when I took it off to an acquaintance."

Archibald Henderson, in "The Unprecedented," writes: "George Bernard Shaw" writes: "Despite the loyal protest of the secretary of the Kabiah society, who once wrote me vehemently, asserting that Shaw always wore perfectly normal and conventional clothes, it must be admitted that Shaw has been associated throughout his life with queer sartorial tastes. The notorious velvet jacket which he wore during the days of his activity as a critic of the drama furnished the canvas for Shaw's war with the theater managers. Shaw refused point blank to obey the ironclad regulation that occupants of stalls must wear evening clothes. The irremediable conflict was precipitated one night when Shaw was stopped at the door of the theater by the attendant.

"What do you object to?" asked Shaw; "the velvet jacket?" The attendant nodded assent.

"Very well," exclaimed Shaw, no whit abashed, "I will remove it." And the next instant he was striding up the aisle in his shirt sleeves.

"Here, that won't do!" shouted the attendant in great alarm, hurrying after Shaw and stopping him with great difficulty.

"Won't do?" cried Shaw, with fine assumption of indignation. "Do you think I am going to take off any more?"

"And with that he promptly re-donned his velvet jacket and, turning on his heel, left the house. Shaw finally won the battle and enjoyed his triumph in face of the objection of managers and the indignation of the fashionable and wealthy theater goers."

Artist Ziem's Quaker House. Ziem, the artist, was a queer character. He lived in a house at the top of the Rue Lepic, on Montmartre. His house was his castle in the literal sense of the word. It was difficult to obtain admission, for the painter had an upper window out of which he always looked when the bell rang and interrogated his would be visitors. He had a basket which he let down by a cord to receive packages or messages, and he slept in a wonderful swinging bed. His house was a veritable museum, illuminated Persian manuscripts being part of his collection. Some of these were worth thousands of francs, but it was impossible to persuade him to sell any of them. In place of a newel post on his stairway stood the prow of a gilded gondola, and, closely immured in his studio, he painted pictures of Venice and bade defiance to all who came to disturb his peace.

A SURGICAL PROBLEM.
By the Aid of Wireless Telegraphy It Was Happily Solved.

A perplexing medical problem was picked up one day by the wireless man of the steamship Parisina while crossing the gulf of Mexico. A had accident had befallen the patient and only a surgical operation could save his life.

The wireless call came from the island of Suma, well out of the path of regular ships and hopelessly far from any shore station. Here lived a small colony, Crusoe fashion, engaged in mining phosphates. An occasional tramp steamer was their only means of traveling to and from the mainland, and there was no doctor in less than a week's sail. A narrow gauge railway carried the phosphates from the mines to the coast, and one of the workmen, the wireless message ran had been run over and his foot almost severed from his leg. Suma, luckily, had one modern convenience—a powerful wireless station—and this had wide across the gulf. The patient meanwhile was rapidly growing weaker from loss of blood.

The officers of the Parisina held a hasty consultation. The island was just 110 miles away and off the course, and it would mean loss of time and money to turn about.

"Leave this case to the wireless operator and me," said the ship's doctor.

A wireless message was thereupon sent out, signed by Dr. C. S. Carter of the Parisina, asking for all the details of the patient's condition. The commander of the ship, Captain Mader, added that he would call at the island if it proved absolutely necessary. All this was the work of but a few minutes. The doctor transferred his office to the wireless room in order to save time in communicating with his case. The reply came back directly. The toes were held only by a few ligaments, and the patient was weaker. His pulse was given and his temperature, then the doctor set to work.

A long wireless message told the amateur surgeons just how to prepare a strong antiseptic and wash the wound. This was done, and the island station "stood by" for further orders. A still longer message was then clicked off, describing just how to cut away the injured part and to bind the arteries with a figure to prevent loss of blood. There was an anxious interval in the wireless booth awaiting the reply from Suma. The next message to the ship told that the hemorrhage had ceased and immediate danger was over.

There remained, however, the danger of infection, and the doctor of the Parisina directed that regular readings be made of the patient's temperature and his condition reported at frequent intervals. He was thus able to watch his patient closely for any symptoms of blood poisoning. The wireless treatment went on continuously until the steamer was 420 miles away, when Dr. Carter was able to dismiss the case.—Francis A. Collins in "The Wireless Man."

A Warm Trips.
It was in a little country town in the west of England, near the Bristol Mirror, and Mr. Gosman, excellent citizen and kind hearted man, allowed himself much against his own will to be chosen mayor for the fourth time. After the event, he met Mr. Jones, one of his warm admirers, who shook him heartily by the hand.

"I'm right sorry, Mr. Mayor," said the worthy man, "they've put you in the trouble of officiating for another term, with all your many calls and worries of business. A far worse man would have suited us—but that was just the trouble. We couldn't find him, and it's my opinion as he ain't to be found."

The World's Building Wonder.
The biggest and most mysterious building job on record may be said to have been the construction of the great wall of China, planned by the Emperor Chin Ize Wang, 214 B. C. The length of the wall was 1,250 miles, up hill and down dale, with a width and height of fifteen and twenty feet respectively. How the wall was built of brick and granite in a region entirely destitute of clay to make the former and bare of the latter is a problem which has never been solved. Fifty thousand men were employed in its construction.

The Simple Bride.
Bride (after the return from the bridal tour)—I see by this medical work that a man requires eight hours' sleep and a woman ten.

Bridegroom—Yes, I've read that somewhere myself.

Bride—How nice! You can get up every morning and have the firm made and the breakfast ready before it is time for me to get up.—London Tit-Bits.

His Last Name.
A gentleman once asked a lad what was his last name.

"Johnny," replied the boy.

"Well, what is your full name?"

"Johnny Brown, sir."

"Well, how can Johnny be your last name?"

"Because, sir, when I was born my name was Brown, and Johnny wasn't given to me until I was a month old."

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Notice is hereby given that all trespassers on the Thelma ranch, also called the Bell, Merriam ranch west of Sonora, for the purpose of hunting, cutting timber, hauling wood, or other purposes, permission will be proceeded to the full extent of the law.
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