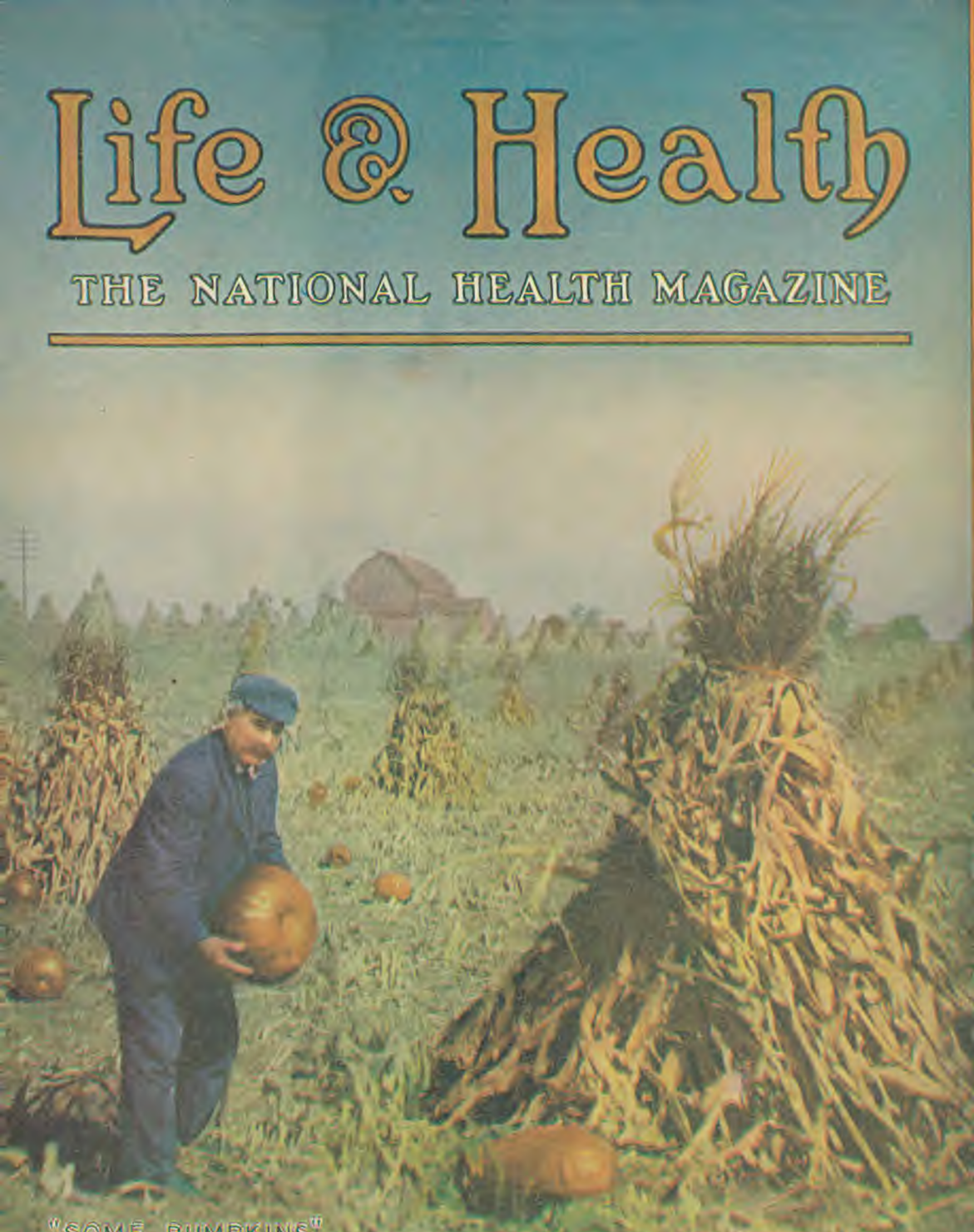
Life & Health

THE NATIONAL HEALTH MAGAZINE



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NOVEMBER

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PUBLIC HYGIENE MUST SUPPLEMENT PERSONAL HYGIENE

AMONG the philanthropic conferences to be held during the latter part of the year are the following: —

The First American International Humane Congress, to be held in Washington, D. C., October 10-15.

The American Association for the Study and Prevention of Infant Mortality, Baltimore, Md., November 10, 11.

The Municipal League, Buffalo, N. Y., November 14-18.

In these congresses, problems pertaining to the public health or to the health of certain classes will necessarily come up for solution, and LIFE AND HEALTH will in early issues interpret to its readers the attitude of these various organizations to the problem of public health conservation.

Lest some may fear that LIFE AND HEALTH has forgotten its mission to preach the gospel of personal health, it may be well to state that we have not forgotten this mission, which is, as we understand it, to work in every way possible for the improvement of human health and the increase of human life.

Sanitarians have come to realize that it is not sufficient to instruct a few favored ones in the laws of personal hygiene. There are too many who do not have the opportunity to hear this instruction, many more who will not give it serious thought, and still other hordes whose wretched poverty would effectually prevent their heeding it if they would.

A health message to be of real value to the great mass of people, must include not only educational hygiene, but also administrative hygiene,— the enactment and enforcement of wise sanitary laws. No matter how important such laws may be (such, for instance, as the law against spitting in public places), they must be backed by an educated public sentiment in order to be efficient. That is, educational hygiene and administrative hygiene must go hand in hand; and it is a part of the work of LIFE AND HEALTH to help the public the better to understand the nature and the scope of public-health laws.

Again, there are certain sociological forces not connected with the government which are working for a better standard of living for the working classes, for improved sanitary conditions in the industries, for the protection of the child laborer, and for the correction of other abuses that have crept in as a result of our modern industrial conditions. No person is a hygienist in the modern sense, no matter how faultless his personal life, who is indifferent to the cry of the masses, and who is not lifting his hand and his voice for the protection of his less fortunate brother.

For this reason, while LIFE AND HEALTH will continue to give instruction in personal hygiene, it will carry more of a burden for the class that is submerged, and that can not without our aid place itself in right relationship to the laws of health.

THE DECEMBER ISSUE will contain messages from sanitarium physicians in all parts of the United States.

CONTENTS FOR NOVEMBER

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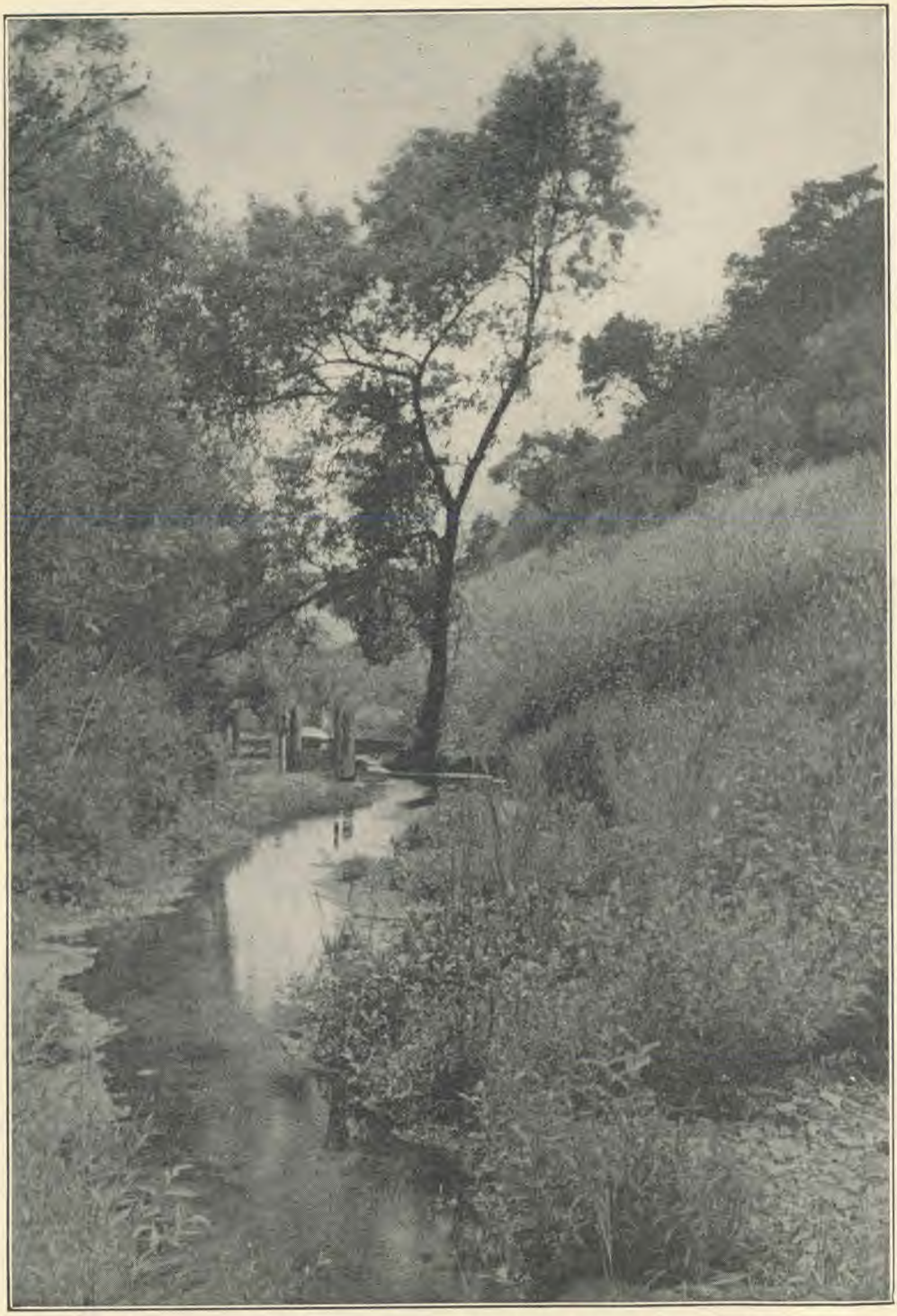

Become friendly with such friendly scenes as this. Stop the feverish rush and haste of your life and sit under the slow-growing trees. Cool your heated brow and hands, and quench your thirst at some flowing spring, and learn that God means good and good only to you, in his great out-of-doors.— *George Wharton James.*

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LIFE & HEALTH

THE NATIONAL HEALTH MAGAZINE

NOVEMBER
1910

AIM: To assist in the physical, mental, and moral uplift of humanity through the individual and the home

Published Monthly GEORGE HENRY HEALD, M. D., EDITOR Washington, D. C.

A FOREWORD BY THE EDITOR

A rescue worker went to the office of a prominent Chicago merchant, and asked for the privilege of a few minutes' conversation.

"You are from the rescue home, are you? Well, I have no money to spare just now."

He was informed that it was not money that was wanted — something at the "home" that concerned him.

"I am not interested in these rescue homes, I do not believe they accomplish any good."

"But your own daughter is in the home, and — she needs to be there."

"My daughter! Bessie! My God! Don't tell my wife, it will kill her."

He was prostrated. After that he lacked no interest in the rescue home. Its necessity had come home to him.

Have you, dear reader, thought that you had no interest in public-health questions? Possibly, if so, it may come home to you in time of epidemic, as it came home to this father.

Conservation is in the air. If you belong to the people, you believe in conservation of natural resources; if you belong to "the interests," you have no use for conservation.

But as to the greatest conservation, the conservation of life and health, there can be but one verdict. However much, in our mad rush for the almighty dollar, we may forget that without health the dollars can do us little good, and without life they are valueless, we can not but admit, on careful reflection, that the health of an individual is his greatest asset. No less true is the proposition that our national health is our greatest national resource.

It was in recognition of this truth that Mayor Seidel, while the National Conservation Congress was in session in St. Paul, addressed the American Public Health Association as "the true conservation congress."

It was for the same reason that Ex-President Roosevelt, addressing the association, said that they were dealing with a basic or fundamental national problem.

In this issue we have given ample space to the consideration of public-health matters, believing that our readers desire to know, not only what to do personally for the preservation of health, but also what society, through the government and through the instrumentality of various public-spirited organizations, is doing for the improvement of the public health.

Not only is the individual dependent, partly, on the attitude of society for the opportunity to live healthfully, but society is dependent on the individual. Society owes to you the opportunity to live healthfully; and you owe it to society to do nothing that will interfere with the health of another or of others.

And this is an exceeding broad topic, involving the relation of capital and labor, hours of labor, factory dust and ventilation, ventilation of schools, child labor, pure food and drink, and many other relationships in which society handicaps the individual, or the individual handicaps society, or one individual handicaps another.

We trust our readers will, if they have not already done so, realize as the result of this issue, the importance of "team work" in the conservation of health. After all, it is a campaign of education, for the greatest enemy to progress in the campaign for better health is lack of knowledge, combined with more or less prejudice, on the part of the great mass of people.

Why may not each reader of "Life and Health" be a committee of one to help disseminate these principles?

BEING FRIENDLY WITH GOD'S GREAT OUT-OF-DOORS

GEORGE WHARTON JAMES AND HIS PARTY SLEEPING OUT-OF-DOORS IN THE RATTLESNAKE COUNTRY OF THE HOPIS

AS a rule, civilized peoples are only partially friendly to God's great out-of-doors. The conditions have to be suitable, or agreeable to the senses, or they go out into the open unwillingly, preferring to shut themselves up indoors. I think this is a grave mistake. I believe firmly that God means good to us, and good only, and that his out-of-doors is capable of being far more beneficial to us than we dream.

Up to a very short time ago, consumptive patients were shut up, and no draft of fresh air was allowed to reach them. Now the whole situation is reversed, and we have them sleeping out-of-doors on the sanitarium porches in the Adirondacks, even in winter, when the country about is deep in snow.

The other day I was consulted in regard to plans for rebuilding a large boarding-school for girls. My suggestions for out-of-door sleeping are to be carried out. All the sleeping-rooms are to be on open porches, with arrangements for shelter when it rains. Imagine parents of twenty-five years ago daring to send their girls to schools where they would be required to sleep out-of-doors.

Why this hostility to the out-of-doors? As the title of these articles suggests, we firmly believe the out-of-doors is God's. It is part of that creation which he beheld and declared good, very good. Hence, between man and the open air and the things of the open air, there should exist nothing but the greatest friendliness.

We may learn much from the Indian in this regard. He has no fear of the out-of-doors. He eats, sleeps, works, and lives largely in the open. He travels long distances, expecting when night comes to sleep in the open; he climbs mountains, and knows that somewhere will be the soft bed of ferns, of brakes, or pine boughs, or, if it storms, the shelter of a friendly cave or overhanging rock; he starts out with but little food, for he knows that somewhere, somehow, provision has been made for him.

The explorer could never do his work unless he had a deep and abiding faith in this fact that God's great out-of-doors is a good place to be in. Those who heard Nansen give his lecture on his return from "farthest North," will recall how he spoke of the intense cold, of the occasional duckings he and his sailors got in the polar seas; and yet they never knew what it was to catch cold. Yet as soon as they returned to civilization, and gained the "protecting shelter" (?) of indoors, each and every one of them suffered from colds and similar afflictions.

One has but to travel on a railway train or electric car on a cool day to see how afraid many people are of the open air. "Shut the door," "Keep the windows closed," they cry, "or we shall take our death of cold." Poor, miserable, mistaken beings. Why do not they learn the lesson that the open air is good for them, and accept its ministrations with a friendly welcome?

John Muir has climbed the mountains of California for thirty or forty years. With a small sack of oatmeal, a tin can, and a paper of tea, he has started out for days at a time. Storms have beaten over him, rains have deluged him, lightnings have flashed around him, avalanches even have ridden in his path, mountainsides have caved in,— he has been blown by a thousand winds, and wet by a thousand rains,— and yet at over seventy he is hale and hearty and stalwart and strong. Why? — Friendly with nature, he has been blessed by her with abundant energy and strength and life. Vigor has flowed into him from the earth; strength has been pumped into him by the winds; snap and vim and variety and courage and virility are as much a part of him as they are of the trees and the flowers, the birds, and the animals. And he has always known this. When they wanted to drag him away from the mountains and make him a professor in an Eastern college, he sturdily and steadily refused; for he knew it would be the death of the exuberant life that he lived, even if his body did still keep up an appearance of life.

Pick up his "Mountains of California," or his "Stickeen, the Story of a Dog," or read the accounts of his Alaskan trips, and you will see how trustful he has ever been with God's great out-of-doors, and how he has ever been repaid for that trust.

THE INDIAN EATS, SLEEPS, WORKS, LIVES IN THE OUT-OF-DOORS

Clarence King was another early-day mountaineer in California. He and his companion, Colter, once climbed to the summit of one of the highest peaks in the Sierra Nevadas, which they named Mt. Tyndall. Their trust is clearly expressed in the account of the trip, which I am sorry is too long to be reproduced here, but it is a fine example of that way in which nature repays a wise confidence in her, and of the courage and daring, the unconscious heroism that are devel-

oped daily when one learns to live in the greatness of God's out-of-doors.

Another of California's mountaineers and grizzly-bear hunters was James Capen Adams. He used to cut loose entirely from all civilization, and go and dwell in the High Sierras. One day he was followed by some wolves. He shot at them, killing two and wounding another. Here is what he says of his experience: —

"Having no thought of any difficulty, I dropped my rifle, drew my knife, climbed down the precipice, and gave the wounded wolf chase. Upon overtaking him, I seized him by the tail and threw him upon the ground, with the object of stabbing him; but, by an unexpected turn, he snapped at my right forearm and completely penetrated it with his fangs; and so potent was the bite that the knife dropped from my unnerved hand. For a few moments the pain was excessive; but when the first paroxysm was a little over, I drew my revolver, and finished the beast by a shot in the heart. Upon turning up my buckskin sleeve, the blood flowed profusely, and the wound showed itself to be severe; one of much less severity, received from a coyote bite since my return from the wilderness, and the help of three surgeons, kept my arm in a sling eight months, and came near costing me my hand.

"But, in the mountains, I acted as my own doctor, and practised the water-cure system with great success. I therefore merely directed my Indian, when he had loaded his rifle and come up, to wet my handkerchief in cold water, and wrap it tightly about the wound. In civilized life, when an injury of this kind is received, it is poulticed and bandaged, sometimes probed and lanced; and, frequently, very bad work indeed is the result; but experience has taught me that cold water and nature are apt to be better than salves and doctors; and I would undertake to cure almost any bite, not poisonous, by simply dressing it with cold water. A simple cut of the finger by nature heals rapidly, but, if plastered up, remains sore many days."

This man had learned by experience to trust nature, hence he needed no medicines, no lotions, even when seriously wounded.

The sunlight is most friendly to man. Think of the health that comes when sunlight is allowed to flood the rooms of a house. How sweet and pure and clean they are! The bodies of men would be far sweeter, purer, and healthier if they were subjected more often to baths of sunlight. How the great throngs revel in sunlight and the sea-breezes during the bathing season at the beaches, and what fine feelings of renewed health and vigor are the result! Babies and young children that are kept out-of-doors a great deal always show a better and healthier condition than those who stay in.

And it is not alone to fine weather that the friendliness of the out-of-doors is confined. Bad weather, as we call it, is equally beneficial with good. The rain is very friendly to man. How it washes and purifies the atmosphere! How it cleanses and scrubs the dirt from the housetops, the city streets, the alleys where filth and stench accumulate! Men ought to learn that the rain is just as good for them as it is for all the rest of nature. But the trouble is that they do not know how to go out and enjoy it.

While they are unconscious of the fact, it is, nevertheless, true that most people value their clothes more than they value themselves and the lessons God's out-of-doors can teach them. They dare not be natural, free, spontaneous, when they get into the open, lest they ruin this, or spoil that, or soil the other. As if a hat, or a bonnet, or a jacket, skirt, coat, or

pair of shoes or trousers equaled in value and importance the sitting at the shrine of open-air knowledge, and drinking in stores of health and vigor from the primeval source! Dress for the open air, at least once in a while, so that if it rains you can let it rain, and be happy. If you want to throw yourself down on a bed of leaves, or a stretch of grass, you can do so; if you want to climb a tree, you can go ahead; or if you want to clamber over rocks, or down into a cañon, or through a hole into a cave, you can do so, and never give your clothes a second thought. A whole suit can be bought for two or three dollars, or some old clothes may be kept for the purpose. But when you go out, go out with absolute recklessness as to clothing. Get wet, muddy, tousled, ragged, anything, but *get out,* and new life and health and joy and happiness will come into you as the result.

When I have gone out into the desert, where tarantulas, rattlesnakes, "sidewinders," Gila monsters, scorpions, and other poisonous reptiles abound, my friends have asked me if I was not afraid of being bitten, especially at night, when I spread out my blankets on the ground, and sleep there. They seem surprised when I tell them that fear never enters my thought. I have learned absolutely to trust nature — even in these matters that most people are afraid of. In my nearly thirty years of experience, I can truthfully say that I have not averaged seeing a rattlesnake, except when I have gone hunting for them, more than once a year. I have slept in cañons, and on mesas where they abounded, and never had a qualm.

One night in the region of the "big trees" of California, my sister and I, while taking a thousand-mile drive, were caught by the darkness before we had reached a suitable camping-place. We were in the heart of the dense woods, and the trees completely shut out all light. We were compelled to stop on the road, tie our horses to the trees ahead, put down our canvas in the road behind, and spread out our beds, hers in one rut, mine in the other. Had we been afraid, we should have been kept awake all night by the howlings of the coyotes, and by fear lest some one driving over the road might run into us. But it was self-evident that no one would be likely to come visiting the big tree grove at midnight; so we slept soundly. When we awoke in the morning, refreshed and strong, and I rolled up the two beds, and then folded the canvas, I discovered that we had been sleeping over the holes of some rattlesnakes. Had we camped five feet further ahead, or to the rear, their holes would have been exposed. As it was, we just covered them.

In the Hopi Indian country, rattlesnakes abound, yet I camp out at the foot of their mesas and sleep in perfect peace and restfulness, and never once have I been disturbed. Thirteen different times I have visited these people, and neither rattlesnakes nor anything else has ever seriously troubled me.

In this, as in everything else that we fear unnecessarily, it is because we do not trust the God of the out-of-doors enough. We are perfectly safe, if we will but trust and rest in him. Even the so-called discomforts and dangers are found to be largely imaginary, and in time one learns to think nothing of them. Then what joy springs up in the soul to find that you are the master over things that once were able to distress you. There is a physical as well as a spiritual truth in the words found in Eze. 34:25: "And they shall dwell safely in the wilderness, and sleep in the woods." Why be afraid? God's out-of-doors is friendly toward you. Accept its ministrations in peace and confidence.

I have already referred to getting wet in the rain. When I was a boy, I was taught to keep out of the rain, and I grew up to manhood with a trained fear of it. Yet within my own inner heart, I felt I ought not to be afraid, and when I reached the wild country of Nevada thirty years ago, I let this inner feeling control my actions, instead of the fear that had been instilled into me. What was the result? — Words can not tell what I have enjoyed in finding that I could be wet through half a dozen times a day and receive no injury. I have ridden horseback all day, when one shower has followed another, and have been wet through and then dried out by the sunshine and the vigorous exercise, all the time singing as happily as a California mocking-bird. O, the delight of being friendly with God's great out-of-doors!

In the pioneer days of California, before there was any railway over the Sierra Nevada Mountains, a man named Snow-shoe Thompson used to carry the mail in winter-time over the storm-swept heights. He soon learned that even here nature was friendly, and he became a giant because of his simple trust in the great out-of-doors. He would sleep in a cave, or under a tree, even in the fiercest weather, and learned that strength and power came to him the more he understood of even the wild moods of God's out-of-doors.

Of course I know there is seemingly another very large side to this question. I do not ignore the accidents, the shipwrecks, the tornadoes, the earthquakes, the lava flows, the destruction in a score and one different ways that comes from the out-of-doors. Yet, granted all this, there is nothing gained by fear, and much lost. And when you can go out and trust in the friendliness that exists in a thousand greater fold than you dream of, you soon forget the small number of disadvantages in the far larger number of the blessings that come to those who believe that the world is God's, and that it means good, and good only, toward all his children.

GLACIAL LAKE IN THE HIGH SIERRAS, NEAR WHERE SNOW-SHOE THOMPSON USED TO GO BACK AND FORTH IN WINTER-TIME, CARRYING FIFTY, SIXTY, AND EVEN EIGHTY POUNDS OF MAIL ON HIS BACK

HOW MARYLAND FIGHTS THE GREAT WHITE PLAGUE

W. Carey Wonderly and Thomas W. Dyott

THE claim is made that it costs Maryland less to care for her tuberculosis citizens than any other State in the Union. Be this as it may — and there are ten thousand consumptives in the State — the new Maryland Tuberculosis Sanatorium, provided by the State at an approximate cost of $265,000, has in the two short years of its life made its influence for good felt so strongly in every section that, while distinctively a State institution, its future is being eagerly watched all over the country by men and women interested in the nation's fight against the great white plague.

Situated immediately on the main line of the Western Maryland Railroad, sixty-nine miles northwest of Baltimore, and upon the crest of the Blue Ridge Mountains, in the extreme northwest corner of Frederick County, the sanatorium is literally a little world of its own. Here is a farm of nearly two hundred acres, and the buildings include, with the hospital group, appropriate farm buildings, a power-plant, a sewage disposal plant, and water system, all properly installed, furnished, and equipped. Furthermore, the sanatorium has its own electric plant, laundry, reservoir, its own post-office, Adams' Express office, and railroad station, all on its own ground, for the special benefit of the patients and the employees. Remembering this, and taking into consideration that there were at one time at the sanatorium, as patients, a lawyer, a dentist, several physicians, a barber, a newspaper man, besides milliners, dressmakers, bookkeepers, and clerks, it would seem as if this title of "a little world by itself" is well deserved and most appropriate. Entertainments, both by the patients themselves and outside talent, are held at intervals in the large recreation hall, which many persons from the fashionable summer colony at Blue Ridge Summit attend by invitation. In this hall, religious services are conducted each Sunday by ministers of different faiths, from near-by churches.

ADMINISTRATION BUILDING

During the past year three hundred twenty-seven persons have been treated at the sanatorium, and these have been drawn from every county in the State. When one stops to remember that the sanatorium was not opened for patients until August, 1908, and that at the beginning of this year there were but fifty-two patients, the good results obtained are already manifest. At present the capacity is little more than two hundred, and every bed is occupied, with a long and constantly growing waiting list.

The sanatorium is open to all the white citizens of Maryland, residents of the State for at least one year preceding the date of their application, whose disease is in a stage presenting a reasonable hope of cure. At first no arrangements had been made for the treatment of advanced cases, but there has been recently built to the north of the administration build-

ing, and facing the south, as do all the buildings, a special hospital, with twenty private rooms, a separate dining-room and kitchen, together with quarters for a resident physician and nurses for such cases. This was much needed.

The Maryland legislature makes a direct annual appropriation for the maintenance of the sanatorium; but this has been found to be insufficient for that purpose, and it is therefore necessary to make a moderate charge to patients. There have been reserved, however, a certain number of free beds for patients who are unable to pay, while there are, also, limited accommodations for persons desiring private rooms at special rates. Owing to the many applicants who are kept waiting because of the limited capacity of the sanatorium, there is a rule that no patient shall be kept longer than six months, should the bed be needed for a newcomer.

INFIRMARY

It is the educational feature in which the sanatorium most prides itself, feeling, and rightly, the importance of every tuberculosis patient knowing how to take care of himself. With this impressed upon him, each patient can continue the cure at home or elsewhere, after his allotted time at the sanatorium has expired. The modern sanatorium régime is adhered to, and this can, easily and without great expense, be carried out in one's home, with additional and lasting results. The sanatorium, in short, is a training-school in which a patient is taught to use the best-known weapons to fight, single-handed, if need be, the great, invisible enemy. Indeed, a person's future, after leaving such an institution, depends in a great measure upon himself, as is plainly pointed out. The science of fresh air, sunshine, food, and rest is taught; and these, with an optimistic outlook, are the only real weapons one can use against the enemy.

As most of the patients received at the sanatorium are wage-earners, it is naturally of great importance, when they are discharged, that they return to suitable occupations. To fit them for this, it has been found advisable to have all the lighter work about the institution done by the patients themselves; and in almost every instance, the patient has continued to gain weight and improve upon this plan. It is the aim of the sanatorium, with every curable case, to have the patient in condition to work from four to six hours each day, apart from his exercise, before he returns home. The excellence of this plan is further proved when it is stated that the patients, both men and women, eagerly look forward to being able to do these little "odd jobs," since, especially among the men, their inactivity often causes the time to hang heavily upon their hands.

For those who are unable to stand the longer and more fatiguing work, there has been started, on a small scale, a workshop, in which one may learn to make baskets, do reed work and burnt-wood work. Aside from the diversion and good which the patients derive here, the work is of economic value, as, although humble in its beginning, it is already self-supporting. There has also

been started a training-school for nurses who desire to enter tuberculosis work; and there are several pupil-nurses from the arrested cases. Still further, there is a hennery and a rabbitry, both of which are most profitable, as well as most satisfactory, enterprises, and give outdoor employment to the men patients.

The social side of the sanatorium life is pleasant and agreeable. Grouped as the buildings are around a large stone administration building, each of the nine pavilions, or "shacks," has pretty much its own social life during the daytime, the spirit of good-fellowship rarely extending beyond one's own particular shack. There are twenty persons in each one of these pavilions, and each pavilion is provided with a comfortably furnished living-room, bath-rooms with showers, and lockers, or dressing-rooms. The beds are placed in rows upon the open, roofed porches, as, above all else, the doctrine of fresh air is religiously preached and practised. This sleeping out-of-doors in the fresh air has been so enthusiastically received that many patients, after leaving the sanatorium, even those living in the heart of the city, have had sleeping-quarters provided for them at their homes upon porches, or even upon the roof itself.

It is interesting to follow a patient through a day at the Maryland Tuberculosis Sanatorium. Winter and summer the routine is the same. While the Blue Ridge Mountains are famous as a summer resort, it is during the crisp, cold days of December and January that the conditions are ideal for "chasing the cure."

ONE OF THE PAVILIONS, OR "SHACKS"

It is not daylight here in the mountains in the winter-time until nearly seven o'clock, and breakfast is served at eight. Of course, you have slept out, although the thermometer is several degrees below freezing. Wrapped up as you are with many blankets, wearing a cap to protect your head and ears, and with hot-water bottles in the bed at your feet, you may well laugh at Jack Frost himself. And you do! For the sky is blue above you, the air is wonderfully sweet and invigorating, and the sun is just lifting itself out of the little mist-hung valley, down below the mighty mountain on which the "san" is situated. Getting out of bed, you go in your slippers and bath robe to the lockers and the bath-rooms. On every side you receive a cheery good-morning; indeed, the spirit of good-fellowship is more marked here than it was at college. The first mail is brought to you while you are dressing. Your letters and morning papers from Baltimore are received much earlier here than they are in the city from whence they came.

Breakfast is a jolly, informal meal, served in a long, bright room, whose windows are filled with scarlet geraniums even in the dead of winter. Breakfast is simple, but substantial and satisfying. There is always fruit, cereals, eggs, and milk, together with other dishes prepared especially each morning. You linger at the breakfast table until, perhaps, a quarter to nine; for one is not encouraged to hurry through his meals, and there is plenty of time to do things correctly here. At nine you are back at the pavilion again. At the "san" everybody calls these pavilions shacks, and so will we.

Your chair is now ready and placed well out on the porch, a big, reclining chair, covered with blankets. It is still below freezing, and perhaps there has been snow on the ground for weeks, but the shack faces the south, and the sun to-day is bright and warm. You have your hot-water bags, of course. These are filled and placed at your feet and in

BIRD'S-EYE VIEW OF MEN'S SHACKS, FROM INFIRMARY

your lap, and when the blanket is folded around your feet and across your shoulders, just your face and hands are free, and you are comfortably warm and ready to "chase the cure" for the next two hours. During this time you may read if you care to; for the sanatorium has its own library, and is well supplied with books and periodicals. If it is your day for writing home, you can easily write your letter here, sitting in your chair, and using your lap for a desk.

As almost every shack boasts of its music, presently some one will start off the graphophone, and you may read Henry James to the accompaniment of George M. Cohan, or "the author of Dora Thorne" to the "Pilgrims' Chorus," from "Tannhauser." Or, perhaps, if the weather is not too severe for "the boys" to expose their fingers, the graphophone will be sent to a dark corner, and the shack's glee-club will make known its existence. Mandolins, guitars, and banjoes help while away many a pleasant hour; musical clubs are organized and flourish, with happy results. Indeed, the life is not unlike that in many schools and colleges, and optimism is found and nourished at every corner.

It is now half past ten; you have been in your chair nearly two hours. A letter is finished, and lies, directed, on the stand beside you, or you have read the morning paper, and discussed some special topic with the fellow in the next chair. The bell for nourishment rings now, and you stroll over to the dining-room, where milk and eggs are served. Ten minutes later you are back in your chair again, and perhaps a game of checkers is played with your neighbor, or else you return to your paper, magazine, or book.

Dinner, the principal meal of the day, is served at one o'clock. It begins with soup, and ends with a dessert. It is always plentiful, substantial, and varied. From two to three is rest hour. You leave the dining-room, and go back to the shack to get ready to be in bed at

WOMEN'S SHACKS, FROM INFIRMARY

that hour. This rule is rigidly enforced, and everybody must be in bed during this time, and remain perfectly quiet, although, of course, everybody may not go to sleep. Many of the patients have found this rest hour of such great benefit that even after they leave the sanatorium they observe it as religiously as

they take their meals. This is also true of the nourishment periods, another of which is called at half-past three, when more milk and eggs are served in the big, cheery dining-room.

It is now nearly four o'clock; supper is at six. Those who are on exercise perhaps take a short walk if the weather is not too bad underfoot. Or perhaps the glee-club gets busy with the mandolins and guitars, and an hour is gone before you know it. Of course you will dress for supper just as they do for dinner at the hotels over at Blue Ridge Summit. There is no rush nor hurrying; everything is allowed plenty of time at the "san." Consequently, starting at five, you are just ready when the bell rings at a quarter before six. Putting on your coat and hat, you enter the dining-room at six precisely.

Supper is a lighter and less elaborate meal than dinner, but is thoroughly enjoyable. After it you may go over in the recreation hall or down in the library until eight thirty, if you prefer this to returning to the shack. There is a piano in the recreation hall, and tables for five hundred and dominoes. At these the patients from the women's shacks may play partners with those from the men's, but during the day no visiting is allowed between the sexes, and even their walks are along different paths. Therefore the time between supper and "lights out" is the social event of the day; hence the "dressing." One night each week the patients are allowed to sit up until ten o'clock; the other six nights everybody must be in his shack at half past eight.

You have played an interesting game of five hundred, and the pretty girl in blue has sung a selection from the new comic opera which she received from home only this morning. One of the men stops at your table to show you a trick with cards that he saw Keller do. The black-eyed widow wonders if there will be sleighing to-morrow. Then somebody suddenly remarks that it is eight thirty, and each one pulls out his or her watch and compares it with the "san" time. No matter what your watch may say, the "san" clock is correct, and you say good night. Back in the shack, the evening is discussed as you get ready for bed. At nine o'clock at the latest, the lights are out, and the little world by itself is quiet again.

It is a good work and a great work they are doing up in the mountains at the Maryland Tuberculosis Sanatorium. In its infancy at present, with but two short years behind it, the future stretches out ahead, full of promise, hope, and life.

"IN THE GOOD OLD WINTER-TIME"

DANGERS of MODERN ATHLETICS

HERBERT M. LOME.

THE recent action of three of the Eastern colleges by which football is forbidden, is, in a way, significant of the trend of feeling in regard to this game on the part of many educational authorities. More than that, it is indicative of the feeling with which current athletic methods are regarded in certain collegiate circles and by the community at large. Evade the question as we may, the fact remains that, within the past few years, there has been a species of revolt against the prominence accorded to athletics, not only in our colleges and universities, but in other quarters as well. We, as a people, are given to extremes. This may be due to the national temperament, the climate, or what not, but it is so nevertheless. We are in the habit of "running a thing into the ground;" and where this tendency is exhibited in connection with affairs that have to do with the physical system, the danger to our young men and women is obvious.

Moreover, it leads to evils of many kinds. It prompts specialization; it promotes undue development of certain parts of the body; and it creates an "aristocracy of muscles," which shuts out outsiders from the general benefits that should ensue from the sane and sensible exercise of athletics. The purpose of physical culture is to bring about a wholesome and harmonious development of the entire body. The reverse is the case, or nearly so, where the college or public-school athlete is concerned. As has been intimated, the athletic hero is nothing more or less than a specialist, and, as such, is not only doing harm to himself, but his associates are often tempted to sit back and admire him, in place of endeavoring to emulate his powers.

It is true that there are some educational institutions in which the student body is compelled to take part in athletics as a whole, but these are not many. The rule is that the college football, baseball, or basketball teams, together with a few track and field men, monopolize the attention of the trainers, and form a small body of specialists, whose example is far from beneficial to the rest of their colleagues.

This is by no means all. Dr. Woods

Hutchinson states: "In my judgment the champion athlete, so far from being an ideal type, or a standard to aim at, is rather an evil, apparently inseparable from the competitive system of athletics now in vogue. To reduce his 'bad eminence,' to distribute the benefits of training over a larger number, should be the principal aim of co-operative athletics, where groups compete in place of individuals. This is not to condemn athletics, by any means, only their abuse." In short, false ideals and ignorance of the true purpose of bodily training seem to be the fault of the athletic directors of our colleges. It is not the muscles, but the heart and the nervous system, that should be developed by such training. This is clearly recognized, as well as urged, by scientific gymnasium trainers, like Sargent, of Harvard, and Doctors Gulick, Anderson, and Seaver. But these men are much in the minority.

The results of this erroneous system of athletics are very real; indeed, appalling. Dr. Robert Coughlin, of New York, in a recent report on the situation, analyzes the causes of deaths among athletes for a given year. Of the one hundred twenty-eight young men of athletic tendencies and reputation who died during that year, seventy-eight died because of injuries received, and fifty as a result of disease. But the nature of the diseases which caused these fifty deaths is significant.

According to his figures, athletes are two and one-half times as liable to heart-disease, sixty per cent more liable to diseases of the kidneys, and twenty-five per cent more liable to pneumonia, consumption, and typhoid fever, than are the average of their fellows. Instead of increasing their power of resistance to disease, the excessive athletic training which they undergo apparently reduces it.

A list of champion college athletes, 761 in number, covering a period of fifty years, shows that tuberculosis was the highest cause of death, with pneumonia second. Furthermore, Dr. Coughlin finds that "the average age at death of athletes is far below that of the average person in the ordinary walks of life." His investigations prove that the actual average age at death of athletes is only 26.2 years, as against an average of 57.2 years in all persons dying in the United States above fifteen years of age! It is said that these figures will be supported by the majority of honest college physicians.

Now, in nearly all athletics the heavy strain is not on the muscles, but on the heart and blood-vessels. When a man is in strict training, the heart not only increases in vigor, but even in size. It is true that under some conditions, this enlargement of the heart is normal; especially, for instance, when an animal is built for speed. Thus a deer has a heart twice as large in proportion to its body as that of a cow; while the heart of a race-horse is nearly twenty-five per cent larger than that of a dray-horse. But whenever the heart size has been artificially and unduly increased, as in the case of the athlete, the condition is not physiological, but pathological; in other words, disease processes have already set in.

It must not be understood that the writer is condemning athletics in the abstract. So long as muscular effort is strengthening the heart, developing the nervous system, and increasing the appetite, it is doing good. But the trouble is that the tendency of no small proportion of the sports indulged in by the schoolboy or the college athlete, is not only physiologically valueless but often harmful, for the reason given. In other words, these boys and young men ignore the first principle of sane and sensible physical culture, which is, temperance in

muscular effort. They violate that instinct which has been given us for the purpose of determining when effort ceases to be a benefit and develops into a curse.

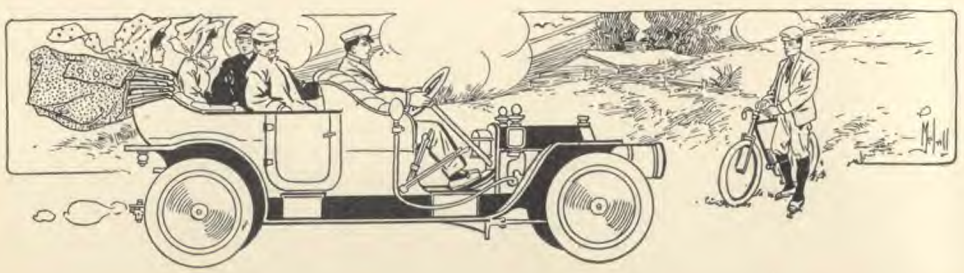
What is this instinct? — So long as exercise gives pleasure and exhilaration, it is good for the physical and mental being. When we cease to enjoy it, when we begin to feel fatigued, it is harmful physically if we continue it. The applause of one's fellows, the keen rivalries, and the desire to make records, prompt the athlete to ignore fatigue warnings; and the result is that he suffers and not infrequently dies early in consequence. THE MOMENT THAT ATHLETICS LOSE THEIR ELEMENT OF RECREATION AND BECOME WORK OF A STRENUOUS SORT, THEY BREED HARM. In such instances, and from an ethical standpoint, the amateur athlete is nothing more nor less than a professional in spirit, if not in fact.

It will be remembered that on more than one occasion, amateur athletic organizations of high standing in Great Britain have exhibited a disinclination to allow American competitors to take part in their sports, for the reason that the latter treated and trained for athletics in a professional manner. Without passing on the justice of their so doing, it will be sufficient to say that the amateur athlete should never forget that he is such, and the moment that he does forget, he lays himself open to the dangers and difficulties that beset the professional, not only in a physical but in a moral way also.

The recent craze for Marathons among schoolboys is an illustrative case in point. During the height of this craze, races of this description were, in many cases, organized among pupils of the public schools, by newspapers in the metropolis. The results were far from satisfactory. In many instances, the youngsters collapsed, and in two cases, at least, death was directly due to the attempt on the part of untrained and undeveloped children to accomplish a feat that should have been undertaken only by trained athletes in first-rate condition. In this connection, it is questionable whether the Public School Athletic Leagues which have come into existence within the past two or three years, have not resulted in more harm than good. Children are no more capable of understanding what is good for them in a muscular sense, than they are in an intellectual capacity, unless properly directed.

In fact, a large proportion of the medical profession is coming to regard college and *public-school athletics, as now conducted, as a menace to the health of the community.* It must never be forgotten that it is the quality of muscular effort that counts, rather than the quantity.

As has been said, the doctrine of physical culture as set forth in this magazine is in the direction of all-round development accomplished by natural methods and sensible means. The moment that this doctrine is violated, harm is bound to result. Dr. Coughlin's facts and figures are a vindication of this theory.



MEMBERS OF THE AMERICAN PUBLIC HEALTH ASSOCIATION ON THE STEPS OF THE AUDITORIUM, MILWAUKEE

HEALTH A NATIONAL ASSET[1]

Charles O. Probst, M. D.

Historical

A BRIEF sketch of the history of this association may not be inappropriate. Organized in 1872, it has been more or less closely associated with, and responsible for, most of the great advances in public-health work.

In 1885 our great and growing neighbor to the north joined hands with us. In 1890 the republic of Mexico became a part of us,— and wonderful, indeed, has been her progress in sanitation, and I believe our Mexican friends would gratefully admit that the source of their inspiration originally was the American Public Health Association. In 1898 Cuba, which in the past has been such a menace to our Southern States, came in. It was this association which, through President McKinley and Congress, paved the way for the wonderful work of Reed and his associates,— members of this association,— who in discovering the true cause of yellow fever have freed Cuba from a worse fate than Spanish domination, and have made possible the Panama Canal, where Gorgas, who is also one of us, has turned the deadly Canal Zone into a health resort.

In 1901 the laboratory section was formed, whose methods for water, air, and milk examination have been adopted throughout the world. Later a section on vital statistics was formed, from which has come an international classification of diseases which has been largely adopted throughout the world. Lastly, in 1906, was added the section of municipal health officers, which bids fair to rival all other health agencies in accomplishing results. Thirty-six volumes of transactions, fifteen thousand pages, gives a full history of the important discoveries and activities in health matters during a third of a century.

To-day, a renaissance in health is at hand. Never before has the public shown such interest in health measures. Never has there been such realization of

[1] President's address, thirty-eighth annual meeting of the American Public Health Association, Milwaukee, Wis., Sept. 5-9, 1910. Much abbreviated.

the immense possibilities in preventing sickness and prolonging life. Perhaps even those of us long in service are seeing, as never before, how closely health problems are tied up with all the great sociological problems of the day. The time is ripe for co-operation.

An attempt has been made to bring together at this meeting representatives of different national associations more or less directly concerned with public health questions.[2]

Work, Rest, and Play in Their Relation to Health

Man's hours naturally divide themselves into these three periods. Many great social movements rest solely upon the question of increasing the hours of rest and play by diminishing the hours of work.

All nature marks the necessity for rest to follow toil, so should the wise man divide his time if he would reach the fulness of life here below.

It is but natural for the individual to struggle for a full life for himself, but the one who in this struggle thoughtlessly or ruthlessly shortens the life of another or unnecessarily deprives him of needed rest or happiness is an enemy to society.

Play, which marks the life of all young beings under normal conditions, has a deeper significance for children than many suppose. Not only does it tend to their proper physical development, but it enters into their mental and moral make-up.

Perhaps no greater problem confronts the individual than how best to divide his time (and money) between work, rest, and play (recreation) so as to get the greatest good out of life. When either work or play has been the sole object of existence, the result is a wrecked life. One who devotes his whole time to making money learns later that he has forfeited the capacity for true happiness. On the other hand, to make life all play is usually to miss all true happiness, and often leads to utter wretchedness and premature death.

If I may be permitted to offer a word of advice to the individual fortunate enough to control his time in part, it is to put play (recreation) into his daily life.

The tire even of the man whose toil is practically all muscular is partly nerve tire. He needs not only rest, but amusement. Much alcoholic excess is due to the instinctive longing for play or amusement after work and rest.

When I see eight or ten thousand people gathered on a Sunday afternoon for a game of baseball, I have little patience with those who would suppress it without offering some other outlet for the spirit which demands something more than toil and rest.[3]

If we look upon the national health as an asset, our greatest source of national wealth, we, as health men, must be interested in providing ample opportunity for play of the right sort. In the past our efforts have been directed largely to preventing or removing conditions injurious to health. We must now give attention to the positive side by encouraging

[2] Among the organizations represented were: American Medical Association, National Association for the Study and Prevention of Tuberculosis, Committee on the Prevention of Blindness of the Russell Sage Foundation, National Housing Association, American Civic Association, National Conference of Charities, National Child Labor Committee, Playground Association of America.

[3] A recent instance in point: Mayor Seidel, of Milwaukee, was importuned to close the dangerous dance-hall adjuncts to the saloons. His attitude was, not to take away this amusement without providing a wholesome amusement in its place. Now the dance halls are closed, and the schoolhouses are opened, under suitable supervision, for amusement and association.

such conditions as will promote health.

[Then follows a brief description of the work of the various associations working for the welfare and health of the individual, with the social problems they are attempting to solve.]

Education in Health

It doubtless will never be possible to unite these regiments into one grand army directed by one general. But there is every reason why we should be on friendly terms, and should lend aid to one another. I venture a common meeting ground and a line of attack against a common enemy, ignorance. We all depend for success upon an educated public.

I am becoming more and more of the opinion that the child must be the starting-point for all great reforms. Few men and women radically change their habits or opinions.

For health reforms, we should look more to the child than to the man. We have failed to take advantage of the great opportunity our national systems of education afford for public instruction in health matters.

I would leave largely to the schools below the high school the teaching of personal hygiene, which might be much more effectively taught than at present. I would urge that colleges, universities, and possibly high schools should thoroughly instruct each student in all matters that broadly affect public health.

Are not the problems we are to consider at this meeting of the greatest importance to society as well as to every individual? Should not every young man and young woman, soon to become parents, know the cause and the remedy for preventable blindness, for tuberculosis, and other common preventable diseases? Should they remain in ignorance of the frightful ravages growing out of the social evil? Are not all the problems of municipal sanitation worthy of the most serious consideration by every intelligent citizen? And where are people to secure adequate knowledge of these subjects for their own protection if not in school or college?

The pitiful ignorance of health problems of far-reaching concern to State and nation displayed by members of legislatures and members of Congress might excite ridicule if it were not of such serious import. But they are not to blame. No one ever attempted to teach them what every legislator, municipal, State, or national, should know.

When we consider that last year there were in the United States more than a million students in our high schools, and nearly a third as many students in higher education, we see what an immense opportunity there would be for adequate instruction in health matters if this were taken seriously in hand.

SOCIAL ECONOMICS AND PUBLIC HEALTH

Mayor Seidel, of Milwaukee

"THE building of a perfect body crowned by a perfect brain is at once the greatest earthly problem and the grandest hope of the race." This quotation from Dio Lewis, the noted American reformer and physician, could well stand as the motto of the American Public Health Association.

As I welcomed this, the thirty-eighth annual meeting, Tuesday evening, I could not but feel that our city harbored one of the most noteworthy of conventions, the moral force of which is far-reaching. It did not appear to me that within the reach of my voice there was present any one who came here to seek his or her own personal health. You were gathered to discuss and deliberate over the questions that pertain to the public health.

Who and what is this public?—Your neighbor, my neighbor; our citizens and our fellow men, of which, for each one whom we know, thousands are strangers to us. The question, "Am I my brother's keeper?" is no longer an idle one.

The phrase "public health" is not so very old. There was a time when the health of the individual was of greater concern than the health of the public. Indeed, such a phrase as public health was entirely unknown. The spirit of individualism, which concerned itself with the individual alone, placed its stamp on every institution of man, however noble its inception.

To-day the health of the public is rapidly taking the foremost rank in the attention of men who make health a study at all. The day of individualism is on the decline. Great changes have come over the modern world through industrial development. Where formerly production was carried on by the individual, to-day a great number of individuals are necessary to produce a given article. This has given rise to new questions and more difficult problems. Common suffering has prompted collective efforts to help, not certain individuals, but to benefit each through all.

HON. EMIL SEIDEL, MAYOR OF MILWAUKEE

Even to-day, by many, the private health, or personal health, of one man, woman, or child is not thought of as having any connection with the vast mass of other men, women, or children, except in times when epidemics or plague sweeps over a community. How many in a community understand that the causes that lead to the sickness of the neighbor's child must affect their children also?

While this work that you are doing here for your communities may, on the one hand, be said to be prompted by the great moral feeling of responsibility that each one feels for the welfare of his neighbor, on the other hand, each of us only acts in the interest of self-protection.

If my brother is tuberculous, syphilitic, possessed of a rank, communicable disease, then it is strictly my personal business to be my brother's keeper to the extent of watching that he can not pass it on to me. This is one of the reasons why public sanitation, public hygiene, and social economics are commanding the attention of all earnest men and women.

Social economy is the science that concerns itself with the feeding, clothing, and housing of a people or race. Given an industrial people, its tools and implements, its intelligence and its natural resources as factors, the problem is, "In what relation to each other must these factors be placed to secure to each human individual the greatest amount of happiness commensurate with the welfare of all?"

To even the most superficial observer of conditions certain facts must stand out prominently. For instance, we know that a sufficient supply of wholesome and pure food is necessary to keep the body strong and healthy; yet we permit the supply of our food to be made the object of speculation and monopoly; we allow it to be adulterated; we leave the choice and preparation to ignorance, and only too frequently we have not even learned to eat it properly.

We know that our lungs need an abundance of fresh, clean air; yet we live in congested city districts, our streets are littered with dirt of all kinds, we neglect our back yards and let them become hotbeds for the spread of disease, we neglect the grasses that act as sponges to hold waste and return it to the soil; and trees and shrubs which act as shields against the chilly blasts of winds are used only to a limited extent in the building of our cities. Our men and women work in shops that very often are reeking with filth, and in which only too frequently our foods are prepared; we permit the foundry cupolas and factory smoke-stacks to eject poisonous gases and soot into the atmosphere that we breathe. Sunlight, which we recognize as a vital force in all life, we have shut out from our streets by means of sky-scrapers. Neither are we yet ready to call a halt upon the "insanity of speculation" in construction of office buildings. Each owner of a small lot claims license to build as high as he chooses without regard to sunlight or air.

Land speculation is responsible for miserable, and frequently criminal, platting. Prices of land are prohibitive, and will not permit a family with moderate means to buy more than enough to erect a few square feet of shelter. And the less fortunate worker can not even claim that.

Planning of homes is done only too often by inexperienced men, and then it so happens that the rooms that are most used can very often never be reached by the benevolent rays of the sun. Plumbing is faulty because of poor inspection or ignorance. Ventilation is entirely overlooked. If the builder is careless or ignorant, the housekeeper is often much more so. Bedding, which should regularly be aired in the sun, never receives an airing, though the housekeeper is not always to blame for that.

The high cost of clothing favors the making and marketing of shoddy garments. Improper care and improper choice of clothes, and scant amount, because of high prices, accentuate the evil. Darning and mending have almost become a lost art. As a result, clothing not at all suited to the season, is worn, and

must be worn, lest there be none at all to wear.

Men and women, as well as children, spend six days or more each week, ten hours or more each day, in the shops where dust and fumes are breathed, and where no sunlight enters. The hazards are increased by death-dealing machines.

School boards and boards of education are not free from blame. How many of your school grounds are ample? How many are provided with trees, shrubs, and grass? The cat and the dog instinctively avoid a visit to your school grounds. But your boy and girl are helpless. The truant who "plays hooky" and finds a swimming-hole in a brook often displays better judgment than the learned professor.

Let me ask any practitioner whether or not the conditions just mentioned have any bearing upon the success of his work. Why do these conditions exist? We are not ignorant of them. We know that they are injurious to our health. We know that they are not conducive to the growth of a strong race. And yet we tolerate them. *Why?* — Because by means of their existence, we are enabled to pay higher dividends when the fiscal year of a corporation closes. *It is all for profits.*

It is with these problems that social economy deals. It is these that the administration in Milwaukee proposes to take up one by one and solve, as nearly as it can with the limited powers that are at its disposal.

Without the solution of these problems, many of the tasks that you will desire to take up, must prove insoluble. This is the relation of public health to social economics: to be strong and healthy, a people must have pure, wholesome, nourishing food and a sufficient supply of it. Furthermore, a people must have clean and pure air. They must also have proper clothing and sanitary housing. They must also receive a liberal education to enable them intelligently to care for their needs.

All of these functions become the affair of all concerned. None of these functions must be left to the selfish propensity and greed of individuals or corporations. If the collective intelligence of man has enabled society to produce a sufficient amount of goods with which to supply its wants, by no law of justice or equity should these goods be the property of any one man or corporation, to be used by him or it to exact tribute from those who have made those goods, and, failing to get that tribute, starve them.

It is as wrong for one man to be the master of many in the field of industry as it is for one man to be the master of many in the field of politics.

We have stripped the monarch and the nobleman of their power over their subjects. Like Americans true to the trust placed in us by Washington, Lincoln, and other great Americans who have fought, bled, and died for our institutions, we must strip the trust magnate and the industrial pirate of their power over our fellow citizens.

Permit me to emphasize the fact that YOU, GENTLEMEN, WHO ARE ASSEMBLED HERE, CONSTITUTE IN FACT THE GREATEST CONSERVATION CONGRESS EVER GATHERED IN AMERICA.

Land has a value. Timber has a value. And so have water-power and mineral deposits. These, with machinery, are important factors in wealth production. But the most important factor of all in wealth production is human labor. Without labor of hand and labor of brain applied to raw material, there is no civilization thinkable. The greatest of all natural resources is human life, with its accompaniment of labor.

It is good and excellent work to conserve land and timber and water utilities; but it is far more excellent, far

more important, and far more fundamental to conserve human life, and make it more efficient and give it added ability and power to create.

The very organization of this association sprang in part from the wide-spread and clearly apparent waste of human life through what we now call "preventable disease." One of the best signs of the times is the coining of this phrase "preventable disease," and the increasing number of people who have come to recognize the excellent meaning back of the phrase.

That our eyes must witness such fearful, stark, pitiful waste of human life through diseases that are preventable, can not be called otherwise than a great social tragedy. But that you, gentlemen, have recognized that such tragedy exists, and that you gather to combat it,— that you gather to advise with each other and use all your associated resources to fight back this tragedy and make way for a more healthy, efficient humanity,— this is the brighter side of the situation.

Upon the memory of the days of my childhood, I draw for a picture. A prophet was taken by the hand and carried out and set down in the midst of a valley covered with dry bones. The prophet passed through among them. He observed that there were many of them strewn in the valley, and that there was no life to them. A voice asked, "Can these bones live?"

The reply he gave was, "O Lord God, thou knowest." Again the voice spoke, commanding, "Prophesy," and as the prophet spoke, there was a noise and shaking, and the bones came together, and sinews and flesh came upon them, and skin covered them, and there was a wind, and a breath came over them, and they lived.

When confronted with actual conditions, you may find yourself in a position similar to that in which the prophet Ezekiel found himself, but you must raise your voice, and you must prophesy, and you must teach, and you must command, and soon there will be a noise, and a shaking, and men will come together, and new ideas will form, and new ideals will take possession of the masses, and once more they will begin to live.

COLONEL ROOSEVELT ADDRESSING THE AMERICAN PUBLIC HEALTH ASSOCIATION AT WHITEFISH BAY, WIS., SEPT. 7, 1910

COLONEL ROOSEVELT ON HEALTH CONSERVATION

The members of the American Public Health Association, Wednesday afternoon, September 7, took a trip on Lake Michigan, from Milwaukee to Whitefish Bay, where they enjoyed a luncheon. The former president was driven to the grounds in an automobile. After declaring his admiration for the association, and his appreciation of the value of its work, he delivered from his position in the automobile the accompanying brief speech, and returned immediately to Milwaukee to fill his other appointments.

The fact that Colonel Roosevelt left a program, prepared for him, which, as he said, was three times as much as could be accomplished in the given time, to run out to Whitefish Bay and deliver this talk to the Public Health Association, is evidence of his intense interest in public health problems, and his appreciation of the bearing of public health questions on true statesmanship.

IT is the prime requisite of every nation to have every man and woman an effective unit. Men can not be effective, they can not be good, unless they are healthy. You public health men are dealing with the basic problem of citizenship. Like other men in public affairs, I am awake to the needs of the public health.

It is necessary to join our efforts for the preservation of the public health. It is important to keep not only the health of the individual, but also to keep the health of the nation.

Yellow fever is a distinctive national problem. Several nationalities in the western hemisphere have dealt with it, and must deal with it effectively to prevent the ravages of the scourge.

The question of dealing with the public health is a matter of the last two generations. Fifty years ago nothing was known of the cause and the treatment of diseases which have been a scourge to the human race. About six hundred years ago Europe was desolated by the black death. This disease, which we know how to deal with now, then took off two thirds of the population of Europe.

The savages are now where our forefathers were a few centuries ago. I have just come from a trip to the middle of Africa, where disease ravages mankind as it did our ancestors. I passed through a desolate region, once densely populated, where the sleeping-sickness has to its credit over two hundred thousand deaths in one neighborhood.

The advances made during the last half century are incalculable. The work on the Isthmus of Panama could not have been done with even the medical knowledge of a decade ago; for the reason that they could not then grapple with disease as now.

[To the delegation from Canada, Mexico, and Cuba.] I welcome the delegates to this convention who came from foreign countries. In the two Americas we are solving the problem of living peacefully together. Our only rivalry — far different from Europe — is to see which is best able to cope with the problems that confront us all. I welcome you as our rivals, who are doing all in your power to uplift and care for the physical well-being of the human race.

THE HEALTH DEPARTMENT AND THE PEOPLE[1]

Samuel G. Dixon, M. D., State Commissioner of Health,
Harrisburg, Pa.

IF you were to ask me to tell you the foundation upon which the entire structure of the State department of health of Pennsylvania is built, the pivot of the whole organization, the theme that runs through the work of every division, I should say it was *getting close to the people.*

Clothed with ample power to enforce the broad comprehensive health laws enacted for our execution, we started with this assumption,— our people want to be healthy if they only knew how. It was our business therefore to teach them.

The public press of the State, nine hundred journals strong, responded nobly to our call for aid. To every fireside in Pennsylvania they have carried the message of health and life. Civic clubs, labor organizations, and the big employers of labor throughout the State, were asked to work for the cause, and they have been constant and effective mediums through which we have reached the people. From every pulpit in Pennsylvania we have spoken through the pastor to his people, and I can not begin to tell you how much good has been accomplished through this channel. We believe in reaching the boys and girls who will soon be our men and women. And so our tuberculosis and general sanitary exhibit, as it travels through the State, makes a particular point of interesting and instructing the schoolchildren. The little people learn the lessons of health themselves, and they help us wonderfully in reaching the grown-ups.

And thus by the time our organization was well under way, we found that the people were coming to us; for instance, to disinfect their homes after tuberculosis.

Do you not see now what I mean by getting close to the people? Can there be any other result than a general uplift in the social and economic as well as the health conditions among those of our citizens who need help? We find that such people are beginning to look upon their government as their very good friend and helper. They are learning that the State department of health is something more than a mere sanitary policeman; that its sole aim is to go hand in hand with them as a guide through the darkness of ignorance and disease out into the sunlight of right living.

From June 1, 1907, to June 30, 1910, 3,301 patients had been admitted to our State Sanatorium for Tuberculosis at Mont Alto. Many a patient has been discharged with the disease arrested, hundreds have been benefited, and many more, whose cases were too far advanced to hope for much aid, have, however, been made comfortable and happy, and have been provided with a home where they would not be a source of danger to others.

From July 22, 1907, to June 30, 1910, 32,247 poor tuberculous sufferers had received the skilled medical aid and the attention of trained nurses which the department's one hundred fifteen dispensaries provide.

The death-rate from tuberculosis in Pennsylvania has fallen from 134 to 120 per one hundred thousand of population in four years. This means a saving of one thousand lives annually.

[1] Read before the American Public Health Association, Milwaukee, Wis., Sept. 8, 1910.

From October, 1905, when the State began its free distribution of diphtheria antitoxin among the poor, down to Dec. 31, 1909, 20,794 cases of this dread disease, mostly little children, were treated with the life-saving serum. We know by statistics that without antitoxin forty-two out of every one hundred of these children would probably have died; but with the aid of the State's antitoxin the death-rate among these poor little sufferers was reduced to 8.48. Free antitoxin was also given in 15,125 cases, mostly children, who had been in contact with the disease. All but a very few of these were absolutely protected against diphtheria. A very low estimate of the saving of child life resulting from the State's free distribution of diphtheria antitoxin since 1905 is about eight thousand lives,—a pretty good investment of the taxpayer's money.

Throughout Pennsylvania our streams are slowly but surely being freed from pollution. Not so slowly, either, when the records show that up to June 30, 1910, 21,730 private sources of stream pollution have been abated upon notice from the department, not to speak of the thousands more that have been stopped through the moral influence of this work. Seventy-six modern sewage disposal plants have been either built or are in the progress of construction as approved by the State. Two hundred thirty-six other municipalities and private sewerage corporations are preparing to submit plans for sewage treatment, for only on condition of their so doing have they been permitted to extend their sewerage systems. Already forty-seven water filtration plants have been approved by the State, and are either built or being erected.

And what of typhoid fever in view of all this work for pure water? In 1906, 56.5 out of every one hundred thousand people died from this disease; in 1907, 50.3; in 1908, 34.4; and in 1909, 23.9. That is, there are now living 2,363 people who, had the death-rate of 1906 prevailed in 1909, would have died from typhoid.

In 1906 and 1907, the death-rate in Pennsylvania per thousand of population was 16.5; in 1908, it had dropped to 15.7, and in 1909, to 15.3. At first glance this may not seem a remarkable diminution, but in a State with a population of more than seven million, even a fractional decrease is a substantial gain. This appears when one figures precisely what this slight numerical drop means in the actual saving of human lives. Had the death-rate of 1906 and 1907 prevailed in 1908, 5,519 more people would have died than actually succumbed. Had this same rate applied in 1909, instead of the decreased percentage recorded by the department of health, just 8,388 men, women, and children now living and presumably in good health and spirits, would have died. In other words these matter-of-fact statistics, when interpreted in their real relation to the welfare of the State, mean the saving to Pennsylvania of 13,907 lives in two years.

"And we are going to fight on!"

HEALTH CONSERVATION AT ST. PAUL

Mary Alden Carver

HE question of "Life and Health as National Assets," was one of the most momentous questions considered by the Second National Conservation Congress at its recent session in St. Paul. This was the subject of an able paper presented by Dean Westbrook at the assemblage, and others handled the same thought from different standpoints.

"Without human life, of what value is conservation?" asked Miss Boardman, of Washington, D. C., member of the Red Cross Society.

"For the benefit of man's life," she continued, "are given all these energies which are devoted to the conservation of our national resources. So, down at the very foundation of conservation, must lie the preservation of that for which conservation exists."

She gave a brief review of the Red Cross work from the time of its first conception by Florence Nightingale, "the angel of the Crimea;" told of the inauguration of the movement by Henri Runan on the bloody battle-field of Solferino more than fifty years ago, and spoke in detail of the terrible waste of human life before the Red Cross idea became generally established throughout the civilized world.

Miss Boardman traced the work of the Red Cross members in their efforts on battle-fields where the society has immortalized itself, and dwelt in particular on its present-day gigantic power and influence in far-away Japan. She declared that the relief of sick, wounded, and needy humanity wherever found is of prime importance, and then spoke of the great necessity for the activity of the Red Cross Society in time of peace; for in seasons of disaster as well as in time of war, the Red Cross is tireless in its efforts to relieve distress.

Speaking of the every-day work of the society in time of peace, Miss Boardman said: —

"More than sixty thousand posters calling attention to precautions to be taken to prevent personal injury on railroads, and over thirty thousand of a like nature for trolley-cars, have been issued by the Red Cross and distributed on application from various companies.

"To spread abroad throughout the country the knowledge of 'first aid' among our industrial classes, in fact among all classes of people, is the aim of Red Cross work. Not only in time of war or disaster will such knowledge prove of great value, but in all of the constant accidents of daily life will this training be of help."

She talked of the war the Red Cross is waging against the "great white plague," concluding her remarks on that phase of the work as follows: —

"The national relief board has also had charge of the little Red Cross Christmas stamp, next year to be called a 'Christmas seal.' That stalking specter of pestilence, called tuberculosis, has laid his devastating hand on every nation; he invades the palace as well as the hovel, and the youth of the people are his surest prey. With a weapon tinier than the stone of David's sling, the Red Cross sends forth this little seal to do its part. In the last two years it has netted more than three hundred fifty thousand dollars with which to war against this grim scourge."

Allusion was made to the Cherry Mine disaster and to the tireless efforts of the Red Cross Society at that time.

The statement was made that those efforts were rewarded by contributions from miners' unions, people of Illinois, the Illinois State legislature, etc., aggregating three hundred thousand dollars, this sum to be expended for the widows and minor children of the unfortunate victims of the terrible disaster.

The subject of life and health as national assets was discussed by F. F. Westbrook, dean of the Medical Department of the Minnesota State University. Dean Westbrook explained the importance of health conservation, and dwelt on the dangers besieging the public on every hand, jeopardizing the lives and usefulness of millions of people. The dean spoke in part as follows: —

"Short-sighted humanity fails to appreciate nature's gifts until threatened with their loss. This is true of even the greatest of her gifts — life itself. Although belated in our realization of the threatened overdraft on nature's storehouse, a compensatory and irresistible enthusiasm has developed within the last two years which augurs well for the retention by our country of that international leadership so manifestly foreordained by nature's bountiful equipment."

He spoke of the awakening of public opinion and conscience along hygienic lines, and told of the stimulation of thought in this direction in other lands, dwelling particularly on the enviable stand Germany has taken. He told how, in the fatherland, the government, through its public health service and universities, provides for medical and other research, so that the nation has become a leader of the world in scientific health protection and scientific economical development.

Dean Westbrook believes that health interests are fused with social and economic development, but should undoubtedly dominate rather than be dominated by them. He referred to the menace of transmissible disease in the following forceful language: —

"It must be clear to all that in the conservation of lands, minerals, waters, and forests, effort is made to prevent the individual from taking that which belongs to the public. In the conservation of public health, our effort must be directed to preventing the individual from giving to the public something which neither he nor it desires. This is particularly true of infectious diseases."

Mr. Westbrook favors the establishment of a Department of Health to supplement the other federal efforts that are now being made in behalf of the people. He concluded by citing sixteen reasons why the United States should have a Department of Health. His reasons are summarized herewith: —

"1. To stop the spread of typhoid fever through drinking sewage-polluted water of interstate streams.

"2. To enforce adequate quarantine regulations so as to keep out of the country plague and other similar pestilence.

"3. To supervise interstate common carriers, in so far as without such supervision they prove a menace to the health of the traveling public.

"4. To have a central organization of such dignity and importance that departments of health of States and cities will seek its co-operation and will pay heed to its advice.

"5. To influence health authorities, State and municipal, to enact reform legislation in relation to health matters.

"6. To act as a clearing-house of State and local health regulations and to codify such regulations.

"7. To draw up a model scheme of sanitary legislation for the assistance of State and municipal health officers.

"8. To gather accurate data on all questions of sanitation throughout the United States.

"9. To establish the chief causes of preventable disease and unnecessary ill health.

"10. To study conditions and causes of disease recurring in different parts of the United States.

"11. To correlate and assist investigations carried on in many separate and unrelated biological and pathological federal, State, and private laboratories.

"12. To consolidate and co-ordinate the

many separate government bureaus now engaged in independent health work.

"13. To effect economies in the administration of these bureaus.

"14. To publish and distribute throughout the country bulletins in relation to human health.

"15. To apply our existing knowledge of hygiene to our living conditions.

"16. To reduce the death-rate."

Drug and drugless healers all over the country assailed members of the resolutions committee of the National Conservation Congress with telegrams and letters to prevent the indorsement of the national health commission as proposed by Senator Owen, of Oklahoma, in a bill before Congress. "Please do not indorse scheme for federal health legislation," said one message from Des Moines. "Please oppose the scheme of the 'health trust,'" said another from Chicago. "Please oppose any medical legislative resolution inspired by political doctors," said a third from Nevada, Mo. Similar messages came from Des Moines and from Fort Smith, Ark.

The secretary of the committee displayed one of the telegrams, which read: "As a general counsel for, and in behalf of, the National Association of Suggestive Therapeutics, and in the name of five thousand members, I ask you to please oppose any resolution favoring the establishment of a national health bureau or department." The telegram came from Nevada, Mo., the little city in the southern part of that State where the famous Weltmer Institute of Magnetic Healing once thrived.

These telegrams show that there is an intensity of feeling on both sides of the subject of life and health conservation, and show that there is a reality in the professed earnestness with which the matter is now being considered.

The time and thought expended on the subject of the conservation of human life and health at a concourse of the master minds of the republic, testify that throughout the length and breadth of the land profound attention is being devoted to the thought of sound minds in sound bodies. It shows a tendency on the part of the general public to concede the veracity of the well-known maxim,—"In the health of its people lies the strength of a nation."

The Conservation Congress adopted resolutions expressing the mind of the delegates as to the duty of the federal and State governments in conserving the natural and vital resources of the nation. One plank unanimously adopted reads:—

"We also recommend that in order to make better provision for the health of the nation a Department of Public Health be established by the national government."

This in spite of the fact that when on Thursday morning the delegates assembled, there was in each seat a copy of the *Pioneer Press* containing a two-column "appeal" (advertising matter of the National League of Medical Freedom) containing statements about a "medical trust," "political doctors," and the like. The "representatives of the interests of the people and not of the people of the interests" smiled and voted for the clause favoring the national Department of Health.

THE EMANCIPATION OF THE GARBAGE-CAN

HIS is the somewhat fanciful title given to a most excellent paper read in the municipal health officers' section, American Public Health Association, by Dr. P. M. Hall, Commissioner of Health, Minneapolis. Dr. Hall describes graphically the unseemliness, the nastiness, the unhealthfulness of the garbage-can as it is too often kept, and the general failure of the sanitary laws to remedy the matter. The ordinary garbage-can means flies, bad odor, rats, disease; and the most efficient administration under old methods fails to abate the nuisance.

Why should the garbage-can be so offensive and disease producing? What has so quickly made the great change in food material recently on the dining table? — Just the action of germs under the influence of heat and moisture. The can, notwithstanding frequent cleanings, becomes a culture bed for the germs that thrive most luxuriantly in that environment, and they rapidly infect each new addition of food waste, producing the all-too-familiar "garbage odor."

In two cities, one in Canada, the other in the United States (Minneapolis), a plan has been put into operation which has completely abated the garbage-can nuisance. The new regulation in these cities provides that kitchen waste must first be freed from water, and then securely wrapped in paper, before being deposited in the can. As might be expected, the absence of moisture and of contaminating germs very greatly retards germ growth.

Not a particle of waste touches the can, so, as one garbage collector stated it, "The garbage-cans are now clean enough to eat pie in." By this method it is not necessary to collect garbage more than once a week, thus effecting a great saving. In winter there is no freezing of the garbage to the can, and the cans are not battered up in the attempt to empty them.

There was, of course, some difficulty in enforcing what the people considered "a fad of the health office," and they wanted to know how long it would be before they were required to do up their garbage packages with silk ribbon, and the like. It was not popular; such innovations never are. In many cases it was necessary to enforce the law, which was that on complaint of the garbage man that a certain family was not caring for its garbage properly, the family would be warned, and if the matter was not promptly remedied, the garbage service would be discontinued until the family complied.

The result was that in a comparatively short time the people came to appreciate the new system so much that they could not be persuaded to go back to the old method of having a stinking garbage-can on the premises.

The city of Minneapolis uses metal cans with the cover fitting outside of the can, so made that a simple turn renders them dog-proof and rat-proof.

This method of doing away with odor, rats, and flies should so commend itself to the careful householder that he would voluntarily adopt it and let the neighbors understand the advantages of such a system. A little missionary work in the neighborhood might greatly lessen the fly nuisance.

EDITORIAL

MAYOR GAYNOR AND PRIZE-FIGHTING

ALL the country was horrified at the report of the attempted assassination of New York's reform mayor; and doubtless every person believing in law and order rejoiced to learn that he would recover. But during his recovery a report was given out which, if true, seems to us to tarnish the luster of Mayor Gaynor's general attitude. He is quoted as saying: —

"If pictures of a prize-fight will teach the American boy to defend himself when called upon to do so, then I say let them see pictures. If the sight of a prize-fighter in the pink of condition will make a boy ambitious to possess just such a physique, then I say, for the good of the nation, let him see and appreciate that superb human mechanism in action."

This statement from a rowdy, or the abetter of prize-fights, or a saloon bum, would not be worthy of notice; but coming from a man who is sincerely devoting his life to reform, it merits attention.

At one time it seemed that we had emerged from the savage age when brute force counted as one's greatest asset, and that we had entered, or were just entering, an era when brain culture and intellect would count most in the advancement of the race.

But there has been a reaction — a reversion to type — whether due to the excessive carnivorous habit of the Americans or not can not be determined — but we are fast coming back to the doctrine that the only force worth while is savage force, the force of gross avoirdupois and brute strength. It is the final appeal in case of an altercation.

The spirit is rife. Our schools, even our church clubs, give boys a military training. We are taught that we must *maintain our supremacy* as a nation, and that we must do this on the physical basis. We tax ourselves to the utmost to increase our naval strength. It is the old doctrine that the biggest (brute) is in the right.

Such a sentiment does not spell arbitration, as between capital and labor, or as between nation and nation; it most certainly does not spell universal peace. The recent encounter in Nevada did not spell race peace, or race respect.

It is the fostering of such a sentiment that makes the future look gloomy to the man who hopes some day to see this country graduate from the era of lynchings and burnings.

"All they that take the sword," said the Apostle of Peace, "shall perish with the sword."

Let us eat fewer bloody beefsteaks, and live a more natural life, and perhaps we will some day come to that place where the sight of one human being slugging another will be as repulsive and barbarous to us as are open violations of the seventh commandment.

In contrast with Mayor Gaynor's published sentiment is the following commendable sentiment of a Pittsburg colored preacher to his congregation. Would there were more leaders of this stripe in both races.

"I believe that the most of my race have gone far enough in their jubilant spirit over the victory at Reno. Too much Johnson has made us mad. The Negro is still a missionary people, and will be for many years to come. Consider that it took the white race two thousand years to get where it is — and it is still far from perfection. We have harder battles to fight than those of

the prize ring. Let the sober mental sides of our natures get their proper hearing."

This is a worthy utterance, and bespeaks for its author a higher type of civilization in some respects than is possessed by some of his white brothers who want to continue the cultivation of brute force and savagery.

The editor of LIFE AND HEALTH does not wish to be interpreted as undervaluing sound health and a good physique as a basis of general efficiency. No man is a complete man who has a weak body; but the best way to get a sound body is not by slugging the other man. There are other ways less brutalizing.

One-Sided Thinking

A COLLEGE degree does not give one the ability to think squarely and impartially. Indeed it may be questioned if every year in school beyond the eighteenth, does not tend to make, not an original thinker, but a parrot, or a phonograph giving out the thoughts of others.

A recent issue of the New York *Medical Times* publishes a letter from Elmer Lee, A. M., M. D., entitled "Food and Drink That Destroy Health." The letter contains much that is good, and some, we think, that is decidedly not so good; for instance: —

"Improper table foods, excessive mastication, salivary digestion, unfavorable and excessive use of drinks and beverages, tobacco and drugs, with dark and damp dwellings, strain and struggle, and lack of thoughtful care, are at the very bottom of man's diseases, not germs, flies, mosquitoes, rats, dogs, microbes, bacilli, and bacteria."

The only impression one can get from these words is that the writer is so obsessed with one idea that he refuses to look at the evidence on the other side.

One may grant in large part that "improper table foods" and the rest of the list reduce man's resistance, and prepare the way for disease; but does Dr. Lee mean to say it makes no difference whether a man gets bitten by a malarial mosquito, whether he comes in contact with a smallpox patient, whether he is bitten by a flea from a plague-infected rat?

Does he think that when men escaped malaria on the Roman marsh by screens, and all around them the disease was doing its deadly work, it was because of good hygiene otherwise? Or does he think, when a mosquito was taken to London, and made to bite a healthy boy, who afterward contracted malaria in a city where there was no malaria, that it was because of the boy's "improper table foods," etc.? Or does he think that when a laboratory worker accidentally inoculates himself with a culture of plague germs, and dies, it is because of "unfavorable and excessive use of drinks," and the rest of the list?

Why can not a man, even an "A. M.," be broad enough to see evidence on two sides of a question; and while he recognizes the unfavorable environmental dietary and housing conditions which predispose to disease by weakening the resistance of the body, also recognize that there are specific living microscopic foes to man, the same as there is to an apple or a tree?

If an apple rots, it may be because it has lost its power of resistance, but it is power of resistance to a *living germ.* No germ, no rot! If a tree decays, a germ does it. If poisons are formed in the intestines, *germs produce them.* Let us not forget that.

It is true enough, we invite the germs by careless eating, by insufficient mastication, and in a hundred and one other ways. But whatever we do to lessen our resistance powers, it is a germ, a microbe, or microscopic "critter," plant or animal, that plays havoc in our intestines, in our blood-vessels, in our tissues, and hastens our exit.

Is it not possible for men favoring hygienic principles to so broaden themselves by looking at evidence on all sides, that their message will appeal to the man who thinks?

The address given by Dr. Buell, in our Abstract department this month, states in a forcible way the relation between these incidental factors, which Elmer Lee considers the all-important factors of disease, and the essential factors.

Mothers Should Know More

OF all mothers in the class of animals known as mammals, the human mother seems most helpless in the matter of taking care of her offspring. With the lower animals, the care of the young seems instinctive. With human mothers, the instinct is lacking — not the instinctive love, but the *savoir faire,* the common-sense knowledge of what to do and what not to do. Possibly this comes to some extent from the habit of depending on the doctor, but not largely so, for the grossest ignorance is seen in the homes where the doctor never enters.

In this age of specialization, the question may be asked, Why should not the mother recognize the care of children as a specialty, and leave it to the doctors? They might do this, if the doctors had not further specialized, so that there is only one class of doctors that knows much about babies, and even they blow hot and cold on almost every point of infant care and nutrition.

But as to the competency of the plain doctor, we have a remarkable statement in the *Journal of the American Medical Association* of August 20, from which we quote: —

"One of the most serious matters for consideration is the awakening of the practising physician to the importance of the proper handling of infants and children; for, barring the three great factors—poverty, overcrowding, and ignorance — all more or less economic in their nature, the careless or ignorant physician is perhaps the most difficult part of the problem to handle. Many doctors are either too ignorant or too lazy to attend properly to the needs of infants during the first year of life; consequently, they turn these helpless creatures, especially the artificially fed ones, over to a nurse, who may or may not know very much about their care; or, what is worse, dismiss the case with the sole instruction to an ignorant mother to put the child on A's or B's patent food, and follow the manufacturer's circular, or else employ the vicious alternative, condensed milk. Some one has aptly said that 'the patent food is the boon of the lazy doctor and the bane of the suffering infant,' and I know of no words which better describe the situation."

Some day our educators will realize the utter folly of teaching our girls all about the rivers of Siberia, the rings of Saturn, and the religions of Siam, and will adopt a curriculum more in keeping with the actual needs of the future mothers. At the present time, according to the writer of the article just quoted,—

"Many a woman becomes a wife and subsequently a mother without having had instruction in any of the difficulties with which she is to be confronted, with the natural consequence that she is soon surrounded by a galaxy of sympathizing and self-opinionated neighbors, who are pouring into her ears a detailed account of miraculous cures effected by this or that remedy, which she receives and uses with an avidity born of desperation, and bred of the ignorance of which she is the unfortunate heir."

Often in such a case the doctor is called in just in time to sign the death certificate. We are sometimes told that a child died because it had a "delicate constitution." More nearly correct would it be to say that the child was allowed to die because of the ignorance of the mother, for which, with our present educational system, she is not altogether to blame, or because of the more inexcusable ignorance of the doctor. Babies strong enough to get into this world, are strong enough to live in it a natural life, if they are given half a chance.

The American Public Health Association

THIS association, organized in 1872, is, perhaps, the pioneer association devoted to the conservation of public health.

More recently a number of associations have been organized for the study and solution of certain specific health and sociological problems. Such are the organizations having to do with the prevention of tuberculosis, of infantile mortality, of infantile blindness, and of child labor,— the Playground Association, the National Housing Association, the Committee of One Hundred, various fresh air associations, pure milk associations, and the like.

The American Public Health Association has taken the initiative step toward the union of all these bodies in some plan of co-ordination making for greater economy of energy, by avoiding duplication of effort, and by co-operation.

A number of these bodies sent representatives to the Milwaukee meeting in order to discuss the plan for general co-ordination of the public health bodies.

Thus in fulfilment of the words of Roosevelt that the time has come for united action in the public health work, we are witnessing a general trend toward a more complete and more united action for the protection and improvement of the public health.

Gradually the national, State, and municipal health organizations are becoming more complete; more and more thorough work is being done by the various health bodies; and the individual is being educated in the matter of personal hygiene.

In the municipal health officers' section a resolution was passed recommending that the association appoint a committee "to study the end results, and practise in communities where terminal disinfection is no longer practised at the conclusion of cases of communicable disease."

The facts are these: Some health officers have, through careful observation, come to the conclusion that there is no need of disinfecting rooms, etc., at the termination of, say, a case of scarlet fever; that the disease is transmitted, not by furniture, or bedding, or the like, but directly, by the diseased person, and they have some very convincing arguments back of their position.

But there are many earnest men who are not ready to receive, without further proof, this radical departure from long-accepted ideas. Perhaps a year's careful study may help to clear up the fog somewhat.

The association expressed by vote its "hearty approval and commendation of the educational work carried on by the *Ladies' Home Journal* regarding the necessity and ways of teaching children the truth about reproduction and the sexual life."

In the election of officers of the association for the ensuing year, Dr. Robert H. Simpson, of Winnipeg, Manitoba, was chosen president, and Dr. Wm. C. Woodward, of Washington, D. C., was again chosen secretary.

It was decided to hold the 1911 meeting of the association in Havana, Cuba.

The association now has three sections, the laboratory section, the vital statistics section, and the municipal health officers' section. It is proposed to add a sociological section and an engineers' section.

As We See It

The Health Officer

He is not very likely to have many friends. He certainly will not if he does not "make good," and if he does, he has to deal with two classes: the great majority whom he is protecting, and the comparative minority whom he must necessarily antagonize and restrain in his efforts to protect the public. These certainly will not like him: The dairyman who is compelled to lay out money to make his dairy more cleanly without a prospect of better returns, or who is compelled to sacrifice a number of tuberculous cows; the milk dealer who must buy more ice and go to other (to him) unnecessary expenditures; the produce dealer who is compelled to destroy spoiling fruits, vegetables, and meats which he might otherwise sell to an unsuspecting public; the stableman who is forced to abate a nuisance; the family with contagious disease, which is subjected to isolation or quarantine for days and weeks,— these, and others who are inconvenienced for the benefit of the public, are not very likely to have tender feelings toward the health officer.

With all of us the altruistic spirit is so little developed that however much we may believe in legislation for the public good *in theory*, when it comes right down to submission to a decision in favor of the public good which happens to cut pretty close to *our own personal convenience or profit*, we are pretty apt to squirm and kick, and say or think some hard things.

So the health officer can count on having a number of enemies, not only among those whose consciences do not prevent their endangering the public health for the sake of a little personal gain, but among the larger number who are in the game without any thought as to how it affects the public, and with, perhaps, considerable doubt as to whether dirty milk and spoiled fruit and diseased meat and ambulant smallpox are really a menace to health after all.

The Grateful Public

But certainly the general public will be grateful for the fight the health officers are making in their behalf? Well, that is just what they will not be. The public is not at all likely to appreciate the fact that smallpox is less prevalent and less dangerous than formerly, that diphtheria has ceased to be the terror it once was, that yellow fever is no longer the dread scourge of a few decades ago, that infant mortality is yielding to the milk campaigns. All these changes are not due entirely to the health officer, it is true, but he has contributed an important share.

Can a hundred families appreciate what they have escaped, as much as the dairyman can appreciate what he has lost when his milk is confiscated because he has a typhoid fever victim in his employ? To ask the question is to answer it. The health officer, in taking his position, accepts one in which the recognition and the thanks are meager, and the opposition and hatred on the part of interested parties are intense.

What a Health Officer Must Be

THE health officer must, above all, be a man of convictions, who is not afraid to perform a disagreeable task when it is necessary, who is willing to make enemies when the performance of his duty demands it, who can work courageously under criticism and misjudgment; and often he must work for a mere pittance, with the constant knowledge that some turn of the political wheel may throw him out and undo his work of months.

Health Officers Meet

AT the meeting of the American Public Health Association, Milwaukee, Wis., September 5-9, very little time was consumed by the health officers present in bewailing the conditions just enumerated. They met to compare notes, to plan for greater efficiency, to study methods, and to add a few more contributions to the as yet imperfect science of public health.

These men are not always a unit in policy. There are some public health problems not yet worked out, and that may not be worked out for years to come. There are honest differences as to the expediency of certain measures. Gradually light is being thrown upon these very perplexing problems.

For instance, there is not a unanimity as to the advantage of disinfection after such a disease as diphtheria. Some believe the disease is transmitted directly from one throat to another, or, more rarely, by means of something handled, as a toy, but that diphtheria germs on clothing, walls, etc., soon die, or become harmless. Others believe that there is a distinct danger of infection from walls, bedding, etc., and that the room should be disinfected, as a safeguard.

While such a question is unsettled, many conservative men believe it to be safer to do some work that may possibly be unnecessary, rather than omit some that may possibly be necessary. That is, to quote an old phrase, "It is better to be sure than sorry."

In the annual meetings of the Public Health Association unsettled questions of this kind are freely discussed, and experiences are given throwing additional light on the subject.

The Public and the Health Officer

WHAT should be the attitude of an enlightened public, such, for instance, as the regular readers of LIFE AND HEALTH, to this question? For the sake of the public and for their own sakes, how should they stand related to the health officer? By all means, they should, as a matter of principle, stand by the health officer, giving him moral support and encouragement, even when the wisdom of some of his measures is not perceived. He is the one municipal or State force that stands between the public and transmissible disease, and the motive of self-interest, if no other, should swing the thinking public to his side in all controversies.

The Work of the Health Officer

HIS work should be, first, last, and all the time, a work of education. Line upon line, precept upon precept, he should keep up through every possible avenue, a campaign of education in order that he may the more fully secure the cooperation of the people.

Such work is being accomplished to some extent by means of bulletins, leaflets, lectures, settlement workers, visiting workers, and dispensaries; but very little of such work brings before the public the health officer himself — I use this expression in a generic sense, meaning every official engaged in any way in securing the enforcement of health legislation. Much could be accomplished through the daily newspapers and magazine articles, and health officers should

not hesitate to make use of such means, and all means, to set themselves in proper light before the public.

Any campaign of advertising or publicity requires constant reiteration, constant repetition, and the work of the health officer is no exception. It is not enough to make the subject so plain that the interested may understand; the subject must be boomed so loud, and so persistently, that the indifferent and the careless will have to understand.

Team Work in Health Campaign

DR. RUCKER, health officer of Milwaukee, has struck the key-note in his organization of "health bands" among the children for the cleaning of back yards and alleys. This campaign will be an excellent education for the children, and, if followed up, it will have an educative effect upon the older folks. The more the health officer can stimulate the non-official classes, the plain citizens, old and young, to take an active interest in a campaign for cleanliness, decency, and health, the more efficient will be his work.

Dr. Rucker speaks of his bands as "boy scouts who have something to do." A Milwaukee citizen confessed to the doctor that he was never more ashamed in his life than when a member of this band knocked at his door and informed him respectfully that his garbage barrel needed a new cover. The cover was promptly obtained and installed.

Going Us One Better

THE United States was the first American government to enter the new field of conservation of national resources. Canada was not long in taking up the movement, and as we are told by Dr. Charles A. Hodgetts, medical adviser of the Canadian Commission on Conservation, our northern neighbor "went us one better" by making the conservation of health an important part of their program.

In his inaugural address Hon. C. Sifton expressed his appreciation of the importance of health conservation in the statement that the Dominion spends hundreds of thousands of dollars for the conservation of material resources, but heretofore has spent nothing for the preservation of human life.

The Canadian Conservation Commission consists of twenty members, acting without salary, who make a study of the various conservation problems, and report to the proper legislative bodies. This commission has collected the literature of various health boards in the United States, and the opinion has gained ground in Canada that our health work is of a rather low order.

Dr. Hodgetts believes we should have an efficient national health department supplemented by State and municipal departments, the finishing touch being given by the individual devoting attention to personal hygiene. Such a health organization would be an efficient one. It is what is coming in Canada. It is coming gradually in this country. The public are beginning to realize that the wealth of the country does not consist in its material things, but in the health of the people.

A Courageous Newspaper

THE Chicago *Tribune* has for a long time eliminated from its columns fraudulent medical advertisements, such as are accepted by most newspapers. Lately, on the authority of the bulletin of the Bureau of Chemistry, prepared by Dr. Kebler, it has given a warning by publishing in bold-face type the names of patent medicines which are dangerous to infants. This means that the *Tribune* cares more for the lives of the children of its patrons than it does

for the dollars of the advertisers. The unsophisticated might think that this would be the ideal of all newspapers, but, as a matter of fact, there is hardly a newspaper that dares publish the facts concerning the patent medicines; for the patent medicine advertisements help them to pay for their bread and butter.

❦

Florence Nightingale

WHEN this devoted woman died in London, August 13, there was left an unfilled void, yet her work goes on, and her influence continues to expand. She took up, at the time of the Crimean War, a calling that was then considered the most degrading, and made it a profession second to none in dignity and in its uplifting influence. An invalid for years, as the result of her sacrificing work for sick and wounded soldiers on the Crimean peninsula, she has been confined to her room; but from that room an influence has gone out which has circled the globe. Her influence has been felt in practically every important movement for social uplift in two generations. She has had a part in the planning of important hospitals in many countries. The modern training-school for nurses is what she has made it. She is accepted as an authority on sanitation. She is the only woman who has ever been awarded the "Order of Merit" by the British government; and though, with her characteristic modesty, she requested a simple burial, there was more universal mourning at the time of her death than at any time since the death of Queen Victoria.

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Just Plain English

IT was refreshing, the other day, to pick up a medical journal, and read the heading, "The *Cause* of Pellagra." Having heard of the *etiology* of disease *ad nauseam* (pardon the expression), from gray-headed professor to first-year medic, and having seen it used in all kinds of articles, from that of the most learned scientist to the man whose general use of language showed lack of even a common school education, it was refreshing to see the good old English synonym used, and to know that it had not become altogether obsolete. Does not the use of large words of foreign origin, when simpler words would convey the meaning as well or better, indicate that there is a general belief that the use of large words adds to one's prestige? Some articles I have seen contain so many words not commonly used as to make the reading difficult, and yet the author of the article shows by his general style that he is far from being a master of English. Does he think by the use of unfamiliar words he will improve his style? or does he think if he writes something one can not be sure of the meaning of, he will gain the reputation of superior wisdom?

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An Important Decision

FOR two years there was pending in the Supreme Court of the United States a case between the national government and the State of New Jersey regarding the discharge of sewage from the Passiac Valley into the harbor of New York. The case has been settled by the agreement on the part of the State of New Jersey to meet practically all the demands of the national government. This means that in order to protect navigation, and to avoid fouling the waters of New York harbor, the State of New Jersey will plan for the most extensive system of sewage treatment in the United States. The sewage, after being passed through coarse screens and grit, and over sediment basins, will be forced through immense tunnels to a series of outlets well down the bay.

THE MEDICAL MISSIONARY AT WORK

IN THE NEGLECTED CONTINENT

Frances M. Brockman

WHEN we reached South America, it was decided that we nurses should spend several months at the school in Argentina studying the language. We enjoyed the two months in school, but Miss Kerr and I were both glad when in April word came to come at once to Montevideo; for we were anxious to be at work. Before we had been here two weeks, we were both called out on the same case, the baby of a prominent English importer. This case led to others.

The month of June we spent mostly in calling upon the doctors of the city, leaving our professional cards. This has led to some recognition, but not as much as we had hoped; for it is something entirely new to them, and I think they are suspicious that we are trying to usurp their authority, instead of being willing to assist them.

July 4 I was called to attend the seven-year-old son of another English importer. I was in this home eleven weeks, nursing him through a severe siege of enteritis. He was very low several times, the doctor fearing it would result in tuberculosis of the bowels. But now he is a perfect specimen of health. I am sure the Lord blessed my efforts there.

Then came several months at home, which were spent in the study of the language, usually five or six hours daily, and visiting and treating a number of poor patients who were not able to pay.

Through the captain of the Salvation Army, we learned of a family in very poor circumstances. The mother was suffering with an abscess of the ear, the pain having prevented sleep for nearly a month. Her face was badly swollen, and the ear was constantly suppurating. I treated her for over three weeks, praying that the Lord would in some way bring the truth to that home. They lived in a *conventilla,* which corresponds to our tenement houses in the States. In six dark, 12 x 12 rooms lived six families — thirty-three persons in all — all ages and both sexes, in the different stages of rags and filth.

What could we do? One day I asked her if she liked music. Her face lighted up as she said, "Yes." I told her we would come the following Sunday. So Miss Kerr and I, with Brother and Sister Hammerly, spent a number of afternoons singing the gospel to these dear people. Sister Hammerly has a guitar. The other families would stand in their doors or in the *patio* listening, yet not daring to come nearer, for fear of the priest. One day Brother Hammerly read and explained a chapter. Arrangements were made that this family should come twice a week to our home to study with us, while we went on Sundays to their home.

The treatments entirely healed the mother's ear, and her hearing was restored. The husband became especially interested, and kept his first Sabbath January 22. All seemed to be going well, but while we were called away, the en-

emy came in and sowed his tares, and now to all appearances they have rejected all the light. It was a great disappointment to us, and we have prayed much over it. Yet God knows, and at some future time our labor may bear fruit.

During October, November, and December the most prominent physicians in Uruguay, and a member of Parliament who had taken quite an interest in our message, kept us quite busy. But now Sister Hammerly, whose health is much improved, is carrying that on, which gives us time for canvassing for our new health journal, *Salud y Vida.*

Needless to say, we were glad that such a plan had been brought forward to open up the medical work in this country. Yet it was with many misgivings that I started out with it; for it was the first work of the kind I had ever done in my life, and, with a language to be mastered, I felt weak indeed. But I am thankful that this is the Lord's work, and does not depend on weak mankind. He will carry it to a glorious completion; and I am thankful for a part in it. He has blessed my efforts. In going from home to home I have found a number with whom I mean to keep in touch, and I pray that I may be used to bring them the light.

I found several women who wanted massage, which helps to advertise our medical work. And we often leave our professional cards. We feel that this is leading up to the treatment-rooms which we have in view in what we hope will be the not far distant future.

Perhaps our experiences in canvassing would be interesting to you, but I must leave that until another time. Suffice to say, it is far from easy; for women never do such things in this country, and it excites a great deal of curiosity, sneers, and rude treatment. Yet there are some who are kind, and greatly interested in the journal. It is for these few that we are willing and glad to stand all the rebuffs that may come; for we must "sow beside all waters." And even Christ was not received gladly.

I suppose we meet a different class of people and conditions here than in any other part of the world, and these conditions must be met in their own particular way. We pray to be directed by the Lord to those who will accept, and we know we have the prayers of our brethren and sisters in the home field.

Just now I am treating a dear little mother of five children, who is all broken down in body and spirit. Her husband has left her, and she is penniless.

Montevideo, Uruguay.

SOUTH AMERICAN HORSES

CHINA AND OPIUM

Percival J. Laird

ACCORDING to estimate, opium costs China more than two hundred million dollars per annum. In addition to the large quantities imported, every province grows more or less of the obnoxious drug, both for the home and foreign market. "An American liner, on which I was traveling, was carrying over a quarter of a million dollars' worth of Chinese opium to the United States."

The past year has witnessed a commendable effort by the Chinese government to grapple with its national foe. Its effect is evidently being felt in some quarters, at least. Said an official, who called on me last week: "We are the class who have to eat most bitterness in this opium-reform movement. It is very hard for any one to break off smoking opium, but we have either to do it or be cashiered." Cases have come under our notice where some of these men have died as a result of the reaction after breaking off using the opium pipe, because of the lack of medical aid and advice. Sadder still was the story of a widow of one of those who died in this way. She committed suicide rather than face the world alone. Truly "the way of the transgressor is hard."

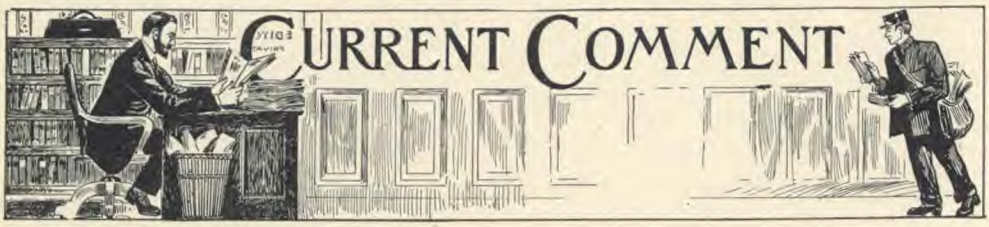
Alas, opium suicides are far, far too common in China. Only last week the writer received a midnight call — but too late — to a woman eighty-four years of age who had ended her life in this sad way. In a city of 100,000 in Yunnan, missionaries report one opium suicide for every day of the year. Among 50,000 others there were seventy-two such calls. Three hundred calls were registered in Kui-chau, a city of 80,000. And in Szechuen province, where more opium is produced than in any other province in China, a city of 400,000 people, there were 400 petitions to "save life." Another city in Anhwei produced 80 suicides among 50,000. Thus in but five different cities, among about half a million souls, there were no less than 1,200 opium suicides recorded. But who can speak of the unrecorded cases.

But we find that the reform is being felt in other cities, and here comes the rub. Hongkong carries on a large trade in bulk opium with the coast ports. The recent serious decline in this trade has amounted to a practical stoppage in the business, resulting in serious loss to British merchants. Exporters see in the action of the provincial government another blow to the precarious trade. Hence it was morally certain that China could not accomplish her reform without meeting determined opposition from the outside; for, to quote an authoritative writer: —

"It should be added that this *infringement of the specific provision of the treaty* [Italics mine] not only affects British opium merchants but also British ship owners in whose vessels opium in bulk is shipped to the treaty ports of China." Eventually, a protest was made, with the result seen by the letter of the secretary of the Hongkong Chamber of Commerce, Oct. 9, 1908, which runs as follows: —

"I am directed to add that my committee greatly appreciate the prompt action taken by Your Excellency [governor of Hongkong] in averting what would have been a great injury to British trade interests."

The Bible tells us that "in the last days perilous times shall come. For men shall be lovers of money." 2 Tim. 3: 1, 2, R. V.



PREVENTION OF THE SPREAD OF CONTAGIOUS DISEASES

MANY children complain of not being well, and yet present no definite nor distinctive symptoms; in fact, a layman probably would not recognize them if they were present, and these are the cases that are sent away to school under the impression on the part of the parents that the ailment is merely a temporary one, brought about, probably, by some internal disturbance, and which a dose of castor-oil or niter will clear up speedily. Many children, we know, are prone to complain to their parents that they are not well simply as an excuse to stay away from school, and we need not wonder that the doting mothers are often deceived, and insist upon an ailing child continuing at school, on general principles.

A day or two elapses, and the child is too sick to get out of bed; the family physician is hurriedly called, and he pronounces the case one of scarlet fever, diphtheria, or some like contagious disease. The health department is notified; quarantine is instituted; and the teacher receives a message over the telephone to the effect that the child is taken with a contagious disease. The other children are immediately dismissed for the day, and the room or rooms are thoroughly fumigated.

The teacher then breathes freely, thinking, probably, that all danger from the case is past; whereas, in many cases, such is far from being the case. The disease micro-organisms have already secured a foothold on new and fertile ground, and instead of the trouble being over, it is only just begun, all due to the parents' lack of appreciation of the fact that possibly the child was developing some contagious disease, and should be kept at home and isolated from the very beginning, on general principles.— *A. S. Fell, Health Officer, Trenton, N. J., in American Journal of Public Hygiene, February, 1910.*

The Training of Health Officers

ONE of the features that has kept preventive medicine from reaping the full harvest in this country, is the lack of trained leadership, and the lack of trained men to fill the ranks. Perhaps the greatest hardship has come from mixing politics with public health administration. England has been a pioneer in establishing schools for its public health officials and demanding fitness as the first qualification. The health of England is guarded by a corps of sanitarians whose term of office is assured through effective civil service. Thus politics and public health have been divorced. The positions are sufficiently numerous, the pay is sufficiently large, the tenure of office sufficiently secure, to make the service attractive. The public health work of England has, therefore, had the benefit of specially trained men, and they devote their lives to this special field of science; and the results have been exceedingly satisfactory.

Our own conditions contrast strongly. Here politics prevail, the positions are underpaid, the health departments under-

manned, tenure of office is uncertain. The health officers in our country are seriously handicapped, and, as a consequence, little impression has been made upon the great sanitary problems, such as typhoid and the communicable diseases, infant mortality, industrial hygiene, pollution of streams, the disposal of wastes, and the collection of vital statistics.

The real-estate agent, the gynecologist, the lawyer, the engineer, even the general practitioner may make an excellent health officer. Some of the ablest administrative officers in our country have been laymen, but the time has come when the sanitary sciences have grown so large and complex that their administration requires the service of a specialist. The lack of trained leadership in the public health affairs of our States and cities, is glaringly apparent to those familiar with the conditions.

In order to fill these wants, Harvard University has taken an advance step in offering the degree of deputy of public health (D. P. H.). The object of this degree is to train men to fill executive positions in the various branches of the sanitary sciences, or to continue in laboratory research, or to teach the subject. — *Boston Medical and Surgical Journal, July 28, 1910.*

The Saloon and the Health Officer

THE saloon may be accused of distributing disease by contributing to poverty — by converting milk and eggs to whisky, good clothes and fresh air to rags and fetor; by rendering its patrons more susceptible to disease, and more likely to encounter it; less able to withstand exposure to bad weather, and more likely to be exposed,— all this and much more is too well known for comment.

But there is another aspect which is particularly evident in the small community. . . . The saloon element is usually most openly prominent in politics. The small town or village almost always is split into two groups — saloon and antisaloon. The saloon element contains within itself the watchful, loose-tongued, speculative voters. The antisaloon element contains the more exclusive, stay-at-home, tend-to-own-business element, people who do not vote, or if they do, vote usually for the supposedly lesser of the two evils offered in nomination by the active, that is, the saloon element.

Thus it is that the medical health officer representing officially the progressive, humane, altruistic, uplifting department of the city government . . . finds himself too often in reality the agent of an administration designed, planned, and carried out for the sole benefit of the exploiters of the unfortunate. If he is strict in his office, he offends his masters, and at the same time receives no real encouragement from the better element. If he is not strict, he degenerates, and his community, from the hygienic standpoint, degenerates with him.

The choice which his office holds out to the practising physician is, on the one hand, to be a "good fellow," and soften and evade, and hush up, when the saloon crowd might be hit by his operations; or, on the other hand, to do his duty, offending possible patients, receiving the cold shoulder from administration associates, finding, from day to day, opposition, evasion, delay, deceit, in both official and unofficial action against him in his official capacity, and a series of traps set for him in a thousand ways to catch him napping, and to give him the black eye with the State board of health, and with the citizens generally. . . .

It must be said that the saloon does not wholly make what is popularly known as the saloon element. In every community male gossips, loose, watchful, speculative, venal, are to be found. It is unfortunate, but it is true that the sa-

loon attracts, consolidates, and leads this element peculiarly; not exclusively, but in such a majority that the sum total result is of direst influence on municipal government in general, and upon public health questions in particular.— *H. W. Hill, editorial, American Journal of Public Hygiene, February, 1910.*

Your Most Important Reserve

WE Americans seem to think that it is a comparatively easy matter to bribe nature, that we can break all health laws, doing two or three days' work in one, eating as much at a single banquet as nature would require for two or three days; that we can abuse our system in all sorts of ways, and then make amends by drugging ourselves and patronizing the springs and other health resorts.

Many Americans spend their lives oscillating between two extremes,— abusing their bodies, and doctoring them. The result is dyspepsia, exhausted vitality, nervous diseases of all kinds, insomnia, mental depression, insanity.

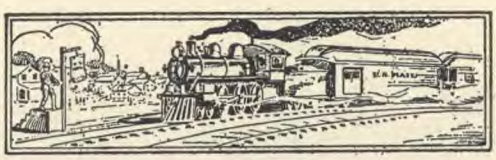
The person who lives a perfectly normal life has a vast physical reserve power, which would carry him through any ordinary kind of disease, or tide him over any ordinary accident, a necessary amputation, or other needed operation. But when one uses up all his force, all his vitality, as he goes along, of course he has little no nothing to fall back upon in case of severe accident or other emergency which calls for a great expenditure of physical force or vitality.

I have often heard surgeons say of a person not over fifty, that he needed a surgical operation, but that his manner of living had evidently been such that it had exhausted his physical force, and lowered his vitality to such a point that the operation would probably prove fatal.

If for no other reason than self-preservation, protection against possible accident or disease, no one can afford to exhaust his physical forces prematurely by criminal dissipation or any other form of vicious living. No matter what your vocation, whether you make money or lose it, succeed or fail in your undertakings, you can not afford to squander your precious vitality.— *Success Magazine, March, 1910.*

Single-Thought Power

NO one can ever do great things who can not shut out from his thought everything in the universe except the single thing upon which, for the time being, he needs to concentrate. A terrible concentration is the price of power. Dr. John Douglass Adams puts the other side of this truth when he says: "The psychology of weakness is the double thought. The man who can not marshal his thoughts at will, and hold them in any single direction, is a weak man." "Unstable in all his ways," James called the double-minded man. Only he who can say, "This one thing I do," can do great things in any field. Let us strive, struggle, agonize if need be, to think *single* upon every line of thought we take up,— if it is worth taking up at all. There is no mind- and character-discipline in the world quite equal to this.— *S. S. Times, April 19, 1910.*



In this department, articles written for the profession, which contain matter of interest to LIFE AND HEALTH readers, are given in abbreviated form. Sometimes the words of the author are given, but more often the passage is abbreviated, or else paraphrased in popular language. Technical matters and portions of articles having no popular interest are omitted. Give the authors credit for whatever is good, and blame "us" for the rest.

RECENT PROGRESS IN MEDICAL SCIENCE

I DESIRE to address you mainly on the prominence which the doctrine of disease causation has come to occupy in the last twenty-five years, and especially in the last ten years. With few exceptions, recent advances have been made in the discovery of *essential* causes of disease (that is, disease organisms, and the means by which these are brought into relation with man, like the blood-sucking insects, and the domestic vermin). A remarkable change is passing over medicine. The problem of causation is developing with extreme rapidity as a subject of investigation of the bacteriological laboratory and at the bedside. This is an event in medicine which more than any other appears to me to deserve recognition on the present occasion as a subject of interest, not to the profession only, but to the public as well.

We recognize three classes of cause for disease:—

1. The essential cause, the specific infection without which we could not have the disease.

2. The individual's natural susceptibility or resistance to the disease.

3. The incidental circumstances which may increase or decrease susceptibility to the disease.

It is of these latter I desire to speak to-day. These circumstances are of the greatest variety. When they act immediately, they are known as the determining causes of disease, as the street-car accident that causes lockjaw; the summer season that produces the essential cause of hay-fever; the hour of the day that determines an attack of ague; the emotional shock or the gastric catarrh that lays the person open to an attack of cholera; the spree that ends in pneumonia; the attack of measles that culminates in tuberculosis [In all these cases, with the exception of hay-fever, the *essential* cause of the disease is a micro-organism.—ED.]; the climates that favor the life of different parasites; and the food, drink, and air that serve to convey the essential cause to the victim. But in a large proportion of cases, the incidental circumstances have only a remote bearing on the disease. Among these are insanitation, unwholesome occupation, dissipation, privation, and disability from previous illness.

The feature of the medicine of to-day is the study and practical application of the causation of disease from the two sides, that is, not only with reference to the specific cause [bacteria, etc.—ED.], but also with reference to the nature of the resistant power of the body, and under what circumstances it fails to resist disease.

While the laboratory man is studying germs, opsonins, and the like, the prac-

tising physician is studying at the bedside what he calls his patient's constitution. He not only learns his patient's present physical condition, but he goes carefully into his entire record, family and personal, learning the conditions under which the patient was born and has lived, being assured that what we call vital resistance is but the product of all of these influences that acted upon the man, racial, congenital, and personal. This knowledge the physician turns to account in two ways: —

1. As a guide in the immediate management of the case, establishing a hygienic mode of life, and in this way increasing the natural resistance of the individual.

2. As a contribution to the general knowledge of the causation of disease. He, being in more intimate contact with the patient, can learn more of the effect of mode of living on the susceptibility to disease than the laboratory man.

There are other causes of disease than acute infections. To a practitioner in contact with the patient, these are of as much importance as the germ, and even more important, and they receive from him more attention. I refer to the habits and manner of living; amount and pressure of work; nature of relaxation, pleasures, and amusements; character of food and drink; the use of tobacco, etc.; his associated animals and plants; the climate and weather; emotional strain, anxiety, grief, etc.

Side by side with infectious diseases we have more common disorders, many of them as fatal or fruitful in the production of incapacity, such as gastric catarrh, ulcer, appendicitis, gallstones, cirrhosis, emphysema, asthma, gout, Bright's disease, arteriosclerosis, obesity, etc.

The physician of to-day concerns himself with the constitutional soundness as well as with the personal state of health of the persons under his care, and with the whole environment under which they live.

One great problem to be studied is the effect of civilization for good or evil on the community and race. Neglect of physical culture, overpressure in education, the wear and tear of professional life and commercial life, insufficient care and nourishment of children, intemperance, debauchery, and insanitary surroundings have come to the front. A cry has been raised that we are victims of modern civilization, that the environment is ruining our constitutions. The physician is expected to solve these problems, and furnish material for efficient sanitary laws.— *J. Mitchell Bruce, M. A., LL. D., Aberd., D. D., Lond., F. R. C. P., Lond.; address in medicine, seventy-eighth annual meeting of the British Medical Association, abstract from London Lancet.*

THE MEDICAL FORVM

THE REPORT ON FOODSTUFFS

PUBLIC health administration, in every way, is of interest to the community; but there is no branch of this subject that so directly interests each individual as the matter of foods. The following abstract of the report presented by the committee on foods to the municipal health officers' section of the American Public Health Association, gives a brief résumé of the work being done to protect the public from inferior and contaminated foods and drinks: —

"The movement toward more efficient protection of foods, and especially those of the uncooked type, is becoming widespread. These measures aim to avoid contamination by dirt, dust, insect life, dogs, cats, and handling by human beings.

"The control of the water consumed by the inhabitants of any city or town is of vital importance, viewed from the standpoint of health, and while the past has witnessed the expenditure of vast sums of money in an endeavor to provide ample supplies of pure water, the welfare of communities and the increase in population will entail the output of further and larger sums to insure abundant and unpolluted water for the future. Owing to the vastness of this problem, and its influence, not only upon the community using a specific supply, but also upon those so situated as likely to become contaminating influences, it is believed that the best results can only be attained by State intervention, and cooperation with municipal authorities.

"Control of water in the form of ice is also attempted by regulation in several cities.

"Progress in the way of improved milk supplies is hindered by inertia on the part of the public. Insufficient interest, and a desire to procure milk at the lowest price, regardless of quality, are the factors chiefly responsible for this attitude of consumers. Meanwhile, during the period that health officials are teaching the public that unclean, unwholesome milk is a dangerous food product, and that clean milk, like a sealskin garment, is more expensive, and justly so, than its shoddy substitute, we are paying an annual toll in the way of infantile mortality, which will be materially reduced when the public exercises the necessary discrimination and intelligence in the purchase, care, and use of milk. Less money spent on luxuries, millinery, and beer, and more devoted to procuring clean milk, will yield health dividends more than commensurate with the capital thus invested. The presentation, and apparently necessary constant reiteration, of this text is a task which health officials must assume in order that educational milk campaigns may give the maximum benefit to consumers.

"Demands are being made for regulation to require preparation of ice-cream under sanitary surroundings; to limit its bacterial content; and to have it conform to definite standards for fat.

"The policy of city governments of pursuing a niggardly course in the treatment of health matters, can not be too strongly condemned. Liberal appropriations and intelligent expenditure are both essential and necessary, where the health of communities is the chief consideration. Taxpayers should insist on the proper share of their contributions being so utilized.

"Another important feature is that of educational work in all health subjects by means of the public press."

Discussing this report, Dr. E. C. Levy, of Richmond, Va., said: —

"Our chemical laboratories early became interested in quantitative questions — the amount of total solids, the fat content of milk, and the like. But how much, after all, do these measures of percentage of fat in ice-cream, etc., have to do with the health of the people? Is not our most important work to insure that these products are clean and free from contamination?

"I am assured on good authority that a commercial effort with strong backing is to be made to overthrow the regulations which make it possible to exclude foods by bacterial count. They expect to demonstrate the inconsistency of the regulations by showing that certain food products with high bacterial count are not condemned, while other products are condemned with fewer germs.

"We must defend these regulations against this attack; for while the butter fat is not of much consequence, from a hygienic standpoint, the bacterial standard is of great value."

The Prevention of Mental Defects and Mental Diseases

THIS subject received merited attention at the meeting of the Public Health Association, a number of eminent alienists taking part in the program.

Dr. Wm. A. White, of Washington, D. C., read a paper, of which the following is a brief abstract: —

"The field of mental medicine is much broader than is implied by the term insanity. The causes of mental disorder are multitudinous. Those associated with certain infectious diseases, including the venereal diseases, are preventable by quarantine and other public health measures.

"Education is a most important measure, in the schoolroom and in the home, in laying the foundation of character. Laws relating to child labor and the employment of women, are important preventive measures, as regards mental disorders. The foundation of these mental disorders is laid early in life.

"It is important that medical colleges recognize the value of proper instruction concerning mental diseases. The object of life, we may say, is a *contented mind*, to which health of body is only a means."

Dr. C. E. Hughes, of St. Louis, said in part: —

"This organization is paramount in the matter of professional endeavor, for it works in the line of prevention, and attempts to call the attention of all to those causes which are at the foundation of disease.

"We have heard very much of late about conservation. Conservation of the forests and other material resources is a matter of national concern. What I am to speak about is the conservation of our physical and mental resources.

"The nervous disorders (neuroses) are the bane of our civilization, of family life, and of social life.

"The incongruities in our families are the product on one side or the other or on both sides of a neurotic element called 'incompatibility.' As a matter of fact, all incompatibility is really a neurotic manifestation, due to hereditary or early educational influences.

"There are more insanoids walking the streets of Milwaukee than there are insane in the asylum. These insanoid conditions are preventable, for all neurotic conditions are preventable. Most neuroses are the product of two generations; that is, they are partly inherited, partly augmented by wrong home influences.

"Night study is one cause of nervous and mental instability. No child should study at night."

Dr. Hurty, of Indiana: —

"Not so very much can be accomplished for adults. They do not, and will not, materially change the habits of a lifetime. The place to work is with the child. We should study the child, his nature and tendencies, and carefully instruct him. First, make the child a good animal. We are learning that he must have playgrounds and air. To do without air and playgrounds as a matter of economy, is not economy, but the wildest extravagance. We now have six asylums in our State. We will have seven, eight, nine, ten, and so on, unless business men can understand the necessity of preventive measures."

Mental Healing and the Medical Profession

THE mental healing cults have forced the attention of the medical profession to the fact that they can no longer ignore the mind as an important factor in the production, and in the cure, of disease. Some months ago there was an agitation of the subject on this side of the Atlantic. Now England seems to be having her share of it.

A recent number of the London *Lancet* was devoted largely to a symposium on mental healing by men prominent in the profession, and again in its issue of July 30, it says editorially: —

"Faith healing, which results in beneficial effects upon the bodily condition due to an altered state of mind, has, of course, a large

place in our medicine. There is no successful practitioner who does not exercise this function every day of his life. No one knows better than the medical man, the importance of inspiring confidence in the patient; no one feels more fully how vastly the effect of his remedies and advice differs upon those who are ready to believe in his words and follow his instructions, and upon those who listen grudgingly and follow with reluctance or not at all. Till to-day, however, this kind of faith healing, this exercise of the practitioner's mind over the mind of the patient, has been used by the medical profession in almost an unconscious manner; at any rate, few steps have been taken to define those cases in which this form of medical treatment may be supreme and essential, from those other more ordinary cases in which mental effect is merely a beneficial adjunct. . . .

"The time has come, we believe, for a revision of our personal attitude in this matter. When the public realize that medical practitioners can help those who need that kind of mental support, . . . there will be little scope for the 'mental quacks.'"

The Medical Profession and Alcohol

ONE does not have to read far to perceive in medical literature a marked change in the attitude of the profession toward the question of alcohol. A decade ago, there were only a few "cranks" who spoke seriously against the moderate use of alcohol. It is true the laity was ahead, but medical men are very largely what their colleges have made them; and, like other educational institutions, old traditions are often current in the teaching long after they are dead on the outside. The *Medical Times* of May 10, in an editorial article which was by no means favorable to total abstinence, made, among others, the following significant admissions: —

"One of the signs of the times is the greater degree of true temperance practised by the medical profession. A number of the most eminent medical men have come out strongly against alcoholic indulgence in social meetings of the profession; the propriety of setting wines before recent graduates who have perhaps been reared in homes where total abstinence has been the rule, has been questioned; the example of a lot of half-drunk older physicians to the young men, has come to be recognized as something to be avoided; almost suddenly it has become possible for one at a medical banquet to get a soft drink and to enjoy it without being regarded as a freak. It is only a few years since, as a special favor to a few temperance cranks, a few bottles of mineral water or ginger ale were provided by the committee on collations at a local medical society. Now, nothing stronger than beer is served, and about half of the liquid refreshment used is soft."

OLD RUINS, JAMESTOWN, VA.

Some Books

A FEW OUTDOOR BOOKS

Among School Gardens, by M. Louise Green, M. Pd., Ph. D. (Yale), one of the Russel Sage Foundation Publications, published by the Charities Publication Committee, 105 E. Twenty-second St., New York. 388 pages; post-paid, $1.25.

This is a thoroughly practical book on children's gardens, including those conducted in public parks and at the homes, as well as those carried on in connection with regular school work. The author, with a little experience in cultivating flowers in a city yard, decided to obtain a thorough knowledge of all phases of the subject, and she has made use of the experience she thus gained in helping others. She attempts, among other things, to give such explicit directions that a novice may be able to start a school garden, and to show that even the simplest can be of great benefit to children. The book is beautifully illustrated. The appendixes (as well as the body of the book) contain a wealth of information for any one who has to do with plants.

Children's Gardens for Pleasure, Health, and Education, by Henry G. Parsons, secretary International School Farm League and director of the Department of School Gardens, New York University. 226 pages, well illustrated; $1 net; Sturgis and Walton Company, publishers, New York.

In 1902 Mrs. Parsons started, on vacant land, now occupied by the De Witt Clinton Park, the first children's school farm in New York City. From the first, Mrs. Parsons was interested primarily in the health and growth of the children, and all her work on children's gardens has been from that standpoint.

In preparing this volume, Mr. Parsons has kept this point in view, and the description is largely confined to one type of garden, and each step is explained clearly as applied in this type, in order not to confuse the reader.

Not the least important feature of the book is the half-tone pictures showing the young gardeners at work and illustrating clearly the various steps in caring for a garden.

The aim has been to enforce two points: that the knowledge and training to be gained is vital, and that it can be made simple and delightful.

The Fresh-Air Book, by J. P. Müller, ex-lieutenant in the Danish army; Frederick A. Stokes Company, publishers, New York. 152 pages, 24 illustrations; 85 cents net.

This book makes a strong plea for a liberal application of fresh air and sunlight to the skin, and the wearing of as few clothes as possible.

The author's advice to discard wool underclothing, and to wear sandals instead of shoes, seems sensible, to say the least. That it will prove fashionable or become a fad is doubtful; the crowd does not tend that way.

The book contains many excellent suggestions, and like all health books, should be read with discrimination, and not swallowed whole.

Alcohol: A Dangerous and Unnecessary Medicine. How and Why. What Medical Writers Say, by Mrs. Martha M. Allen. Second edition. Published by the Department of Medical Temperance, National W. C. T. U., Marcellus, N. Y.

When this work was first issued in 1900, there were few reputable physicians who espoused the cause of medical temperance. Now there is a respectable and rapidly growing body of physicians who practically get along without any alcohol in their treatment of disease. Hospitals have cut down their liquor bill one half, two thirds, and even more, and no physician prescribes liquor to the extent it was formerly prescribed. Medical journals not infrequently comment on the fact that alcohol is passing as a remedial agent.

This is a remarkable showing, considering the conservatism of the medical body. To what extent the work by the W. C. T. U. has helped to bring about this notable change in sentiment and practise, we are unable to say, but we believe that their campaign against alcoholic medication has not been without its influence on the profession.

This work gives not the opinions of Mrs. Allen and other women workers, but the opinions of physicians of eminence, who have the right to speak with authority. It contains a wealth of professional opinion on one side of a much-vexed question.

IN THE MAGAZINES

Announcement of Articles on Hygiene and Kindred Subjects Which Appear in the Current (November) Issue of the Magazines

Good Housekeeping Magazine, Springfield, Mass.

"The Hospitalized Child," Margaret Sutton Briscoe.

"Deadly Drugs and Beverages," Emmett Campbell Hall.

Signs of the Times Monthly, Mountain View, Cal.

"Fruit in Health and Disease," D. H. Kress, M. D.

Hampton's Magazine, New York.

The November *Hampton's* promises an article entitled "The Passing of Pills and Powders," by Dr. Woods Hutchinson. This article, in a general way, treats of the development of drugs and of the subsequent development of the doctor and the somewhat old-fashioned method of treating diseases. In the course of the article the doctor very clearly places before the reader that ere the physician became a figure in our daily lives, the use of elemental drugs had already developed. The doctor continued the experimentation with the drugs, and his chief achievement was the determination of dosage. Dr. Hutchinson then goes on to point out that about sixty years ago the doctor began to trust more to rest, fresh air, and the general bodily hygiene for recovery from disease. Later, of course, comes the discovery of the antiseptic substances which are now used by physicians in the cure of diseases. The article is written in the popular vein, as most of Dr. Hutchinson's articles are, and is the first of a number of articles of like nature which *Hampton's* will publish during the coming year.

AMERICAN PUBLIC HEALTH ASSOCIATION AT WHITEFISH BAY

Infantile Paralysis.— While this disease usually attacks infants, adults are not entirely exempt. The disease is making such ravages as to merit the special attention of the Federal Health Bureau.

"Swatting" the Fly.— The educational campaign against the fly has been so successful that it is predicted that it will soon be as much of a disgrace to have a fly in the house as to have a bedbug in the house.

The Boston Milk and Baby Hygiene Association.— This association has carried on during the summer a campaign of education, by means of leaflets, with the poorer classes, on the care of the child, and how to avoid the dangers of hot weather.

A Special Number on Infantile Paralysis. — The August number of *Pediatrics* is devoted to the consideration of infantile spinal paralysis, a very appropriate topic at the present time, when the disease is epidemic over such an extent of territory.

Druggists to Turn Down Soothing Sirups. — The Retail Druggists' Association, following the lead of the Philadelphia Association and others, proposes to cease handling baby soothing sirups, on account of their pernicious effect on the babies. This is a very commendable action.

Ice Distributed Freely.— A New York corporation which withholds its name, planned to distribute to the poor through various organizations, ten thousand tons of free ice during the heated season. The various charity organizations were supplied with tickets acceptable in payment for ice by any ice wagon in the city.

Antimalarial Crusade in Florida.— The State medical society, realizing the need of having the hearty co-operation of the people in order to carry on successfully a campaign against malaria, has been publishing in the daily papers a series of bulletins, showing the economic and health loss resulting from malaria, and giving evidence from the experience of other localities that the disease is preventable. They show that while malaria has not been decreasing in Florida, it is being wiped out in other countries where an intelligent effort is being made in that direction.

A Church Model Tenement.—St. George's Protestant Episcopal Church of New York expects to operate a large model tenement house. The stock in the house is to be owned by members of the parish, no member, even the richest, having more than one share. The estimated cost is $209,000.

The True Conservation Congress in Milwaukee.— Mr. Richard Watrous, secretary of the American Civic Association, evidently believes that conservation of health is even a more important measure than conservation of forests and water-power and coal; for he said before the public health meeting, "The true conservation congress is here in Milwaukee." Wonder if he isn't about right.

Breathing Against Tuberculosis.— The superintendent of the Oakland, Cal., schools has introduced into his schools a system of breathing exercises which has produced in some cases an expansion of six and even seven inches, and the general average of lung expansion has been greatly increased. Doubtless this will render these young people less susceptible to the inroads of the dread disease.

The Third International Congress of Educational Hygiene.— This congress was held in Paris, August 2. The sections included, among others, School Buildings and Furniture; Medical Inspection of Schools; Prevention of Contagious Diseases; Instruction of Teachers in Hygiene; Hygiene of the Sight, Hearing, Mouth, and Teeth; Fresh-Air Schools, etc. The congress consisted of prominent physicians and educators of various countries.

Illegitimacy in France.— Perhaps with a view to discouraging illegitimacy, which is very common in France, laws were passed which deprived the child of the right to the father's support. It has been discovered that as a result of this policy the death-rate among illegitimates is remarkably high, because of inadequate support. Now the law is being changed to make the father in all cases responsible for the support of his child. France is attempting now to raise a larger proportion of her children, even if they can not present a stainless pedigree.

Disinfection of Drinking Water.— Chlorid of lime seems to be coming into use as a disinfecting agent where water supplies are dangerously infected with disease germs, in connection with filtration and sedimentation. The cost of treating water by this method is extremely low, forty cents a million gallons, and thus far no objectionable features have been reported. If the good reports continue, this method of disinfection may come into general use for badly infected water.

The Public Health Exhibit.— One important feature of the public health meeting at Milwaukee was an exhibit showing what various city boards of health and various health organizations are doing, administratively and educationally, for the preservation of health. An interesting exhibit was that of the National Dental Association, showing the work being done for the teeth of schoolchildren. At the front of the large hall was hung another exhibit — a string on which were tied, at short intervals, scores of baby feeders of the rubber-hose type, which nurses had taken away from babies and replaced with the more hygienic type — the nipple. Underneath this exhibit was the significant legend,—

RETIRED BABY-KILLERS

Good Roads in England.— The Road Board of England is giving all the roads a coat of tar, and it is expected that in a short time England's roads will be dustless. The motor cars had made road dust such a nuisance that something had to be done, and it is being done. On this side, such a reform will depend not on the action of a national board, but on the local men, who often are not large enough to perceive the advantages of dustless streets and roads.

European Royalty Turning Against Alcohol.— Emperor William of Germany, in an address to students, urged them to abolish beer-drinking bouts in their societies. On Sunday, June 25, the king of Belgium attended an antialcoholic manifestation, organized by the United Belgium temperance societies. He listened with attention to eloquent addresses by the Catholic primate of Belgium, Monseigneur Mercier, and the great French barrister, Monsieur Henry Robert. But by his own presence he did more for the popularization of teetotalism than the most eloquent speeches. The future king of Sweden, Prince Gustavus, was the chief speaker in a meeting organized by Swedish Good Templars. He declared he was pleased to take the lead in the temperance cause.

Cholera in Russia.— The Russian scourge has made an alarming spread of late, so much so that other European countries are very much concerned over the matter.

Danger in Wood-Alcohol Due to Impurities.— A German physiologist reports that the extremely poisonous effects of wood-alcohol are due not to the alcohol itself, but to impurities incident to the process of manufacture. Wood-alcohol, when pure, he states, is very little more poisonous than the alcohol commonly used in beverages. As is suggested, wood-alcohol is "naturally denatured in the process of manufacture."

Film Shows May Have Pernicious Influence.— In an Indiana town early in August a moving-picture show depicted the burning of a white man at the stake by a band of Indians. Shortly after, a number of children who had witnessed the show, took a six-year-old companion, tied him to a stake, and made a fire under him. His injuries were fatal. Such scenes, depicting violence or violation of law, ought to be prohibited altogether.

Dogs Muzzled in Washington.— Because of the large number of children bitten by dogs in Washington, the commissioners ordered all dogs muzzled. Straightway the Humane Society got busy, and petitions were signed to ask President Taft to interfere in favor of the poor dogs. The Humane Society people believe the muzzling should continue only through dog-days. Miss Thomas, one of the active workers, is quoted as saying, "Simple remedies for the rabies will frequently effect an absolute cure." Bosh! Simple remedies never cured real rabies. May she never have anything worse than an attack of rabies!

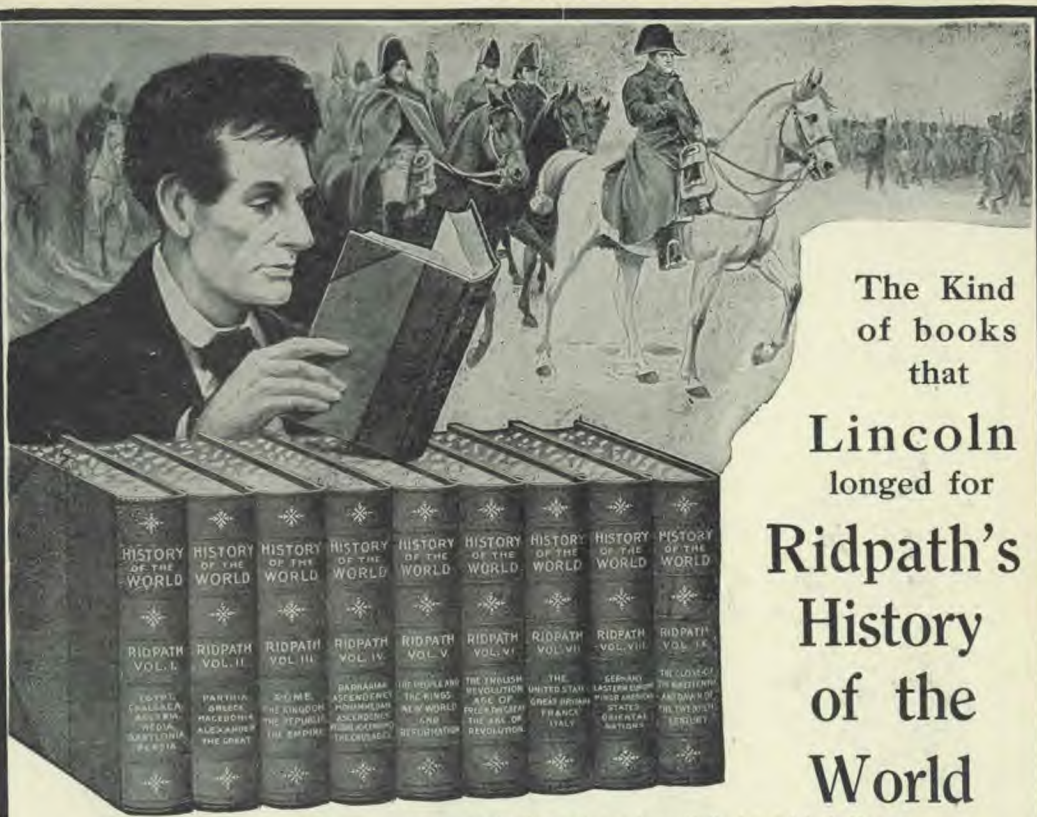
Chicago Typhoid Campaign.—The United States Public Health and Marine Hospital Service has taken up the work in Chicago in connection with the city health department. A pamphlet has been issued telling what city health officers may do to stamp out typhoid fever. It is to be hoped that the co-operation of the federal authorities, and their campaign of education, will effectually free the health department from all entanglement in the spoils system, so that efficiency, and not party affiliation, will be the only determination of a man's title to the position of guardian of the public health. This move for a health department entirely severed from politics, which started in the recent mayors' conference, is destined to spread throughout the country until the health officer will cease entirely to be a political football and will acquire the power and prestige that his office demands.

Abolishes Public Drinking Cups.— The State of Wisconsin has abolished the public drinking cup from its railway cars, boats, and public places. At the beginning of the school year, there was not in the city of Milwaukee a public school building with a common drinking cup. Sanitary drinking fountains had been installed instead.

A New Enemy to the Fly.— A member of the Philippine Army Medical Corps reports that flies are exceedingly rare in that country, on account of the fact that a certain species of ant ravenously devours the larvæ of the fly. It is not known that the ant has any objectionable features, and it has been proposed to introduce the ant into this country, in order to rid us of the fly nuisance. But we first want to know that the ant will not prove to be a pest; and then, if the fly were eradicated, would we not soon degenerate into our old habits regarding garbage and the like? Do we not need the fly menace hanging over our heads in order to compel us to be decently clean?

Brewer Pabst Petitions for Prohibition! — Pabst, the man who has made beer famous, has signed a petition to have no saloons on Grand Avenue Boulevard (Milwaukee), on which stands his mansion, erected by the accumulated nickles of his army of beer drinkers. According to a recent comment, "his new-found conviction should be heralded abroad, and the millions who have contributed to make his fortune during the past quarter of a century should rise as one man, and widen the limits of that prohibition district around Grand Boulevard to embrace, not only the capital city and the State of Wisconsin, but also the thirty-nine commonwealths in which the beer barons are still protected in their robbery of the people."

Queer Activities of a Smallpox Patient. — A German in New York being ill, consulted a physician, and was told that he had smallpox. He rushed from the office, rode up and down in several trolley-cars, crossed on the ferry to the Jersey side, returned toward evening, and, despondent over the thought that he would die of smallpox, he shot himself. The bullet struck his glass eye, and caused a painful but not dangerous wound, which he bandaged up with his handkerchief. The next day, in his desperation, he rode up and down on various trolley lines. Finally becoming so ill that he could stand it no longer, he went to a hospital, where the first diagnosis was confirmed. He had exposed hundreds, perhaps. Those of the exposed ones who are vaccinated might well be thankful for the fact, though they will probably never know of the exposure.



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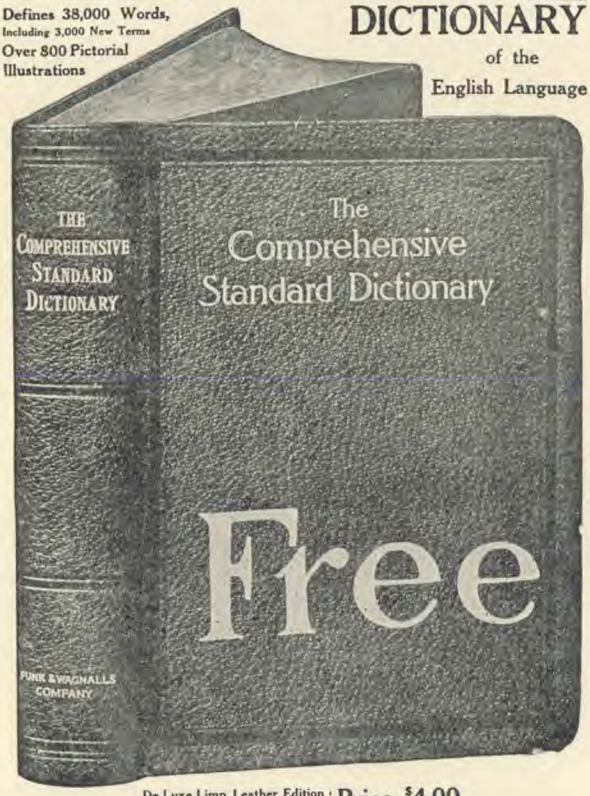

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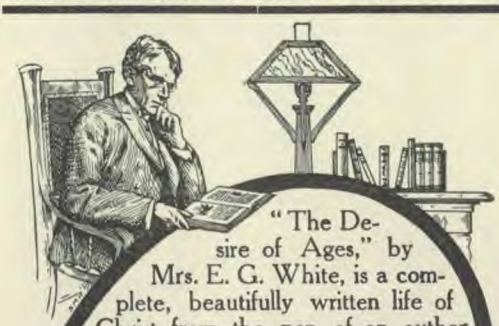

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If your dealer doesn't keep Welch's, send $3.00 for trial dozen pints, express prepaid east of Omaha. Sample 3-oz. bottle by mail, 10 cents. Booklet of 40 delicious ways of using Welch's Grape Juice, free.

The Welch Grape Juice Co., Westfield, N. Y.

This Winter—Try Nut-Cero Roast

Nut-Cero A successful new meat-substitute made from nuts and wheat. As appetizing as any meat, and much more wholesome and nutritious. Wholly free from poisons and disease germs. Put up in sealed cans, in which condition it keeps indefinitely. Can be used for making dozens of tempting dishes.

SANITARIUM HEALTH FOODS

contain no lard, no soda, no baking-powder. They are pure, wholesome, and delicious. The products of old, reliable firms. Complete price-list and order-blanks on request.

OUR SPECIAL OFFER:

To introduce these foods we will ship $5.00 worth of any of the foods in the accompanying list to any address, for **$4.50**

SANITARIUM FOOD CO.

Boulder, Colo. College Place, Wash. College View, Neb.
Des Moines, Iowa. Portland, Oregon. St. Helena, Cal.

PRICE-LIST

	PACKAGE
Graham Crackers, sweetened	$ .10
White Crackers	.10
Ideal Soup Crackers	.10
Oatmeal Crackers, 15 cents; 2 for	.25
Fruit Crackers	.20
Zwieback or Toast	.15
Caramel Cereal or Cereal Blend	.15
Wheat Flakes (Toasted)	.10
Wheat Flakes Biscuit (Toasted)	.10
Fruit Nuts (Malted)	.10
Sanitarium Gluten Meal, about 20%	.20
Sanitarium Gluten Meal, about 40%	.40
Sanitarium Gluten Sticks, about 40%	.20
Charcoal Tablets	.25
	CAN
Baked Beans, 15 cents; 2 for	.25
Peanut Butter	.25
Malted Nuts	.60
Nut-Cero, ½ lb. 15 cents; 1 lb.	.25
Nut Loaf, ½ lb. 15 cents; 1 lb.	.25

Special Rates to the Trade and Institutions

Order from the Factory nearest you

New England Sanitarium, Melrose (Boston), Mass.

Is the largest and best equipped institution in the Eastern States employing a rational system of physiological therapeutics.

Is situated six miles from Boston, in the midst of a State Park of 3,500 acres.

Is well equipped with modern conveniences, and with every appliance for the successful treatment of disease, including the Hydro-electric Bath, Electric-light Bath, Russian Bath, Massage, Manual Swedish Movements, Electricity, and X-Ray.

Special attention given to surgical cases.

Experienced physicians and well-trained nurses of both sexes are in charge.

Send for booklet.

Remarkable Results From Turkish Baths at Home

Few would be sick if it were not for the overaccumulation of poisons in the body. One of the most effective ways to extract these poisons is through the skin pores, by vapor baths. Valuable results have been produced by the —

Robinson Thermal Bath Cabinet

in chronic rheumatism, lumbago, kidney and blood troubles, eruptions, dyspepsia, insomnia, throat and lung troubles, constipation, and especially on nervous prostration and general fatigue.

It Costs But 2 Cents a Bath at Home

by using the "Robinson." Its tonic effects are very pronounced and immediate. Fatigue is merely evidence of tissue-waste poison, and the latter is quickly extracted, as is also uric acid and other impurities.

Robinson Thermal Bath Cabinets are sold by all leading druggists and department stores. See that you get a genuine "Robinson,"—the best made. Send for our great book, "Philosophy of Health and Beauty." It's Free.

ROBINSON MANUFACTURING CO.

Suite 113, Snowflake Bldg., *TOLEDO, OHIO*

Mt. Vernon Medical and Surgical Sanitarium

An Institution Centrally Located in the Most Healthful Portion of the State

¶ Equipped with modern appliances for surgical work and the treatment of chronic disorders. ¶ Latest improved apparatus for Hydrotherapy, Electrotherapy, Phototherapy, Mechanotherapy, Massotherapy. ¶ Battle Creek System of Treatment and Diet fully carried out in the institution. ¶ Pleasant Rooms; Elevator; Hot Water Heating System; Natural Gas; Quiet, Secluded Grounds; Christian Attendants of Both Sexes. ¶ Noted Medicinal Springs in the immediate vicinity. ¶ Offensive patients not received in the building. ¶ Write for information.

MT. VERNON, OHIO

Atlanta Sanitarium

243 South Boulevard, Atlanta, Georgia

Patients who have obtained definite results are sounding the praises of the Atlanta Sanitarium.

Write Before Coming, so as to Be Sure of Accommodations

The Atlanta Sanitarium is not a place where fads or cure-alls are exploited. It is a place for serious men and women who want to get well and who desire relief from that which makes life miserable.

The physicians and attendants will give you every attention.

Malt Coffee

Malted from choicest Montana Barley, shipped in strong air-tight packages, at . . . . . **6 cts. per lb.**

Samples and Circulars Free

MILWAUKEE IMPORTING CO.

506 37th Street Milwaukee, Wis.

These trade-mark criss-cross lines on every package

GLUTEN FLOUR **DIET FOR DIABETICS**

and cases of

Kidney and Liver Troubles, Rheumatism, Obesity

and ills arising from excess of Uric Acid

Rich in Protein. Ask your physician. Leading grocers. For booklet or sample, write

FARWELL & RHINES, Watertown, N.Y., U.S.A.

I will send as long as they last my 25c Book

STRONG ARMS

for 10c in stamps or coin.

Illustrated with 20 full-page half-tone cuts, showing exercises that will quickly develop, beautify, and gain great strength in your shoulders, arms, and hands, without any apparatus.

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Learn practical dress-cutting at home. Benefit of thirty-five years' experience given to pupils. Healthful garments made to order. Write for circulars.

Healthful Garment Co., Flint - Mich.

FOLDING PATENT PENDING *BATH TUB*

WEIGHT, 14 POUNDS COSTS LITTLE

Requires little water

Write for special offer

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90 WEST BROADWAY, NEW YORK.

Robinson's Folding Water Bath

Requires little water; folds flat; weight 12 lbs. Price $7.50 delivered; easily emptied. Catalog on request. *Robinson Mfg. Co., 646 Jefferson Av., Toledo, O., Mfgrs. Turkish Bath Cabinets.*

TRADE MARK

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INVISIBLE RUBBERS

Can be worn all day long, without discomfort, they protect where protection is needed, the sole of the shoe.

EVERYBODY NEEDS EVERSTICKS.

Always for sale where good shoes are sold.

ACCEPT NO SUBSTITUTES.

THE ADAMS & FORD CO.

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None genuine without THIS cord.

"Delicious, the Best Dried Fruit Ever Tasted"

That is what a man in one of the Atlantic Coast States wrote us after he had received a shipment of our Home Grown, Home Cured fruit direct from our ranch here in sunny California.

It is the kind of fruit you want your family to use,—clean, wholesome, and with that fine flavor that is not found in the fruit of the general market, and is more economical to use. It is thoroughly cured, but is not doctored. Sold at prices you can afford to pay.

Our circular L tells all about it. It is waiting for your name and address. Send a postal to-day.

St. Helena Home Fruit Company

Sanitarium, Napa Co., California

Man's belt—front view

The "Storm" Binder

And Abdominal Supporter

Adapted to Men, Women, Children, and Babies

No whalebones, no steel, no leather in its construction. Washable as underwear. A perfect support. For use after operations on any part of the abdomen. Comfortable for work or recreation. For use in obesity, general relaxation, sagging of stomach, intestines, or pelvic organs, and many hernias.

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Part of Main Building

A View on the Lawn

The Dining-Room

A Group of Nurses

Some of the Tents

Where Health Is Contagious

Saint Helena

Thirty years ago the St. Helena Sanitarium was founded on the sunny slope of one of the foothills of the Howell Mountain. For thirty years, nestled in the sheltered nook selected by its founders, it has grown and prospered. Today it is the best-known sanitarium on the Pacific Coast.

Located 750 feet above sea-level, with an unsurpassed view over the beautiful Napa Valley, 500 feet below, surrounded by a wealth of Californian verdure, and sparkling crystal springs, the St. Helena Sanitarium has been favored by a fortunate combination of conditions conducive to health-building.

Sick People Get Well at St. Helena

They go away and tell others of the delightful climate, the beautiful scenery, the pleasant, homelike accommodations and appetite-creating cuisine, and — what is not of least importance — the excellent medical attention and health training which each patient receives. This has been for thirty years our best advertising — satisfied patrons.

We can not tell you very much about the sanitarium in this small space. Let us send you our illustrated booklet. This will give you a better idea of the place, its surroundings, and its advantages.

Ambulance will meet all trains when required.

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