

HEALTH AND HYGIENE

**JULY
1936**



**FIFTEEN
CENTS**

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by **PAUL de KRUIF**

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MANY readers have been asking for an article on nervous breakdown. The psychiatrist who wrote those brilliant pieces on sex is covering the problem in the August issue. And unless you're an expert you won't want to miss it.

THOUSANDS of people buy products because they have the approval of Willie Hearst's Good Housekeeping Bureau. Next month we're going to let you in on just how much *Good Housekeeping's* seal of approval is worth.

THANK YOU Mr. L. B. of Chicago. We appreciate the twenty-five subscriptions you sent in last month. Whenever you're in New York come up to the office. There's a speech of gratitude waiting.

CARL MALMBERG, the author of *Diet and Die*, will next month do a little cleaning up on Benjamin Gaylord Hauser. Mr. Hauser has some fancy ideas on diet for which a lot of people have fallen. Malmberg will try to set these people straight just as he has Dr. Hay's fans. This is the kind of article which makes our readers say kind things about us and brings us the enmity of all the quacks and faddists in America.

UNLESS you can answer this little examination perfectly you had better get hold of the August HEALTH AND HYGIENE. What is sterility? Why can't some men become fathers. Is the childless marriage always the fault of the woman? Is there a difference between impotence, or sexual weakness, and sterility, or lack of fertility?

YOU don't have to go to China to see people slowly dying from the lack of food or diseases which poverty brings on. Take a reading trip in August with Elizabeth Lawson to our own own South and see disease and starvation in the Land of Dixie.

THE editors and doctors are always trying to please. Beginning next month the Consumers Page will be increased to two. We hope it satisfies the many readers who made the request. And before we return to the editorial sanctum, what do you know about Sal Hepatica? We think we've found Alka-Seltzer's twin brother.

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EDITORIAL:

Workers' "Tired Feeling"

The Menace of Occupational Diseases

ALTHOUGH the problem of industrial disease has been a grave one for many decades, it is only in the past year or two that public interest has been awakened to its gravity. This interest has been aroused by the startling exposures in the working-class press of the miserable health conditions prevailing in industry today. After the death and crippling of hundreds of tunnel-diggers by silicosis at Gauley Bridge, West Virginia, these exposures were powerful enough to force a perfunctory Congressional investigation.

The extent of industrial poisoning shows itself very rarely through such dramatic tragedies as that of Gauley Bridge. It is well known that for every case of sudden death in industry there are thousands of cases of chronic illness which may reveal themselves only vaguely by a general feeling of ill health, the cause of which remains undiagnosed. In the United States there are about 1,000 occupations that carry definite danger. The effect on worker's health of poisons, dusts, poor ventilation, extreme temperature and humidity variations in and around the place of work is graphically illustrated in a set of statistics published by the Metropolitan Life Insurance Company. These investigations reveal the appalling fact that the industrial worker lives seven years less than workers otherwise engaged and that, age for age, the death rate among industrial workers is from one and one-half to more than double the rates of the non-industrial worker. In some industries the rate of tuberculosis and pneumonia is as much as ten times as great among workers as among the general population.

These figures should surprise none. Let us not forget that workers spend more than one half of their working hours in the unhealthy surroundings of the shop. Yet by high-pressure advertising they are often deluded into thinking more about non-existent "acidosis conditions" when they feel ill than of what is often the real cause of their ill health—the bad health conditions under which they work. Naturally, em-

ployers as a class suffer very little by such habits of thought among their workers.

With the enormous reserve of unemployed who can be drawn upon to replace the poisoned worker, employers have discovered that profits can be increased by discharging the worker as soon as evidence of poisoning is detected. For its detection, the finest medical tests are employed, tests worked out by scientific medicine which *should* be used for early detection and treatment of the poisoned worker, but instead are utilized to toss the worker onto the scrap heap or place him on the blacklist warning other employers not to employ him.

Lives of Workers at Stake

THE State and Federal governments have done next to nothing in tackling the problem. Only six states have Bureaus of Industrial Disease and they are so organized that Labor has nothing to say about their operation.

And what have the trade unions been doing about all this? Much too little. Here and there they have attempted to put some teeth into legislation to combat the evils of industrial poisoning: for the most part they have stood by silently, allowing the captains of industry to hamstring any attempts to improve workers' health conditions.

The trade unions must take over this serious problem out of the hands of the employer. The lives of workers are at stake. A Farmer-Labor Party could elect Congressmen who would force the enactment of the proper legislation for the prompt control of industrial disease. This can be done! France has shown us how it can be done. A report in the *New York Times* on the strikes in France contained the following significant item: "The demand for an improvement of the health conditions in shops and factories is being granted in all settlements." If the People's Front in France can achieve this, we in America through a Farmer-Labor Party can do it as well. American labor must become alive to the great importance of the health conditions under which it works, and must fight for their improvement.

PAVLOV- MAN AGAINST GREED



Paul de Kruif, author of the stirring book "Why Keep Them Alive".

By
**PAUL
de KRUIF**

FOR years I've been getting ready to try to write about Pavlov the liberator of mankind and I'm still a long way from ready. What tempts me now to try this crude little sketch is the honest little piece about him that recently appeared in *HEALTH AND HYGIENE*. Now that he is dead you can find plenty of eulogies about him in scientific periodicals, telling how he discovered the nervous control of the digestive juice of the stomach and how his conditioned reflex researches have illuminated the mysteries of memory, of sleeping, of neurasthenia, of thinking, and of how he won the Nobel Prize which of course makes him a great whale of physiology. But you won't find much in the highbrow scientific magazines about his being the Pasteur of the human brain and heart. To dilate upon that angle of Pavlov would be to show a passion for social justice which would not be seemly in an American scientific publication.

It took me a long time to understand that Pavlov was much more than a mere physiologist, that he was more than a man without greed—as most searchers are. It took me thirteen years to see that he was the first scientific man *against* greed. It is to my shame that I must confess to have written two magazine squibs about this greatest of all men of science, years before I understood what he was up to.

I had the honor of meeting the old gentleman only once, and that was at the Pasteur Institute in Paris. He didn't know English and I couldn't understand his German, so I just sat there looking at him and he looked just like the Russian peasant in Balieff's *Chauve Souris* revue, the old fellow who sits clapping his hands while his daughter whirls round and round in a skit making out that she is a human music box. Pavlov looked exactly like that Russian peasant who looked like all the Russian

peasants you've ever seen pictures of, only he looked much older, and not so gaudy. At this meeting in the Pasteur Institute his son, who spoke English very well, was there, and if I'd had the brains or experience it would have been possible, through that interpreter, for me to have found out that he was a man against greed. But in those days, cocky, ignorant, and scientifically snooty as I then was, it would only have got a horse laugh from me if anybody, including that old Russian saint of science, had told me that the spit dripping into the little tubes attached to his dogs' faces would one day help to build the foundation for a practical Utopia. So I just sat there being impressed that I was sitting in the same room with Pavlov.

Now the old prophet is gone for good, too late for me to hear his fantastic new scientific gospel preached by him in his own, living words. But some way, somehow, I've got to try to do a full length portrait of him, and this necessity which might easily lead to my downfall as a prosperous American citizen, forced itself on me in a curious manner. It happened because I got sore, and am getting more and more sore about today's frustration of our science. Here's an example.

Today there are in our country thousands of diabetics who are suffering pain from a lack of blood in their legs and feet. They are in danger of death from gangrene from this blood starvation of their lower members. Except in a relatively few hospitals where the Pavaex glass boot has a chance to help them, they have to spend months in hospitals, taking exercises that may or may not restore their blood circulation. And what can be more tragic than this, pointed out by the dean of diabetes doctors, Elliot P. Joslin—

That the expense of trying to set up this

new blood circulation to check the gangrene danger is so great that, for the common people, it is really more sensible, cheaper, and more "economically sound"—to have their legs cut off than to run into debt to try to save them!

THIS proves that, in our dying economic order, money is actually scarcer than human legs, and that's a laugh, but how long will people go on laughing, when they once get it clear that they are victims of a system where engraved pieces of paper must be kept scarce at the expense of good human blood, bone, nerves and muscle? But my tory friends answer: yes, granted, it's deplorable, but remember human nature; you can't change human nature. It is human nature to be acquisitive, greedy. That is at the bottom of what is called enterprise. Without it how are you going to make the wheels of our production machine go round?

In hundreds of nearly-all-night rag-chewings I've tried to answer these pessimists by mere arguments. I've asked them: Of the people you know, how many are predominantly greedy? How many, if they knew that they might choose between piling up scraps of paper that go by the name of securities, bonds, at the expense of legs being cut off or children dying—

Between such tragedy, and a cushy living for just themselves and their own—

How many people that you know would act like pitiful old Mr. Rockefeller?

This is a swell argument, but the hell of it is it has remained just an argument, and this is what has brought me to the necessity of telling the whole story of Ivan Pavlov, because it is his science that is going to give us the chance to change this sinister greedy human nature. After all, the men of greed who now rule us are in the immense minority. And their greed is, fundamentally, nothing at all but fear. And that fear is not inseparable from human nature. It is now eradicable.

For this new knowledge we have to thank Ivan Pavlov, and that's why he is a man against greed, and that's why he's the Pasteur of the human mind and heart. Through unrest, war, starvation, the revolution, living on half-rotten potatoes and moldy bread with no fire to keep him warm, this grand old man built up his fundamental science of human nature. "My experiments with dogs prove conclusively," said Pavlov, "that fear is the primary factor devel-

oping the attitude of any brain toward life."

Tests on the brains of dogs that Pavlov has made over a period of thirty years have proved that the ordinary fears are responsible for what we call the nature of the animal. Pavlov took two puppies who were litter brothers. Both of them had the inborn fears that beset any human being. These fears are hereditary, partly. And partly they're due to a lack of knowledge when they are faced with certain events that penetrate to their brains, through their eyes, their ears, their noses, and sense of feeling. . . . And this way those two puppies are brothers under their skins with all human beings. . . . Now Pavlov began experiments with these little dogs. He made one of them realize his fears were unfounded. Exactly opposite, he caused this first puppy's brother to become prey to fears—

"These are the fears . . . which are responsible for so much misery, both mental and economic, in the world today," said Pavlov.

SO this grey-bearded old Light of the North has discovered the way to change, not human nature, but to alter the human heart through the human brain.

This science, in plain little words which are the only words that the mass of the plain men and women of the world can understand, is what I now want to get to the bottom of, and to try to tell, in the form of a story that'll keep people up nights. To do it I'll have to go to Pavlov's native country, which is also the only country where Pavlov is understood.

Once more my tory friends will remonstrate with me. Don't you know, they expostulate, that Pavlov was the bitter enemy of the present Russian government. He hated it and denounced till the day he died!

No, dear friends, not till the day he died. In the last year of his life he made as brave and famous a recantation as ever you'll find made by any human being, let alone by an immensely famous scientist—and famous scientists aren't famed for public recanting. At one of the last scientific congresses Pavlov honored with his presence, he got up and said, toasting the Soviet government—

"I am an experimentalist from head to foot. All my life has consisted of experiments. Our government is also experimenting, but in an incomparably higher category. I passionately wish to see the successful achievement of this social, historic experiment."

DEATH FROM THE WATCH DIAL

Radium poisoning attacks again

THE recent deaths from radium poisoning of nine young women employed by the Radium Dial Co., in Ottawa, Illinois, brings again to the attention of the public the ravages of this horrible industrial disease. One also remembers that twenty-seven girls employed in painting luminous watch dials in New Jersey met the same fate since 1922.

That radium is a dangerous and destructive substance has been known since its discovery by the French scientists, Pierre and Marie Curie. Radium has two properties which make it deadly. First, it constantly gives off invisible rays which destroy body tissue. Secondly, once radium gains entrance and is stored in the body, its destructive influence persists throughout life. Furthermore, the substance remains so potent that even at the end of 1,500 years only one-half of its strength is lost. In the course of its breakdown, radium gives off several types of rays which are called by Greek letters, alpha, beta, and gamma. The first two rays, alpha and beta, are exceedingly destructive to both normal and diseased tissues. In the treatment of cancer both these rays are eliminated by filtering through aluminum, a process known as screening. It is the ability of radium to destroy cancer cells which makes it one of the most valuable substances in the treatment of this disease. Here, however, the substance is used with precautions thereby preventing any adverse effects on the body in general.

Our knowledge of the effects of radium comes from sad experience. Many brilliant scientific investigators have died either of cancer of the skin of the hands, or of severe anemia. These deaths occurred soon after the discovery of radium in 1898, when nothing was known of the deadly effects of the invisible rays which the substance gives off. However, the radium investigators soon learned how to screen off these rays and to utilize them cautiously in the treatment of disease.

Recently, radium has been put to use commercially as luminous paints for watch dials and airplane parts. Though scientists learned

as far back as the turn of the century to systematically shield themselves against radium poisoning, the substance was turned over to workers in factories without any explanation as to its nature and dangers. Employers did not see fit to utilize for the benefit of their employees scientific knowledge which has been available for three decades. One notes with dismay that, whereas medical science has learned to control radium so as to use it for the cure of cancer, industry, which has refused to learn these lessons, has contributed to the causation of cancer in its unprotected employees.

Radium lights up in the dark. A small quantity added to paint provides a luminous effect. A substance split off from radium, mesothorium, is sometimes used for this purpose and possesses the same harmful qualities as radium itself. Radium-containing luminous paint has been used for some years on dials and numbers of watches and clocks. In New Jersey, Connecticut, and recently in the Illinois factories, young women have been employed for this work. The work is simple, consisting of applying the paint with a very fine camel's hair brush. In order to work effectively, the girls soon learned that the brush had to be drawn to a very fine tip. Being totally ignorant of the paint's ingredients and its dangers, they developed the habit of bring the brush to their lips and moistening it with saliva. The brush had to be pointed hundreds of times during the day's work and the paint remaining on the lips and tongue was swallowed. It has been estimated that, over a six-month period, approximately 4,000 micrograms of radium or mesothorium were swallowed by each worker. Scientific studies have shown that it only requires two micrograms of these substances stored in the body to eventually kill.

IN the New Jersey plant, between 1917 and 1924, 800 girls were exposed in this way. Signs of poisoning did not appear until years after employment had started and, in some instances, had terminated. In 1922 to 1924,

nine girls, who had been working in the factory, died. No investigation was undertaken to learn the cause of death. During this time signs of poisoning appeared in a number of girls. The girls were treated by private physicians who did not realize the significance of the symptoms. The young women developed painful swellings of the jaw bones with subsequent destruction of these bones. Many suffered spontaneous fractures of the bones of the hands and feet which would not heal. Others developed nasty infections of the gums and mouth. A frequent sign of poisoning was the development of severe anemia. The chemist who was employed by the New Jersey plant to prepare the paint solutions died of this uncontrollable, fatal anemia. Two young workers developed highly fatal bone cancers.

Once the properties of radium are known, it can be readily understood why this occurred. The radium swallowed by the workers was to a large extent eliminated from the system by way of the bowel, urine, and mouth. However, a smaller quantity remained in the body, depositing itself in the bones, especially those of the jaw and extremities. Here the radium and mesothorium continued to give off their destructive rays. The body is able to rid itself of the radium deposited in the bones very slowly and only to a slight extent; medical science knows of no way of assisting this elimination process. In the meantime the destructive action of the radium continues undiminished, eventually killing the individual.

In 1924, one of the young workers from New Jersey was examined by a New York dentist for a swelling of one of the jaw bones. This dentist was the first individual to suspect radium poisoning. There followed a series of protests and demands for an investigation, especially by the Consumers League of the Oranges. The newspapers also took up the issue and the situation received wide publicity. The U. S. Public Health Service considered the matter, but did not investigate. In 1925, the company called an investigating committee of so-called experts who hid the real issue by reporting the possibility of zinc poisoning and the general hygienic conditions in the plant. This is known as the Castle-Dreiherr report. In 1926, two young workers died of radium poisoning, and the families brought suit against the company. The case was settled out of court, and the families of the workers received very little. Since then a general settlement has

been made by the company which grants the workers a pension for as long as they live if they prove that they have radium poisoning. No mention is made of mesothorium in this settlement, which, as we know, is also poisonous.

Following these investigations the New Jersey company took the necessary precautions. Ten years later, in 1936, we find a repetition of the same negligence on the part of the employers in the Ottawa, Illinois, factory.

THERE is no way of determining how many more workers of the 800 who were exposed in New Jersey or of the 200 exposed in Ottawa will die of radium poisoning inasmuch as signs of poisoning may appear many years after exposure.


It is important now to warn of further possibilities of radium poisoning. There are solutions of drinking water containing small quantities of radium called "radium waters" and radioactive waters containing radium decomposition products called "activators." These nostrums which net their manufacturers handsome profits have absolutely no beneficial effect and hold the possibility of radium poisoning. One such solution is called "Radio thor." Furthermore quacks and ignorant physicians are using solutions for injections which contain radium or its derivatives for various disorders. These, too, have no therapeutic value and are dangerous.

In order to prevent radium poisoning, all known methods of shielding the deadly rays from the people who might be exposed to them must be utilized. Workers should have frequent blood examinations, since it has been found that a reduction in the number of white blood corpuscles is one of the first signs of radium poisoning. Tests for radium in a sample of air exhaled by workers, as well as of the atmosphere of the workroom, must be made at least once a month.


One thing is certain: the Ottawa, Illinois, tragedy demonstrates that workers cannot depend upon employers to effect safeguards against radium poisoning or any other industrial disease. The trade unions are making studies and should continue to make studies of health conditions in the shop. Furthermore, a strong Farmer-Labor Party will force the enactment of health legislation to prevent such industrial-disease tragedies which result only from negligence and not from any lack of scientific knowledge.

EXERCISES FOR PEP


Stretching and bending for health

 **T**HERE is a widespread belief that strenuous exercise is necessary for attaining and keeping good health. Faddists promise a long and vigorous life to those who adhere to some particular cult or follow a given routine of exercise. Professional "muscle-builders" warn men that if they would win the favors of charming women, they must acquire the muscles of a longshoreman and the chest expansion of a bull. Exercises for developing muscles are also recommended for the reduction of overweight and for the "building up" of the underweight. Everywhere there are advertisements for mechanical and electrical devices which pull, rub and vibrate; they are also advised for the tired business man, the indolent society woman and anyone whose way of life differs from that of the Spartan warrior.

While it is obvious that the life of past generations required more physical activity than is the case today, it remains to be shown that the human race is doomed because of its relative inactivity. In fact, it has been pointed out that certain animals which move the slowest and obtain the least exercise, such as turtles and elephants, live for hundreds of years, while very active animals like the dog or the rabbit have a life span of about ten years.


 Muscles do become firmer and stronger as a result of regulated and intelligent exercise. In sports the individual learns to coordinate muscular activity more skillfully and accurately. With many recreational exercises there is a feeling of exhilaration conducive to a sense of well being. The pleasure and relaxation obtained from sports are as valuable to the participants as any benefits derived directly from the muscular exertion involved.

In addition to the strengthening of muscles, physical activity has an immediate effect on certain vital functions of the body. Muscular exertion, digestion, life itself, are dependent on the burning of oxygen (air). The more vigorously one works, the more oxygen he needs. Therefore, during exercise breathing is deeper and more rapid in order to provide for this additional need.

 During exertion the heart also beats more rapidly and forcefully, pumping an increased quantity of blood through the body in a given period of time. This is necessary not only to bring to the muscles additional food and oxygen, but also to remove the relatively large amounts of waste substances which accumulate in active muscles.

From what has been said, it is clear that exercise imposes additional burden on the heart and lungs. It is for this reason that one should not engage in the more severe and exhaustive sports without periodic medical examinations to determine the ability of these organs to perform the extra work. It must also be remembered that the term "normal organs" is a relative one. What is normal for a man of fifty might well be abnormal for a youth of eighteen or twenty. And exercise, therefore, must be graded accordingly. Young people resist fatigue more easily and recuperate more rapidly than middle-aged people. For the latter, such sports as tennis, squash and handball are too exhausting, while walking, swimming or skating are healthful without subjecting the organs to undue strain.

Competitive and recreational sports, especially if performed in the open, are far superior to the "daily dozen" type of exercise: Unfortunately such sports are idle dreams for most workers. The day's work—for those fortunate enough to have employment—is usually sufficiently tiring to prevent much additional exertion in leisure time. Another factor, equally important, is the lack of park or playground facilities with instructors and sports equipment.

 **I**N 1935, the writer spent several months in the Soviet Union and was struck by the emphasis on sports in the daily routine of the people. In the late afternoon and evening the canals and rivers of Leningrad and Moscow are filled with boats and canoes as workers prepare for tournaments or simply row for their

own enjoyment. Factories have their own sports fields and equipment. In some factories, over ninety per cent of all workers participate actively in one or more games supervised by instructors who work closely with the factory's medical staff.



Failing such a society, however, and realizing the necessity of some type of exercise, the following routine will be of value. About fifteen minutes should be sufficient time to devote to them.

1. Stand erect. Extend arms overhead. Rise on toes and stretch as if trying to reach the ceiling. Stretch vigorously.

2. Stand erect, arms hanging at sides. Alternately swing arms to extended position overhead, keeping body straight. Swing forcefully.

3. Stand erect. Feet about eighteen inches apart, arms extended overhead. Bend trunk, keeping knees stiff, and touch the floor with fingertips.

4. Stand erect. Feet about eighteen inches apart. Hands on hips. Bend trunk to the left and then to the right as far as possible.



5. Stand erect. Feet about eighteen inches apart. Arms raised sideward to shoulder level. Keeping legs and hips stationary, twist trunk at waist to the left and then go to the right as far as possible.

6. Stand erect. Feet about six inches apart. Hands on hips. Rise on toes, then slowly bend

knees until buttocks rest on heels. Return slowly to erect position.



7. Assume squatting position, place hands on floor in front of toes. Holding hands in place, spring backward with both feet, placing toes on floor so that body is now straight and supported by hands and toes with arms straight. Spring back to squat position.

8. Lie on back, arms extended overhead. Lift up to a sitting position on floor without raising heels from floor. Return to horizontal position.

9. Lie on back, hands at side. Raise legs about three inches from floor. Bend knees, bringing them to chest. Straighten legs and return to original position.

10. Stand erect. Feet together. Hold on to chair, table or door knob for support. Alternately kick hard with left and then with right leg forward, sideward and backward.

11. Run in place, raising knees high and pointing toes to the floor and taking about 120 steps per minute. Continue for one and a half minutes.



12. Stand erect, hands in back of neck, elbows touching in front. Move elbows back as far as possible. Try to make shoulder blades touch. Return to position.

13. Stand before open window. Deeply and slowly exhale and inhale about ten times.

In the beginning repeat each exercise about five to six times and then gradually work up to twelve repetitions.

Beginning in August

A series of articles on alcohol and alcoholism. Should you drink moderately if at all? What are the physical and psychological effects of alcohol? Can the chronic drunkard be cured? A new approach to the problem. Don't miss this series.

SEXUAL WEAKNESS IN MEN

RAPID ejaculation (ejaculatio precox) is a very common thing especially with young men who are having their first sexual experience. A majority of men experience it at the beginning and then later get over it. Some develop it later when a difficult situation arises. It is due most often to a kind of fear or lack of confidence and not to anything wrong with the genital organs, so that the treatment must be directed toward overcoming the lack of confidence. The way to do this is to find out why the individual lacks confidence, and what he is afraid of. The following is an example.

A young man with this complaint consults a physician and gives the following story. He is twenty-five years old, recently married, and unhappy because when he has intercourse his ejaculation comes so quickly that his wife fails to get an orgasm (climax). When he is asked to give the history of his sexual experience he reports that at the age of twelve or thirteen he started to masturbate occasionally and continued this for several years. He always felt guilty about doing it and at the time worried whether or not he was harming himself. He heard that masturbation led to loss of manhood, to insanity, was responsible for pimples, a worn out feeling, and so forth. When he was about seventeen or eighteen he had his first sexual experience and at this time ejaculated almost before he began intercourse. However, after a few experiences of this kind his ability improved and he had no further trouble except on rare occasions. He continued having more or less regular sexual relations with different girls. When he was about twenty-four he fell in love and stopped going out with other women. After several months he became engaged and then after a few more got married. During his engagement he had no sexual relations, although he saw his fiancée several times a week and as a result of their love making they both often became excited sexually. By the time they got married his sexual tension was at such a high pitch that when he first attempted intercourse ejaculation occurred before he inserted his penis. The next attempts were somewhat better, but the ejaculation always occurred very quickly. He was beginning to feel rather de-

pressed about it. Sometimes he wondered whether the masturbation of years before had anything to do with it. He thought perhaps he was having intercourse too frequently and cut it down from three or four times a week to once or even less, in an effort to save his "strength." But this did no good.

WHAT has happened? Now that he is married and in love he cares far more what his partner thinks of him; he is anxious and over-anxious to please her, to be an ideal mate for her. Any failure hurts him deeply and makes him lose confidence in himself. Since he sets his ideals so high his chance of living up to them becomes less. None of us is perfect, and we should not demand perfection of ourselves. All we should demand is that we do the best we can. If Jim Jones, a well developed fellow weighing 150 pounds, sets as his ideal to be as good a fighter as Joe Louis, he is going to turn out a failure in his own eyes no matter how good he is. If he sets out just to do the best he can he will never be a failure in his own eyes, nor in the eyes of anyone who really knows him. If he thinks his wife can only be satisfied by Clark Gable's looks, then of course he cannot satisfy her. But if he stops and thinks a minute he will see that she fell in love with him and not with any of the others, and he will then realize she likes him for what he is and not for what he might be if he were all the others rolled up in one. To satisfy her, all he has to do is to be himself and do the best he can. When he stops worrying about not being the ideal and just goes ahead being Jim Jones he doesn't have to be afraid any more and, his fear gone, his ability in intercourse will improve. There is nothing like fear to keep a person from doing his best.

RIGHT at the beginning, when our patient in his first relations with his wife had some difficulty, he at once began to think that he had made a fool of himself in her eyes, that she would think he wasn't much of a man. Therefore, on the next attempt, instead of being more relaxed because of the relief of the pent up tension of so many months abstinence, he was more tense because of fear of a second

failure. If he had looked at the first failure as only the result of the tremendous tension developed because of his long abstinence, and not as evidence of his own inadequacy, he would have waited half an hour and then, being more relaxed but still passionate, tried again and been more successful. A few weeks of this and his intercourse would have been normal. Instead, each failure to achieve perfect results right from the beginning made him think less and less of himself and he concentrated on living up to the impossible ideal of masculinity he had set himself, and in reality was trying rather to prove to himself he was something he wasn't, than just to give expression to his natural sexual instinct and his love for his wife. His attempt to save "strength" by having intercourse less frequently had, of course, the opposite effect; it merely increased his sexual tension. Sexual intercourse does not require any particular muscular strength, or "sexual strength," it requires only the instinct, and some self-confidence, and it improves with practice.

Another fear beside the fear of failure is the fear of doing something wrong. We see this in the patient described above, although the fear is somewhat disguised. He was afraid that some of his trouble might have something to do with the fact that he had masturbated when he was a boy and young man. What does this mean? In our childhood we are all brought up rather strictly in regard to sexual matters; we are told that it is wrong to masturbate, to think about sexual things, and not only that it is wrong but also dangerous. These warnings are accompanied by punishment, often of considerable severity if we are caught. It is literally true to say that it is dangerous for a small boy to masturbate, because if his father or mother catches him, he gets punished; but that doesn't mean that the masturbation itself hurts him. The masturbation doesn't hurt him; the mother or father who catches him at it does the hurting with a strap or hairbrush or whatever comes handy. Or sometimes they do the hurting in another way: they say that they don't love anyone who does things like that; that often hurts even worse than a licking. This training takes place in early childhood, and is usually largely forgotten as far as conscious memory goes, but that some warnings of the kind have been given is shown by the fact that even though the person can not remember it he still feels guilty and afraid when he starts

masturbating in adolescence (from about 12 to 15 years of age), and there is no reason why he should feel guilty about something as natural as masturbation unless he had been warned against it previously.

IN addition to the early childhood training the warnings are often repeated during adolescence, but now the emphasis is all placed on the possible harm he may do himself. Even though there is no actual scientific reason for the belief that masturbation is dangerous or harmful, the belief is widespread and all parents consider it their duty to instill the belief in their children. (See Dr. Williams' article on masturbation in the November, 1935, issue of *HEALTH AND HYGIENE*.) Warnings about the dangers of venereal disease are also usually given, and while these particular dangers are perfectly real, the end result of all these warnings, fears, and moral admonitions, is to make it hard for the average person to have a natural common-sense attitude toward sex. It is hard for him to drop overnight all the ideas of shame, guilt, and danger that he has always associated with sex for so many years. Even though he consciously tells himself that sexual relations with a woman he loves are not wrong, he often feels that there is something shady about it, and feels that he is doing something wrong or dirty with her, and thinks that, though he can see that she also is passionate, she also feels that way and may love him less for it rather than more.

These two fears—of failure and of doing wrong—are at the bottom of most difficulties of sexual adjustment. The way to overcome them is to look honestly at one's self, see how they originated, see what the actual facts are, and then act accordingly. If one is trying to live up to an impossible ideal, let him stop such foolishness and just be himself. If one, despite the actual facts, is still looking at sex as something dirty, dangerous, and immoral, let him look back at his past experiences and see how he developed such beliefs and then after thoroughly understanding how they developed, discard them. This is often difficult to do alone. Frequently one or a few talks with a psychiatrist will help. Some cases will require more extensive treatment. Not all cases follow the mental mechanisms outlined in this article. Future articles will take up these other aspects of the problem.

NEW SLANTS ON MEDICINE

From time to time we will publish brief accounts of some of the newer findings in medicine as reported in the medical journals. It is to be understood that these findings are not yet fully proven or widely accepted by the medical profession. They are to be read as news accounts and not as accepted or recommended methods of treatment.

INFANTILE PARALYSIS

A GREAT epidemic of infantile paralysis has recently ended. Many mothers want to know if there is any way of vaccinating against infantile paralysis. Poliomyelitis or infantile paralysis is caused by a virus, a germ too small to be seen even with a microscope. Other diseases caused by viruses are smallpox, sleeping sickness and rabies. Some claim that colds and influenza are also caused by viruses. The difficulty in vaccinating against infantile paralysis has been that killed virus, when injected into the body, has no power to produce immune bodies against the disease, while the living organism, no matter how weakened, was still dangerous. In the case of smallpox, passage of the virus from a calf, so weakened the germ that it could be used to vaccinate man. In man it sets up a harmless "disease" that cures itself in a few days and then gives protection against smallpox for about seven years.

Recently several workers in this field claimed that they had found a solution to the problem of vaccination against infantile paralysis. Dr. William Park, of the New York City Health Department, claimed that he found a way of killing the virus with formalin, yet retaining its vaccinating powers. Dr. Kolmer of Philadelphia, claims to have found a way of keeping the virus alive yet harmless and incapable of producing disease, and capable of giving protection. Kolmer treats the vaccine with products derived from the castor-oil bean. Doctors Flexner, Olitsky, and Cox of the Rockefeller Institute have denounced both of these methods of vaccination. They say that Park's killed virus is harmless but also worthless. They claim further that Kolmer's vaccine gives immunity but can also give the disease to a susceptible individual. They claim that only living poliomyelitis virus has immunity-producing powers, and that no method exists at present for making the living virus harmless. Our advice to our readers is to await developments.

ARTIFICIAL MENOPAUSE

THE Massachusetts Medical Society is in favor of bringing about an artificial menopause or "change of life" in women with cancer of the breast. This is in addition to the usual treatment by operation, X-ray or radium. It is claimed that the change of life tends to make the cancer less active. X-rays are applied over the ovaries which throws them out of commission and bring about a change of life.

FOR PAINLESS CHILDBIRTH

DIETS without salt have been urged in many diseases, including epilepsy, certain diseases of the kidney, heart failure with swelling of the body and so forth. Dr. Karpati of Budapest now reports that women kept on a salt-free diet during the last two months of pregnancy have shorter, easier and less painful labor. Doctors Hofstein, Petquin and Reeb of Strassburg report similar results. This still requires a lot of convincing evidence, and in addition the effect of this diet on the growing foetus (unborn child) must be carefully determined.

DIABETES

DIABETES is most often caused by a disease of the pancreas, an organ which makes the insulin we need in order to be able to burn up sugar for energy. The discovery of insulin was a great step forward in the treatment of diabetes. It has the disadvantage of being used up quickly. In the normal body small amounts of insulin are constantly being made and given off by the pancreas as needed. Dr. Hagedorn, of Copenhagen, announces the discovery of a new kind of insulin, "Protamine Insulinate," which the body uses up more slowly, so that the conditions following an injection more closely resemble those in the normal body. Another advantage is that "insulin shock" caused by the sudden fall in the percentage of sugar in the blood, is less common. The product is as yet available only to special diabetes research cen-

ters. Unfortunately, the product is already patented, which will keep up its price, just as the price of insulin is kept up by the patent held by the University of Toronto.

WHAT CAUSES DIABETES?

IT is fairly well agreed that inheritance is often one of the factors in diabetes. What is inherited is not the disease, however, but a tendency to get it. What brings on this tendency? For years it has been suggested that the overuse of sugars and starchy foods is partly responsible. To prove it statistics were published showing the rise in sugar consumption during recent years, together with the rise in diabetes. It was proven, also, that diabetes was much more common in fat people, and it was believed that their stoutness was due to too much sugar and starches. Now Dr. H. P. Himsworth of the University College Hospital, London, says just the opposite is true. He claims that the way to *avoid* diabetes is to eat lots of carbohydrates (sugars and starches) and less fats. He claims that in countries where people eat the most starchy foods (like rice eating in Japan and potato eating in Ireland) there is the smallest amount of diabetes. He says further that race is not a factor because when the same Irishmen come to the U. S. and eat more fats, they get more diabetes. Everyone who favored the old theory pointed to the fall of diabetes in Germany during the war and claimed it was due to the decrease in sugar consumption in general. Dr. Himsworth claims that in Berlin, where the fall in the diabetic rate was greatest, fats were very scarce and the people ate more carbohydrates. In the U. S. the fat consumption is high and the rate of diabetes is the highest in the world. Dr. Himsworth further claims that over-eating has nothing to do with diabetes, if the fats are kept down.

INSTEAD OF COUNTING SHEEP

A FEW years ago Emile Coue grew rich and famous by getting millions of people to repeat, "Every day in every way I'm getting better and better." He has just come out with a new claim. He says that people can fall asleep easily if, while lying in bed, they stop thinking of other things and try to think of how they look while sleeping. Dr. E. Hitschmann of Vienna says it works like a charm in many cases. We have tried it without any success.

BEWARE OF POISON IVY

How to recognize the poison ivy plant and what to do if you catch the rash

THE season is beginning for that dread scourge of the camper and country vacationist, ivy poisoning. This is the most dangerous of all seasons for anyone who cannot recognize this leafy pest. As the warmer weather comes on and the sap runs freely through the plant, the leaves—*always in threes*—come out to take up more space. With the coming of fall and cold nights, the leaves take on the most gorgeous and riotous colors, so that those who gather armfuls of colored leaves for decorating their drab city apartments usually find themselves in bed, swollen and uncomfortable.

There is only one sure preventive for ivy poisoning—learn to recognize the plant and stay away from it. Under no circumstances take a dare or follow the example of the brave but foolhardy fellow who rubs the leaves on his face or eats them and advises you to do likewise to become immune. There have been innumerable examples of people who have been immune for years, but who in moments of bravado have eaten or rubbed poison ivy leaves on their bodies only to get painfully sick. Follow the advice of Charles Beard, the historian, about William Randolph Hearst, and don't touch poison ivy with a ten-foot pole.

Despite variations in the plant, poison ivy is easy to recognize after a few minutes' study of its important characteristics.

Poison ivy usually grows as a vine, although it sometimes sprouts out of the ground with a

single main stem, or it appears as a bush, when it grows with rich luxuriousness. This pest rarely grows in the deep woods. It is along old stone and rail fences and up stalwart trunks of trees that poison ivy trails and flourishes and does most damage.

When young, the trailing vine is of course thin, with little hairs searching for a spot to hold tight to. As it grows, it becomes thicker and the hairs, red in color, sometimes cover the entire stem and branches. Many trees and bushes have been killed because poison ivy has completely covered them, overwhelming them and shutting out sunlight and air, in its mad scramble for space.

Poison ivy *always* has *three leaves* on a stem. There may be one branch from a main stem, though usually there are many, but always the leaves are in threes. The leaves are smooth, that is, they have no tiny fuzzy hairs. They are usually shiny, but sometimes dull. The leaves may be a luscious green, deep and rich, but not always. The green varies from a light green with a tinge of yellow to a darker green. Sometimes the leaves are smooth around the edge, sometimes with one or two irregularities.

No matter what the shape or texture or color, stay away from all three-leaved plants, until you are certain they are not poison ivy. There are not very many such plants and one can quickly learn to distinguish them. Blackberry is a three-leaved plant, as is raspberry, but both are rough-leaved, not smooth, like poison ivy. As a rule these plants grow freely, that is, unattached to trees or fences, and instead of tiny air rootlets or hairs on the stem they have thorns. Virginia Creeper and Boston Ivy are two vines commonly mistaken for poison ivy. Both have five leaves growing from each stem. The fruit of poison ivy is a clump of sickly looking greyish berries.

POISON ivy has a liquid in its leaves and stems and roots which does the dirty work. During the winter, like most plants, poison ivy lies dormant and so does the liquid, except in the roots. All spring, summer, and late in the fall this poison liquid is busy with its nasty work.

Many people believe that an ill wind blowing over a vine and then onto their bodies will give them ivy poisoning. Another common belief is that it is contagious. Neither of these is correct. One must first get some of the liquid on the skin before it takes effect. It has, however,

been found that a breeze carrying pollen which has passed over poison ivy may carry particles of the poison liquid which would irritate the skin in the person in the way of the breeze. A person who has touched poison ivy may touch his face or the face or hand of another and transfer some of the liquid. Clothes may have some of the poison on them and another person may touch the clothes and wonder some days later, why, though not having been in the country, he or she should be suffering from ivy poisoning.

After a day in the country a good preventive against this skin inflammation is the very careful scrubbing of the body, preferably under a shower, with yellow kitchen soap or washing powder. People have carefully bathed in tubs and still suffered from ivy poisoning a few days later, because the poison liquid, floating on top of the water, touched the body.

The time it takes before the little pimples or chains of pimples erupt varies with different individuals and even with the same person. After a couple of days, the pimples become filled with a light yellowish fluid and may burst. Sometimes they become renewed and refilled with fluid.

At a recent meeting of the New York State Medical Society, it was reported that a specific cure for poison ivy has been found. It is not a new remedy but merely a modification in the method of making and using the alcoholic extract of poison ivy leaves. Local treatment is often helpful. Excellent results were obtained in more than a score of children at camp by applying a 2 per cent potassium permanganate solution at the very first sign of an ivy poisoning pimple. A paste of sodium bicarbonate or a solution of calamine has also brought relief.

Poison ivy can be eradicated by pulling up all these plants. For those who can rid an area, the following suggestions will be found helpful. Rubber boots and rubber gloves are almost a necessity, because they are easily washed before removing without touching the skin. Pull up the plant by the root, and follow all the root ramifications till you have raised even the tiniest beginning of a root. Place the pulled up roots and branches on a rock and cover them with a slab or stone so they won't blow away, and allow the sun to dry them. Do not burn poison ivy for the smoke may carry the vapors of the poison liquid, at which time it is distressingly dangerous.

STRAIGHTENING CROOKED TEETH

BUCK teeth. Crooked teeth. What is their significance mechanically, psychologically and from the point of view of facial beauty?

At first glance, it would certainly seem that the mechanical problems are the most important. They are, indeed, very important. If the teeth have grown improperly or are improperly placed in relation to each other, a variety of physical ills may occur. Chief among these are digestive disturbances. Badly formed teeth render proper mastication of food difficult.

Scarcely less important than the physical ills which may result from improperly placed teeth are the psychological effects upon the person suffering from unsightly malformations of teeth or jaw. Protruding teeth, receding chin, crowded mouth, cause self-consciousness and shyness in the sufferer. With particularly sensitive persons, this self-consciousness may easily become a real social handicap, resulting in inferiority feelings and psychic suffering.

Perhaps the most general cause of crooked teeth is the premature loss or removal of the child's first, or milk teeth, and of the six year molars. A first tooth should never be pulled until the second teeth are definitely on their way. Parents ought to know the number of teeth a child should have, and approximately when they erupt. There are 20 milk teeth, 10 in the upper jaw, and 10 in the lower. They erupt between the ages of six months and two years. At the age of six years, the first permanent tooth erupts. There are four in all, two in the upper jaw, and two in the lower. These six year molars, as they are called, come in directly behind the last milk teeth; none of the milk teeth should have been lost yet. From the age of six years to twelve, all the baby teeth should have been lost and replaced by the permanent or last set of teeth. All this is done very methodically and carefully by nature. But if anything interferes with this methodical shedding and replacement, then crooked teeth usually result. Tooth decay, which generally leads to extraction, is the cause of the early loss of most baby teeth. Accidents, such as falls, also take their toll.

To prevent the decay and loss of these first teeth, they should be kept very clean, and cavities should be filled as soon as they appear. Cavities can be detected by a dentist before they are observed by the patient. If a baby tooth is lost despite treatment, the child should be fitted with a simple device called a "spare retainer." If a permanent tooth is lost, either a spare retainer or a bridge must be constructed to preserve the normal relation of the teeth in the arch (jaw). A correct diet also helps to keep the teeth healthy. Foods requiring crunching, such as hard breads, crackers, cereals, fruits and nuts, should be included in an early diet. Too much sugar and candy are considered bad for the teeth. The basis for such future difficulties as poor teeth and malformations of the jaw is often laid while the child is still carried by its mother. The diet of the pregnant woman—an adequate supply of calcium (found in milk), sufficient sunlight or the use of cod liver oil when sunlight is not available—will enable her to provide the unborn child with the proper materials for the formation of good teeth buds. If the mother has received the proper diet during pregnancy, the child will be much less likely to lose its milk teeth prematurely.

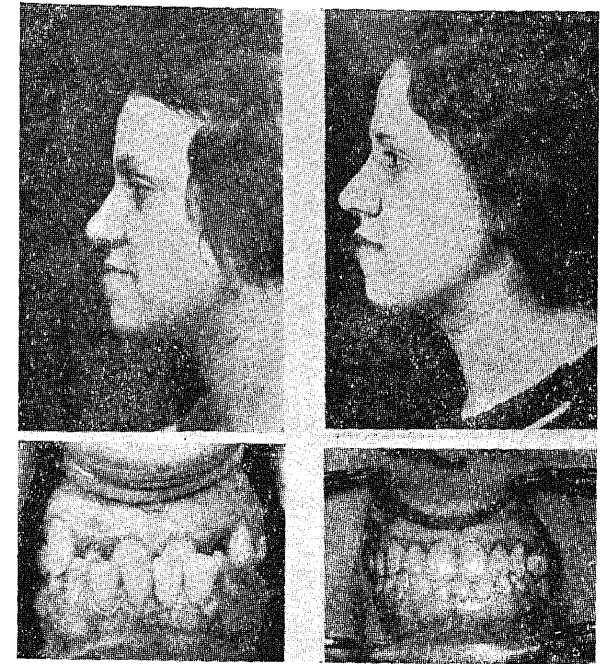
Another frequent cause of badly formed teeth is the presence of enlarged adenoids or tonsils. When these are present the child is forced to breathe through the mouth. The arch (jaw) becomes elongated and too narrow to allow the teeth to form normally. A physician should be consulted if the child breathes through the mouth.

Excessive or protracted sucking of the thumb or a pacifier, and certain other oral habits, such as tongue and cheek-sucking, or lip-biting, may occasionally impair the proper shape of the jaw.

Another possible cause of badly formed teeth is congenital malformation of the jaw (the receding jaw, the undershot jaw) or an abnormally small jaw in which the teeth are crowded when they develop to normal size.

PRECEDING paragraphs have indicated that certain measures (the care of the milk teeth, the removal of adenoids, and so forth)

A sample of what modern dentistry can do. Notice the woman's jaw and teeth before treatment — and a year later — after treatment.



Pictures from Dental Cosmos

may prevent dental disfiguration. When, however, the cause is congenital, or the damage is already done, the situation is still not hopeless. *Orthodontia* is the name of the science which deals with the correction of irregularities of the jaws and teeth. By means of fine wires and rubber bands, as well as many ingenious devices, the teeth are slowly forced into the places where they function most advantageously. Frequently changes take place in the entire structure of the face; the nose, eyes and even ears may become more symmetrical and better related to each other. This is a slow process and requires the cooperation of the patient. Satisfactory results are very general, and sometimes remarkable transformations are achieved.

The best time to start orthodontic treatment for girls is approximately at ten or eleven years, and for boys, between eleven and twelve. At these periods of rapid physical development, the pressure of the mechanical appliances produces the greatest results. While it is generally conceded that corrective treatment is most successful in childhood, adults up to the age of thirty-five, and even older, may take this treatment provided their general health is good.

Because orthodontic treatment requires so much time and expert specialization, the fees are unusually high. The average wage earner

cannot even begin to think of sending his children to a private practitioner. Schools and clinics are able to reduce the cost appreciably; but even here, owing to the time involved in treatment and in the construction of intricate appliances, the fees are too high for the average patient.

The lack of professional dental care was stated more specifically by Dr. Harlan H. Horner, Assistant Commissioner for Higher Education, at this year's convention of the New York State Dental Society. Dr. Horner declared that only 25 per cent of the population are now getting regular dental care. Just consider it—three out of every four people do not receive dental care. Another report given at the convention by the oral hygiene committee noted that approximately 90 per cent of school children throughout New York State have some dental disturbance.

These two deplorable situations should serve as a challenge to dentists, their allied professions, and to the public, and stir them into remedying them. The responsibility for caring for all persons in need of dental or medical treatment must be placed directly on state and federal agencies. The money allotted for battleships could be easily diverted into providing funds for the millions who have never been in a dentist's office.

DOC HEARST PRESCRIBES

New light on America's chief fascist

IF you are an old reader you can skip this introduction, but if this is the first copy of *HEALTH AND HYGIENE* you have read, you will observe on the back cover a list of recommended health books. They are all good books, but there is one of which we are particularly fond—*100,000,000 Guinea Pigs* by Arthur Kallet and F. J. Schlink. This book was one of the first comprehensive accounts of how the American people pay millions of dollars yearly for thousands of tons of fraudulent and poisonous foods and drugs. To call the American people guinea pigs was a pardonable figure of speech, but when a physician sees the enormous amount of advertising space in magazines and newspapers devoted to the glorification of poisonous rubbish that is profitably sold as cosmetics, food or drugs, he wonders whether the authors have not perhaps been too elegant in their characterization of Americans. The social-minded physician sees the other side of the medal and would prefer to title the Kallet and Schlink book *1,000 Vultures*, or how leaders of American industry and finance willfully wreck the health of our people. A considerable section of this book could be devoted to the pollutions of the King Vulture, William Randolph Hearst.

The hosts whom Hearst has plundered are beginning to turn upon their parasite and damn him with the verdict that socially-minded people have passed on Hearst since the beginning of his publishing career. Anyone with a grain of decency who has examined the life of Hearst has been revolted by his methods, his standards of public morals, his lack of reverence for the truth, the treatment of his own employees, the extent of his economic greed. His newspapers and magazines, filled with the most degrading aspects of life, stand as a clay monument to his lust for power. Distinguished educators, writers, and the best of our labor leaders, have all endorsed the verdict Dr. Charles W. Eliot, of Harvard, once pronounced upon Hearst—banishment from civilized society.

Unfortunately, Hearst refused to be banished. Although his influence on the American people is steadily weakening, he is still a serious menace. His activities against the working class, the labor movement, teachers and progressive elements, his bare-faced lying about the Soviet Union, all indict him as the most vicious reactionary in this country. Ferdinand Lundberg has summed up the evidence in his biography, *Imperial Hearst*. It is not so well known, however, that Hearst has been instrumental in poisoning the bodies as well as the minds of Americans; that he helped in the crippling of countless Americans through his newspapers and magazines.

PATENT medicine advertisements are a great part of the advertising in most periodicals and daily papers. Few publications censor these advertisements. The patent medicine and food manufacturers are a powerful group and can command all the space they want to exploit drugs, cosmetics and foods with fraudulent claims. Hearst leads all other publishers in the quantity of space he sells to the patent medicine frauds. He



Imperial Willie, the man behind Landon



Hearst, the 100 per cent American, uses Mussolini's fascist insignia, the fasces, to illustrate an advertisement

sells not only to manufacturers or relatively harmless fakes such as Alka-Seltzer, Fleischmann's Yeast and Ovaltine, but also to the makers of drugs and cosmetics that may be dangerous. Hearst also sells space to the quack physicians and "specialists" whose boasts fill large sections of his newspapers and who cheat unwary readers of their health and money.

These statements are sober calculated assertions based upon surveys of all Hearst newspapers and magazines. The writer's desk is covered with several layers of advertising clippings of patent medicines and quacks taken from many of Hearst's twenty-four newspapers and eleven magazines. These advertisements can be roughly grouped into three main types. So roll up your sleeves with me and we'll first wade into the tripe artists. These include the quacks and "specialists" who urge you to consult them for every variety of disease from acne to sexual impotence. They use the title doctor but few deserve it. It is impossible to give in detail the crimes of each, but something of their character may be obtained from an investigation of Chicago quacks undertaken some time ago and which revealed the following facts:

That probably some of the quacks are at least morally and probably legally guilty of killing patients.

That a number of quacks maimed patients for life by malpractice.

That some of the quacks operate their business under assumed names, and leading double lives, practice swindling in the city while posing as respectable doctors in outlying districts.

That many sell their professional "services" to men higher-up who own the offices and who push the advertising campaign.

Although these facts were unearthed in Chicago, the methods of quackery are everywhere the same; and the most fruitful medium for advertising their swindles and quackery is the Hearst press.

Perhaps the most notorious of the quacks who now advertise in the Hearst press is Dr. L. Zins. In 1913, he practiced in Chicago and advertised extensively as a specialist in nervous diseases, blood poisoning, stomach troubles, rheumatism, bladder, kidney and "lingering" diseases. He worked a very obvious "come-on" game in which he was helped by his assistants. His plan was to frighten the patient into believing he had some disease and then fleece him. An investigation was conducted by an independent paper which exposed the quacks that were killing, plundering and crippling the Chicago people. This newspaper sent a perfectly healthy reporter to Dr. Zins' office. Dr. Zins pretended examining him and then told the reporter that he had syphilis and gonorrhoea. Zins refused to proceed with any "treatment" until the reporter had assured him that he would be able to return with ten or fifteen dollars as an initial fee. Zins gave the patient a bottle to be filled with urine and asked him to return as soon as possible with the money so that the treatment which would save his life could begin at once. The reporter filled the bottle with colored ammonia water. The water was tested by Dr. Zins' assistant who reported that

the specific gravity (the weight of one cubic centimeter as compared with water) was 1.001. The reporter was informed that his case was more serious than ever, that he was suffering with "specificus gravitus." He urged the patient to get \$50 at once so that he could be cured of the serious diseases that were destroying his organs. The exposure of his quackery by the newspaper forced Zins to leave Chicago, and since April, 1921, he has been practicing in New York City.

All the facts about Dr. Zins and others of his kind are available and known to the Hearst publications. Still the Hearst papers are always open to these swindlers for their advertisements. Dr. Zins now advertises in at least one New York Hearst paper as a consultant in the treatment of "Blood, Skin, Nerves, Stomach and Rectal ailments, General Weakness and other diseases." He occupies an entire house at 110 East 16th Street, New York City.

THE second group of coin extractors and health wreckers appears in the shopping columns—a two-column feature that appears three times weekly in the New York *Daily Mirror*, Hearst tabloid. Here we find the cajoling of international beauty authorities, "charm developers," "slenderizers," "hair colorers," and professors of the "infrascopes" system. We don't know what an "infrascopes" is, but we urge our readers not to worry about it. Tomorrow we may see it advertised by another name with new miraculous properties.

The final and largest group consists of the patent medicines and food frauds whose advertising occupies from two inches to a one-half page in the Hearst publications. These fakers are guaranteed to cure or relieve a thousand and one ailments ranging from sinusitis to piles. It is true that almost all American newspapers and magazines carry advertisements of fraudulent medicines. The better sort pretend to reject the more sensationally ballyhooed fakes and those known to be poisonous. In past issues of HEALTH AND HYGIENE it was pointed out that the nationally advertised products such as Alka-Seltzer, Ovaltine and Fleischmann's Yeast (which are accepted by the best papers) are not a whit less fraudulent than the lesser fry among patent medicines, and that this so-called selection is sheer hypocrisy. Most patent medicines with hardly a single exception make fraudulent claims and newspapers

carrying their notices are accomplices to the crime of exploiting the people. The Hearst yellow sheets make no pretense at censoring patent medicine advertisements. Hearst's newspapers are filled with "remedies" for overweight, underweight, skin troubles, kidney diseases, high-blood pressure, sexual disorders, coughs and weakness (frequently due to tuberculosis and cancer), and so forth. Hearst is maintaining the reputation he acquired early in his career when the New York *Journal* carried more advertisements for fake cures than all other New York papers put together.

Hearst's publications have also printed advertisements of patent medicines that have been responsible for paralysis and blindness of many people. In April, 1930, an ointment known as Koremlu was launched in this country. The ointment was advertised as a depilatory, capable of removing superfluous hair without any harm to the user. This ointment contained thallium acetate, a drug which not only removes hair but also causes paralysis, severe kidney damage, blindness, and death from respiratory failure. The U. S. Department of Agriculture and the American Medical Association warned all department stores which sold Koremlu and all the publications which carried its advertisements that Kertmlu was deadly. The sale and advertising of Koremlu continued, however. By January, 1931, hospitals throughout the country had been receiving patients suffering with thallium poisoning, with paralysis of their limbs, blindness, severe abdominal pain, and loss of all hair. The American Medical Association reported many of these cases. Despite the fact that the crippling and death-dealing properties of this drug was well known, Hearst's *Cosmopolitan Magazine* carried advertisements of Koremlu in December, 1931, at least eleven months after publicity about the drug had begun.

The Hearst publications are read by from twenty to thirty millions Americans. These readers are fed not only a daily ration of smut, lies and perverted news, but also large volumes of fraudulent drug advertisements. How many respond to these advertisements we do not know, but there must be thousands of Americans suffering with infectious diseases, tuberculosis, cancer, and heart disease, who are ruining their health or wasting precious time "curing" themselves with the worthless trash advertised in the Hearst press. Persons suffer-

ing with pulmonary tuberculosis are probably taken in by the advertising blandishments of Kelpamalt, proclaimed as a remedy for the "skinny, worn out, weak and nervous." The government has already prosecuted the makers of Kelpamalt for misrepresentation. Yet Kelpamalt advertisements continue in the Hearst publications. A disease which can be cured by medical and surgical measures is permitted to get out of hand because the sufferer has been persuaded by cunning advertising to treat these symptoms with worthless tablets or solutions. There are dozens of other fakes that fittingly find a place in the Hearst sheets.

Another source of misinformation is Doc Arthur Brisbane, Hearst's office boy and editor of the infamous column *Today*. We have gathered a few jewels of medical nonsense from his column. "Keep away from quacks of all kinds," says Doc Brisbane, "unless they make you cheerful." "Next to the X-ray and the surgeon's knife comes cheerfulness." "The new energy of the blood destroys cancer." "Cheerfulness increases blood energy." "When you sneeze you kill germs just as you would be killed if an elephant stepped on you." Comment on such twaddle is unnecessary except that the millions who read him should be warned against this Hearst oracle. And in passing we might well mention the name of Bernarr Macfadden who rivals Hearst and Brisbane in reaction and the advertising of fraudulent products.

HEARST'S role in the public health legislation of this country has been notorious. We can trace it from the very beginning of his career. The period after 1880 witnessed the rise of the patent medicine and food industry. Hundreds of firms were springing up and selling poisonous rubbish in the open market. Agitation for the federal supervision of the patent medicine and food industry began to mount. Hearst, who always posed as the people's friend, never took up the issue. He openly defended the patent medicine manufacturers because they were paying him large sums of money for advertising space. Nevertheless the Pure Food and Drug Act was finally passed in 1906. This law forbade manufacturers from making fraudulent claims in or on a trade package, but permitted them to make claims they wished in their advertisements.

Since 1906, it has been obvious that this law does very little to protect the consumer from

fraudulent products. A reaction to the futility of the law compelled the present administration to propose a new Pure Food and Drug Bill. This was intended to compel advertisers of patented and canned products to be as truthful and accurate in their advertising as the present food and drug act compels them to be on their package labels. At this point we introduce Dr. Royal S. Copeland, Senator from New York, stooge for William Randolph Hearst, and doctor of medicine. Since 1922, Senator Copeland has been a radio speaker and "health" expert for Hearst's publications. He has endorsed many of the fakes advertised in Hearst publications. As soon as the new food and drug bill was introduced in the Senate, Dr. Copeland attempted to amend the bill so that its whole purpose would be destroyed. A combination of Hearst, Copeland, representatives of pharmaceutical, proprietary, patent medicine, canned goods and advertising associations, the American Newspaper Association, and various magazine publishers' associations, exerted pressure on Congress and sabotaged the bill. As a substitute they produced the final Copeland bill which even the American Medical Association calls an "impotent monstrosity in which the procedure is so long and wearisome and the penalties are so inadequate that the forces of Quackdom may ravage the sick and ailing and retire with their booty long before the process of investigation and prosecution catch up."

The Tugwell bill as first proposed would have given protection to the consumer, would have meant the difference between life and death, between health and illness to hundreds of thousands who get so little education in health matters that they become ready victims to the lies and deceit of food and drug manufacturers. This progressive legislation was scuttled because it threatened the profits of our patrons of poison—the manufacturers, and the publishers who sell space to them. Because Hearst sells more of such space than any other publisher, he took the lead in squashing the bill. This was perfectly consistent with all that he has done in the past. He has always been faithful to his position in society, a defender of private property. The swindling advertisements in his publications, his association with patent medicine manufacturers behind the Copeland bill all represent Hearstism at its best and worst—always a blight on the American people.

Cosmetic Problems

Removing Hair from Legs

For the many readers who have been asking questions regarding the care of the skin and hair, "Health and Hygiene's" skin specialist will discuss such problems every month. All questions must be signed and accompanied by a self-addressed, stamped envelope.

WITH the coming of summer, advertising copy writers are working overtime devising schemes to sell depilatories (hair removers). Hair on legs is declared a social liability. The stuff must be sold and any method that works is fair. Making people self-conscious is always a successful way to sell them something. The blemishes of a few are made into the blemishes of a nation. There are some women who have excessive hair on their legs and these women find it necessary to remove the growth. However, it is not necessary for the great majority of women, most of whom have a slight or moderate downy growth which is normal, to subject themselves to the expense and possible dangers of depilatories.

It seems to us that a strong educational campaign is necessary to undo the damage wrought by avaricious manufacturers. Each of their claims must be refuted and the dangers exposed. It would be well to inform our readers of the nature of the commonly used depilatories.

Neet, DeMiracle, Snow, X-Bazin, Delatone Cream Hair Remover, and Zip Depilatory Cream are examples of depilatories that act by dissolving the hairs. Most of the compounds used for this purpose contain either calcium sulphate, arsenic sulphate, or barium sulphide made into a paste with warm water. This paste is applied for about ten minutes over the hairy surface and is permitted to remain until it dries, frequently producing a sensation of heat and burning. It is then rapidly scrape off and the skin is thoroughly cleansed with warm water. Cold cream or some other soothing ointment is then applied. Though many women use these depilatories with no harmful effects, any one of these depilatories is liable to cause a severe inflammation of the skin if it is sensitive. All of these depilatories should first be tried

on a small area of skin in order to find out whether your skin is sensitive.

Another method of removing leg hair is by using abrasives such as pumice. These abrasives are effective where the hair is very fine. You must remember, however, that if you have a delicate skin, rubbing will cause irritation.

The wax depilatory is another that is well advertised. This is usually melted, applied and allowed to harden. Then it is lifted off, taking the hair with it. It is somewhat painful and may cause dermatitis (inflammation of the skin).

None of these depilatories will prevent a re-growth of the hair. They must be applied at regular intervals depending on the rapidity with which the hairs reappear. All of them may cause, in sensitive individuals, severe inflammations of the skin.

FOR those who have only a small amount of hair on the legs our advice is to do nothing about it. If you undertake the unnecessary expense and expose ourselves to the possible dangers of depilatories you are only following sheepishly a fashion dictated by those who have to gain by the self-consciousness they have created in you. A moderate amount of hair is normal.

Those who have a large amount of hair on the legs should follow the safest course. Depilatories do not remove hair permanently and may, in some cases, severely irritate the skin. To avoid this danger, we suggest that you bleach the hair with peroxide. This will render the hair inconspicuous. Add about ten drops of ammonia to an ounce of hydrogen peroxide and apply this mixture.

If you insist on removing the hair, shaving will be least expensive and least dangerous.

COFFEE AND TEA — DRUGS OR BEVERAGES?

Do these stimulants cause nervousness?

CAFFEINE, the active ingredient of tea and coffee, as well as its relatives is contained in numerous plants which are widely distributed over the tropical regions. Wherever these plants are found ancient peoples learned of the stimulating qualities possessed by beverages prepared from them. The most primitive form of use consists in chewing the seeds or leaves of the particular plant.

The use of the roasted coffee bean can be traced back to the Ethiopians, who subsequently introduced its use to the Arabians and Egyptians. The first widespread use in Europe seems to have been toward the end of the sixteenth century when a coffee house was established in Constantinople. Tea has been used from the earliest times in China where it was introduced from Korea. Its use in Europe was coincident with that of coffee, the first tea house having been opened in London in 1657. Cola, a preparation of dried seeds containing caffeine, has long been used by natives of Africa who introduced it wherever they were taken into slavery.

Coffee plants, of which the Arabian variety is most widely cultivated, are both beautiful and fragrant. The beans or seeds are obtained from the purple fruit. Analysis of the beans shows them to contain, amongst other things, the following two important substances: caffeine and chlorogenic acid. The process of roasting, which consists of heating the beans to a temperature of 482 degrees Fahrenheit, adds a third product, caffeol. This is the brown oily substance which gives coffee its characteristic odor and flavor. Caffeol, one drop of which will fill an ordinary room with a decided coffee odor, is produced by changes in the bean skeleton during roasting. Substances somewhat similar to caffeol are formed when other seeds or grains are roasted and this is the basis for the preparation of various cof-

fee substitutes from cereals. In addition, roasting does the following to the coffee bean: it makes the seed easier to grind, permits more substances to be extracted by water, and lends the brown color. Grinding also exposes a greater surface, permitting easier extraction and preparation. At the same time it permits more exposure to the air, leading to a rapid loss of volatile substances as well as other changes. Hence the fad for "dated coffee." Coffee is not infrequently adulterated with sugar, chicory, dandelions and numerous beans. Coffee may be so treated as to remove most of the caffeine without destroying its other properties. The process is neither as difficult nor as expensive as the retail prices of decaffeinated coffees, such as Kaffee-Hag and Sanka, would lead one to believe. The caffeine in this process has a wide use in medicine and chemistry for which a handsome price is charged. The percentage of caffeine in coffee varies but the following table represents the average contents:

	Caffeine	Chlorogenic Acid
Average Java Coffee . . .	1.2 %	11.37 %
G. Washington	4.96 %	48.0 %
Fairy Cup Instant Soluble	4.48 %	45.48 %
Kaffee Hag	0.03 %	no figures
DeKafa	0.13 %	no figures

The instant soluble coffees, which are so prepared as to contain about four times as much caffeine as ordinary coffee, require about one-fourth as much to prepare one cup of beverage. For beverage purposes coffee is best prepared by percolation or "drip" methods. In this way less irritating substances are extracted. Boiling only serves to drive off the caffeol and extracts substances which are irritating to the stomach. One cup of coffee made from a tablespoonful of ground beans has in it most of the caffeine (about 2 grains) and a large part of the chlorogenic acid.

There are several factors in the preparation of coffee which strongly affect its flavor. Freshness is extremely important. This is lost rather rapidly after the coffee beans are roasted, and especially if they are ground. Staleness is delayed if the coffee is sealed in a vacuum immediately after roasting and grinding. But even the vacuum sealing does not preserve the flavor indefinitely. "Dated coffee" cannot be depended upon for freshness; it is no great task to replace one dated label with another. Frequently "dated coffee" after it has lost its "dated" freshness is repacked and sold under a cheaper brand name.

The cleanliness of the coffee pot is also important. This is especially so with metal utensils. Such utensils should be emptied of coffee and thoroughly cleaned as soon as possible after use.

The drip method of preparation preserves the flavor better than does the percolator. This method requires a pot in which boiling water flows only once through coffee ground to a powder. Regardless of the method of preparation, coffee should never be boiled for more than a half minute at most. If a strong beverage is desired, more than the customary tablespoon per cup should be used.

TEA is prepared from young leaves and is of two kinds, black and green. These differ only in the methods of preparation. Black tea is permitted to ferment thereby removing the green coloring matter. The final flavor of tea leaves depends on further treatment. Often the leaves are permitted to remain in contact with different flowers such as orange and jessamine. In addition to caffeine (one-third per cent) tea leaves contain an aromatic oil and about 10 per cent tannic acid. Often the green leaves are adulterated so as to improve their color. The amount of caffeine and tannic acid present in a cup of tea depends largely on its preparation. Just pouring boiling water over tea leaves extracts practically all of the caffeine, some of the oil and little of the tannic acid. If the leaves are permitted to remain in contact with water more than 2 to 4 minutes much more tannic acid is extracted which is not desirable. A cup of tea made from one teaspoonful of leaves has about 1½ to 2 grains of caffeine.

The effects produced by the use of tea and coffee as beverages are largely the effects of

their ingredients and so these will be considered separately.

Caffeol. This substance behaves like other condiments or appetizers. By mildly irritating the lining of the stomach more blood is sent to that organ and it also becomes more active. The hot water adds to this effect. While ordinarily this is not an undesirable state, and may even be beneficial, over-indulgence in coffee may lead to over-irritation or "nervous dyspepsia" ushered in by belching. In people with "nervous stomachs" and ulcers of the stomach there is already a state of irritation and therefore coffee, even decaffeinated, only aggravates the condition.

Chlorogenic Acid is thought to interfere with digestion and cause foods to remain in the intestines for a longer period than normal.

Tannic Acid. The ordinary use of tea does not introduce enough tannic acid into the body to be harmful. However, amounts contained in six or more cups are injurious. The lining of the intestines are "toughened," similar to tanning, thereby interfering with the digestion and absorption of foods. The results are "indigestion" and constipation. This "toughening" or precipitating action of tannic acid is made use of in the treatment of skin burns, diarrhea and certain poisonings, for all of which strong tea may be used.

Caffeine. This white powder is the principal active ingredient of both coffee and tea. Possessed of many actions, it finds a widespread use in medical practice. Chief among its actions are:

1. Nervous System Stimulant. The moderate use of caffeine (2 to 3 cups of coffee) produces a quicker and clearer flow of thought; increased concentration of thought; greater sensitivity to the environment; greater mental efficiency; and a lessening of any tired feeling. Thus it is that during nervous fatigue, when the action of caffeine is especially noticeable, many people drink coffee or tea which may even serve to ward off sleep. With larger amounts, more than 3 or 4 cups, stimulation increases to such an extent as to produce nervous excitement which overcomes any benefits that might be derived from the use of caffeine. In addition there may be trembling of the hands and fingers.
2. Caffeine so increases the efficiency of muscles that they act more readily, more

completely, and with greater power. They are less easily fatigued and appear to recover rapidly following activity. This benefit is too often abused when incomplete rest is taken, and in this case caffeine hastens the fatigue process which has begun. Excessive use of caffeine may produce a condition resembling fatigue. It is the property of stimulating muscles that makes caffeine a good stimulant for the heart muscle under certain conditions.

3. By relaxing blood vessels together with its action on heart muscle, caffeine favors a more abundant blood flow over the body.
4. Either by increasing the blood flow or, as some still think, by actually affecting the kidney, caffeine causes a greater amount of urine to be excreted.

IS THE drinking of coffee and tea harmful? From what has already been said, it can be seen that this is a question which cannot be answered in one word. People differ in their individual abilities to withstand the stimulating effects of the caffeine and the irritating effects of the oils. A highly strung nervous person may be so affected by one cup of coffee or tea before retiring that he will toss about for the rest of the night, while another individual not so nervous, will sleep soundly after two cups. A person with an "irritable" stomach to begin with can only expect additional irritation by using coffee and tea and thereby increase the chances for indigestion. In the latter case these chances are not always cut down by the use of expensive decaffeinated coffees since these still contain the other substances which may be irritating.

It is pretty well the concensus of expert opinion that children, who are more active than

adults, are in no need of stimulation under ordinary conditions. The use of coffee and tea lessens the child's response to fatigue and he or she may not secure adequate rest. Children who drink coffee steadily have been found to be below normal in weight and strength. Since these beverages, aside from the sugar and milk or cream used in their preparation, have no food value, their use in a child's diet only cuts down on the amount of milk which should be taken daily.

Chronic coffee and tea poisoning are well known conditions brought about by over-use of these beverages. In the average person this condition is produced by the drinking of five or more cupfuls daily. Many people are affected by less. The first warnings that show themselves are belching, fullness in the stomach and uneasiness after meals, a feeling of weakness and dullness. This is then followed by restlessness and nervousness, unsteadiness of the hands, disturbed sleep, loss of appetite and headaches. In tea drinkers, due to the tannic acid, there may be constipation, while in coffee drinkers, due to the caffeine, there may be a laxative effect. Another common symptom is the awareness of the heart beat. Often this is associated with shortness of breath which leads the individual to suspect actual heart trouble where it does not exist. This condition usually clears up when the use of caffeine is stopped; a matter easily accomplished since caffeine is not a "dope" in the sense that morphine and cocaine are.

It may be safely said that for the average adult two to three cups of coffee (one tablespoonful to the cup) or tea (one teaspoonful of leaves to the cup) daily can be taken without harm.

FREE MEDICAL CARE

None can say that the rich City of New York does not give medical care to the people on relief. Dr. C. F. McCarthy, of the Emergency Relief Bureau of New York, stated that 81 per cent of the 1,500,000 people on relief in New York City received free, or almost free, medical and nursing care during the last eight months of 1935. The average yearly allowance per patient in 1933 was \$11.03. In 1935 this princely figure was cut almost in half to \$6.65 a person for the entire year.

CONSUMERS PAGE

As a regular feature, this department will give information on foods, drugs and cosmetics which make false advertising claims, or are dangerous, defective or adulterated, or which sell for a price entirely disproportionate to the actual cost of the product. NJ (notice of judgment) plus the file number indicates that the information is derived from the Federal Food and Drug Administration; FTC, from the Federal Trade Commission; PR plus date, from a press release of a federal agency.

Cocoa

COCOA prepared and distributed by the Chas. H. Phillips Chemical Co. (New York) was analyzed by government chemists who report "that it contained an added poisonous and deleterious lead." (NJ 24589) Readers of the article on lead poisoning, in a recent issue of HEALTH AND HYGIENE, will recall that lead, taken in small quantities over a period of time, accumulates in the body and has effects which are both widespread and serious.

Tomato Catsup

PURCHASERS of tomato catsup will be interested in the following description of *Snider's Catsup*: "adulterated, decomposed, moldy." More than two thousand cases were condemned in a single month (NJ 24417 and 24590). The catsup of Libby, McNeill and Libby contained "fragments of the bodies of worms and insects, small insects and hair" (NJ 24460). Libby, McNeill and Libby was also fined \$35 for giving short weight on a jar of olives. *Scott Brand Tomato Puree* (Morgan Packing Co.) was so moldy that 183 cases had to be destroyed (NJ 24440). This same company's tomato catsup was decomposed (NJ 24456).

"Pluto Water"

THE *Pluto Water* which you buy in ninety-nine out of a hundred stores is not the natural product of any spring. What you buy is actually a concentrated solution of two salts (Epson and Glauber) together with small quantities of ordinary table salt, calcium sulphate and magnesium carbonate. The Bureau of Investigation of the American Medical Association says that the claim of the manufacturers of *Pluto Water* "range from gross exaggeration to positive falsehood." The advertising "blurb" stresses the importance of sulphur in

Pluto Water in a form known as sulphurated hydrogen gas. Actually there is not a trace of this chemical in the concentrate sold in bottle form.

Cold Creams

IN the N. Y. *Times* of May 13, 1936, B. Altman & Co., one of New York's best known department stores, advertised *Colonial Dames All-Purpose Cream* at \$1 a jar. The advertisement describes the cold cream as "activated with Vitamin D, to cleanse and clarify the skin." This is quackery and fraud of a low level. There is not the slightest evidence that vitamins in cold cream have any beneficial effect on the skin. To state or imply the contrary is charlatanry.

Gimbel's, another large New York department store, recently advertised a similar fraud, *Vita-Ray Cold Cream*. This cold cream fraud was endorsed by Hearst's Good Housekeeping Bureau of Standards. The Federal Trade Commission ordered the company selling this cold cream to stop its false advertising claims. We are still waiting, however, for Hearst's Good Housekeeping Institute to withdraw its endorsement.

"Grove's Laxative Bromo-Quinine"

THE manufacturers of this preparation make a number of claims which have no scientific basis. It is true that the advertising copy make interesting reading, but we prefer our fiction in other forms. The Federal Trade Commission, whose function is to check on fraudulent claims and misrepresentations of various products, charged the company with making such unfounded claims. Readers are warned against wasting their money on this preparation. (FTC Press Release, 2771.)

Our Doctors Advise:

The doctors of the People's Health Educational League, including specialists in almost every field of medicine, will answer reader's questions on health and personal hygiene. All questions must be signed and accompanied by a self-addressed, stamped envelope.

Infected Tonsils

Binghamton, N. Y.

DEAR DOCTORS:

Recently I became ill with a supposed glandular disturbance and a swelling on the side of the neck accompanied by high fever and pain. A doctor diagnosed it as an ulcerated tonsil and also a deviated septum. After a gargle of "bi-carb" and salt and also a sedative, the pain subsided. In a few days, swallowing became easier. Nonetheless, I was quite weak. The doctor advised removal of the tonsils in six weeks or two months. Now, if it is so serious as the doctor declares, why is it possible to delay without serious consequences? I am puzzled because only within the last year I was informed by another doctor that my tonsils are practically non-existent.

I am thirty-seven years old and have always been in pretty good physical condition. I have never had any nose or throat operations. If you think removing the tonsils advisable, what is your opinion of electrical treatment?—G.S.

Answer—The reason that operation was delayed several weeks in your case was that it is considered dangerous to operate on the tonsils while they are inflamed or ulcerated because of the possibility of extending the infection through the tissues surrounding the diseased tonsils, and so cause a general infection which might be dangerous to life. The proper time to remove the diseased tonsils is after recovery from the acute infection. Then it becomes a routine tonsil operation without any additional hazards.

The electrical treatment has been discarded by throat specialists as a method of removing tonsils. It is a long, unreliable process which, in the opinion of the best authorities, never results in the complete removal of the tonsils. It requires as long as three months to complete, and when that is contrasted with the fifteen minutes of time required for surgical removal, the shortcomings of the electrical method are apparent. In addition, electrical removal is hardly less painful than ordinary surgical removal.

Perspiration Odor

Greensboro, N. C.

DEAR DOCTORS:

I suffer with perspiration odor. During the past

year, I have made about a half-dozen visits to three doctors. After the usual examinations, all three claimed they could detect the odor but could not find anything wrong. Two said that no soaps or liquids would help, but that I should be "non-chalant." The third prescribed some patent remedies as "Non-Spi" and "O-do-ro-no," which succeeded only in ruining almost a dozen shirts. There was no more success with other such remedies. What would you suggest?—F. B. A.

Answer—For excessive perspiration accompanied by offensive odor, we suggest that you sponge the affected parts with a 2 per cent solution of formaldehyde. If this irritates the skin stop using it. Alternately with this sponging, wipe the armpits dry and apply ordinary talc or cornstarch.

Do not waste your money on the preparations you mention.

* * *

Spermatorrhea

Portland, Ore.

DEAR DOCTORS:

Will you please answer these questions. What are the symptoms of spermatorrhea? What is the best treatment? Can it be cured at home?—D. J.

Answer—Spermatorrhea is the involuntary discharge of semen when no orgasm has occurred. Usually this happens while moving the bowels, or at the end of urination. It is, in most cases, a sign that there is some infection in the prostate, or seminal vesicles, or both.

If this infection is eliminated, the symptom, spermatorrhea, will usually disappear. The most effective treatment is massage through the rectum, of the prostate, and the seminal vesicles. Diathermy may be used as an aid. Obviously these procedures can be administered only by a physician.

The outlook in these cases is usually good, and the period of treatment brief.

* * *

Constipation in Children

Rockford, Ill.

Dear Doctors:

I would like some advice concerning my five-year old girl. She looks well, but her bowels do not empty well even with three large spoonfuls of mineral oil emulsion each day. She is bothered

with gas and the stool promptly becomes hard and dry if the oil is omitted. Diets have not helped and regular toilet habits cannot be taught as she is unwilling to cooperate. There is usually a red and itching condition of the vaginal canal and the anus (rectum). Fruits, vegetables and bran in her diet make very little difference. What is the cause and cure of these troubles?

—D. H.

Answer—Constipation is a common and sometimes troublesome symptom. It is important to remember that mere infrequency is not constipation if the stools are perfectly normal. It exists where the stools are harder, drier and less frequent than normal.

The commonest and most important causes of constipation are general weakness (relaxed condition) of the intestines and of the wall of the abdomen, improper diet or defective training. Muscular flabbiness of the bowel and of the abdominal wall can be improved by exercise and massage and by improving the child's general vigor and tone.

The diet must be a well-balanced diet containing neither too little nor too much fat and one having plenty of roughage which is found in brown or whole wheat bread, raw fruit (figs, raisins and prunes), coarse vegetables (spinach, lettuce, tomato, string beans, asparagus, rhubarb, carrots, etc.). In addition, one should drink a great deal of water.

The formation of a habit of having the bowels moved regularly is very important. It is always desirable that the child go to the toilet regularly after breakfast. This, and all the other morning duties, must be so arranged that the child is not unduly hurried with this important one. The normal habit of having the bowels emptied regularly is often interfered with by the child's opposing attitude. To do away with the latter mental attitude, the parent must display no concern, anxiety or fussiness. One should, therefore, first resort to a small enema to establish a regular habit and by proceeding in an off-hand manner giving the child the proper diet, water and exercise, they will finally attain their end.

* * *

Petting

South Bend, Ind.

Dear Doctors:

I would like to have your opinion on petting. I am a young woman who frequently goes to parties, and it seems that the only way I and the other girls can interest the boys is to pet with them. Some girls refuse to pet, saying that it is unhealthy and abnormal. I would also like to know how much petting is normal?

—V. G.

Answer—It is not possible to give a formula as to the amount of petting that is normal and healthful and to indicate the exact point at which it becomes harmful. In general it can be stated that a

certain amount of petting is normal activity of young people, a natural stage in sexual development. However, it can be overdone and can become a pernicious practice.

The first important point is discrimination. Petting should be an expression of affection between people. If indulged in indiscriminately it loses its meaning and renders what should be important, something trivial and without emotional significance. Petting should develop as a sign of mutual affection after people have been friends together, have worked together and had fun together. It should not be a substitute for an introduction, nor yet a way of getting a man interested in one. The mutual interest should come first. The second point is the nature of the petting. If carried to a point of great stimulation it becomes a substitute for sexual relations. Such a substitute can eventually cause one to obtain more pleasure from the substitute than from the act, and this can lead to the development of some degree of sexual frigidity.

The third point is about frequency. If indulged in frequently and for prolonged sessions it can eventually lead to nervous symptoms such as restlessness, irritability, inability to concentrate, a tendency to worry over little things, and even diminished potency in the man and partial frigidity in the woman. Of course, the point can easily be exaggerated. Only years of intense, active petting are likely to bring about all of these symptoms; besides, people vary greatly in their ability to stand such strains on the nervous system and some don't seem to develop these symptoms very readily.

Petting can become for young people a kind of drug, a method of escape from facing the problems of life. If one has interest and activity which are important and vital one does not need such escapes. This brings us to the most important point of all.

All of these problems arise from our present vicious system of society. Sex is distorted, made ugly, sinful or forbidden. People run from it or lose themselves in it. Early marriage is impossible. The bearing of children is an act of dread and terror rather than the joy it should be. A proper attitude toward sex, or a solution to the sexual problem is impossible under capitalism. We need not be ascetics, but we must not lost ourselves in over-indulgence.

* * *

Canned vs. Fresh Milk

South Orange, N. J.

Dear Doctors:

Kindly inform me as to the differences between canned milk and fresh milk. Is it advisable to feed a baby evaporated milk.

—C. N.

Answer—There are two kinds of canned milk. One is condensed milk with sugar added to it. This one is not recommended. The other is evaporated milk—milk that has been heated in a special

way so that half of the water in the milk has been evaporated. It is therefore twice the strength of fresh whole milk.

It is not at all true, as many claim, that evaporated milk is usually obtained from the milk that is left over nor that the milk is poor in fat content now that it consists of milk from which portions of the whole cream has been removed. It is made from a good grade of whole milk in which the fat content (as required by law) ranges around 4 per cent. It is a little more than double concentrated milk in that the caloric value per ounce is 43, while that of whole milk is 20.

Although fresh cow's milk is preferable to evaporated milk yet there are occasions when the latter is used. Premature babies who cannot obtain breast milk and who cannot take sufficient amounts of milk because of their small size, will thrive well on evaporated milk. The quintuplets, for example, were fed evaporated milk. In addition, there are babies and children who are sensitive to the fat of slightly boiled cow's milk, who will tolerate evaporated milk. Lastly, if one is uncertain of one's milk supply or cannot afford to buy good milk or is travelling, then it is advisable to use evaporated milk.

* * *

Sciatica

Racine, Wis.

Dear Doctors:

My problem is a pain running from the left hip joint down the back of the leg; can't stoop or sit. I spent six weeks in bed and it constantly felt like the flesh was tearing loose inside. . . . I could not sleep nights for the pain even with the strap the doctors put on, which did not even relieve me.

—G. U.

Answer—You are probably suffering from the condition commonly known as "sciatica," which is an inflammation, or irritation of one of the main nerves to the lower limb. The causes are numerous, such as, arthritis, inflammation of joints, especially the joints of the lower part of the spine and hips, infection, injury and many others. The treatment is generally:

1. Rest in bed during the early and acute stages of the illness.
2. Baking applied twice a day to the small of the back and the involved limbs.
3. Deep heat applied electrically (diathermia).
4. Medication for the relief of pain (aspirin, etc.).
5. Sometimes fixation of the spine and hip by the application of a cast or brace. This produces complete and ideal rest for the irritated parts. This treatment is used more commonly in prolonged and chronic cases.

6. Occasionally, for the relief of pain, injections about the tissues of the nerves (done only by a nerve specialist in a hospital).

The illness is sometimes difficult to treat and cure, and even after satisfactory relief of symptoms there may be a relapse. The condition, however, represents no special danger.

* * *

Macfadden Institute

Bronx, N. Y.

Dear Doctors:

I am a young man with one year of college work. I have recently read about the Bernarr Macfadden Institute for the training of laboratory technicians. I have also read in the May issue your analysis of Macfadden's methods for treating cancer. The article seems to establish the fact that the Macfadden health systems are far from scientific. In the light of your article, I would like to know what you think of the Macfadden Institute.

—S. O.

Answer—For detailed information about the Macfadden Institute we refer you to the June *Progress*, an excellent journal for medical and hospital employes published by the Joint Council of Association of Hospital and Medical Professionals. The writer of the article in the *Progress* makes the following points:

1. The Macfadden Institute is not supervised by the New York State Board of Regents as are all reliable medical schools and colleges in New York State. This alone would indicate that Macfadden's school has no academic standing among reputable authorities.

2. The Macfadden Institute pictures the prospects of jobs after graduation as being very good. Graduates are also told that they could command a salary of \$3,000 a year. The simple fact is that there are many laboratory technicians with college degree who are unemployed, and the majority of those employed do not earn more than \$60 a month. The Macfadden Institute does not award degrees to its graduates so what chance would you have of getting a job in a competitive market where hundreds of laboratory technicians with degrees from highly reputable schools are without work.

3. The writer of the *Progress* article toured the Institute's two classrooms and noted that the "incubators, sterilizers and autoclaves were conspicuous by their absence (unless they have collapsible ones). Needless to say there is a gymnasium. In fact a large part of the catalogue is devoted to pictures of half-stripped students standing on their heads." Perhaps Mr. Macfadden's school will try to build up the muscles of its students so that they can destroy germs by beating them.

Our advice is that you continue with your college work.

* * *

Sodium Perborate

Boston, Mass.

Dear Doctors:

Do you consider sodium perborate an efficient

dentifrice? Does it have any bad effect on the enamel due to its great strength?

—O. F.

Answer—Sodium perborate should not be used as a regular dentifrice. Continued use of perborate will not effect the enamel, but it will cause a burn on the gums and will produce a rough coating, *i.e.*, "furry" tongue.

Sodium perborate is invaluable in the treatment of Vincent's disease or trench mouth. But only at the advice and care of a physician. If the drug is used over too long a period, the germs causing trench mouth will get used to it and the beneficial effects of sodium perborate will be lost.

* * *

Dust Sensitivity

Brooklyn, N. Y.

Dear Doctors:

My boy is fourteen and a half and weighs 125 pounds. Since infancy he has suffered asthmatic attacks which doctors called bronchial asthma. These attacks stopped about two years ago, but he was left with a nasal condition which becomes annoying to himself and those around him. His breathing through his nose is noisy, his speech is nasal, and the nose has a clogged feeling nearly always (tonsils and adenoids removed). About a year ago, a skin test showed a sensitiveness to dust, and a physician gave him inoculations. His breathing seemingly improved after twelve inoculations in twelve weeks. During the summer he discontinued inoculations and hasn't gone back yet. If I had more information about these inoculations, it would encourage me to take the boy back and continue. The doctor said he may need two dozen more. Each visit to the hospital means about \$2, so you see this comes to a big sum for a worker to pay.

—B. H.

Answer—Most likely, the injections which were given to your son were extracts of house dust. Ordinary house dust, to which your son is sensitive, making him sneeze and clogging his nose, is treated with chemicals so that certain proteins are extracted. Injections with this extract reduces the sensitivity your son has for dust, and therefore the improvement. It would also be of help to see that the rooms in which he works and sleeps are thoroughly dust free. The walls and backs of pictures and furniture should be washed. No heavy curtains or draperies should hang in these rooms and no carpets should decorate the floors.

The fee of \$2 which the clinic charges is exorbitant. The average clinic charges 50 cents for such a treatment so it is evident that your hospital is profiteering at the expense of the worker.

* * *

Flat Feet

Pontiac, Mich.

Dear Doctors:

For some time I have been having pain and dis-

comfort in my feet. My job requires that I stand all day and at the close of the work day I am utterly exhausted. My arches are flat and the shoes I wear may add to the pain and discomfort. Are there any shoes I can wear that will give me relief?

—S. P.

Answer—The immediate way of getting relief is by wearing proper shoes. For your weak feet the flattened metatarsal arches, a high orthopedic shoe will give you the greatest comfort. We would strongly advise you to get a high shoe because it will support your ankle as well as your arch, and anyone who stands long hours on his feet certainly requires the greatest amount of support.

The orthopedic shoes can be bought in any shoe store. When you buy the shoes, have the shoemaker wedge the inner margin of both heels one-quarter of an inch. That will raise the shoe slightly on the inner margin and thus relieve the tension that generally falls on the main arch of the foot.

Metal arches do not cure and relieve weakened and flattened feet. These arches are often heavy and cumbersome and instead of relieving the pain, often aggravate it. Arches have been widely advertised by their manufacturers or by shoe stores simply because they bring huge profit to them.

A good method to relieve tired, aching feet is to bathe them in warm epsom-salt solution every night. Put from one-third to one-half cup of epsom salt in a basin of warm water and keep your feet in it at least twenty to thirty minutes.

* * *

Styes

Macon, Ga.

Dear Doctors:

For the past year I have been suffering with eye styes. I have one now and they keep on recurring. What must I do to free myself of them. I am slightly anemic?

—Z. L.

Answer—The causes of styes are varied and numerous. To begin with, if your general health is poor, which is suggested by your low hemoglobin (anemic), you would be subject to slight infections, *i.e.*, styes. If it cannot be attributed to your general health, one must look for a local cause in the eyes.

The commonest local cause is an error of refraction, *i.e.*, need of glasses. If you could have both these factors investigated, the cause of your styes would probably be found.

* * *

Varicocele

Long Beach, Cal.

Dear Doctors:

I am a young man twenty-three years old. For the past two years I've been suffering with varicocele. I visited a doctor and he said it will cause an atrophy of the testicle if I married, thereby becoming impotent. The only possible cure is to have the spermatic cord tied. I read in a health book

that a tying of this cord will also cause a shrinkage of this testicle. I am to be married soon and am terribly worried. Please let me know if I can escape this operation.

—G. A.

Answer—There would certainly be no ill effects resulting from your marrying, simply because you are suffering from a varicocele. Unless the varicocele is very large, operation is usually unnecessary, and your condition can be considerably relieved by wearing a suspensory. If an operation is performed, the spermatic cord is not tied, but the enlarged veins are simply removed.

* * *

Hives

Mount Vernon, New York.

Dear Doctors:

I have been bothered by giant hives for the past six months. I am employed by the telephone company and work very hard, become excited when we are bawled out about the poor service. The hives pop out all over me and I feel quite embarrassed. The telephone company doctor told me to take calcium lactate, also Vitamin B yeast tablets. There is no improvement at all since I have taken these.

My daughter, aged eleven, weighs ninety pounds. She has an enormous appetite. Would you advise a diet at her age?—M. T.

Answer—It is often difficult to determine the cause of hives. You should give the calcium a good trial. It sometimes happens that some particular food predisposes to an attack. If you will try to recall everything that you have eaten in the forty-eight hours preceding an attack, you may eventually find the one food or constituent of a food that brings it on.

You should have a bowel movement every day. Milk of magnesia and mineral oil in doses which you will determine by your own experience are the laxatives, if you should need one. Read the article on Constipation in the June 1935 issue of HEALTH AND HYGIENE. Try to avoid excitement if you can.

Stringent diets should not be used for growing children. However, you should train the child to confine her eating to three regular meals a day, to avoid sweets between meals, and encourage the eating of vegetables instead of cakes, bread, and rich desserts. Avoid making the child self-conscious of her weight. At maturity, careful dieting may be advised, but the discipline of regular and well-balanced eating habits and avoidance of self-indulgence can be started now.

* * *

The Torch of Life

New York, N. Y.

Dear Doctors:

I would like to get your opinion of the book entitled *The Torch of Life* by Frederick M. Rossiter.

The book is a very frank discussion of the love drama—limited practically to the sex union.

If you could discuss this somewhat in detail I would appreciate it.

If Rossiter is sincere, if his book is sound in every respect, if his book is honest and above all true, I think that it is a book you should recommend to all.—J. S.

J. S.—We have received the following information from the American Medical Association concerning *The Torch of Life*.

This is another of the volumes developed recently as a guide to the newly married in the technique of sex performances. The author has attempted to treat the subject with delicacy, but in his desire to make beautiful a matter that is essentially anatomic and physiologic he waxes lyrical. He gives accurate descriptions of the sex organs and pictures the love drama as a performance in which the male is primarily responsible for successful consummation. He discussed as usual the various postures and regions of excitation. The concluding chapters deal with the first night and various esthetic relationships. The book seems to be as good as any of those that have recently been made available for the purpose and not a great deal better.

* * *

Dr. Locke

St. Louis, Mo.

Dear Doctors:

In one of your previous issues, you promised an expose of Dr. Locke of Canada or something to that effect. I have been watching for it. I know several people who are as interested as I am.—N. D.

Answer—The manipulations of Dr. Locke are worthless and part of a general quackery that has been repeatedly exposed, but evidently not enough. He treats all cases that come to him by manipulating the feet, no matter what the ailment. Remember that the feet are treated in this manner even in cases where the illness has no relation to the feet. In addition, he refers the people so treated for shoes bearing his name and turned out by vari-
out firms.

We have no way of telling whether he gets a percentage on the shoes so sold. Obviously, there is no special virtue in the shoes advised. If you have weak feet, you need orthopedic shoes especially prescribed by one skilled in the examination and treatment of orthopedic conditions.

* * *

Regrets

Health and Hygiene regrets the publication of a picture of Mr. Macfadden and two accompanying illustrations, which appeared on page 16 and 17 of the May issue. Through error, the picture and illustrations were reproduced without obtaining permission of their copyright owners.

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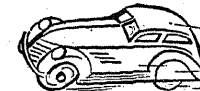
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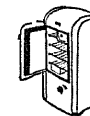


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Consumers Union is directed by Arthur Kallet, co-author of 100,000,000 Guinea Pigs. Professor Colston Warne of Amherst is president. Heywood Brown, Congressman Vito Marcantonio, Francis Gorman, and many other prominent figures in liberal and labor movements are directors and sponsors of Consumers Union.

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