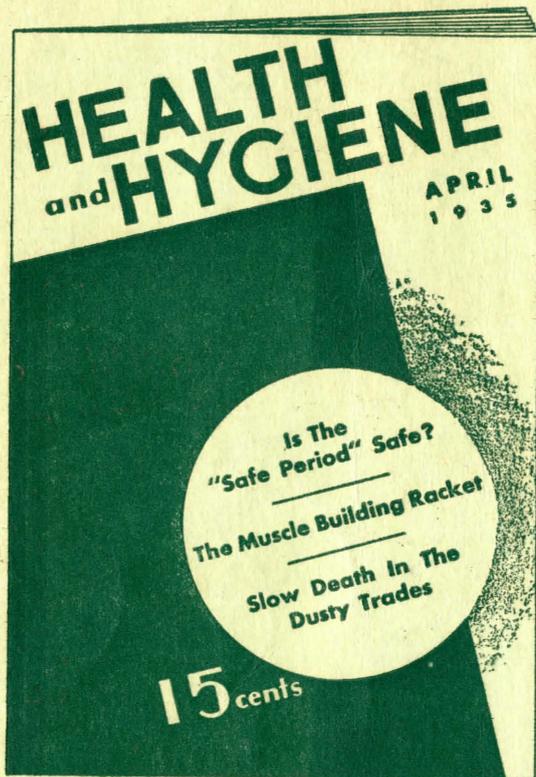


Special Introductory Offer!



A Year's Subscription to
HEALTH and HYGIENE
and

HUNGER and REVOLT
CARTOONS BY BURCK

\$2²⁰

248 PAGES
FOLIO SIZE
ART PAPER

MAIL
COUPON



Next Month

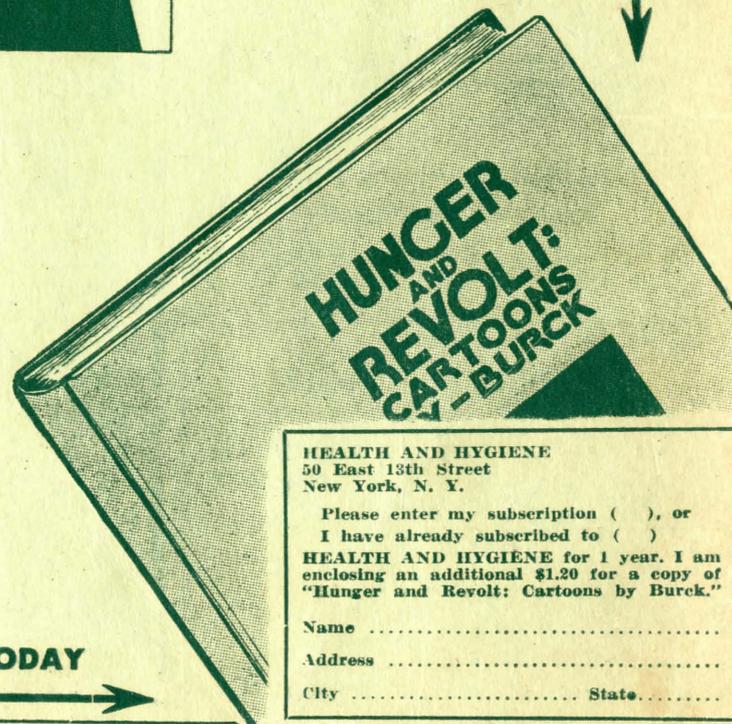
What serious epidemic will strike large sections of the United States this spring? What dread disease threatens the health and life of a large section of the population of the United States?

Workers in every trade and profession will be vitally interested in the answers to these and other important questions in the MAY ISSUE of the HEALTH and HYGIENE.

Subscribe Today!

You can secure a year's subscription to this magazine and a copy of "Hunger and Revolt: Cartoons by Burck" for \$2.20. Those who have already subscribed can secure the book for \$1.00, plus 20c to cover postage.

MAIL THIS COUPON TODAY



HEALTH AND HYGIENE
50 East 13th Street
New York, N. Y.

Please enter my subscription (), or
I have already subscribed to ()
HEALTH AND HYGIENE for 1 year. I am
enclosing an additional \$1.20 for a copy of
"Hunger and Revolt: Cartoons by Burck."

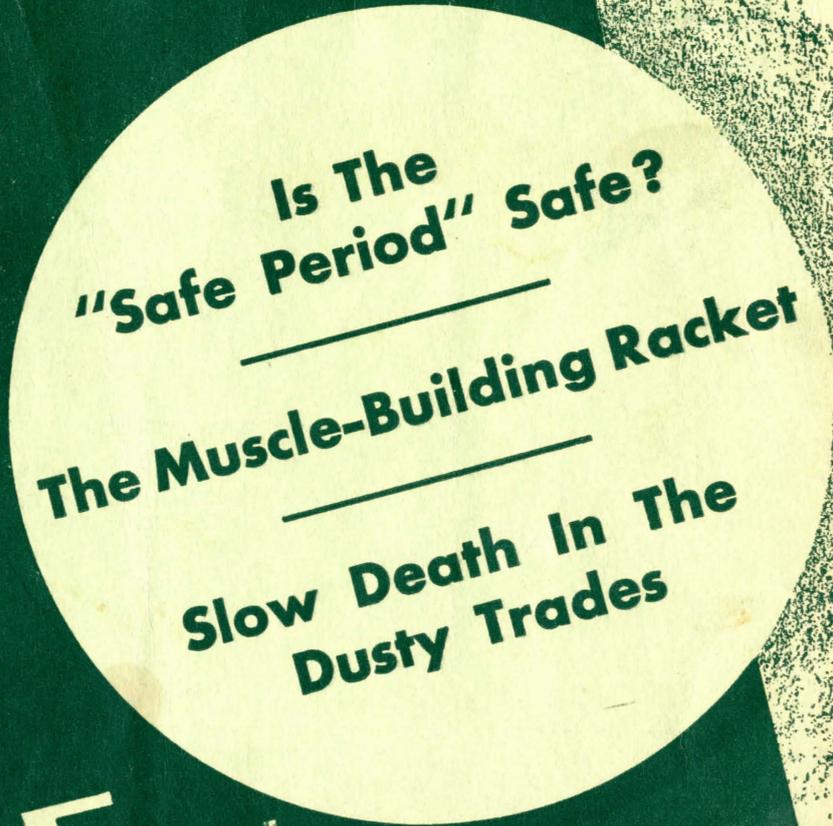
Name

Address

City State

HEALTH and HYGIENE

APRIL
1935



15 cents

TWO BOOKS THAT EXPOSE HOW CORPORATIONS
ENDANGER YOUR HEALTH FOR THEIR PROFITS

100,000,000 GUINEA PIGS

Dangers in Everyday Foods, Drugs and Cosmetics
By ARTHUR KALLET and F. J. SCHLINCK

SKIN DEEP

The Truth About Beauty Aides — Safe and Harmful

THESE BOOKS ARE \$2.00 EACH AT ALL BOOKSTORES.

THE VANGUARD PRESS



To the U. S. S. R.

266⁰⁰

Complete round trip transportation and a fifteen day tour in the U.S.S.R. including the huge May Day celebration in Moscow. Other cities visited: LENINGRAD, DNEPROGES, KHARKOV, KIEV. Sailing April 13 on S.S. ILE DE FRANCE. Other tours as low as \$206.25.

Stopover in London included in connection with Soviet steamer service to Leningrad.

TRAVEL and STUDY at the MOSCOW STATE UNIVERSITY
SUMMER SESSION 10 WEEKS TRAVEL AND STUDY

Complete round trip, including full maintenance and travel in the U.S.S.R. (40 days in the Soviet Union), stopovers England, Denmark, Finland, Germany, France

\$369 to \$379. June 29—S.S. Britannic. July 5—S.S. Champlain

COURSES: Art and Literature. Institutional Changes and Social Backgrounds of Soviet Society. Education and Science. History, Economics, Philosophy. Philosophy of Dialectical Materialism. Languages.



WORLD TOURISTS, Inc.

175 FIFTH AVENUE :: NEW YORK CITY

ALgonquin 4-6567-8

W
O
R
L
D
T
O
U
R
I
S
T
S

HEALTH and HYGIENE

THE MAGAZINE OF THE DAILY WORKER MEDICAL ADVISORY BOARD

Vol. 1, No. 1

April, 1935

Next Month

● What serious children's disease threatens to become an epidemic this spring? What can mothers do to prevent it? How can your children be safeguarded? These questions will be answered by an eminent child specialist.

● What major disease threatens a large section of the population of the United States? What this disease is and how it can be overcome will be treated in an expose of health conditions in the South.

● What sexual difficulties confront the young adolescent? Major sex habits and the ideas of modern youth will be reviewed.

CONTENTS

<i>Editorial</i>	Page 4
<i>Slow Death In The Dusty Trades.</i>	Page 5
<i>The Muscle-Building Racket</i>	Page 8
<i>A New Deal In Health</i>	Page 10
<i>Cartoon by Burch</i>	Page 11
<i>The Soviet Union Looks To Its Health</i>	Page 12
<i>Sex And Guilt</i>	Page 13
<i>Toothache, Teeth And Toothpaste</i>	Page 14
<i>Is Beauty Skin Deep?</i>	Page 15
<i>Is The "Safe Period" Safe?</i>	Page 16
<i>Diet, Chapter 1</i>	Page 19
<i>The Child's Need of Security</i>	Page 21
<i>How Your Body Works</i>	Page 22
<i>Your Questions Answered</i>	Page 24
<i>Readers' Correspondence</i>	Page 25
<i>Quack-Quack</i>	Page 28
<i>Book Review</i>	Page 29
<i>Your Health</i>	Page 34

HEALTH and HYGIENE is published monthly by the H. & H. Publishing Co., Inc., 50 East 13th Street, New York, N. Y. Editor, David Lurie; Advertising Manager, Lester Fuller. Subscription price for one year, \$1.50; single copies, 15 cents.

Application for entry as second class mailing matter is pending.

• editorial

WITH this issue of *Health and Hygiene*, the Medical Advisory Board, which has been conducting a health column in the *Daily Worker*, begins a new service. In this magazine, we will address ourselves primarily to the workingclass. Of all the sections of this country's population, the workingclass has the greatest number and variety of health problems and the least chance of solving these problems at the present time.

Workers generally get inadequate medical care. The steadily falling standard of living, the wage cuts for the employed and the low relief given to the unemployed, prevents treatment by private doctors in a majority of cases. At the same time, clinics are overcrowded. They are unable to cope with the rise in sickness and serious illness brought about by the crisis. The clinics fall far short of meeting the needs of the workers.

However, medical care should not begin at the hospital bed. It should begin in the home, in the factory and on the farm. It should begin long before there is any evidence of illness. Insurance companies may class only certain diseases as occupational yet it is undoubtedly true that the prevalence of tuberculosis and other diseases not classed as occupational diseases is due to the working and living conditions of the workers. Health information means more than a bare statement of the cure of a disease. It must include the causes of disease, the ways to recognize disease and the means of prevention.

Perhaps the most important aspect of the policy of *Health and Hygiene* will be the discussion of the prevention of disease and the steps necessary to promote good health at home and on the job. In this connection the Medical Advisory Board, through *Health and Hygiene*, will take the initiative in organizing campaigns for certain public health measures, will attempt to be a leader in the fight for a change of the conditions which render workers susceptible to illness. We will consider as a foremost duty the presentation of the health needs of working men and women.

Because of their limited income and because of the pressing nature of their health problems, workers often attempt a short cut to good health. This generally means taking the advice of an advertisement rather than that of a competent physician or dentist. In addition to spending millions of dollars yearly on certain advertised products which cannot fulfill the claims set forth, workers fall prey to all sorts of medical fads and faddists. We will expose such fakes and frauds wherever we find them.

No health column or health magazine can pretend to give medical care. It can, however, give much information both on individual problems and on the public health situation generally. A purpose of the Medical Advisory Board, in issuing *Health and Hygiene*, is to convey such information. This information will be correct. It will be honest. Finally, it will be understandable and capable of being carried out.

The Medical Advisory Board is an organization of more than fifty physicians and dentists, many of whom are specialists in the various fields of medicine. To prevent self-advertising, the members of the Board are withholding their names. No article or other information in the magazine will contain statements not in accord with recognized medical practice.

SLOW DEATH in the DUSTY TRADES

Silicosis endangers the lives of one million American workers. The mortality rate resulting from exposure to silica dust is mounting.

A VERMONT quarry worker walks part of the way up a hill and stops, short of breath. A Colorado gold miner, a copper miner in Montana, a silver miner in Nevada is laid off, wind-broken and incapacitated. Lead and zinc miners of the Joplin district in Missouri fill what hospital beds there are, stricken with pneumonia and influenza. In Pennsylvania, coal miners are dying, lips turned blue and gasping for breath because their overworked hearts are slowly failing. In Gauley's Junction, West Virginia, Negro tunnel workers lie panting, succumbing to tuberculosis.

These are the victims of the dusty trades, victims of the criminal negligence of mine and factory owners leading to the industrial tragedy resulting from the lung disease known as silicosis.

1,000,000 Exposed to Silicosis

According to the most recent and conservative estimates, there are approximately one million workers in the United States who are exposed to silica dust which causes silicosis, and, for the most part, these workers are unaware of its hazards. A list of industries in which silica dust is present as a menace would fill this page. Besides those industries mentioned above, a fog of silica dust fills the air wherever pottery, glassware, asbestos, cement, iron, steel, granite, slate, sandpaper, grindstones, pencils, scouring powder, soapstone, pumice, sandstone, enamelware and porcelain are produced. In the army of silicotics (workers who suffer from the lung disease, silicosis) are rock drillers and blasters, excavators, construction workers, buffers, metal grinders, coal handlers, sandblasters and pulverizers.

Silicosis is a disease of the lungs which is caused by the prolonged inhalation of millions of extremely minute particles of silica dust,

chemically known as silicon dioxide. These particles are so small that they can only be seen under a microscope. Normally, silica dust is present in the air in residential districts of large cities to the extent of about two million particles per cubic foot. It is generally considered that ten million particles of silica dust per cubic foot is the maximum concentration consistent with health. In most enclosed places where pneumatic tools are used, by miners, drillers, sandblasters, etc., the concentration figure per cubic foot varies from sixty million to as high as two hundred million particles of silica dust in the air! These particles may take as long as eight hours to settle to the ground. In reality, however, the dust remains suspended in the air during the entire working period because of the continuous blasting and drilling. The more particles present in the air which workers breathe, the sooner does silicosis develop and the more severe is the form that it takes.

Scarred Lungs

With each breath the worker inhales silica dust particles in enormous numbers and these particles reach the lungs and settle there. The irritating qualities of silica dust produce a reaction in the lungs which leads to the formation of small scars. These scars replace the lung tissue, thereby reducing the area of lung capable of the breathing function. Gradually, over a period of years, and in severe cases, even months, the lungs become increasingly scarred and the worker finds that with slight exertion he is short-winded. Because of the continuous and progressive injury to the lungs they become very susceptible to infections such as tuberculosis, pneumonia and influenza (the two latter are particularly common among foundry workers). Although the silicosis itself may prove fatal, it is usually

tuberculosis or pneumonia to which the silicotic worker succumbs. For a period of years, the worker usually feels perfectly well, despite the fact that scars may have been forming in his lungs as early as six months after the beginning of his employment in a dusty trade. He may even leave his work at a dusty trade after a number of years and change his occupation to that of an office worker or farmer but this does not halt the progress of the disease which, once established, runs its fatal course. The worker becomes extremely short-winded and falls victim to tuberculosis or pneumonia.

Pulmonary tuberculosis is three-and-one-half times as frequent among workers in the dusty trades between the ages of 45 and 55 than it is among workers between these ages who are not exposed to silica dust. The disease occurs almost entirely among men because the dusty trades employ men almost exclusively. Women, however, can also become victims of silicosis as is illustrated by its presence and fatal outcome in several working women whose job it was to mend the torn sacks used for transporting pulverized sandstone. The sandstone dust remaining in the meshes of these sacks was sufficient to cause the death of the women from silicosis.

In certain industries, silicosis is followed by tuberculosis in an enormous percentage of instances. Thus, tuberculosis is the cause of death among lead and zinc miners eighteen times as frequently as throughout the general population; tuberculosis is likewise ten times as frequent among granite and sandstone cutters, nine times as frequent among copper miners and eight times as frequent among gold and silver miners as it is throughout the general population. Coal miners are less susceptible to tuberculosis than the above workers but they succumb in larger numbers to pneumonia and heart disease which follow on the silicosis.

Silicosis Is Preventable

Silicosis is almost an entirely preventable disease. With proper precautions, the incidence of this disease could be effectively reduced. At this point, it is interesting to note where and under what conditions the first protective measures against silicosis were instituted. In 1923, the Rand gold mines of Transvaal, South Africa, were supplying over 50 per cent. of the world's gold output. Between 1911 and 1923, these mines produced on the average of \$100,000,000 worth

of gold every year. Hence, according to Pan-coast and Pendergrass, authorities on silicosis, the legislative bodies could not overlook the necessity for compensation and protection for workers engaged in an industry which yielded such overwhelming profits to the capitalists. Even with the half-way protective measures used in these mines, the incidence of silicosis dropped to one-third of its former frequency in a very short time.

Any program that aims at protecting the workers from silicosis must be based on the following procedure:

1. *To keep the dust particles produced down to a minimum quantity in the atmosphere.* Dry drilling, which is the greatest danger in mining and quarrying, should be prohibited by law. All pneumatic drills should be equipped with an axial water feed which wets the dust right at its source and prevents it from rising. These drills must also have a suction apparatus similar to a vacuum cleaner which is capable of drawing off any excess silica dust released. Spraying the air for the purpose of keeping down the dust and hastening the settling of that which is circulating in the air is a commonly employed measure. Besides being futile, this is positively dangerous. Many investigators have shown that the water droplets in the air make it easier for the dust particles to enter into the lungs. Spraying the atmosphere was condemned at the International Conference on Silicosis in 1930.

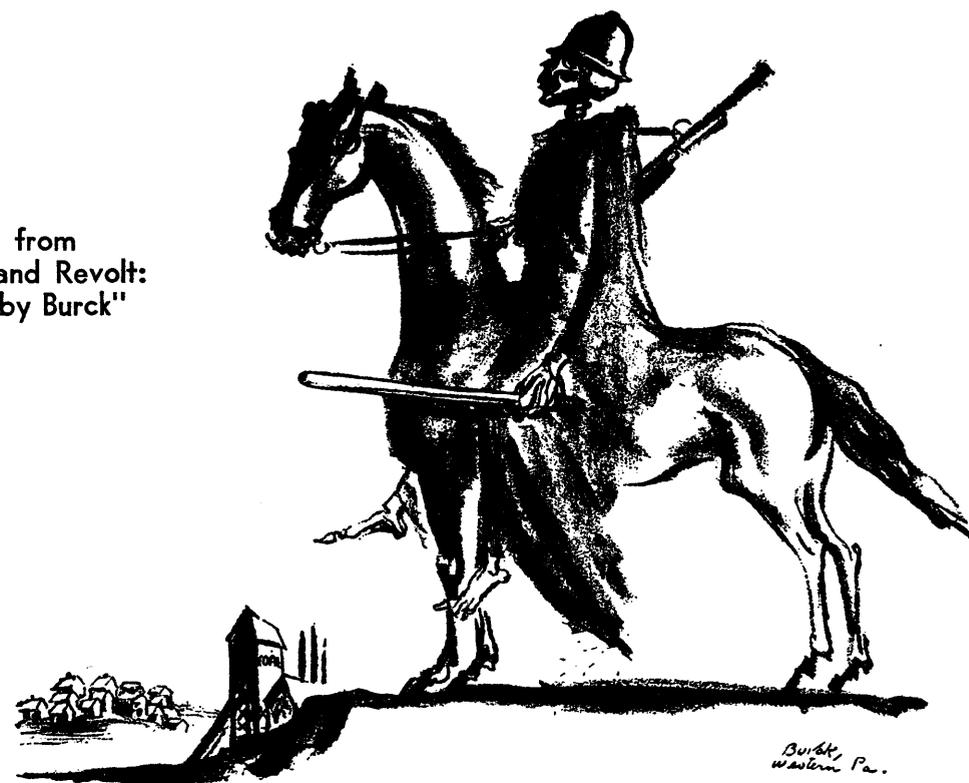
2. *To allow the dust to settle as much as possible before it can be inhaled.* Enormous quantities of dust are stirred up by blasting. All blasting should be restricted in time to the end of working shifts so that workers will not enter the area of the blast until a sufficiently long period has elapsed for the dust to settle and for the enclosure to be ventilated properly.

3. *To remove rapidly the dust-laden atmosphere instead of allowing it to remain stagnant.* This is best effected by exhausting the dust-laden air and replacing it with new fresh air.

4. *To separate the particles from the air before they gain entrance to the lungs.* Masks or respirators are very effective for this purpose, and, though they are extremely important and indispensable, they are not a final safeguard. To allow the dust to remain suspended in the air and merely supply masks is like neglecting to drain a mosquito-infested swamp and providing instead enough quinine to control the malaria

APRIL, 1935

Reprinted from
"Hunger and Revolt:
Cartoons by Burck"



which the mosquitoes spread. This is not to say that masks are not of great value, but all precautions—wet drilling and suction, restriction of blasting to the proper time, and proper ventilation—must be taken in conjunction with the use of masks to gain the maximum protective results.

Proper Medical Care

In addition to these mechanical protective measures, proper medical supervision must be established to prevent the spread of tuberculosis from the silicotic worker so afflicted to his uninfected co-worker by immediate retirement of the afflicted worker to a sanatorium. All prospective workers should be X-rayed before being put to work at a dusty trade and frequently repeated X-ray examinations should be made to detect any beginnings of silicosis. No worker who has, or has had, tuberculosis should be employed at a dusty trade both for his own health and for the health of his co-workers. Honest and efficient medical boards must be

HEALTH and HYGIENE

provided in all states to regulate and enforce public health and hygiene measures in the dusty trades. The medical profession which, in the main, is not aware of the nature of this insidious disease and its alarming frequency, must be educated to be on the alert for its earliest diagnosis. Employers must be forced to recognize sources of danger to the workers and to eliminate them where they exist. Such a program, can reduce this avoidable evil to an absolute minimum.

In the United States, with the exception of very few states, there are no laws covering the compensation of workers who contract silicosis. The enforcement of hygienic management of mines and factories where silica dust is a major hazard is corrupted by bribery of public health officials by mine and factory owners to whom profits are much more important than the lives of the workers. Only with the enforcement of public health legislation, inspired, administered and controlled by workers, will the disease, silicosis, a pernicious outgrowth of capitalist negligence and exploitation, be liquidated.

The

"Muscle - Building"

RACKET

Have you ever thought of clipping the coupon on the bottom of the page so that you could become a man in seven days? Have you ever wondered just how the widely advertised strong men were able to impart their secrets of strength to you by correspondence?

Actually, you get very little for your money. No one was ever turned into a Hercules by the methods taught by the "muscle builders." No one got much but the satisfaction of knowing that they had contributed to the very lucrative racket pursued by the mail order strong men.

Mass Production

Selling a "cat in the bag" is a procedure according to the highest standards of American business and commerce, and has been apparent in the rapid growth of the mail order business. For the patriotic Physical Culturists this was an excellent way of reaching millions of "unfit" Americans. All the latest methods were utilized and new ones especially adapted to the "new industry" were perfected. Millions of dollars were spent on advertising. Elaborate business offices were established in the heart of the country's financial districts with large and efficient staffs, ready to grind out "health and happiness" on a mass production basis.

The three "foremost" mail order Physical Culturists, foremost in that they were the most widely advertised, were Earle Liederman, Charles Atlas and Lionel Strongfort. All three names were assumed for effect: the first one a Leader Man, the second a prototype of the hero of Greek mythology and the third a *Lion-el Strong-Fort*. The income tax returns for 1926 show a net business transacted by these gentlemen amounting to a little over three million dollars.

Personal Attention

Mr. Liederman, with his offices occupying a whole floor on Broadway, New York City, just a stone's throw from Wall Street, and a staff of

MAIL ORDER COURSES CANNOT GIVE ANY MUSCLES. THE WRITER

sixty stenographers and three government mail trucks serving him exclusively, himself netted about half of the above sum. He employed the services of the best advertising agencies. "If you were dying tonight," runs his famous advertisement on the pages of many a magazine, "would you think a few cents too much for a new lease on life?" For only ten cents in stamps or coin to cover postage the "doomed" would find out that the new lease on life could be procured from Mr. Liederman for only \$40. The lease would be entirely individual, great care taken to fit one's individual needs. For encouragement and confidence, pictures of "muscular marvels" accompanied the "free" booklet. Since Mr. Liederman spent most of his time in travel to warm and pleasant climes the course of instructions was not as claimed "laid out personally by him for each pupil," but was received by one of the stenographers. If the case warranted no special notice the steno would pick out of a nearby basket lesson No. 1, mimeographed, put in the name of Dear Mr. Sap, attach the "priceless" apparatus, and the new pupil was started on his road to "health, strength and happiness," via the Liederman "Lease on Life." The apparatus was five rubber bands ordinarily sold for one dollar. Mr. Liederman conducted his business with all capitalist efficiency. He also "wrote a number of books on Health and Physical Education." "Here's Health," "The Art of Muscle Building," "The Science of Wrestling," etc., are some of his books that could not be used as texts even in elementary schools.

The man who runs a neck to neck race for the honors in the field of Physical Culture is the "twice pronounced most perfect man in the world"—Charles Atlas. To win the title of "most perfect man in the world," Mr. Atlas really had to produce the goods, for the Supreme

GIVES SOME INSIDE FACTS ON "MUSCLE BUILDING"

Judge was none other than the illustrious Bernarr McFadden.

Only Seven Days

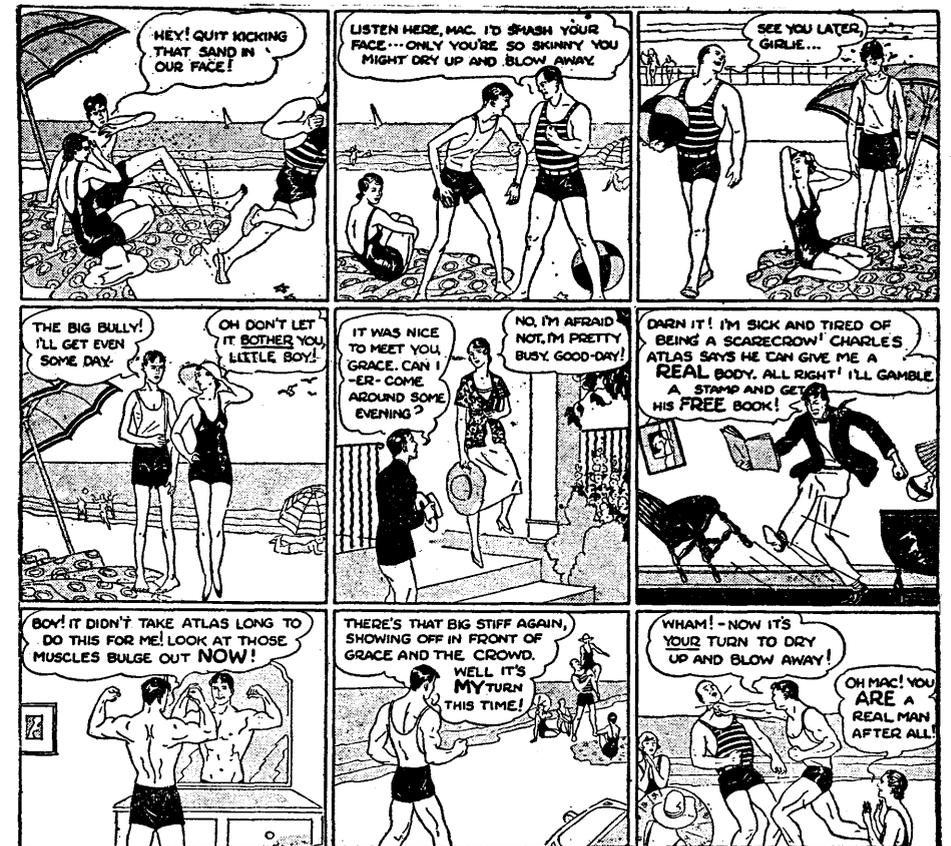
Though advertising almost as extensively as Mr. Liederman, this gentleman chose to appeal to a different stratum of society. His page long ads can be seen in all the pulp magazines. It is to him that the world owes the discovery that "nobody has to be sick" and if given "only seven

days to prove it" Mr. Atlas can make a new man of anyone. A very familiar advertisement shows a skinny young fellow who loses his girl friend because he cannot protect her from the advances of some husky rowdy. Finally we see the young fellow, a shrimp no longer, coming back after a correspondence course in physical culture and cleaning up the rowdy. P. S. He gets the girl.

A free booklet "Marvels of Muscle and the Royal Road to Health and Strength" would convince the remaining few still doubtful of the efficacy of Mr. Atlas' methods. The price for the course is a mere \$50, and to prove his faith he

(Continued on page 31)

"The Insult"—A familiar Atlas advertisement.



• A "New Deal" in HEALTH

"THE preservation and conservation of the health of our people is a primary function of our government." In this fine phrase the New Deal expressed its intentions towards the health of the American people.

Any honest doctor will tell you that the peoples' health, especially its preservation, depends more upon an adequate supply of the basic life necessities, upon sufficient food, clothing, and housing, than merely upon the availability of the medical treatments, itself, so flagrantly denied the working population today.

The New Deal was launched upon the promise that it would provide these basic necessities. This was to be accomplished by increasing the mass purchasing power. This was its avowed goal.

Two years of the New Deal have passed. Living costs have risen 14 per cent. Real wages have dropped from 3 to 5 per cent. Purchasing power has declined.

We have had enough time to check the books of our so-called "new" type of government—one that was supposed to operate in the interests of all the people—one that even spoke of preserving and conserving their health. But we find that the New Deal government of Mr. Roosevelt makes no more provision for taking care of the health of the workers than did the Old Deal government of Mr. Hoover.

Until You Get Sick

Mr. Hopkins, Federal Relief Administrator, brazenly states:

"The government will assist the unemployed or the indigent so long as he is well, and able to carry on until he is fortunate enough to secure employment; and the government assumes responsibility for the care of the indigent and unemployed person *until he becomes sick* and enters the hospital as a patient, and then the burden of the cost of his care becomes the responsibility of the hospital."

Mr. Hopkins has well demonstrated that the primary function of government is "preserving and conserving" profits, but not the health of our people. The National Manufacturers Association may well congratulate him.

The New Deal brought with it a 400 per cent. increase in profit. Where did it come from?

From speed-up, wage-cuts and lay-off of workers; from the reduction of living standards that brings in its trail insanity, suicides, malnutrition, and illness of all sorts?

Medical Brain Trusters

But the alarming situation, so far as Mr. Roosevelt is concerned, is that more and more workers and professionals are becoming aware of these facts—are beginning to understand the true role of the New Deal. And in an effort to keep them hitched to the capitalist parties, he tries to hypnotize them by spouting sweet nothings about social security.

To make it all seem real, he actually organizes a *medical advisory board!* And he asks those select physicians and dentists who serve the plutocrats to formulate a health insurance plan for the masses!

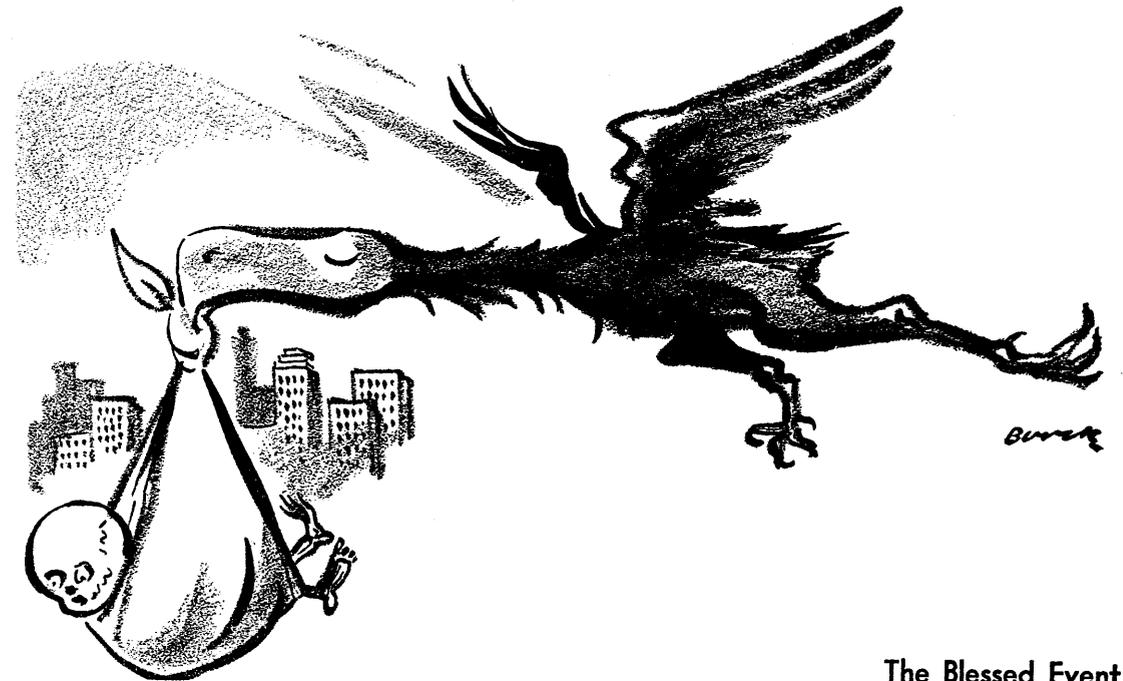
Not that Mr. Roosevelt proposes to enact any health insurance measure right now. He and his medical brain trusters are only "planning"—and, after all, health insurance on paper doesn't cut down profits.

But even a talk of health insurance may stimulate in the masses a demand for real health insurance. So Mr. Roosevelt warns against "*organizations promoting fantastic schemes which have aroused hopes which cannot possibly be fulfilled.*"

This statement strips the policy of the Government towards the working class completely bare of its fancy trimmings. To Mr. Roosevelt and the ruling class, which he so ably represents, it appears "*fantastic*" that they should bear the burden of a situation for which they are directly responsible.

Two Bills

But to the workers and professionals who are staggering under the load of the crisis, it is not at all fantastic to work towards providing the only real means of "preserving and conserving the health of our people;" and so they are gathering their forces in a great united effort to compel the enactment of two measures which together are the only real means of "preserving and conserving the health of our people."



The Blessed Event

The Workers' Unemployment and Social Insurance Bill, H.R. 2827, by providing the basic necessities of life, by supplying adequate nourishment, good housing, a decent standard of living, by freeing workers from the torment of worry over economic insecurity, lays the foundation on which health can be maintained. The Workers' Health Insurance Bill, H.R. 5549, by insuring all workers with complete medical,

dental, pharmaceutical and nursing care enhances the possibility of preserving and restoring health.

These two bills are the only means for putting an end to the present situation by protecting ourselves against the effects of the New Deal.

Every worker, farmer, professional, every physician, dentist, pharmacist and nurse should energetically support them.

FROM H. R. 2827, THE WORKERS OLD AGE, UNEMPLOYMENT AND SOCIAL INSURANCE BILL.

"Sec. 2. The Secretary of Labor is hereby authorized and directed to provide for the immediate establishment of a system of unemployment insurance for the purpose of providing compensation for all workers and farmers above eighteen years of age, unemployed through no fault of their own. Such compensation shall be equal to average local wages but shall in no case be less than \$10 per week, plus \$3 for each dependent. . . . Such unemployment insurance shall be administered and controlled . . . by workers and farmers . . . through unemployment insurance commissions directly elected by members of workers' and farmers' organizations."

"Sec. 3. The Secretary of Labor is hereby further authorized and directed to provide for the immediate establishment of other forms of social insurance for the purpose of providing compensation for all workers and farmers who are unable to work because of sickness, old age, maternity, industrial injury or any other disability. . . ."

(Continued on page 33)

The SOVIET UNION LOOKS to its HEALTH

A LONG with every tremendous stride it has taken in developing industrial and agricultural progress, the Soviet Union has taken the necessary steps to safeguard and improve Soviet workers' health. Rest homes, sanitariums, "keep-the-baby healthy" stations and hospitals grew up alongside great factories and on giant collective farms. When plans were made to build a city, as at Magnitogorsk, these plans included first and foremost abundant provision for taking care of the health of the workers.

American engineers have reported, on their return from the Soviet Union, their surprise at the manner in which new plants were set up. Before the foundations of the factory or mill were laid, homes for the workers who were to build the factory were erected. The Americans pointed out that in the United States the factory is the first consideration. Workers can always be housed in the rudest sort of shacks. In the Soviet Union, where prevention of ill health is of paramount importance, the homes are built first.

The successful completion of the first Five Year Plan in four years and the carrying out of the Second Five Year Plan at as great a speed, requires great physical and mental effort for the Soviet workers. The physical welfare of the shock brigaders, the heroes of labor who set the pace for the other workers, is the greatest concern of the Soviet government. Every precaution is taken to maintain and ensure the good health of the workers.

The keyword in health matters in the Soviet Union is *prevention*. In the United States and other capitalist countries, we do not go to a doctor or clinic until we are sick. In the Soviet Union, where health is cared for on presentation of a union card, not on presentation of a fee, the workers are trained and urged to go to the clinics at the slightest sign of something wrong or likely to go wrong. A worker who has fever will be sent by the factory doctor to the clinic. This worker, assured that he does not lose his job and knowing that he will be paid while away, soon learns to prevent ill health.

In the United States, the worker who goes to a clinic is oppressed by the feeling of "charity."

The clinics are meant only for those who cannot pay for private treatment and this is felt by every worker. In addition, these clinics, especially in the smaller towns, are overcrowded. It is sufficient here to give some figures on the clinics of the Soviet Union. This does not cover other working conditions, conditions in the home, rest homes, etc.

In 1932, the All-Union Public Health Conference adopted a plan to cover the entire Union with a network of clinics. This plan is part of the second Five Year Plan and is to be completed by 1937. Now, in 1935, much has already been accomplished.

The plan is based on the principle that three types of clinics are needed to cover the general and specific needs of each industrial centre. The clinics are set up and staffed according to the population. These clinics are: the Polyclinic, which handles general work. This includes an x-ray department and a clinical laboratory where examinations of blood, sputum, urine, etc., are made. There are also two special type clinics which take care of the patients referred by the Polyclinic. Here the special branches of medicine are covered.

These three types of clinics, the Polyclinic and the two special clinics, are combined in one unit. The number of units and the number of doctors, nurses and attendants is determined by the size of the city or town. For towns larger than 60,000, clinics are established in the ratio of one unit for each 50,000. Thus, in Moscow, Unit No. 1 serves 46,000 people, Unit No. 2 serves 55,000. The fifth unit is equipped to handle an even greater number. It serves 65,000. On the other hand, in Colomna and Podolsk, cities with less than 60,000 population, there is one unit to each city.

Together, these three clinics have a capacity of 1750 visits daily or more than 500,000 visits per year. The staff of each unit consists of doctors, nurses, technicians and clerical help. The number of doctors in each specialty has been carefully worked out according to the requirements. The largest units, with 50 doctors, cover every specialty. Where the smaller units, in the

villages or small towns, do not cover a specialty, the standard unit is called upon.

The staff of this standard unit is grouped according to the following:

General medical doctors (internists).....	7
General medical doctors to answer calls.....	9
Surgeons	5
Pediatricians (diseases of childhood).....	5
Gynecologists (diseases of women).....	3
Eye doctors	2
Ear, nose and throat	2
Dentists	8
Neuropathologists (diseases of nervous system)	1
Skin and venereal diseases.....	3
Laboratory Chief	1
Roentgenologist (X-ray doctor)	2
Physio-therapist (treatments with electricity, etc.)	1
Phthysiologist (specialist in tuberculosis)	1

These units are clinics and are not to be confused with prophylactic stations, maternity clinics, baby health stations, rest homes, sanatoria, hospitals for acute and chronic diseases and other institutions under the All Union Department of Public Health.

From the above will be seen the fundamental difference between public health in the Soviet Union and in the United States. In the Soviet Union all health is public health. Workers do not go to a clinic as a last resort, after being unable to pay a private doctor. They go to the clinic as a matter of course, as part of the public health policy of the Soviet Union for the prevention of sickness.

SEX *and* GUILT

Sexual difficulties may seem purely personal but they are very closely connected with the social situation.

A YOUNG man of 18 is very worried. He has been masturbating and feels sure he has injured himself. He is afraid that as a result he has lost his manhood and has injured his sexual power. He feels tired and weak and thinks this springs from the masturbation.

A young wife is surprised to find that she is sexually cold. She had expected to find the marital relation richly satisfying. To her surprise she does not respond to it. She wants to be a good wife but feels cheated and wonders if she was born abnormal—without something that makes other women responsive.

A newly married man discovers to his horror that he is impotent. He is terribly ashamed. He becomes very shy and self-conscious. Perhaps before his marriage he did have successful relations with prostitutes. Now that he craves potency so eagerly, it eludes him.

The Common Element

These varied sexual difficulties, worry about masturbation, frigidity, impotence, have many causes. Here we want to discuss a common element occurring in each of them and of great importance in producing them.

This common element is the result of the morality taught to us in childhood. Morality is part of our education. Education has two objects—the spreading of knowledge and the building of character and personality. In some fields these two are fairly distinct, in others they are closely intertwined. In general, the first of these is concerned with science and its applications. We learn how to make things, we learn trades. The second is concerned with morality and the rules of behavior. Education in the sense we are using it begins before the child enters school. It begins at birth. From then on we are taught information and morals. We learn how to do things. We learn how to eat and dress. Above all we learn what is right and what is wrong.

Morality

Our entire system of morality is derived from religion. This connection between religion and morals is particularly strong in that a large part of morality is concerned with sex. Here religious doctrines hold absolute sway whether we get them directly from the church or indirectly and in masked form under an "enlightened"

(Continued on page 30)

Toothache Teeth and Tooth Paste

WHAT IS DENTAL DISEASE?

PEOPLE today are aware of the fact that teeth require attention. Toothaches are not the only things which act as reminders of this fact. The advertisements which greet one at every turn, while not as painful as toothaches, can be as disturbing and insistent.

Certainly these advertisements must affect many. Of course, not everyone is as gullible as Mrs. X, who wrote as follows:

"I have been using Ipana toothpaste to prevent acid mouth, Iodent to keep my teeth white and Squibbs to protect my danger line. Another tooth fell out today. What shall I do?"

The decay of teeth is the most widespread of human diseases. Unlike some other diseases, it never cures itself. If left untreated, decay spreads until it reaches the pulp or "nerve." This is the time when the patient experiences a toothache. Successful treatment at this stage is much more difficult and uncertain than at earlier stages. If the decay has not yet reached the pulp, treatment consists of removing the diseased parts and skillfully rebuilding the tooth to its original form.

Where teeth have been lost, replacement is necessary to prevent harmful changes in the mouth. If replacements are not made, those teeth in the immediate vicinity of the empty space, shift their position in an effort to close the space. But these new positions are not normal. The teeth become more liable to decay and the gums more susceptible to disease.

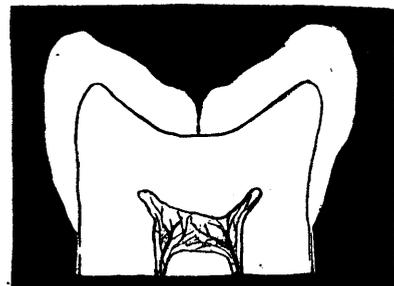
But this does not mean that one can do nothing for the teeth. A person who uses a toothbrush diligently and correctly can help himself appreciably. There are certain things which a toothbrush can do. Brushing the teeth removes particles of food from between the teeth thus lessening the danger of the onset of decay. But more important is the fact that brushing the teeth supplies the gums with much needed exercise.

Because of our soft diet, we do not use our teeth and gums sufficiently to ensure health. The gums, therefore, become spongy and soft and sometimes bleed. Correct use of the tooth brush can maintain the gums in a strong, tough condition.

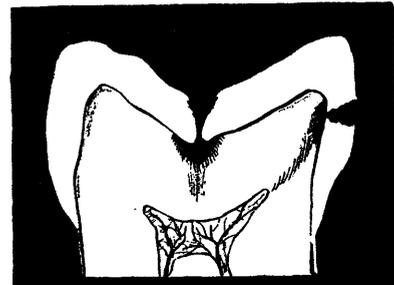
If because of neglect or of general bodily illness, the gums become diseased, the tooth brush by itself can no longer do the work. It cannot cure gum diseases.

However, going to the dentist, though necessary, is easier said than done. Four out of five people in 1929 were unable to get medical care. (U.S. Govt. figures.) Now, after six years of crisis, even less get dental attention. The manufacturers of dentifrices have capitalized on this situation. They have sold tons of toothpastes and gallons of mouthwash. The American people were forced by dint of economic circumstances to substitute these products for dental treatment.

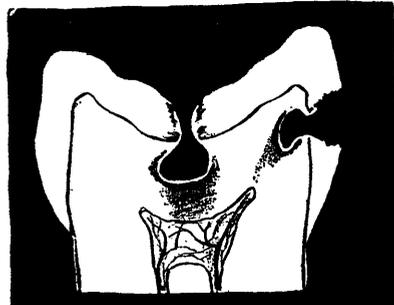
But have these dental preparations any use at all? Certainly! They make the toothbrush taste better.



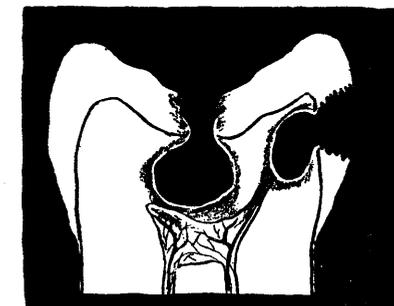
1. If left untreated



2. Decay spreads until



3. It reaches



4. The pulp or nerve

Is BEAUTY

Skin Deep?

You can paint yourself a face, but real beauty only comes with a healthy body.

BEAUTY is more than skin deep. It is as deep as the liver, stomach, kidneys, heart and other organs the skin covers. The skin is very intimately related to the diseases of these organs and is very often the index by which we detect diseases in other parts of the body. Good general health is the real basis for beauty of the skin. Beauty cannot be found in a jar of perfumed grease.

A gullible public is all that a quack needs for his stock. If you are poor, he will make you rich. If you are sick, he will make you well. If you are ugly, he will make you beautiful. All you need is a few dollars to buy his elixir of life which may be a colored water or even a dangerous poison. That the quack is convincing is shown by the fact that about \$240,000,000 a year is spent for beautifiers, skin foods, unrinklers, unrecklers, and cosmetics of various sorts. Let us see what he promises.

Oily Skin

"Is your skin oily? Use our special face powder. The ingredients are imported from Persia, China and Egypt"—and Jersey City. The truth of it is that there is a certain amount of oiliness of the skin that is normal. Tiny glands in the skin secrete an oily substance which makes the skin smooth and soft and if this secretion were not present, the skin would be as dry as parchment. However, sometimes too much oil is secreted. This is due to an overactivity of the skin glands. Applying some expensive face powder to the skin will not change this. Sometimes the cause is some abnormality of the thyroid gland. Sometimes the condition is due to lowered vitality or malnutrition. Constipation, indigestion, sedentary habits and excessive use of alcohol and tobacco may be par-

tial causes. A doctor should be consulted instead of an advertisement. If there were more true information about the body, there would be no magic in the powders, creams and lotions of beauticians.

"Large pores are ugly. Can you face yourself in the mirror?" Having been properly frightened, you dash to the nearest beauty counter and pay a dollar for an astringent that probably costs no more than one-half cent, excluding the perfume. Expensive astringents are not more effective than ordinary soap and water. There is no known cosmetic which will close the pores. Enlarged pores are usually seen in acne. In this skin disease, there is an overproduction of the skin secretion. The mouths of the glands (the pores) are blocked by slight skin accumulations and this causes stretching of the pores. Here the first problem is to cure the acne. This involves following a suitable diet (avoiding sweets, spices and fried foods), treating the constipation if present, and applying proper astringents or X-ray treatments. If some of the pores remain enlarged even after the acne is cured, there is nothing more that can be done about it.

Rouge and Powder

"Have a peach bloom complexion." This advice is read by hundreds of thousands of working girls, many of whom are suffering from malnutrition and anemia. Better wages and better living conditions would give them a better chance to have peach bloom complexions. Red blood cells are what they really need, and good wholesome food would go a long way towards supplying them. Rouge cannot be substituted for blood cells. It is quite all right to improve one's appearance with a little rouge. That is

(Continued on page 26)

Is the

“Safe Period”

HISTORY, we are told, repeats itself. In medicine, too, history repeats itself. The truth of this has manifested itself only recently in the recurrence of an old fad and ancient fancy—the use of the “safe” period as a method of birth control. Of course, it has been remodelled, adorned, embellished, and palmed off as a “new” theory; but it is, nevertheless, history repeating itself.

What is this “safe” period, and how can we account for the fact that it has gained such wide appeal?

The “safe” period is the name given to those days of the menstrual cycle during which sexual union will not result in pregnancy. That there is such a period no informed person will dispute. In order to result in pregnancy, sexual union must effect a meeting between the male seed (sperm) and the female egg (ovum); and since the ovum is expelled from the female sex gland (ovary) only once a month, and since this ovum lives only one day, sexual intercourse occurring on other days will not be followed by pregnancy (conception). These “other days” comprise the “safe” period. The theory seems hide-bound, but in fact and in practice is entirely inadequate; and it is our purpose to reveal these inadequacies.

There are several reasons for the popularity of this method of birth control; its method is simple, since it requires no mechanical preparation; and, more important, it has the support of a few doctors and many

Simple If Safe

clergymen. It is hard to believe that in this age of advanced scientific research, doctors will permit their religious training to influence them in their professional judgment. Yet, it is so. This is particularly true of Catholic physicians, who, even in the strictly medical aspects of the problem of birth control, are most prejudiced by religious bigotry. To date—with certain exceptions—they are the only physicians advocating the use of the “safe” period as a method of birth control. The exceptions are those doctors who,

as editors of medical journals, must shut their eyes to theories which are not scientific, in order to keep up the profits derived from certain of their advertisers who support the unscientific theories for business reasons. That is why the American Medical Association rejected a motion made by its section of specialists in maternity and women’s diseases for a scientific investigation of the entire problem of birth control, and sanctioned the sale and distribution among physicians of a calendar for determining the “safe” period, published by Mead-Johnson, *its largest advertiser*.

The clergymen who support the use of the “safe” period as a method of birth control are chiefly members of the Catholic Church. When we look into the history of the Catholic Church, we find that one of the most powerful methods it employed for maintaining a following was to submit to mass demands. However, in yielding to these demands, it made sure of convincing the masses that it was only through Divine Providence that these demands were granted—that through Divine Inspiration, bishops and popes saw God’s Will. Obviously, this has been a strategic substitution: instead of calling it mass demands, they called it God’s Will.

The demand and need for birth control has become universal. Until recently, the only people who refrained from using birth control measures were Catholics and other orthodox peoples. The majority of others have been using whatever means are available. In the past ten years many birth control clinics have been organized throughout the country. There are now more than 150 such clinics. With the growing demand for advice, and the persistence of the church in refusing to give its sanction, more and more Catholics have been straying from the fold. It is significant to note that in the majority of these clinics, *more than 30 per cent. of the applicants are Catholics!* This has become so widespread that

APRIL, 1935

● The Birth Control theory advocated by the Catholic Church is not a new one. It has been tried again and again and found wanting. The latest gynecological research is the basis for this article.

SAFE?

the church considered it imperative to take a hand in the matter. Pursuing its traditional method of retaining its following by submitting to mass demands, it suddenly announces a “new” Divine Inspiration: the so-called Rhythm of Sterility and Fertility. In the time of our greatest need, “Divine Providence has come to the assistance of mankind. . . . It enabled (*sic*) scientists to discover the rhythm of sterility and fertility.” (“The Rhythm.”) No more is birth control considered immoral; no more is it going to lead innocent girls astray; no more is it going to break up homes; no more does exual intercourse serve only one purpose: the creative one. With the church recognizing the demand of the masses, all these old arguments fly out the window. The Pope, inspired, issues a statement, telling his flock that they may consciously decide when and when not to have sexual union.

In a recent pamphlet (Four Great Encyclicals, The Paulist Press, N. Y.), under the caption “Birth Control,” the following statement appears:

“Since therefore, the conjugal act is destined primarily by nature for the begetting of children, those who in exercising it *deliberately frustrate* its natural power and *purpose*, sin against nature and commit a deed which is shameful and intrinsically vicious.” (p. 91—*italics ours*.)

And yet the Pope, in the same pamphlet, says:

“Nor are those considered as acting against nature who in the married state” have intercourse “in the proper manner, although because of natural reasons of time, new life cannot be brought forth.” (p. 92.)

We see here that the two quotations are *directly opposite* in meaning. For, if people are told that conception is possible at a particular time only, and impossible at other times, and if they have intercourse when they consciously know that conception will be impossible, are they

not “deliberately frustrating the natural *purpose* of the conjugal act and sinning against nature”? (*Italics ours*.) Of course, Catholics will say that the first quotation applies only to the use of unnatural methods in sexual union when it refers to the “deliberate frustration” of natural powers. However, to us, this is obviously a poor argument, for, any scheme used by man and wife to prevent the meeting of the sperm cells with the ovum prevents conception and comes within the meaning of the term birth control.

What is this theory of the “rhythm of sterility and fertility” so willingly accepted and piously disseminated by the Catholic Church? It is nothing more than the old doctrine of the “safe” period in new clothes. At

the time when a living ovum is present in the womb, the woman is said to be fertile; at all other times she is said to be sterile. These periods of fertility and sterility are supposed to occur at regular intervals, *i.e.*, they have “rhythm.” Hence the “new” theory of the “rhythm of sterility and fertility.”

Now, wherein does this theory fail of its purpose? According to the authorities cited in publications sponsored by the Catholic Church and accepted by all those who employ this doctrine as a method of birth control, the ovum is supposed to be expelled from the ovary (ovulation time) twelve to sixteen days *before* the beginning of the next menstrual period. Since the ovum lives at most one day after it is expelled, as we have shown above, and since the male seed as such can live about two days, the period of fertility should be from the eleventh to the eighteenth days inclusive *before* the beginning of that period. Although it is true that in most

(Continued on page 18)

women the ovum is expelled at *about* the middle of the menstrual cycle, nevertheless, according to the best medical authorities, it may also occur *soon after* or *shortly before* the menses. In other words, ovulation may occur *at any time* in the menstrual cycle. And, it may occur *at different times in the very same individual*. For example, a gynecologist, well known for his investigations in the relationship between ovulation and menstruation, cites the following case: A woman was having her ovulation time tested (by very complicated laboratory methods). On five or six occasions the date was always regular. With this information she felt assured that she could calculate her "safe" period, and thought she would take advantage of it. She promptly became pregnant! What more convincing proof do we need of the hopelessness of foretelling ovulation time?

Before the ovulation time (which we have already indicated is, for all practical purposes, impossible to ascertain) can be determined, it is necessary to know the exact date of the beginning of the next menstrual period. Women are in the habit of believing in the regularity of these periods. To the question on the length of their cycle, we almost always get the following answer: "Doctor, I get it as regularly as a clock—twenty-eight days on the dot." With careful study, we find this "dot" has a knack of moving over a space of from ten to fifteen days. A woman may be perfectly healthy, and yet her periods may vary from as short as twenty-one days to as long as thirty-five. An eminent university physician for two years kept accurate charts of the dates of menstruation of over two thousand college girls. The most interesting finding was that *normal, healthy women do not menstruate regularly*. The only regular thing about the menstrual cycle is its irregularity. Since the determination of the safe

No Regularity

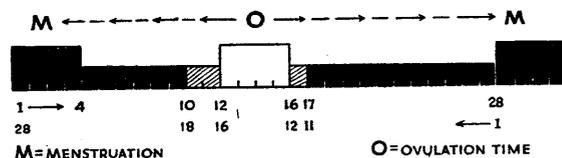
period depends upon knowing when the next menstruation is to be expected, and since it is so difficult always to predict this because the length of the cycle is so irregular, how is it possible for a woman to accurately estimate the duration of the "safe" period? The answer is, it is not possible.

From the above discussion, it is easy to gather that there is as yet no scientifically proven *regularly recurring* "safe" period. It is important to realize that the only ones advocating the use of the safe period as a method of birth control are Catholic doctors, medical journals prejudiced by business motives, and the Catholic Church. The irregularity of the cycles and of ovulation time is in itself enough to condemn its application for practical purposes. Compared to other methods of birth control, the use of the "safe" period is hopelessly inadequate. Although it is true that if sexual intercourse takes place only during the prescribed days, pregnancy is not likely to follow, it is also true that it is impossible to determine those prescribed days. Why be torn by the tortures of uncertainty when there are other methods which are much more efficient and utterly lacking in this element of uncertainty? When persons seek a birth control method they want one which works. The Rhythm of Sterility and Fertility as a method of birth control does not work. The "safe" period is not safe.

The Safe Period Is Not Safe

References:

"The Rhythm"—Dr. Latz, Loyola University.
 "Regularity of the Menstrual Cycle"—Boynton, Am. J. Obs. & Gyn. 23: 516 (1932).
 "Menstrual Cycle"—Geist, Am. J. Obs. & Gyn., 20: 320 (1930).
 "Ogino"—Zentralbl. f. Gyn., 56: 721 (1932).
 Knaus, entralbl. f. Gyn., 53: 2193 (1929).
 Kurzrok, Am. J. Obs. & Gyn., 28: 319 (1934).



When the Safe Period is supposed to occur.

What makes up a healthy diet for workers? Is proper diet the one, sure road to health? The first of a series of articles on this subject.

DIET



converted into fat. This is of importance in diets intended for fattening people. Anyone who lived on a farm before the A.A.A. decided that destruction of livestock would restore the security of the American farmer will recall that animals were fattened in just this way—by feeding large quantities of carbohydrates, in the form of corn.

Another *fuel* is fatty foods, such as butter, lard and various oils. This is a highly concentrated form of energy, with more than twice the food value of an equal weight of carbohydrate. Some of the fats are important also as a source of vitamins. Fats occur in a great variety of foods—such as milk, meat and egg yolk.

Tissue Builders

Proteins serve a double function. In the first place, they are used in the actual building of living tissues in the body. Muscles and glands consist very largely of protein. When tissue is worn out, or destroyed by disease or injury, it is protein which rushes to the front to repair the damage and re-build the muscle. In the second place, the protein can itself be used as a source of energy, by being burned as fuel. Meats, poultry and fish constitute the main sources of proteins. Such foods, however, are apt to be seriously deficient in minerals and vitamins.

THERE are four principal groups of substances which must be discussed in any consideration of the subject of diet and nutrition. These are the *fuels*, the *replacement materials* (proteins), the *minerals*, and the *vitamins*. It must be understood, however, that very few foods are purely members of one group, to the exclusion of the other groups. Fruits, for example, may and often do, contain elements of all the groups.

Carbohydrates

The energy used by the body is derived from the *fuels*, consisting of carbohydrates, fats and proteins. The carbohydrates are the starchy foods, such as bread, cereals, grains, potatoes and bananas. These articles are the most economical sources of energy, but are quite unsatisfactory as regards their mineral and vitamin content. The average American diet contains too much carbohydrates, chiefly because they are the cheapest foods, but also because of the high-pressure salesmanship of the interests involved. Many totally unwarranted claims are made regarding the virtues of breakfast cereals, which have primarily the same constituents as ordinary oatmeal. Judging by the ads, one would expect the consumers of some breakfast foods to spring like kangaroos after two tablespoonfuls. It is interesting that carbohydrates can be

The minerals are of great importance not as sources of energy but for other reasons. Our bones, for example, consist largely of calcium or lime salts. In the blood the minerals regulate the carrying of oxygen from the lungs to the rest of the body. Workers' diets are frequently deficient in calcium, phosphorus and iron. These are found in milk, fruits and vegetables.

We now come to the vitamins. These form a group of substances which occur in nature generally in association with proteins and fats, and are of the utmost importance, not as sources of energy, but in prevention of many diseases. They are absolutely indispensable for normal growth and health. Unlike the various forms of fuel, there is no substitute for vitamins. They are

(Continued on page 28)

The CHILD'S Need of SECURITY

By Dr. Frankwood E. Williams*

SECURITY is not alone a problem of childhood, it is a problem that concerns us all. Anxiety and fear are problems that all adults must themselves deal with, in one degree or another and in one form or another. Often there is some factor in the world about us that causes this anxiety or fear. Often, however, if we are frank with ourselves, we can see that the amount of our anxiety or fear is out of proportion to the cause we named. This anxiety or fear, or the excessive amount of it, is due to the insecurity within ourselves and has its roots in some of the things we wish to discuss here. We recognize our unnecessary or excessive anxieties and fears and worries as handicaps, and it is these handicaps that we wish to avoid for our children.

Being born is not the simplest thing in the world, when one comes to think about it. For nine months, or at least for those months since the child has become physically aware of itself, it has lived in an ideally comfortable world. It has swung easily and comfortably and without care in its human cradle, with all of its needs supplied without effort on its part, the supreme ruler, so far as it knows, of its universe, an ideal state of affairs, a condition of security and comfort which it will never attain again, but will always desire. Suddenly there is a tremendous upheaval in its world and it finds itself wrenched and pulled, completely helpless in the overpowering forces about it and it enters a world which, with our best efforts, must seem a poor substitute for what it has known. If the child could express a desire at this time it would probably be to be returned where it was, and to be left alone. But not altogether this. There are forces within the child that make it want to live and to be more active. While it was secure and comfortable where it was, comfort was growing less because it had outgrown its space and the forces within it were pushing for more activity like a sprout pushing its way up through the earth. A child at birth would there-

fore probably be of two minds, one desirous of the security and comfort without effort that it formerly had, the other desirous of kicking and stretching. This problem of being of two minds about what we want is never completely resolved. A part of us would always like to be secure and comfortable without any too much effort, while another part of us wants to push on, to have adventure and to exert ourselves in the overcoming of obstacles.

It is this problem of the division of wishes that constitutes one of the chief problems of childhood and the success in living of the adult individual will depend very much indeed upon how this problem is solved in childhood. It can be made so much worse that the adult is seriously handicapped or it can be sufficiently solved so that the adult is not seriously troubled. The solution will come through the wise guidance of the child through its developing years. The child cannot be expected to understand the problem. All it can do is to react to its feelings at any given moment. As adults we can understand the problem and can, therefore, in our guidance of him, help him by throwing the weight of our influence, at any given moment, to that element in the child's conflict that will be most constructive. We know that in order to be happy and successful in living, the child must develop from the completely dependent individual it is to a completely independent one. Our efforts will be to assist it.

The mother as she holds her babe in her arms should know that a conflict already exists within the babe—a conflict between remaining secure with her and of becoming independent of her. The need and desire to be dependent and secure with her will at first be the stronger. Having so recently come from a place of complete security, the adjustment to the new situation must be made as easy as possible. At this period the child must be kept secure, for if in these early years the child becomes insecure, serious problems arise that are difficult to solve. A child

that is seriously insecure during these early years is never likely to become a secure individual as an individual. However, as the mother gazes at the babe in her arms, the program that forms in her mind should be that of gradually weaning the child from its dependency upon her until later in adolescence it can step out into the world strong and independent of her. The emancipation of the child from the mother and the home should begin at birth and should not come in adolescence when a break must be made. The child who has been led gradually to this point enters the world with comparatively little difficulty, whereas the child faced suddenly with the problem at adolescence is frequently thrown into serious panic and has great difficulty in making any suitable adjustment to the life that lies ahead of him.

The emphasis I would place is upon the gradual lessening of the dependence of the child. Not infrequently parents who have learned other difficulties, caused by over-coddling children, have gone to the other extreme and thinking that they were acting for the good of the child have persistently pushed the child away as it were. This creates an equally serious situation in that the child does not have the security during these early years that it needs. A young child must always be kept secure, that is, able to depend on the good will and the affection of its parents, but step by step the dependency must be lessened. The question as to what is too much or too little is not an easy one, but at the same time it is not one that should create over anxiety on the part of a parent. It is what takes place in general over the period of childhood that counts rather than any mistaken moment here and there. The best that one can do, perhaps, is to see as clearly as possible what one's plan for the child should be, and to understand those situations in which problems are likely to arise and the symptoms that the child is likely to show either when insecure or too dependent.

In a home where there is good will and affection between the parents the problem of insecurity is not so likely to arise. The problem here is

likely to be one of too great dependence upon the parents. Insecurity is more likely to arise in broken homes, in homes where there is ill will and quarrelling between the parents. Insecurity will arise where discipline in a home is variable, where there is a serious difference between what the parents do and what they say, where children are deceived, are unfairly treated, where parents are dishonest, even intellectually dishonest, with their children, or break promises arbitrarily for reasons not understood by the child. The birth of a second child is always a serious matter for the first child. The family's affection and attention go naturally to the newcomer and the older child is left seriously insecure. On all such occasions special attention should be given to the first child. A favorite child in the family makes all other children insecure. The favorite child at the same time becomes too dependent. The preference of the parents for boys or girls makes the unpreferred sex insecure. An unusually attractive or intelligent child challenges seriously the security of the other children in the group. Special attention should be given to the other children. An unwanted child is in an exceedingly difficult position. It is likely either to be seriously insecure or to become overly dependent as the parents try to cover up the fact that it is unwanted. The greatest social stroke of mental hygiene would be if only wanted children were born.

A bad child is often nothing more than an insecure child. Where this is the case the solution is not punishment, which merely adds to the insecurity, but the making of the child secure by a show of attention and affection. This may seem a strange way to reward this conduct, but where the misconduct is due to insecurity, it is the only intelligent way. The extra attention or affection will not be given as a reward for bad conduct. If the conduct is not too serious it can

(Continued on page 32)

From "Russia, Youth and the Present-Day World. Copyright, 1934, by Frankwood E. Williams. Reprinted by permission of Farrar and Rinehart.

HOW YOUR BODY WORKS

How Food Is Digested

DIGESTION is the breaking down or the simplifying of food so as to nourish the human body. We digest food in two ways, through physical and chemical means. The physical agents are the teeth and the muscles which line the entire intestinal canal. The chemical means are called *enzymes*. We do not yet know exactly what an enzyme is, but we do know that it splits up the complicated chemical compounds contained in the food we eat into simpler chemical compounds. The enzymes split these compounds into ones which are simple enough to be dissolved in the intestinal juices, and absorbed into the intestinal walls. Each enzyme will work only on a certain type of food substance and only under certain favorable conditions.

Chewing

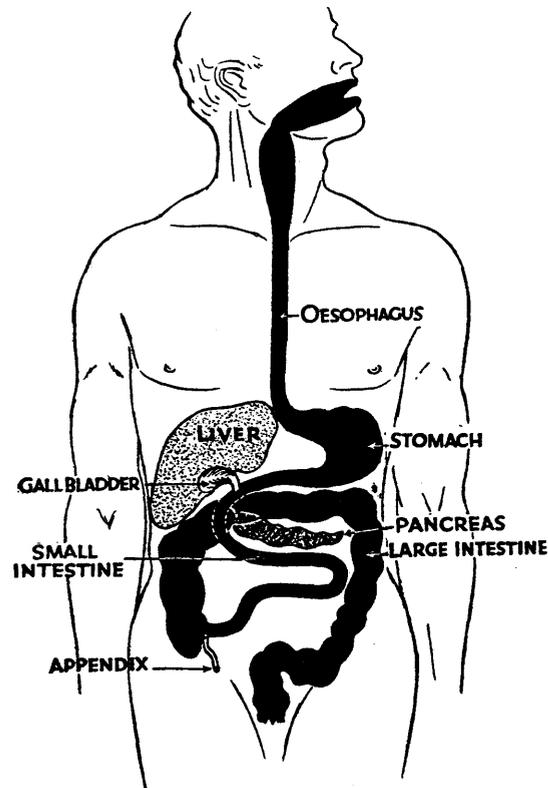
Chewing the food is an important part of digestion. The tougher pieces are broken up and the process of mixing is begun. Chewing stimulates the saliva so that a good deal of fluid is added to the food. In addition, saliva contains an enzyme which splits starches into the simpler forms of sugar.

In the Stomach

When the food is swallowed, a wave of contraction by the muscles of the oesophagus (See diagram) pushes the food rapidly down into the stomach. In the stomach the food is further softened and mixed by the muscles of the stomach, which contract in an irregular churning movement as well as in regular waves pushing the food on. At the lower end of the stomach is a powerful circular muscle which at first prevents the food from passing onward until it is sufficiently softened and mixed. As the food reaches the proper consistency the regular waves of contraction begin to reach this circular muscle. This muscle relaxes as each wave of contraction reaches it and the food is permitted to enter the intestines a little at a time.

Very little or no absorption of food occurs in the stomach; on the contrary, a large amount of fluid, the gastric juice, is added from the cells

lining the stomach and is mixed with the food. This fluid is weakly acid, containing hydrochloric acid. It also contains several other enzymes. These enzymes work only when in acid and stop working when the food is made slightly alkaline, rather than slightly acid in the small intestine. This prevents the enzymes from con-



The above diagram shows the digestive system. The diagram has been simplified. In the actual body the small intestine is coiled and longer than shown here.

tinuing to break down the food after it has reached the simpler stages. The most important of these enzymes, contained in the gastric juice, pepsin, starts to break down and simplify the proteins, the most complex of the various food substances. Another coagulates milk and digests casein, the chief protein of milk. A third starts to digest fats. Lastly, the gastric juice normally

contains another unknown substance, which is probably an enzyme. This substance acts on meat in such a way as to make it available for building red blood cells. Absence of this substance is associated with pernicious anemia.

Liver and Pancreas

At the beginning of the small intestine (see diagram) two very important fluids, bile from the liver and pancreatic juice from the pancreas, are poured into the canal. Both of these and a fluid given off by the cells lining the intestine, are slightly alkaline in reaction. Here the enzymes contained in the gastric juices cease working and the enzymes contained in the pancreatic juices begin to work. These latter enzymes can work only when there is an alkaline situation, cannot work in acid.

Bile

Bile itself contains no enzymes, but its presence is necessary to stimulate the enzymes of the pancreas into activity, particularly the enzyme which digests fats. Bile serves to carry certain waste products out of the body. The most important of these waste products are coloring matters which come from the old broken down red blood cells. Therefore, if the bile ceases to work properly, the stools become light colored like clay and greasy, due to the undigested fats. A part of the coloring matter is excreted in the urine which becomes dark and the rest is deposited in the skin and other tissues, producing jaundice. Bile is constantly given out or secreted by the liver; but between meals most of it is stored in the gall bladder in concentrated form. When stimulated by the presence of food in the intestine, the gall bladder empties its bile into the gut.

Pancreatic Juice

The pancreatic juice contains several important enzymes. One of them continues to split up proteins; another one acts on fat and is indispensable for its proper digestion; a third continues the digestion of starches. The fluid from the intestinal cells also contains enzymes. One of these completes the breakdown of proteins into their final simple components and the other completes the conversion of starch into simple sugars. This completes the digestive process; the food is now turned into products which are capable of being absorbed through the intestinal wall and into the blood stream.

The Small Intestine

The smooth muscle of the small intestine contracts rhythmically in much the same way as that of the stomach. It contracts with irregular pendulum-like motion and also with a wave-like motion pushing the contents of the intestine onward. Digestion continues throughout the length of the small intestine while absorption, in any appreciable amount, begins only in its lower portion. Even so, the intestinal contents are still quite fluid when they reach the large intestine (the colon). They remain here for some time, kept here by waves of contraction of the muscles of the colon which flow in the reverse direction (that is, toward the stomach) until much fluid and the digested food products are absorbed. Then contractions in the forward, away from the stomach, direction are resumed and the fecal contents, the waste matters, are propelled onward through the colon to the rectum. The whole process of digestion, from mouth to rectum, takes from 24 to 48 hours.

HEALTH INSURANCE FOR MILLIONAIRES

The New York State Journal of Medicine is not interested in the real welfare of patients and physicians. They show this by printing an article by Gustav Hartz, a Nazi economist, on social insurance.

The article has such remarks as: "Why unemployment insurance for workers when no one gives a thought to introduce sick and old age insurance for millionaires or unemployment insurance for manufacturers and other employers?"

A foreword to the article by the Pennsylvania Self-Insurers Association praises Mr. Hartz highly and states that even "Mr. Hitler himself seems to be well aware of . . . and in sympathy with Mr. Hartz's ideas . . . and has even abolished unemployment insurance in some industries."

Mr. Hartz believes that social insurance is not only the result of poverty but is a cause of further impoverishment. His is the old argument that a "dole" will make men lazy. He wants the maxim "sink or swim" to rule. Those who cannot *make good*, who are out of work and destitute should starve. Starvation will make them eager to become capitalists. This is on a par with saying: no unemployment insurance in America for then every boy will not try to become president.

The Medical Advisory Board will answer in these columns questions which are of the greatest general interest. Questions will also be answered directly. Names will not be printed but all letters must be accompanied by full name and address.

Question

A. A. of New York City writes: "I have an eleven-month-old infant. A local nursery doctor recommended Mead's 10D Cod Liver Oil. I would like to know whether this is just a fancy name in order to charge more for it, or if there are other cod liver oils that have more vitamins than the one mentioned above?"

Cod Liver Oil

It is necessary for your child to get cod liver oil, or its equivalent. Plain cod liver oil is the cheapest of the three vitamin A and D preparations, but it must be given in amounts of two to three teaspoonfuls a day. Cod liver oil 10D (which is plain cod liver oil, reinforced with an additional vitamin D in the form of viosterol) is a more concentrated product which can be given in dosage of one teaspoonful a day. Haliver oil with viosterol (haliver oil is a concentrated preparation of vitamin A and viosterol of vitamin D) is an expensive product whose only advantage over the others is that a daily dosage of ten to fifteen drops only is required.

If your child will take the required amount of plain cod liver oil there is no reason why you should not use it. Mead's products are of high quality.

The above-mentioned doses hold only for a normal child. In cases of rickets (a bone disease due to deficiency or lack of vitamin D), etc., larger amounts are required.

Question

"I wear glasses for the past five years. Whenever I have to change my glasses, I find that I need stronger ones. My eyes have become worse not better. Recently a friend advised me to buy the book 'Strengthening the Eyes' by Bernarr Macfadden. I would like very much to discard my glasses. Do you think this book would help me?"

Throw Away the Book

We advise you to throw away the book and keep your glasses. When a person over fifteen

years of age has a definite error of refraction, he should wear proper glasses. Below this age, if the defect is slight and not associated with astigmatism or squint, glasses need not be prescribed.

There are conditions of the eyes in which exercises judiciously employed are beneficial. Only after a full examination has been made, can one tell in which class one's eyes belong. Exercises of the muscles of the eye should be performed by all persons in order to prevent certain vision defects.

* * *

Question

J. C. R. of Pueblo, Colorado, writes: "We have been married a little over a year. In the last nine months my wife has lost ten pounds of normal weight and, worse yet, she continues to lose.

"She eats well, sleeps well and feels fine, but the fact that people tell her she's getting thinner worries her. She has consulted our doctor here and he has recommended 'Ironized Yeast.' What we wish to know is this: Is 'Ironized Yeast' really beneficial, or just another fake among patent medicines. What would you advise?"

Ironized Yeast

The cause of a steady loss of weight is always a difficult one for doctors to estimate, since they must always remember that this may be the first symptom of a disease which they must diagnose. Further, loss of weight can be due to worry, emotional upsets, faulty diet, or just not having enough to eat (plain starvation). For these reasons, we would not undertake to decide what the cause is in your wife's case, on the basis of a letter alone. Since your wife is in the care of her family doctor, we would leave the responsibility to him.

Now, about the "Ironized Yeast." In this connection, it is the yeast that matters, and any good brand will do as much as the one you name. Yeast is rich in vitamin B, and is used in cases where the lack of this substance gives definite symptoms. Further, it is sometimes included in general diets for cases of slight loss of weight. The same substances are found in whole wheat, tomatoes, raw cabbage, fresh spinach, beans and peas. These, therefore, should be made part of the diet which can further be made as nourishing in other foods as you can afford.

The Medical Advisory Board, in editing HEALTH AND HYGIENE, welcomes letters from workers. We especially want correspondence on local health matters. As doctors, we know some cures and causes of disease but we do not always know the conditions under which workers live and contract illness. To help make this a real workers' health magazine, we open these columns to letters from workers. Names will not be used unless authorized but no anonymous letter will be accepted for publication.

From Concord, N. C.

Please accept this dollar for *Health and Hygiene*. This magazine ought to have a real use for us down here in Concord. I am a textile worker and work in one of the big Cannon Mills. Cannon owns the town and also the mill doctor. The other doctors charge us as if we earned \$25 a week. The fees are \$3-\$5 and most of them won't treat us until we pay them first. One of them is pretty good to us but we owe him several months' wages. If we need an X-ray of the lungs, we got to go to Charlotte twenty miles away, to the County Hospital, and pay \$15 for an X-ray and examination.

I wish I could tell you some of the other ways they take care of the health of the workers. The health education that the health officers give us is funny. They tell us that many of us have pellagra or will get it because we eat mostly hog fat, corn meal and molasses. So they tell us that this disease, in which you get awful diarrhea, weakness, paralysis and thick skin, can be prevented by eating milk, eggs, fresh fruit and meat. Well, we can't buy these things on wages of \$6-\$10 a week so now they advise us to raise kale and cabbage which can prevent the disease. The kids don't like that food.

Most of the cases are in children and the babies get the "flux" or bloody diarrhea. I hope you can tell us how to stop this because so many babies die from that around here. I saw in the column once that babies should get orange juice and cod liver oil. We never used to give it. I hope you can tell us how to use it. Cod liver oil is pretty expensive but I guess we can get oranges. Also I hope you will tell us how to prevent typhoid which is pretty common around

HEALTH and HYGIENE

here. The health officers came around here last year and told us we can't use the out houses on the hill in back of the house and if we did we would get typhoid, but we have no other place to use so isn't there anything else we can do?

If you will write about some of these things you will be able to get more subscriptions down here.

From Marysville, Washington

Having seven children alive and two dead, it is some job for a mother to keep well and her children healthy with the present conditions in force. Since many doctors perpetuate this system and doctor only for profit, it is very commendable of the doctors on the Daily Worker Medical Advisory Board that they are printing a magazine on health.

I am confident that the advice we will receive will be truthful.

From Flemington, N. J.

I am a chicken farmer near Flemington. The town is famous now because of the Hauptman case. Chickens get a new disease every year. One reason for this is because they are dirty in their habits. I have watched all sorts of barnyard birds and beasts and even a pig is cleaner. They are stupid too. But they never used to get such diseases. Now, each year, after getting rid of one sickness they catch another. The reason for this is the forced egg production. We don't get enough for our milk so we are forced into egg raising in a big way. Keeping the chickens in houses, feeding them all sorts of feeds calculated to make them lay better, keeping lights burning in the chicken houses all night. This doesn't do the chickens any good. I know that you are not poultry doctors or veterinarians but I write you this because I think you come against the same thing. Here in western New Jersey and in Eastern Pennsylvania there are many small mills. They work the men and women so hard, keeping them going for long hours, trying to get the most production, it isn't any wonder that they get sick. The chickens are stupid but the men and women are not. Some of them are already organizing.

Beauty — Not for Sale (Continued from page 15)

a matter of personal taste. And here the working girl is further fooled. She believes the best rouge is the most expensive and spends a good part of her meagre wages for it. If she can be beautified by just applying a special rouge, life offers more promise after all. She hopes that though her Park Avenue sister eats better meals, and can swim and ride in the sun, the same rouge will make them equally beautiful. In her rush for the rouge the working girl forgets that she forfeits the nourishment her body really needs to build her beauty and health.

Bottled Magic

"Superfluous hair removed permanently." Excessive growth of hair in women is caused by some abnormality of the internal glands. Medical science, unfortunately, knows of no medicine which can check this stimulation of hair growth. The advertisements tell us that a few applications of bottled magic will forever stop the growth. These advertised depilatories not only do not stop the growth of hair but in many cases aggravate the condition. Some of them irritate the skin and others contain poisons which can seriously injure the general health. Some unscrupulous quacks advise the removal of hair painlessly with the Roentgen rays. These are X-rays. It is true that hair can be destroyed by these rays, but other cells of the skin are also destroyed in this process. Within a period of a few months to five years, the skin gets red, crusted, inflamed and eventually withered. Wrinkles and streaky blood vessels develop. Later in life, warty and scaly growths may appear which not infrequently turn into skin cancers. Electrolysis is the only safe method for the removal of superfluous hair.

If properly done hair will not grow again in the treated hair sacs. The process consists of destroying the hair sac, and the hair bud with an electric needle. The method is slow, it is slightly painful, it is expensive, but it is safe.

"Rejuvenate your skin. Use our skin food." "Rub our vitamin cream into your skin." Actually the skin receives all of its nourishment from the blood. A well balanced meal will give more nourishment to your skin than all the creams in the world. No amount of advertising

can persuade the skin to live on the perfumed fat rubbed into it. Investigation has shown how ridiculous and false are the claims of the manufacturer of these life-giving creams. When once the skin has become wrinkled and thin because of age, there is no way to restore the qualities of a youthful skin. The loss of elasticity and lustre is permanent. It is true that massage can give a temporary glow to such a skin, but one should know that it is only temporary. It is not necessary to waste money on the various expensive rejuvenating creams which have not the slightest scientific basis for their exaggerated claims.

Forget the Ads

What can the working girl do for her skin and hair? The first thing to do is to forget all the misleading advertising. If her skin is normal, she should wash it with any ordinary face soap and water. She should not substitute creams for soap unless her skin is excessively dry or irritated. They are not as good cleansing agents as soap, and frequently leave the skin liable to local infections. Good wholesome food is more important and she will not be able to afford it if she wastes her money on these unnecessary creams. If a cream must be used, a cold cream which can be bought at any department store is all that is needed. It is not necessary to use the same cream that celebrities are paid to say they use. Their testimonials and pictures are bought.

Hair should be washed with any mild soap.

The many advertised shampoos are nothing more than the same ordinary soaps, perfumed and put up in beautiful bottles. The difference in cost is all in the bottle, not in the contents.

If there are blemishes of the skin—pimples, sores, oiliness, blackheads, scars, wrinkles or moles, a doctor should be consulted. Many of these blemishes indicate some general ailment which only a physician can recognize and treat.

Neighbors Not Doctors

The advice of neighbors should not be followed. They may be good friends, but they are not doctors. A neighbor may persuade his friend to lie in the sun to cure a rash on the

APRIL 6TH



Eight o'clock

ATTEND THE

DINNER — DANCE

Given by

HEALTH and HYGIENE

at the

ROGER SMITH RESTAURANT
40 East 41st Street, New York City

Subscription, \$1.50

face. If it should happen to be a lupus erythematosus—a progressive, withering disease of the skin—it will get worse and may spread to the rest of the body, and in some instances death may occur. If there is a single small pimple which persists and grows slowly, one should not apply the advertised salves. It may be a skin cancer, and all the chemicals which are applied will only irritate it and cause it to grow larger. A physician should be consulted.

Medical science should be utilized to its fullest extent. Physicians today have the knowledge and means of curing a great proportion of skin diseases. They have not, however, at present the power of placing this knowledge at the service of the majority of the people. Receiving no support from the government, the physicians are forced to make their livings under strong competitive conditions. Obviously the average worker cannot afford to pay the fees asked by these skin specialists and other physicians. The services rendered at the clinics are inadequate because of over-crowding. The facts that most skin specialists are too expensive and that the dispensaries give very little real service, are poor reasons for turning to the advertising charlatans.

HEALTH and HYGIENE

FEMOJEL

The Modern Method of Feminine Hygiene

- FEMOJEL is a colorless, odorless jelly that will not harm the most delicate membrane after continued use.
- FEMOJEL is always effective, when used in accordance with the advice of a physician.

A complete outfit consisting of a **Large Tube Femojel Key and Nozzle** will be mailed prepaid anywhere in the U.S.A. on receipt of 67c (plus 2c sales tax within N. Y. City).

●
THE FEMOJEL COMPANY
1953 Cedar Avenue, New York City

What the Worker Should Eat (Continued from page 19)

found in fresh fruits and vegetables, in milk and butter.

Balanced Diet

It is obvious, therefore, that a sufficient quantity of food is by no means all that has to be considered in diet. The nature of those foods, their mineral and vitamin content, the relative proportion of the various constituents—all these are factors of great importance. Some may now wonder how anyone without special training can possibly hope to have a well-balanced diet, even granted sufficient funds. The answer is that the following of certain rules, will in the great majority of cases provide sufficient protection. These rules are: Spend as much for milk, cream and cheese as for meats, poultry and fish; and as much for fruits and vegetables as for meats, poultry and fish. The problem, of course becomes complicated if it is necessary to feed a family of four on a relief allowance. If you write to your congressman about this he will probably send you a very informative little

booklet, telling you how good orange juice and cod liver oil are for growing children.

It is obviously impossible to hope to attain anything resembling a well-balanced diet for people on present relief allowances. This is especially true if it is necessary to provide for children on this budget. A quart of milk a day is absolutely essential for every growing child. Fresh butter and fresh fruits are scarcely less important. Purely aside from stunted growth, which in itself is a tragedy, there is a whole group of "deficiency diseases" which are definitely due to such lack of vitamins. Finally, the resistance of the body to germ diseases is reduced in under-nourished children. Tuberculosis, for example, is referred to even in respectable bourgeois text-books as a "class disease."

Life insurance statistics indicate that overweight individuals die younger than those of correct weight. It is felt, however, that this constitutes no great danger to the mass of American workers and farmers.

Quack — Quack

● Obesity Cures Exposed

In the list of patent medicines which either make impossible claims or achieve their result in an unhealthful manner, reducing medicines are up near the top.

Two such obesity cures are "Retardo" and "Minora." These have been advertised as safe and sure reducing formulas. Analysis shows that they have as their chief constituent uria orthoborate, a form of boric acid. Boric acid has been used in the past as the base for many quack reducing medicines.

The medicine does not succeed in causing a loss of weight. The boric acid upsets the stomach and the intestines to such a degree that the fair victim is unable to eat. Weight is thus lost. Reducing could be accomplished much less expensively if the lady would refrain from eating.

Another medicine sold for reducing purposes is Min-Amin. The Bureau of Investigation of the American Medical Association reports that Min-Amin is made up of wheat germ and not of a carefully balanced compound of proteins, carbohydrates, vitamins, etc., as the manufacturers would have you believe. This medicine is somewhat similar in its method inasmuch as the vic-

tim loses weight through non-eating. The dosage is for a teaspoonful of Min-Amin together with orange juice in place of breakfast and lunch. This amounts to no lunch and hardly any breakfast.

Of especial interest to us is the fact that Min-Amin is sold through a health column. This column which is syndicated is written by a Dr. Brady. In response to queries as to reducing medicines, he sends a letter recommending Min-Amin, which is manufactured by the National Institute of Nutrition. Dr. Brady is one of the principal stockholders in the company.

One of the most widely advertised obesity cures is *Marmola*. This contains thyroid. When taken without the guidance of a physician, thyroid may cause serious disturbances of the nervous system. It has also been the cause of fatal cases of poisoning.

Some unscrupulous doctors offer injections for reducing. These doctors prescribe injections because they must be administered in the doctor's office and a stiff fee can be charged. There is no sound medical basis for reducing by means of injections.

BOOK REVIEW:

RATS, LICE AND HISTORY, by Dr. Hans Zinsser. Boston: Little, Brown and Company. 301 pages. \$2.75.

DR. Zinsser is a man of great knowledge. He possesses much information on the subject of plagues. Dealing especially with typhus, Dr. Zinsser first sketches a general history of plagues. He deals in an interesting, at times amusing fashion with the Black Death, Syphilis and the rat and lice borne epidemics.

He writes well too. He writes in a manner superior to the usual run of medical men or novelists writing for popular reading. But we cannot help feeling that all the interesting anecdotes and all the witty, semi-philosophical remarks fail to gloss the fact that Dr. Zinsser has ignored the basic question of the relation of plague to poverty.

While the Bubonic plague, the Black Death, was a factor in bringing on Wat Tyler's Rebellion in 1381 and had a far-reaching effect on the system of land holding in England, Dr. Zinsser is correct in placing the greatest emphasis on the typhus plague. Here, however, Dr. Zinsser's dodging of the basic question of the relation of typhus to slums and low standards of living shows up glaringly.

He points out the importance of typhus in military history, giving instances where the plague played a decisive part in the outcome of wars. He then touches briefly on the crucial point when he says: "The louse is confined, in consequence, to the *increasingly diminishig* (my italics) populations of civilized countries who live in distress and great poverty. But there are still many of these . . . and as long as [the louse] exists, the possibility of typhus epidemics remains."

We question Dr. Zinsser's belief that plague spots are diminishing. We certainly think that the book is weakened, though perhaps made more amusing, by the steering clear of a frank discussion of the problem of modern plague spots and the lack of an energetic campaign against them. That Dr. Zinsser is clever is shown by his discussion of the likenesses existing between rats

and men; that he is a parlor science writer is also shown.

This is our basic criticism of *Rats, Lice and History*. Dr. Zinsser never gives the final conclusion although the reader will easily see that the wealth of material demands revolutionary conclusions. Whether he writes of rats or of war or of the possibility of an internationally organized campaign to prevent epidemics, Dr. Zinsser soon stops the train of thought and switches to a smart remark. We have a right to demand of our scientists that they draw the scientific conclusions as well as marshal scientific facts.

As proof of this we offer Dr. Zinsser's attitude on war. While we cannot question the authenticity of his data on epidemics we do think that he is so unscientific as to be naive in thinking that war is more a sort of mass enthusiasm than the result of imperialist rivalry.

Enlarged
QUARTERLY

NEW MASSES

48 pages

FEATURES

THE ROLE OF THE U.S.
AMBASSADOR IN THE
PARIS COMMUNE

JAIL BREAK

A story by Tom Johnson

Also Marxian interpretation of current events,
articles, book reviews, cartoons.

ON STANDS MARCH 28. 10 CENTS A COPY

guise. The basic principle of the church on sex is the dogma that sex is sinful. Derived from this is the idea that sex is dirty, shameful or disgusting.

This idea is hammered into us from earliest childhood. It is impossible to escape it. Early in life the child exhibits curiosity about sex. It is interested in all parts of its body. It wants to know where it and its brothers and sisters come from. It wants to know the difference between the sexes. This is part of the job of learning. It does not at first realize that these subjects are dirty. However, it is soon made to feel and believe it.

Other questions are answered truthfully. Questions about sex are lied about or completely repressed. They must not even be thought about. Signs of sexual curiosity or activity are dealt with harshly by threats or punishments. The child then learns to regard sex as filthy and forbidden. Sexual thoughts become accompanied by strong feelings of fear of punishment, of wrongdoing, of guilt. Throughout childhood these processes go on. By the time our childhood is completed this point has been hammered in so deeply that it is very hard to uproot it. We have come to associate sex with something to feel guilty about so long and so often that we do it automatically without being aware of it.

Unconscious Attitudes

In later life many of us believe that we have emancipated ourselves from these childhood beliefs. We may no longer believe that God will punish us for masturbation but we continue to believe that our masturbation has weakened our body and injured our sex organs. These ideas are the same as our childhood beliefs although expressed in another form.

More important than our conscious beliefs toward these things are our unconscious attitudes to them. Attitudes which we do not realize we have. Sex continues to call out reactions of shame, guilt, fear and disgust as a result of a firmly established habit, long after we think we have gotten over such feelings.

When this "education" has been particularly successful, when guilt has been very strongly tied up with sex, and the link persists to a marked degree, a proper grown-up reaction to sex is impossible. It is this association of sex

with guilty feelings, partly conscious but chiefly unconscious and automatic which plays a large role in producing such sexual problems as worry over masturbation, impotence and frigidity.

Many questions arise at this point. What is the purpose of this system of morality? What other system can replace it? It is no accidental occurrence that sex is so linked to guilt. Its effect is to make people timid and obedient. Sexual contact makes people feel unclean and sinful and causes them to turn to the church for purification. The church produces the feeling of dirtiness so that it can offer to wash it away. (It does this at a price.) It thus creates a need for itself and strengthens its hold on the people. It gives guidance not only on this question but on others more important to it. On questions involving the exploitation of workers, the priest does not only interfere with sex morality but also steps in as a strikebreaker. Of course, since this relation of religion and sex involves a long historic process, the role of the church is not in all respects deliberate and conscious but its effect is unchanged by this. In those who no longer follow the teaching of the church the final results are similar. The guilt feelings aroused by sex makes people timid before authority and afraid to fight for their rights.

Capitalist Economy

This whole system of morality is ideally suited to keep people in a state of obedient slavery. Capitalist morality is a capitalist weapon in the class struggle. It takes its place beside police clubs, machine guns and vomit gas. Just as we must fight to overthrow the present vicious economic system so we must fight against the wrong attitudes to sex it has implanted in us. We may say as Lenin said: "We deny the morals preached by the bourgeoisie, they who deduce their morality from God. We affirm they are put forward to corrupt the minds of the workers and farmers in the interests of the landlords and capitalists."

Save With Safety at

DINNERSTEIN'S

Cut Rate Drug Store :: Prescription Specialist

Special Attention Relief Prescriptions

662 ROCKAWAY AVE. NEAR DUMONT AVE.

Mail the Coupon Right Away!

Exposing the Hercules Racket

(Continued from page 9)

offers it on installments to be paid with each arriving lesson, which is also a mimeographed affair, though represented as a personal and individual course of instructions. The offices of Mr. Atlas are located in the neighborhood of Columbus Circle, and Mr. Atlas is so "democratic" that any one of his pupils may have an interview when Mr. Atlas is in. Unfortunately, he is rarely in.

Very little can be said about Mr. Lionel Strongfort that differs from the descriptions of the other gentlemen. He chose to operate in Newark, N. J. and quite naturally claimed very original methods which he was willing to reveal for a few coins.

Big Muscle Boys

"Professor" Harry Titus, though long dead, continues through his successors to exact tributes from the gullible and credulous public. His methods are supposed to have produced all the greatest men of muscle.

The "Milo Bar Bell Co." deriving its name from Milo of Croton claims to "build men" on the basis of the "double progressive principle." This organization is nothing but an iron foundry with a few big muscle boys in its employ, who claim all sorts of strong man titles. One of its owners, Mr. Redlink is a typical tired business man with a bay window, constantly puffing on a big cigar. Very apparently he does not practice what he preaches. Recently some internal strife caused the owners to separate: The York Bar Bell Co. resulted. Both these concerns publish magazines, the former—"Correct Eating and Strength" and the latter "Health and Strength." Selling hundreds of pounds of weights these business men never trouble themselves to find out the real physical conditions of the would be "Milos", undoubtedly contributing their share to the already great number of cardiac sufferers. These two rival concerns also conduct two rival mass organizations—the Milo conducting the American Bar Bell Men and the York—the American Continental Weight Lifters Association. These initiation and dues collecting organi-

zations net thousands of dollars, offering their membership nothing but a membership card.

A certain gentleman, Mr. Alan Calvert, who was recently connected with the Milo, and wrote a book "Super Strength" advocating weight lifting as the best and surest means of "body building" withdrew from the company. He made a complete about face and now writes prolifically against weight lifting, advocating his own "natural methods" of "body moulding."

Knock Them Dead

"The most important thing in the world is the way you feel," says Charles McMahon in bold type in a full page ad. "The next most important thing is the way you look. I'll give you a physique that will knock them dead. It's easy. Only a few days required." This gentleman, though advertising separately, is part of the Milo Bar Bell Co.

"Only twenty-five cents to develop any part of your body," shouts Mr. George F. Jowett in a full page ad. His six booklets for only one dollar will develop the entire body, but for \$40, he will give away all his "secrets of health and strength." This gentleman, though claiming a separate establishment, is part of the York Bar Bell Co.

Some "courses" have been removed from the market recently because of the sudden and unexplained death of the "teachers." In this manner the Physical Culture public has already forgotten the "Great Sandow" and the "Great Breitbart."

There are many of the smaller fry advertising various contraptions for body building, ranging in price from \$1 to \$10, some even selling them on street corners or in vacant store windows but the public will do well to steer clear of these racketeers, saving trouble and hard earned money.

All this does not mean that all physical culture is a racket. Actually, what Atlas and Strongfort and Liederman sell is not physical culture. There are such things as correct posture, correct health habits. There is a great need for these things. The "muscle builders" have taken advantage of the need.

The Child's Need of Security

(Continued from page 21)

be ignored or mildly reproved, but the first opportunity will be sought to give the child some extra attention or affection. The wise parent will not wait for serious misconduct to develop but will prevent this by seeing what is happening to the child and will reassure the child of his affection—not by words but by acts—before a demonstration is necessary on the part of the child. A child who is becoming insecure may become rude, stubborn, cocky, rebellious, noisily overactive, and the like. As one sees the restlessness of the child mounting, one will, without particular comment on the conduct, offer the child some extra attention, spending more time with him to discuss his interest, making him a small present, taking him along on an errand, or whatever simple thing it may be, depending on the age of the child, that will cause him to feel re-established in the affection of the parent.

An insecure child may show opposite signs. He may become depressed, moody and sulky, withdrawing into himself and doing a good deal of day dreaming. The remedy would be the same. A too dependent child is likely to show a lack of initiative, selfishness, timidity, shyness, inability to get on with other children, fear of group activities. Such children must be weaned away from their dependency and helped to find a security outside their parents. They must not be "thrown out", as this will create panic, but they must be steadily urged on. This again, not by words, but by activity on the part of the parents in which they will make possible contacts outside the home.

An individual will not live his life with his parents. He will live it with his contemporaries. It is well, therefore, for him to become accustomed to his contemporaries and learn how to get on with them at the earliest possible age. A child raised alone is likely to become a seriously handicapped and pathetic adult. Even where there are two, three, or four children in a family, it is well for them to have outside contacts early. Frequently the first outside contacts are made at six on going to school. This is a serious mistake and places an unnecessary hardship upon a child. The child's security must eventually come from the group and the earlier he learns to be a part of the group of his contemporaries the easier and better it will be for him. Parents often over-protect their chil-

dren from the group for fear that the children will learn some bad words or uncouth manners, but a few bad words or some uncouth manners would be a cheap price to pay if in the process of gaining them the children were able to find the security in the group which will be important and determining for them for the rest of their lives. Probably the most tragic and pathetic people in the world are those with excellent manners and a polite vocabulary who find the world a very lonely place after their parents are gone.

What we should hope for in this program of keeping the child secure at all times but at the same time gradually helping him to find his security outside the home and away from the parents would be an adolescent confident in himself but without boastfulness, with affection for his parents but without sentimentality, whose major interest lay outside the home in the various activities of his age, and who are comfortable in the presence of his own age group, both boys and girls. Such a boy or girl is ready to enter upon adult life a satisfaction to his parents and with excellent opportunity for satisfactory and successful living for himself.

Let me emphasize once more, however, that while parents should be serious about this matter they should not be too serious. They can use the best judgment they have or if necessary they can seek advice. Mistakes are sure to be made but they need not be too serious. A child has much psychological resilience as well as physical resistance to ills, and will recover reasonably well from many mistakes on the part of the parents. And there can be this one comforting thought that no matter what mistakes we make the children will probably turn out no worse than ourselves. Our parents made many more mistakes than we are likely to make without greater knowledge. We would like our children to be better than ourselves and less handicapped, but if worse comes to worse, and they are no better than ourselves, it will after all be no great tragedy.

Telephone: BUckminster 4-3660

FLATBUSH LABORATORIES, Inc.
2700 CHURCH AVE. Cor. Rogers Ave., BROOKLYN

Diagnostic Laboratory - Clinical Laboratory
Basal Metabolism - Pathology - Serology

APRIL, 1935

A "New Deal" in Health

(Continued from page 11)

FROM H. R. 5549, THE DUNN BILL FOR WORKERS' HEALTH INSURANCE.

"Sec. 2. The Secretary of Labor is hereby authorized and directed to provide for the immediate establishment of a system of Health Insurance for the purpose of providing full medical and nursing care, including hospitalization, medication, laboratory tests, and treatment as well as all special services. Health Insurance services shall also be extended to include the dependents of the insured; e.g., housewives, children, etc. The Health Insurance funds thus created, shall provide dental care including the replacement of missing teeth to all persons covered by the provisions of this act and their dependents.

"Sec. 3. Such health insurance shall be administered by Health Insurance Commissions composed of democratically elected representatives of workers' and farmers' organizations and representatives of the allied medical professional organizations, such as organizations of physicians, dentists, nurses, pharmacists and technicians and all others who come under the provisions of this act.

The Health Insurance Commissions shall immediately upon the enactment of the bill, utilize all existing health agencies, i.e., hospitals, clinics and offices of private practitioners, for the rendering of the above services to the insured and their dependents. The insured shall be given free choice as to who shall render treatment, that is, any practitioner of their choosing or any clinic within their district. In either case, the amount of pay of the medical professionals as well as the conditions under which they work shall be determined by agreement between the Health Commissions and the medical professions, and medical workers.

The Health Insurance Commissions shall further be empowered to use health insurance funds for the purpose of extending existing facilities through the building of additional medical institutions. They shall also be empowered to make any changes in the form of medical practice necessary to improve the working conditions in the medical professions and to supply all the insured and their dependents with adequate medical care.

Combination Offer

Year's Subscription to *Health and Hygiene*

and

Two Months' Subscription to the *Daily Worker*

\$2⁰⁰

● Read "Your Health" daily in the
DAILY WORKER :: 50 East 13th Street, New York

HEALTH and HYGIENE

Your Health

Not only is silicosis a dangerous dust disease, but organic dust, in bakeries, flour mills, grain elevators, textile mills, fur and tobacco plants, adds to death in the dusty trades.

* * *

An emergency kit should contain:

1. Tincture of iodine.
2. Hydrogen peroxide, useful for cleaning a wound and as an antiseptic for minor scratches.
3. Alcohol.
4. Absorbent cotton, bandage and adhesive.
5. Amertan ointment for burns.
6. Boric acid, used as eye wash and for wet dressings to inflammation of skin, etc.
7. Sodium Bicarbonate, for stomach distress.
8. Aromatic Spirits of Ammonia, for fainting.
9. Tourniquet (rubber tube of one-quarter inch diameter) for binding part of extremities in case of marked bleeding.
10. Calamine Lotion containing one per cent Phenol, for hives or any other itching condition of the skin.

* * *

A good foot wash for sweating feet is a two per cent solution of formalin. Soak only the soles, for about fifteen minutes. If the solution irritates the feet, cut down the time or further dilute the solution. In the morning, place in the socks and shoes some of the following dusting powder:

- Aluminum Chloride—three grams.
- Salicylic Acid—three grams.
- Powdered Alum—ten grams.
- Starch Powder—eighty-four grams.

* * *

Changes of temperature at work, or while going to and from work are unhealthy. Workers in iron, steel, smelting and glass works, in bakeries and laundries, and in artificial ice works, breweries, rubber plants and paper mills, are liable to suffer from colds, sinus trouble, bronchitis and other respiratory trouble.

* * *

Spring is the season for athlete's foot. Treatment depends on the appearance of the condition. If the skin is very red, swollen and moist, it is best to apply cool wet dressings (compresses) of boric acid, using one teaspoonful of boric acid

powder to two glasses of water. If the eruption does not appear very inflamed and shows deep blisters and scaling, it may help to rub in the following salve twice daily: Salicylic Acid, twenty grains, benzoic acid, thirty grains; and boric acid ointment, one ounce.

* * *

There is no way to delay the appearance of gray hair. Graying of hair comes when the root has lost the ability to produce color. There is no known way to restore the coloring ability to the root.

* * *

The chief difference between Grade A and Grade B milk is the amount of bacteria present. All milk has bacteria (germs) but Grade A has less than Grade B, and Grade B has less than Grade C. If one can afford it, Grade A should be used. However, Grade B may be used without harmful effect

* * *

The simplest treatment for tape worm, a parasite which clings to the walls of the bowel, is the following:

- A. Evening:
 1. Empty bowel with an enema or light laxative.
 2. Eat a light, fluid supper.
- B. Following morning.
 1. Eat only coffee or tea to be followed in a half hour with a dose of male fern. Follow with a dose of epsom salts.

* * *

Sodium perhorate, though the basis for some mouthwashes, is useful only in the treatment of trench mouth (Vincent's infection). The action of this drug is to liberate the organisms (germs) that produce this disease. It has no other beneficial action, as in cleaning teeth or being helpful in the treatment of pyorrhea. Because of its unpleasant taste, it is often flavored. This in no way affects its medicinal value.

* * *

One of the conditions in the settlement of the Ohrbach Store Strike in New York City was the extension of the rest period for the sales girls to twenty minutes. The strike was won by the Office Workers Union. Unions should always include healthful working conditions as part of their demands.

OFFICIAL I. W. O. DRUG STORES — BROOKLYN

BARRACK'S PHARMACY

Comradely Service - Four Registered Pharmacists
Organized under the Pharmacists' Union

Brighton Beach Avenue, Corner East 5th Street
SHeepshead 3-8531, 0557, 1171 Brighton Beach

ISRAEL BROWER, Ph. G.

Pharmacist and Chemist

235 Sutter Avenue Brooklyn, N. Y.
Corner Bristol St. Prescription specialists since 1910

ELI EMANUEL, Ph. G.

Prescription Pharmacy

373 New Lots Avenue Brooklyn, N. Y.
Cor. Pennsylvania Phone: Dickens 2-8855

ESECOVER'S

Cut Rate Drugs

Accurate and Dependable Prescription Service
A Complete Line of Cosmetics and Drugs at
Lowest Cut Rate Prices

447 Stone Ave., Bet. Sutter and Belmont Avenues

GARBER'S RELIABLE PHARMACY

Sutter Avenue, cor. Warwick St., Brooklyn, N. Y.
Phone: APplegate 7-9630

WILLIAM GARDEN, Ph. G.

PHARMACIST and CHEMIST

386 Hinsdale St., Cor. Dumont Ave., Brooklyn, N. Y.
Phones: DICKENS 2-7823-7831-7740

GARDNER PHARMACY

Successor to A. Wenzel & Co.

384 BROADWAY and 321 DIVISION AVE.
Phone: STagg 2-2632 Brooklyn, N. Y.

RALPH MORGULIS

Drug Store

1329 Surf Avenue Coney Island, N. Y.

RODNEY PHARMACY

I. Freidberg, Prop.

Prescriptions Our Specialty

297 So. 4th St., cor. Rodney Brooklyn, N. Y.
Phone: STagg 2-8867, 8868

M. SNOW, Ph. G.

Pharmacist and Chemist

13th Avenue and 43rd St. Brooklyn, N. Y.

FRANK SUSSMAN, Ph. G.

Doctor of Pharmacy "Your Druggist"

501 Powell Street :: Brooklyn, N. Y.
Cor. Riverdale Phones: Dickens 2-8902-8954

Boro Park Members of I.W.O.:

For Drug Store Needs—

TRACHTMAN'S DRUG STORE

4301 - 10th Avenue, Brooklyn, N. Y.
Corner 43rd St. Phone: Windsor 8-8745

PROTECTION OF MOTHERHOOD AND CHILDHOOD IN THE SOVIET UNION

This very valuable and interesting treatise by by Dr. Esther Conus, child specialist, 118 pages profusely illustrated, can be secured free. Space does not permit to describe the enormous information contained in this book.

ORIGINALLY SOLD FOR \$1.00

:: FREE ::

We will send you a copy of this book absolutely free with one yearly subscription to SOVIET RUSSIA TODAY.

This magazine is devoted to truthful information about the Soviet Union, profusely illustrated and one of America's most interesting periodicals. TAKE ADVANTAGE OF THIS OPPORTUNITY.

SPECIAL OFFER While the supply lasts, send us \$1.00 and we will immediately ship you this book, printed in the Soviet Union, and enter your subscription for one year to SOVIET RUSSIA TODAY. Don't delay!

SOVIET RUSSIA TODAY, Desk 56
80 East 11th St., New York City

Dear Friends: Here's \$1. Send me Dr. Esther Conus' famous book and SOVIET RUSSIA TODAY for one year.

Name
Street and No.
City or Town State
(Canada or Foreign \$1.50)