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What are the effects of the many various pills and powders that are taken to offset insomnia? Are preparations such as amytal, barbital, luminal, and triple bromides harmful?

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In the March issue we described the symptoms of pregnancy—true and false. This article describes those scientific tests by which pregnancy is established without a doubt.

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A British medical student describes the way that medical education is carried on in the Soviet Union.

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HEALTH AND HYGIENE

May 1938

Vol. 7, No. 4

Questions and Answers

Readers' Medical Questions Answered

Sodium Percarbonate Detergents and Mouth Washes

Spring and the Sex Impulse

Diet During the First Year

Health on the Job

Debunking "Good Posture"

A Cure for Pellagra

Medicine Under the Swastika

How to Select a Shoe

Foot Health and Comfort

What Nutrition Studies Show

Drawing by Charles E. Colahan, Charles Martin, and Mischa Richter

CARL MALMBERG, Editor

SADIE FRANKLIN, Business Manager

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HEART MURMURS

DEAR DOCTORS: I was examined by our school doctor during the past semester and he told me that I had a heart murmur. I have been very much worried about my condition ever since. Does this mean that I have heart disease?

M. S.

HEART MURMURS

DEAR DOCTORS: I have been very much worried about having heart murmurs. In fact, if the patient is placed in certain positions it is possible to hear a murmur in nearly every individual, regardless of the condition of the heart.

But even murmurs arising in the heart are not necessarily indicative of heart disease. In severe anemia, in fevers, and in high blood pressure, for example, murmurs are frequently heard, but these are not due to disturbances in the structure of the heart. Well, then, you may ask, are there any murmurs that are due to diseases or alteration of structures in the heart? Yes, when the valves of the heart are damaged so that they leak, or, speaking medically, when the valves are "incompetent," murmurs may be heard. Such murmurs are usually heard during the time that the heart is filling with blood (diastole); murmurs which do not have an organic basis are generally heard only during the time that the heart is contracting and forcing the blood out (systole). Hence, the physician, by timing the murmur, is aided in determining the cause of the murmur.

It is folly to worry about a heart murmur without finding out the cause of the murmur. Most murmurs are of the kind that cause no trouble. In your case further investigation by your family physician or a heart specialist would be desirable.

S. (Continued on page 124)

April, 1938

HEALTH AND HYGIENE

Despite the proven dangers of sodium perborate manufacturers still use it in their products.

DANGEROUS TOOTH POWDERS

DOES it surprise you to learn that one of the leading drug manufacturers in the country and one of the largest department stores in New York City are making and selling tooth powder that may actually cause severe chemical burns in the mouths of users? Or, does it seem strange to you that a mouth wash that is widely advertised for the relief of bleeding gums and other oral conditions should actually be capable of causing serious and painful inflammation of the lining membrane of the mouths of those who use it?

LACK OF INVESTIGATION

If so, you do not fully appreciate the disregard for consumer welfare that characterizes the American drug and patent medicine industry. Nor have you an adequate idea of the chaotic and helter-skelter methods, the lack of scientific investigation, with which new and possibly harmful products are unloaded upon the public by large drug companies who have little interest in anything except the profits they can make.

Today dentifrices and mouth washes containing sodium perborate as a principal ingredient are being sold and advertised freely in spite of the fact that dentists have long been aware of the dangers involved in the use of this chemical. The Council on Dental Therapeutics of the American Dental Association has refused to grant its seal of acceptance to any dentifrice containing sodium perborate. Technical dental and medical journals have printed articles attesting to the actual and potential dangers involved in its use. In any good medical library you can find clinical reports describing the unhappy consequences that have fallen those who have unwittingly employed it in what the advertisements call "mouth hygiene."

And yet, McKesson and Robbins continues to sell Calox Tooth Powder which contains about 10 per cent of sodium perborate. Calox has...
The flavoring oils are poisonous when taken in sub-

proven a good thing for McKesson and Rob-

City has produced its own imitation of it which
dangerous. Not to be left out of it,

wise contains a high percentage of this caustic

ingredient.

ciate Professor of Dentistry at Columbia Uni-

this ingredient. Dr. Isadore Hirschfeld, Asso-

Scientific Investigation of the American Dental

Vince

As to that it may, William R. Warner, Inc.,

makers of Vince, decided that since sodium per-

borate could be used for a serious condition such

trench mouth by dentists who were familiar

with the action of the drug and aware of its
dangers, it would be a very good thing to pro-

vide John T. Citizen with sodium perborate
to use as he saw fit for the treatment of any
mouth condition he might have or thought he
might have, or even for use as a pleasant tast-
ing mouth wash. As a result "Vince Labora-
tories" was brought into being and Vince, a

flavored sodium perborate, was thrown upon
the market and advertised as a "general oral
hygiene agent, mouth wash, oxygen liberator,

Perborate

A

in a

mason jar and shake vigorously.

Tooth Powder with Sodium Perborate. Macy's says it's just as good as Ca-

Lox—and just as dangerous. Both of these powder dentifrices contain sodium perborate.

The makers of perborate-containing den-
tifrices and mouth washes have made much of the fact that sodium perborate is an "oxygen-
liberator," and therefore an antiseptic. It is true that when sodium perborate is added to water,
oxygen is released. However, the rate at which oxygen is released depends upon the tempera-
ture, the release of oxygen beginning at about 40 degrees Centigrade and increasing as the
temperature rises. Now, the normal tempera-
ture of the mouth is only 37 degrees Cen-

The Council report of the American Dental Asso-
ciation points out, "dentists and physicians also

use chronic acid and sodium sulphide in treat-
ing Vincent's infection, yet no one would be
naive enough to recommend its use to the
general public."

Be that as it may, William R. Warner, Inc.,
makers of Vince, decided that since sodium per-
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the market and advertised as a "general oral
hygiene agent, mouth wash, oxygen liberator,

Tooth bleach, and

Hygiene agent, mouth wash, oxygen liberator,

No Medication Advisable

Of course, compared with the harm caused
directly or because of delayed treatment in seri-
sous disease conditions, the danger here is
hypothetical and perhaps slight. However, it
serves to emphasize the point, repeatedly made
in technical dental literature, that the use of
any medication in a mouth wash for daily use
is not recommended. When dentists ad-

vise a mouth wash they generally recommend
a normal saline solution (about one per cent
of salt in water.)

A Good Dentifrice that You Can Make at Home

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hard soap, in fine powder form</td>
<td>60 grams</td>
</tr>
<tr>
<td>Precipitated calcium carbonate (chalk)</td>
<td>935 grams</td>
</tr>
<tr>
<td>Soluble saccharin</td>
<td>2 grams</td>
</tr>
<tr>
<td>Oil of peppermint*</td>
<td>4 c.c.</td>
</tr>
<tr>
<td>Oil of cinnamon*</td>
<td>2 c.c.</td>
</tr>
<tr>
<td>Oil of wintergreen*</td>
<td>8 c.c.</td>
</tr>
<tr>
<td>Stir powder while adding flavoring oils a little at a time.</td>
<td></td>
</tr>
<tr>
<td>Put the whole in a mason jar and shake vigorously.</td>
<td></td>
</tr>
</tbody>
</table>

* The flavoring oils are poisonous when taken in sub-

stantial amounts, so care should be exercised in measuring

these ingredients, and any oil that is left should be kept

from children.

Professor of Dentistry at Columbia Uni-

this ingredient. Dr. Isadore Hirschfeld, Asso-

Scientific Investigation of the American Dental

Vince

60 grams

935 grams

2 grams

4 c.c.

2 c.c.

8 c.c.

40 grams

No Medication Advisable

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from children.

100

101

APRIL, 1938

HEALTH AND HYGIENE
borate in dentifrices cannot be shown to have any value.

In view of these two facts it is interesting to note that McKesson and Robbins still cling to sodium perborate as an essential ingredient of their Calos Tooth Powder.

On two occasions since 1931, at the request of the company, the Council on Dental Therapeutics of the American Dental Association considered Calos for its seal of acceptance. The Council reported that it could not accept Calos as long as it contained sodium perborate, and also that many, if not most, of the claims made for the product were false. McKesson and Robbins replied that its opinions on Calos differed from those of the Council. Nevertheless, the company stated that it "would be delighted" to alter its opinions "to conform entirely to those of the Council were it not for the fact that at the present we have a tremendous investment in finishing materials, in advertising contracts, copy and display material which can not, because of economic reasons, be cast aside at this time." The company therefore requested that the Council withhold publication of its report until such time as it is possible for us, from an economic standpoint, to revise our materials to conform to the opinion of the Council.

The Council obligingly witheld its report, but by the end of 1934 McKesson and Robbins had not yet found it convenient, from an economic standpoint, to revise the materials in Calos. The company had built its ballyhoo on the extremely dubious claims made for sodium perborate, and it refused to remove sodium perborate from the formula even though it had been shown to be an undesirable ingredient.

A "CROWNING ACHIEVEMENT"

And "Calos Tooth Powder," says McKesson and Robbins in its advertising, "is the crowning achievement of our world-famous research laboratories!" If this is the best the McKesson and Robbins laboratories can do, we advise our readers to get their drug products from some other source.

When a dentist uses sodium perborate in treating diseased conditions of the mouth, he very carefully rinse every trace of the perborate out of the mouth. Users of Calos, Macy's Tooth Powder with Sodium Perborate, and the other dentifrices containing this caustic substance are not likely to be so careful about rinsing all traces of the perborate out of the mouth after brushing their teeth. It is for this reason that many painful burns are sustained.

The least that dentifrice makers might do is put a warning on the label, stating that the mouth should be thoroughly rinsed after using the product. This, however, might give the show away and cause people to shun the stuff altogether.

As The Journal of the American Dental Association has stated, the continued sale of sodium perborate dentifrices and mouth washes is "at least against the public interest, if it is not becoming a public nuisance." The same may be said of the advertising for dentifrices and mouth washes generally.

HOW TO PROTECT YOURSELF

What can you do to protect yourself and your pocketbook? The best thing you can do is pay no attention to any advertisement for a dentifrice that claims to be anything other than at least against the public interest, if it is not becoming a public nuisance." The same may be said of the advertising for dentifrices and mouth washes generally.

Springtime and the Sex Impulse

In the literature and poetry of all nations we find no end of references to the seasonal variations of man's erotic desires and activities. In modern times the most emphasis has been placed upon spring as the traditional season when the mating instinct and love-making are given the freest expression, but fall has also at certain periods of history been similarly designated. The Roman Liberales in March, in honor of Bacchus and Priapus, and the Bacchanales in October were expressions of this increased sexuality. And so it is modern Easter with its mixture of religious and sexual implications. At Easter time men and women break the period of Lenten abstinence and put on all their finery in order to stimulate and attract one another, while children are encouraged to go out and hunt for Easter eggs, a sort of symbolic preparation for the time when, at the same season of the year, they will presumably be especially occupied with hunting for a mate. Hallowe'en and Thanksgiving, coming in the fall, are harvest festivals which nowadays have lost most or all obvious sexual significance, though we may perhaps detect a trace of it in the pranks of Hallowe'en. However, in ancient times, and even now among more primitive races, the harvest festival were associated with great sexual activity.

THE MENSTRUAL CYCLE

Havelock Ellis, who has perhaps studied this subject more thoroughly than any other writer, says:

Throughout the vegetable and animal worlds the sexual functions are periodic. From the usually annual period of flowering in plants, with its play of sperm-cell and ova-cell and consequent seed-production, through the varying sexual energies of animals, up to the monthly effervescence of the generative organism in woman, seeking not without the shedding of blood for the gratification of its reproductive function, from first to last we find unfailing evidence of the periodicity of sex. At first the sun, and then, as some have thought, the moon, have marked throughout a rhythmic impress on the phenomena of sex.

The key to the understanding of annual seasonal sexual periodicity is to be found in the understanding of menstruation. Menstruation is a secondary process, that is, it occurs because fertilization of the egg and pregnancy have not occurred. The primary process is the periodic ripening of the egg in the ovary and its breaking out of the ovary (ovulation) to start its journey down the Fallopian tube to the uterus, during which journey it may possibly be fertilized by a sperm cell. While the egg is ripening in the ovary the lining of the womb (uterus) undergoes certain changes to prepare it for receiving the fertilized egg and acting as a receptacle for the development of a baby. These changes in the womb are controlled by various hormones or chemical substances secreted by the ovary and the pituitary gland.

The relationship of these different glands is too complicated to describe here. It is sufficient to state that if the egg is fertilized on its way from the ovary to the womb, menstruation does not occur and a whole series of changes associated with pregnancy sets in; on the other hand, if fertilization does not take place the lining of the womb which has been prepared to receive the fertilized egg sloughs out and is ejected, and this process is called menstruation. Menstruation takes place about fifteen days after ovulation, or to count the other way, in a woman whose regular menstrual cycle is twenty-eight days, ovulation occurs on the thirteenth day from the beginning of the menstrual flow.

It is for this reason that conception is most likely to take place about a week after the menstrual flow has stopped.

The time of ovulation in women corresponds to what is known as estrus in animals. It is during the period of estrus or "heat" in female animals -- and only during this period -- that mating occurs in most animals.

Observations of women's sexual desires have in general shown two periods of maximum desire during the month, one just after the end of menstruation and the other just before. It is apparent from what we have said above that it is during the former of these two periods,
that is, the one following menstruation, that pregnancy is most likely to occur. Fairly careful observation has shown that women are generally more passionate during this later period than during the one preceding menstruation. The need for sexual activity during the period before the onset of menstruation seems to be related partly to a feeling of depression that many women feel just before menstruating, and is more a need for affection and comfort than real sexual passion. Sexual passion is probably stimulated at this time by the tender and affectionate demonstrations which the need for comfort and a kind of non-sexual affection provoke.

If the hormone production in women is studied the production of the different hormones will be found to follow a regular periodic curve which determines the cyclic changes in the womb, and probably also determines to a considerable extent the degree of sexual desire.

The study of the sex hormones is relatively new and the problem is still not thoroughly worked out, particularly in regard to men. However, the results of these studies agree with the statements of some sexologists that there is also a monthly cycle of sexual desire in men, although it is much less marked than in women.

THE ANNUAL CYCLE

With this knowledge of monthly periodicity in mind let us now turn to the problem of annual or seasonal periodicity. Annual periodicity of sexual activity is much more easily observed in animals than in man. Most animals have a regular mating season. In fact, most animals have sexual relations only during the mating or rutting season when estrus or "heat" occurs in the female, and are nearly or completely indifferent sexually at other times. This is particularly true of wild animals, but to a certain extent it is true of domestic animals as well, although domesticated animals tend to lose their strict periodicity and become able to breed at more frequent intervals. Thus, the wild dog breeds only once a year, in the spring, while domesticated dogs breed in the fall as well.

The mating season seems to be determined by two things, the conditions that will be present at the birth of the offspring, and those that are present at the time of mating. Good physical condition is necessary for the vigorous activity of the mating season, and this of course depends on an abundance of food, which for animals is wholly dependent on the seasons. The two periods when food is most abundant in the temperate zones are spring and fall, and consequently mating takes place in one or the other of these seasons, depending on the length of the period of gestation (the period during which the developing offspring is being carried in the womb). Thus the native American deer mates during the fall season of abundance, the fawn is born during the spring season, is nursed through the spring and summer, and weaned in the late summer or early fall. If the mating took place in the spring, the fawn would be born in the fall. After a short time winter would set in and with the scarcity of food the doe would be unable to produce enough milk to keep the fawn alive, since she has a hard enough time keeping herself alive during the winter. On the other hand, many smaller animals which carry their young for a relatively short time mate in the spring and give birth to offspring in early summer.

It can easily be seen that these arrangements are quite logical, but this still does not explain just why they occur. As we pointed out in the discussion of ovulation, estrus, and menstruation, these processes are all controlled by the activities of the endocrine glands, chiefly the sex glands (ovaries and testicles) and the pituitary. The activities of these glands are in turn influenced largely by environmental conditions such as the prevailing temperature, the amount and kind of food in the diet, the amount of sunlight, and so forth. All the details of these mechanisms are not yet worked out, but it has been definitely shown that in some animals sunlight is one of the greatest imports, in others, temperature, and so on. Therefore we may safely conclude that this is true for animals in general.

THE EFFECT OF ENVIRONMENT

Man, however, is much less influenced in this respect by the conditions prevailing in his immediate surroundings, because with his greater intelligence he can secure more or less favorable conditions the year round. He stores up food containing all the necessary food elements so he is not dependent on the seasonal supply, he heats his home and wears warm clothing so he is independent of the temperature, and so on. The result is that his annual periodicity is much less marked than that of the animals. However, he is not entirely indifferent to his climatic and geographic environment. In Europe, for instance, the greatest number of conceptions occur in May and December—in spring and autumn—the two periods of greatest abundance. In the southern hemisphere the situation is reversed as would be expected. In the extreme north where man is more completely dominated by the environment, his periodicity is more marked; thus, among the Eskimos, during the long winter nights the general health is depressed and the sexual passions tend to become inactive. However, soon after the sun appears the sexual drive increases to such a degree that there is practically a real rutting season and for a time all of the young people are occupied with love-making. The result is that most of the children are born in the middle of the four-months-long night. Menstruation is often absent in Eskimos when they are in the winter months, a fact which gives further evidence of the effect of the environment on the endocrine functions.

Thus, we see that the identification of...
Starting the Child On Solid Foods

WHEN should the child first be given solid foods? This question cannot be answered by giving any hard-and-fast rule, but most pediatricians will agree with the schedule set forth in bold type on the opposite page.

Most babies at three months of age are on a four-hour schedule. Cereal, then, would be given at the 10 A.M. feeding and again at the 6 P.M. feeding, each time followed by the milk. The cereal should be fed by spoon, beginning with one teaspoonful and gradually increasing up to about two to three tablespoonfuls. The following cereals may be prepared: Wheat, Ralston, Wheatena, hayfever, asthma, or migraine it is better in of Rice age should be given by spoon just as in the case of the cereals. Vegetables should be put through a strainer and the amount should he gradually increased up with the vegetables. This may be gradually increased until a whole yolk is given daily. At six months the yolk of hard-boiled egg should first be given, at first in teaspoonful with the vegetables. The following kinds of fish may be offered: whitefish, cod, flounder, filet of sole; they should be boiled or boiled.

Ages at which solid foods should be given

3. months—cereals.
4. months—vegetables (carrots, peas, string beans, spinach, potato).
5. months—vegetables (cauliflower, squash, asparagus tips, beets).
6. months—yolk of egg.
7. months—whole egg.

When baby has four teeth—meat, fish, and fowl.

In cases of sensitivity it is advisable to omit fish.

In the dietary education of the infant under one year of age the following should be considered the most important objectives:
1. To discontinue the 2 A.M. feeding as soon as possible after the newborn period.
2. To begin preventive treatment against rickets and scurvy as soon after the newborn period as possible. (See the article entitled The Baby's Formula in the March issue of HEALTH AND HYGIENE.)
3. To accustom the child to solid foods early, beginning with cereal, adding vegetables, desserts, egg, and so forth, in the order mentioned above.
4. To discontinue the 10 P.M. bottle as soon as possible. This may be done when the baby takes enough solid food to be satisfied from 6 P.M. to 6 A.M. without intermittent feedings.
5. To discontinue the formula and gradually change over to whole, unmodified cow’s milk (Grade A or B). This may be done as soon as the baby weighs approximately eighteen pounds.
6. To change the feeding schedule to a three-meal schedule as soon as the baby is receiving cereal, vegetables, and desserts, and is making satisfactory gains in weight and development.

An Appeal from Spain

As this issue was going to press we received the following communication from the Medical Bureau and North American Committee to Aid Spanish Democracy:

"I am bringing to your attention a grave situation which has developed during the past few days and which has been brought home to us by frequent cabled communications from Spain.

"A number of our ambulances in Spain have been blown to bits by fascist bombardment; one of our ambulance drivers was killed and two American nurses wounded.

"On Tuesday, March 15th, my committee received an anguished appeal from Spain calling for funds with which to purchase 140 ambulances, now available in Paris, for immediate dispatch to the Aragon front. Hundreds of wounded Loyalist soldiers were reported being left to die on the battlefield for lack of ambulances to move them. By nation-wide appeals, we succeeded within 40 hours in raising funds for the purchase of 16 ambulances.

"At the moment of writing a telegram has come in from Hollywood informing us that the film colony is telegraphing funds to cover the purchase of 10 more ambulances.

"I appeal to readers of HEALTH AND HYGIENE to contribute what they can to meet this desperate need. Men are dying in Spain for our common cause. There is little that we can do to match their sacrifice. Whatever we can do must be done." Sincerely,

HERMAN F. REHRL
Executive Secretary.
Health on the Job

Danger in the Beer Can

When you open a can of beer do you ever stop to think that the preparations used in making the lining of the can are a hazard to the health of the canny workers? Although this is quite a new industry, cases of secondary anemia are already being reported among workers in plants where beer cans are made.

Wages and Hours

Those who think that regulation of wages and hours is a legislative innovation that will damage business should be reminded that in every one of the nine provinces in Canada hours of work are definitely restricted and in seven of them there are minimum wage restrictions as well.

Soot and Respiratory Diseases

Workers are exposed to fumes and dust and other occupational hazards at home as well as in the factories if they live in industrial towns where proper regulations for the protection of public health are not in force. An outstanding example of this is in Pittsburgh, where for many years the death rate from pneumonia was much higher than in most other cities. In a study of 142 autopsies, the results of which have just been made public, it is shown that the amount of bituminous substance sold under the name of “Halowax” danger is still widespread.

Halowax Danger Still Widespread

Several years ago there was an outcry against the poisoning of workers in the General Electric plant at York, Pennsylvania, and elsewhere by the substance sold under the trade name of Halowax. A recent report in The Journal of the American Medical Association shows that this danger is still widespread. The protective measures that have been introduced are so far short of what is needed that in one plant all of the workers exposed to Halowax have developed skin eruptions. The continued use of this substance without adequate protection is a serious menace to many workers. It is time the trade unions took up this matter and stopped depending on the paternalism of the big corporations.

Bladder Cancer in Dye Workers

Workers in dye plants are particularly liable to contract “nailine tumors.” An experimental study with dogs showed that the tumors developed in thirteen out of sixteen animals after about two years of exposure. These tumors resemble very closely the tumors that occur among dye workers. The study revealed that frequent examinations of the bladder will enable investigators to recognize this condition before it becomes serious.

Carbon Monoxide Poisoning

Whenever a case of asphyxiation due to carbon monoxide occurs, artificial respiration should be continued for many hours before hope of reviving a victim is given up. There are cases on record of victims who have been revived by artificial respiration as much as eight or ten hours after they have been thought to be dead.

Health Hazards in the Navy

The recruiting ads invite young men to join the navy and see the world. Perhaps it is pertinent to point out that prolonged exposure to the sun’s rays, open air, and salt water constitute a real health hazard. A report on skin and mouth cancer in the navy during the past eight years shows that such cancers occur eight times as often with three times as high mortality among sailors as among the civilian population of similar age groups.

Workmen’s Compensation

Did you know that of the 46 states having workmen’s compensation laws, only 16 grant compensation for occupational diseases? Moreover, in the laws of these 16 states there are enough loopholes so that workers are unprotected from many genuine occupational diseases.

“Health on the Job” will appear as a regular feature in HEALTH AND HYGIENE. Each month we will describe briefly the latest developments in industrial hygiene. We invite workers and trade unions to send us material that they feel would be of interest to readers of this department. We are more than willing to receive queries on the subject of industrial hygiene, and we suggest that the topics discussed in this department be taken up in the meetings of the unions concerned.

A common-sense discussion of a much misunderstood subject, by an authority on physical education.

Debunking “Good Posture”

By GEORGE T. STAFFORD, Ed. D.
Professor of Physical Education, University of Illinois

INTEREST in “posture” is not something new. The early Greeks were interested in the well-poised body. Early physical educators laid much stress on the correct carriage of the body. The White House Conference on Child Health and Protection had its section on “Body Mechanics.” The majority of parents have, at one time or another, admonished their children to “sit up straight.” Orthopedic text books give considerable space to the subject of posture. But when we attempt to tell exactly what posture is, we find that there are a number of differences of opinion.

WORD HAS MANY MEANINGS

Posture is frequently spoken of as a static thing. The position assumed by the soldier who stands at attention is considered by many as correct posture. Moreover, the noun posture is usually prefixed by an adjective to give it meaning. Thus, an individual is said to have a “good” posture or a “bad” posture. Reference to a dictionary will show that the word is from the French posture, meaning the relative disposition of the various parts of anything and especially the position and carriage of the limbs and the body as a whole; in other words, attitude, poise. Other dictionary definitions are: “To place in a fixed position for a special purpose; pose. To assume artificially a mental attitude. To assume a particular posture of body, to put the limbs or body in artificial positions.” And, when the word is used as a noun: “The visible disposition of the parts of a thing; position of the body. Mental attitude.”

A careful examination of the above definitions may well leave the reader in a quandary as to the meaning of posture. Certain elements, however, stand out. Posture is a pose; posture is a mental attitude; various postures may be assumed for various purposes. The posture which is assumed in prayer is different from the posture assumed by the soldier as he stands at attention.

As stated at the White House Conference on Child Health and Protection, posture must be considered as the mechanical correlation of the various systems of the body, with special reference to the skeletal, muscular, and visceral (internal organic) systems and their neurological associations. According to this interpretation, correct posture may be said to be the particular position of the body which allows for the most efficient mechanical use of the body with a minimum of bodily effort. This definition rules out any one posture as being correct for all purposes.

Many individuals do not use their bodies in an efficient manner. They walk with the feet turned out, the abdomen protruding, the chest flat, and the head thrust forward. Others sit in a bent-over position. It is obvious that these positions do not allow the body to function with a minimum of effort. Other individuals stand with the chin drawn in, the hands held stiffly at the sides, the shoulders thrown back, the back hollow, the knees stiff, and the feet turned out. Such posture may conform to the motion picture conception of the way a butler or doorkeeper should walk and stand, but it has little practical advantage for the average individual.

EXERCISES ARE OVER-RATED

When the body is not used correctly what effects may be expected? Many authorities mention the following disorders as results of incorrect posture: fatigue, joint strain, misplacement of the internal organs, and decreased efficiency of the body mechanism.

While not wishing to make the statement that these conditions are not prevalent in many individuals who use their bodies poorly, I cannot subscribe to the statement that poor use of
the body is responsible for these disorders. Nevertheless it remains a fact that many individuals use their bodies in incorrect positions. What can be done about it?

The treatment of poor posture should begin in early childhood and should not be restricted to the use of artificial calisthenic exercises. In the first place the mental attitude of the child should be considered. Is the child happy? If the child has reached the age of sixteen or seventeen, practically nothing can be done to correct faulty posture by means of calisthenic exercises. 

**Proper Treatment**

The treatment of faulty posture should start with a careful medical examination of the individual. Physical defects which lower the body's resistance must be removed. The question of the right kind and amount of food must be considered. Rest, sunshine, and emotional stability are necessary in many cases of poor posture. Possibly the child's shoes are too short or too narrow. When all of the above factors have been ruled out as causes of poor posture, then and only then should the possible value of exercises be considered .

When considering exercise as a means of improving faulty posture the assumption is usually made that the child wants to improve his posture. But, does he? He is not seriously hindered in his normal activities because of his faulty posture. Even if he may desire to improve his posture he is not going to be enthusiastic about doing calisthenic exercises—especially if his friends are engaged in a program of physical education in which sports and games play a large part. Naturally he does not care to be segregated from the group and made to perform exercises, which in themselves are not interesting. How then shall we go about getting the child to perform those movements which will improve his faulty posture?

Every child has a natural interest in activity. This drive or urge is best expressed through games, sports, and stunts. By means of recreational sports, games, and stunts, in which the child is interested, he can be led to perform and enjoy those activities which may help to improve his posture. The boy with round shoulders may be introduced to the common head stand or hand stand. To perform either of these stunts, and especially the latter, he must place his shoulders in a position which temporarily corrects his faulty head and shoulder position. He may have to work hard to shorten the post.

(Continued on page 127)
SHIP'S QUARANTINE—PROTECTING OUR SHORES

Strict regulation of incoming ocean traffic is necessary to prevent the importation of epidemic diseases.

To most Americans the word “quarantine” is a rather unpleasant term, denoting disease, epidemics, and confinement. Thanks to the development of modern public health methods, the word is no longer in as common use as it once was, and we are likely to think of it as a term used to describe a method of protection against the plagues of the past. However, last summer the word was again featured in the headlines, and American citizens were reminded that active steps are still necessary to protect them against epidemic diseases.

One day last September the Hamburg-America liner Hansa docked in New York and discharged 993 travelers in spite of the fact that in the sailors' quarters below decks 29 members of the crew lay sick with typhoid fever. Just before entering the port the Hansa's doctor had sent a radiogram to the United States quarantine authorities, affirming that the ship was free of disease. Relying on the ship surgeon's word, the quarantine authorities allowed the disease-ridden ship to enter the harbor and discharge her passengers. Nearly a thousand people went ashore and departed to their various destinations, each one of them a potential bearer of the deadly disease.

HISTORY OF QUARANTINE

The word “quarantine” comes from the Italian quarantena, meaning forty. This was the number of days ships and travelers coming from a disease-ridden area were formerly compelled to remain under observation before being allowed to enter a city. The reason why forty days was the chosen period is not clear, though the Bible, as we know, was partial to the number, specifying among other rules, that lepers who were cured had to undergo a forty-day period of waiting before again mingling with other people. Actually, quarantine may cover any length of time, depending on the nature of the disease and the existing regulations concerning it. Quarantine today includes not only the isolation of infected persons, animals, and ships, but also the routine inspection of everything that enters the country from foreign lands.

The first modern attempt at quarantine dates back to January, 1374, when the ruler of Reggio, Italy, ordered all persons who were sick with the bubonic plague to be carried out of the city and left in the nearby fields, there either to die or recover. If they recovered no one was allowed to come in contact with them for ten days.

The first example of well-organized quarantine is that put into effect by the Senate of the Venetian Republic in 1448. According to these regulations, which are still known as the “laws of quarantine,” all those who fell ill with bubonic plague were sent, together with their families, to an island known as the quarantine station. If they recovered they were sent to another station where they were detained still another forty days. In 1485, Venice also instituted the first board of health. Other cities and nations followed the example of the Island Republic, and today quarantine regulations are an integral part of the public health service of every civilized country.

In this country the first quarantine regulations were adopted in Pennsylvania. In 1699 Philadelphia suffered from an epidemic of yellow fever, probably brought from the West Indies. Practically every family in the town of 4,000 lost at least one member. William Penn visited the colony at the time and was tremendously impressed by the severity of the epidemic. A year later quarantine regulations were adopted.

In 1728 the first ship to be affected by the new regulations was kept from entering the port. Two ships, the Pharaoh and the Dorothy, arrived at the same time from Bristol, England. Philadelphia's two quarantine officers boarded the vessels and found all the Pharaoh's passengers in good health, while in the Dorothy many were ill and fifteen had died. The Pharaoh was permitted to dock, but the Dorothy was ordered to anchor a mile from the city. The sick persons on board were transferred to an isolated and guarded spot on shore. Nine days later the ship was given permission to dock after all the living and cargo on board had been aired, and the entire ship had been washed with vinegar and smoked with tobacco. This took six days more.

Basically, the quarantine regulations with regard to incoming ships have not changed. Any ship intending to dock at an American port must certify before an American consul at the port of departure that there is no illness aboard at the time of sailing. Upon arrival at the American port the quarantine officers are the first to come aboard, and no one is permitted either to come aboard or go ashore until the officers have finished their inspection. They consult the ship's doctor, inspect the immigrants and other passengers, and perform any other sort of examination that they may think necessary. They have police powers and can take over command of the ship if they find it necessary. When the ship is finally permitted to enter the harbor, it is said to have received “practique.”

However, the United States and other countries have recently granted “practique” without actual examination. For years, army and navy transports have been allowed to enter ports in the United States after the ship's surgeon has sent a wireless message to the quarantine authorities, certifying that there is no disease on board. The ship is then granted what is known as “radio practise.” With certain restrictions, “radio practise” was granted beginning February 1, 1937, to commercial vessels entering New York harbor. Actually, quarantine may cover any length of time, depending on the nature of the disease with which the United States Public Health Service and the New York Board of Health are concerned: smallpox, bubonic plague, cholera, yellow fever, typhus, and typhoid fever, leprosy, diphtheria, scarlet fever, and many others.

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The ship's surgeon sends the radio message through the steamship line's New York agents not sooner than 12 hours before the ship is expected to arrive at New York. If the surgeon's message indicates that everything is in order aboard the ship, it is not required to undergo quarantine inspection but is allowed to proceed directly to its dock. If anything untoward happens between the time of sending the message and docking, the ship must stop for inspection. Upon docking, the ship's surgeon and captain sign a statement confirming the information given in the wireless application for practice.

**The Hansa Affair**

When it was discovered that the German ship *Hansa* had entered port with typhoid fever among its crew, the ship's surgeon was punished by revocation of permission to act any longer in that capacity. Moreover, the ship was denied the privilege of radio practique in the future, and consequently it must stop for inspection when health officers discovered typhoid fever aboard.

Many people feel that this was insufficient punishment, for which leniency affords little protection against future infringements of our health regulations. There can be little doubt that the *Hansa* surgeon was aware that many of the crew were gravely ill—ill enough to prevent him from applying for radio practique. It is probable that he reported the true state of affairs to the ship's captain who, either on his own authority or after having conferred with the line's officials in Germany, suppressed the information and applied for permission to dock without submitting to quarantine inspection.

There is a belief among many that the circumstances of the *Hansa* incident warrant the revocation of radio practique privileges to all German ships entering American ports. It is a fact that sickness has been observed with increasing frequency on board German boats. On April 10, before the *Hansa* incident, the Hamburg-American liner *Hamburg* arrived in New York with typhoid fever among the crew. Shortly after the *Hansa* incident the S.S. New York, another German boat was quarantined when health officers discovered typhoid fever aboard.

This prevalence of sickness on German ships is not without a definite cause. This cause is revealed in a letter recently sent to President Roosevelt and Mayor La Guardia by an organization known as the "Supporters of American Nazi German Seamen," from which we quote in part:

German seamen, interviewed by the undersigned committee, have stated that undoubtedly these plague conditions prevailing on certain German ships, are the result of bad food, insanitary conditions and diseased drinking water for the crews. We have also been informed by friends in German seaports that typhoid and other contagious diseases are widespread, thus converting every German ship into a potential disease carrier to foreign ports.

Bad quality food and malnutrition have made the German people generally susceptible to contagious illness, and we feel, in agreement with the populace of this country, that measures must be taken to prevent the spread of contagion from our shores. Under such conditions, it is especially important that German ships should be carefully watched. The prevalence of sickness on German boats has its obvious effects in that the German seamen have stripped of all rights by the present government. While heretofore, in the framework of the free trade union organization, ship committees of German seamen supervised sanitary conditions on board ships for the crew and passengers, present conditions make this impossible. Today, as before, an additional reason for the crew to force through hygienic conditions and betterment of food is looked upon as "mutiny," with the threat of immediate arrest. That is also why it has been possible in several cases for typhoid infected German ships to evade quarantine here, and thereby to become a danger for the crew and passengers, and also for the people of the United States.

**Drastic Precautions Needed**

Germany is desperately in need of foreign exchange with which to purchase armament materials abroad. One of the most fruitful sources of foreign money is steamship fares. Any news that there was illness aboard a German ship would naturally cause cancellation of some tickets that had already been purchased and would prevent the purchase of many others. But apparently Germany considers it better to risk spreading a dread and contagious disease in the United States than to lose foreign money that can be utilized to purchase arms and war materials.

In view of what happened in the case of the *Hansa* as well as the unsanitary conditions that seem to prevail in the ship's quarters on German ships, it would appear that the demand that radio practique be denied to all Nazi ships is not too drastic.

**State Hospitals for the Insane**

WILLIAM RANDOLPH HEARST has long been recognized as the leading exponent of sewer journalism in America. So utterly unsuspicious and depraved have been his tactics as a publisher and plutocrat that millions of persons have concurred in Professor Charles A. Beard's opinion that no honest or decent man would touch him with a ten-foot pole. Consequently when "Dirty Willy" assumes that a crusading knight, complete with white horse and flaming sword, there are always some skeptics who promptly ask, "What's in it for him?"

This cynical attitude is fully justified by certain aspects of Hearst's highly checkered career. To cite only one example of the numerous Hearst acts that have caused widespread suspicion, we recall the time he carried on a vigorous campaign for the reduction of water, gas, and electricity rates. The campaign ceased suddenly and inexplicably when Hearst announced an explanation when expensive advertisements by the companies under his control were not sooner than 24 hours and not later than 48 hours from the time of sending the message. The facts, or rather the plot, upon which the series of articles was based are briefly as follows: A Hearst reporter named Allen Bernard voluntarily applied at the Rockland State Hospital for admission, posing as an insane person. He cleverly simulated the symptoms of mental illness both in his general appearance and manner of speaking. He stated that he was feeling very depressed and that he had considered committing suicide. On the basis of his statements and actions he was accepted as a mentally ill person. After remaining in the institution for about two weeks he was released, though he encountered difficulties in persuading the authorities that he was sane. While in the hospital and afterwards he collected stories, rumors, and gossip from patients and employees. In addition he made personal observations of the hospital routine, the food, the treatment and management of patients.

**A Horror Story**

On the basis of his experience and observations Bernard then wrote a series of articles about the hospital, a series which left the reader with the profound conviction that the food at Rockland is foul, unhealthful, and dangerous; that the attendants are brutal, ignorant, and sexually depraved; that the doctors are callous, criminally negligent of their duties, and woefully uninformed about the fundamentals of psychiatry; and that by comparison the beds of roses guarded by carefully chosen cherubim and seraphim. Lest we be suspected of exaggeration we quote a few of the headlines: *Rockland Inmates Tell Own Stories of Despair; Patients Beaten, Asylum Attendant Admits; "Drugs Killed Inmate," Says Ex-Aide. The examiner exults over his deception of the examining physicians who admitted him to the hospital. We really hate to spoil the good clean fun he enjoys over this little triumph, but there are no laboratory tests, no blood or other
Pellagra? workers indicate that new disease which occurs in dogs in areas where pellagra is present, and it can easily be produced in dogs by feeding them a typical pellagra-producing diet. Nicotinic acid is an organic substance of natural origin, which is derived from tobacco, but which is fairly common in commerce. Since 1937, Elvehjem and his co-workers announced that they had produced pellagra in a patient and then had cured him by means of nicotinic acid alone.

Of course, it is not safe to draw sweeping conclusions on the basis of this one case; there were other factors, both in the diet and in the conditions of the experiment, which may have influenced the result. Nicotinic acid will have to undergo still further trial under carefully observed clinical conditions before it can be definitely stated that it is a cure for pellagra. If Smith's conclusions are confirmed, the treatment may be easily and widely applied because of its cheapness—the cost of curing Smith's patient was only ten cents. It is suggested that small amounts of nicotinic acid may be added to table salt, as iodine is now added to prevent goitre in localities where iodine is deficient in the soil and water.

However, it should be pointed out that the problem of pellagra can ultimately be solved only by raising the standard of living to such a level that food prices can afford to buy the kinds of food that will prevent them from getting deficiency diseases. What the poor people of the South need is not nicotinic acid in their salt, but the kind of meals that will render such medication unnecessary.

HEALTH AND HYGIENE

We are convinced that there are grave shortcomings in the New York state hospitals, but they are of the type that Hearst glosses over or ignores completely. Society might well have been grateful to him and might even have condemned some of the blacker spots in his pathological career had he in his last years chosen to do his work for his own selfish ends. About all that he has exposed is to produce untold anguish in the hearts of the friends and relatives of those unfortunate who are of necessity confined in state hospitals.

The hope of the mental hygiene movement lies in an early attack on the psychiatric problems of patients needing care and this involves placing patients under proper psychiatric guidance and care at the earliest possible moment. Granted that the state hospitals are inadequate, some critical observations are necessary in order to make the medical services more efficient and to prevent unnecessary suffering.

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A Cure for Pellagra
Reports from research discovery may
**Editorial**

**Official Sanction for Quackery**

With the shocking news of Hitler's brazen nazification of Austria, a deed by which the destinies of more than six million people are changed overnight and by which the fate of hundreds of millions more are made to tremble in the balance, a letter from Berlin printed in the March 12 issue of The Journal of the American Medical Association takes on a special significance.

This letter from The Journal's regular Berlin correspondent indicates how great an influence "nature" medicine, cultism, and heilpraktik (lay practice) have come to assert over medical practice in Germany since the advent of fascism under Hitler.

The German university cities and Vienna were once the foremost medical centers in Europe. Students came from all over the world to study under the famous scientists who congregated there. Then the blight of fascism fell upon Germany and medical science, like all culture, ceased to flourish. The Nazis, with their hateful doctrine of racial "purity," forced many of their most illustrious medical men into exile simply because they were Jews. Other non-Jewish doctors of note left the country of their own accord, unable to witness the subjugation of science, intelligence, culture, everything they held dear, to the brutal fanaticism of Hitlerian dogma. Germany ceased to count, medically speaking, and today the German universities are finding themselves forced to close their doors for lack of students.

Fascism is the natural enemy of scientific progress, and it was inevitable that under fascism the cults and pseudo-scientific healing should flourish and receive official sanction. Scientific medicine is based on logic and reason, and fascism, like the healing cults, depends for its very existence upon irrationality and superstition. Another thing that makes cultism particularly suited to the purposes of the German government is that "nature cures" require very little expenditure of money for hospitals, sanatoria, public health services, and so forth. Hitler, however, does not allow cultist practice in the army.

The Journal's correspondent cites several instances in which the German courts have upheld nature healers whose irrational practice has resulted in the death of patients. We quote only one such instance in which a nature healer refrained from administering diphtheria antitoxin.

The defendant... was still treating the patient, a girl of 17, with swabblings and poultices as late as the fourth day of illness and after the diagnosis of diphtheria had been established. Only on the sixth day did he authorize transfer of the patient to a hospital, where she died. The public prosecutor asked a ten months' jail sentence but the doctor was acquitted.

**Curing by Telephone**

The following comment by Telephone of The Journal correspondent also sheds light on the situation in Germany:

In a number of quackery trials, experts in the occult have been called on to defend the efficiency of occult therapy and witnesses may even be licensed physicians. In a case in point, a magnetic healer treated by telephone a child who ultimately succumbed to diphtheria. Placed on his trial for criminal negligence, the man was acquitted. The main thesis of his defense was that the absent treatment had actually increased the sick child's vitality and even effected temporary improvement in the general condition. The expert testimony of the local medical official was garbled in the extreme.

And now that Austria has fallen into Nazi clutches, we may expect a similar mummbo-jumbo not only in Vienna, the city that was once without an equal in the realm of medical science. The fate of medicine in these old world capitals of learning should be an object lesson to people in this country who do not want to see the progress undergone the fate they have suffered in Germany.

**HEALTH AND HYGIENE**

**Why are some people troubled by gas and flatulence, and what can they do about it?**

**"Gas" on the Stomach**

From man's earliest days when he was evolving from a simian ape to homo sapiens, he has been troubled by "gas." In those remote days when the diet consisted chiefly of vegetables, fruits, nuts, and a few reptiles the amount of gas produced by this heavy vegetable diet was probably enormous. However, tree-swinging and the other athletic pursuits of our forebears probably prevented the accumulation from becoming troublesome. Even today those who are troubled by gas recognize the virtues of exercise, especially those forms of exercise in which there is movement of the abdomen. But while it is true that mankind has always been troubled by gas he did not become conscious of it as an ailment until after the golden age of advertising had set in. Now every fourth advertisement warns us about gas and tells us how to get quick relief by taking this or that solution or powder or tablet.

As a matter of fact, it is entirely normal for gas to accumulate in the digestive tract. The stomach is an enormous air bubble. During a meal the bubble is forced upward and compressed into the upper part of the stomach. After a meal the pressure of the gas is obviously increased and when this pressure reaches a certain point the air forces the esophagus or gullet, and emerges as the well-known belch.

**Belching after Meals**

The pleasure many persons get from belching is not due to the evacuation of a poisonous gas but rather to an easing of the pressure in the stomach as a result of the release of air. Gas in the stomach is not caused by the fermentation of food. Fermentation cannot take place in the presence of much acid, and the stomach normally contains a considerable amount of free acid. Germs that ferment food cannot live in the presence of acid juice. Besides, even if there were no acrid present, the food does not remain in the stomach long enough to be fermented. The process of fermentation requires several hours and it is a fact that food remains in the stomach no longer than two or three hours.

Belching can also occur before eating or in- dependently of meals altogether. Many persons claim the somewhat dubious accomplishment of being able to belch at will. The ability to do this is not a sign of any disease process in the stomach such as "acid stomach," a term that advertisers so fondly use in their slogans. Persons who can belch at will are able to do so simply because they are able to swallow a quantity of air and, when the pressure in the stomach reaches a certain intensity, to let go and evacuate the air.

**Swallowing Air**

Most habitual belchers are unconscious of the fact that they swallow air and frequently come to a physician, complaining of excessive belching. Physical examination will generally reveal no organic defect but if the physician inquires about the patient's habits he will often learn that the patient is of a rather nervous temperament. If the doctor watches him carefully he will probably see him gulping frequently. The belching is simply a symptom caused by a nervous habit of swallowing air.

Considerable quantities of air may also be swallowed when food is eaten in a hurry or under nervous strain. Under such conditions a person may feel a slight pressure or distention in the pit of the stomach after the meal, and relief may usually be quickly obtained by belching. Relief may also be obtained by taking bicarbonate of soda. The soda gives relief because it causes the formation of carbon dioxide gas, thus increasing the pressure within the stomach and finally forcing an evacuation of the gas.

In belching a good deal of air while they are being fed. The baby is generally uncomfortable until the mother holds it upright
learned that and distress may become acute. The moment
the normal activity of the colon by an irritant
presses the colon is likely to fill up with gas
in the colon. This is particularly true in per­
tractions and are able to eat large quantities of
frequent desire to evacuate gas. They have
in the tract. The handling of the organs by the
operation. The wearing of an abdominal belt has also been
wearing a proper shoe is indispensable.

How to Select a Shoe

IMPROPERLY designed and poorly fitting shoes
are responsible for most of the foot ills that
afflict mankind, or more properly, womankind.
Bunion, corns, calluses, "metatarsal trouble," sox
comfy, hammer toes all bun up when the feet are
faultily shod. The only way to prevent such
troubles is to wear proper shoes, and as part of the
treatment of these troubles when they are fully
developed, the wearing of a proper shoe is indis­
permissible.
The worst foot troubles can be avoided if shoes
are selected that do not have two major defects
of the ordinary woman's shoe—the narrow, point­
ed toe, and the high heel. Corns on the tops of the
and between the toes are caused by constriction and friction
from the shoe, and by nothing else. The mere
presence of a corn is sufficient indication that the shoe does not allow
sufficient room for the toes. The common "meta­
tarsal trouble" is caused by a combination of the
high heel, which throws the major portion of the
body's weight on the front of the foot, and the
narrow forepart of the shoe which presses the
toes together so tightly that they cannot fulfill
their natural function of assisting in bearing
the weight and propelling the body forward. When
the toes are so constricted the weight is concen­
trated on the heads of the middle metatarsal bones,
and consequently calluses are formed. Calluses are
really protective growths that defend the tissues
against irritation and unusual pressure.

HEEL—WIDE AND LOW
A proper shoe, therefore, has a low, broad heel
of the non-wobble variety, and plenty of room for
the toes. These are points which the purchaser
must insist upon, since shoe salesmen will not show
you such shoes of their own accord; in fact, many
stores handling women's shoes do not even carry
such shoes. The high-heeled, pointed-toe shoe
will often feel comfortable when tried on in the
shoe store because the toes are flexible and do not
protest at once against the cramped quarters, and
also because it is easier to walk short distances with
a high heel than with a low heel. This is because
with a high heel the entire body weight does not have
to be lifted by the long muscles of the
heel. For this reason women who are accustomed to high-

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is this highly esteemed vegetable over-rated as a source of vital food elements?

Spinach—Take It or Leave It

FROM an almost unknown leafy green vegetable, spinach has in late years become one of the most highly esteemed of all vegetables in the popular mind. The obedient eating of spinach has been set up alongside putting of rubbers-when-it-rains and tooth-brushing as one of the unifying criteria for distinguishing "good" from "bad." So eager are mothers to assure themselves that their children are missing no healthful food, that in forcing spinach down unwilling throats they sometimes provide future problems for the psychiatrist. With these considerations in mind it may be worthwhile to review briefly the knowledge that food scientists have recently accumulated concerning this much discussed vegetable.

The reputation of spinach rests chiefly on its high content of minerals and vitamins. As we shall see later, this mineral content is not all available to the body. As a source of protein, fat and carbohydrate, the tissue-building and energy-giving elements, spinach is negligible. For this reason it is valuable along with the other leafy vegetables as one of the constituents of reducing diets. At the same time its fiber or roughage content is rather high, which makes it useful as a source of bulk but undesirable in disorders characterized by intestinal irritation.

THE VITAMIN CONTENT

Actually, spinach is to be recommended chiefly as a source of vitamins A and C. It is a very rich source of vitamin A, regardless of whether it is raw, cooked, canned, frozen, or dried. It is also a fairly good source of vitamin C; however, the vitamin C content decreases rapidly after the leaves are picked and allowed to remain at ordinary temperatures. If the leaves stand unrefrigerated for five or six days the vitamin C content becomes negligible. Spinach sold at the store has usually stood unrefrigerated for two or more days and its vitamin C potency is already somewhat reduced. Further reductions of from 40 to 60 per cent are caused by cooking, freezing, or canning, and the drying process destroys all of the vitamin C. The loss of vitamin C can be minimized by keeping the leaves in the refrigerator rather than in the vegetable bin until they are ready for cooking, and by drinking the juice in which the spinach has been cooked. Spinach is also a source of vitamins B and G, though not a rich source.

The popular fame of spinach, however, rests chiefly on its high iron content. By virtue of its iron alone spinach has been built up as an object of food-lettishism. The truth about the matter, as recent experiments have shown, is that despite its high iron content little of the iron it contains in a form that can be utilized by the human body, and almost none of it can be assimilated by the intestines of the infant. The same is true of the calcium content of spinach. Calcium is needed for building bones but much of the calcium in spinach is in an unutilizable form.

SHOULD NOT BE FORCED

Thus it is apparent that while spinach is a good food because of its vitamin A and C content, it is not to be prized as a source of available iron and calcium. It is therefore a wholesome and valuable food but not one that is indispensable. The vitamins it contains may be obtained from cod liver oil, butter, cream, and orange juice. Iron is better obtained from egg yolk, whole-grain cereals, liver, prunes, apricots, and dried fruits generally, while calcium is best obtained from milk. It is consequently ridiculous to plague those children who dislike spinach in an unyielding effort to make them overcome their repugnance. Indeed, they can do very well without spinach, and the harm done by forcing them to eat it will very likely be greater than any good that may be achieved.

iodized Salt

A RECENT issue of the New Hampshire Health News, publication of the State Board of Health, warns against the indiscriminate use of iodized salt.
Questions and Answers
(Continued from page 98)

derful claims are made. Are these claims warranted?—L. H.

Answer—Paracelsus is a mixture of several mineral salts. No one can or would deny the importance of the mineral salts in the functioning of the human organism. They are absolutely indispensable for life. They control the acid-base balance of the blood and tissues; they are essential to building and the clotting of the blood, to the structure of the skeleton, to the action of the heart, and to other vital body processes. Among these salts only common table salt (sodium chloride) is consciously added to our food during or after its preparation. The other salts (containing calcium, phosphorus, potassium, and other elements) are constituents of the various ordinary foods that we consume.

In special circumstances additional supplies of minerals are necessary, but even in such cases they may be furnished, at least partially, as constituents of the food. For example, in pregnancy additional calcium for building the bones and teeth of the developing child is required by the mother. An increase in the consumption of milk, which is rich in calcium, is often sufficient to meet these requirements. In regions known as goitre belts, the drinking water and soil are apparently poor in the iodine which is necessary for the proper functioning of the thyroid gland, and in such localities iodine must be added to the diet.

The literature furnished by the manufacturer of Paracelsus implies that the ordinary diet is lacking in these essential minerals, and that therefore the body is continually battling against acidity and is greatly handicapped. This is not the case. A diet consisting of sufficient quantities of meat, dairy products, green vegetables, and fruits always furnishes an ample supply of the mineral salts. Only in special circumstances, such as during illness, is it necessary to increase artificially the supply of these salts. Therefore, Paracelsus, which is a combination of various salts, is an unnecessary adjunct to the diet during health. If a person is ill he requires the advice of a doctor and not a cure-all or nostrum such as Paracelsus.

Fibroid Tumors
Dallas, Texas

Dear Doctors:
What are fibroid tumors? Are they curable?—M. F. G.

Answer—Fibroid tumors are muscular or fleshy growths of the womb. They are not cancerous. Very often, a woman does not know that she has them and they are discovered accidentally by the doctor. There may be a single tumor or a large number of them.

These tumors may cause excessive menstruation, bleeding, "kicking-down" pain, and perhaps frequent urination or constipation due to pressure on the bladder or bowel.

After the menopause or change of life fibroids have a tendency to grow rapidly. Treatment varies with the age of the patient, size and location of the growths, and the symptoms they are causing. If the tumors are small and are not causing any trouble, no treatment is necessary. There should be a periodic examination about every six months. Rapidly growing fibroids should be removed.

If a woman with fibroids that are causing trouble wants to have children, it is sometimes possible to remove the growths without sacrificing the uterus or womb, so that the woman may conceive and give birth after the operation. Sometimes, however, it is impossible to remove the fibroids without sacrificing the uterus.

When a fibroid causes pain or pressure operation is advisable. In young women an attempt should be made to preserve the womb. Near the change of life this is unnecessary. It is much more simple to remove the womb together with the tumors than to attempt to remove the growths only.

There are certain types of growths that can be treated by x-ray or radium. This saves an operation on patients who cannot stand major surgery because of poor health.

Halowax Poisoning
Cincinnati, Ohio

Dear Doctors:
What are the dangers to health connected with the use of the product known as Halowax?—C. R.

Answer—Halowax is the name applied to a variety of products composed of chlorinated compounds of naphthalene and diphenyl. These compounds vary slightly in their properties and in their toxicity, depending upon how much chlorine is added to the naphthalene or diphenyl. In general those having more chlorine are more injurious to the body. Halowax is manufactured and sold by the Halowax Corporation of 247 Park Avenue, New York City. It is used widely in the manufacture of electrical equipment and particularly in the radio industry. It is used primarily as an insulating material. When it is used it is usually heated so that it can be applied in a melted form, and on cooling it becomes hard.

Halowax is one of the most dangerous substances used at present in industry. It has been known to produce fatal poisoning in a number of cases in several states including Massachusetts, Connecticut, New York, and Pennsylvania. It is most dangerous when it is heated, since then it gives rise to fumes that can be absorbed through the lungs, thus producing poisoning. When worked on, the fumes cause very severe damage to the liver which shows up as jaundice, and when this damage has occurred further exposure at any time is likely to produce fatal illness or even death. It also has an effect on the skin, producing a very severe form of acne.

A considerable number of studies on Halowax have recently been made at the Harvard University School of Public Health. This work was done at the request of the Halowax Corporation so that the manufacturers are fully aware of the dangers connected with the use of their product. The utmost care is necessary in protecting workers who may come in contact with it.

Sweet and Salted Butter
Sunnyside, Long Island, N. Y.

Dear Doctors:
Is it true that salted butter is not as fresh as sweet butter?—S. T. F.

Answer—We are informed that both sweet and salted butter are churned from the same sweet cream at the same time. The only difference is that salt is added to one and not to the other. Salted butter keeps better, that is, it does not become rancid easily when refrigerated. Sweet butter, on the other hand, is difficult to keep sweet for long periods, even if refrigerated. As a result one cannot always be sure of the "sweetness" of sweet butter. Sometimes, therefore, salted butter may actually be fresher than sweet or un-salted butter.

Assurance concerning the quality and freshness of butter depends to a large extent on proper inspection by government authorities.

Dr. Bethune Safe

Recent reports indicate that Dr. Norman Bethune, reported missing in China, is safe in Shansi province, where he is working in the medical service of the Chinese Army.
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"SINCE, MY EYES HAVE BEEN OPENED TO SO MANY TRUTHS, I HAVE STOPPED TAKING USELESS AND HARMFUL MEDICINES AND HAVE SAVED A GOOD MANY DOLLARS.

"I ANXIOUSLY AWAIT EACH ISSUE, AS I THINK H. & H. IS ONE OF THE VERY FEW MEDIA THROUGH WHICH WE CAN LEARN THE TRUTH ABOUT THE THOUSANDS OF ARTICLES IN THIS FIELD THAT ARE OFFERED FOR SALE." EACH MONTH WE WILL GIVE A FREE AUTOGRAPHED COPY OF EITHER ARTHUR KALLET'S 100,000,000 GUINEA PIGS OR CARL MALMBERG'S DIET AND DIE TO THE PERSON WHO SENDS US THE BEST LETTER TELLING US WHAT THEY LIKE, OR DON'T LIKE, ABOUT HEALTH AND HYGIENE.

SPHINX CONTROL COPY

Please send me the name of a doctor who will provide me with a blood Wassermann test free of charge.

Name

Address

City and State

126

AUGUST, 1938

PURITY PERSONAL

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I. A. OF RUBSONY, MRS., WRITES: "IT IS OUR CONVICTION THAT H. & H. SHOULD BECOME A PART OF EVERY PERSON'S MEDICINE CHEST. IT HAS BECOME OUR MEDICAL DICTIONARY. YOUR ISSUES HAVE BEEN IMPROVING EACH MONTH. YOUR ARTICLES ON SEX SHOULD CERTAINLY BE CONTINUED BECAUSE OF THEIR DEPENDABILITY AND CLARITY. OUR ONLY REGRET IS THAT THE MAGAZINE IS NOT LARGER. IT HAS THE ADVANTAGE OVER OTHER MAGAZINES IN THAT YOU MAY PROFITABLY READ EVERY WORD OF IT. "MAY WE SUGGEST THAT, IF POSSIBLE, YOU INCLUDE A STORY BASED ON A SCIENTIFIC PERSONALITY?"


MRS. R. O. OF LAKESIDE, N. J., WRITES: "THIS HAS BEEN A HARD WINTER FOR ME AND MY FAMILY, AND MANY TIMES HEALTH AND HYGIENE WAS MY GUIDE IN NEED. MANY NIGHTS I SAT UP WITH THE MAGAZINE IN MY LAP, LOOKING AT THE INSTRUCTIONS FOR MAKING MUSTARD PLASTER FOR MY CHILDREN. IF I WAS TEMPTED BY SOME ADVERTISEMENT TO BUY A COLD MEDICINE, I LOOKED IN THE MAGAZINE FIRST. THANKS FOR YOUR HONEST INFORMATION FROM ME AND THE MANY PEOPLE WHO READ YOUR MAGAZINE AROUND HERE."

AND FROM M. N., A MEDICAL STUDENT IN CHICAGO: "FOR ALL MY HAVING DONE GRADUATE WORK AT THE UNIVERSITY OF CHICAGO I MUST ADMIT THAT I HAVE YET TO RECEIVE AN ISSUE OF HEALTH AND HYGIENE FROM WHICH I DIDN'T LEARN SOMETHING OF VALUE. TO THE LESS EDUCATED LAYMAN THE MAGAZINE MUST PRESENT A WEALTH OF FACTS TO FILL LARGE GAPS IN HIS KNOWLEDGE AS WELL AS TO DISPEL THE MANY FLAGRANT AND HARMFUL FALLACIES WHICH ARE CURRENT."
Dr. Louis I. Harris

Dr. LOUIS I. HARRIS was born in Austria on January 27, 1882. He was brought to the United States at the age of two. Educated at the College of the City of New York and the Columbia University Medical School, he received the degree of Doctor of Medicine in 1905. In 1917 he was given the degree of Doctor of Public Health by New York University.

Dr. Harris was chief of the Division of Industrial Hygiene of the Department of Health of New York City from 1915 to 1917. From 1917 to 1926 he was director of the Bureau of Preventable Diseases of the same department. In 1926 he was appointed to the post of Commissioner of Health of New York City, an office which he held until 1928.

Dr. Harris is a fellow of the American Medical Association, a member of the American Public Health Association, the New York Academy of Medicine, the National Tuberculosis Association, Phi Delta Epsilon, and Pi Lambda Phi. He is the author of numerous articles in the fields of public health, and health and sanitation standards in clinical studies on industrial and occupational health, and health and sanitation standards in clinical studies on industrial and occupational health.

Who's Who on Our Advisory Board

Dr. Louis I. Harris

State Hospital for the Insane

State Hospital for the Insane

(Continued from page 117)

they are the best that society has to offer at present. But Hearst has instilled in the minds of his readers such a horror of psychiatric care that the families of patients needing care will delay and avoid bringing them to the state hospital where, all things considered, they will usually receive the best care and the most help. Such delay frequently destroys the prospects of significant help to the mentally ill.

The first step in the improvement of the state hospital is an increase in the proportion of attendants and doctors to patients. The second step is an increase in pay for the grossly underpaid attendants. These steps can be carried out only by fighting vigorously against Hearst’s campaigns to “Lift Oppressive Taxes,” by which he means taxes on the rich. Only by increasing such taxation, by forcing the wealthy to give up some of their profits in order to pay for the care of those whose personalities have cracked under the process of producing this wealth, will the patients in the state hospitals receive better care.

The recent series of articles on Rockland State Hospital is but the latest stone in the ugly monument Hearst has built to his own memory. This monument will endure and the deeds of the man it commemorates will always be of special interest to future students of the diseases and the pathological.

How to Select a Shoe

(Continued from page 121)

Next month: Arthur Kallet

W e recommend to our readers the publication of the Consumers’ Counsel Division of the Agricultural Adjustment Administration entitled Consumers’ Guide. This semi-monthly magazine contains much valuable information for consumers and housewives, and is sent free upon request to the editor, in care of the Department of Agriculture, Washington, D. C.

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