HEALTH FORCES DEFEAT DEATH

Thirteen Thousand Five Hundred Lives Saved in Two Years.

ENORMOUS SHOWS

Three Million Dollars Spent In Con servation of Public Health Shows a Saving of Twenty-Three Million Doi lars to the Commonwealth - Diph theria, Typhold and Tuberculosis likely to die if he does acquire one? Give Way Before the Steady Ad vance of State's Health Officers.

The precious lives of thousands of little children have been spared because the state in its wise beneficence has furnished diphtheria antitoxin to the poor.

Typhoid fever is killing 2500 less people per year in Pennsylvania than it did four years ago. Tuberculosis new claims 1000 lives less a year in this state.

Education and co-operation of the people in health matters, backed by vigorous support of the public press, is helping Commissioner Dixon to win out in war against disease.

Industries seek states where health records show low death rate.

in the inst five years the class of Pennsylvania has been engaged in this same rate applied in 1909, instead conservation work of an extremely important and fundamental kind. With by the Bureau of Health, just \$388 President Roosevelt it believes that men, women and children now living the preservation of the people's nat- and presumably in good health and ural resources should begin with the spirits, would have rendered their preservation of the people themselves. final tribute to nature. In other The public cannot conscientiously per words these matter of fact statistics, mit the wasteful sacrifice of its forests when interpreted in their real relaand its other forms of natural wealth, tion to the welfare and happiness of but even less conscientiously can it the state, mean the saving to the state permit the wantom sacrifice of its of 13,907 lives. children's lives.

In maintaining a fully equipped state health department and engaging on a large scale in this great warfare against disease, Pennsylvania has taken a foremost stand for real modern civilization. The creation of governmental agencies for the preservation of the public health marks a new conception of governmental responsibility. The work thus far marks only the beginning-merely suggests the good which this department, under the direction of Dr. Samuel G. Dixon. the commissioner, has in view.

In the last thirty years the attitude of the public towards ill health has radically changed. Until the researches of that resourceful genius. Louis Pasteur, disclosed the real cause of contagious diseases, the average man's conception was practically that which had prevailed in the middle ages. The infections were merely manifestations of the inscrutable wiscom of Providence, expressions of divine wrath; punishments for sinful human kind. Even the scientist regarded them as fundamental facts of nature, like death itself, which everyone must uncomplainingly accept. Pasteur, however, in a few masterly experiments, brushed aside all this ignorance and superstition. He showed that all contagious diseases had a clearly defined and obvious origin. They were not mysterious visitations. without tangible cause and insusceptible to tangible control. They were caused by an infinitely large universe of infinitely small forms of vegetable and animal life. He demonstrated the connection between these malevolent micro-organisms and the ensuing disease was as close as that between sunlight and heat. And he also immediately drew the inevitable conclusion. If the world were once rid of these organisms, he declared. It would be rid of contagious diseases "It is now within the power of the world"-such was the deduction which he drew from his experiments. "to rid itself of all contagious dis

Setting Pace In Health Work.

rais was the goal at which Pasteur aimed; that has been the goal at which all movements for improving the people's health have necessarily aimed since. And this was the ultimate ambition which led, five years ago, to the organization of the Pennsylvania State Department of Health, a Pennsylvania in which there shall he no young men and women lan guishing away with tuberculosis; a Pernsylvania in which no children shall die of diphtheria; a Pennsylva nia in which there shall be no typhold, no scarlet fever, no smallpox, no meningitis, no dysentery, no malarin-this is the kind of Pennsylvania which the State Department of Health hopes ultimately to create. It does not expect to reach this goal in a year, or ten years, perhaps not in a single generation, but this is the ideal that it has constantly in mind. It recognizes the fact that, so long as any of these diseases exist, their prevalence is a distinct reproach to the state. It is a reproach simply because the method eliminating them is known. The old theory of government as a power which protects its citizens only from foreign foes and native marauders is giving way to new standards of civilization. The greatest

enemies to the state are those which

are unseen, and the thre dark of au enlightened commonwalth is to protect its people against them. Other states are gradually rising to this new conception, but Pennsylvenia now clearly heads them all, for in no other state is the battle against the common enemy being waged on so large a scale as here. The experiment, therefore, is not only of extreme importance to Pennsylvanians, but as an example to the nation and the world.

Does It Pay.

Naturally the people are interested to learn precisely how the large sums the state is investing annually in good health is being spent; what are its dividends, as measured in the actual saving of human lives? Is Pennsylvania a richer, a more healthy commonwealth now than it was four years ago: Is the average citizen less likely to acquire a mortal disease-less

In exchange for its generous appropriations Pennsylvanta has received. first of all, a considerable reduction in its death rate. Not so many people die here now as died in 1906, the year when the new department began its organized work. The citizens of Pennsylvania, especially its little children stand a better chance than they formerly did of reaching mature life and a green old age. Mortality statistics do not commonly furnish exciting reading, but, when considered from this point of view, they make an emphatic personal appeal. Thus, in 1906 and 1907, the death rate in Penusylvania per thousand of population was 16.5; in 1908, it had dropped to 15.7, and in 1909 to 15.3. At first glance this may not seem a remarkable diminution, but in a state with a population of more than 7,000,000 even a fractional decrease is a substantial gain. This appears when one figures precisely what this slight numerical drop means in the actual saving of human lives. Had the death rate of 1906 and 1907 prevailed in 1908, precisely 5519 more people would have died than actually succumbed. Had of the decreased percentage recorded

Human Lives as State Assets.

This fact has an immense personal meaning for all people of the stateamong these rescued lives might have been your own, your wife's, your child's; but they also have a value which is measurable in dollars and cents. The political economists now recognize that the most valuable kind of wealth is the human life-that human labor is worth at least five times that of all other forms of capital. Even the newly landed immigrant, according to these investigators, has a per capita value of \$875; that is, he adds just that much to the nation's capital. Professor Irving Fisher of Yale one of the foremost American economists, has painstakingly figured the financial value to the state of every citizen at particular ages. new-born infant, says Professor Fisher, is actually worth \$90, while a fivevegr-old child is worth \$950 From this point on his value rapidly increases; at ten, could he be sold at auction, his market value would be at least \$2000; at twenty it would be \$4000, and at thirty, \$4100. From this point the average human being begins to lose value, in proportion to his decreasing productivity, until at fifty, Professor Fisher gives him a value of only \$700. This same authority places the worth of the average life lost by preventable diseases at \$1700. Taking this as a basis the decreased death rate in Pennsylvania for the last two years represents a money saving of \$22,641,900. The state, in other words is just that much richer—has just that much more available capital. For its actual expenditure to date of \$3,000. 000, including a large portion for permanent improvements, it has taken in more than \$23,000,000. The earnings of the new Department of Health, considered purely from the commercial standpoint, thus represent dividends of more than 766 per cent in four

What is the value placed by the average citizen upon his children's lives not the financial value estimated by the unemotional economist, but the worth in affection, good citizenship and in all that holds the social organization together? Is it good business policy to save the lives of children at \$7 apiece? Is it paternalistic and socialistic to protect them against dangerous infections at the rate of \$2 per That is what the state of Pennsylvania is doing now. This conservative old commonwealth has reached that stage of paternalism where the government will not sit quietly by and watch a little child choke to death with diphtheria when the expenditure of a few dollars from the public treasury will relieve its sufferings and save

Saving the Little Ones.

For the last ten years the practical remedy for diphtheria has been available for the children of prosperous households, but it has not been available for the poor. Since Von Behring's finmortal discovery that the blood serum of a horse which has recovered from diphtheria possessed wonderful curative properties, and when introduced into the human organism, would usually destroy the disease, this former scourge of childhood has lost nearly all its terrors. In the old days diphtheria destroyed nearly one-half of all the children it assailed. It would

do the same today among the poor Pennsylvania were it not for the and toxin which the state provides from

That large numbers of unprotect children have cled most shork deaths in the past for the sole reas that their parents were too preafford them anti-toxin, is a mel-limbe reflection, but these things will r happen in the future. In every corne of Pennsylvania, usually at well know drug stores, there are now stations for the free distribution of anti-toxin numbering 650. Whenever any poo man's child falls ill with diphtheris. his physician, by making out a proper application, can secure free all the

anti-toxin he needs to effect a cure. Since October, 1905, the Health De partment has in this way distributed 49,442 packages of anti-toxin. It has treated 19,929 sick people, mostly children, who, but for the state's intervention, would have been neglected. In the old days about 10,000 of these children would have died; as a matter of fact, only 1725 died. Nearly all those who died were children who did not receive the anti-toxin until the late stages of the disease. The detailed statistics of the department show that the earlier the sick child receives the auti-toxin, the greater his chances of recovery. These facts should emphasize the pressing need, in all cases, not only of anti-toxin treatment, but of this treatment at the earliest possible time. The department has also thoroughly tested the powers of antitoxin as an immunizing agent. Diphtheria, as every one knows, is one of the most virulently contagious diseases. It travels like lightning from the sick to the well. In the crowded homes of the poor, many of them idea! culture tubes for the growth of the microbes, its virulence is especially marked. The department in three years has immunized with anti-toxin 14,527 persons, nearly all children who had been exposed to the discare Of these only 251 acquired it-a little more than one per cent. The State Department of Health's free distribution of antitoxin to the poor, therefore, has saved over 8000 lives at an average cost of seven dollars each and prevented contagion in several thousands of cases at on average cost of two dollars.

Battle Against Tuberculosis.

In its attitude towards the great problem of tuberculosis, the state government also shows this keen sense of responsibility for the safety of the people. The department of health regards all the tuberculosis poor as in a large semse the wards of the state. Its efforts, in the first place, are to prevent them from falling victims to this insidious disease, and in the second. to assist materially in curing those who have become infected.

The death rate from tuberculosis in this state has fallen from 134 to 120 per one thousand of population in four years. This means a saving of 1000 lives annually.

In the matter of tuberculosis, however, the death rate tells only a small part of the story. Any work in improving conditions must be funda mental, and it will necessarily take many years before extensive results are obtained. What the department has done has been to lay the foundation of comprehensive attack. From its laboratory investigations of the tubercle bacillus to its especially equipped sanatoria, there is no as pect of the disease that it does not study and combat. It aims to enter at every stage into the life of the tuberculous poor. To many citizens the state government is more or less of an indefinite idea; they seldom come into contact with it as a living, acting entity; if you are once stricken with tuberculosis, however, especially if you are poor, the commonwealth of Penn sylvania becomes physically manifest in your daily lives. In the medical in spection, in the physician and in the nurses the state ceases to be an economic abstraction and becomes a kind. helping, fostering personality.

The Dispensaries

If you are stricken down and cannot afford proper medical attendance. there is always near at hand a free tuberculosis dispensary, established for precisely cases of this kind. There are many thousands of patients in the state who are still able to be about and to follow the daily routine, per haps even to support their families The 114 tuberculosis dispensaries are of especial assistance to this class The dispensary physicians have treat ed 21,227 patients and actually cured 712, while the condition of 2649 has so greatly improved that the arrest of the disease is almost assured. Here the sick man or woman is received by a professional nurse, who makes a complete first-hand investigation of the case. By questioning the patient she learns all the details of his family history, his occupation, his financial resources, his surroundings, at home or at work-the latter particularly for the purpose of protecting his intimates and associates from infection. This in formation she records for the use of the physician, and the department She follows up this preliminary talk by an inspection at the patient's home. Here her administrations amount to a liberal education in the treatment of tuberculosis. She instructs the patient as to the proper handling of himselfhow he must dress, how he must eat and sleep, and tells him of the well known ways of building up the natural resistance of his body. She also advises all the other members of the household how to escape infectionfrequently discovers some members in the early stages of the disease and is thus able to ward it off. The nurse devotes particular attention to diet-nutrition being generally recognized as one of the predominating factors in strengthening the body's defenses. She tells the housewife what to cook

and how to cook it 5 a francisco p ticularly whether there is a sufficient supply of fresh eggs and rell's P. haps the family is to poor to sono the sick man with theby neces t In that event the state limit provithem. The dispensary nurses here nade 133,644 visits of the kind de scribed above.

Life at Mont Alto.

This, however, is only one depart ment of this life-saving work. Any one who wishes a graphic idea of the state's sanatorium work should visit the tuberculosis colony at Mont Alto. Here, at an elevation of 1600 feet above the sea, amid the breeze swept mountain pines, he will find nearly 800 men, women and children, under the care of physicians and nurses. bravely seeking to combat the disease in the fresh air and sunshine, Laboratory investigations have many times proved that the tubercle bacillus, once exposed to the light and air, shrivels up like a guilty thing and perishes: and the state, in this unique sanatorfum, is giving its tuberculous poor their one great chance of overcoming the disease. This Mont Alto site is sitgated in the midst of a state forest reservation of 5500 acres. It is high, cool, dry, with an abundance of fresh spring water, tillable soil upon which many of the household supplies can be raised, and all the attractions of nature to make pleasant and peaceful the lives of the patients. There is a village of specially constructed cot tages in which the incipient cases live and a large, well equipped hospital building for the advanced cases. At this sanatorium Pennsylvania has treated up to Dec. 31, 1909, 2365 pn tients, a large number of whom have been permanently cured and a still larger number so effectually strength ened that they are in far better condition than formerly to fight the dis

Ground is now being cleared for a second state sanatorium on the beau tiful site at Cresson, which Mr. Car negle has so generously given to the commonwealth, and a third site has been selected in the foot hills of the Blue mountains, near Hamburg, in the eastern end of the state.

For Pure Water.

In fighting such a widely prevalent disease as typhoid fever, the useful ness of a central state health organi zation is especially demonstrated Against typhoid a local board is practically helpless. This is because the chief sources of infection are the wa ter courses. Our rivers unfortunately do not recognize state or county lines A municipality may prevent water pollution from the banks within its own jurisdiction, but cannot prevent it in other sections. Pittsburg may stop its own citizens from sewering into the streams, but she cannot stop other communities from poliuting the waters from which she draws her own supply. And the discouraging fact is that, while one town may refrain from polluting the stream so that another further down may not have to drink its filth, its own water supply may be polluted by less conscientious neigh bors living up-stream. Up to the year 1905 man in Pennsylvania appeared to have lost the natural instincts of the lower animals and seemed indifferent to the danger of loading his system with that which nature has once thrown off as poison. Man, unlike the beasts of the field, had taken the habit of discharging into the streams from which he took his drinking water. Only some central body, which has absolute control over all water courses, can accomplish a general purification of the streams. The legislature recognized this ne

cessity for central control when, in 1905, it placed all water courses, so far as public sanitation was concerned. under the jurisdiction of the governor. attorney general and commissioner of health. But there are also other private sources of pollution-especially the old-fashioned privies and wells which still are found in large numbers, overflowing into streams. These the department of health has now the power to abolish. The department has in file complete and detailed maps showing all the state's water courses, large and small. Whenever a case of typhold fever is reported it can immediately put its finger on the watershed where the disease originated and investigate accordingly. No municipality can now construct water works without first obtaining the state's anproval of its plans. It cannot build sewerage plants without similar consent. Acting through these broad powers, the health department, through its army of inspectors, has penetrated the remotest recesses of the state, inspecting premises, noting palpable nulsances, investigating water and sewerage systems. A wholesome clean-up has ensued. In most cases the individuals and municipalities affected have realized the necessity of remedial measures and have accepted the work in a proper spirit. Up to date it has inspected 256,628 premises in rural districts and caused the abatement of 18,945 pollutions. It has issued 204 decrees requiring changes in public water works. Under its advice and suggestion, all over the state, cities and municipal bodies have awakened and voluntarily begun to improve their water supplies. Under the supervision of the department sixty-seven sewage disposal plants and thirty-five water filter plants have been built or are now under construction.

Typhold Cut Down.

The purification of the state's drinking water is a large task and will take many years, but already the improvements have cut the typhoid death rate in half. In 1906, 56.5 out of every 100,-000 people died from this disease; in 1907, 50.3; in 1908, 34.4, and in 1909, 23.9. That is there are now living

\$363 people who, had the death rate of 1906 prevailed in 1909, would have dled.

I believe enough has been said to convince you that Pennsylvania's citi zens have been made richer in health happiness and industrial vigor and the state rendered more attractive, both for residential and manufacturing purposes and for the mere joy of life, by the application of the grand health laws of 1905.

You cannot capitalize human tears and mental angulah.

You cannot estimate in dollars the world's loss through the pessimism engendered by premature death, disease or the despair of poverty, which may follow both.

You cannot compute even the prin cipal of the debt laid upon individuals. communities or states by the moral delinquencies that result absolutely from physical suffering alone

But we can rejoice when we know beyond all doubt that in every year untimely death has been shut out of more than 8000 of our homes and that at least 50,000 of our people are annually spared the ravages of acute dis еанея.

And with a pride blended with thankfulness we can rejoice in the spirit of Pennsylvania's fostering care for her people which made these results possible.

The Frog and the Mouse. One day there was a great argu-

ment between a frog and a mouse. Each pretended to be mistress of the

"Comply," said the mouse to the from "you shall yield me the place, if you please. It belongs to me by right. I occupied it before you?"

"Me yield you the place! Surely you don't imagine that! Why, I have lived here for more than ten years. Learn to know yourself and be content with your mudholes.

The mouse, offended at the answer of the frog gave her a challenge. It was accepted. The two rivals, anger and rengeance in their hearts, appeared on the field of battle armed with bull when instead of lances. The combal seemed likely to become cruel and blondy. But a hawk who was hovering in the air saw the two heroines and Enished their quarrel by carrying them both away in his talons.

This is the fruit of petty disputes between weak people. They are usually the dupes of their own quarrels .-From the French of Perrin

Not Much Work.

Harry Ward, the minstrel man, went to see Paullian fly. While examining the aeropiane with some friends at Overland, Col., the party overheard somebody saying it didn't appear to be much work to handle one of the flying machines

"Reminds me." said Ward, "of what an old farmer in a little town back in Iowa said one day as he saw me carrying the bass drum in the minstrel parade. We had walked nearly five miles in the hot sun and I was about ready to drop. That big drum was heavy. When we reached our car after the parade my feet were sore, my back ached, I was perspiring all over my face and was completely tired out. As I almost staggered past the old farmer he looked at me contemptuously.

"'Huh,' he said, 'these actors 'll do anything to get out of workin'.'

The Stages of Democratic Growth.

According to the best information we possess, the evolution of the State has been as follows: First, the patriarchial condition, with the surrender of the individual to the associated group; second, tribalism, on the principle of a real or supposed kinship; the third, the merging of tribes into nations, under kings; fourth, the struggle between the nobles and the kings for political supremacy, each by turns seeking the alliance of the people, with the consequence that the average man steadily gains in importance; finally, the average man takes a hand on his own account against the kings and nobles, overtops them, and makes his welfare the ultimate end of government.

A heavy Eater.

A year or two ago Senator Tillman gave to a chef in the senate restauant a recipe for an excellent corned beef hash, the fame of which speedily penetrated to the uttermost recesses of the capital.

When the head waiter wants this hash prepared with unusual care, he orders it in this wise:

"One corned-beef hash for Senator Tillman." One day recently during the lunch-

eon hour the rest..urant was doing a land office business, and everybody seemed to want corned-beef-hash. Ten times at least did a walter approach the serving table with the order for "Senator Tillman's corn-beef-hash."

Finally the thing got on the chef's nerves. "Looh, heah!" he shouted to one waiter, bringing the same old order. "Dat's de twelfth order for Senator Tillman. He better watch out or he'll founder hisself!"

Curious Alpine Funeral. A German lawyer who recently died

at Strassburg, stipulated in his will that his body should be cremated, and the ashes should be handed over to his brother. The brother was to climb with two guides to the summit of the Gross-Glockner, one of the highest peaks in the Tyrolese Alps, carrying the ashes with him, and on reaching the top of the mountain was to scat ter the ashes to the winds. This curious Alpine funeral has just taken place.

TIES ARE OF EBONY.

Little Texas Railroad That Runs Its

Cars Over Precious Wood. Many thousands of ebony trees of large commercial growth are found upon the uncleared lands in the lower valley of Rio Grande in Texas. As yet no effort has been made to utilize this valuable timber for anything except to make railroad ties.

Sace the agricultural invasion of this region began a few years ago large tracts of land have been cleared and the ebony trees found thereon were cut into cross-ties and used upon the railroad that penetrates the valley territory.

Logs of good size could be made from great numbers of these trees still standing. A few of the land owners recognized the value of the trees and left them untouched in clearing the shrubbery and other trees from their property. It is claimed that crossties made of ebony will outlast any other

The little railroad that runs from Brownsville to Point Isabel contains ebony ties that were laid in 1858, when the road was first bullt. These ties are still in a perfect state of preserva-

Is Your Life

Worth Living?
When the liver refuses to perform its functions of secreting loss, and the bowels become inactive and loaded with four waste materials, the effect on the mind is most an in area. You are nervous and fret-Last is not worth living. What alls 17 It's your loor on a strike. Con-sual, torri , salay, it refuses to perform

What's to be done? Take one or two Saint's Pineapple and Butternot Pills after dinner and again at night. In the morning you will reel different. The san will shine. What's the reason? Your liver has resucceed business, that's all. These wonderful little pills have set it going. clear brain, keen appetite, you will enjoy life again. Take one occasionally for a week or so and your blood will be purged of impurities and its bright red flood will and recommend. They form no habit, a should always keep them on hand, uses hade Vegetable Pills will war! off

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