

# HEALTH FORCES DEFEAT DEATH

## Thirteen Thousand Five Hundred Lives Saved in Two Years.

### SHOWS ENORMOUS GAIN

Three Million Dollars Spent in Conservation of Public Health Shows a Saving of Twenty-Three Million Dollars to the Commonwealth—Diphtheria, Typhoid and Tuberculosis Give Way Before the Steady Advance 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 now 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 last five years the state of Pennsylvania has been engaged in conservation work of an extremely important and fundamental kind. With President Roosevelt it believes that the preservation of the people's natural resources should begin with the preservation of the people themselves. The public cannot conscientiously permit the waste of sacrifice of its forests and its other forms of natural wealth but even less conscientiously can it permit the wanton sacrifice of its 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—namely, that disease was a divine wrath; punishments for sinful human kind. Even the scientist regarded them as fundamental facts of nature, like death itself, which every one 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 infinitesimally small forms of vegetable and animal life. He demonstrated that 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 diseases."

#### Setting Pace in Health Work.

This 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 be no young men and women languishing away with tuberculosis; a Pennsylvania in which no children shall die of diphtheria; a Pennsylvania in which there shall be no typhoid, no scarlet fever, no smallpox, no meningitis, no dysentery, no malaria—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 which 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 first duty of an enlightened commonwealth is to protect its people against them. Other states are gradually rising to this new conception, but Pennsylvania now clearly leads 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 likely to die if he does acquire one? In exchange for its generous appropriations Pennsylvania 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 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 Pennsylvania per thousand of population was 18.5; in 1908, it had dropped to 18.7, 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 this same rate applied in 1909, instead of the decreased percentage recorded by the Bureau of Health, just 3388 men, women and children now living and presumably in good health and spirits, would have rendered their final tribute to nature. In other words these matter of fact statistics, when interpreted in their real relation to the welfare and happiness of the state, mean the saving to the state of 13,907 lives.

#### Human Lives as State Assets.

This fact has an immense personal meaning for all people of the state—among 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 \$275; 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. A new-born infant, says Professor Fisher, is actually worth \$90, while a five-year-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 value of the average life at the rate in Pennsylvania for the last two years represents a money saving of \$22,841,900. The state, in other words, is just that much richer—has just that much more available capital. For its expenditure to date of \$3,000,000, including a large portion for permanent improvements, it has taken in more than \$22,000,000. 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 years.

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 of 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 diphtheria and scarlet fever? "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 its life.

#### 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 immortal 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 in Pennsylvania were it not for the antitoxin which the state provides free.

That large numbers of unprotected children have died most shocking deaths in the past for the sole reason that their parents were too poor to afford them anti-toxin, is a melancholy reflection, but these things will not happen in the future. In every corner of Pennsylvania, usually at well known drug stores, there are now stations for the free distribution of anti-toxin, numbering 659. Whenever any poor man's child falls ill with diphtheria, his physician, by making out a proper application, can secure free all the anti-toxin he needs to effect a cure.

Since October, 1908, the Health Department has in this way distributed 48,445 packages of anti-toxin. It has treated 18,928 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 1745 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 antitoxin, 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 ideal culture tubes for the growth of the microbes, its virulence is especially marked. The department in three years has immunized with anti-toxin 14,537 persons, nearly all children, who had been exposed to the disease. Of these only 251 acquired the disease—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 an average cost of two dollars.

#### Battle Against Tuberculosis.

In its attitude towards the great problem of tuberculosis, the state government also shows its keen sense of responsibility for the safety of the people. The department of health regards all the tuberculosis poor as in a large sense 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 tuberculous. The death rate from tuberculosis in this state has fallen from 134 to 129 per one thousand of population in four years. This means a saving of 1069 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 fundamental, 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 aspect of the disease that it does not study and combat. It aims to enter 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 Pennsylvania becomes physically manifest in your daily lives. In the medical inspection, in the physical and mental care, in the state sanatoria, to be an economic abstraction and become a kind of help, 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 the benefit of the poor. There are many thousands of patients in the state who are still able to be about and to follow the daily routine, but who are unable to afford the special assistance to this class. The dispensary physicians have treated 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, established for the complete first-hand attention 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 information she records for the use of the physician, and she follows up this preliminary talk by an inspection at the patient's home. Here her administrative amount to a liberal education in the treatment of tuberculosis. She instructs the patient as to the proper handling of himself—how 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 infection; frequently 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 predominant factors in strengthening the body's defenses. She tells the housewife what to cook

#### and how to cook it. She inquires particularly whether there is a sufficient supply of fresh eggs and milk. Perhaps the family is too poor to supply sick man with these necessities. In that event the state itself provides them. The dispensary nurses have made 123,444 visits of the kind described above.

#### Life at Mont Alto.

This, however, is only one department 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 1500 feet above the sea, amid the breeze swept mountain pines, the willow and 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 and dies. The state, in this unique sanatorium, is giving its tuberculous poor their one great chance of overcoming the disease. This Mont Alto site is situated 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.

This sanatorium Pennsylvania has treated up to Dec. 31, 1909, 2366 patients, a large number of whom have been permanently cured and a still larger number so effectively strengthened that they are in far better condition than formerly to fight the disease.

Ground is now being cleared for a second state sanatorium on the beautiful site at Crescon, which Mr. Carnegie 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 usefulness of a central state health organization is especially demonstrated. Against typhoid a local board is practically helpless. This is because the chief sources of infection are a still larger number so effectively strengthened that they are in far better condition than formerly to fight the disease.

A municipality may prevent water pollution from the banks within its own jurisdiction, but cannot prevent it in other sections. Pittsburgh may stop its own citizens from sewerage into the streams, but she cannot stop other communities from polluting 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 neighbors living up-stream. Up to the year 1905 man in Pennsylvania appeared to have lost the natural instinct of the lower animal 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 on the habit of discharging his offal 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 necessity 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 typhoid 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 approval 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, investigating, promoting and installing water and sewerage systems. A wholesome clean-up has ensued. In most cases the state has measured the necessity of remedial measures and has accepted the work. It is so fixated with snags that special precautions are taken which traps stop there to prevent reptiles from entering the compartments. An Englishwoman coming from Constantinople was appalled to find a small snake coiled round the handle of her traveling bag. The secret search resulted in the discovery of several other snakes among passengers' rugs.

#### Snakes in Railway Cars.

The railway station of Brang (Servia) is so infested with snakes that special precautions are taken which traps stop there to prevent reptiles from entering the compartments. An Englishwoman coming from Constantinople was appalled to find a small snake coiled round the handle of her traveling bag. The secret search resulted in the discovery of several other snakes among passengers' rugs.

#### Wills and Noises.

Wille, the minister's son, was enjoying himself hugely playing on his new drum. It annoyed his up-to-date mamma, who said persuasively: "Wille, do you like to annoy mamma and make such a noise?" "Well," said Wille, "I like all noises, 'cept singin' noises and preachin' noises."

#### "Nuff Said."

Brown—What did your wife say about your being so late home the other night?  
Jones—Nothing at all. She just sat down at the piano and played "Tell me the old, old story."

#### Defined.

"Father," said little Rollo, "what is meant by a Sabbath day's journey?"  
"I am afraid, my son, that in many cases it meant twice around the golf links."

#### A Question of Years.

Stella—Is she in her declining years?  
Bella—No; her ascending years.

#### Great Operation.

A baseball player had two fingers of his right hand pretty badly bungled up in practice, and on his way home from the grounds he dropped into doctor's office to have them attended to.  
"Doctor," he asked anxiously as he was leaving, "when this paw of mine heals will I be able to play the piano?"  
"Certainly you will," the doctor assured him.

#### At Last.

As soon as a man really feels that he can at last put aside his business cares he does and dies.

#### Love Letters.

Women generally write love letters merely for the purpose of getting a chance to keep the answers.

Let One Should Fall.  
It is well to moor your bark with two anchors—Patrius Nyruu.

Personal Friendship.  
The wealth of life lies in personal friendship.

# HE DISCOVERED THE CULPRIT.

Announcement of Principal not at All Comforting to Teacher.

One of the women teachers went to the principal of a school in Queens borough the other day. "Mr. Mark," she said, "I think you had better go upstairs. A substitute teacher is on duty up there, and I am afraid she is having a terrible time. The noise is so terrible the children-down here scarcely can study."

The principal went up the stairs two steps at a time, and the noise soon ceased. When he returned to the lower room his face was grim. "Miss Henderson," he said, "if you hear any more of those noises let me know at once."

"Indeed I will," she replied. "It is simply outrageous that parents should bring their children up so they will be that way. Did you find out who the children were?"

"Yes, I found out," the principal said, scowlingly. "One is your nephew and the other is my son," he replied, and the woman teacher almost collapsed.—New York Press.

#### More Dietetic Facts.

Verily, the way of dietetic righteousness is a strait and narrow path. A big sanitarium gives its patients the following printed list of "Dangerous Foods": Cane sugar, fats, flesh foods, including fish, oysters, lobsters, etc.; eggs, milk, coarse vegetables, such as spinach, cabbage, turnips, etc.; condiments, including salt and pepper; tea, coffee, chocolate, cocoa and all alcoholic drinks. This leaves practically only cereals, potatoes and nuts. The skin and seeds of nuts are forbidden; this practically cuts off cherries, prunes, dried apricots, figs, dates, raisins, currants and most grapes, unless strained of objectionable parts. Peas and beans are admissible, if passed through a colander to remove the hulls.

#### The Number Thirteen.

Does the number 13 influence a career in the army? Is a question asked by a Paris contemporary, impelled by the fact that M. Oudin appears thirteenth in the navy list at St. Cyr. He has just been gazetted as a sublieutenant in a cavalry regiment, declared in the London Globe. Thirteen is not looked upon as an unlucky number in the army. For among those who have held thirteenth in the list are Marshal MacMahon in 1855. Gen. Bourbaki held the same place nine years later. Gen. Laveaucoupet, one of the heroes at Metz in 1870, was another 13. Among the living generals is Gen. Balleoud, who left in 1868, and has since had a brilliant career.

#### What Brooms They Wear.

It is easy to tell visitors to the city who visit the theatres by their shoes particularly the shoes of women, said the New York Press. They come in taxis, these visitors, all of them, and pay no expense, but the women to variously wear thick, heavy shoes if it might happen to be rainy, and over shoes, while the New York women stepping out in their carriages are in the daintiest of high-heeled slippers, come from warm, steam-heated apartments in a warm carriage, a warm theatre, never once think of preparing for rain or cold by being snug.

#### Physicians have long been looking for a harmless headache cure. It has been produced by an eminent chemist of the National Capital. It is known as BROMO-PEPSIN. Besides being every form of headache, BROMO-PEPSIN is equally and as promptly efficacious in chronic and acute indigestion and nervous disorders incident there. It is efforescent and pleasant to take and may be had of all up-to-date druggists at ten cents a bottle. Comes as a boon to mankind and is a boon to mankind and is a boon to mankind. For sale at C. O. Armstrong, Druggist.

#### NOTICE.

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6, Daily Express	4:40
36, Local Except Sunday	5:10
41, Holidays only	5:20
No. 8, Daily Express	5:54 A. M.
702, Way Sunday Only	7:21
42, Local except Sun & Hol	7:30
30, Local Except Sunday	7:50
4, Daily Express	1:34 P. M.
704, Sunday Only	3:30
84, Way daily except Sunday	4:00
2, Daily Express	4:25
86, Way daily except Sunday	4:25
708, Local Sunday Only	7:10

#### WESTWARD

No. 7, Daily Express	10:58 A. M.
47, Daily Express	3:30
1, Daily Express	3:40
115, For Buffalo, Erie, Sun	11:34 P. M.
3, Express Chicago, Sun	11:55 P. M.
30, Daily Except Sunday	6:00
5, Limited Daily Express	10:00

Trains leave Chambers street, New York, for Port Jervis on week days at 3:30, 7:15, 9:15, 10:50, 11:30, 1:30, 3:30, 4:30, 6:15, 7:15, 9:15, 10:45, 7 P. M. On Sundays, 7:30, A. M. 12:10, 1:15, 9:15 P. M.

H. L. SLAUSON, Ticket Agt., Port Jervis  
H. W. Hawley, Div'n Passenger Agent, Chambers St. Station New York

William B. Kenwothey, M. D.  
Physician and Surgeon.  
Office and residence Broad Street next Court House, MILFORD.

#### For Rent

Furnished rooms to rent. Enquire of Mrs. Ella Pullman, Corner Broad and Ann Streets, Milford, Pa.

#### Who Said That?

The golden text was "Suffer the little children to come unto me," and it had been recited to the class by a cherub on the front bench. Later in the afternoon the teacher, in