

The Bee's Home Magazine Page

Our Battle with Pneumonia

By WOODS HUTCHINSON, M. D.

Although, in the main, the march of modern medicine has been a series of triumphs, at certain points its progress has been checked, if not actually defeated.

While we have been steadily beating back typhoid, tuberculosis, and diphtheria, most of the diseases which have baffled us have been either maladies of later life, like cancer and arterial sclerosis, or conditions depending upon long continued action of a variety of imperfectly known causes, like heart disease, Bright's disease and insanity.

But there is also one disease among the pure infections whose germ has been identified, whose active cause known for nearly thirty years past, which still defies us, and that is pneumonia.

In fact for some ten or fifteen years past, we have been faced with the singular and disquieting paradox, that of the two greatest and most fatal diseases of the lungs, while tuberculosis has been steadily declining, pneumonia has been rapidly increasing in deadliness.

Twenty years ago tuberculosis caused about one-seventh of all the deaths in the United States; pneumonia, about one-fifteenth. Today, tuberculosis has fallen to about one-twelfth of the deaths, while pneumonia has risen to one-tenth.

One reason for this is probably that pneumonia of all types is a more common disease than tuberculosis and requires, so to speak, only about half the mortality to cause the same number of deaths; so that we have all known scores of people who have recovered from pneumonia, or "lung fever."

Another is that unlike most infections, an attack of pneumonia confers no immunity or protection against another; in fact, rather the contrary; and a man may survive the first, second and even third attack of lung fever to die in his fourth.

One reason why pneumonia so baffled medical skill was, that although the germ or, rather, germs—for there are at least four varieties of them, each producing a different type of the disease—were well known, the infection seldom naturally spreads to other human beings, and it was for a long time rather difficult to transmit it experimentally to animals.

Further than that, the pneumococcus which produced the most serious types of the disease was, if not identical with, quite hard to distinguish from two or three types of streptococci which were found in abundance in the human mouth, about the roots of the teeth and in the tonsils, even in conditions of perfect health.

So that we were driven to the discouraged conclusion, that some "state of the system" or lowered resisting power or other unknown factor was necessary in order to allow the pneumonia coccus to get a foothold in the lungs and produce the disease; and there the case hung for a number of years.

Considerable improvement in all but the most virulent type of cases was produced by the introduction of the open air treatment, with abundant feeding similar to that relied upon in tuberculosis. But we could not honestly say that we knew of any drug or remedy which appeared to have a directly curative effect upon the disease.

About three years ago Dr. Rosenow of the University of Chicago, announced the results of an exceedingly brilliant and ingenious study of the different forms of streptococci, the parent type of germ from which most of the pneumococci were believed to be derived, and the changes in virulence or deadliness which they would undergo under different methods of cultivation and treatment.

To put it very roughly, the practical result of his researches was that these streptococci, which are the ordinary germs of "dirty," suppurating and infected wounds, could, under certain conditions, become incubated or hatched to a higher degree of poisonousness, so that they would attack the great vital organs of the body, the lungs, the heart, the stomach, the intestines or the joints.

After a particular group or strain had acquired the faculty of attacking the lung, it became for all practical purposes a pneumococcus, and, if inoculated into an animal, would "breed true" and show a tendency to attack the lung in that animal.

Under a somewhat different form of hatching the streptococcus would acquire an aptitude for the heart and the joints and then become the streptococcus of rheumatism.

The next thing was, of course, to test out his theory; and the last month has seen reports of results based upon Rosenow's method from two different institutions, the University of Chicago hospital and the Hospital of the Rockefeller Institute in New York.

One hospital was using a vaccine consisting of an injection of a large number of dead germs of the pneumococcus type grown in animals, or what are known as detoxicated or "unpoisoned" living germs of the same type; the other, with a serum extracted from the blood of animals who had been injected with cultures of pneumococci and recovered. Both were most encouraging.

Both had confined themselves chiefly to

cases of the severest type of the disease, known as lobar pneumonia, and which finds a large share of its victims among chronic alcoholics, who were particularly numerous in the Chicago series of cases, as they occurred in a large general city hospital.

The mortality for this type of the disease in later adult and middle life in the hospital classes ranges from 10 to 50 per cent, and in private practice from 25 to 35 per cent.

This grave mortality has already been reduced by the vaccine method in hospital cases to about 14 per cent, and by the serum method in a better nurtured and more favorable class of cases to about 5 per cent.

"In fact," Dr. Dochter, of the Rockefeller Institute, reports, "in the last two years we have not lost a single case." These results, of course, have been obtained in the most expert hands under the most favorable circumstances, particularly those at the hospital of the Rockefeller Institute. But they certainly give us good grounds for the hope that we are not only on the right track, but that substantial progress has already been made in the direction of reducing the mortality and controlling the ravages of what is now our most deadly and dangerous single acute disease.

This type of pneumonia alone causes probably more deaths in New York City than diphtheria and typhoid fever combined; and the community will owe a huge debt of gratitude to Dr. Rosenow if these encouraging reports continue in general practice and in smaller and less perfectly equipped hospitals.

Defenders of Home Organize for Battle

By ELLA WHEELER WILCOX.

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A curiously interesting organization has just come into existence called "O'Brien's Prevention and Cure of Divorce association." The purpose of this organization is to bring out better relationship in the home, to assist and encourage the spread of universal liberty and equal rights to all and to promote high ideals of marriage.

Men and women, married or single, of good moral character, who are interested in the welfare of humanity, are invited by its founders to become members and aid in the universal effort for harmony in the home life, which can only be attained through the individual home.

There will be lectures and papers on the prevention and cure of divorce by advisory agents. Specially prepared papers covering the subject for discussion will be read, one at each meeting, by the advisory agent. The subject for discussion will be "The Home and Its Responsibilities."

Would you promote the welfare of humanity you can do so by uniting the national organized effort for this great purpose.

Have you problems in your home that you cannot work out? What constitutes a happy home? Is saving as important a factor as earning?

How we make our life partners dishonest and untruthful? Are we good companions for our children?

Why is self-control so necessary? Moral duties of a free citizen. Should marriage be accepted to avoid one's working for a living in the world?

How can we place respect and love among our young people? May Angelo O'Brien be the president and organizer of this society. In her little prospectus she says:

"Committees should be composed of men and women who are willing to work, and who can forget their own individuality in their enthusiasm; have courage to assume responsibility and brave criticism, and can be relied upon when difficulties arise. Men and women of this type are an inspiration to the discouraged."

There is no subject of greater importance than the subject of wholesome, happy, successful homes; because to produce such homes, hospitality, love and peace, are, at the same time laying a foundation for the "home not made with hands" in other realms. All of statesmanship, all of science, all of art, all of industry, is useless and void of result unless it results in happy, clean, beautiful home lives for the people of the land.

As a land grows in material prosperity and wealth divorce becomes a menacing evil. Bad as our divorce court reports show the conditions of our land to be today, worse conditions existed in ancient Rome in the years preceding its final downfall.

"The O'Brien prevention of divorce organization seems timely and it is to be hoped that its intervention may save American society from the fate of Rome."

Skating a First Aid to Health, Grace and Beauty

From Photographs Posed Especially for The Omaha Bee by Miss Gladys Lamb and Norval Baptie, Who Have Made a Real Art of Ice Skating.



Starting the Waltz—Miss Lamb is gliding easily forward on the left outside edge, while her partner is gliding backward on the right outside edge.

Miss Lamb crossing backward after the waltz turn. She is on the left outside backward edge, while her partner is on the right hand forward edge.

By GLADYS LAMB.

never be so widely mastered and is therefore not nearly so popular.

For the skater who dances fairly well and who skates indifferently, but has already mastered the simple edges, the skating waltz is an ever new experience.

By skating indifferently, I mean maintaining the balance, and possessing a good foundation in skating circles so that the steps can be elaborated.

The change of rotation is the main thing about the skating waltz. Never effect the rotation jerkily. The feet

should be crossed in a gliding step and so quickly as hardly to be noticed.

The positions illustrated are the ordinary positions taken for the skating waltz. The step is an ordinary forward outside edge, a three turn to the back inside edge on the same foot, and a passing to the backward outside edge on the other foot. Everyone who skates will understand this simple description. The three positions make the three beats of the waltz tempo.

Except for the forward three turns the lady should be on the backward edge, because her partner must take the guiding part, and must, therefore, be free to look in the direction of the motion. Effort should always be concealed, as ease and grace are the most essential characteristics in pair skating. The trailing leg should be trained to extreme suppleness, as stiffness spoils the entire effort and gives the skaters an amateur appearance. And above all, lest there be irregularity of movement, let the strike off be simultaneous.

Skate for beauty and not so much for business. The seriousness of mastering technique is one thing, but the looseness and grace of a figure in motion to the rhythm is what elevates skating to the highest form of poetry of motion.

Ghosts that Haunt Us

Too Many of Us Are Slaves of Phantoms of the Past

By BEATRICE FAIRFAX.

Too many of us are held by phantoms of our past. Too many of us sacrifice our lives to outworn ideals. Live in growth and unless we move with it we must make of our own existence a tragedy. "And the way to end dreams is to break them, stand, walk, go," said Robert Browning. In that line of poetry lies a wonderful sermon against yielding yourself to the illusions of your past.

Life is a ghost-ridden thing for many people. I knew once a man who lived in his old homestead, a tumble-down, ramshackle place which could hardly yield him a living. His farm was not fertile and his talents did not lie in the direction of raising chickens or running a dairy or of making a good living off his ancestral acres. But he had a sentimental feeling for the old place where his grandparents before him had lived, and for years he insisted on refusing all sorts of wonderful offers from a real estate company which wanted to build a park along the line of his place.

Then he fell in love with a girl and could not afford to marry her. He let her youth go by while she sat waiting for him to make good. He was ghost-haunted, held by phantoms of the past. At last he was forced to give up the old place to a railroad which wanted the right-of-way. At the age of forty he found himself in possession of \$10,000 and with absolutely no business training.

There was nothing to say that the dreamer had proven himself to be should become a power in the world of men, and yet suddenly all the latent strength developed. Today at the age of fifty he is a happy husband and father and one of the "big men" of a large western city. But the girl who waited died before the ghosts that haunted him had been exorcised and his house of life had been made habitable. Too many of us are hideously held by some tradition. It may be loyalty to a place. It may be an accustomed way of doing things. It may even be an attempt to keep faith with an outworn love. We fancy ourselves fettered and shackled

and the links that hold us are rusty and ready to fall apart at a touch. It is a hideous thing that life should be handicapped by an outworn past. It is ghastly that one's future should be built on a tissue of lies. The only honest thing to do is to face the present—if it is married by circumstances rising out of a past to which one has a sentimental desire to be loyal, the acid test of common sense must be brought to bear at once.

Progress demands that none of us live in a house of illusions. Who would light his house with candles because his grandfather had used tallow dips or read by the flickering light of gas when he can have steady burners or even electricity? None of us ruin our eyes as a matter of sentiment nor go out in the pouring rain without umbrellas because there was once a time when umbrellas were unknown. We take advantage of all the discoveries of a modern world of science.

Why not take advantage of every discovery you make about yourself and your own world? If you are tied to an outworn love, to an outworn method of doing things, to a place in life you find uncongenial or even to a profession you were mistaken to take up, make a clean breast—and make it at once. Lay aside the ghosts of your past. They need not haunt your life if you have the courage to figure out what in honesty in fairness to yourself, and so in honesty and fairness to the rest of the world, you want to do.

"To thine own self be true; thou canst not then be false to any man." In living today according to the standards of ten years ago you are utterly false to yourself as you are today, and it is with that self you must feel. You would not at twenty-eight insist on being a toe-dancer or a vendor of peanuts because at eighteen those had looked like ideal occupations. Apply that principle all through your life, for the ghosts of your past will haunt you only if you sit weakly and impotently by and permit them to control your life.

FLORENCE

is to be given next and believe me she is a very pretty dolly. She has such sweet winning ways that we would like to have her go to some little girl that didn't get a doll for Xmas. She would make that little girl so happy.

Put on your thinking caps little Busy Bees, and see if you cannot remember some such little girl, and try to make her happy by collecting a few pictures to help her win Florence.

Florence will be given free to the little girl under 12 years of age that brings or mails us the largest number of dolls' pictures cut out of the Daily and Sunday Bee before 4 p. m., Friday, December 31.

Remember, you must send your pictures in ONE DAY EARLIER this week, because Saturday is New Year's Day, so the CONTEST WILL CLOSE AT 4 P. M. FRIDAY, instead of Saturday.

Florence pictures will be in The Bee every day this week. Cut them out and ask your friends to save the pictures in their paper for you too. See how many pictures of Florence you can get, and be sure to turn them in to The Bee office before 4 p. m. Friday, December 31.

You Can See Florence at The Bee Office



ITCHY BURNING ALL OVER SCALP

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Sample Each Free by Mail With 32-p. Skin Book on request. Address post-card "Cuticura, Dept. T, Boston." Sold throughout the world.

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