

### Your Health How to Guard It

Public Interest in Public Health.

By W. D. BRIDGES.

"Health is wealth and illness is poverty," has been recognized as a truism since the dawn of man, and yet a great concerted movement on the part of the public to prevent the poverty of sickness and maintain the riches of health, has remained practically to be a movement of our own time.

How few realize the extent to which the people as a whole are contributing to the education of sanitarians, physicians, zoologists, and biologists. A study of the budget of our present-day universities will reveal a surprising expenditure which has to do with the discovery of the cause of disease, with its control, with the relief of suffering.

The establishment of medical departments of state universities, for the training of sanitarians and physicians, supported at public expense is of comparatively recent date in this country. Nearly all western and some southern states have now a permanent university medical department.

It is interesting to note at what expense these schools are maintained. The yearly budget for 1921 in Illinois was \$160,000; in Indiana, \$255,000; in Michigan, \$710,000; in Minnesota, \$400,000; in Nebraska, \$159,000; in Kansas, \$84,000; in California, \$770,000 making a total of \$2,539,000, yearly expenditures in seven states.

The variable amounts are dependent upon the number of students and teaching hospital maintenance. Modern medical training has necessarily become the function of the state or of privately endowed institutions.

The advance in our knowledge of disease, its cause, its prevalence, its course, its results, has necessitated costly equipment in suitably arranged buildings and full time instructors, to so educate the man for medicine that whether he be located in the city or the smallest county hamlet, he is equipped to render efficient and up-to-date service.

Rural Hospital Move.

Coincident with this rapid development has come the rural hospital with its laboratories for investigation, its nursing staff, its competent medical men. Emergency cases in an increasing number of instances seek refuge and relief nearer home, and are not subjected to the risks of delay and distance as formerly.

The trend of philanthropy toward the benefit of mankind through medical education is assuming a role which is being construed as a contest with the state. The present group of buildings of the Harvard medical school were given by the late J. P. Morgan at a cost of \$7,000,000.

Johns Hopkins medical school was founded on a bequest of \$5,000,000 by its namesake. John D. Rockefeller's contributions to the University of Chicago medical school, total over \$5,000,000, which is now being used in construction. A recent offer of \$2,500,000 to the medical department of the University of Iowa, on condition that the state contribute the same amount, is reported by the same donor. Here in our city the late John D. Creighton, an endowed Creighton medical school, which is in close affiliation with St. Joseph hospital, similarly endowed by his generosity.

Closely identified with this movement by both state and private capital is the supervision by the state of the qualifications of the student body for entrance to the medical school and his right to practice his profession. As it were, he is certified to the public as a competent physician by the state, on the satisfactory completion of his medical course. As an observer and teacher for more than 30 years, during which time this great change in medical education has taken place, I have been greatly impressed with the far-reaching importance of this transition in both the prevention and treatment of sickness.

"Hookworm" Cited. But it is not only through the medical schools that public benefaction is making great progress and a record. No more striking illustration is noted than that reported in the "Life and Letters of Walter H. Page." Page was reared in North Carolina and had devoted much time to a study of, and an effort to correct, indolence among the rural population through the state. As a member of President Roosevelt's country life commission, he became one of the committee assigned to investigate conditions in the southern states.

The sanitarian of this commission was Dr. Charles W. Stiles, a well-known zoologist. He claimed to have discovered, several years before, a hitherto unclassified species of a parasite, popularly known as the hookworm, which prevailed in all the southern states. The parasite invaded the intestines, there secreted a poison that destroyed the red blood cells, producing severe anemia, listlessness, and mental dullness.

Stiles was optimistic about a complete eradication of the parasite by improvements in sanitation. He had advocated this doctrine for several years, but met only with derision. His so-called "microbe of laziness" was still rampant. Page was in a receptive mood, for he had always been impressed with the indolence of the rural south. He at first laughed, then listened and became an enthusiastic Stiles supporter in his theory. Why might not this be an important, if not the all important, factor in this depressed condition of the rural southerner? thought he.

Funds were needed. Page had known Dr. Eufriek of the Rockefeller foundation better. Through him and Dr. Frederick C. Gates, his appeal was rewarded with a contribution of \$1,000,000 to a sanitary commission of which he, Page, was a charter member, for the eradication of the hookworm in the southern states.

The success of the commission was so great in restoring thousands daily to health and usefulness that Mr. Rockefeller extended its work to sections of Australia, China, Egypt and India, which are included in the hookworm belt. Out of this incident developed the International health commission, through which millions of money contributed by the Rockefeller foundation are expended in stamping out disease and promoting medical education in all parts of the world.

Rockefeller Great Benefactor. Probably no one man in all history has contributed and laid plans for

future contributions to the welfare of mankind through the prevention and cure of disease, as John D. Rockefeller.

The Rockefeller foundation report for 1923, details expenditures for public health, \$3,174,268; for medical education, \$4,911,010; for miscellaneous and administration, \$350,000, or a total of over \$8,000,000. The funds and property of the foundation as of December 31, 1923 amounted to \$155,291,524.

How much sentiment sways the hearts of man is told in the story of Mr. Rockefeller's first large humanitarian impulse. A favorite grandchild named for him, was stricken with malignant scarlet fever in his own home. The best medical talent available in and about New York was powerless to save the boy.

This led to a searching inquiry as to the cause of scarlet fever, on the part of Mr. Rockefeller. Dr. Holt, the consulting attendant in the boy's case, could only state that the cause of the disease had not been discovered. It was known to be contagious, and malignant cases were usually fatal. Dr. Holt was at once empowered to organize a committee of experts, and the Rockefeller institute for medical research in New York city, was promptly organized, amply endowed, and has now been in active operation for more than 20 years.

Health departments of city and town administration are becoming more efficient. Their activities are only limited by the funds rendered available to them.

Their attitude toward disease invasion may be likened to that of the French soldiers at Verdun when they announced to the enemy "You shall not pass." This takes ability, organization, funds and the desire to conquer. I often think the most generously supported department of city government should be the health department, the most generously supported department of a university should be the medical department, the most generously supported public institution should be the hospital.

Home Should Help. After all, the home itself should do its part. If all the people should acquire the intelligence that health is a reality, that disease is also a reality, that they are ever in conflict, that much of disease is contagious, and more is preventable, there would result a more intelligent attitude toward the individual home sanitation, which is but a composite term for "cleanliness, sunshine and air," cheaper than food, fuel and rent, and at everybody's command.

The activities of all agencies in the promotion of health, the mastery of disease the world over, has attained such results that the duration of life is said to have increased on an average of 15 years in the last 30-year period. That individual instances of even greater respect is noted in a recent report of a banquet to Chauncey M. Depew on his 91st birthday. Ex-Senator Elihu Root, in introducing Mr. Depew, referred to him as having a longevity contest with the bronze statue at Peekskill.

Who of us do not know many men active in profession and business at 75 to 80? Who wants to retire at three score and 10? The former old man or woman at 55 to 60 is referred to only in the columns of the newspaper now, by the young and unformed reporter. Let the good work go on, encourage all agencies in the prolongation of life, the relief of suffering. Educate ourselves in relation to our individual environment, for "Health is Wealth and Sickness is Poverty."

(Published by authority of the Committee of Public Affairs of the Omaha-Douglas County Medical Society.)

Pawnee County Rural Mail Men to Make Farm Survey. Table Rock, Neb., Nov. 29.—Rural mail carriers of Pawnee county are to begin a survey of the swine, dairy and poultry industries December 1. Ten of the leading farmers on each rural route will be asked to cooperate by giving the desired information, which will be sent to the department at Washington. This survey has been taken at regular intervals for a number of years and has nothing to do with the general farm census to be made by the census bureau.

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ADVERTISEMENT. The sanitarian of this commission was Dr. Charles W. Stiles, a well-known zoologist. He claimed to have discovered, several years before, a hitherto unclassified species of a parasite, popularly known as the hookworm, which prevailed in all the southern states. The parasite invaded the intestines, there secreted a poison that destroyed the red blood cells, producing severe anemia, listlessness, and mental dullness.

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| Cold Meat Fork                     | \$2.25        | \$1.70     |
| Cake Fork                          | \$1.50        | \$1.12     |
| Pickle Fork                        | \$1.50        | \$1.12     |
| Jelly Knife                        | \$1.75        | \$1.32     |
| Sugar Tongs                        | \$2.25        | \$1.70     |
| Baby Spoon                         | \$1.15        | \$7c       |
| 3-piece Child's Set, hollow handle | \$4.25        | \$3.20     |
| Educator Set                       | \$2.25        | \$1.70     |
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| 3-piece Carving Set                | \$18.75       | \$14.07    |
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- |  | Regular Price | Sale Price |
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