

CRUSADE AGAINST THE BEARD

Cold-Blooded Science Plunks the Whiskers of Dairymen.

HAIRLESS FACES BEHIND THE MILKCAN

Microbe Sharps Go Further and Insist on Doctors Being Shorn of the Patriarchal Sign of Wisdom.

NEW YORK, Feb. 21.—A crusade against the beard has been started and, if the movement keeps the pace it has already acquired, it will not be long before we will be as whiskered a race as in the days of Napoleon. For the edict, has gone forth and the man and the barber and the doctor are concurring to give it force. The first is actuated by mere vanity, the second by gain, the third by science, or at least hygiene, and in this latter cause is found the real significance of the movement, since it concerns the general health. Heretofore the unshaving of a nation has always reflected its mood. People have become beardless after suffering great moral crises—witness the time of Cromwell in England, the period of the revolution in France. Perhaps some people may think we have passed through great political crisis in this country, but that, after all, is not the real motive for the present crusade. It is true that fashion has been gradually reducing its devotees to the absolutely shorn condition. The day of the flowing moustache, for instance, was passed years ago. In spite of the outcry of the ladies, the youth of the period long ago relegated the military twist to the mechanic, the laborer and the man who wears a made-up tie. The short cropped moustache has been long in vogue. But more recently the young blood, who is to his fellows what the Gibson girl is to woman-kind, has shaved his face clean to accord with his short necked coat and his peg-top trousers, all of which might well take place at any time without rhyme or reason. But here come the doctors, to whom a flowing beard has been considered essential from the standpoint of business, declaring that the beard is, after all, but a vehicle for the growth of disease germs which may menace not only the health of the wearer, but which may transmit the germs to others; that the dairyman who wears a beard does so to the peril of his customers who drink the milk he contaminates; that doctors who wear beards report greater mortality among their patients than those who do not; that the man with a beard who enters a railway coach can not come away without a very palpable addition of the bacteria which always infect such places, since it has been proved that the matting of the coaches, composed of many individual strands or hairs like those of a beard, are literally covered with bacteria.

The Bearded and the Beardless.

Now, it is a fact that doctors have long separated themselves into two classes, those who do and those who do not wear beards, and in the larger clinics it is noticeable that the operators are as careful of their hirsute appendages as Lord Lister was of his fingernails, but the idea really came to the notice of the public when the New York Milk commission suggested that all dairymen with whiskers dispense with this part of their facial makeup on the ground that a milkman with whiskers is liable to impregnate the milk with germs. Following the suggestion the managers of the various milk depots in the neighborhood of Binghamton have decided that only smooth-faced men will be allowed to have anything to do with the milking or shipping of milk in that part of the state. Orders issued to that effect state that with ordinary cleanliness the dust from the stable is liable to infect the beard and from thence the milk. Some of the farmers who have long prided themselves on the beauty and length of their beards are indignant at the implied possibility of uncleanness and at the enforced change in their personal appearance. One man declares that he would rather lose his business than his beard. Others express like sentiments, but many, on the other hand, are heartily in accord with the movement. The significance of the movement lies in its relation to the wearing of beards in general. If there is menace to the dairy, there is menace to other departments of industry.

Menace of Whiskers.

"I suppose the idea came," said Dr. Park of the New York Board of Health, from our suggestion to the milkmen of the state. There is real menace to the milk if the dairymen is bearded. In the first place the milk may be diseased by germs. He may have tuberculosis and the dried sputum may accumulate on his beard and drop from it into the milk, which would then become dangerous to any consumer already predisposed to the disease. The milk is forced to incline his head over the milkcan in order to get down to do his work and you have no doubt noticed that men with long beards have a habit of stroking them downward. That

BRAIN FOOD.

Not long since there was a great run on the fish markets because it was assumed that fish was food for the brain. Of course the fallacy of the ad was soon exposed. Normally the food we eat nourishes brain, nerves, muscle, bones, etc., each part of the body may be diseased through assimilating phosphorous salt, lime, according to its own capacity. The brain begins to show weakness or the nerves become sensitive it is a sign that there is a loss of the nutrition contained in the food eaten, and this loss is in general due to disease of the stomach, and its allied organs.

Dr. Pierce's Golden Medical Discovery cures diseases of the stomach and other organs of digestion and nutrition. It enables the perfect digestion and assimilation of food, which is the source of the strength of both brain and body. "I was troubled with very frequent headaches," writes Miss Belle Summerson, of San Diego, Cal., "and was advised to try Dr. Pierce's Golden Medical Discovery and did so with such success that I feel perfectly able to undertake duties attending public school life." Dr. Pierce's Common Sense Medical Adviser in paper covers is sent free on receipt of 21 one-cent stamps to pay expense of mailing only. Address Dr. E. V. Pierce, Buffalo, N. Y.

has the effect of brushing off any germs they may contain. Again the milk may be perfectly healthy, himself and yet accumulate bacteria from the dust of the stable. The beard, particularly when damp, may become an ideal germ carrier, and on an unclean man would have great facility for the transmission of disease. In the case of the physician it might transmit disease if brought in contact with it. For instance, a doctor with a long beard in examining a diphtheria case might very well accumulate the germs of the disease while he was bending down to examine a patient. A child with the disease might cough and the doctor's beard might collect the germs which, when dry, could very easily be transmitted in this way to another patient. Understand, I do not say it has been done, but it could be done. This danger is less in the case of the general practitioner than in the case of the surgeon, whose whiskers might not only interfere with his work, but might collect the deleterious elements of some pus-filled cavity, which, drying, might be transmitted to some other hospital patient. For that reason, perhaps, many of our surgeons are smooth shaven, or at least, wear only the moustache.

A Test Case.

"Undoubtedly the beard is a germ carrier," he said very positively. "I could give you the names of three or four well known physicians whose large mortality records are believed to be due to the fact that they wear long flowing beards, which transmit disease. It would be discourteous professionally to give you their names, and for the same reason you must not mention mine. There is one specific instance which came under my notice. We were operating on an accident case, and the chief surgeon was a man with a long beard. In sewing up the wound this surgeon accidentally allowed the ligature to touch his beard. It brushed through the ends of the hairs ever so slightly. We took careful note of the fact that the ligature had touched the hairs of the beard, remembering just where that part rested in the wound. And we were not surprised when a small stitch-abscess formed around the portion of the ligature that had been touched by the beard. Clearly the germs from the surgeon's whiskers had infected the previously sterilized ligatures.

"It is impossible that a practitioner, and particularly a hospital operator, bending down over the breasts and the mouths of the diseased all day long, as some of us do, should not run the risk of transmitting contagion through the medium of the beard. In fact, you have only to look around you to note the possibilities of disease which may result from the wearing of beards. Some time ago a Columbia college investigator went into the elevated trains and collected pieces of the matting and samples of the air from the cars. He did the same in the ferry houses, the railway stations and the churches. He took his samples to the laboratory of the College of Physicians and Surgeons, and when cultures were made he produced an appalling number of bacteria, showing the unhygienic condition of the various public places he had visited. Now, the bacteria flying in the air of the elevated trains, for instance, could not fail to find lodgment in the beards of the passengers. It might be said that they would also find lodgment on the clothes of the passengers as well, but those clothes are comparatively much further removed from the mouths and nostrils of the wearers and the passengers crowded hard in the rush hours against the wearers of the beard."

Impure Air.

Observations made at Montsouris' observatory showed that the air of Paris averages 5,400 bacteria per cubic meter and that of New York was shown by Dr. Firth of Columbia college to be as bad. Dr. Firth constructed an apparatus for obtaining samples of air in the L trains, in the stations and other public places where large crowds gather. His apparatus looked like an ordinary satchel, but it had a vacuum pump concealed within it and a hole cut in the side so that samples of air could be drawn in through the stopcock that protruded. It was an easy matter for Dr. Firth to turn on the stopcock unobserved and secure a quantity of the air of the particular room or car in which he happened to be. The air was, of course, taken to the college laboratory and tested. In a cubic meter of air taken from the Queens county court house he found 11,777 bacteria. The same amount of air taken from a Brooklyn church contained 8,500 bacteria. In a New York school room fifteen minutes after dusting he got 44,425 bacteria from a cubic meter. In one of the ferry houses the bacteria per cubic meter were 27,662. In another ferry house 31,111. In an elevated car he got 25,444. But this was as nothing compared to the amount of bacteria found on the matting of these cars. In the report which he made on this subject he says: "The use of coals mats in the cars of the elevated roads of Manhattan establishes a condition that is prejudicial, if not perilous, to the health of passengers. These mats absorb all the liquid filth deposited on them and part with it again after it has dried on the fibers. I have estimated that on a fiber one and a half inches long from the outer surface of a mat there were between 2,000,000 and 4,000,000 bacteria. On an inner fiber of the same length there were nearly 2,000,000."

Whether it could be said that the prevalence of the beard might be the index of a nation's healthfulness I do not know. Most of the plague-infected nations have worn beards, but that might be a coincidence. Certainly the beard, for doctors at least, is not desirable. The science of antisepsis is against it, for of what use is it to be immaculate in the matter of apparel and of finger-nails when from the face of the operator hangs ten times the menace in the form of germ-collecting whiskers.

Smooth Faces in Favor.

The writer made a tour of the best barber shops of New York to find out, if possible, the proportion smooth shaven men bore to the rest of mankind. The consensus of opinion was that the practice of wearing beards is dying out, and that even the moustache is being less prevalent. The barbers proclaimed themselves heartily in favor of the beardless face, not because of any desire for the general good health, but because of the increase it would bring to their trade. When it was intimated that perhaps it would also give them greater chance to spread contagion by means of the razor, they one and all declaimed against the possibility of any such a thing taking place. The razor, they said, cannot spread contagion, since it is always sterilized before use in all first-class shops. The only means of germ transmission that could apply in a barber shop is the towel, which, when wet, furnishes a first-class culture medium for the propagation of bacteria, and they said that it is only in the cheap Italian shops, where the same towel is made to serve more than one person. All of which may be true enough. The writer, in a walk down Broadway, noted that among 1,000 male foot passengers only 5 per cent wore beards, and that of the younger men a greater percentage were clean shaven than moustached. Allowing for the fact that many of these young men were smooth-shaven by virtue of inability to raise hair on their faces, it is significant when we consider that it is not so long since every third man on Broadway wore a Vandyke.

OMAHA AND THE SOUTHLAND

Bermuda and the Bahamas Get Favor of Local Travelers.

WHERE THE BLIZZARDS NEVER PENETRATE

George W. Linsinger Tells of Ideal Trip for Those Who Seek Variety as Well as Success as From Winter.

Travel to the winter pleasure resorts in the south is usually heaviest during February and March, these months having apparently been selected by the ultra-fashionable people, thus making possible by their simultaneous appearance social functions of pretentious character. Nassau, during these months, has given more life and attractiveness to those who seek only escape from the disagreeable weather usual to the north at this period of the year. Of the latter some prefer to remain most of the time in certain places, while others, seeking novelty and varied entertainment, lay out a tour embracing many changes. Florida and the Bahamas have proven the brightest attractions to Omaha winter pleasure travelers.

Among those who have a number of times visited Florida, the Bahamas, Cuba and Mexico during the winter is George W. Linsinger, who yesterday, in discussing the attractive features of these resorts, said:

Where to Go in the South.

"While the Bahama islands offer features of climate and novelty not possessed in the same degree by Florida, the ideal winter trip, in my opinion, is from Vera Cruz to Mexico City, with side trips to various points of interest. Nassau, the more prominent point of interest in the Bahamas, may be done, as the traveler expresses it, in about seven days, still leaving ample time for the delights of bathing. The northern blizzards which persist in following the Atlantic coast down to part of the Bahama, one of the efforts is to periodically deprive the tourist of many or all of the early fruits and vegetables, that is to say, to no small extent. In Nassau one can go to the baths, be supplied with oranges, limited in number only by his capacity, and a dozen is generally considered a low tide appetite, besides being supplied with a bathing suit and other conveniences, all at the expense of 25 cents.

Ideal Winter Trip.

"As I have suggested, Nassau can be leisurely done in seven days, although one can find many points of real interest in the numerous islands composing the Bahama group. My personal experience in traveling, including tours through Europe and Egypt, has convinced me that, when one takes into consideration the convenience of access and variety of entertainment, a circuitous trip through Florida, the Bahamas and Cuba, returning by way of Yucatan and Vera Cruz, through Mexico, offers features of extraordinary interest to the traveler. The mountain scenery between Vera Cruz and Mexico City is the finest I ever saw. When making the trip I remained on the rear platform of the last car, and it seemed to me that the engineer who selected the route ran it to the nearest high mountain peak, from which elevation he saw another, and then started for it. And this successively until he had the panoramic view of the most notable mountains in Mexico, including all worth seeing.

"In Mexico the traveler finds suggestions of Algeria, of Italy, France and Spain, with local characteristics both novel and interesting. A feature of the southern trip I have referred to is the avoidance of the long sea voyage necessarily involved in a European tour, something that forms a very serious barrier to many to the enjoyment promised and hoped for. California, however, still attracts the great bulk of winter pleasure travel, this being due to some extent to the lively interest taken by the enterprising people of that state in securing conventions and similar gatherings."

Others Who Go South.

Charles N. Diets and Mrs. Diets almost every winter visit Nassau, in the Bahamas, preferring it to other resorts in the semitropics, because of the infrequency of storms, the evenness of temperature, which rarely sinks lower than 55 degrees or rises higher than 85. Gould N. Diets has also included Florida and the Bahamas in his southern tours.

General and Mrs. Charles F. Manderson.

Mr. and Mrs. Thomas Kilpatrick, Edward P. Peck, Mr. and Mrs. Guy C. Barton and Miss Jessie Millard, daughter of Senator Millard, usually, every year, go to Florida or the Bahamas, or during the months of February and March.

FRATILE OF THE YOUNGSTERS.

"You never saw my hands as dirty as yours," said a mother to her little girl. "No, but grandmother did," was the reply.

Teacher—Johnnie, can you tell me who first discovered whalebone? Johnnie (promptly)—Yes'm, Jonah.

Teacher (angrily)—You bad boy! Why did you chalk your name on this new desk? Tommy—Had ter, 'cause I ain't got no penknife to carve it with.

"I'm going to be an astronomer when I grow up," said small Edgar.

"That won't be a bit use," said his little sister. "You'll have to sit up all night and sleep in the daytime."

Little Edith was riding with her father on a very crooked road and after a long silence she folded her small hands in seeming resignation and said: "Well, honestly, I never saw such a curly road in all my life!"

"During my absence," says a physician quoted in the Rochester Post-Express, "my two boys got into my consulting room, where they began to play at being 'doctors.' Presently one of them unlocked the door and disclosed a skeleton. 'Pooh! What are you 'traid of?' he asked. 'It's nothing but an old skeleton,' 'W-h-where did it come from?' asked the other, with chattering teeth. 'Oh, I don't know. Papa's had it long time. I expect it was his first patient.'"

SICK AND AILING WOMEN

Should Write to Mrs. Pinkham, Lynn, Mass., for Advice—It is Absolutely Free and Has Restored Thousands of Women to Health.

All Letters Are Sacredly Confidential and No Names Are Published Without Special Permission of the Writer—All Letters Are Received, Opened and Answered by Women Only—During the Last 20 Years Mrs. Pinkham Has Gained a Greater Knowledge Regarding Female Ills Than Any Other Person, and is Consequently Better Qualified to Advise and Guide Sick Women.



Mrs. Pinkham's Standing Invitation.

In addressing Mrs. Pinkham you are confiding your private ills to a woman—a woman whose experience in treating woman's diseases is greater than that of any living physician—male or female. You can talk freely to a woman when it is revolting to relate your private troubles to a man—besides a man does not understand—simply because he is a man. Many women suffer in silence and drift along from bad to worse, knowing full well that they ought to have immediate assistance, but a natural modesty impels them to shrink from exposing themselves to the questions and probably examinations of even their family physician. It is unnecessary. Without money or price you can consult a woman whose knowledge from actual experience is greater than any local physician. The following invitation is freely offered; accept it in the same spirit. Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham at Lynn, Mass. All letters are received, opened, read and answered by women only. A woman can freely talk of her private illness to a woman; thus has been established the eternal confidence between Mrs. Pinkham and the women of America which has never been broken. Out of the vast volume of experience which she has to draw from, it is more than possible that she has gained the very knowledge that will help your case. She asks nothing in return except your good-will, and her advice has relieved thousands. Surely any woman, rich or poor, is very foolish if she does not take advantage of this generous offer.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND. Has restored more women to health than any other medicine the druggists have ever sold—It outells all other medicines for female ills two to one—Therefore it must be unequalled. Accept no substitute.

turned the first, "but Dad pulled 'em all out before Him sent us down here." "What for did Him do that?" "So that we couldn't fly up in the trees when our mammas want us to come in and be washed."

RELIGIOUS.

The Christian Endeavor society has attained its majority. A manuscript bible, richly illuminated, of about the year 1400, has been sold in London for £20 guineas. Rev. Henry A. Sullivan, rector of the Cathedral of the Holy Cross, Boston, administers to the spiritual wants of the biggest congregation in New England, his parishioners numbering between 8,000 and 9,000. Of all the missionary societies, the American Baptist Missionary union still stands at the head in the number of church members, 112,102, the Methodists of the northern states coming next with 92,290. The American Sunday School union reports that 2,450 Sunday schools were organized under its auspices in needy places last year, and that the schools opened with nearly 500,000 scholars and teachers present the first Sunday. The American Board of Foreign Missions finds India one of the largest and most accessible fields in the world. It has a population of over 281,000,000 who are accessible to the Christian teacher. Mrs. E. L. Safford of Washington, maintains and supports a mission out of her own private income in a curious group of ivy-grown stone buildings, erected during the revolution, along the Chesapeake and Ohio canal. It is known as the "Towpath Mission." Rev. B. J. Kerby, vicar of Penn. England, is in Philadelphia to receive money for the restoration of the church of Penn. which was built in 1733 and which is identified with the family of William Penn. Rev. Father Maghrian, the only Armenian Catholic priest in America, is making a tour of the principal cities for the purpose of administering to Armenian Catholics having received a special commission from the propoganda at Rome. He barely escaped death three times in Turkish massacres in Armenia. The northernmost church on this continent is the church at Nome, Alaska, on the edge of the Arctic Circle, built and dedicated by the people of that mining town. A dinner of 400 was the church, was dedicated was cancelled at once by a Roman Catholic and another man who had been a saloon keeper. Representatives of all the religious denominations of Boston and of the various Hervey, educational, scientific and business societies and organizations, in fact all Boston, as one of the city's papers happily phrases it, are laboring together for a notable celebration of Rev. Dr. Edward Everett Hale's 80th birthday on April 3 next. All Boston may well unite in it, for all Boston esteems and loves him.

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