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EDITORIALS

LOOKING BACKWARDS.

At this season, in general, and this month in particular, one is rather inclined to become somewhat retrospective. The mellow autumnal tints gradually fading to give place to cold, bare, sepulchral aspect of a departing year, naturally leads one to feel that he has moved along just a little in this procession which is heading for that goal from which no traveler returns.

Disappointment stings the heart of many. The passing months have not all marched to strains of martial music. More often, perhaps it has been Saul's dirge that kept the procession in pulsating rhythm; yet with all the heartaches and apparently impenetrable gloom, either imaginative or real, we have but to turn to a few pages of history to find that our seeming troubles are trivial and fleeting as compared with those who have experienced real trouble.

If we have not come up to the expected degree of perfection that we hoped to attain during the year, or if we have even made a bad mess of the attempt, it should not discourage us. Let us remem-

ber that the great Epictetus was a slave for many years. Alfred the Great wandered through the swamps for months as a fugitive. Columbus went from court to court like a beggar trying to raise money for the discovery of a New World, and when he finally won the favor of the Spanish Queen he was so poor that he could not go to court until Isabella had advanced money enough for him to buy decent clothes.

When Frederick the Great was fighting all Europe, he fell into such desperate straits that he carried a bottle of poison about with him as a way to escape if he was captured.

No one ever had more cause for discouragement than did our immortal Washington, especially when he led the struggling remnants of his army across the Delaware in December, 1776. In these dark hours absolute ruin seemed inevitable, and a British gallows appeared the probable end of his career. Yet with all his discouragements, his grit and courage enabled him to strike the blow that cleared the way for the highest place in the history of the world, and incidentally for our glorious nation.

Jackson and Lincoln were both born in lowly cabins, and suffered every privation that accompanies such a birth and young life. Yet you and I would be pleased if we could anticipate the glorious records that they left to posterity.

If ever a man seemed doomed to failure, it was our Gen. Grant, who as late as the Spring of 1861, was a clerk in a country store, and a failure at that. He was then nearly forty years of age. Three years later he was Lieutenant General of the Armies of the United States, and a few years after, he was President.

Let us not be discouraged if our fortunes are in a temporary eclipse. To the astronomer an eclipse is merely an interesting opportunity to make scientific observations. He is very sure that daylight will come soon and he often has to hustle to get through his task before the daylight arrives.

A DUTY THAT WE OWE.

How many practitioners who received the literature, recently sent out by the New England Anti-Vivisectionist Society, took the necessary time to carefully look it over? And, again, how many of these doctors answered the questions that were offered in the blank that was enclosed for such reply as one was disposed to return in this most vital question?

The good people, and their name is legion, who are following up this cause with a tenacity of purpose that is little short of wonderful, are in a grand work.

Noted general practitioners all over the world have given their **unqualified disapproval** of the practice, and there is **ample evidence** through voice and pen, from men whose opinions are worth considering either **scientifically** or **morally** that there is no knowledge gained by the cruel practice that is at all commensurate with the intense suffering that is the result of the practice as it is generally carried on in the Biological laboratories.

As far as statistics can be obtained, not five per cent of the entire medical profession have registered their approval of the procedure.

Our own late Dr. Henry J. Bigelow, Emeritus Professor of Surgery in Harvard University, and a very successful operator at the Mass. General Hospital, wrote in one of his latest papers, "Having seen something of surgery for half a century, I unhesitatingly give the opinion that unwillingness to inflict physical pain, whether upon man or brute, is largely an implanted instinct, with which human nature is very unequally endowed. **Also that this instinct becomes blunted by habit. THE MORE EMINENT THE VIVISECTIONIST, THE MORE INDIFFERENT HE USUALLY IS TO INFLECTING PAIN: however cultivated his intellect, he is sometimes absolutely indifferent to it.** . . . There can be no question that the practice of vivisection hardens the sensibility of the operator and begets indifference to the infliction of pain, as well as great carelessness in judging of its severity.

"By far the larger part of vivisection is as useless as was an **auto da fe**. It does not lead to discovery. The law should interfere. **There can be no doubt that in this relation there exists a case of cruelty to animals far transcending in its refinement and in its horror anything that has been known in the history of nations.**"

Dr. Richard Cowen, of the Royal College of Surgeons, London, in an address before the International Anti-Vivisection and Animal Protection Congress, said, "This mutilation and torture has led many earnest men along the wrong road of research. For more than a quarter of a century I have practised surgery. During that time I have performed some thousands of operations, yet cannot recall a single instance in which I owed anything to public reports of vivisection experiments. It is my deliberate and considered opinion that vivisection as a method of research is wrong and misleading

"It is a terrible mistake to think that disease in animals and man is the same."

"In an effort to find the cause of cancer 145,000 animals have been tortured by a cancer research society in the last two years, with no resulting discovery. If the same time which was used along the 'blood-stained paths of animal vivisection' had been spent in studying the disease from a clinical point of view, and its natural history in man, it would not be necessary now to announce the disease incurable save by the knife."

Such men as Dr. Flexner, who are strong advocates of the practice, are constantly publishing reports that mislead the public, and many professional men, if they do not take the time to prove his statements, may form wrong opinions of the nature of his investigations, as the following article will show.

"The vital statistics of 1912 just published by the New York State Department of Health, show a remarkable and continuous decrease in the death rate. In every particular, however, this decrease can be traced directly to the development in the methods of public sanitation, for in no case has the reduction been due to the use of serums in the treatment of disease.

"It has been asserted by Dr. Flexner that the death rate in cerebro-spinal meningitis has been reduced from 75 per cent to 15 per cent. Last December Dr. W. W. Keen put the figures at '20 per cent, or less,' but the Department of Health reports that there were in New York State, in 1912, 373 cases, 336 of which were fatal, or a death rate of more than 90 per cent.

"The report proves that the use of antitoxin in diphtheria has not tended to lower the death rate as greatly as it has been decreased in infectious diseases like scarlet fever and whooping cough, for which there is no serum."

Taking the matter in its general aspects, it is high time that the general practitioner should take his position in the ranks of that ever-increasing army who are rallying to the protection of those who, through their position in the Biological scheme of existence does not entitle them to a position in the ranks of human beings, yet such life as they have is Divinely given, and they are entitled to enjoy it free from pain and suffering until the Divine giver is disposed to take it again.

In closing this appeal to my fellow practitioners, I can find no better words than those of the noted Senator Vest, who spoke so eloquently to a jury in one of his early court cases that he not only won

his case, but uttered words that have become classic. The article is too long to give entirely, therefore I quote from the "Tribute to a Dog," by Senator George Gorham Vest.

One of the most beautiful tributes ever paid a dumb animal came from the lips of the late Senator George Vest. The occasion was the trial for the killing of a dog, which was held in a Missouri town where he was a young lawyer. He appeared for the plaintiff, and during the trial took very little interest in the testimony and made no notes, but at the close of the case arose, and in a soft voice addressed the jury as follows:

"Gentlemen of the Jury—The best friend a man has in the world may turn against him and become his enemy. His son or daughter that he has reared with loving care may prove ungrateful. Those who are nearest and dearest to us, those whom we trust with our happiness and our good name may become traitors to their faith. The money that a man has he may lose. A man's reputation may be sacrificed in a moment of ill-considered action.

"The people who are prone to fall on their knees to do us honor when success is with us may be the first to throw the stone of malice when failure settles its cloud upon our heads.

"The one absolutely unselfish friend that man can find in this selfish world, the one that never deserts him, the one that never proves ungrateful or treacherous, is his dog. A man's dog stands by him in prosperity and poverty, in health and in sickness. He will sleep on cold ground, when the wintry winds blow and the snow drives fiercely, if only he may be near his master's side. He will kiss the hand that has no food to offer; he will lick the wounds and sores that come in encounter with the roughness of the world. He guards the sleep of his pauper master as if he were a prince, and when the last scene of all comes and death takes his master in its embrace and his body is laid away in the cold ground, no matter if all other friends pursue their way, there by the grave-side will the noble dog be found, his head between his paws, his eyes sad, but open in alert watchfulness, faithful and true even in death."—"Heart Throbs," First Edition.

Let us all identify ourselves with the forces who are striving to protect all faithful animals who are making an almost human appeal for our aid.

THERAPEUTICS

*MILK.

By George E. Poor, M. D., Sherborn, Mass.

*Read at Boston District Eclectic Medical Society, Dec., 1913.

In advising as to the dietary of our patients one of the most important foods, if not the most important, is milk. And when we say milk, we do not mean any kind of milk. We mean fresh, clean, sweet whole milk. Of course it should be modified as occasion may require.

The question is asked, Why do we use milk?

The following reasons are given in a circular issued by the State Board of Agriculture, and while not written from the standpoint of the practitioner of medicine, yet they are so sensible that I give them here.

Milk should be used because,

It is nutritious.

It is cheap, even at 12 cents per quart.

It is the best feed for babies—mother's milk excepted.

It should form the major portion of the child's diet up to the school age.

The average school child should consume at least two glasses per day.

Many adults would be better nourished by the use of more milk and less meat.

More milk used in cooking would add the cheapest nutrition of its kind.

Proper nutrition conduces to long life, in other words, to good health.

Good health means better bodies, better minds, better morals—a better community.

The New York Milk Committee in one of its reports says "Milk is a better and cheaper raw food than any condensed milk or any proprietary or patent food. Milk-born diseases are far less common than the underfeeding which results from too little milk."

The following table is given to show the food value of milk:

One quart of milk is about equal in food value to any of the following:—

3-4 pound of lean round of beef	3 pounds of fresh codfish
8 eggs	2 pounds of chicken
2 pounds of potatoes	4 pounds of beets
6 pounds of spinach	5 pounds of turnips
7 pounds of lettuce	1-6 pound of butter
4 pounds of cabbage	1-3 pound of wheat flour
2 pounds of salt codfish	1-3 pound of cheese

Compare your own prices for the above articles; think of the time needed to prepare them for the table, the amount of gas or coal required, the amount of waste, and then you will realize how cheap and good a food clean milk really is.

Of course this only applies to clean, fresh milk. Can such milk be procured for our patients? It can, but it must come from near-by dairies and not be mixed with inferior milk coming long distances. Because milk has a low bacterial count is no sign that it is clean, fresh milk. It may be old and filthy and kept at a low temperature. Clean, fresh milk kept in a temperature of 60 degrees F. to 70 degrees F. may in 12 to 15 hours give a high bacterial count.

For the past few years there has been before the Great and General Court of Massachusetts a bill to constitute a board to be known as the State Milk Regulation Board, to consist of five members.

"Two of the members shall be learned in the science of medicine or bacteriology, two shall have had practical experience in the production of milk, and the fifth member shall be a sanitarian."

For some reason the two men who are supposed to know something about the production of milk are in the minority on the board. This board is "Directed to make reasonable—mark the word and define it if you can, the courts have refused to do so—regulations for the sale of milk and the production, transportation and keeping of milk intended for sale; for inspection of all milk intended for sale, and all places in which milk intended for sale is kept at any time between its production and its delivery to the consumer; and for the inspection of all cows producing milk intended for sale, and all places in which cows are kept."

The bill further provides that in case any of the parties so inspected are not satisfied with the regulations imposed upon them they may have recourse to the courts.

Section 7 of the bill reads: "Permits issued under this act may at any time be revoked or suspended by the State Board of Health for any violation of the provisions of this act or for any violation made thereunder." This board is authorized to spend a sum not exceeding fifty thousand dollars annually.