Radio Doctors

Ships At Sea Can Now Procure Medical Advice from Dcotors on Shore

Medical treatment of patients in vessels at sea, by radio from the U.S. Public Health Service, is being carried on with great success, according to the Radio Section of the New York Sun. More than 300 requests for aid have been attended to in this way during the last year. This long-istance free medical advice has now been given for some years, counting among its patients ships at sea having no physicians on board. We read:

This class is limited to tramp steamers, since passenger vessels are required to maintain a ship's doctor. However, phyicians on passenger vessels are frequently in a quandary as to the best course to pursue, and by soliciting radio medical advice are enabled to get the benefit of a consultation held by the foremost doctors of the Public Health Service.

Every one, no doubt, has experienced the anxiety of waiting for a doctor to answer a call in the night. The minutes seem like hours. Consider, though, the captain of a vessel one thousand miles out at sea, no physician on board and one of the crew desperately ill. What would have happened to that seaman in the old days, when hardened sea dogs, sympathetic but helpless because of lack of training, could do no more than leave their sick companions to their fate? In those days an ailing sailor was lucky if he escaped "Davy Jones's locker."

To-day the captain of such a vessel would send out a wireless message to the nearest marine hospital or relief station. These messages are given the right of way and handled free of charge by government and commercial radio stations. Upon receipt of a call for aid, a telephone message is immediately sent to the point of salvation to which the calls are indicated, no radio station being maintained by the Public Health Service at any of its relief stations.

Many interesting cases have occurred since this novel way of treating the sick at sea was introduced by the Public Health Service through its marine hospitals. In one instance, a freighter nearing the port of Baltimore developed engine trouble. While at anchor, off an uninhabited stretch of coast, one of her crew fell through an open hatchway and suffered a fracture of the leg. The radio transmitter was brought into action and the message picked up by a station at Cape May, New Jersey. The station advised the Marine Hospital at Baltimore by long-distance telephone, giving the location of the ship. The hospital sent back word through the Cape May radio station that an ambulance would be sent immediately with a doctor to the place where the disabled ship lay, which was some fifteen or twenty miles from the hispital. The doctor directed the removal of the seaman from ship to shore and took him to the hospital.

Selected at random, the following cases suggest the beneficent power of radio as a rescue agency at sea, either in prescribing medical treatment or in speedily summoning help to a ship in distress. Where releif is imperative, radio is indispensable on the ocean, where land lines terminate and vast expenses of water begin. Illustrative of medical advice by radio to vessels at sea, Surgeon-General Hugh S. Cumming cites examples that are typical rather than extraordinary, and real rather than imaginary:

Steamship "Elestero."

To Marine Hospital New York.

Patient susceptible malaria. Fever not high yesterday. Was given fifteen grains quinin. Felt good this morning. Had breakfast and supper. Walked on deck 9 P.M. to-night. Got chills and shivers. Head hot, Temperature 99. Give advice.

C. D. Pederson Master.

Pederson Master.
Steamship "Elestero":

Put man to bed. External heat for chills. Hot drinks ten grains quinin four times a day. Reduce dose to one-half if ringing in ears. Report to-morrow.

Medical Service.

On board Steamer "Elestero."

Referring to sick man here the treatment advised by you has improved him. Chills left him about 3 A.M. today. Feeling fairly good. Not much fever. Still continue to give quinin four grains every three hours. Craving for food. Any other advice be appreciated.

C. D. Pederson.

Master Steamer "Elestero":

Continue treatment advised yesterday. Give for food, soup, eggs, toast, crackers, fruit, custards, soft vegetables, and occasionally boiled meat, drinking water and lemonade generously; tea and coffee occasionally. Give Epsom salts for laxative if necessary. Keep in bed until fever disappears.

Marine Hospital No. 70.
New York.

On board Steamship "Delphinula."
To Medical Officer,
Marine Hospital No. 70, New York:

"Delphinula" has patient very bad poisoned finger or Whitlow finger. Has been lanced twice. Soaked in hot water and carbolic disinfectant, also bread poulticed every two hours. Given a laxative. After seven days' treatment shows no improvement. Finger badly swollen; slight lump under arm. Patient otherwise seems well. Age 20. Please advise further treatment.

Master.

Master, Steamship "Delphinula":

Stop carbolic disinfecetant. Stop bread poultice. Soak finger in hot salt water solution, one teaspoonful table salt to one glass of water every other hour while awake. Between times put large dressing soaked in above solution on hand and up to shoulder, keep dressing warm with hotwater bottle. Keep hand elevated to level of shoulder.

Dr. Sprague.

Steamship "Ensley City."
To Marine Hospital, San Francisco,

Due 10 P.M. fourth. Can marine hospital ambulance and doctor's boat meet me immediately we anchor for transfer of patient referred to in previous messages. If so, will advise exact time arrival from Farralone.

Master.

Master, "Ensley City":

Wire quarantine station requesting that doctor board ship after hours because of illness among crew. Marine Hospital will send ambulance as soon as notified patient is shoreside.

Marine Hospital.

Some Diet Fads and Their Dangers

"A Little Cleaning is a Dangerous Thing" Proved in Foolish Feeding Fads

SOME HAVE VALUE

The science of dietetics, advanced as it is in research, has not made equal progress in practice, we are told by Dr. John Harvey Kellogg in his magazine, Good Health (Battle Creek, Mich.) Ill-informed of the results of scientific investigation into foods and feeding, the average citizen either follows his own capricious appetite or is at the mercy of whatever dietetic fad may cross his path. Dr. Kellogg pays his respects especially to two fads that have in them elements of value, and that happen both to begin with the letter F—namely, Fasting and Fletcherism. He writes:

While there has been developed within the last fifty years a real science of dietetics, based upon solid foundations in physiology and physiologic chemistry, practical dietics with the laity, and to a great extent with the profession, is still chiefly empirical. We are still following fancy, whim and precedent in making our own bills of fare, and too often, also, in feeding our patients. In dietetics we are still, to a large extent, following fashion rather than physiology..

Biologic eating is at least as essential to health and efficiency as is physiologic breathing. The human body is a mechanism. Its functioning, its durability, are as much dependent upon care and conditions adapted to its needs as are performance and durability of an automobile. The average man shows his incapacity as a chauffeur of his corpomobile by bringing his machine to the junk heap when it ought to be at the very acme of its useful activity..

Something Wrong.

That something is wrong with our current eating habits is shown by the fact that when we ask a man to do anything requiring maximum efficiency, we have to put him in training for some days, weeks, or even months, to condition him. The typical primitive man is always in training, because he lives physiologically. According to Roth, practically every man of the Zuni Indian tribe could make Nurmi quicken his pace in a running contest. We have not yet solved the problem of regulating our lives under civilization so as to supply the compensations needed to make us at least as healthy and as hardy as savages, in spite of the facts that scientific research has unfolded to us within the last fifty years respecting the cause of disease and the conditions that make for health and longevity. If scientific findings were applied to human living with the same scrupulous care as they are applied to industry, such research would undoubtedly do as much for human beings as it has done for domestic animals and plants, and not only raise the average life span to one hundred years—as Lauder Brunton predicted—but triple and quadruple the useful output of human life. We compel our horses, cows and other domestic animals to live biologically, to meet physiological requirements; why should we not give ourselves an equally good chance for health, long life and efficiency?

The nutrition laboratory has in recent years studied every problem relating to human feeding with such definite and comprehensive results that it is now easily possible to feed human beings, both the sick and the well, in a manner to meet physiologic and therapeutic indications. The great light that has been thrown upon the digestive functions within the last twenty-five years has led the way to progress in the treatment of digestive disorders far exceeding all that was known before.

A practical application of all this knowledge to the bill of fare of the average citizen would undoubtedly add to his comfort and efficiency and lessen his chronic miseries. Unfortunately, the average citizen who interests himself in dietetics does not know where to go for sound information, and is likely to be entrapped by any fad that happens to be at the moment on the rising tide of popularity.

Fasting.

One such fad that is just now doing considerable harm, although never likely to become extremely popular, is fasting. Some years ago fasting was heralded and widely exploited as a cure-all for chronic maladies of every sort. Persons who are overfat as the result of overeating may very properly lessen their food intake, but a reduction of weight below the normal standard by a horizontal cut in the bill of fare is positively dangerous. Vital resistance is lowered, and the way is opened for a recrudescence of the latent tuberculosis which is lurking in the system of the average citizen awaiting a favorable moment for development. A fast is a highly destructive process, in which the vital machinery may be seriously damaged.

Women Take Care!

Women, especially those below forty years, should be warned against reducing their weight except under the care and advice of a competent physician. In the arrangement of a reducing diet, care must be taken to provide an ample amount of protein, the caloric reduction being made by lessening the intake of fats and carbohydrates. The intake of salts, vitamins and roughage must be ample. Neglect of these precautions inevitably results in a definite and often serious injury.

Prolonged fasts are never necessary, and do real harm. They do not purify the tissues. They cause a reabsorbing of bile and other excrementitious elements. Food is a natural laxative. Fasting causes stagnation throughout the whole intestinal tract. The blood and tissue fluids, instead of being purified, are polluted by the reabsorption of bile and of putrefaction products.

All the possible benefits of a complete fast may be secured by the great restriction of the intake of protein and fat for a few days. By making the diet almost wholly carbohydrate for a few days, the intestinal flora is changed, the liver is well stored with glycogen, while the body is well supplied with the energy needed to maintain heat and bodily activity without drawing upon the tissues.

Another fad that did much harm in its time, as well as much good, is Fletcherism. About twenty-five years ago Horace Fletcher discovered the importance of thorough mastication as an aid to digestion and nutrition, and started out on a world-wide mission in behalf of a chewing reform. Mr. Fletcher's fascinating personality, and his great skill in broadcasting his theories, soon secured him quite a following. As his disciples increased, his enthusiasm grew. In due time "Fletcherize" and "Fletcherism" were discovered by the lexicographers, and Mr. Fletcher felt that he was immortalized.

Carried Too Far.

I was willing to assist Mr. Fletcher because I had for years exhorted my patients to chew thoroughly as an essential factor in biologic living. But I soon found myself in trouble because of a new discovery made by Mr. Fletcher, and one that he regarded as of such vital importance that he made it a leading feature of his philosophy. Having observed that when he masticated thoroughly he ate much less than formerly, he cultivated constipation by discarding all roughage from his diet, laying down as a rule that everything that could not be liquefied in the mouth should be rejected.

Mr. Fletcher himself suffered greatly from chronic toxemia.. His tongue was heavily coated and his breath was highly maladorous. His dentist informed me that his teeth were decaying more rapidly than in any case he had ever seen. Prof. William James, who was at one time one of Mr. Fletcher's most enthusiastic supporters, said to a friend, "I tried Fletcherism for three months. I had to give it up. It nearly killed me." Mr. Fletcher himself died as a result of chronic bronchitis, doubtless aggravated, if not chiefly caused, by chronic toxemia.

Mr. Fletcher rendered some service to the science of nutrition by his chewing experiments, and especially by persuading Professor Chittenden to undertake his famous research on the protein ration in 1902, but he spoiled his campaign by cultivating and recommending constipation. His cult has become nearly obsolete, and his name will doubtless disappear from the dictionary; but, unfortunately, the idea that he exploited, that indigestible food elements are unnecessary and undesirable, is widely prevalent, and not alone as the result of Mr. Fletcher's teaching.

A Victim of the Storm

"THE COLUMBIA"

Once pride of Gloucester is now given up as lost. Thought to have been wrecked off Sable Island during the severe storm of last month.

"The light-headed girl seldom has a heavy heart—if any."

Air Liner Wrecked

ALL THAT WAS LEFT

The mysterious crash of the German passenger airplane, 58 miles from Leipzig, which caused the death of Baron Von Maltzan, ambassador to the United States, and five other passengers.

French Tiger's Opinions Secret Until He Is Dead

Clemenceau Spends Time Thinking and Writing

St. Vincent - Sur - Jard, France. — Whether he is in his Paris home in the Rue Franklin or in his summer abode on the windswept Vendean shore, Georges Clemenceau who has just passed his eighty-sixth birthday, spends most of his time writing and thinking. . He invariably refuses to talk politics, although they occupied the biggest part of his active life. What does he write?

He is engaged now, and has been for several years, on a volume or series of volumes which are understood to resume his outlook on life and its problems. But they are not to be published until after his death and the "Tiger" has not revealed anything of their content. Therefore it is only by a reference to his published books that one can obtain any adequate idea of the principles on which he has guided his career and the lessons he has drawn from his study of humanity.

Simplicity of Writings.

It is not a difficult task because whatever Clemenceau wrote is marked by simplicity of thought and presentation, however complex the problems involved. In philosophy he is a disciple of the Stoics. He has taken for himself the phrase of Spinoza: "Nothing may be called perfect or imperfect; everything happens to conformity with an eternal natural order."

It was after his political eclipse in 1894 that Clemenceau had an opportunity to develop his extraordinary talent as a writer. In his newspaper "La Justice" he touched on every phase of human activity and a year later published in a volume entitled "La Melee Sociale" (The Social Conflict), practically all his daily articles arranged in logical order. The leitmotif of all is the "struggle for existence." He paints realistic pictures of human suffering, long hours in factories, poverty, vice, brutality and pity side by side, prostitution, exploitation, injustice of a hundred kinds.

Urges World Be Made Better.

He does not apportion praise or blame. He merely tells what he has seen and asks only that men of understanding work with all their power to make the world better.

"What," he asks, "will come after this universe How, if ever, will the primal nebula be reformed? In how many billion years? With what new power of life? All phyotheses. I offer you nothing, not feeling that I am responsible for anything in the universal scheme of things."

Sometimes Clemenceau seems to be a socialist, as in fact he proclaimed himself at the opening of his parliamentary career. This, in another article of "La Melee Sociale," he declares that "the end toward which nature seems to be striving is socialism, which will fix by law respect for all, the rule of justice by association." But in the next moment he proclaims that everything depends on the individual, that the individual must be brought to such a point that law will be unnecessary, which may certainly be taken as an expression of philosophic anarchy.

Does His Own Marketing.

After all, scepticism is his dominant trait, in his daily life as in his writings. He has lived all his life in close contact with the Breton peasant. He knows their ways and has had many proofs that he is revered by them. Yet, when he goes to market in the nearby town of Les Sables d'Olonne, as he does two or three times a week, he conducts his own bargaining, he counts the change, he weighs in his gray-gloved hands the leg of mutton or the chicken he intends for dinner and he replies to the good-natured protests of the market women: "O, tres bien, tres bian, but you can't catch me with your old tricks."

He is pugnacious and tenacious. At his property here, which is very close to the water's edge, he had constructed an earthen wall to keep off the sea at high tide. Every year when he comes here in July for his annual three months' visit he finds that the wild winter winds and the encroaching sea have broken holes in his wall. And every year he has the wall rebuilt.

"The ocean will get tired of trying to beat me," he said when asked why he was so persistent.

Isn't Against Religion.

It has been often said that Clemenceau is anti-religious. He is merely nonreligious. Even in the worst days of the fight between the radical extremists and the radical freethinkers and the church authorities, when the separation of church and state was the big problem in France, Clemenceau repeated time and again that there must be no attempt to suppress religion or to persecute anybody for religious beliefs.

"Governments," he declared in the chamber, "can do nothing against beliefs. I have been asked if we want to destroy religion. Well, messieurs les deputes, here is my reply: We do not want to, we could not if we would, destroy a single belief in a single conscience."

In one of his books, "Le Grand Pan," he takes up the problem of the inspiring principle of mankind. He finds it in action.

"Pan commands us," he said. "We must act. Action is the principle, action is the means, action is the goal."

Clemenceau has followed that principle all his life. In spite of his years he has his half hour of physical training every day. In Paris he has an instructor. Here he does it alone.

Japan's Leading Nurse

Miss Sakurai, has special charge of the new descendant of the oldest reigning family in the world, the Emperor and Empress of Japan. Japanese would have preferred a boy, but love the new princess.

"A Fly Swatter is a Knock-out."

Empire Trade

Cape Town Argus: (The South African public is urged to adopt the same principle as the Brtiish public have adopted in forming the Empire Marketing Board). The British public is now supplementing preference by the application of the principle of voluntary preference, and this is likely to lead to still more important results in the near future. . . . At present the South African consumer is needlessly, though, perhaps, heedlessly, giving preference to foreigners in competitive lines in which the British article is either just as cheap or of far better value. . . . It cannot be good business to give away our custom to countries which are unable, or unwilling, to assist South Africa's export trade.

Room For All

Los Angeles Times: The world is causally informed that there will be no industrial warfare between Henry Ford and General Motors The two represent the greatest wheeled activities on earth and it is said that they will divide the business without fighting for it. Ford can market his new model car and fix his price without General Motors competing in exactly the same field. The corporation will have better cars and higher figures, but there is no desire or intention to run Henry out of the game. He may go on in his own sweet way. Thanks for the buggy ride.

Another thing we have noticed in our journey through this old vale of tears, etc., is that anything that has to be protected against being laughed at deserves to be.

During a recent conference of several hundred clergymen held in a local hotel a bell-boy caused great consternation by booming out, loudly: "Paging Mr. Elmer Gantry! Mr. Elmer Gantry!"