

the age of one hundred and ten to one hundred and twenty. Metchnikoff maintained that the average old age should not at the present time be less than eighty-three years. If a business man were to look after his business in the slipshod sort of way that men look after their health, how long would that business live? Let us be sane then and be examined every six to twelve months. Pay your physicians for keeping you well and not for trying to cure one of these degenerative diseases, which come on so insidiously that they are incurable before discovered. We must remember that these diseases have no symptoms that can be detected by the patient until they are far advanced. Professor Irving Fisher, of Yale University, gave a full report of the examination of 2,000 employees, young men and young women, in different occupations in New York City: 13.10 per cent. had hardening of the arteries, 25.8 per cent. had abnormal blood pressure and 25.3 per cent. gave evidence of some kidney or liver trouble. Impairment was sufficiently important in 59 per cent. of the total number for the examiner to refer them to their own family physicians. These could all be postponed for from ten to fifteen years. Intemperance in eating and drinking, insufficient exercise, worry, the strenuous life, the mad rush for the almighty dollar—all interfere with metabolism resulting in auto-infection or auto-intoxication, and are therefore the great curative factors—these are preventable, why not prevent?

#### VENEREAL DISEASES—A PUBLIC HEALTH PROBLEM

In our failure to grapple with the problems of venereal diseases as communicable and preventable diseases, we are confronted by another unpardonable neglect of our duties. It is the opinion of those who are in a position to judge that venereal diseases constitute the most important of all factors in the degeneration and depopulation of the world. The innocent and the guilty, the intelligent and the ignorant, are paying the penalty of an ill-considered, false modesty in terms of morbidity and mortality that probably surpasses the amount of all other communicable diseases combined. The enormous medical, social, and economic significance of venereal diseases, which are largely the result of prostitution, has never been properly appreciated by any nation. Administrators of public health can, therefore, no longer afford to disregard these diseases as an essential part of their efficient administration.

#### HEALTH INSURANCE—A PUBLIC HEALTH PROBLEM

There are few problems affecting the ever increasing responsibilities of public health administrators receiving more serious con-