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HAND OF LAW FALLS ON FEWER BAD BOYS

Juvenile Delinquency Decreased 796 Cases Last Year from the 1920 Record—Uplift Efforts Praised.

(New York Times.) Juvenile delinquency in this city is decreasing year by year, according to the annual report on the Children's Court, issued yesterday by Franklin Chase Hoyt, the presiding justice. He gives credit to the Boy Scouts, churches, community movements and other agencies striving to guide children along the right way.

"Again we report a reduction in the number of our cases," says Justice Hoyt's report. "There were 10,445 individual children brought before the court in 1921, as compared with 11,882 in 1920, a total decrease of 1,137. Of these, 5,200 were arraigned in special proceedings or cases of improper guardianship, a decrease of 341, and 4,886 in cases of juvenile delinquency, a decrease of 796. The commitments to institutions also declined materially during the year, our records for 1921 showing 1,768, as compared with 1,992 in 1922. These figures completely refute, as far as this city is concerned, the assertion so often made that juvenile delinquency is increasing at an alarming rate.



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"All this does not mean, however, that the work of the court has materially diminished. During the past year the court held 46,854 hearings, or an average of 4.88 to every child arraigned, which is the highest ever recorded.

"There are certain changes in our legal procedure which are sorely needed and concerning which there can be no dispute, as, for example, the redefining of archaic and crude provisions in the codes and statutes, the granting to the court of the power to appoint guardians, the abolishment of the present practice of prosecuting children for the 'crime' of being neglected!

"But there are other problems and



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questions for which it will be fore difficult to find solutions: Should the Children's Court and the Court of Domestic Relations be consolidated? Should all adults contributing toward juvenile delinquency be tried in the Children's Court? Should the age limit of the children coming before the court be raised to eighteen years? How should the new court be created, and how should its justices be chosen?

consult the doctor.

There is only one safe course to follow, the physician declares: The most

SAYS DISEASE FEAR OVERTOPS MALADY

How Man Hurts Himself by Terror and Worry Explained by a Physician—Answer is, See a Doctor.

It is probably true that more people are crippled or weakened by the fear of disease than by the disease itself, in the opinion of the medical correspondent of The London Times. Worry is a grave factor in disease. The answer is, of course, don't fear disease and don't worry. For if one does not fear disease and not worry, he stands a far better chance of avoiding and overcoming ailments than if he does both those useless and debilitating things.

The physician tells a story to illustrate the fear of disease: A great novelist once went to consult a famous heart specialist about a pain which was causing him grave anxiety. Before he came the doctor took occasion to read one of his stories which dealt with terror of a child in the dark night.

"The doctor asked the novelist this question: 'Why did you omit to describe what it was the child saw?'" "Ah," said the other, "that is my craft. The child did not know what it saw. I would not have the reader know either. The secret of terror is mystery."

Then came the medical man's opportunity. He faced his patient and told him that his own anxiety sprang from the same mystery. Not what he suffered distressed him, but what his pain might signify.

Every doctor, says the physician, has had the same experience. Indeed, it is probably true that more people are crippled or weakened by the fear of disease than by the disease itself. The mystery is supposed to surround, certain symptoms is so great that their appearance causes something like a panic. The victim gives way to imaginings and broodings of every sort and often becomes so nervous as to hide his trouble in case his worst fears are confirmed.

The policy is fatal, says the writer, because a man with a trouble of that kind on his mind becomes incapable, or nearly incapable, of doing justice to his work. If he is the bearer of important responsibility he becomes a danger to his associates. It may sound paradoxical—it is none the less true—that he would be better in every way if he knew that his complaint really was deadly, in the opinion of the physician.

For uncertainty saps courage and opens the door of the mind to a hundred evils. The pain in the chest may be "angina pectoris." The dyspepsia may in the end turn out to be cancer of the stomach, and so on. No man, and particularly no business man, he asserts, can do justice to his work or himself with fear of that kind in his mind.

Consult the doctor.

There is only one safe course to follow, the physician declares: The most

ment any symptom begins to pray on the mind recourse should be had to a competent medical adviser and a thorough examination invited. This latter caution is important, says the writer, for human nature is so constituted that a man can actually—as in a case known to the writer—go to his doctor and then shrink the issue which brought him.

This is the point to remember: Even in mild and early old age the majority of symptoms are not serious, the physician assures us. Consequently, the chances of a favorable issue of examination are much greater than the chances of an unfavorable. That is to say, there is every probability that the self-tormented person will leave his care behind him in the consulting room and return to his work with new vigor.

On the other hand, if his fear is not misplaced, he will at least know the worst. More than that, he will afford his doctor a chance of helping him. Almost every disease—and this does not even exclude cancer, says the physician—is curable if recognized early enough. But there are narrow limits to the period of curability. To go early is therefore to secure chances of recovery, which may be lost altogether five months, or even weeks later, the writer warns.

Cancer, he says, furnishes a good illustration of this very point. If every case of that disease was recognized at the first onset and dealt with thoroughly the death rate would be cut in half. In point of fact, he declares, most of the operations which are undertaken are undertaken too late.

Don't Worry.

There is, therefore, no reason why a man should "nurse his fear," and there are many reasons, in the writer's opinion, why he should avoid this bad policy. Worry he calls a potent cause of disease. It leads to disaster in the working life and so, by breeding trouble, adds fresh sources of anxiety. Appetite and other bodily mechanisms are interfered with. Exercise—especially in the case of people who think they have got heart disease—is abandoned. Very often sleep is lost. The victim becomes miserable and unfit and supposes that this condition is due to the disease he so greatly dreads. In the end, he may easily fall a victim to disease, for his bodily resistance is greatly diminished.

There is no more astonishing right-tration of this very point, in the range of a professional reassurance on such an individual. Almost at once the patient's anxiety passes from his face. The man who entered the consulting room with a halting step leaves it in the vigor of a new purpose. Once again he is a free man to pursue his way of life. Within a few weeks he has lost the untidiness that was due to his fear—and not, as he supposed, to his disease—and is able to see how foolish was the policy pursued by him. His business friends and his family can scarcely credit the miserable habit of attempting to treat himself, his recovery will be even more striking, the physician assures us. There are

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