

EDITORIAL

Prevention of Disease.

When the Titanic went down with more than sixteen hundred souls a storm of grief and indignation swept this continent. There was sympathy for the bereaved families that expressed itself in the immediate formation of a fund sufficient to maintain the sufferers who needed aid. That was a disaster spectacular enough to rouse human feeling which remains entirely unmoved over the scores and hundreds of thousands of men, women and children who die every year from preventable diseases and accidents. Not the testimony of public health officers, nor the warnings of scientific experts, nor the appeals in newspapers and magazines of those that recognize the appalling character of the yearly death toll can evoke a response wide enough and big enough to effect the necessary reforms. Why this indifference to human life, accompanied as it is by constant endeavor to guard the beasts of the field and the produce of the soil from the ravages of epidemic disease? Men will cheerfully dig into their pockets for a subscription to a Titanic fund who loudly protest against a fractional increase in taxation required to protect human lives.

Some remarkable figures and testimonies on this perennially urgent question are presented in an article contributed by Annette Austin to Pearson's Magazine for December. Seventeen hundred people in the United States die unnecessarily every day—last year preventable sickness among its wage earners cost them \$366,000,000 in wage loss alone. Professor Elmer E. Rittenhouse of the Provident Savings Life Assurance Company of New York has calculated that the lives lost from preventable causes every day in the United States total in number the crews of two battleships—that they equal in three months the combined numbers of its whole army and navy. Yet people who read with shuddering horror about the Balkan war with its tale of fire, famine and slaughter and the hapless victims of cholera continue sublimely indifferent to the far greater number that perish yearly in a country they have been taught to believe the most highly favored in the world.

In a paper read in 1906 before the Association for the Advancement of Science, Professor Norton of Yale University, said:—"Thousands have been expended in stamping out cholera among swine, but not one dollar was ever voted for eradicating pneumonia among human beings. Hundreds of thousands are consumed in saving the lives of elm trees from the attacks of beetles; in warning farmers against blights affecting potato plants; in importing Sicilian bugs to fertilize fig blossoms in California; in ostracizing various species of weeds from the ranks of the useful plants; and in exterminating parasitic growths that prey on fruit trees. In fact the department of agriculture has expended, during the last ten years, over \$46,000,000. But not a wheel of the official machinery at Washington was set in motion for the alleviation or cure of diseases of the heart and kidneys, which will carry off over 6,000,000 of our entire population. Eight millions will perish of pneumonia, and the entire event is accepted by the American people with a resignation equal to that of the Hindoo, who, in the midst of indescribable filth, calmly awaits the day of the cholera. During the next census period more than 6,000,000 infants, under two years of age will end their little span of life, while mothers sit by and watch in utter helplessness; and yet this number could probably be decreased by as much as one-half. But nothing is done."

Typhoid fever is admittedly a preventable disease. When Wilbur Wright, the man who created the new science of aviation died from it The New York Times said that the general sorrow for his death is, or should be, increased because he would still be alive except for the fact that we are not yet civilized enough to use the known and effectual means wholly to stamp out the fever of which he was the untimely victim and for the other fact that, instead of so protecting men of this kind as to let them give all their time and energy to the work that only they can do, we compel them to spend much of both in struggles in which their genius is rather a disadvantage than an advantage." In a hygienic bulletin on "Sewage Pollution of Inter-State and International Waters, With Special Reference to the Spread of Typhoid Fever," Dr. Allan T. McLaughlin "calls attention to the fact that in Northern Europe, the thirty-three principal cities, with an aggregate population of 33,500,000 had an average typhoid death rate of 6.5 per 100,000 in 1909 and 1910, while fifty registration cities in the United States with a combined population of 20,000,000 had a typhoid death rate of 25 per 100,000." On a conservative estimate Dr. McLaughlin places the deaths from typhoid fever at above 50,000 in the United States. Yet every one could be prevented as could the 250,000 cases of that disease that do not end fatally, but are accompanied by loss of earning capacity and impaired efficiency.

In the same bulletin this statement is made:—"Chicago is the only city on the lakes that does not turn its sewage back into the source of its water supply. All other lake cities draw their water supply from the same source where they empty their sewage." On Wednesday last at Washington, Dr. C. A. Hodgetts of Ottawa called attention to the constant increase in the deposit of sewage and factory waste in the great lakes and declared that "as a result of this gross pollution their waters have been year by year less suited as sources from which the inhabitants adjacent thereto can derive water supplies for domestic purposes." Concurring in this view Dr. McCullough, representing the Ontario Board of Health, said that Lake Ontario, in the neighborhood of Toronto, shows contamination to be carried from the polluted Toronto Bay by winds and currents to varying distances and had been found fifteen miles out. The typhoid death rate in communities on the St. Clair River is the highest in America and all cities on the lake and river highway show abnormal conditions. What would be said of a man who put a deadly poison into a glass of water and then attempted to extract it in order to make it safe for his use. His sanity would be questioned with reason, yet that is just what is being done by cities that pride themselves on their enlightenment and progressive spirit. The time will surely come and cannot come too soon when all communities will be compelled to dispose of their sewage by scientific processes and to maintain the purity of all lake and river waters.

Both the United States and Canada are behind the countries of Europe in the matter of the prevention of disease. Life's lengthening in Germany at the rate of twenty-seven years per century. In Massachusetts, the only American state with reliable statistics, life is lengthening at just half the rate in Germany altho natural conditions are much more favorable. According to Dr. Charles W. Sittes, the United States is just seven times dirtier than Germany and ten times more unclean than Switzerland. If the cleansing process were carried thru, even to the extent that Germany has done, says Professor Fisher, at least fifteen years in one generation could be added to the average life span in the United States, by simply supplying the public with purer air, water and milk. The pressure of scientific belief based on incontrovertible evidence has created a national movement in the States for the establishment of a Federal Public Health Service, such as is now supported by the governments of France, Germany and other European nations. Reforms of this kind should not wait upon public agitation, when they are demonstrably advisable in the general interest. The mass of the people is inert on subjects that do not appeal to them individually and preventive methods are too much of an abstraction. But prevention can alone effectively overcome preventable disease.



The Good Fellow Movement.

The Sunday World has inaugurated a new movement to spread a little sunshine around at the Christmas season. It is going to give everybody a chance to do a little personal work and those who send their names to The World Good Fellow will be forwarded in due time, the address of one or more children of less favored people than themselves. It is suggested that in order to make this a real Christmas the individual Santa Claus should visit the home and ascertain at first hand in what manner he can lighten the hearts of the boy or girl given into his care for the time being. Many of our people who have already signified their intention of joining the movement propose to take full charge of the beneficiary, seeing that he gets what he needs most in the way of a present, a full dinner, and some form of entertainment down town. We believe that this way of spreading Christmas cheer will give infinitely more satisfaction than many of the ordinary methods now in vogue. It is the real personal touch.

Many have written commending the idea and offering to help. It need not stop the contributions to the regular organizations. They are all doing good work. The Sunday World's movement is merely supplemental. Help it along.

Tariff Reduction in United States

Business interests thruout the world, especially in the United States, will watch with interest the movements of the Democratic party which comes into power in the United States on the 4th of next March. Before going away on a vacation President-Elect Woodrow Wilson announced that he would call a special session of congress immediately after his inauguration to carry out the promises he and his party made previous to the election, for an equitable revision of the tariff. It is not expected that Mr. Wilson proposes to make any radical changes in the tariff, but the business people of the United States have never been better prepared for a tariff revision than at present. Those interests have known for some time what was coming; even had the Republican party been returned to power it was a foregone conclusion that the moderate tariff wing of that party would prevail. Mr. Wilson had many supporters among the manufacturing classes who knew that there must be reductions in the event of his election.

The Philippines.

It is expected that the Democrats will early bring forth a measure providing for the independence of the Philippine Islands. At the last session of congress such a bill was offered and Governor Wilson favored it. If it pass congress it will receive the sanction of the majority of people in the United States as they regard the Philippine Islands as something of an incubus. There is widespread opposition to imperialism in the States, but outside of that the islands have been regarded as a bad business proposition and Uncle Sam is a business man before anything else.

Christmas Giving.

With only a month till Christmas the spirit of giving is abroad in the land. It would be satisfactory if all those who intend to increase the joy of living by making Christmas gifts were well endowed financially, but we fear that too promiscuous giving at this season may be a heavy drain upon the pocketbooks of a good many people. We have thousands of young girls, for instance, employed in department stores and offices, who earn barely sufficient to keep them in clothes, pay for their board and allow them a little pocket money. They are thinking probably of how they can return the favors that they will themselves receive. In an office where a dozen or more are employed the practice of swapping gifts at Yuletide has gone so far that many clerks are compelled to deny themselves many of the necessities of life. The exchange of neat, but inexpensive Christmas cards, which in the olden days was the vogue, would meet all the requirements of the ordinary individual.

Prevention of Typhoid Fever.

In a bulletin on sewage pollution of interstate and international waters, Dr. Allen T. McLaughlin, a United States investigator, makes some rather startling statements with regard to typhoid fever. The following comparison will cause a great many people who hold up their hands in horror at the ravages of the plague in India to consider that in Canada and the United States there are diseases which are as life-destrorying:

"Over the whole of the United States the number of cases (typhoid fever) which were preventable by means within our grasp would probably reach 175,000 and deaths so avoided would total 16,500. In 1909 there were more cases of typhoid fever in the United States than cases of plague in India, in spite of the fact that India's population is two and one-half times greater."

He further points out that in four years in Russia there were 283,684 cases of Asiatic cholera, including the epidemic of 1910. During the same time 1,250,000 cases of typhoid fever occurred in the United States.

According to another authority typhoid fever is 80 per cent. preventable, but it kills 25,000 people in the United States every year and costs many times what it would cost to prevent it.

Surely this is a subject to which the minds of the medical fraternity should be directed. The pollution of our water and disposal of our sewage to prevent this disease should be the first concern of the health authorities of our city.

Technical Training.

Principal Saloon of the Nova Scotia Normal School proposes a remedy for the blight upon the maritime provinces which in the past has depleted the soil, ruined the fisheries, pawned the mines to the monopolists and left the producing class incapable of carrying on skillfully the staple industries. He has seen young people emigrate to lands less favored by nature, and in laying bare this condition of affairs he proposes that the remedy is technical education, vocational training and the diffusion among the people of knowledge that will enable them to reclaim resources that have been weakened and neglected. He says that ten million dollars a year expended in this way would within twenty years place the maritime provinces in the front of the nations in industry, efficiency and culture.

The Dominion Government has, we all know, appointed a commission to investigate the question of technical training. This commission has probed conditions in European countries, but has not yet reported. No doubt when the result of their investigation is known and their recommendations brought into effect we will have a good start towards the improvement of which Prof. Saloon speaks. Germany, France and Denmark have created great wealth and stopped the dissipation of their natural resources by modern methods of technical training. The United States is moving slowly along the same lines and we in Canada have arrived at the point where we are disposed to copy the ideas of the older lands in this direction.

Shop Early.

Wise givers should accept the advice so freely tendered at this season of the year and "Shop Early." Early buying has many advantages. It affords a better opportunity for selection, and it relieves the tremendous strain which must be upon everyone of the thousands of clerks in the stores. Shopkeepers must convenience their customers by keeping open till late at night during the rush week, but if customers would accept this suggestion and get their buying over before the last few days there would be no necessity for the late hours and the clerks would derive more real enjoyment from their Christmas holiday.

CRUSTS & CRUMBS

BY
Albert Ernest Stafford

I have one reader at all events who has appreciated the spirit of this effort to bring some of the "hidden things" to the everyday reader. It is not meant for scholars who have other resources, nor for any who are satisfied—I will not say with their own conceits—but with any system or form of thought which they find themselves allied with and see no reason to abandon. Thirty-five years ago I would have given much to learn the things I have learned since, which I try now to share with others who are in a plight similar to my own. My correspondent writes:—"I thank you sincerely for enlightening me as to the difference between reincarnation and metempsychosis. It is a common mistake to accept them in one's mind as one. My mind is now clear on the difference. I acknowledge my mistake, which is one of the hardest things in life to do, and the not making excuses, for excuses are a sign of weakness. I will explain by telling you that my time is very limited. In fact I must spend the two hours in the twenty-four that I have to study in, and then must read just what my finances will allow. Then, too, I am working, working, working, toward a literary career, and you doubtless know what that means when a man has reached the age of thirty without even a public school education. So please accept my apologies. Of course no apologies are needed, and one can only wish all success to such a striver. If "Crusts and Crumbs" can be of any further service to him he is welcome to its assistance. And here I would remind him that the poor man's university, the Public Library, is wonderfully well equipped in Toronto, and the beautiful reading-room of the reference department on College street is the very place for such a student. And with regard to finance, literature, all the best books in the world are being published in "Everyman's Library." Cassell's "Populair Library" and other cheap series at 25 cents a volume and less. One a week soon makes a library."

I admit that such topics as we discuss in this corner are not often met in the ordinary library books, but every student finds what he wants if he is sufficiently in earnest. There is a strange magnetism of the soul which draws all things to it in the realm of knowledge, but most of us have "keepers" on our souls so that they can draw nothing, and perhaps learn nothing, for their own power for the future. But one must not work a metaphor too hard. The soul which is alert and active, freed from mental, intellectual or sentimental prejudices, will always certainly find what it needs. This is the testimony of the race as well as the promise of its greatest Teachers. "Seek and ye shall find, Ask and ye shall receive. Knock and it shall be opened unto you." One asks how this is to be reconciled with the assertion that all real teaching comes from within. I can only say that the guidance and the guarantee come from within. Whatever is found without must be submitted to the inner test. And the outer-consciousness can only be harmonized with the inner by the development of the outer instrument; and it is to accomplish that development and to gain the consequent experience that the Word is made flesh, that the soul incarnates upon earth at all. Even to this day, when evolution has become a commonplace, scarcely anyone seems to know what it is that evolves. And few realize that there can be no evolution without a corresponding involution. Allen Upward in "The New Word" has told us a great deal about the whirl and the swirl, the coincident forces which make the universe what it is, macrocosm and microcosm. All the great things of the world come from within. All art and music and poetry and philosophy and religion come from the inner world of the heart; and all that is done in the outer world that brings light, or endures for a little while, has been dictated by the Master Soul within. "Alas!" cries the cricket (referring to that all should bear the Master Soul within, and know it not). "The final test to which everything we seek or find or ask must be brought, is the test of the Master Soul—that which for evermore endures."

I get a good many letters. Here is another. "Editor: Crust and Crumbs. I think you ought to point out to your Toronto correspondent the soul that an atom is an aggregation of a thousand and more smaller particles all possessing the same substance and properties as the parent form. If, then, the soul is an atom of the Supreme Being, it may be split up into a thousand or more smaller souls. You will readily see where this may lead to an absurdity. I prefer Spurzheim as an authority on the subject of the Soul. He says, 'Souls may be emanations from God or something essentially different.' Of course, Spurzheim really knew no more than any other thinker on the subject, but what he thought he knew he expressed very clearly." I think this correspondent is really pleased if he is satisfied with Spurzheim's pronouncement on souls. What would he think of Spurzheim if that philosopher had said: "Sound may be the vibrations of matter or something essentially different." Very clear, is it not? He ought to be overwhelmed with the lucidity. Why is a philosopher allowed to talk rot and be honored, when a scientific man must deliver the goods or be canned? Excuse the slang. And what is all this about the atom? Twenty years ago my correspondent would have fought tooth and nail against his present description of an atom. He would have been willing then to spit up his molecule to some extent, but his atom then was absolutely one and indivisible like the French Republic. It was in that twenty years old sense that my other correspondent used the word. I have no doubt, and most people, I fancy, so understood him. Our scientific men are less dogmatic than they were and will not even assert of the ion or the electron what they once asserted of the atom. They are face to face with the fact, so truly awful to some of them, that nothing material is permanent, that everything physical is in constant change; that the secret of the universe is an Eternal Becoming. "Our shadows fleet and vanish. Only the Self forevermore endures." The scientific man knows, if he is willing to admit it, that the only unchanging thing he knows of is his own sense of identity, his egoity, his individuality. Should he live to be a hundred still he can say "I am I!" In all the transmutations of the atoms how does he preserve his I-ness? On this point Spurzheim is a black number.

Nor can we get any real help from the atomizers of today. Even the scientific men cannot agree about the atom. The physicist wants one sort, the chemist another, the biologist something different. One wants a solid atom, hard and unyielding; another wants it elastic and resilient; one wants a force-vortex and another a material particle; one wants to endow it with intelligence and another would make it a blind plaything of unconscious forces. Science can only invent fairy tales about the atom. No wonder our correspondent who has probably been fed up on science, finds rest for his weary brain in Spurzheim's intellectual feat over the soul. "Souls may be emanations from God, or something essentially different; they are, they are," says Spurzheim, "as far back as 1832 we must not be too hard on him. He may have foreseen the trouble the scientific men were going to have over the atom, and had the virtue not to fall into dogmatism. And at any rate if a thing isn't one thing it may be something else. One could almost start a new system of Euclid on axioms like that. But I'm glad my correspondent has taken Spurzheim rather than swallow a creed. You can chew on Spurzheim, but you couldn't swallow him. That's the difference between Spurzheim and a creed. You can swallow a creed, but it won't stand chewing. Well, poor Spurzheim has been dead these eighty years, and I'd advise my correspondent either to come down a little nearer modernity, or to go back a little farther into antiquity. I'd recommend Allen Upward's book referred to for the former, or Prof. Deussen's "Philosophy of the Vedanta," just published (translated by Charles Johnston), for the latter."

I am not going to recommend Spurzheim to my first correspondent, nor correct his views about atoms until the scientific men are agreed about what kind of atom they want. When the scientific men have agreed they will probably find themselves in disagreement with the mathematicians who require an entirely new kind of atom for their problems. I find the atom of the occultists meets the requirements of all the rest, and not having any scientific prejudices, I naturally use it as it is offered, as a working hypothesis. And similarly with the soul. Accept the idea as a working hypothesis and you need not be astonished to find that it works. That is the all-sufficient testimony. If a man tells me the road to go and I arrive at my destination by following the instructions it is nothing to me whether or other people denounce him as a quack or an impostor or an infidel or an ignoramus. He has given me the information I needed. The hypothesis worked, and is no longer a hypothesis, but accepted science—knowledge. This is the strong hold that the hypothesis of immortality, manifested in repeated lives on earth thru ever-advancing experiences with ever-developing faculties and ever-increasing wisdom, has for men groping in darkness until they find this golden thread in the labyrinth. And that is why reincarnation holds its place today in the science, the philosophy and religion of the world, and why in days to come our civilization will more and more be dominated by the ideals that arise out of its truth.

By
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