

Through Europe on the Eve of War

A Record of Personal Experience

VISIONS THAT REMAIN

Not all our hours from Paris to Constance, from Constance to London, and during our memorable two days by the Lake, were passed in gloom and sadness, now and then gleams of light broke through the darkness, and even a flash of humor broke in upon our sad and serious day. During the eventful ride from Constance to London, during the tense hours in that great city, during the eight days on the homecoming ship, during these intervening weeks when my mind has been completely absorbed in the struggle of the nations and my heart wrung by the poignant agony, the picture of that exquisite garden by the beautiful Lake of Constance, and the quaint old monastery where we held our meetings; floats into my mind and is a source of joy. I have had time to think of it, and I want some time to go back and enjoy it when this awful thing is over. Sometimes I almost think that I will recommend to the World Alliance of the Churches for Promoting International Friendship that after this war is over that they meet there again and go on with the conference, beginning where this one was broken off. But it is with delight that now and then I welcome the return of that exquisite picture.

It is generally recognized as one of the most beautiful spots in Europe. On an island, separated from the mainland by a strip of water about fifty feet wide, some seven or eight hundred years ago the Dominican Monks built a great monastery and planted all about it beautiful gardens. The monastery was built around an open court about a hundred feet square, and as was usual, wonderfully wrought cloisters were carried around the whole court. In these cloisters the monks walked at evening, while the court itself was planted with luxurious flowers. The great monastery was made famous by the meeting of the Council of Constance there in 1414. The Council remained in session three and a half years, and made a city by itself. For there were 5,000 delegates in attendance. The Council was presided over by the Emperor Sigismund. There were in attendance twenty-six princes, 140 counts, 29 cardinals, 20 archbishops, 600 bishops and about 4,000 regular ministers. It was 500 years ago, but as we walked about the cloisters that beautiful evening it was easy to bring it all back to memory. Indeed one needed only to use his eyes, for the whole history of the building is painted on the walls of the cloisters so that one may follow it as he walks on the stones trod by that great company five hundred years ago.

The monastery when it was turned into an hotel was hardly changed. Some of the partitions were removed and in recent years some bath tubs put in (up to a few years ago it was difficult to find a bath tub in any hotel in Europe). Otherwise the place is much the same. All the stairs and floors are of stone. The cloisters have been left untouched. The great refectory of the monks is still the dining room and some of the old paintings still remain on the wall although dimmed by time. Above the refectory is the smaller council room. It was in this room that John Huss argued his case day by day, and I think that he was in our minds every moment of our meeting. The gardens are much the same, I imagine, as when the monks paced them in meditation centuries ago, only the shrubs they planted have become trees, and new shrubs, in great profusion, have grown old from their seeds. Between the monastery and the Lake the space has been made into a large terrace where afternoon tea is served, while a large space in the garden has been turned into an out-of-doors dining room. The whole place is more like a chapter out of some mediaeval romance than like reality. The Sunday I happened to spend there fortunately was clear and bright. The Alps across the Lake were plainly visible and at evening time took on wonderful colors. Out of the turmoil and confusion of those days of war this picture will always stand clear and peaceful—a bit of peace and light in the noise and darkness.

Another picture that lingers with me is the journey down the Rhine, that beautiful Monday evening on our way from Constance to Cologne. I had been up and down the Rhine before, but it had always been in the bright light of day. This time we saw it in the softened light of evening and it was a new picture. How beautiful it was. At every turn, crowning some rock or rising out of the midst of vineyards, was some old castle or some great church. Many of the castles have fallen into ruin, but some have been restored by their modern owners and are places of habitations. One naturally wonders when he sees a great stone church perched upon the top of a high rock or mountain, why in the world it was ever built in that inaccessible place. The reason is that it was not built for the worship of a deity, but as a thank offering, or as a place of refuge in case of danger. God's army did not have any

indulged in all sorts of excesses and crimes all his life, found his mind as well as his priest—troubling him about his future. Then it would occur to him to put himself right with God by building a church to His glory. The crumbling castles are everywhere, and carry one's mind back to the time when no man was safe except behind fortifications and when every man's home was literally in his castle. And these names bring back so many associations—Bingen, Bonn, Coblenz, the Mouse Tower, the Lorelei, Rheingold—every mile of the river has been woven into romance and poetry. This evening it was all calm and peaceful, but the first muttering of the coming storm could be heard. The hills and river were all bathed in evening peace, but we began passing train after train filled with soldiers. The villages were full of that quiet which comes after the day's work is done. The old men were smoking their pipes on the benches in front of their houses, but at the station there were crowds of women and children cheering the soldiers on the trains. One could not believe that all these happy, peaceful, beautiful towns and hills were soon to be bathed again in blood and devastated as in former years. But as the train rolled on the edge of the river, more and more the beauty of the thing held us spell-bound and I for one shall always carry that picture in my mind as a joy forever—as a jewel snatched out of the debris of collapsing civilizations.

FREDERICK LYNCH.

Early Childhood and Problems in Tuberculosis

(By William Charles White, M. D., Medical Director, Tuberculosis League, Pittsburgh, Pa.)

The question that first requires an answer in the discussion of prenatal and early childhood problems is this: What just reason is there for tuberculosis organizations inaugurating and conducting preventive work among babies and mothers?

We have at present voluntary organizations dealing with the betterment of almost every age and aspect of child life, as well as specially trained practitioners of medicine who deal with this period of life exclusively.

We have societies for the care of mothers during pregnancy; societies for the prevention of infant mortality; societies for the study of child-welfare and child hygiene; societies for the control of child labor; all dealing with the health of the child and the potentiality which a healthy child carries as an investment for the state. Besides these voluntary groups, we are now entering upon the decade of state and municipal control for all health problems and so we have school physicians, school nurses, as well as separate bodies of municipal and state physicians, all of whom take a hand in the general welfare of the young human race, and it may be said, without fear of contradiction, that all the work of these various organizations is contributory in part to the prevention and cure of tuberculosis.

On the other hand, there stands out very clearly the universality of the tuberculosis problem. All lines of tuberculosis activity lead more or less directly back to the great truth that the implantations of tuberculosis are in childhood. The evidence of the post-mortem table, and the probably more delicate test of tuberculin, have shown us most conclusively that practically all our children in many of the crowded centres of population are at fourteen years of age the seat of tuberculous infection. In this childhood period we have all the varied forms of tuberculosis—of bones, glands, serous membranes, intestines, lungs, joints and meninges—to deal with, while in later life we have but the monotony of pulmonary tuberculosis, which becomes depressing in its multitudinousness, and which may be said to result in some way from some of these primary infections in earlier childhood.

On account of this universality of the infection tuberculosis organizations the world over have suddenly drawn toward the assumption of various forms of child welfare work, and it may be just as pertinently said that all the work done by tuberculosis organizations in this field contribute to the general health of the childhood period in just as great or to a greater degree than do the other organizations contribute to the prevention of tuberculosis.

These various activities are bound to continue and to widen in their scope, but the great weakness in the present plan is that there is no continuity in the paternalism with which the child's life is guarded. From the day of his birth the new human individual is seized upon by organizations or their agents—first to prevent his infant mortality, then to see that he goes to the proper labor, and besides these, he has a sort of school, then to prevent his sprinkling of private scartificators and sanitarians in the various districts and departments of our large cities,

and in it all there seems to be no dream of continuity. One paternalizing organization has no responsibility in seeing that the individual is passed on from the day of his birth until the day of his independence without the loss of a guiding hand, and so there has arisen, in this wonderful period of altruism, probably the greatest economic waste that the world has ever witnessed.

There has never been in the history of the world so comprehensive or efficient an organization for the improvement of any social condition as that which has been developed in every civilized country for the control and prevention of tuberculosis. Organizations for the public and voluntary control of this disease exist in practically every place in the civilized world, and all these organizations are centralized in state, national and international conference, and, besides this, as is pointed out above, all the lines of activity of this great organization have led steadily back, as the source of its problem, to the childhood period, so that nothing could be more fitting than that, in the interests of economy and of efficiency, there should congregate around the various tuberculosis organizations all the other interests which have to do with the social betterment which can never be separated from health, so that all our labor may tend toward the highest point in human achievement—municipal autonomy, which will eventually find its expression in these matters in a unit equipment for a unit population.

As the example of the interlocking of the various problems which are presented to tuberculosis organizations, in common with all other organizations for child hygiene in an antenatal and post parturient period, there come up the health of fathers; the feeding, rest and health of mothers; the feeding of infants; the provision of pure milk supply; the matter of fresh air and rest; of clothing; housing conditions in home and school; associations in school and workshop; and of dentistry—all agents using practically the same implements for the attainment of their individual desires. To me there can be no argument offered to justify a multiplicity of agents to secure for any family the desired best family conditions which shall contribute equally well to the protection against all types of sickness. If our medical and nursing training schools are fulfilling their function, surely no graduate agent is competent to handle every side of the health problem; especially should this be true when the principles underlying all care and prevention are alike. And so, again, it seems to me that the congregation of our various forces around this present organized army for prevention of tuberculosis is not only the wisest course, but the most economical and the most efficient course.

I cannot call attention to all the activities that have to do with the prenatal and early childhood problems. I feel, however, that there are certain features which probably do not suggest themselves as quickly as others, and it is these more neglected fields that I wish especially to emphasize.

Probably one of the most serious sources of infection to the child has lately been emphasized by the report of Dr. Hess from the ward of a large infant asylum in New York. In this institution the utmost care had been taken to control tuberculosis by segregation after giving to all children a tuberculin test and feeding them only on a pure pasteurized milk supply, containing no tubercle bacilli capable of producing tuberculosis, but, as so often happens, the greatest carelessness of all crept in—they failed to examine those who were to nurse and handle these so carefully protected children, and a consumptive nurse was admitted to the ward, and all the children whom she nursed became tuberculous.

One cannot read this history by Hess without being impressed with the seriousness of this, one of the great sources of the spread of tuberculosis in children. How careful we are in our private homes of our milk supply! How careful we are of the food of our children! How persistent we are in our efforts to prevent the contacts that may cause scarlet fever, smallpox, measles, whooping cough, etc.—and yet how every day we accept nurses for our children and servants into our households who spend from weeks to years working for us, but spend their last two years, or less, of life lying in a hospital for the care of consumptives! We have seen so many such cases that it seems to me one of the most important of which is that the housework and nursing have to be done and the laborers are few.

We talk so freely about the prevention of tuberculosis, and I know few of us have begun to do our duty in being sure that in our homes and in the homes of our patients those who care for our children cannot infect them with tuberculosis, or with other chronic illnesses, and I do not think we will begin to reach the root of this problem until this and similar activities have gained greater force and until the examination of nurses, girls and nurses who are to be entrusted with the care of babies and children in our homes is a matter of routine. I am sure that many of those of us who contribute toward the prevention of tuberculosis take on the work of nursing because it is a lighter task,

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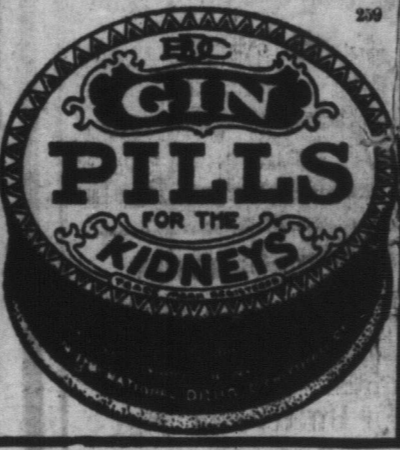
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and this may possibly be the explanation of our large mortality in the earlier years of life from this illness.

As another very serious feature in connection with early childhood in which the tuberculosis workers fight shoulder to shoulder with the various agencies dealing with child welfare and one of vital importance to all physicians dealing with childhood diseases is the question of pure milk supply. It cannot be said to be more the Province of one group of workers than another; it is equally true that pure milk supply is fundamental in the protection against typhoid; in the protection against infantile diarrhoeal diseases; and probably in prevention of various forms of glandular and bone tuberculosis.

I can only say, in conclusion, on this point of contact it seems to me well for all of us to join our forces for the prevention of illness from the use of milk, and this I feel can be gained only by a carefully supervised, municipally controlled, pasteurized milk supply.

As you will see, every activity to which the tuberculosis work brings us also brings us in contact with other organizations. The great truth that appeals to me in every study of this sort that we enter upon is that we must have men guiding these various factors who can co-relate and bring together in some such way as we have attempted to outline above the many activities which have to do with the national health and welfare, but we have no right to be impatient, for, in the words of the preacher, there is a time for all things, "A time to every purpose under the heaven; a time to plant, and a time to pluck up that which is planted;" and the time for co-relation will come in its own good day.

A private secretary at the national capital is still new to his honors. A newspaper woman, full of business, recently burst into the office of the secretary's chief. The great man was out. "Can you tell me when he will be in?" she asked. "Really," drawled the clerk, "I haven't an idea." "Well," said the newspaper woman, as she turned to go, "I must say you look it."

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