

DR. S. H. McDONALD
NEW PRESIDENT

Medical Society at Yesterday's Session Heard Excellent Papers—Banquet Last Night.

At the sessions of the forty-second annual meeting of the New Brunswick Medical Society held yesterday afternoon and evening, Dr. L. G. Pinault, of Campbellton, the president, was in the chair. Much important business was taken up at the general assembly and many interesting papers were read. The papers at the medical and surgical section meetings were of special importance and interest. Dr. S. H. McDonald, of St. John, was elected president for the ensuing year. A banquet was held in Bond's restaurant in the evening.

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Next Meetings in Woodstock and Houlton

It was decided that the next annual business meeting should be held at Woodstock and the annual general meeting should be held in Houlton with the Maine Medical Society in Houlton (Me.). The dates of the two meetings will be June 12, 13 and 14 of 1923.

When Dr. Murray MacLaren entered, accompanied by Hon. Dr. J. H. King, minister of public health, the hearty applause of the meeting was evidence of the cordial greeting of the assembled members.

Registrar's Report

Dr. Stewart Skinner presented the report of the registrar, which was in part as follows:

The candidates who passed the June examinations were Doctors J. E. Lezer, Ernest Martin, P. J. Mondie and H. M. Pendrigh. The doctors who were registered after having passed the examination of the medical council of Canada were A. F. Vanwart, E. H. Freeman and A. S. Kirkland. The doctors who were received through reciprocal registration with Great Britain were L. P. Costru, C. E. Sunder and J. B. Heid.

Officers Elected

Officers for the coming year were elected as follows: President, Dr. S. H. McDonald, St. John; vice-presidents, Dr. E. S. Bridges, St. John; 2nd, Dr. L. M. Curran, St. John; secretary, Dr. E. J. Ryan, St. John; treasurer, Dr. J. H. Freeman, St. John; members of the executive, Dr. A. S. Kirkland, Dr. P. H. LaPorte, Edmuntown; Dr. J. H. Aitken, St. John; Dr. G. C. Vanwart, Fredericton, Medical Section.

The meeting of the medical section was presided over by Dr. G. G. Melvin, chief medical health officer of the province, who gave the first paper reviewed. The meeting for pneumonia which have been used in the last forty years. He showed that there had been apparently no decrease in mortality in spite of all the efforts of medical science. Pneumonia still headed the death procession. He had no suggestion as to improved treatment, and as one head of a public department could say that no public measures had proved effective. There were some who claimed to have found a cure for pneumonia and he wished them success, but his own hope was that some of the young doctors before him might take up this question as the result of their study might gain renown and bring prolonged life to humanity.

In the discussion of this paper, Dr. R. D. Moore asked concerning serum treatments, and Dr. Melvin said that, while the vital statistics in the province were now the most complete records kept in any province, there were no records of the methods of treatment of cases being tabulated by the department. He replied to Dr. W. E. Preble, of Boston, referred to other authorities as having found the death rate from pneumonia to remain fairly constant at twenty-five per cent.

Importance of Diet

Dr. F. H. Wetmore, of Hampton, in his paper on deficiency diseases, dealt in a lucid and most informative manner with the principles of dietetics, referring particularly to the vitamins which are essential in a correct diet. Dr. Wetmore went into the subject fully and illustrated his remarks with some excellent wall charts and diagrams. The essential points in the diagnosis and treatment of deficiency diseases, he said, were correct balancing, suitability of the substance and the presence of the vitamins. He declared the profession should keep in touch with dietetics as one of the most important branches of science in the prevention of disease. At least twenty-five per cent. of all cases which come under a doctor's care, he believed, had their origin in faulty diet, and he recommended that the public health authorities should have oversight of the diets in institutions. By means of comparative anatomy charts and in giving particulars of experiments with animals, he explained the serious effects of improper feeding.

Dr. Melvin complimented Dr. Wetmore on his presentation of a very important subject, and said the subject of nutrition was one which to be fore at present.

Dr. W. F. Rowley spoke of some practical points in the diagnosis and treatment of digestive disturbances, giving an analysis of about 1,000 of his case records. Of all means of diagnosis, he considered the taking of the case history as the most important, and in this connection he had found that the patient

LUXURY ON A LINER



The Atlantic steamers of today are fitted with every possible comfort and modern convenience. This photograph shows a view of the luxurious swimming bath of the "BERENGARIA."

did not give sufficient information as a rule. While about one-quarter of all the cases were due to functional conditions, he had found that there was a direct relation between tonsillitis and ulcer, and between nasal catarrh and dyspepsia.

He divided cases of digestive disturbance into two classes: First, those of over-function, irritation or over-stimulation, and second, of depression of function. Mastication, he found, had a marked effect on the condition of the tongue, and he also found that the condition of the respiratory system had more effect on the condition of the tongue than did the digestive system.

Taking up methods of treatment, Dr. Rowley recommended sedative treatment for the first class and food which could go through a fine sieve. For ambulant cases he prohibited certain things, including fried food, meat, broths, stews, meat extracts, pickles, spices, condiments, raw fruits, baked beans, boiled cabbage and cheese. Belladonna was the great sedative drug, and according to the form of the disturbance an alkali might be used to neutralize acidity. For the second class of cases, the depression of function, forced feeding was good. If the patient would put up with some discomfort, Dr. Wetmore's remarks on diets would apply there.

Encephalitis

Dr. J. M. Barry gave a very interesting paper on encephalitis, based on facts gathered from personal observation and the experience of others in St. John.

While there was not known to be any agent which was the direct cause of the disease it came as a complication of influenza, mumps and other infectious diseases and it was believed that there must be some causative factor. He hoped to call forth reports of the experience of others and went on to give details of two cases which he had treated one of which had had a complete recovery in three weeks. Both cases had been sudden and both had run a rapid course and he had resorted to tapping the spinal fluid. He hoped that if a direct causative agent existed it might be discovered.

Discussion of the three last papers followed. Dr. Preble said he had enjoyed all three papers and could corroborate Dr. Rowley's statement regarding eggs causing complications in gall bladder trouble. He himself also added sweets to the list of restrictions for patients with digestive disturbances.

Dr. H. L. Abramson referred to the cases mentioned by Dr. Barry and said that in post mortem examinations of similar cases he had found the brain and respiratory systems affected. By some it was held that an organism caused the disease of encephalitis and a serum had been prepared but neither was generally accepted as yet.

Dr. R. D. Moore said that he had attended the meetings of the society for forty-two years and had never heard more important papers than those delivered by Dr. Wetmore and Dr. Rowley.

Surgical Section

At the meeting of the surgical section, Dr. W. D. Rankin, of Woodstock, presided and gave a paper on head injuries. The remainder of the session was occupied with a symposium on the "acute abdomen." The introductory address was given by Dr. G. A. E. Addy, Dr. W. H. White spoke of colics and Dr. W. H. Irvine, of Fredericton, read a paper on perforations. Dr. G. C. Vanwart, of Fredericton, dealt with hemorrhage and injuries and Dr. Murray MacLaren, C. M. G. P., spoke of obstructions. Dr. White gave a short talk

ON HAVING A NATIONAL IDEAL

(New York Evening Post)

At Boston the other day Dean Russell of Columbia, speaking on the necessity and difficulty of educating the majority in a democratic ideal, the importance of a national ideal. Nearly every one will agree with that, and that, but discussion enters when we set out to choose the particular ideal for nationalization. The Dean admitted the difficulty when he expressed abhorrence for the "Deutschum" ideal, in which the German people were sedulously trained for forty years with such lamentable results. He condemned the result, but praised the method. Equal attention to a better ideal would produce, he fancied, infinitely better results.

Perhaps so; yet a nation too much in love with its own dream usually ends by being a menace to its neighbors and a nuisance in a practical world. Russia in revolution is as little tolerant of the ideals of other states as Prussia was before defeat taught her a lesson. The militant communism of the one is as much a threat to the world today as the imperialism of the other was a threat to the world of yesterday.

Obviously a national ideal, once fully blown, bears seeds; and no matter how negative the fancy that growth be, the neighbors across the boundary may hold it noxious growth when the seeds are carried over and bear fruit on their soil.

What we call Americanism is at no premium in Canada or Mexico, we may be sure. Of course, if a national ideal could be imposed by force, it would be a different matter; but let the thing be ever so slightly overdone and your ideal goes ravaging where it is not wanted.

In view of the inherent difficulty of pleasing every one in the selection of a national ideal, and the further difficulty of keeping the ideal within bounds once it possesses our minds, why not let the matter rest where it is? We have some sort of national ideal now, though it is not quite as easy to formulate as it was in the good old days of '98 and '17. Besides, free trade in ideals is not a bad ideal in itself.

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In summarizing, Dr. Preble impressed on his audience the facts that obesity is the result of bad diet habits, that for increasing weight over fifteen pounds a diet of what the public should know and that it was the duty of the physician to impress on his patients the seriousness of the disease and to see that the restrictions of diet made were not too severe.

In the discussion, Doctors Rowley, Melvin and Pinault took part and, in reply to the last two doctors, Dr. Preble said that cases of overweight which were due to obesity were comparatively few.

What Should be Known About Cancer. Dr. G. A. B. Addy spoke briefly but stressing the importance of his subject and the great good derived from going to the control of cancer, he said, was a vigorous organization, having "cancer" calling members to carry on a vigorous educational campaign.

Dr. George Armstrong, of Montreal, had been appointed to head the movement in the maritime provinces, and Dr. Murray MacLaren having been appointed to organize New Brunswick, he said, was true that a great many might get alarmed by a cancer educational campaign, there must be no absolute fear of death from going to the people and advising them to have early treatment of cancer or cancerous conditions. They might be assured that it was not possible to proclaim what cancer was, but it could be impressed upon the public that cancer was not a contagious, non-hereditary and there was no hereditary predisposition to cancer. In patients of more than forty years of age, the death rate from cancer is higher than from tuberculosis. New Brunswick was fortunate in that its death rate from cancer was lower than that of the Dominion, but to reduce the death rate still more there should be instilled into the minds of the people the fact that cancer is curable in its primary or local condition, and that instead of keeping quiet about cancer, as was generally done, they should go at once to a specialist for treatment.

Following Dr. Addy's address, an educational film, prepared for the American society for the control of cancer, was shown.

Those who registered yesterday afternoon were: Doctors H. B. Hay, Chipman; S. H. Colbeck, St. John; D. B. Ross, Fredericton; O. Peters, Rothesay; J. C. Malcom, St. John; F. L. Kenney, St. John; F. X. Morris, St. John; D. W. Clark, St. John; F. L. Kenney, St. John; H. C. Carmichael, River Glade; H. S. Clarke, St. John; A. S. Kirkland, Edmuntown; C. M. Pratt, St. John; R. L. Ellis, Jacques River.

Obesity. Dr. W. E. Preble, of Boston, took for his subject "Obesity" and gave observations on 1,000 cases. The mortality statistics, he said, showed that obesity was no joke and obesity was purely a matter of habit. Tables which he exhibited showed the cases by age groups, blood pressure by age groups before and after treatment, the incidence of heart disease, the incidence of kidney disease, and the presence of sugar in urine by age groups in the 1,000 cases. He expressed the opinion that it would be of great value if records were made of heart disease incidents by the health departments. He told of favorable results obtained by reduction of weight, heart disease, kidney trouble, diabetes and high blood pressure being among the other conditions which had been found in obesity cases.

Obesity mortality statistics secured through life insurance companies showed that mortality rose steadily with increasing weight after five pounds beyond the normal. Fat people die sooner than those of normal weight. The mortality from pneumonia among the obese was well recognized.

Methods of treatment also were dealt with by Dr. Preble. Drugs might be used in rare cases. The causes of obesity were either too much fat and alcoholism, or less to be considered because of legislation. The physician could be successful in reducing weight in 100 per cent of cases where the patient co-operated. The habits should be carefully scanned and enough protein should be taken or weakness would result.

MORNING NEWS OVER THE WIRES

Moody Horseman, of Moncton, died in a street in his car, which was overturned when the train ran away and a heavy stone passed over his body.

The schooner Doris L. Curcum which is enroute to Cape Barrard, Nfld., is likely to be a total loss according to word received by her owners, Zwicker and Company, Lunenburg. Her crew of twenty were saved.

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Some of the officers and crew of H. M. C. S. Aurora, who sailed from Montreal for England on the C. P. S. Minnessa—the last members of Canada's navy to be demobilized. It is just a little more than eleven years ago that the Niobe, the first unit of the Canadian fleet, arrived at Halifax.

TO AVOID CONSUMPTION

Live Properly and Its Germs Cannot Gain a Foothold, Says an Authority.

Dr. Hermann M. Biggs, health commissioner of New York state and widely known as an authority on tuberculosis, in his official capacity tells how to avoid that dreaded disease.

"Tuberculosis is caused by a bacillus or germ which is so small that it can only be seen under the microscope," he says. "Sunshine will cause these germs to curl up and die, and this explains why the disease thrives in houses where fresh air and sunlight are not welcomed, and it also explains why tuberculosis is not contracted out of doors. When exposed to infection people who are in good physical condition are safe enough because nature provides defenses which destroy the bacilli. It is when the body is weakened by sickness or improper living that the germs can gain a foothold."

"When the disease has once started there is a little war going on in your body between the invading tubercle bacilli and the defenses which nature has provided. This is your own private war and the outcome means more to you than most people realize. It is your business to strengthen your defenses by rest, fresh air, proper food and medical care. A short period of rest and proper treatment at the outset may save months or years of suffering."

"The only answer is this: If you ever suspect that you have any trouble of this kind, consult your family doctor at once and follow his advice. Above all, don't say: 'I'm not going to quit work—I'll beat this game my own way.' The hospitals have any number of hopeless cases who waited too long, who thought they could beat the game their own way and who knew more than their family doctors."

"The encouraging part of it all is that the tuberculosis death rate is decreasing and more lives are being saved. Most cases can be cured, provided the patient seeks medical care before too much of his lung tissue has been destroyed. Even in advanced cases the disease may often be stopped, and many a man with only one lung is leading a useful life and supporting his family."

"Neither breaking a leg nor being operated for appendicitis is a joke, nor is it a joke to have tuberculosis—but the fact that you are not going to quit work—I'll beat this game my own way." The hospitals have any number of hopeless cases who waited too long, who thought they could beat the game their own way and who knew more than their family doctors."

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TELLS GIRLS HOW TO CUT CLOTHES BILLS

U. S. Government Circular Suggests Home-Made Model for Dressmaking—Women Saved \$102 on One Outfit.

Washington, July 19.—The United States Department of Agriculture does work of many interesting sorts. Its ramifications extend in divers directions not solely included under the subject of agriculture, and one of the most helpful of these is aiding in the subjugation of the still high cost of clothing. A recent publication of the department declares that the business girl with a reasonable amount of zeal and talent can use part of her spare time to such effect that she can cut in half her clothes bill.

In the first place, says the circular, it must be granted that the important way to reduce costs is to eliminate as far as possible the items of labor and distribution. In other words, the business girl should make her own clothing; otherwise, unless she's a wizard at making out bargains, she stands little chance of reducing her clothes budget.

The business girl may claim, says the circular, that she has not the time or energy left after a strenuous day's work; but a skillful seamstress who enjoys sewing as an interesting and profitable change of occupation can always find time and energy. In this connection, the department cites the case of a girl in a Government bureau who, with the aid of the circulars and extension work of the Agriculture Department, was very successful in keeping her wardrobe supplied at comparatively low cost — one half in fact what the same clothing would have cost ready-made.

To begin with, she got a department circular telling how to make a dress form by pasting layers of gummed bundle-wrapping paper over a tightly fitting vest on herself as a model. When the paper casing was cut off and fastened together she had a light, stiff, and perfect reproduction of her form. So it was not necessary to purchase a store-bought dress at 45 cents.

The girl reported that her latest wardrobe cost her only \$108 for clothing conservatively estimated to be worth \$210 at store prices. With the aid of her paper form she made, for \$24.61, a tan broadcloth winter coat with good lining, such as she saw priced at \$50 in the shop. A blue voile dress with a slip cost, including trimming, \$11.09. A tussie gingham dress with organdie for trimming and also hemstitching, cost \$6.33; with scrapes and a remnant she made another gingham dress for exactly forty-five cents.

For \$16 she bought materials to make a pussy willow taffeta and Georgette crepe dress for social occasions, which she said, she could not duplicate in quality at a store for less than \$35. Her business dress of serge and crepe de chene would have been priced at \$40 or more if made of the good fabrics she bought for \$18.39. Her evening dress, also, of taffeta and silver lace, cost only \$21, although it was modelled after one seen at a shop at a much higher price.

MAKES BRITISHERS HUSTLE Canadian Engineer Applies Western Methods in Handling Labor.

London, July 19.—Commodious, well-built dwelling houses are going up at Feltham, a suburb of London, at the rate of one a day. Such speed in building has never been witnessed here before. It is all the more striking because it occurs at a time when complaints are heard on every side that the British workman is not what he used to be. The man who is getting the work done learned how to hustle and how to

Here is the effort of Kul-el-Amara, who, despite all signs of the British Government, has gone to Angola, capital of the Turkish Nationalists. Great Britain is still technically at war with Turkey and it is feared that the general may indulge in some unofficial diplomacy that may compromise his country's position.

Not Always Successful. She (to a visitor)—And do you come down the same way you go up? He—No; I try to come down feet first.

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Just say 'GIMME STROLLERS' The cigarette with the original flavor 10 for 15 cents

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