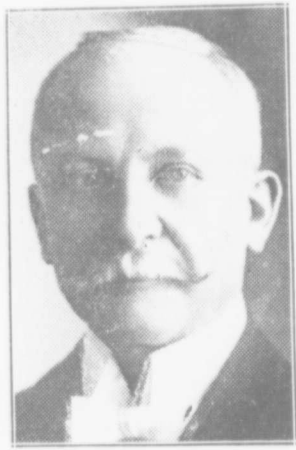


*Julius P.*

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# Nationalization of the Medical Profession

An Epoch-Making Treatise by a Reputable Physician



Dr. J. E. HETT, Kitchener, Ont.  
Champion of Maternity Benefits, Free Hospital Service  
and Other Pressing Reforms.

A BOOK EVERYONE SHOULD READ

Issued by the  
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For several years past Dr. Hett has championed the reforms enumerated in the above treatise before Labor bodies and women's organizations and at the conventions of the Labor Educational Association of Ontario held in Stratford in 1919, and at Brantford in 1920 it was carried that it be published by the Association in the interests of the Canadian public.

# Nationalization of the Medical Profession

The writer of the article which follows, Ex-Mayor Dr. J. E. Hett of Kitchener, is well known throughout the Province of Ontario for his warm sympathy for the cause of organized labor. He is a well-known figure at the succeeding conventions of the Labor Educational Association of Ontario and the Independent Labor Party, and for years has been actively connected with the industrial and political activities of labor in his native city. He was born in Kitchener on May 2, 1870, and graduated from the University of Toronto on May 2, 1891, on his 21st birthday. The doctor knows what it means to be without money, as he spent many of his student days in Toronto without a nickel in his pocket. He never attended the full courses of lectures at college, as he worked for part of the time and during the holidays at the carpenter trade. He has been secretary of the local Medical Association for over a quarter of a century and has contributed numerous articles to medical literature. He was the first in the world to treat and report a case of uterine fibroid by X-ray, which was a complete success. He is engaged in work on cancer for some time. Dr. Hett's interest in the labor movement has been known by nearly all the old labor leaders for over twenty-five years. He is on the executive of the Labor Educational Association and a vice-president of the I.L.P.

He speaks four languages—English, German, French and Italian—and for several years served on the local Board of Education. His article on the Nationalization of the Medical Profession shows a great deal of original thought, and he claims that if the medical profession is nationalized completely that sickness and suffering will be reduced over 50 per cent. and thousands of lives saved, whilst at the same time the highest type of citizens will be developed.

## The Eradication of Misery and Disease.

To the Labor Educational Association:

Ladies and Gentlemen: One year ago to-day, May 24th, 1919, in the city of Stratford at our annual meeting you intrusted me with the task of giving a report upon this vital question. Consequently I am here to-day and beg to submit the following report for your consideration.

In the contemplation of this great question it is necessary for us to lay aside every selfish motive and allow our hearts to be filled with the greatest ideals of life in the endeavor to make a correct diagnosis of the physical, mental and spiritual conditions of our people and those who are to be born and applying physical and mental hygiene, together with all the medical and surgical knowledge and application of the same for the purpose of eradicating misery and disease, with all its terrible sufferings and bringing about happiness and health to our civilization in its highest form.

It would be exceedingly interesting to present to you a synopsis of the evolution of public health, but those thoughts can be obtained from other sources. Time brings about many changes. The world is in a great upheaval, and many conditions are in a chaotic state. What does this all mean? People are beginning to think as they never did before. The conditions are such that all communities and countries are influenced by the various thoughts, discoveries, conventions and scientific progress of the age.

## The Conserving of the Public Health Is a Vital Problem.

When we study the evolution of public health in Canada and study the statistics we find that some communities vary greatly in health matters and

some are as backward as most countries were fifty years ago, whilst others have made very good progress and are just as far advanced as any other community to be found anywhere. When, however, we study the conditions in the most advanced sections we find very deplorable conditions existing, and we must come to the conclusion that we have a long road to travel to educate the populace and legislate in the interests of public health and that political action is required to deal intelligently with these economic and social problems.

Is it not as vital to consider the question of public health as important as that of any other human interest? In reality it is so high that all other problems are dwarfed in comparison.

Millions of human beings exist in all nations, feeble, dull, ignorant, through adverse conditions, and many nations have perished because of similar causes, and others are perishing today because we fail to perceive the situation which confronts us at the present time. The unnecessary and alarming high death rate, our insane asylums overflowing and the increasing numbers of the mentally unbalanced not in asylums, the many persons mentally and physically diseased through no fault of their own, but through the fault of the state.

#### **The Coming Generation Should Be Well Born.**

The most important duty is to ensure that the coming generation shall be well-born—to have the opportunity to live long and contentedly through a knowledge of the laws of health and under proper conditions, so that man may realize and appreciate all the attributes of divine love in his fellow-man and be in rapport with the cosmic laws of the universe as he realizes the Divine Creator in all things, so that he becomes free in the exercise of his nobler faculties without any restraint in the performance of his duty and service to himself, his family, his fellow-man, the state, and to God.

How long will our people stand for the existing conditions under which the rich are becoming richer, the poor poorer and the nation becomes submerged in false ideals of life with all its miseries, whilst our politicians are throwing mud at each other and are juggling with minor affairs instead of

legislating for the greatest good. England's greatest statesman prophesied "M.D.'s are to become the rulers of the nations, the *anctores sapientias maxime*," and I have no hesitancy in stating that the time certainly will come when that prophecy will be fulfilled.

The medical profession has made most wonderful progress in the past hundred years, and we have every reason to believe that had this not been the case there would undoubtedly be quite a number who are present at this meeting to-day that would not be present for they would have succumbed to various diseases—or would not have been born. The general public realizes but little what they owe to medical and surgical science.

When we look back to the time when cholera swept this part of the country the times were awful. We have nothing to fear now from that disease simply because our public health services in Canada and the U. S. are able to prevent its entrance into the country.

#### **Smallpox Killed 500,000 People Annually in Europe.**

Years ago malaria was prevalent in certain sections but we have hardly any now. Yellow fever, that great scourge of the Southern States and Panama, has disappeared. Let us look for a moment at the history of the Panama Canal. When first its construction was contemplated by the French it was a failure on account of the yellow fever. When the Americans took hold of the project they first attacked the yellow fever by getting rid of the mosquitoes, and to-day the country around Panama is as healthy as any that can be found.

Diphtheria used to be a terrible disease, but now it is preventable and amenable to treatment.

Prior to the days of vaccination smallpox was a terrible plague. Of all the pestilences that afflict mankind, smallpox has by far the worst record as a destroyer. Not much more than a century ago it was reckoned that one-fourth of the human race bore in blindness or disfigurement traces of attack by this fearful plague, which at times wiped out whole communities.

The malady was so common that those who escaped it were considered

lucky. It killed 500,000 people annually in Europe.

Typhoid fever until recent years claimed many victims annually, as all older residents of Toronto know only too well. To-day the water is chlorinated and we have a typhoid vaccine which has played a very prominent part in the great war. In all previous wars the mortality from typhoid fever was frightful, but there was hardly any in the late world war. The prevention of typhoid fever amongst the allied troops was perhaps the biggest factor in winning the war, and many of our returned men are alive and well to-day because they were inoculated.

The advances made in the prevention of tetanus and infection in wounds has been a great triumph achieved in the military hospitals.

#### **Too Much Commercialism in the Medical Profession.**

Let us look for a moment at tuberculosis. Many of us remember when it was considered an hereditary disease pure and simple. Now it is known to be an infectious disease, and patients, instead of remaining at home and infecting the other members of the family, are removed to tuberculosis sanitariums and given the very best treatments.

Whenever we see that the state has taken charge of the sick great advances have been made.

During the war all our soldiers came under the medical and surgical treatment of the state, and it was the interest of the state to keep our men fit, and our physicians and surgeons who enlisted in the war made many sacrifices and were, like our soldiers, poorly paid. Our country owes them a great debt for the noble work they accomplished.

When we look at the medical profession to-day, that is the system of private practice, we find that it is not the highly honored profession it was a quarter of a century ago, when the ideals of the average practitioner were higher than they are to-day. The old family practitioner had the welfare of the family at heart, and his advice was as a rule very reliable. Many physicians and surgeons of these ideals are found to-day, but one cannot help notice that a change has taken place which has been produced by the spirit

of the age in mixing too much commercialism into the profession.

#### **Too Many Unnecessary Operations Are Performed.**

Many people are afraid, and very often justly so, to consult a surgeon when they have some pain below the belt for fear of an operation. We have many splendid surgeons who are reliable, but we have some who are after the almighty dollar and subject the innocents to an operation which at times causes their death, and yet the surgeon gets away with it all. It seems that some have no conscience, and at times it is so elastic that it can be stretched to any length to suit their purpose.

There are altogether too many unnecessary operations performed at present in some localities, and there is no control over them. The public does not know and many patients do not know how it is put over them. I certainly believe in the good work of surgery, but I consider it criminal when operations are performed where it is not necessary, but only for the money there is in it.

If the public really knew what is actually going on some unscrupulous operators, not surgeons, would have rather a hot time.

If we had the medical profession placed under state control, as will be pointed out later, such acts could not take place.

No men in the community can do more evil or more good than the men of the medical profession. Their powers for good or for evil are so great that the public can entertain no conception of it.

There are some medical men who stoop so low as to perform abortions and thus become criminal murderers. I am absolutely positive that many reliable and conscientious medical practitioners know this to be the case and they frequently have seen the reasons why they have not been employed by certain families as the family physician simply because they were honest and conscientious.

#### **The Mortality of Medical Men Is High —Few Arrive at Old Age.**

If the general public would know the real truth they would be horrified in certain localities, whilst in others it would not cause much of a sensa-

tion, for the general knowledge is only too common and even praised.

On the other hand, the great majority of the medical men advise and instruct the families along right lines, and who could dare to state the number of persons who have been born and become useful citizens through the advice of the medical men? Grand and great are their powers. Who has greater sympathy than the conscientious medical practitioner who is present at birth, gives advice before birth, watches his patient like a vigilant angel through life until unconscious on his death bed, ever present to encourage and cheer the soul in its diseased physical form until it passes into the Great Beyond! Who feels relieved when he is in misery to hear the voice of his friend the doctor at any hour of the day or night!

Have you ever thought of the great trials the medical men have in all kinds of weather? When you are sleeping soundly he travels through many dangers to relieve the stricken ones, and then frequently he neither receives thanks or pay for his loss of sleep and sacrifice. Are you aware that the mortality of the medical men is very high and only a few arrive to old age? The strain often is too great and their lives frequently are sacrificed on the altar of service. A grander and nobler ideal will present itself when once the public realize what nationalization of the profession means.

Under our system sickness is often looked upon as a personal misfortune and not as an economic calamity. Until a few years ago when a child had scarlet fever or diphtheria and it was removed to an isolation hospital the father was expected to pay for the child's maintenance.

#### **Many Parents Cannot Afford to Pay the Fees Demanded by Medical Practitioners.**

Is that just? Is the father responsible for the sick child? Then he has to be penalized for its maintenance, pay the doctor, and perhaps his child will die. Is not the whole community responsible? Certainly it is, and it is absolutely unjust that the father should pay.

Some medical men, for selfish motives, even have earned reputations in not reporting these diseases, and thereby endangered the lives of others.

It does not take much argument to prove that these diseases should be placed under state control like small-pox. Should those afflicted, through no fault of their own, be compensated for the time they are isolated? We believe all those who have been in isolation hospitals hold those opinions.

No practitioner works harder and is paid less than the country practitioner, whilst the specialist in the city, who has short hours and lives in comfort, usually charges exorbitant fees.

Why should so many of our men whose health is ruined on account of their work be penalized to pay for medical attention? Why should our producers of the greatest assets to the country, namely children, be penalized for medical attention? Would it not be more proper to give free medical attention and give the women a bonus besides for their great devotion? Many parents can hardly afford the fees now asked in many localities by the medical practitioners.

The whole system when properly investigated and understood is absolutely wrong as it exists to-day.

The doctors are obliged to spend a great deal of time in collecting accounts, sending out dinners, having trouble with many patients, wasting much valuable time, which would be better were it devoted to study or research.

Unfortunately some medical men play upon the nervous condition of women and the poor husband has to keep his nose on the grindstone to pay his medical bills.

#### **History of the Medical Profession.**

When we go back a few centuries we find that the doctor was the physician, surgeon, anatomist, botanist, zoologist and pharmacist all in one.

In the eighteenth century one professor often taught botany, anatomy, surgery and physiology. Later on one professor taught two or more subjects, but now we have one for each branch.

Gradually in the practice of medicine we find that the general practitioner treated everything that came along. Only one part was specialized years ago, and that was blood-letting, and that being so common it was conducted by the barbers, and the very signpost of red and white to-day had its origin as the place where persons could be relieved of their aches and pains by blood-letting at the stations desig-

nated by the advertisement of the pole of the barber. Gradually specialists came into vogue, and we found some men as physicians only and others as surgeons. Various forms of specialists followed: eye specialists, skin specialists, lung specialists, nerve specialists, maternity specialists, general surgery, nose and throat specialists, heart specialists, specialists on tuberculosis, X-ray, and many others.

The days of the general practitioner who treated everything that came along is gone, and now he sends many of his patients to different specialists in order that they may receive the best treatment.

The great war has demonstrated that a large number of the young men were unfit, and the statistics have shown that the very foundations of the nations are undermined. All this meant inefficiency; not only that but a great economic loss to the country in many respects. The war has shown us what can be accomplished by the efficiency that was attained by placing such a large body of men under state medical service.

#### **A Triumph for Preventative Medicine.**

Wonderful studies were made in our medical service. From illustrations in the South African War the ratio per cent of the men who died from disease to those of wounds was as 65 is to 35.

In the great war the figures are as 5.14 to 94.85. This is a triumph for preventative medicine.

If this can be accomplished under war, what can be accomplished under peace? A national weakness and disease must be met by a national strength and remedy.

We have at present preventative medicine and curative medicine, but our efforts often are lamentable ineffective. Let us look at our Provincial Board of Health and our local Boards of Health. Their efforts in the past have been to prevent and treat Small Pox, Scarlet Fever, Diphtheria, Applied Sanitation, Plumbing, Sewage, and looking after the water supplies of cities.

Laboratories have now been established to examine the Sputum, Blood Tests, Gonorrhoea. Medical men must use silver nitrate in the eyes of every child at birth to prevent blindness.

Now they are making efforts to instruct the general public against venereal diseases. These efforts are all good, but we must go a great deal further. Let us take, for example, the Influenza epidemic of 1918. All medical men in our province were circularized that the epidemic was mild and no particular instructions were given as regards its treatment. I cannot understand why some of our medical health officers were not sent to the New England states when the disease existed, before it reached us to study the cases and advise the medical men how best to combat the disease.

No instructions were given us as regards the organization of a nursing staff and that every community should immediately provide accommodations for the afflicted. What has been the result? A most appalling death rate. One medical man resorted to this treatment the other to that. Later on instructions were given, but too late. Had the people been better advised many lives could have been saved. I do not blame our officers of public health but the system, which must be greatly improved.

#### **Inefficient and Futile Methods Must Be Discarded.**

Preventative medicine must go much further and it must have the co-operation of curative medicine and there is no efficient solution to this question, unless, we go a great deal further. The thorough education of the mass of the people has hardly been commenced.

Instead of a weak race we should have a strong race and this can only be accomplished by a most thorough education of the masses and the creation of a state medical service for the purpose of maintaining the highest health of our people. It will be necessary for the state to take charge of all hospitals and the nursing profession.

Our methods at the present time are so inefficient and futile that something must be done to change them.

We must improve our system of preventative medicine by every method which will be found most proficient. We know what has been accomplished in tuberculosis. Now an effort is to be made in venereal diseases and a good

sum of money has been set aside by our province for this purpose. We must, however, go much further and instruct our people by pamphlets, newspapers, motion pictures, exhibits, and the appointment of specialists in lectures in many branches, whose duty it will be to visit many places.

The work that can be accomplished by these means will be so great that one would hardly dare to believe it to be possible, but if the plan is followed out as outlined in this paper I feel positive that there will not be the need of so many medical men, our hospitals will not be so crowded, for sickness and suffering can be reduced over 50 per cent.

#### **Success of Workmen's Compensation.**

Within the last three years many medical men have served the state as regards accidents. Surgeons are paid by the Workmen's Compensation Board and every worker has the right to demand the services of any surgeon he chooses. Many workers do not know this and have an idea that such and such a doctor is the surgeon for the company. The Workmen's Compensation Act gives the workman his full choice in the selection of his surgeon, and the workman has the right to choose whoever he wishes. The Workmen's Compensation Board publishes a complete tariff of their fees, and the surgeon has no right to charge what he likes—he simply can't do it. Reports are made out as regards the accident by the employer; the injured worker and the surgeon and the medical board favors no one. They do the very best they can in justice to all concerned, and if they think a surgeon's fees are too high, and they can form a fairly accurate opinion from the reports, they will simply cut down the bill and the surgeon must be satisfied. The board's decision is final. The system works splendidly. The Workmen's Compensation Act is a great blessing to every worker, and every man that comes under its wings of protection should appreciate the fact that it was through the strenuous efforts of the leaders of organized labor that the bill was finally adopted by the Government and is being improved from time to time.

It is to the interest of the employer to have as few accidents as possible, and consequently the safety appliances

have been better looked after. The Ontario Safety League has done splendid work, and the employers have realized that it pays them to utilize safety methods for their machines. The railways of the U. S. soon saved the lives of 3,000 of their employes and 6,000 lives of the general public by taking the advice of the Safety League.

#### **Every Workman Should Be Protected Against Illness.**

The steel industry of the U. S. expended large sums of money to reorganize their plants with a view to preventing accidents, and they realized a net gain of \$1,000,000 in cash over and above the cost of introducing their safety devices and saved 23,000 of their employes from either injury or death.

We must have better supervision than we have now. We have as yet no medical supervision as regards the health of the workers.

It is the duty of the state to prevent accidents and to care for those who meet with accidents, but no provision is made as regards the medical care of the worker when he is ill.

Since the Workmen's Compensation Act is so successful is it not reasonable that there should be provided an act under a commission to provide compensation for the worker and his dependents in case of sickness?

With our high costs of living at the present time the worker is hit very hard indeed if he is ill and unable to earn anything, and then has to pay his medical attendant besides. It is perfectly evident that when the breadwinner of a family is ill at the present time he is terribly worried over the loss he sustains, for very often he is hard up against it.

I see no reason why every workman should not be protected against illness. A law can be enacted whereby he should have at least two-thirds or three-quarters of the amount of his salary and free hospital, medical, surgical and nursing attendance. If an act of this nature is passed, then an act which will ensure every maternity case free medical attendance and nursing and the bonusing of every mother for every child could be passed. Then free medical attendance could be provided for all children and other persons not employed in industries.



### Hospitals Under Nationalized System.

One may say where will all the money come from for these purposes? Sickness will not exist as at present, for you may rest assured if these laws are enacted the state will endeavor to reduce the costs as much as possible by every possible means of preventing sickness and placing the medical and surgical professions upon such an efficient basis that the very best possible results will be attained in the quickest time possible.

How can this be done? Our medical colleges will train their members not only as at present; other branches of study will be established. Greater studies and efforts will be directed in preventative medicine and we will also have preventative medicine.

Our universities must be constructive, and their graduates must be educated in such a way that they shall be of the greatest service to the state. A decent salary must be assured them, but the system of every man for himself, as it is at present in the insane race of commercialism, is a detriment to the best interests of the medical practitioner as well as the public and state.

In the new state of medical school in sociological medicine there will be many branches for specializing. What is required after a thorough education in medicine as at present is specialization in various lines. After graduation the candidates would be graded according to their relative standing, but to some extent they would be allowed the choice of positions according to their likings.

Under nationalization there should be hospitals centrally located where the various diseases would be classified. For example, there should be one large or a number of hospitals for cancer, where every patient afflicted with that disease could go to be treated by the very latest and best methods as well as having the disease confirmed in diagnosis.

### Nervous Diseases Should Be Treated in Special Hospitals.

Under our system at present cancer cases are treated all over, and the results are only too well known. There are no opportunities for research work, and since one woman in eleven and one man in thirteen die with cancer every effort should be made to cen-

tralize these patients for research work and treatment.

If these cases were centralized and the history of all patients thoroughly investigated, the food they subsisted on, the work engaged in, and a host of other questions, we would be in a better position to ascertain the cause of the affliction.

Persons crippled with rheumatoid arthritis could be centralized, providing they would not wish to leave home.

Nervous diseases should be treated in special hospitals, and it would be a splendid thing if there were sanitariums where early cases of lunacy would be treated before they would enter the asylums.

There are a very large number of persons ill only mentally, not physically, where the conditions are purely functional or hysterical.

Proper instruction in mental hygiene would quickly correct these, and then we would not have so many people treated by charms and all forms of faith cures as we have at present. Faith plays a big part in many nervous afflictions.

### A Diseased Physical Body Leads to a Diseased Mind Also.

We must remember that if the physical body becomes diseased that the mind becomes diseased as well. Many nervous patients could be rapidly cured and instructed how to keep well. Many people suffer through the folly of superstition. Every medical practitioner knows that the auto suggestions of these ignorant ideas play havoc with the minds of many people. Science has done wonders in ridding some superstitious thoughts, but still many people believe in them, and education is necessary to dispel these foolish ideas.

### Railway Efficiency.

The travelling public on our railways are not properly protected against accidents. It would pay the railways well to have better efficiency in its employes and operators.

In speaking of railways we mean not only steam roads, but all forms of electric roads and other forms of convenience—steamboats, motor busses, taxis, etc. All employes entrusted with the care and life of the public should be medically examined as regards their physical and mental fitness.

To illustrate this I will simply narrate the causes of an accident that happened. A conductor called at my office with an injured finger. Whilst dressing it I noticed that he had great difficulty in breathing. Upon examination I found he could not breathe through his nose at all. His nostrils were plugged up by nasal polyps, and his tonsils were diseased. I told him that he should not be employed on the car. He replied, "I feel better being in the air than working about in a factory." "Perfectly true," I replied, "but you cannot think quickly enough or act quickly enough for your responsible position." A few weeks later a collision occurred, and a score of persons were injured. It cost a lot of suffering to the victims, and it cost the company or the insurance company some thousands of dollars to settle the claims, outside of the damage to the cars.

This is simply mentioned as an example to illustrate the point. There is no doubt if many accidents were better investigated, after finding out who was responsible, if the companies would go further and investigate why the man made a mistake, the question of examination of the employees in charge of the safety of the public would be considered. Would it not pay our country well to do so!

#### Ministry of Sex.

In the nationalization of the medical profession there should be a department or rather a board of medical men whose duty would be:

To teach the laws of sex in its true light.

This is one of the greatest questions.

The laws of sex control should be studied, and virtue should be aimed at with the greatest ideals of life. It is not enough to expect virtue in girls, but we should have virtue in men. Pamphlets should be properly prepared, and medical men and lady physicians should give addresses in various cities on these subjects. Moving pictures and slides should be used to instruct the youth. Married people should receive instruction as well as the single. We should teach the people in true marriage and love, and not have so many legalized conveniences, as we find them everywhere.

One of the greatest curses afflicting humanity is sexual abuse. A few thousand have come under my notice, and this not only in young men but

also young women. All these poor unfortunate victims will suffer from its effects more or less throughout life. Sexual onanism is responsible for a tremendous amount of nervous disturbances, and cause more physical and mental wrecks in people than even the loathsome venereal diseases. This is as yet not recognized, but I feel absolutely certain if these conditions were properly investigated, and there are such a tremendous number of victims, these statements could easily be proven.

All these questions should be properly studied and the people should be enlightened.

The Government is now making efforts in fighting venereal diseases, and every encouragement should be given to stamp out this vile plague. The picture recently entitled "At the End of the Road" illustrates what educational films can accomplish. The public is ready for these instructions. The owners of the films must clean up a lot of money, but the State should give better pictures to the public at cost.

The Protestant churches in their teachings of morals have certainly been negligent in their duties in enlightening the youth, but perhaps they think this is not their business. The Protestant clergy should waken up and have their own children instructed. A number of cases of abuses, boys and girls, clergymen's children, coming under my notice. Would it not be more sane to instruct the youth of our country against these evils than to crowd their heads full of a whole lot of information such as is taught in the schools at the present time?

If we had a board of medical men and women who would specialize in instructing on these questions, we would improve our race most wonderfully.

The Roman Catholic Church recognizes these laws, and they have special priests or missionaries who visit the various congregations from time to time, giving lectures and instructions. They speak plainly, and to the point, and they do more good than money could value. It is high time that the State should appoint a medical board and commission to look after these instructions.

I know of no investment that could be made in anything that would bring greater returns than this. If such were

the case it would not cost the State so much in caring for the thousands of unfortunate victims in our asylums at present—a disgrace to civilization.

Just imagine what a happy world this would be for millions of men and women if they were only properly instructed and enlightened, so that their bodies and minds would not be more or less wrecked. These unfortunate victims are not to be condemned, but deserve our pity. In the laws of nature ignorance excuses no one. It is essential that man should receive knowledge and wisdom. The brains have been given to him, and these should be utilized by our educators in the most important education in life, namely, the proper education in the sexual functions.

#### A Ministry of Motherhood.

Lo! at the couch where infant beauty sleeps,  
Her silent watch the mournful Mother keeps;  
She, while the lowly babe unconscious lies,  
Smiles on her slumbering child with pensive eyes.

—Campbell, Pleasures of Hope.

The State should establish a Ministry of Motherhood. Under this Ministry special scientific training should radiate into every home. Special training should be given to girls to fit them for the great responsibilities of motherhood, and believe me, they need it. Maternity homes should be established throughout the State, and special training and aid given to women before childbirth, and care for them afterwards. This should be free of all cost.

Of all the reforms that are taking place in the world, one is almost overwhelmed with the efforts that many of our good people are endeavoring to do, but when we come to study the results we find that a tremendous amount of money is simply wasted, and an enormous amount of money expended with very small results.

"It is easier to mould molten than to file cold cast iron."

Why should we exert so much influence upon the low, depraved degenerate, the criminal, the idiot, the lunatic, and neglect the most vital causes? How much better will it be when we study the causes of conditions that exist, and endeavor to solve the beau-

tiful and divine laws of regeneration than to endeavor to reform the hardened evil-doers. If ever the reformation of the world is to be accomplished, and Utopia established upon the earth, and a Kingdom of Heaven, we must go to the very source of life, and study the laws of eugenics—teach the laws governing maternity, for there is no greater love than the love between mother and child, which being properly understood and developed, becomes divine. In this Ministry, the laws of eugenics should be studied and its lessons given to the people.

#### Pre-Natal Impressions.

The earliest teaching that the child receives through its mother should be most thoroughly investigated. I have made many observations, and although I know that the materialists all scoff at the psychological impressions upon the child by the mother, it would be to the country's interest to have a medical board to make a thorough investigation of this important and very interesting subject. I might narrate many instances which I investigated along these lines, but space will not permit me to go into this subject extensively in this thesis. I will, however, mention the most striking incident that came under my notice.

I attended a mother at the birth of her first child, which was born with two horns, about  $\frac{3}{4}$  inches in length. It was in the American Block in this city, some years ago. Besides the parent, who saw this, there was a well-known lady of this city, and a clergyman who saw the child, and are prepared, at any time, to verify these statements. The clergyman said to me, "Look at that picture on the wall." I had seen it before, but said nothing. It was a life-size picture of a red devil with horns—a picture which we used to see on billboards, advertising the play of Faust. That picture was in the kitchen, before the eyes of this lady every day. Now, did those horns develop on the child's forehead by chance, or was there a cause for it? Was it the impression of the mother's mind upon that child? I might further state that the child was not a welcome visitor to the lady from the early embryonic stage.

Other cases might be mentioned, but this is sufficient as far as the physical effects are concerned. The question arises, if such physical condition

can be produced by maternal impressions, then it must follow that mental impressions can be much more readily produced. I am absolutely positive that such conditions do take place. By carefully making note of many mothers, who endeavor to get rid of their child, but failed, I know many young men and women who are continually quarreling with their mother, and giving them all kinds of trouble. The mothers do not know the reason, only their children are so disobedient, but as my memory goes back to certain incidents, I recall the words and thoughts of the mother when the children were in the embryonic state, and believe me, the children are paying the mother back with far more than compound interest.

A tremendous amount of literature along these lines can be gathered. On the other hand, why have we great men and women to-day? The greatest lights of the world. If these men and women are carefully studied, and if information can be obtained from their mothers, one will invariably find that the greatness of them all was due to the mind of the noble mothers before their birth.

"The hand that rocks the cradle  
is the hand that rocks the world."

To prepare ourselves for the duty of maternity and paternity by preparing ourselves physically, mentally and morally, is a duty that we owe to our children. Society has too long ignored the power of pre-natal influence, and our State does nothing—nothing—only interested in other things—more interested in dollars and cents. How long shall we stand for these conditions, and have so many poor, unfortunate children born into the world, tainted with the spirit of being unwelcome—tainted with so many of the imperfections and sins of the parents. Is it any wonder that the world seems at times upside down?

There is no necessity for so much sin-sickness, suffering, debauchery, murder, suicide, and pre-natal death. It exists because the causes exist, and when one knows something of the real conditions of the causes, one wonders why the world isn't worse. A time will come when we will have an education that will make the laws of cause and effect so plain that children will be taught divine laws through which they will be enabled to over-

come the inherited tendencies of their parents.

#### Maternal Mortality.

It has been found that in the U.S. that for every 154 babies that are born alive, one mother loses her life. In 1913 over 15,000 women died in childbirth, and nearly half were due to puerperal sepsis.

The question arises, why should a woman in childbirth die of puerperal fever? I have been in practice for twenty-nine years, and had a very large number of confinements, but never a case of puerperal fever or milk leg. There are other medical men with similar records.

Now there is absolutely no necessity for any deaths, if the physician simply uses common sense—washes his hands very thoroughly, and uses bichloride of mercury. A nail brush should always be used, and if he uses the ordinary rules of asepsis, then there will be no puerperal fever. If a physician has a conscience and respects motherhood, and the great part she plays in life, he will do his very best, and there will be no septic trouble.

But it is remarkable how the physician escapes the blame, simply because the public is not enlightened. The blame is usually shoved on to the nurse, who is absolutely innocent, or else he says the woman got out of bed too soon and caught a cold.

I am speaking here of a pure case of sepsis. When a woman has some vile venereal disease, that is a different problem.

It may be argued that there are some awful homes one gets into where there are no wash basins, and silt is profuse. Perfectly true. I have come across a lot of places where the conditions were awful, but one can generally obtain some hot water and some kind of a vessel to wash his hands in. There should be no deaths at all from puerperal fever. The public should know that, and then the medical men would be more careful, and not rush too fast, and run the chances of sacrificing a noble woman and robbing her of her right to live with her child or children.

There is no word in our language that carries with it a greater sentiment than mother. The mother heart is full of worship of things that count, and when she puts her desire for good, it always bears fruit in the

lives of those she loves. She has infinite pity for suffering, and sweet sympathy beyond measure. She is endowed with intuition, and without reasoning she simply knows what is right and good. She yearns over the beautiful everywhere, and finds wonderful joy in everything that is grand and beautiful. She touches with understanding hands the flowers, and her very soul becomes enraptured by their beauty. An old love song has a ceaseless charm for her, and she gives listening love to little children. Instinctively she spurns sin and wrong, and reverently lifts her eyes above for guidance. The strength of her love she gives in all the storms of life for her child. Oh, indeed! a noble mother is the grandest creation in the world, and she ought to be honored and respected by the grandest loyalty the State can give her.

Oh, may the time soon come when she will have the privilege of being properly instructed and properly exercised for, so that her children may be born, welcomed into the world, so that in turn they will become an honor to the noble mother, and a credit to the nation.

#### Unmarried Mothers.

Very few people realize the trials and difficulties many unfortunate girls have to endure, and then are kicked from one place to another, and become social outcasts to a certain degree. It is the duty of the State to look after these unfortunates better, and to enact laws whereby the fathers are held responsible. The laws are very elastic, and the men escape too easily.

#### Still Birth.

There are altogether too many still births in Canada. The statistics for a year showing the ratio of still-births and live births have been found to be:

	Live Births.	Still Births.
Toronto (estimated)	1,200	500
Ontario	65,000	2,500
Canada	230,000	11,600

If one should add to these figures the deaths among infants during the first week of life, the causes of which can usually be traced to pre-natal conditions, the figures are appalling.

Are we to sit still and refrain from being moved at such conditions? Is it not a disgrace to our so-called enlightened age?

#### Infant Mortality.

The infant mortality in the first two years of more of life is very high. If the statistics are thoroughly gone into, we must come to the conclusion that something is wrong.

We hear a great deal about our natural resources, but very little about the nation's greatest asset—the baby.

We should keep ever before us the vital necessity of reducing our human overdraft to a minimum, by conserving the lives of the little ones, which through ignorance or want, are allowed to flicker out. The health and happiness of the children of the nation should be its first consideration, for they are the very best asset, and no effort can be too strenuous, nor sacrifice too great, which is made with the object of supplying the raw material for strong, sound and noble citizens.

There should be many baby clinics in our country, where the young mothers could go to obtain proper advice, as regards the general hygienic condition of the baby, and the feeding of the baby.

The feeding of the baby is very important. A tremendous number of children die each year, simply on account of the lack of knowledge. Circulars or pamphlets should be handed out at the clinics, which will give full instructions. At the present, that would be better information than that given out by the neighbors, where there is a strong baby that can get away with almost anything it gets down into its stomach.

It has been estimated that 3,200,000 infants less than a year old, perish annually in the countries comprising the civilized world. Here in Canada the statistics show that in Vancouver in 1917, the death rate was 61 infants for every 1,000 born. In Toronto, 80.4; Winnipeg, 108; Montreal, 185.

Breast feeding should be better carried out. The abundance of advertisements of infant feeding of various foods has filled the hearts of many mothers with a feeling of security.

It is estimated that one-third of all infants' deaths is due to unnecessary bottle feeding.

In 1908, New York awakened, and an effort was made to reduce infant mortality. Much literature was distributed, and talks to mothers given. There are now 91 milk depots, and 204 welfare stations.

In 1888, with a population of a million and a half, over ten thousand infants died. In 1902, with about three million, less than 9,000 died. In 1904 Dr. Josephine Baker organized "The League of Little Mothers," which has now a membership of over 20,000 members. They are taught hygiene and infant feeding.

In Ontario a Provincial Bureau of Child Welfare has been established, but a great deal of work will have to be accomplished before we can get the results. Our systems are wrong. The Government must get busy.

#### Child Welfare.

In the United States for one year, the examination of children has given these statistics:

At least 1 per cent., 20,000 of the 20,000,000 school children, are mentally defective.

Over 1 per cent.—250,000 at least of the children are handicapped by organic heart disease.

At least 5 per cent.—1,000,000—have now or have had tuberculosis, a danger often to others as well as to themselves.

Five per cent.—1,000,000—have defective hearing, which unrecognized gives many the undeserved reputation of being mentally defective.

Twenty-five per cent.—5,000,000—of the children have defective eyes. Surely it is more humane and economical to have the pupils' eyes and eye-glasses produced, than to leave children handicapped and backward. Yet a majority of these children have received no attention.

About 25 per cent.—5,000,000—are suffering from under-nourishment, and poverty is not the most important cause of this serious barrier to health development.

From 15 to 25 per cent.—3 to 5 million—have adenoids, diseased tonsils, or other glandular defects. Adenoids and diseased tonsils make backward pupils, and interferes with the child's general development and health.

From 10 to 20 per cent.—2,000,000 to 4,000,000—have weak foot arches, weak spines, or other joint defects.

From 50 to 75 per cent.—10 to 15 million—have defective health, and defective teeth are more or less injurious to health. Some of these defective teeth are a deadly menace to their owners.

Seventy-five per cent.—15,000,000—have physical defects which are potentially or actually detrimental to health. Most of these defects can be remedied.

What is taking place in the United States is also taking place in this Dominion. It is generally thought that rural children in Canada, on the average, are more healthy than the city. This is not the case, because the children in the city are better looked after, through the school nurse, who points out the defects.

Child welfare work requires a great deal of care and attention, and there should be a board of child welfare, by which the whole work can be properly governed. Many physicians and nurses should be employed in this work.

Through such an undertaking thousands of lives can be raised into a fuller freedom of health, with stronger bodies, and more quickened brains. This is one of the greatest works of reconstruction after the war that we should be engaged in, and our Government should pay attention to this, and not pay attention so that individuals should become rich.

#### Board of Physical Culture.

There should be a board of physical culture, whose duty it would be to examine all school children, either through medical men or medical women and nurses, and it should insist on physical culture instruction in every school in the country.

All workers in factories should likewise be examined—defects pointed out and corrected.

The schools are spending millions in educating or trying to educate children, who are kept back in their classes on account of ill-health, when the expenditure of thousands in a judicious health programme would produce an extraordinary saving of ill-health and an increase in economy and efficiency. A little money spent in a wise and constructing effort to conserve the health of the child, and the general welfare, will be more fruitful for the child and the general good than hundreds of that amount spent later in life.

The principle of thrift in education finds its first and most vital application in the conservation and improvement of the health of the children.

Every child should have a health certificate, as well as a scholarship certificate, through his school career. The examination of the workers in the factories would eliminate many of the infirmities from which the workers suffer.

When one sees a worker using only certain sets of muscles, and often using them for all they are worth one day after another, there is no wonder that we meet with so many curvatures of the spine. A great deal of ill-health is due to this cause. I have seen hundreds of men and women who had various complaints due entirely to this condition. The remedy was not to swallow medicine, but physical culture, and when this was properly carried out the pains disappeared.

Particularly is this the case in women who sit in certain positions at machines. When these are examined one finds one shoulder lower than the other, and one hip protruding, the spine showing a curvature. Dressmakers are very well acquainted with these facts.

If a short time every morning would be devoted to certain exercises to correct this condition, there would be good health and a much greater efficiency in the work. Many accidents can be traced to physical defects or weaknesses. If there would be inspections and physical training advised there would be fewer accidents and not so much drain upon the Workmen's Compensation Board.

Lloyd George was very much upset when he found out the results of the physical examination of Great Britain when he stated: "I solemnly warn my fellow-countrymen that you cannot maintain an A1 empire with a C3 population."

The examination of the men in the U. S. and Canada gave the same story, and all countries were shocked to find that so much of the man power did not come up to the physical requirements. Every city, town and village should have some places where physical culture would be looked after. All school children should be well instructed not in such a great variety of exercises, but in the most important ones. I am sure if the young men and women, after leaving school, would exercise a little on rising in the morning they would feel much better. Old-

er persons should exercise also. A great deal could be written as regards the proper method of breathing, and especially deep breathing. This is very important in the prevention of tuberculosis, and the general health can very much be improved by proper breathing of fresh air through the nose.

Very many people do not exercise their lungs properly.

Dr. O'Hanlon of New York performed autopsies on no less than 1,000 persons in fifteen years. He claims that 80 per cent. of the victims of tuberculosis contracted the disease because they did not know how to breathe.

The lungs should be exercised at times just as well as other muscles. There are many games which force a person to breathe deeply, causing a flushed face, etc. Take, for instance, children. It is very interesting to watch them in their play and games. The force they put into it plays beautifully upon their whole nature, expanding their lungs. If adults would exercise more so their lungs would be properly expanded and the oxygen in the air would enter their systems their complexions and health would be very much improved.

Our national holidays are very poorly celebrated as far as games are concerned.

The ancient Greeks and Romans in their great national games strove to develop men and women physically, and they did it well.

We should have physical culture exhibits and contests on our national holidays. It certainly would be very interesting to see drills and all forms of physical contests between different schools or municipalities, with classifications in all ages. Swimming, diving, canoeing, boating and other aquatic sports should be held where possible.

These national festivities can be made very popular, and they would be a powerful stimulant to encourage physical exercise throughout the nation. Supposing we had such national sports on Empire Day, or the 24th of May, and on Dominion Day in every city and town in our Dominion. It would mean that a very large number of persons would take part, and the benefits all the contestants would receive, even though they might not

secure prizes, would be very great indeed. It would have a tremendous influence on a great part of our population, and should be encouraged. We would then celebrate our national holidays in a manner which would teach our people the appreciation of a beautiful and strong physical body.

In our swift age men and women do not meditate enough, or appreciate their beautiful bodies. A man does not know he has a finger or a hand unless he loses it. He does not realize what a wonderful organ the eye is. He does not realize the wonderful arrangement and variety of millions of cells which compose his body and the thousands of generations it has taken to produce his body. It really is a pitiable sight to see so many men abusing their bodies and faculties and slowly committing suicide by booze or other excesses. Our State should teach the laws of appreciation and grandeur of the human body to every child, so that it would make better use of its faculties later in life.

Along this same line there should be mental culture. There are many diseases and infirmities that are caused through fear, hatred or worry. These conditions are not imaginary, but are very real. One can easily read the effects of those thoughts on persons. Worry, fear and hatred create a change in the composition of the blood, and certain poisons are created which act very injuriously on the nervous system, causing many disturbances. These poisons kill a person far more rapidly than hard work. The persons who allow themselves to be enslaved by these discords make life very unhappy, and they make themselves very unpleasant to their neighbors.

An harmonious, contented and loving spirit should be inculcated into every child.

The laws of nature should be made plain. True manhood and true womanhood should ever be the ideal towards which the human mind should aspire.

#### Bathing and Swimming.

This is a branch which should be included under physical culture. Every city, town and village should have some provision where people could bathe.

Every medical practitioner and

nurse will agree that bathing is very sadly neglected with many people. You may see them all dressed up, and they apparently look all right, but if the clothing is removed, or perhaps the stockings, you might get a sickening sensation in your stomach.

Swimming is one of the finest sports in existence. It teaches cleanliness, the best physical culture, tones up the nervous system, gives more confidence in one's self, places one more in harmony with nature, cures colds more rapidly than medicines, produces sound sleep, and makes a person more contented. Every boy and girl should be taught the beautiful art of swimming. It touches the vibrations of one's whole nature and tends to keep men and women on a splendid plane.

#### Industrial Ministry.

There should be a distinct Board of Ministry of Industry. The field of labor in the hygienic part in this alone is very great.

If young persons enter certain trades they do not look into the question of mortality. They have no rules to guide them as regards their health, and when they are expected to die if they remain in that trade; no provision is made for short hours for the very deathly trades.

Our insurance companies have thrown much light upon the death rate of various occupations. Everyone who is insured knows full well, as he remembers at the time of ex-amination, the question is asked, "What is the nature of the occupation?" The companies are very particular and will not accept some risks at all, if the applicants are engaged in certain industrial occupations. Then again we have the hazardous risks which are accepted by the companies, but the applicants will be obliged to pay various amounts per year more for their insurance.

The following is a table according to one company:

Occupation—	Yearly per \$1,000
Brakeman passenger trains.....	\$5.00
Telegraph and telephone linemen not handling the wires.....	5.00
Miners .....	5.00
City firemen .....	5.00



Steel or iron structural workers	5.00
Sailors	5.00
Marine engineers or firemen	2.50
Locomotive engineers or firemen	2.50
Stone cutters—Limited to 15-year endowment.	

Cigar makers—Limited to 15-year endowment.

Metal polishers and grinders—Limited to 15-year endowment.

Railway car inspectors in large yards

No policy for more than \$1,000 is issued to any person in the above-mentioned occupations.

All large insurance companies have been collecting statistics for years, and as time passes greater light will be thrown upon the effects of industrial occupation.

Herewith are some figures obtained from the Medico Actuarial Investigation, Vol. III., which will throw some light on this subject:

#### Effect of Occupation on Mortality.

In some of the wage-earning occupation classes the effects of this investigation are not comparable with the mortality statistics of the same occupation in the general occupation, because the risks accepted by the companies are chiefly drawn from the more favorably placed workers in their respective occupations.

##### 1. Automobile Industry—

(a) Proprietors and salesmen in auto stations and garages.

(b) Repair men and machinists in auto stations and garages.

(c) Chauffeurs, non-racing, not including testers and demonstrators.

Class (a)—No. of entrants, 697; exposed to risk, 1,502; actual deaths, 9; expected deaths, 769; ratio of actual to expected, 117%.

Class (b)—No. of entrants, 643; exposed to risk, 1,386; actual deaths, 7; expected deaths, 685; ratio of actual to expected, 102%.

Class (c)—No. of entrants, 843; exposed to risk, 1,650; actual deaths, 8; expected deaths, 740; ratio of actual to expected, 108%.

The details of this investigation in these three classes are not published because the data were few, and the exposed to risk was only about two years.

2. Cooks and chefs in hotels and restaurants (men).

Actual deaths.	Expected deaths.	Ratio of actual to expected.
156	102.62	152%

While the deaths were comparatively few in number under each cause, the indications were that the death rate from tuberculosis, pneumonia, cancer, cirrhosis of the liver, and Bright's disease, were higher than the standard.

##### 3. Retail druggists, proprietors and employees.

The death rate from tuberculosis is higher than the standard at the younger age, at entry, and this may be partly due to the large proportion of underweights in the class. There was also a higher death rate than the standard from heart disease, except at the older ages at entry, while that from Bright's disease was distinctly higher at all ages.

##### 4. Electric light, heat and power systems.

(a) Superintendents, managers and chief engineers.

(b) Electrical engineers who handle live wires.

Class	Actual deaths.	Expected deaths.	Ratio of actual to expected.
(a)	189	193.80	93%
(b)	84	79.82	105%

Of the total deaths in classes (a) and (b), 3% were due to electric shock, and in class (b) the deaths from accident were about twice the standard.

##### 5. Linesmen (pole climbers) and are light trimmers.

Actual deaths.	Expected deaths.	Ratio of actual to expected.
71	50.05	142%

It will be noted that more than half the entrants were granted insurance before the age of 30, and that the mortality is very heavy at the young ages at entry. The death rate from accidents of all kinds was fully five times the standard, the deaths due to electricity being 8% of the total from all causes.

##### 6. City Fire Departments.

Class a — Lieutenants, captains, chiefs and assistant chiefs.

Class b—Drivers, engineers, stokers and truckmen.

Class	Actual deaths.	Expected deaths.	Ratio of actual to expected.
(a)	51	42.60	121%
(b)	155	104.55	148%
(c)	54	43.40	124%

Among the firemen the mortality is heavy in the early policy years, and this is due largely to the high rate of accidents. Combining all ages and policy years, the death rate from accident among firemen was five times the normal and fully as high among the officers. The drivers, engineers, etc. (class c) had a death rate from accident of about twice the standard.

#### 7. Glass Industry.

Glass-blowers not using machinery, excluding foremen and superintendents.

Actual deaths.	Expected deaths.	Ratio of actual to expected.
70	57.90	121%

An interesting report on the glass industry was issued in 1911 by the Department of Commerce and Labor of the United States Government. On pages 240 and 241 is given the experience of the Glass Bottle Blowers' Association of the U.S. and Canada for the years 1902 to 1908, inclusive. Out of 898 deaths in that Association, 287 32% were from tuberculosis of the lungs, and of these 51% died before they were 35 years old. It is claimed that heart disease is superinduced by the blowers' trade, and that the percentage of deaths from pneumonia would be high on account of the sudden changes in temperature, but the Government report states that "in no disease except tuberculosis is the glass-blowers' percentage of deaths greatly in excess of that discovered among working men in general."

8. Bevelers, grinders, engravers, and cutters of glass, excluding foremen and superintendents.

Actual deaths.	Expected deaths.	Ratio of actual to expected.
7	52.60	146%

The mortality from tuberculosis was fully twice as high as the standard, though the death rate from typhoid fever was abnormally high.

#### 9. Breweries.

Class (a) — Proprietors, managers and superintendents.

Class (b) — Clerks.

Class (c) — Foremen, malsters, beer-pump repairers, etc.

Class	Actual deaths.	Expected deaths.	Ratio of actual to expected.
(a)	483	358.99	135%
(b)	112	86.35	130%
(c)	145	95.13	152%

One contrast in the incidence of mortality between classes (a) and (b) is significant:—

	Ages at entry	
	15-29	30-49
Proprietors, etc.....	197%	133%
Clerks .....	90%	176%

For ages at entry under 45 the death rate from cancer and other malignant tumors, cerebral hemorrhage, and apoplexy, organic diseases of the heart, pneumonia and Bright's disease, among the proprietors, managers, and superintendents is about twice the standard, and from cirrhosis of the liver three times the standard. The death rate from suicide is nearly twice the standard.

With regard to the other two classes, it may be said in general that the mortality from cirrhosis of the liver and Bright's disease is higher than the standard.

#### 10. Distilleries.

Proprietors, managers and superintendents.

Actual deaths.	Expected deaths.	Ratio of actual to expected.
119	140.17	85%

The mortality in this class is much lower than among the corresponding group connected with breweries.

11. Officers and engineers in steamers on the Great Lakes.

Actual deaths.	Expected deaths.	Ratio of actual to expected.
95	80.80	118%

The death rate from accident was four times as great as the standard of the total deaths, 30% were due to accident, and of these three-quarters were due to drowning.

#### 12. Metal grinding and polishing.

(a) Cutlers, scissor grinders, axe, plow and other steel grinders, exclusive of foremen and superintendents.

(b) Burnishers, buffers, finishers, and polishers of metal, excluding foremen and superintendents.

Class	Actual deaths.	Expected deaths.	Ratio of actual to expected.
(a)	43	36.69	117%
(b)	86	85.02	101%

In the U. S. mortality statistics (1909) the proportion of deaths from tuberculosis among tool makers and cutlers is about 50% above the average.

13. Railways.	
Class.	Ratio.
Passengers, trainmen (not conductors) .....	137%
Locomotive engineers .....	160%
Locomotive firemen .....	190%
Check clerks, freight inspectors .....	141%
Track supervisors and foremen .....	126%
14. Structural iron workers.	Ratio 168%.

The death rate from accident was six times the normal.

15. Teamsters. Ratio 116%.

The death rates from accident and from pneumonia were 50% greater than the standard.

16. Bricklayers. Ratio 108%.

The death rates from accident in this class were about twice the normal.

17. Blacksmiths and horseshoers. Ratio 81%.

Two factors make for favorable mortality in this class; only strong, robust men can undertake the work, and it is conducted in airy shops or out-of-doors, for the most part, in rural districts.

18. House Painters. Ratio 111%.

Accidents and Bright's disease accounted for more than the normal proportion of deaths.

19. Paper and pulp mill operatives. Ratio 101%.

The death rate from accident was above the normal.

20. Plumbers and steamfitters. Ratio 99%.

The death rate from tuberculosis of the lung is above the standard.

21. Shoe manufactures operators. Ratio 101%.

The death rate from tuberculosis was above the standard.

22. Stonecutters. Ratio 214%.

The mortality among stonecutters is very high, much heavier than among the granite cutters, where the rate was 143%. The mortality from tuberculosis was very high, nearly six times the normal among stonecutters, and nearly four times among granite cutters. The death rates among the stonecutters from pneumonia and accident were twice the standard.

This is a very important subject, and it should be interesting to every

worker. Only certain industries are included in this report. It would be very interesting if we had full reports of every occupation, so that every worker could see what his chances of life are. A great deal of information can be collected along this line. It seems only reasonable that wages and number of hours' work should be regulated according to the mortality rate. For example, we see in the above report that bricklayers have a rate of 108%, while stonecutters is 214% and granite cutters 143%. The normal death rate is 100%.

These figures are so striking that it seems to me that stonecutters should work but very few hours a day, and their wages should be such as to give them an adequate wage in compensation for the risk.

When one sees such glaring figures, one wonders that stonecutters take the chances they do, and work as long hours as the masons. There should be steps taken to promote the industrial hygiene in all factories, mills, mines, and every form of occupation.

There should be medical experts, whose business it would be to visit all factories and study the effects of the various industries, and to see that every possible hygienic regulation is carried out.

The effects of dust and small particles floating in the air which the workers are required to breathe into their lungs must be very injurious to the health of many. Great improvements could be made along these lines. Further, the ventilation and heating is very important. The medical men or engineers along these lines should be well qualified.

Under the nationalization of the medical profession, which will act in co-operation with labor departments and the Workmen's Compensation Board, we will be able to obtain a proper industrial hygiene, and a more humane and sane treatment of all those workers engaged in hazardous occupations.

Would this not lower the insurance rates of the workers? It is to be hoped that insurance companies will take an active part in bringing about these results. It is to their interests to increase their profits. (Shall I say of the stock-holders or shall the policy-holders get the benefit?) Well, let the stock-holders believe they will get the profits, but we will attend to them later on.

### Ministry of Foods and Housing.

Never before in the history of our country have the people been so crowded together, causing very unsanitary conditions, as at present. The high costs of building material, with their excess profits, and great demand for houses, has forced the rents up, and consequently the conditions as they exist at present are causing a very disastrous effect upon many people.

Slums are being created as never before. Houses not fit for occupation are taken up. The high cost of coal and other necessities of life are simply playing the very mischief with the people. The subject of housing is one that should demand the attention of the municipal authorities and the medical men. The knowledge of hygiene amongst medical practitioners is rudimentary as a rule. Many physicians rest satisfied with the ordinary routines of life, and certainly teach but little of the rules of hygiene to their patients. Our system is wrong. We get into all kinds of trouble with the medical men if they point out to the people that they are keeping their houses and premises too filthy?

Pure air and sunlight are the two most important agents in connection with housing. How many families do we find that live in dark, wretched rooms where the sunlight cannot enter? The question of housing is very important, and it is the duty of all municipal, provincial and federal governments to tackle this question and secure decent habitations for everyone to live in.

The movement for better housing and town planning has had a wonderful success in Europe, especially in England. There are in England about one hundred and fifty model developments, built according to modern garden principles. The garden city of Letchworth started in 1903 on 4,500 acres of bare land north of London; this is now about half completed, with a population of 15,000 and 60 first-class industries. The annual death rate there is only ten per thousands, and the infant mortality as low as thirty per thousand births. The Americans have copied from Great Britain, and have also taken up the housing question along similar lines.

Education is an important factor. The habits and morals of the people

must be changed. Cleanliness must be taught them as well as the importance of fresh air and sunlight. When one examines the apartment buildings in large cities, where there are many tenants and few children, it will be an awful story of false methods of living. Those places, although splendidly furnished, are not places like the small bungalows upon which the sun shines brightly, and the children are seen to play in the yard.

Then, again, take the slums of the cities, where throngs of people are gathered, where their modes of living predispose them to infection. It is there where infantile death reaches very high proportions.

With our systems of transportation, electric light, gas, etc., we are able to improve many places. I cannot help but notice the benefits which electric lights play in many rooms. A good light means a great deal. It has a great tendency to keep places clean, and when the electric lights are thrown on the dark, filthy places look more glaringly obnoxious, and the people will have a greater tendency to clean them up. The hydro-electric power in Western Ontario has transformed many places into better conditions.

Our State should have a board composed of medical men, builders, engineers, etc., to look after better housing. It should also be their business to see that houses are kept clean. We have under our sanitary inspectors a system in which the outside premises are looked after, but not the inside of the houses. This is very important. The public does not know the horrid conditions in which many people live, but the medical men do know. Under this system, however, nothing is done, or at least very little, to improve the conditions. I know that many times I feel very grateful for the privilege of breathing the pure air after leaving an awful rank-smelling house.

The conditions of the beds and bed clothing should also be looked after. One often wonders how some men can be efficient in their work when one sees the bed they sleep in. Perhaps it is only a stretcher or even the floor. Then, again, the number of persons crowded in a single room with no ventilation, filled with bad odors and cigarette fumes, makes one wonder that tuberculosis is not more prevalent.

One of the main objects of the board should be to reduce the cost of building material, and it can be done.

We have still considerable forests in our country, and it seems only reasonable that the Government should take full control and compel the lumber kings to forego their immense profits, or go into the lumber business itself. There are immense fields for good work along the housing question, which should be thoroughly gone into.

The food is a very important product which should be well studied. Millions of persons have starved in Europe the last few years, and thousands are starving now, whilst many in America are suffering from diseases because they either eat too much or the wrong kind of foods. There is a very great waste going on which should not be. People should be well instructed regarding the nutritional values of foods. We should not live to eat, but eat to live.

Men engaged in strenuous physical work require different foods from those who do but little or no physical work. There is no guidance whatever. Errors of diet cause many disturbances, and the people ought to be informed as regards the diet which is best for them. A very great work could be carried on along this line.

The question of clothing is also important, and deserves considerable study. The causes of colds are often due to improper clothing. Many persons catch colds by being dressed too warm, or rather wearing clothing that is too heavy. This is often the case in underclothing. A great deal of information which would be suitable in all cases from infants to old age should be carefully studied and explicit directions given.

The board should also look after the water supplies of towns and cities, and also the milk supplies, and every effort should be made to get rid of tubercular cattle. The handling and treatment of the milk from the cow to the consumer should receive more attention than is given in many districts.

This department should also study the effects of the weather—temperature, humidity, air pressure, etc., upon diseases. Climate has a very great influence upon the health of the people, and the public should have every opportunity to obtain information as re-

gards any case they desire. At the present time the information given to many patients is rather vague, and very often unreliable. There should also be a section devoted to drugs and narcotics. It is unfortunate that we have so many people addicted to morphine, cocaine, and what not.

Patent medicine fakes should be exposed and the sales of such prohibited. The public swallows altogether too much medicine. Tons of pills are sold which only do harm and do not cure the complaint they are lauded to do by advertisements.

There are many details which can scientifically be worked out and presented so plainly to the public that it will accomplish most happy results.

#### The Nursing Profession.

Before the Crimean War very little of the kindly influence of nursing in the army was known. Florence Nightingale's name stands immortal not only in the army and navy, but all medical men and nurses honor her as the guiding sister, whose mercy and application of the principles of nursing led the way, by her unselfish devotion.

To-day nurses are well trained in the many hospitals in all countries, and they play a very great part in the life of the world. The teachings of the nurses are very deep. By her application of the laws of asepsis she teaches many people to be clean. Her advice as regards food, clothing and fresh air mean a great deal, and her angelic and kindly thoughts have a charm upon not only her patients, but on all persons with whom she mingles. There are, however, not sufficient nurses to supply the demand, and consequently only the rich and moderately well-to-do have the privilege of employing a trained nurse in illness.

We have, however, the Victorian Order of Nurses in many centres, and they see many persons in a day. Their work is heroic, meeting all kinds of conditions. Yes, the very worst conditions in the community—and they transform them into better places. At all hours of the day or night they travel to the bedsides of the sufferers, and their charm and cheerful natures soon throw a ray of light and hope into the patient. The work of the Victorian Order of Nurses is very strenuous. The results are marvelous. The funds are supplied by the patients and charity.

The Victorian Order of Nurses are the advance guards of the nationalization of the nurses, and the nursing sisters of the army were the first to be placed under the services of the State. There is no necessity to write words of eulogy on the nursing profession, for every sensible person now realizes the great good they do. It would, however, be better if the nurses would be placed under the services of the State. If it can be done in war, it can be done in peace.

#### Conclusion.

In the above plan of the nationalization of the medical profession I stated that sickness would be reduced over 50 per cent. It certainly can be done. The question arises, how much work will remain for the medical profession? There will, of course, be many specialists in all branches, to whom the general practitioner will refer a large number of his patients.

Confinements could easily be paid by the ministry of motherhood, in a manner similar to the Workmen's Compensation Board. The public should have a choice in their medical attendant, the same as the Workmen's Compensation Board.

The practitioner could be paid a fee per case, or placed on a fixed salary per year. Where there is a will there is a way, and these details can all be worked out.

Where is all the money to come from? This is, of course, an important question. Should it be by direct taxation, or shall we get after the rich? Or both?

It is a crime to die rich, and the rich man would be better off if he had less money when he died. I would like to see the millionaires and rich trimmed. If a man has a few millions when he dies, I see no reason why the State should not take everything away above a hundred thousand dollars. It can be done, and should be done. The details of this can be easily worked out. Let us look at the great good that will follow in the complete nationalization of the medical and nursing professions. The aristocracy of blood has received a severe jolt the past five years, and it is up to us to give the aristocracy of money severe jolts. Let us instead recognize only the aristocracy of character. Let us nourish it, and build it up, and have the finest class of citizens. These are the patriotic duties in times of peace. Therefore I will appeal to all to use your influence and your devotion to your fellow-men and the State to herald this new order of service and the placing of the medical profession upon the highest standard in the world.

Then we may hope to have the world made a safe place for fathers to work in, for children to live in, and mothers to reside in.



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All revenue derived from the sale of this publication, after meeting expenses, will be devoted to aid the work of the United Women's Educational Federation of Ontario.

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