

REVIEW OF REVIEWS

AS THE VEGETARIAN REASONS

In an article entitled "The Folly of Vegetarianism" appearing in *Hygea*, the following interesting remarks are given:

"Vegetarianism as an organized fad came into being about the middle of the nineteenth century. It has its roots in ignorance of food values and superstition, never in established facts. In this present age of enlightenment it would almost seem superfluous to attack a system of eating that limits the dietary to one class of edibles. The folly of such a custom should be self-evident. But so many otherwise intelligent persons are in the habit of deriving their medical knowledge from spurious literature that the propaganda for the meatless diet has gained considerable headway.

"The general tenet of the vegetarian is 'no fish, flesh and fowl'. Some of the faddists have gone further and excluded all animal products, among them milk, eggs and cheese; while the extremist abhors all cooked foods and subsists largely on ripe fruits, nuts and grains.

"Vegetarianism derives its chief support from the unchecked imagination and repudiated medical literature. I have heard the argument advanced that man's teeth, like the ape's, are fashioned only for vegetable foods; but certainly it is well known that monkeys are not vegetarians and have a great liking for insects, eggs and small animals. Like sensible men they live on a mixed diet.

"The fact that meat sometimes contains dangerous microbes and larger parasites is an oft-repeated argument for vegetarianism. The germs of tuberculosis, tapeworm and the treacherous pork trichina are indeed among the dangers of raw meat. But there are two simple and efficient remedies for these conditions, without the necessity of eschewing meat altogether. In the first place, proper meat inspection, such as is now practiced in spite of certain sinister rumors of graft, largely obviates the danger of infection; furthermore, proper cooking destroys the parasites. The only danger from the microbe and the tapeworm lies in the eating of meat that is both bad and uncooked."

"From the health point of view the arguments adduced in favor of vegetarianism are as meaningless as a cigarette advertisement. Their premises come chiefly from the fertile fields of medical fiction.

"A certain number of vegetarians base their practice on the belief that the eating of meat deadens the moral faculties. They liken the man who makes meat his staple food to the cruel carnivorous tiger and seem to believe that flesh engenders the ferocious characteristics of that animal. But it may not be amiss to remark that the cud-chewing, vegetarian bull acquires many of the ferocious traits of the carnivorous animals at the sight of a red flag.

"The Eskimos are among the most peaceable and gentle of all peoples, yet they live exclusively on a meat diet. The big Airedale that makes a perfect pet for the children will devour a piece of meat with such avidity as would fill the soul of a devout vegetarian with sorrow.

“Stefansson lived for eleven and one-half years within the Arctic Circle, during nine of which he subsisted on a meat diet exclusively. He stated that he never felt better in his life. He reached his maximum weight, was alert mentally and active physically and did not suffer from constipation. His hair became thicker and his teeth remained free from decay. Whether leading a strenuous life or resting between explorations, Stefansson felt equally well on his meat diet.

“On his return to a temperate climate, Mr. Stefansson was subjected to a rigid physical examination by Dr. Clarence Lieb of New York City. The explorer was found to be in splendid condition and exhibited no ill effects from his prolonged flesh regimen. Dr. Lieb reports the cases of two other men who subsisted exclusively on meat and were not injured thereby.”

AMERICAN PUBLIC HEALTH ASSOCIATION ANNUAL MEETING

The *Michigan Public Health Bulletin* has issued the following important announcement:

“When will the peak of heart disease mortality be reached? What can we do about measles? How about the common cold? Has prohibition promoted the public health? Are we giving attention to the nutrition of the industrial workers? Why is conservation of sight a public-health problem? Is food poisoning a material factor in shortening the life span? How far have we gone and how far are we going in public-health education? What is the place of the Government in public-health administration?”

“These and many other pertinent questions pertaining to the health of the people will be discussed at the Fifty-Sixth Annual Meeting of the American Public Health Association at Cincinnati, Ohio, October 17-21, with headquarters at Hotel Gibson.

“This year the Annual Meeting will open officially at noon on Monday and close Friday noon, which gives opportunity for one more session than in previous years. The Ohio Society of Sanitarians and the Ohio Health Commissioners will hold their annual meetings in conjunction with the A.P.H.A. in Cincinnati.

“Several luncheon and dinner meetings will be held by sections including Laboratory, Public-Health Engineering, Industrial Hygiene, Food and Drugs, and Public-Health Education. Besides a special session on venereal-disease control, a round-table luncheon conference has been scheduled.

“Trips to points of interest in and around Cincinnati have been arranged by the local committee. An attractive program for the entertainment of the women guests and delegates at the Annual Meeting has been provided by the Cincinnati Committee.

“Railroads will grant the usual reduced rates to members and Fellows of the Association going to Cincinnati for the meeting. Transportation certificates will be mailed to members of the American Public Health Association, September first. Application for reduced-fare certificates and for information should be made to Homer N. Calver, Executive Secretary, American Public Health Association, 370 Seventh Avenue, New York City.”

A NEW METHOD OF NURSING

"Appearing with the kitchenette, the delicatessen and all the other institutions that recognize the needs of the small consumer, hourly nursing has become a factor in the community", says Elise Van Ness of the American Nurses Association, in *Nation's Health*. "In all parts of the country," she adds, "it is being utilized by patients of wealth and moderate means alike. Based upon the principle that the public has the right to buy nursing in as small quantities as it wants just as one purchases a quarter or an eighth of a pound of butter, this type of nursing provides care for the patient as he needs it at a price within the limits of the small budget.

"Hourly nursing was instituted in Chicago on July 1, 1926, the Central Nurses Club taking all the responsibility for the standard of work and for its administration. The nurses are on salary and report to a director who talks over cases with them. An agreement to pay deficit for one year has been made by the auxiliary board of two hospitals, and \$2,300 that was advanced by the board of the Central Council of Nursing Education has been spent for promotion, the hourly nursing scheme being their project as well as that of the club.

"Each month has seen a gain in the hourly nursing work. January showed the first profit, amounting to \$58. During this month 280 calls were made and 348 hours of service given. Thirty-three calls were made after hours by nurses not on the staff. About 200 calls are received a month, many of them coming from hospitals that were dismissing patients still in need of care, and from private-duty nurses who were leaving cases.

"The charge is \$2 for the first hour and \$1 for succeeding hours, three hours being set as the time limit for this type of service. Serving in an advisory capacity is a carefully organized committee with wide representation.

"In Buffalo, N. Y., a joint nursing experiment has been inaugurated under the Central Nurses Registry and the Buffalo Visiting Nursing Association with the nurses employed under supervision and the charges fixed at \$1.50 for the first hour and twenty-five cents for each additional half hour or fraction thereof. This scheme will be watched very closely in all parts of the country in the next two years.

"Rochester, N. Y., and New Haven, Conn., also have an employed hourly nurse, and an experiment similar to the Chicago venture is

being planned in Pasadena, Calif., where it will be financed by the Junior League and directed by a nurses' committee.

"Under the system of hourly nursing connected with an organization, the nurse of this type of duty has regular work, regular salary, and regular leisure. Both patient and nurse are protected by the policies and medical relationships established; and standards of nursing technique are built up through educational leadership. A well-known registrar says: 'An increasing number of nurses are inquiring into hourly nursing because it offers shorter hours and economic security to them.' During a five-months' period in Rochester, N. Y., the hourly nurse traveled 2,064 miles, visited fifty-one different patients, and made a total of 417 visits.

"A study of hourly nursing as it is conducted by the official registries made at the headquarters of the American Nurses Association, showed that the idea of hourly service to replace and to supplement private-duty nursing has increasing acceptance in the United States. Over fifty registries are now providing for this form of nursing service with set fees ranging from \$2 to \$3 for the first hour and from 50 cents to \$1 for succeeding hours. The states in which hourly nursing is in use in one or more cities are New York, Michigan, Rhode Island, California, Oklahoma, Texas, Missouri, Connecticut, Alabama, Iowa, Ohio, Minnesota, Illinois, Kansas, New Jersey, Nebraska, Oregon, Kentucky, Arizona, North Dakota, Pennsylvania, Massachusetts, Vermont, and Maryland."

EVERY PERSON NEEDS EXERCISE

The following rules on exercise are given by the *Health Bulletin* of the Allentown Bureau of Health:

1. *Exercise should be a pleasure and not a burden.* If it can be combined with a hobby or a game, it is a benefit to both body and mind.
2. *Exercise should, if possible, be in the open air.* Deep breathing of good air is sometimes of as much value as the muscular activity itself.
3. *Exercise should be regular and frequent.* It is, in general, far more valuable to walk two miles every day than to play a hard hour of tennis once a week.
4. *Exercise should be a habit.* It should have a definite part in every day, whether it take the form of calisthenics before an open window in the morning, a walk to work or to the market, a round of golf at the country club or a flank attack on the weeds in the garden.

MAKE MORE OF EXERCISE IN YOUR LIFE AND LIFE WILL MAKE MORE OF YOU.