

DR. IRVINE'S LECTURE.

Well Known Physician Talks Entertainingly on the Prevention of Disease.

The first of a series of public lectures in the course arranged for the ensuing season by the Y. M. C. A. Hall last evening by Dr. W. H. Irvine. His subject was the "Prevention of disease," and it is needless to say he dealt with it in a most interesting and practical way. Mr. R. B. Wallace presided in a very acceptable manner and there was a good-sized audience.

Dr. Irvine's address was as follows: "In attempting to address you on the subject of the prevention of disease, it is manifestly impossible to deal with the matter very extensively in the time at our disposal. Important as the subject is, it is possible that it may not be very entertaining to some, as it must necessarily be dry."

In order to gain anything approaching a clear conception of the question it will be necessary to consider it both from a sanitary and bacteriological standpoint, and with your permission and patient tolerance I shall proceed to direct your attention to what is generally termed Prophylactic or Preventive Medicine.

Preventive Medicine may be regarded as synonymous with public hygiene, and as such, has largely to do with those sanitary methods and measures used for the prevention and control of infectious and contagious diseases, as well as the utilization of all known agencies for the purification of all things essential to the well being of our bodies.

Now these means and measures are founded on well established scientific basis, clearly intelligible to those who have acquainted themselves with the modern theory of the development and transmission of disease caused by germ life.

It is true that there are many diseased conditions attributable to the violation of natural laws. Here of course, such conditions do not obtain, hence we will be obliged also to consider such extraneous causes as heat, cold, worry, fatigue, injury, fright, and numerous other contributory factors, which, as you will perceive, constitute a very extensive task; so great, indeed, that in an address of this nature one can only touch upon the most important features of the subject.

Disease may be defined as abnormal functional activity of any, or a number of the organs of the body.

Health, on the contrary, implies normal, harmonious performance of the entire human machine.

Health must be considered as a relative term, for there are none of us physically perfect.

Disease may be acute, sub-acute or chronic, curable, progressive, stationary or fatal, and one condition may run into the other.

Disease may be caused by a variety of conditions, may be contagious or infectious, possibly both; one may be predisposed to special kinds of disease, and the peculiarities of the soil—as it were.

We all know of instances of rheumatism, consumption, etc., are prone to recur in successive generations. This we term Diathesis.

Then there are so-called contributory causes, such as exposure, exhaustion, lack of fresh air, inadequate or improper food, clothing, etc.; one or many conditions may prevail at the same time.

Also we have what we call immediate or exciting causes, for instance, say the taking into our system water contaminated with cholera or typhoid fever.

As a very potent factor to the predisposition of many contagious diseases an unhealthy condition of the upper air passages, bad teeth, ragged or diseased tonsils, and nasal trouble, should be considered and their conditions promptly rectified.

The discovery of disease producing germs, has greatly simplified the prevention of disease, and from a humanitarian standpoint is doubtless the greatest blessing of the nineteenth century, for by their recognition the exact cause of many diseases now can be logically explained and the previously unknown and mysterious origin of such epidemics of typhoid fever, cholera, diphtheria, etc., and other like germ diseases made clear.

And in passing permit me to say that the special germ of the following diseases have been discovered, viz., Consumption, Tetanus (lock jaw), Typhoid Fever, Anthrax, Asiatic Cholera, La Grippe, Leprosy, Diphtheria, Meningitis, Dengue, Erysipelas, Pneumonia, Malaria, Yellow Fever, and several others.

These germs, or many of them, are capable, and certainly do live outside the body longer, or shorter periods some only a few hours, perhaps less, others, such as the typhoid bacillus, for months, and under favorable conditions, years.

The consumption germ, or "Bacillus Tuberculosis" as it is called, also possesses wonderful vitality.

Not only do many possess wonderful vitality but they live and develop in man's natural environment, water and food and oftentimes in the air we breathe.

The discovery of the fact that many of our diseases—and particularly those classed as zymotic or infectious—are due to the action of specific germs or micro-organisms, which have their origin in or propagated by a contaminated or unwholesome condition existing in the essential elements before referred to, has opened a new field for scientific investigation and rendered the former theories and

no longer regarded as obscure but rather as due to the aggressive activity of specific organism actually entering the system and causing therein definite and characteristic diseases.

These germs, or micro-organisms, bacteria, or toxins, as they are variously known act as parasites, that is, they act on living tissues (those that act on dead tissues are termed saprophytes). It is possible for bacteria to act as either, depending upon certain changes which we cannot consider tonight.

When they gain entrance into our systems a fight ensues between the invading forces of the germs and the patient, a real battle is waged—a struggle between man and microbes, as it were.

One of two terminations must necessarily take place, either the patient's tissues successfully resist the onslaught until the germs or toxins lose their virulence, or the germs overcome the patient's powers of resistance and he either succumbs or comes out of the contest second best man as it were.

In diphtheria, for instance, the bacilli or toxins of that disease usually invade the throat, and if the throat possess ragged or diseased tonsils or any disease of the mouth or upper air passages exist, the invading forces are naturally given greater chances for activity. They establish themselves and proceed to feed on the lining of the throat or tonsil, usually the tonsil is the point selected, though they may gain entrance and establish themselves in the nose, windpipe, or in fact, any mucous surface, they act as an irritant and damage the mucous membrane in the vicinity permitting free exudation of lymph to take place, quickly coagulating, produces the characteristic white patches seen in the throat in this disease.

But this is not all. Some of the toxins or poison is absorbed through the abraded mucous membrane and taken into the circulation, producing fever, quickened pulse, prostration, and other indications of grave systemic infection.

ANTI TOXINE.

Meanwhile the patient's tissues produce what is known as anti-toxine, the substance capable of neutralizing the original toxin either within the human body, or experimentally outside the body in the test tube of the laboratory physician, and it is owing to this fact that the system may be reinforced by injecting artificially prepared anti-toxine, thus the havoc of the toxin or germs of this disease may be anticipated and aborted.

By the use of diphtheria anti-toxins we can cure every case if seen reasonably early, in fact, we can often arrest the progress of the malady before the patient has time to become very sick, and by its use we can immunize—vaccinate, as it were—against infection, which in unity will last for some weeks.

We look for still greater results in the treatment of disease by anti-toxins and several other diseases are now so treated—this method of treatment is called serum therapy.

Anti-toxine is made for bubonic plague, erysipelas, and other forms of disease, and, according to the latest reports from the medical world Dr. Behring, a German scientist, has introduced an anti-tuberculosis toxin for the treatment of consumption; however, none of these anti-toxins have attained a degree of success secured by diphtheria anti-toxins.

Having considered communicable diseases in this brief way we will now turn our attention to some other aspects of our text. I should like to speak more extensively of public hygiene and sanitation, but it is so large a subject that we cannot do so tonight. The reputation and material prosperity of any community is largely dependent upon its hygiene or sanitary condition.

It may in all other ways, commend itself, but should from any cause if sick or death rate be excessive, it is only natural that such a place be avoided as a place of residence.

The natural elements necessary to a healthy locality are pure air, pure water and pure soil and food.

These elements were originally abundantly bestowed upon mankind by the Creator, but as the world became populous and people crowded themselves into cities and towns, these natural conditions were reversed, consequently the sick and death rates were proportionately effected.

That of the surroundings and density of population, for these essential elements, that is, pure air, water and soil, are so inter-dependent that they may be classed in the same category and viewed from a common view point.

Thus pollution of the soil involves contamination of air and water, likewise contamination of water involves that of the air and soil, whilst that of the air consequently involves the other to a greater or less degree.

We are inclined to look upon the science of sanitation as a modern product, nevertheless we are recorded in the old testament numerous evidences that away back in Mosiac times the great law giver was inspired to teach rules of the highest sanitary import to the Israelites, indicating as it would seem, that the Creator himself anticipated such conditions as universal obtain in the civilized world at the present time.

So strongly indeed were these laws impressed upon these people that in the present day these precautionary practices respecting food, clothing, etc., are regarded as religious rites and observed strictly by the Jewish people; and it seems probable that had these observances not been considered of such importance to humanity, that they would never have been fulfilled, had they not been considered of such importance of religious observances, thus appealing to the strongest characteristic of this wonderfully orthodox people.

Continued on Sixth Page.)

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Rapid changes of temperature are hard on the toughest constitution.

The conductor passing from the heated inside of a trolley car to the icy temperature of the platform—the canvasser spending an hour or so in a heated building and then walking against a biting wind—know the difficulty of avoiding cold.

Scott's Emulsion strengthens the body so that it can better withstand the danger of cold from changes of temperature.

It will help you to avoid taking cold.

ALL DRUGGISTS; 50c. AND \$1.00.



SOME SMALL PAJAMAS.

It is the pajama age and not alone for grown-ups but for the small folks as well. Mothers find them very practicable for little girls and boys because they are warmer than night-gowns and can't be so easily kicked off on cool nights. The pajamas sketched here are very simply made and yet quite attractive. The upper part has seams under the arms and on the shoulders and then buttons up snugly to the throat. They may be made of gingham, madras or outing flannel and a plain cotton or wool braid makes a pretty finish at the edges of neck and front. For the medium size 41 yards of 36-inch material are needed.

4741—SIZES 6 to 16 years.

Please send the above mentioned pattern, as per directions given below, to

Name..... Street.....

No..... Province.....

Town.....

Measurements—Waist..... Bust.....

Age (if child's or miss' pattern).....

CAUTION.—Be careful to send size of pattern wanted. When the pattern is sent measure your neck only mark 32, 34, or whatever it may be. When in waist measure, 22, 24, 26, or whatever it may be. If a child, give waist and length measure. When miss' or child's pattern write only "X" figure representing the age. It is not necessary to write "inches" or "years." Patterns cannot reach you in less than three or four days from date of order. The price of each pattern is 10 cents in cash or postal order or stamps.

When a boy turns his bulging pocket inside out we marvel at the quantity and variety of articles he has stowed away. Odd lengths of string, marbles, a horse chestnut, a top, brass nails, hickory nuts, an apple, and many more articles are garnered by this "snapper up of unconsidered trifles." We think the collection must be hard in the boy's pocket. And it is. But do we ever think of the variety and miscellany of the substances we put into the pocket of our stomach? There's the apple and the nuts, and things besides quite as indigestible as brass nails and with no more food value than so many marbles. And yet we wonder that the stomach "gives out." When the stomach breaks down under the strain of careless eating and irregular meals it can be perfectly and permanently restored to health and strength by the use of Dr. Pierce's Golden Medical Discovery. The action of this medicine on the stomach and other organs of digestion and nutrition is so marked that relief from disease is at once experienced, and the headaches, liver "troubles," kidney disorders, skin eruptions and other symptoms of a diseased stomach are quickly cured. Dr. Pierce's medicines are purely vegetable—no alcohol or habit-forming drugs enter into their composition.

HEALTH DEPENDS ON GOOD BLOOD.

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