

Bad Water vs. Good Health SAVED FROM AN OPERATION

BY LOUIS EDWARD THEISS

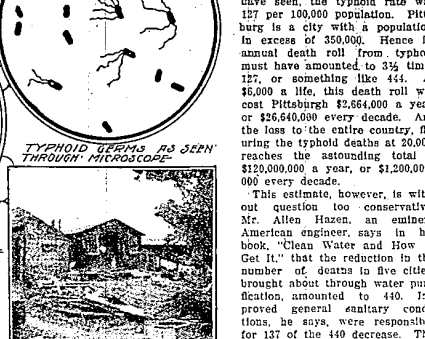
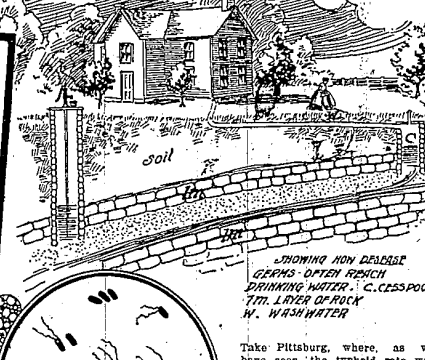
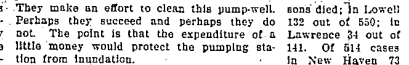
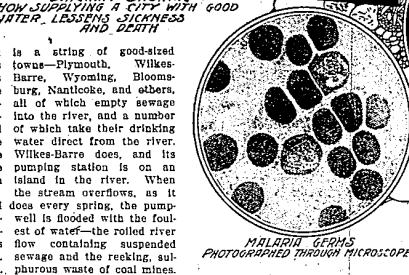
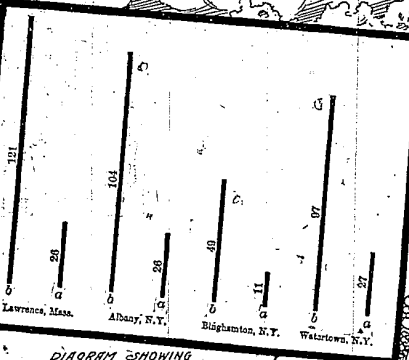
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How grossly inconsistent two are! When, for the sake of gain, a Missouri physician administered typhoid germs to some of his relatives, thereby causing six or eight deaths and one death, we stood against, called the physician a murderer, and in the name of the law, clapped him in prison for life. When, during the Spanish-American war, some twenty-five hundred of the boys in khaki were needlessly slaughtered, many of them by typhoid, we denounced in scathing terms those who carelessly and incompetently caused the tragedy. But we hear with abhorrence the statement that yearly the pollution of our water sources needlessly causes 185,000 typhoid illnesses and 15,000 deaths. We pay no heed to the fact that year after year in the United States seven times as many people are needlessly ill of typhoid fever as were soldiers wounded in the battle of Gettysburg, and three times as many persons needlessly die from typhoid fever as met their tragic deaths in the old story of the mule and the beam. We do not see the anomaly of this terrible wrong, because we are ourselves its authors. It is we who are responsible for the 15,000 typhoid deaths as our army officers were for the tragedies to our Spanish-war camps. And our motive is just as mercenary as was that of the physician who gave typhoid germs to gain a heritage. For we, too, are actuated by financial reasons: we are unwilling to pay the price of water purification. So we continue to smite the rock of a polluted water supply and then gushes forth the germs. And when our children ask for water we give them poison. We do not realize that, to be potable and fit for domestic use—water must be practically free from pathogenic germs, color, sediment, odor, taste and turbidity. Hardness makes laundering difficult. Iron spoils linen. Carbonic-acid gas turns water pipes brown. Algae make water taste bad. Water supplies differ widely of human beings. "Pure, wholesome water," the term set forth in so many water contracts, is then a wholly relative term. Really pure water is a rare thing, because there hardly exists in nature water that does not contain some foreign ingredients. Not all of these are harmful, however, so that water that is fit to drink is as common as readily pure water is rare. So that, generally speaking, the question of a good water supply is merely a question of being willing to spend the money necessary to obtain it. Hence there ought to be no complaint in the United States that does not have a plentiful supply of perfectly wholesome water.

Anything but wholesome, however, is the quality of the water that all too often we actually get. Dr. F. W. Shreve, reporting on water conditions in Michigan, says in part: "Of the ninety-nine replies received, 79 per cent reported the water as good, 11 per cent as fair, and 10 per cent as of bad quality. The replies from 124 localities in the State in 43 per cent of these localities the public water supplies are in danger of contamination." Dr. Q. O. Sutherland, discussing water conditions in Wisconsin, says that in his state "nearly every stream used for drinking water supply is contaminated to some extent by sewage." Health Commissioner G. A. Bading, speaking of Milwaukee's water supply, says that most of the city's water comes from Lake Michigan, but that there are still some wells in existence, 51 per cent of which have been shown to be contaminated. Lake Michigan is the source of water for many other towns near it. One of the tributaries of Lake Michigan is the Grand Calumet river. And here is what Health Commissioner W. A. Evans, of Chicago, has to say of the Grand Calumet: "The greater part of the sewage from the business and residential districts of Chicago, both empty into the Grand Calumet, which, as it flows through Hammond, is almost unseparably vile and pestiferous. And this stream empties into the lake only 3,000 feet from the water works of the city." Dr. Edward Barrow, analyzing conditions in Illinois, says that "an examination of the untreated lake water shows that unsatisfactory water is frequently delivered at Evanston, Lake Forest, Glenview, North Chicago, Waukegan, and Waukegan, Ill. And that the water supplies of all cities which use unfiltered lake water are shown to be impure at times." And this condition of the water supply may be taken as typical of the entire country. Very considerable proportion of our drinking water is absolutely unfit for human consumption.

Criminal negligence is the rule and only cause of such conditions. We dig septic tanks and a well in the same yard, and the contents of the one seep through the earth into the other. We place a privy vault a few feet from our well hole, and the rains wash the filth from the former into the latter. We dig the surface of the ground so that every rainstorm sweeps the filthement into our streams. Did you ever stand at the edge of a barnyard and watch the rain falling from the roof of the barn into the manure pile before, and draining away into a nearby stream, and so on into some one's drinking water? Or have you ever stood by a river bank and watched a sewer discharging its filth into more harmful human corruption? The idea of drinking such nauseating stuff is not pleasant; but that is exactly what millions of us are doing. Like the dog, we have learned to eat our own vomit. For, to quote the doctor Hoffman, Chief Engineer of the New York State Health Department: "We pump filth into a stream by one pipe, and by another pipe we pump it out again to drink."

Let us give you some concrete instances of how our drinking water is defiled. In rural New York inspectors from Ithaca found a farmer, who patrolling a river, believed health of cleaning the August, a stream which his farm directly empties into a large brook, which carried away all his stable manure. This brook was one of the sources of Ithaca's water supply. Along the valley of the Susquehanna there



is a string of good-sized towns—Plymouth, Wilkes-Barre, Wyoming, Bloomsburg, Nanticoke, and others, all of which empty sewage into the river, and a number of which take their drinking water direct from the river. Wilkes-Barre does, and its pumping station is on an island in the river. When the stream overflows, as it does every spring, the pump-well is flooded with the foulest of water—the rolled river flow containing suspended sewage and the choking, odorous, sulphurous waste of coal mines. They make an effort to clean this pump-well. Perhaps they succeed and perhaps they do not. The point is that the expenditure of a little money would protect the pumping station from inundation.

New York state has the same tale of pollution to tell. Albany, Cohoes, Dunkirk, Lockport, Niagara Falls, Ogdensburg, Oswego, Tonawanda, Tonawanda, and other cities drink river water that is grossly polluted by the sewage of cities farther upstream. And I have seen dozens of photographs of filthy cow-sheds and barns, the drainage from which polluted the water used for drinking purposes in the Illinois fifteen towns north of Chicago empty sewage into Lake Michigan, and also of them draw their drinking water back from the lake. And what is true of Pennsylvania, and New York, and Illinois, is also true of other states. Particularly it is true of the south. From the Atlantic to the Pacific, from the Gulf to the Lakes, our people are needlessly drinking polluted water.

What is worse, water pollution is on the increase. "With the rapid growth of our population," says Alec H. Seymour, Secretary of the New York State Board of Health, in a recent bulletin, "the defilement of our streams also increases. Some of our finest streams and lakes are being rendered unavailable for boating, bathing, fishing, and domestic use. They are of no value except as cesspools." Typhoid fever one cannot contract without taking into one's system germs that have been voided by a typhoid patient. These germs get into the body through the mouth, pass through the stomach into the intestines, and are carried through the body by the blood. They leave the blood in the bowels and in the urine. Sometimes infection is carried by contact or through vegetables and milk; but the common channel of typhoid transmission is through the water supply. "In order to get the full entrance into drinking water," to quote Dr. Howe again, "there must be carelessness in caring for the body waste of previous victims." And this carelessness, as we have seen, consists in the fact that our water sources to be polluted with sewage.

sons died; in Lowell 132 out of 550; in Lawrence 34 out of 141. Of 614 cases in New Haven 79 resulted fatally. Butler had 56 deaths and 1,270 cases. In Scranton there were 111 deaths and 1,115 cases; in Cleveland 472 deaths and 1,443 cases; and in Philadelphia 1,263 deaths and 9,211 cases. In every case the death rate has been terrible, rising, in many instances, to several hundred per 100,000 population.

The U. S. Census Bureau report for 1908 shows 11,372 typhoid deaths in the registration area, and for 1909 there were 10,722 deaths—an average of about 11,000 a year. The registration area includes only 51 per cent of the total population, and does not include the South, where the typhoid rate is very high. In the southern states the average rate has been 73. "Twenty thousand deaths a year," says Dr. William Gulliford, Registrar of Vital Statistics of New York City, "would be a very conservative estimate of the total annual mortality." Certainly this is a conservative estimate; for the complete census of 1900 showed 35,379 typhoid deaths that year. For the sake of being conservative, however, let us take Dr. Gulliford's figures. They are large enough!

The dead, it has long been held, amount to not more than one-tenth of the total number of those stricken. "But recent studies," to quote Mr. George C. Whipple, "indicate only one death in 15 or 18 cases." If we allow one death for every twelve cases—an estimate that Dr. Gulliford says is entirely within the mark—we shall have the tremendous annual total of about 250,000 cases. Think of it—a quarter of a million people yearly stricken with typhoid!

Regard the largest parade you ever saw—say one with 25,000 troops in line—and think how those serried ranks marched past hour after hour until your eye grew tired of watching them. Then multiply that parade by ten, and imagine what an enormous army 250,000 persons would make. That is exactly the size of the army recruited each year, that this country forces to fight—typhoid fever.

Like any other army, this army, too, costs money. In this case, though, the cost is in the money. In the census statistics compiled by the Connecticut Board of Health show that typhoid carries people off in the years of their greatest earning capacity, 41 per cent of the deaths occurring to persons between the ages of 20 and 40, and 69 per cent to persons between 10 and 40.

The economic loss thus caused reaches a staggering total. The cost of the epidemic at Plymouth, it is shown by Professor Mason, amounted to more than \$150,000, divided as follows: Loss of wages of those who recovered..... \$30,000 Cost of caring for the sick..... 67,000 Year's earnings of the dead..... 15,419 \$112,539

In making this estimate, however, allowance was made for the loss of only one year's earnings. "An examination of an insurance mortality table shows that the man who dies before he is forty dies before his time." Hence his death represents a loss, not of one year's income, but of many. Five thousand dollars is the sum at which a life is usually valued in reckoning economic loss. If typhoid loss is based only on the number of those who die. As Mr. George Whipple points out, there is an added loss occasioned by non-fatal typhoid illnesses that should also be taken into account. The average percentage of typhoid convalescence, as figured from 500 cases in a Pennsylvania hospital, is 43 days. Hence loss of wages plus cost of medical attendance, would easily average \$100 for every person who recovers. If we allow for one who dies, that is an extra \$1,000 must be added to the \$5,000 allowed for each death, making the total economic loss caused by every typhoid death \$5,500.

Flourished on this basis the loss to many communities amounts to millions of dollars yearly.

By Lydia E. Pinkham's Vegetable Compound

Dear Mr. Editor: I wish to let every one know what Lydia E. Pinkham's Vegetable Compound has done for me. For two years I suffered. The doctors said I had tuberculosis, and the only remedy was the surgeon's knife. My mother bought me Lydia E. Pinkham's Vegetable Compound, and today I am a healthy woman. I suffered from inflammation, and your Sanative Wash relieved me. Your Liver Pills have no equal as a cathartic. Any one who has proof of what your medicines have done for me can get it from any drug-gist by writing to me. You can use my testimonial in any way you wish, and I will be glad to answer letters.—Mrs. GRIZZARD HEND, 106 Mount St., Florida, Fla.

Another Operation Avoided.
New Orleans, La.—"For years I suffered from severe female troubles. Finally I was ready to my bed and the doctor said an operation was necessary. I gave Lydia E. Pinkham's Vegetable Compound a trial first, and was saved from an operation."—Mrs. LILY PEYRON, 1111 Kerlere St., New Orleans, La.

"The great volume of unsolicited testimony constantly coming in proves conclusively that Lydia E. Pinkham's Vegetable Compound is a remarkable remedy for those distressing feminine ills from which so many women suffer."

DEFIANCE Cold Water Starch
makes laundry work a pleasure. 16c or 25c 10c



IN HARD LUCK.

First Tramp—So Wenzly Willie is suffering from brain fever, is he?
Second Tramp—Sure thing. He hasn't ask for work no more cause he hain't got brains enough ter think up some excuse for not taking it if he gets it.

Nothing Good But Talk.
The following is told of a federal official, formerly a senator of the United States from Kentucky:
In the days of his youth the Kentuckian was asked by a friend to second him in a duel. He consented, and at midnight the parties met at the appointed place.
Now it was this Kentuckian's duty to say the last words touching the terms of the duel. But, although he faithfully performed this duty, the duel never took place.
"A murmur of 'Why not?' invariably goes round whenever this story is told, whereupon the answer is as follows:
For a very simple reason. When Joe finished speaking it was too dark for a duel."—Chicago Journal.

LUCKY MISTAKE.
Greener Sent Pkg. of Postum and Opened the Eyes of the Family.

A lady writes from Brookline, Mass.: "A package of Postum was sent me one day by mistake.
"I notified the grocer, but finding that there was no coffee for breakfast next morning I prepared some of the Postum, following the directions very carefully.
"It was an immediate success in my family, and from that day we have used it constantly, parents and children, too—our six-year-old boy is now allowed to drink it freely at breakfast and luncheon. They think it delicious, and I would have a word on my hands should I omit the beloved beverage.
"My husband used to have a very delicate stomach while we were using coffee, but to our surprise his stomach has grown strong and entirely well since we quit coffee and have been on Postum.
"Noting the good effects in my family I wrote to my sister, who was a coffee toper, and after much persuasion got her to try Postum.
"She was prejudiced against it at first, but when she presently found that all the ailments that coffee gave her left and she got well-quickly she became and remains a thorough and enthusiastic Postum convert.
"Her nerves, which had become shattered by the use of coffee have grown healthy again, and today she is a new woman, thanks to Postum."
Name given by Postum Co., Battle Creek, Mich., and the "cause book" will be found in the great little book, "The Road to Wellville," which comes in packages.
Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.