

U.S.— NAVY DEPARTMENT.
BUREAU OF MEDICINE AND SURGERY.

HYGIENIC AND MEDICAL REPORTS

BY
MEDICAL OFFICERS OF THE U. S. NAVY.



PREPARED FOR PUBLICATION, UNDER THE DIRECTION OF THE SURGEON-
GENERAL OF THE NAVY.

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WASHINGTON:
GOVERNMENT PRINTING OFFICE.
1879.

report of the board of medical officers appointed on that occasion:

“Whatever arguments may be adduced in favor of the rational and temperate use of tobacco by adults, no doubt exists among medical men as to its injurious effects upon the growing organisms and mental powers of the young. Functional derangements of the digestive, circulatory, and nervous systems manifest themselves in the form of headache, confusion of intellect, loss of memory, impaired power of attention, lassitude, indisposition to muscular effort, nausea, want of appetite, dyspepsia, palpitation, tremulousness, disturbed sleep, impaired vision, etc., any one of which materially lessens the capacity for study and application, and most of which are daily subjects of complaint to the medical officers, and form so large a proportion of the sick-lists that the extent of surreptitious indulgence in smoking and chewing may be inferred.

“The recent experiment of permitting smoking at the academy has satisfactorily demonstrated the especial impropriety of the practice at an institution of this character. The further evil of moral contamination from the necessarily unrestrained intercourse and language of the smoking-room was superadded to physical and mental impairment. This apartment became the chosen resort of the leisure hour, its stifling atmosphere injuring health all the more seriously from the intensified form in which the tobacco-fumes were offered for absorption into the system, while outdoor exercise and recreation were proportionately neglected.

“The board have confined themselves in this report to the consideration of the effects of the use of tobacco upon the cadets at this academy. For this reason no mention has been made of certain organic diseases, attributed to the prolonged use of tobacco, or of the serious nervous disorders which sometimes follow its excessive use. In most cases the first and early at-

tempts to smoke or chew produce nausea, vomiting, tremors and prostration. These symptoms lessen in severity as the practice is continued, and usually it is only after protracted habit that perfect tolerance is secured. Should tobacco be allowed, a large number of beginners would be subjected to this experience, a condition of things which would militate against the good effects of the sanitary regulations of this school, which have, in all other respects, maintained so high a standard of health.

"The board are of opinion, therefore, that the regulations against the use of tobacco in any form cannot be too stringent; and, further, that, while smoking should be wholly interdicted, especial care should be exercised to prevent the substitution of chewing, the more deleterious practice.

"Very respectfully, your obedient servants,

"ALBERT L. GIHON,

"Medical Inspector, U. S. N.

"ALBERT C. GORGAS,

"Medical Inspector, U. S. N.

"GEORGE A. BRIGHT,

"Surgeon, U. S. N.

"Rear-Admiral C. R. P. RODGERS, U. S. N.,

"Superintendent United States Naval Academy."

There is no doubt that smoking, especially of cigarettes, and chewing, are still clandestinely practised, to the serious detriment of the physical and mental health of the students. Recently a cadet in hospital was detected in the most extravagant indulgence in chewing, which he confessed to have become already a confirmed habit, and which had markedly affected his appearance and development.

It is perhaps impossible to determine whether malarial poisoning, abuse of tobacco, indigestible food, overheated apartments, faulty ventilation, or protracted clandestine study or

rooms. One considerable source of catarrhal troubles arises from the overheating of rooms and their rapid cooling by throwing the windows wide open. This will be remedied by equalizing the temperature of the rooms with that of the corridors, by preventing excessive and irregular cooling, and by protecting the more exposed portions of the building from prevailing cold winds.

Though care was taken early in the term to completely flush out all the sewers, the regurgitation of sewer-gas, when the outlets of the mains are exposed to strong winds at low tide, can probably only be prevented by outdoor vents, indoor traps of whatever kind being insufficient for this purpose.

The opinions of the medical officers of this institution as to the sanitary necessity for the interdiction of the use of tobacco by cadets have received the following strong indorsements from three successive Boards of Visitors to the Naval Academy:

1. The report of the Board of Visitors, of which Commodore J. W. A. Nicholson, U. S. N., was president, dated June 20, 1877, states: "We highly commend the suggestions made by the Superintendent in his report to the Navy Department, and those contained in the late very complete sanitary report of Medical Inspector A. L. Gihon."

2. The report of the Board of Visitors, of which Rear Admiral John L. Worden, U. S. N., was president, dated June 20, 1878, states: "The regulation of the Naval Academy prohibiting the use of tobacco, as a sanitary measure, is a wise provision, and to use the language of Medical Inspector Gihon, in his well-digested report on this subject, the Board are of opinion 'that the regulations against the use of tobacco in any form cannot be too stringent; and, further, that while smoking should be wholly interdicted, special care should be exercised to prevent the substitution of chewing.'"

3. These reports were made while the regulations prohibiting

the use of tobacco were enforced. The report of the Board of Visitors, of which Commodore Thomas H. Stevens, U. S. N., was president, dated June 10, 1879, subsequent to the permission given to the cadets of all classes and all ages to smoke cigars, cigarettes, and pipes, states in terms no less emphatic: "The Board, being informed that the regulation of the Naval Academy prohibiting the use of tobacco, as a wise sanitary provision, is not now enforced, would most respectfully recommend that its strict enforcement be at once restored, as in their judgment the regulations against its use in any form cannot be too stringent."

When the prohibition of smoking was established at the Academy the measure met with earnest commendation by eminent sanitarians and others concerned in the education of youth. Capt. Stephen B. Luce, U. S. N., commanding the U. S. training-ship Minnesota, was one of its most enthusiastic advocates, and referred to his own success in preventing the apprentice boys of the Navy from using tobacco in any form. I am more than ever convinced, after my long experience at the Naval Academy, that the rigorous enforcement of the regulation prohibiting the use of tobacco by cadets will have a greater influence on the future physical history of these lads than almost any other measure of their academic regimen. The annual physical examinations at the close of the term of 1878-'79, during which smoking was permitted, revealed a large number of "tobacco hearts." While many, perhaps most, of the cadets have learned to smoke before admission, there is no doubt that its compulsory inhibition during their academic career will be of incalculable benefit to these, as well as to others who now acquire the habit here through the example of their classmates or room-mates.