



# The Health Bulletin

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## STATESMEN ON HEALTH

"It may well be claimed that the care of individual and family health is the first and most patriotic duty of a citizen."—*Taft*

"Public health is the foundation on which reposes the happiness of the people and the power of a country. The care of the public health is the first duty of a statesman."—*Disraeli*

"Public health is purchasable. Within natural limitations any community can determine its own death rate."

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### FREE PUBLIC HEALTH LITERATURE

The State Board of Health has a limited quantity of health literature on the subjects listed below, which will be sent out, free of charge, to any citizen of the State as long as the supply lasts. If you care for any of this literature, or want some sent to a friend, just write to the State Board of Health, at Raleigh. A postcard will bring it by return mail.

No. 12. Residential Sewage Disposal Plants.	No. 43. Practical Privies.
No. 14. Hookworm Disease.	No. 44. State Policy for the Control of Tuberculosis.
No. 19. Compilation of Public Health Laws of North Carolina.	No. 45. The Control of Smallpox.
No. 23. The Vital Statistics Law.	No. 46. Compilation of County Health Laws.
No. 27. The Whole-Time County Health Officer.	No. 47. Privy Leaflet.
No. 29. Rules and Regulations for County Boards of Health.	No. 50. Baby Leaflet.
No. 30. Measles.	No. 51. Rules and Regulations of County Boards of Health.
No. 31. Whooping Cough.	No. 52. Malaria and What Everybody Should Know About It.
No. 32. Diphtheria.	No. 53. Disinfection After Diphtheria, Measles, or Whooping Cough.
No. 33. Scarlet Fever.	No. 54. Disinfection After Scarlet Fever.
Anti-Spitting Placards (5 inches by 7 inches).	No. 56. Tuberculosis Leaflet No. 2.
No. 39. Tuberculosis Leaflet.	No. 57. Health Helps for Teachers.
Anti-Fly Placards (14 inches by 22 inches).	No. 58. Fly Leaflet.
Anti-Typhoid Placards (14 inches by 22 inches).	No. 59. Typhoid Fever Leaflet.
Anti-Tuberculosis Placards (14 inches by 22 inches).	Sanitary and Hygienic Care of Prisoners.
No. 41. Tuberculosis.	No. 60. Cancer Leaflet.
No. 42. Malaria.	No. 61. How to Nurse a Tuberculous Patient.
	No. 63. Health Catechism.



# PUBLIC HEALTH AND SANITATION



## TOBACCO AND LONGEVITY

There may be many reasons why women live longer, on the average, than men, but Dr. Albert H. Burr declares that the principal cause is the extensive use of tobacco among the latter. This noted authority upon the smoking habit recently read a paper before the Chicago Medical Society upon "Longevity in its Relation to Sex," in which he brought forth many striking facts and statistics almost entirely unknown to the general public. "Nearly twice as many women as men live to be a hundred," said Dr. Burr, "and, although at the age of 50 years, the ratio of women to men is 1,000 to 1,183, at the age of 70 the ratio is 1,033 women to 1,000 men. Tobacco is distinctly a male habit. There are volumes of evidence in support of the statement that smoking is responsible for much of the premature senility among men. The average virility, strength and stature of the woman does not equal that of the man, but she plainly outdoes him in the old age records."

## THE CURSE OF THE MORPHINE AND COCAINE HABIT

Departments of health are instituting a campaign against these habit-forming drugs. Many investigations have been made by commissions appointed for that purpose, and their findings have revealed the fact that there are apparently four million victims of these drugs in the United States. The people of the United States and Canada spend one hundred and ten million dollars every year on patent medicines. Many of these con-

tain habit-forming drugs. Patent medicines, together with thoughtless prescribing of these drugs, is responsible for many of the victims. There are thousands of these unfortunate victims in North Carolina today. The United States leads the world as an opium-eating nation, having left even China in the rear.

In the investigations made by Dr. Terry, Health Officer of Jacksonville, he concludes that 75 per cent of the addicts are the result of careless prescribing by physicians. He again points out the fact that *practically all the soothing syrups and soothing powders contain opium in some form.*

Mothers are, therefore, strongly urged not to make addicts of their babies. There can be no question as to the rôle played by heredity in regard to the curse of drug addiction. It has been found that the feeble-minded are predisposed to these drug habits; and in these, as in many other instances, it is largely a matter of cause and effect.

## KANSAS CIVIL SERVICE BARS SMOKERS AND DRINKERS

Cigarette users as well as drinking men are to be barred from State employment in Kansas under rules promulgated by the new State Civil Service Commission. In a preliminary statement issued some time ago it was announced that users of intoxicating liquors would be ineligible to hold State jobs, but in the completed rules is the following: "The commission may refuse to certify an application for the habitual user of intoxicating beverages or cigarettes."