

# HEALTH AND EFFICIENCY

BY

JOHN DALY McCARTHY, M.A., PH.D.

*In Charge of Hygiene, De Witt Clinton High School,  
New York City*



NEW YORK  
HENRY HOLT AND COMPANY  
1922

Trainers of athletes know that tobacco lessens physical efficiency. Cigarette smoking, in particular, is apt to produce anemia and to interfere with the nutrition of the body.

Records such as those kept by Prof. Charles F. Emerson, Dean of Dartmouth College and a member of the class of 1868, indicate why many educators and physicians oppose the use of alcohol and tobacco. Dean Emerson was secretary of his class and, at the close of senior year, each member was asked to state whether he had used tobacco or liquor while in college. The replies were recorded at the time in a book kept by the secretary. About half of those who reported "yes" as to the use of liquor, qualified the statement by saying, "only light wine, ale, or beer," but they were classed with the users. In the following statistics, no account is taken of any qualification made by members of the class, nor of the personal habits of members since graduation. The secretary has kept an accurate record of the dates of death during the fifty years since graduation, and the statistics are compiled from these data. The average age at death for those who passed away during the past 50 years is 44 years and 11 months for those who used liquor while in college, and is 63 years and 6 months for those who did not use liquor; a difference of 18 years and seven months in favor of non-users. During the first 25 years after graduation, 29.4% of the users of liquor had died, while only 6.7% of the non-users had passed away. The average age at death for those who used tobacco in college is 49 years and nine months, while for those who did not use

tobacco, it is 59 years and 4 months, or nearly 10 years in favor of the non-user. Similar records as those cited above obtained from six other class secretaries indicated similar results, although varying from 3 to 15 years. The total records included observations on 500 young men.

The caffeine of tea and coffee, like alcohol and nicotine, acts on the heart and, if used continually, may produce severe derangement. All may lead to nervousness, digestive disturbances, and anemia.

**59. Patent medicines.** When a house is out of order, a carpenter is called, and when the body is out of order, a physician should be called. The body deserves the most skillful treatment that it can receive. Many communities now provide physicians to give needed medical treatment free of all charge to those who cannot afford to pay. These officials are men or women who have received a complete medical training and who have been licensed to practise medicine only after a thorough examination. The larger cities support highly organized clinics and hospitals, where expert medical and surgical treatment is given.

In spite of this knowledge many persons use patent medicines. The New York State Department of Health, in a booklet entitled "Patent Medicines," says:

*"What you get*

when you take a dose of a patent medicine. It is very much as though you took a teaspoonfull of the contents of a drug store slop pail.