T. W. Hardison diary, 1939

Thomas William Hardison

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Sunday

7 A M 39; 50 25; clear; SW

Down to see the Judge here at Haunton

9 A M: found him somewhat better.

Called 18 M to see McKinley's wife, in the

Park.

Charlie, Kennedy's wife, ill, bought a girl

2 P M. Paid $12, first collection of the year.

J. E. Blackwood, ill, bought his wife

4 P M. Improving.

I have only made a posy of culled flowers, and have brought you nothing of my own, but the thread that ties them together—Montaigne.
The human soul develops up to death—HIPPOCRATES

JANUARY: (31 DAYS)

Zodiac: Capricornus. The Goat. First month from the Latin Januarius. The month was sacred to Janus, the god of the sun and the year. Beginning of year changed from March 25 to January 1 by English statute in 1752.

Diseases most prevalent: Diphtheria, scarlet fever, cerebrospinal meningitis, influenza, colds, diseases of upper respiratory tract, anginal disease, asthmatic seizures.

Prove all things; hold fast that which is good—ST. PAUL

WARNER’S CALENDAR OF MEDICAL HISTORY
I deplore the replacement of the aphorism in medical teaching by the lengthy article—Lord Horder

WOMEN IN MEDICINE

There have always been women in medicine. Ancient Egypt had its priestesses; enlightened eleventh century Salerno produced noted women doctors; abbesses cared for the sick and taught medicine in early European years; there were worthy midwives in the Middle Ages. Yet, paradoxically enough, time has marked off less than a hundred years since a number of women courageously pioneered for the privileges of men in the study and practice of medicine.

While the fates permit, live merrily—Seneca

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WARNER'S CALENDAR OF MEDICAL HISTORY
JANUARY

Friday

7:20 a.m. 41°, 30.28; clear; s
I went to the new stone schoolhouse on the mountain this morning to speak on the program of dedication.
Christine Van Merren, County Supervisor, and WPA officials from F.R. spoke.

Saturday

6:45 a.m. 43°, 30.34; clear; n

Whatever state of the human Body doth disorder the vital, the natural, or even the animal Functions of the same, is called a Disease—BOERHAAVE

ELIZABETH GARRETT ANDERSON (1836-1917)
All things come to an end... and, in England, the determinate efforts of Elizabeth Garrett Anderson overcame lack of clinical instruction for women physicians, and the inability of poor women and children to obtain medical aid from women practitioners. To this latter aim, the Garrett-Anderson hospital is a lasting memorial to this foremost English medical woman pioneer, first to receive a degree in her country.
Sunday

7:30 A.M. 48; 30.21; P.F. cloudy; E

James Hill and family came to see us this afternoon. James resigned as manager of the Magazine Mountain project in December.

Monday

7:30 A.M. 50; 30.06; rain, S

Began raining at 11 last night. 1.15 in by 9 A.M.

And that Part of the Science or Art of Physick, which teacheth how to find out the Diseane actually afflicting the Patient, and how to cure the same, is called The Practice of Physick—BOERHAAVE

ANDERSON—THE SHARP REJOINDER
Alert, unselfish and sincere, brusque retorts often belied her warm nature. Once a tearful mother, parting with her daughter at medical school, stated, "I know you will be a mother to my girl." Mrs. Anderson replied, "Certainly not; I have quite enough to do to be a mother to my own children." Yet many a student knew her as friend and adviser.

CRITICISM IS THE SEARCH FOR BEAUTY—GERARD DE LACAZE-DUTHIER

WARNER'S CALENDAR OF MEDICAL HISTORY
“Introduce with a needle a very coarse thread of unwashed wool and tie off as much as possible; this treatment is safer. When it is completed, treat it with remedies to cause necrosis and do not irrigate them till they have gone away, and always leave one behind.”

This is the method Hippocrates enjoins in the surgical treatment of hemorrhoids. The technique may be faulty but the principle is sound. The procedure must have meant days of torture for the patient.

Such suffering is today unnecessary. Whether or not hemorrhoids require surgical treatment, ANUSOL SUPPOSITORIES may be used with satisfaction to provide comfort to the patient, to aid in promoting uneventful healing. In whatever inflammatory rectal condition Anusol Suppositories are employed, their soothing and emollient action provides pain relief by decongestion.

We shall gladly send a trial supply on your request. Please mention Warner’s Calendar-Diary.

Anusol Suppositories are supplied in boxes of 6 and 12

A Wound is the Separation of the Union of soft Parts by hard and sharp Bodies—BOERHAAVE

ANDERSON—WOMEN GO TO WAR

September, 1914. The Women’s Hospital Corps is leaving for France. Somewhat apart stands a rather bent but dignified figure. “Are you not proud, Mrs. Anderson?” said a voice in her ear. Her eyes sought her uniformed daughter directing the party. “Yes,” she mused, “twenty years younger I would have taken them myself.”

SCHERING & GLATZ, INC., 113 WEST 18TH STREET, NEW YORK
OBSTETRICAL TABLE

By adding the figure appearing in the second column of the following table to the first day of last menstruation, the probable date of confinement is obtained. The month of confinement is in the last column.

<table>
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Example: If the first day of the last menstruation was on January 20, then the probable date of confinement will be October 27. If the last menstruation was February 27, the confinement will probably take place on December 6.

WIDTHS OF BANDAGES

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<td>Hip</td>
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<td>Body (Chest and abdomen)</td>
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Cogitation is the thing which distinguishes the solitude of a god from a wild beast—Abraham Cowley
12 JANUARY

Thursday

7:15 A.M. 38; 30.12; drizzle; NE.

Xieboon badly, Rose urged him to take his wife for examination 7:30 a.m.

McGee reported his wife doing satisfactorily.

Night rain continued all day.

13 JANUARY

Friday

7:15 A.M. 34; 29.48; 4. cloudy. N.

Rain yesterday & last night 0.68 in.

Let us now praise famous men, for their work continueth, greater than their knowing—Kipling

Inflammations and Phlegmons having the same Causes and the like Effects, take their Name from Fire: and likewise, St. Anthony's Fire—Boerhaave

Elizabeth Blackwell (1821-1910)

"I am glad I and not another have had to bear this pioneer work." These are the words of the dauntless woman, English by birth, who obtained the first American medical degree, and who with her sister, Emily, founded the New York College and Infirmary for Women. Persistent in faith, courageous in foresight, Elizabeth Blackwell played well the role of predecessor.
Life is short; art is long; opportunity fugitive; experience delusive; judgment difficult—HIPPOCRATES

BLACKWELL—SPURSTO THE CAUSES
At least two strong provocations drew Elizabeth Blackwell to the study of medicine. One, a friend suffering from a gynecological complaint who felt she would have been spared much if attended by a woman physician; the other, indignation at the malpractice of a notorious "female physician." She resolved that medicine be a profession of honor only.

1938 DECEMBER 1939 JANUARY 1939 FEBRUARY 1939

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The poet should begin by being a man of science, and the man of science by being a poet—RONALD ROSS

14 JANUARY

1:10 A
31; 30.03; clear; NW

15 JANUARY

7:15 A 83; 30.03; cloudy; NW

Mrs. J. E. Witt, 64, died at her home
11:50 A.M. Mrs. Witt had just brought her for me to examine. She had been unwell for a month or two. Her death was probably due to coronary occlusion.
16 JANUARY

7:45 a.m. 20° 30' 20', Sun., E

Letter to an old Mr. Wellington's wife.

9 a.m.

Mrs. in bed all day. Lumbar

and the experience yesterday.

17 JANUARY

6 a.m. 39° 30' 05', Rain, E

I went to Mrs. Miller's funeral this

morning. I was an honorary pall bearer.

Mother in bed all day.

Rained until noon. 0.39 in.

Home at 2:30 p.m. called at once

to Martin Forest to see Dr. Brann.

Atomic girl, Anne.

In very acute diseases, because of their severity, the most active measures

are the best—Hippocrates

A complete solitude, also, may be saturated with the romantic. Is not this great globe

itself a celestial solitary?—WALTER DE LA MARE

BLACKWELL—THE OUTCAST

After the first flush of curiosity,

students at Geneva Medical College

accepted and respected the new

arrival; their rowdiness subsided

before her seriousness. But women

in town stared at her, considered

her immoral or insane. A doctor's

wife deigned not to speak to her.

Elizabeth Blackwell allowed no

criticism to sway her from her purpose.
Wednesday

Mother in bed today had slightly better.
Down to Martin's farm 10 am & found Louis Stone better.

Thursday

4:30 & in 34; 30.09; clear, NW.
I did not go to church last night. Mother wanted to sleep better, but not able to be up today.

I went to Little Rock today for a meeting of the State Park Commission.
James Hink met with me from Conway.
Home at 3 & found Mother feeling about the same.
Called 3:30 to see Mr. Cop's wife at the Lodge.

When a disease shall have attained its utmost severity, then it is necessary to use the most restricted diet—HIPPOCRATES

Blackwell—January 25, 1838

As Elizabeth stepped on the platform the President rose, removed his hat and offered in his hand her diploma. She turned and stepped away; as the President turned to go and the graduates, from whom she had sat apart, made her sit with them for the remainder of the exercises. The coveted diploma was hers; and the conservative men congratulated her and women became friendly.
The old bear fares most easily; next those who have reached the meridian of life, the young with great difficulty; and children with still greater difficulty, especially those of a lively disposition—HIPPOCRATES

MARIE CURIE (1867-1934)

Humanity is the debtor to Marie Curie and her beloved husband-collaborator, Pierre, for a priceless element—radium. A shy woman no less than a scientific genius, she proved harder to bear than the discouraging research. She was the first woman to occupy a chair at the Sorbonne and was twice winner of the Nobel prize.

Do not complain because the rosebush has thorns; rejoice that the thornbush bears roses—ARABIAN PROVERB
Sunday 22 January

7:30 a.m. 34°; 30.36; cloudy, N.

Mrs. Jennings brought Mrs. and Mrs. G. E. Milton to call to see me this afternoon. What a difference the weather makes. They seem to be capable people. Mother not out of bed yet, but feeling better.

Monday 23 January

7 a.m. 27°; 30.14; rain alert, S E.

It began about midnight; this morning the ground & the trees are covered with ice, but not yet as much as 2 years ago, when most of the trees were weighed down. Snowed about noon.

Precipitation 0.92 in.

Liquid diet agrees best with the feverish; but especially with children and those accustomed to it—HIPPOCRATES

CURIE—THE GROWING YEARS

At an early age, Marie lost her elder sister and mother; at seventeen she knew the trials of a governess. As a child, it was only when absorbed in reading, unaware of all else, that she could momentarily escape the growing up troubles of her youth.

Only two classes of men never change: The wisest of the wise and the dullest of the dull—CONFUCIUS

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WARNER'S CALENDAR OF MEDICAL HISTORY

(26)
24 JANUARY

Mother up today, first time
in more than a week.

Bob Wilson came this morning.

25 JANUARY

Mother and I went to town 10 a.m.
I helped Mr. Witt with some
insurance papers. Getting home at 3,
I found a call to see Adrian
Brown today, which I refused.

Kemp and Turner have tonight.

Evacuations ought not to be estimated according to their quantity, but as
they take place properly, and are easily endured—Hippocrates

CURIE—THE MUCH DREAMED OF SORBONNE

1891—the Sorbonne at last! Marie became
a student assistant, washing bottles and
slicing apples, and charged him
15, 16, 17, 18, 19, 20, 21
19, 20, 21, 22, 23, 24
22, 23, 24, 25, 26, 27, 28
25, 26, 27, 28, 29, 30, 31
29, 30, 31, 1, 2, 3, 4

To be guided by reason is to obey the laws of nature—ERNEST WOOD

WARNER'S CALENDAR OF MEDICAL HISTORY

(28)
Thursday

1:15 a.m. 34°; 30.48; clear; SW

Mr. Simpson brought his wife tonight for examination. She is to be examined early in March.

Charlie Barnett, 60, came tonight to try to sell me his farm in the Valley. He plans to move to Nashville at the end of this year. His talk was very interesting.

Friday

7:20 a.m. 32°; 30.45; clear; S

Melby came early on way to town,

Merwin Miller came 9 a.m. to get me to go to

Ike at 10 a.m. Mr. Davis. Very sick. Pneumonia. Up very home. Adrien Berry paid me 60.

After dinner, Mother & I went to see old Mrs. Boblands who paid me 80. We were mighty pleased to see us. She seems to be doing so well as I have been her in several years. I took the camera along & have a picture of her.

Called on Mrs. to see Adrien Berry today.

There is nothing so practical in its value as accurate knowledge, and the pursuit of such knowledge has been most successful when not fettered with the initial demand that it be directed toward practical ends—DR. KARL T. COMPTON

Curie—Marie and Pierre

The Curie “laboratory” comprised a deserted, leaky shed furnished with a few old tables and a cast iron stove. It was hardly metrically faithful of every seasonal change from extreme heat to extreme cold. Unventilated, it drove the scientists to conduct their poisonous gas giving experiments in the courtyard. In rainy weather they hurriedly to carry their scant equipment indoors.
EL KINDI or Alkindus, the Arab author of over
two hundred treatises on medicine, explained
the action of drugs by arithmetical or musical
rules. To him, the geometrical admixture of the
medicinal elements, rather than the substances
themselves, was of greatest significance.

This philosophy, in a way, has application today.
The right proportion of ingredients in a therapeutic
preparation is perhaps of no less importance than
the ingredients themselves.

AGAROL is a mineral oil and agar-agar emulsion
containing phenolphthalein—with emphasis on the
right proportion of highly purified ingredients. This
accounts for the unusual palatability of Agarol
and its recognized efficacy in the relief of acute con-
stipation and in the treatment of habitual con-
stipation.

Agarol mixes freely with the contents of the colon,
keeps them soft and pliable and easily passed. It
causes no leakage.

Upon your request, we shall be glad to send a trial
supply of Agarol. Please write for it, mentioning
Warner's Calendar-Diary.

Agarol is supplied in 6, 10 and 16 ounce bottles

WILLIAM R. WARNER & CO., INC., 115 W. 18TH ST., NEW YORK
### THERMOMETRIC EQUIVALENTS

#### WITHIN CLINICAL LIMITS

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The expectations of life depend upon diligence. The mechanic who would perfect his work must first sharpen his tools—CONFUCIUS

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SMART CALENDAR OF MEDICAL HISTORY

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<th>1939 FEBRUARY</th>
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WARNER'S CALENDAR OF MEDICAL HISTORY
30 JANUARY

6:40 a.m. 33; 19.8°; cloudy; NW
Rain last night 0.25 in.

Drew to see Mrs. Dragon 7 a.m. spewed him about as when I last saw him. We to Bill
you brought to see his baby.

Reads hardly imposable.

Called 3:30 p.m. to see Mrs.

Blacks. Influenza.

31 JANUARY

7:10 a.m. 32; 30.10; cloudy; NE

Bruce invited me to see us again
this afternoon & invited me to go with
him to the Little Rock when tomorrow
in Saline County, tomorrow morning.

Call I have to move will prevent
me from going. I like that boy

The educated person is one who each day learns something new, and who thinks on something when he is not in school—Dr. Donald A. Laird

Elsie Inglis (1864-1917)
A wholehearted political and public worker, Elsie Inglis had always strived to broaden life for women. She had been a medical school lecturer, hospital surgeon and gynecologist. During the World War, she organized the Scottish Women's Hospitals. In her memory was erected the Elsie Inglis Memorial Maternity Hospital, Edinburgh.
February 1

Wednesday

6:20 AM 49° 29.84°F. Cloudy. S

Saw Mr. Davis v. Bill Young, his brother, early, & found their present letter. Also opened
Mr. Elkins at his house.

Charles Hamilton came 11 am.

10:50 AM 35° 29.99°F. Rain v. light. NW.

Light rain v. steady throughout latter half of night.

I slept some, v. little.

Temperature by 8 pm, when it stopped, 65° 51 in.

Began raining again at noon & continued all afternoon. Between 4 and 5 inches
snow on ground tonight.

They who in youth have relaxed bowels, in old age become constipated. But they who in youth are constipated, in advanced life have the bowels relaxed—Hippocrates

February (28 Days)


Disease most prevalent: Same as in January.

Also lobar pneumonia, eczema, psoas, pylorospasm, spasmophilia, tetany, cholera minor, rickets, appendicitis (in some cases).

The secret of success is to accomplish ordinary duties in an extraordinary manner—Rockefeller

February 2
February

5 a.m. 24; 29.92; snow; N
About 2 inches of snow fell in the night; I have very sore throat & slept little.
Snow continued until nearly noon.
About 6 inches on ground.
Horton, Little Rock, came
5:30 p.m. to inquire about the
school excursion.
Total precipitation since it
began snowing at noon yesterday.
1.13 in.

The changes of the seasons are the principal causes of disease; and in this it is by presence of mind in untried circumstances that the native metal of a man is tested—Lowell.

Inglis—Little Doctor

Forty doll faces and forty pairs of eyes
were painted with small red spots
because Elsie, playing doctor, had
decided that all her dolls should have
measles. Then, as the medicines
prescribed took effect, some number of
the spots were wiped off each day
the epidemic was completely eradicated.
7:40 AM 28; 30.10; 

Here this afternoon: Alex & Helen Simpson; Jack Wood & wife with Jack's father & three kids. 

had Kemp here tonight.

(42)

When sleep soothes delirium, it betokens well.—Hippocrates

INGLIS—“YE’RE NO DOCTOR”

The tipsy Irish woman wheeled round and said, “Hech, I came for a doctor.” “We have no doctor,” said Elsie, “I am the doctor.” “Deed,” countered the woman, “ye’re no doctor—just a wumman.” Patients had still to be reconciled to the fact that a woman and doctor could be the same person.

(43)
February 7

7 a.m. 38. 30. 08. clear, SE.
Mother and I went to town at 10 a.m. and got back home at 3.
Saw Davey of Oscar Jenson on way to town.

Dave Jenson and Leo Diedrich live 4 1/2 miles.
Called 6 p.m. to see Charlie Simmons' girl.

Mrs. Ashley and Will (Caldin Bottom) came 8 p.m. for medicine for Mrs. Ashley.

February 8

Mother worked in clothes this morning 10 to 12.30.

Saw Dave Jenson today and Charlie Simmons' girl reported better this morning.

Davey Simmons and Otto Branch Comb down 3 or 4 dead pines in the yard this morning.

The ice storm 2 years ago killed many trees.

Lightning has killed 2. The ice storm has killed 2 or 3. I thought has taken perhaps half a dozen, in the last 10 years. Of the many beautiful pines that were in the yard when we came here in 1911, now only a few remain.

Today I mailed a check for $300 to Clio church to apply it to M. F. 69. A. Lin.

The legs of the stork are long; the legs of the duck are short; you cannot make the stork's legs short nor the duck's legs long; why worry?—Chinese Proverb

In February 1939

February 7

There hung three pairs of scales! And they needed to weigh the things they needed to weigh down, but the proprietor refused to sell one pair. Dr. Inglis bought most of the articles and between each purchase referred to the scales. After one was exhausted in saying no, the man presented her a pair with his compliments.

Inglis—In A Serbian Shop

(44)
February 9

Tem 44; 29.85; foggy; E
Rain last night, 0.12 in.

In response to a call from Solomon Bailey, I went to L. R. for a conference on a proposal to merge the State Park Commission with other agencies in a Department of Resources and Development. I favor the proposal. Mother went as far as Jersey to meet the afternoon with Helen. We left home at 12 M and got back 6:15.

Barom. 29.50 when we got home.

Began raining 7:30. Cold.

In phthisis, diarrhea were fatal—Hippocrates.

Mary Putnam Jacobi (1842-1906)

Mary Putnam Jacobi, the incomparable; first woman admitted to the Paris École de Médecine, and held such positions as dispensary physician to the N. Y. Sinai Hospital; Professor of Diseases of Children, N. Y. Postgraduate Medical School and Hospital; chairman of the Neurological Section of the N. Y. Academy of Medicine. The Mary Putnam Jacobi Fellowship perpetuates her worthy name.

February 10

10 A.M. 32; 30.06; P. C. Light; NW
Called 6:30 A.M. to see Milroy's wife, at the Lodge. Missed him at 2:15; nr. storm. Last night put telephone line out. Mr. Milroy came for me. He was sick. Returning home.

I went to see Mrs. Webster.

S. J. Reynolds came up this morning.

Wisely guard your tongue. Speech is not for gossip nor for scandal. Speech is to promote friendship. Speak of another as of yourself.
February 11

7 a.m. 15; 30.46; clear; NW

Dr. Reynolds came over early this morning to talk about planting trees today.

Met with some friends this afternoon.

Mr. Reynolds has 3 boys to help him—Charles, Bruce, and myself.

From Miss Florence: Mrs. brought me a box of chocolates today. "Here's something for you," she said, as I began to prepare the medicine. "I've taken 3 before you do, so I want you to have some and a dollar.

The induration of the liver, in jaundice, is unfavorable—Hippocrates

February 12

5:15 a.m. 24; 30.52; clear; NW

Mother & I were for Dr. Reynolds; other guests came Mr. & Mrs. Pope & Mr. & Mrs. Page. I go to dinner with them in the afternoon. I spent the afternoon with Mr. Pope in the library. He said Mr. Pope is the librarian in the library. He said, "Mr. Pope is the librarian in the library."

Putnam Jacobi—Anatomy in the Making

Nine-year-old Mary found a big rat in the stable, and thought of him open to see his heart. The softening her courage, she decided to ask her mother's advice. Of course, there was a prompt and hearty biddance, at which Mary showed her appointment but felt inwardly res-
13 FEBRUARY

Dr. Reynolds let boys get out of school, 3:45 p.m. I went to
Leaving home 6:45 a.m., Mother and I went to
Call on Stanley for help. He came home with 2 thousand
I wanted to check putting out the fire.

The physician, who is also a philosopher, is godlike—Hippocrates

PUTNAM JACOBI—STORY WRITER

Her father had changed the eighty dollar check, which Mary had been sent for the story, “Found and Lost,” into five gold pieces. One by one, he dropped them into the hands of the astonished Maude. She might conceivably have followed a literary career, and certainly both thought and substance permeate her many valuable medical contributions.

14 FEBRUARY

1:15 a.m.; 54; 2:49 a.m.; cloudy; 5

Nothing is so firmly believed as what we least know

ARNER'S CALENDAR OF MEDICAL HISTORY
PARACELSUS spoke of the spider-cure for ague. A living spider, imprisoned in a nutshell, was hung round the patient’s neck. When life ended for the spider, the ague was likewise to depart. The patient probably benefited as little as the spider.

Malaria has its more effective specific today. And in the adjunctive treatment of febrile diseases, where acidosis may be an aggravating factor, ALKA-ZANE is proving useful. It supplies the four bases of which the alkali reserve is composed—sodium, potassium, calcium and magnesium—in the easily assimilable form of citrates, carbonates and phosphates. Alka-Zane replenishes the alkali reserve that may be depleted by increased metabolic activity in fever.

Your request will bring a trial supply of Alka-Zane. When writing, please mention Warner’s Calendar-Diary.

Alka-Zane is obtainable in bottles of 1/2, 4 and 16 ounces.

WILLIAM R. WARNER & CO., INC., 115 W. 18th St., New York
THE RIGHT TIME TO TAKE MEDICINES

Before Breakfast . . . . . Saline laxatives, mineral oil emulsion, vegetable fleges, alkaline powders for hypoacidity.

During the Forenoon . . . Sedatives, cardiac tonics, intestinal antiseptics, at least 2 hours before the noon meal.

Before Meals . . . . . Bitters, all medicines intended to stimulate appetite, quinine, medicines containing iodide or iodine.

At the Beginning of Meals . . . Remedies containing iron, or arsenic, hypophosphites and phosphorous preparations.

During the Meal . . . . . Gland preparations.

At the End of the Meal . . . Bromides, creosote, cod liver oil.

After Meals (one hour) . . . Remedies containing belladonna, alkaloidal powders, intestinal antiseptics.

Between Meals . . . . . Cough remedies, especially syrups, salicylates and other antirheumatics.

Just Before Going to Bed . . . Sedatives and hypnotics, remedies which regulate late blood circulation, mineral oil emulsion.

DOSES PROPORTIONATE TO AGE

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<th>Scale of Guy's Hospital, London</th>
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<tr>
<td><strong>Age</strong></td>
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The dose for children may also be calculated by the two following methods:

1. Divide the age by the age plus 12; the result will be the proportionate dose. For instance, a child three years old would receive 5 divided by 15; that is, three divided by 15, result is 1/5. A child three years old would receive one-fifth of the adult dose.

2. Take one-tenth of the adult dose, and multiply the result by the age. For instance, the full therapeutic dose is 10 grains. One-tenth of this is 1/10, a child six years old would receive 1/10 multiplied by 6; that is, three grains. This rule applies only up to 20 years.

There are exceptions to these rules of proportionate doses. Excepting under urgent circumstances, an opiate should never be administered to an infant. On the other hand, children tolerate large doses of calomel, belladonna, hyoscyamus, or arsenic.

Attempt the end, and never stand to doubt;
Nothing's so hard but search will find it out
—Robert Herrick

WARNER'S CALENDAR OF MEDICAL HISTORY
Saturday, February 17

5:45 a.m.: 42° 30.34; cloudy; NW

Drizzle most of day. 0.19 in.

Bruce Nith brought up 2000 black plantlet trees this morning, but it

began to rain, preventing planting. He had
taken them out.

In science, we must be interested in things, not in persons—Marie Curie

Sophia Jex-Blake (1840-1912)

Pepper-tempered, friendship-giving, stout-hearted Sophia Jex-Blake. Longest of the battles she fought was the struggle for medical education for women in Great Britain. In this city she finally founded the University of Edinburgh. In this city she finally founded a School of Medicine for Women. Lucy Sewall, with whom she had worked and studied in America, was a spur to her efforts.
19 FEBRUARY

1:31

7:15 A m 61; 29.60; cloudy; s
Rain 8:35 A m, continuing hard for an hour, then
more moderately till 1 p m. 1:31 in.

Reuben Blood & Roy Callihan came for
a visit this afternoon.

Friday 19 February

12:30 A m 32; 30.06; P. cloudy; W

Henry, Leonard Simmons & Pete Sanch

Friday February 19 39

finished selling out 1000 pink lilies
for us on the James land about 3 p m,
then began setting out 1000 for

Mr. Taylor.

Bob Wilson came this morning.
He is preparing to take over the
Lodge by April.

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1939 FEBRUARY 1939

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1939 MARCH 1939

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WARNER'S CALENDAR OF MEDICAL HISTORY
A brusque answer from a modest patient is a bad sign—HIPPOCRATES

JEX-BLAKE—RIOT AT SURGEON'S HALL

Two hundred students jeered disapproval of the lady "meds." The gates of the college were slammed in the faces of Sophia Jex-Blake and her companions. Some few chivalrous men cried "Shame!" But it wasn't until the janitor succeeded in admitting them through a leaf of the gate that they were safe from the jostling hooters.

There is no drug so powerful as hope, and the slightest sign of pessimism in the face or words of a doctor can cost his patient his life—AXEL MUNTHE

WARNER'S CALENDAR OF MEDICAL HISTORY
In 1658, Mouffet wrote favorably of bees as a urological remedy. "Pounded and drank with some diuretic, or wine and milk," they supposedly dissolved the stone or gravel, and overcame obstructions in the urinary tract.

BENZOCHROME, comparative newcomer in the field of urinary antiseptics, may not remove calculi but has been found efficient in removing a cause of nephrolithiasis: infection. By its slight analgesic action, Benzochrome provides comfort to the patient under treatment.

Benzochrome is equally effective in acid or alkaline urine; it may be given before, after or between meals. No systemic or local reactions have been observed from its use in children and adults. These are advantages offered by Benzochrome that deserve special consideration.

Your own observations will enable you to judge best the usefulness of Benzochrome in urinary infections. Please write us if you desire a trial supply, mentioning Warner's Calendar-Diary.

*Available in capsules, 0.1 gram (1/2 grs.) each
In bottles of 24, 48, 100, 500 and 1,000*

Schering & Glatz, Inc., 113 West 18th Street, New York
ANTIDOTES FOR POISONING

Acetic Acid
Alcohol
Ammonia water
Apomorphine hydrochloride, hypodermic
Aromatic spirits of ammonia
Atropine sulfate, hypodermic
Blotting paper
Caffeine sodio-benzoate, hypodermic
Cane sugar
Castor oil
Charcoal, medicinal
Chloral hydrate
Chloroform
Citric acid
Copper sulfate, 1 1/2 grains; with acacia, 8 grains
Ether
Ipecac powder
Iron perchloride solution
Lime water
Litmus paper, blue and red
Magnesium oxide
Magnesium sulfate
Morphine sulfate, hypodermic
Olive oil
Peroxide of hydrogen
Potassium permanganate
Sodium thiosulfate
Starch
Strychnine sulfate, hypodermic
Tannic acid
Two bottles of sterile alkaline saline solution, 8 ounces each
(Sodium chloride, 2 grams; sodium bicarbonate, 8 grains to a quart of boiled water)
Even when patients suffer from a moderate degree of heart failure place them under this drug (digitalis) if the pulse rate is over eighty when at rest or increases unduly when effort is made—SIR JAMES MACKENZIE

**ELIZA MARIA MOSHER (1846-1928)**

Eliza Maria Mosher filled successfully many responsible positions. Founder of the American Posture League, she designed seats for a rapid transit system and invented, among other things, the Mosher kindergarten chair and the Mosher abdominal support. Wrote a number of books, was an eminent physician and constructive worker, always a vibrant personality.

---

The function of education is to train one to express oneself in one's own way; to develop one's own uniqueness—J. KRISHNAMURTI
27 FEBRUARY

6:30 A m 37; 30.01; windly, SE

Rain most of afternoon, 0.38 in by 5.

Cathedral even & jazz. Barom. 59 in 79.62

A letter from Sam today, the first in about two months.

28 FEBRUARY

Tuesday

6:30 A m 35; 29.80; cloudy; SW

A longing gale all night.

Lawrence Montgomery came for his daughter, 7:30 A m. To go to 3 of his children. Influenza.

I was told, was from the head of the lake.

Don phone this afternoon.

An unduly forcible apex beat being like a billow under the hand is a reliable sign of cardiac enlargement—Sir James Mackenzie

MOSHER—ZEOUS WORKER

Retirement had no place in the purposeful life of Eliza Mosher. In 1902, with many years as resident physician and of college professorships behind her, she began private practice. There was no younger person in her office. Oftentimes, she lectured to women's colleges and societies, even motoring throughout the country on an extended lecture tour.

Learning depends on practice; inebriol on former deeds—Sanskrit Proverb

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WARNER'S CALENDAR OF MEDICAL HISTORY
Wednesday

6:30 a.m. 28; 30.39; cloudy; NE
Saw Lawrence Montgomery's folks early this morning. At noon I went to see Athelina's child (CLC) on the Wassay place.

Charlie Simms delivered 15 "nick" fireworks today. William Addington bought it. I gave Charlie $1.25 for this delivery.

Thursday

6:30 a.m. 28; 30.38; clear; NE
Saw Lawrence Montgomery's children 4 a.m. I found them somewhat better. On his asbestos, I found his girl better, but his wife in bed. In the evening, Bob Wilson and Wilson Gibbons came—also a friend. II a.m. Bob is anxious to get up to take charge of the lodge.

I helped Lawrence set out the fruit trees in Dr. Reynolds' orchard this afternoon.

Ventricular slowing for a short period is certainly produced by vagal inhibition; this inhibition is a common occurrence, for it is the main cause of fainting attacks—Sir James Mackenzie

March: (31 Days)

Zodiac: Pisces. The Fishes. Third month of the year. From the Latin Marchus, the month of Mars, god of war.

Diseases most prevalent: Same as in February. Also tubercular meningitis, miliary tuberculosis, hemoptysis, erythema nodosum, erythema multiforme, serum sickness, Basedow's disease. March 21: Spring begins.

A man without mirth is like a wagon without springs, in which one is caused disagreeably to jolt by every pebble over which it turns—Henry Ward Beecher

1939 February 1939 1939 March 1939 1939 April 1939
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Warner's Calendar of Medical History

(70)
MARCH

3

6:30 a.m. 35, 30.16; 74.5. After 8 a.m.

Saw Lawrence Montgomery's children only. The two boys very sick. Boarded at noon to see mine already.

Herrick boys.

Mr. Alcorn, Mertie, & Glenn

Nathan came tonight.

Ethel Eason came & went to see his mother. I gave him medicine & will go in the morning.

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Saturday

5:30 a.m. 48; 29.98; cloudy. Hoppy called. 5:30 a.m. to attend Mrs. Simpson's wife in labor. Left her born 7:20. Did not return, which I had to remove precipitously. Hesperia. Home, breakfast, & on to Lawrence Montgomery, then I found the 2 boys worse.

Then to see Mrs. Alcorn today. Somewhat better. On to the home to see John Stone's wife. Influenza. John came to see us & Mrs. Alcorn to finish. Home 1:30.

Afternoon spent the day. Pursued 4 B.R. 0.29.

---

If a patient has diseased arteries, a small rise of blood pressure may be very important from the point of view of possible cerebral hemorrhage—DR. MAURICE CAMPBELL.

---

MOSIER—GRACIOUS HOSTESS

Students found in Eliza Mosier a sympathetic and understanding friend. On Sundays, there would be informal suppers in her home before the open fireplace. All aired their problems or their joys, and the evening would be brought to a pleasant close with the singing and playing of song favorites of the hostess.

---

The object in life is to be happy; the place to be happy is here; the time to be happy is now; the way to be happy is to make others happy—INGERSOLL.
If one places the patient in a good light it is as a rule comparatively easy to ascertain the position of the apex beat of the heart—DR. E. J. G. BEARDSLEY

FLORENCE NIGHTINGALE (1820-1910)
The foundation of modern nursing, the advancement of preventive medicine and social work, the reorganization of hospitals, army, sanitation and Indian reforms... these and many other causes were championed by Florence Nightingale. Peerless as administrator and organizer, self-sacrificing in deeds, human in faults—altogether a remarkable woman.
Tuesday

6:15 A.M. 38°; 30.40; N. N.W.; SE
called early to see Blackwood Boy
Will at Newfield's place, then to
see Ashby's children, on Waverley Place.
Mother and I went to town at
noon, the first trip there in 3
weeks.

Wednesday

6:20 A.M. 41°; 30.80; clear; SE
Charlie Simmons planted the tulips this
morning. This afternoon had to plant
the rest of it. Mother went in the
flower beds.
Called at night again to see
Mrs. Bell Montgomery.

The widely-held opinion that low blood pressure is frequently the result of
chronic myocardial disease has never been clearly demonstrated except
in the case of advanced heart failure—C. C. WOLFERTH

NIGHTINGALE—DEACONESS
AT KAISERWERTH

Three short months at Kaiserwerth comprised
the professional training of Florence Nightingale. She learned well whatever Pastor
Fliedner could teach, and served happily and
usefully as one of his deaconesses. When she
left, the kindly man gave her his blessing and,
prophetically enough, "dedicated her to the
services of humanity."

There is a majesty in simplicity which is far above the quantities of wit—POPE

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WARNER'S CALENDAR OF MEDICAL HISTORY

(76)
Thursday

6:30 A.M. 57; 30.27; cloudy; SW

Mother washed the clothes this morning.

Friday

6:15 A.M. 60; 30.15; cloudy; foggy; SW

0.50 in. Rain with electrical storm in night.

The changes in systolic and diastolic pressures are of course reflected in the pulse pressure which shows a decided tendency to increase as the patients improve—C. G. Wolfeth

For all the happiness mankind can gain
Is not in pleasure, but in rest from pain
—John Dryden

NIGHTINGALE—CRUCIBLE OF THE CRIMEA

Receiving the wounded at Scutari twenty hours at a stretch or riding from one hospital to another in her specially constructed carriage; lending her courageous presence in the blood-stained operating room or taking down the messages of dying men: for Florence Nightingale the Crimean War meant unending activity.

WARNER'S CALENDAR OF MEDICAL HISTORY
Saturday

6:30 A.M. 61° 29.85; 11, Sunday; 5

I went with Bruce Metz to the Park this morning, then made call to Robert Scott, in the Valley, to see his father in law, Charles.

Tonight at 7:30 I went to Martin's to see Robert Charles's wife, Appendicitis.

Dr. Reynolds & Dr. Staples came late this afternoon. Bob Wilson & Bobby come tonight.

Sunday

6:30 A.M. 41° 24.82; cloudy; NW

Dawn to see Chalk patient 9 a.m. o found
him better. Robert Scott took phone his patient

to.

I went with Bob Wilson, Dr. Reynolds
\& Dr. Staples to the Allen Riggs place.

10 a.m. 7 a.m. to the Carl Morris place.

The most frequent sign of too much digitalis is nausea and vomiting and when occurring they indicate cessation of the drug—DR. HENRY CHRISTIAN

NIGHTINGALE—SOLDIERS
WERE HER CHILDREN

Of her, men of Crimean expressed mixed
sentiments. Feelingly, one stated
"they kissed her shadow as if it felt

Another, if unpothetically, graphically
wrote, "the rustle of her black &

dress frightened the rats from eating
the linseed poultices." For the soldier

of every nation, Florence Nightingale

created a new welfare.
Monday

6.30 am 40; 30.20; clear; SE

called to see Trevitt, Pakine this morning. They paid me $5.

Leaving home at 11, Mother & I went to Conwoy, to town she cat,
Tanny Tom, back to Nellie. He was too much of a care for me.

We then went back to Drumhier.

Gardner's Hut was doing very well.

Home at 5.

Charlie Simmons & Desney brought a visit for us today.

Tuesday

6:40 am 45; 24.96; NE, cloudy. S

called 2.35 am to see Ernest Robinson.

Home at 4. Back to see him. I am so fond

them better. 8pm to 11pm. Vic Williams

paid me $5, for the last night.

To poor New York 6 pm to see

Sister Davis, his wife, approaching

confined & not in best condition.

Overwork is no more meritorious than overeating or any other form

of excess—Sir Humphry Rolleston

Nightingale—Rule

of an Invalid

Florence Nightingale returned from

the Crimea an invalid. But for fifty-

four years thereafter, she worked con-

structively in any humane cause. She

wrote voluminous reports and pro-

posed many reforms. Friends became

political mediators; Sidney Herbert

proved her most faithful colleague, and

Arthur Clough, an unthinking secretary.
15 MARCH

Wednesday

6 A.M. - 33, 30, 15; Clear, NW

Eunice Davis, sister of Mrs. Field, came this morning for medicine for Eunice's son, 

Mrs. F.'s baby. Elise Robitua came to pack the, reporting Ernest ill. 

But I was called here to see him this afternoon. 

Dean Davis came this afternoon. 

Bob Nelson moved up to take charge of the lodge.

When a patient complains of pain about the sternum when he walks, the diagnosis of a healthy heart is out of the question. — J. PARKINSON

ANN PRESTON (1813-1872)

The early history of the Woman's Medical College of Pennsylvania and the life work of Ann Preston are as a topic. A first student and graduate, she held a professorship for nineteen years, served as Dean for six years, and influenced the establishment of the Woman's Hospital. Advocate of liberty and justice for all mankind, she was a staunch ally of reform movements.

16 MARCH

Thursday

6:30 A.M. 31, 30, 29, Clear, NW

Rode to see Dorothy (Charley) at Mr. Black's 8 A.M., 

5 on to the Institute. Return home 10:30. 

A message from Boston, Marion County, to the effect that Myrtle Yarbrough's father had died. 

I sent to Bill's in the Valley, asked him to have at noon. 

In the Valley I got some cuttings from Mrs. Batterman's box plants, which I took to the house this afternoon. 

Dina, National Park Service inspector, 

Mrs. Hamilton and her son came by to see me. 

Mrs. Hamilton wants to see me this evening. 

Gias expects to be transferred to Texas soon. He is a good man.

The first requisite for a physician is spiritual charity and the next requisite are sympathy and a sense of humor. — WILLIAM HARVEY KING

1939

FEBRUARY 1939

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MARCH 1939

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APRIL 1939

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WARNER'S CALENDAR OF MEDICAL HISTORY
Friday

6:30 a.m. 37°; 30.39; cloudy; E.

Drew Clark's children, etc., on Allen Cappe's place only, then to the bank to see Mrs. Horace Dwork's wife. B. S. October 23, 1843.

Alicia Waren, 8½ months pregnant.

Brought her to hospital. I went in at 1 p.m., and Dr. Morris did a Caesarian operation, delivering a boy 5½ lbs.

Dr. John H. Morrison, Il of Chicago, Curtis Harkey, Newcomb's wife came at 4 p.m. Mother and I went with them to the park, where Harkey gave us dinner at the lodge. This was Bob Kilgoe's first guest.

Dr. Morrison is a very interesting man. Mr. & Mrs. Kilgoe are quiet here tonight.

If an enlarged heart always means a diseased heart, we cannot be too careful before we say it is enlarged—J. PARKINSON

Saturday

6:30 a.m. 32°; 30.46; clear, NW

Leaves Montgomery farm for 6 a.m. I go to see her mother, apparently a stone in the bladder.

Death does not hurt us, but disease does, because disease constantly reminds us of health, and yet withholds it from us—RABINDRANATH TAGORE

Preston—Freedom of Speech Aflame

In 1838, Pennsylvania Hall was the place for the purpose of free discussion. On the eve of dedication, the building was mobbed, set afire and razed. Preston witnessed this vandalism, became a greater foe to the agitating such violence. Her poem, "The Burning of Pennsylvania Hall," was printed in a history of the...
Mouth of the Heart...

Literally translated, the Egyptian word for stomach is "mouth of the heart." The close relation of these organs has been no less graphically indicated in the modern axiom to examine the stomach when the patient complains of the heart.

If gastric pain and discomfort are the result of hyperacidity, relief may be quickly and effectively afforded by the administration of CAL-BIS-MA. Prompt neutralization is attained with sodium and magnesium carbonates; the effect is prolonged by calcium carbonate and bismuth in Cal-Bis-Ma. Gaseous distention is prevented by the adsorptive action of colloidal kaolin. The sedative and protective properties of Cal-Bis-Ma obviate secondary acid rise.

A quantity for trial purposes will be sent on request. Kindly write, mentioning Warner's Calendar-Diary.

Cal-Bis-Ma is supplied in powder, 1/4, 4 and 16 ounce tins
Tablets, 50 in a box, 110 in a bottle

Preston — Fugitive Slave
Slave catchers coming! What to do with the slave woman in her Quaker clothes, put her in a carriage and drive in the direction of the searchers. The men scanned the carriage but were unsuspecting of a young girl and elderly veiled woman admittedly going to a meeting.

The very first symptom of which a patient may complain when the myocardium begins to fail, and before the patient has reason to believe that his heart is not doing its work, is precordial pain without hypertension—Dr. Henry Mohler
DENTITION TABLE

ORDER OF APPEARANCE

Central incisors 1   6th to 8th month
Lateral incisors 2   8th to 12th month
Canines 4           16th to 20th month
1st molars 3        12th to 16th month
2d molars 5         20th to 30th month

MILK TEETH

The first teeth begin to appear at the sixth to eighth month and are completed by the second year. There are wide variations as to time, and considerable irregularity in the order of appearance of the teeth. The lower teeth generally come first; the corresponding upper teeth next.

The full primary dentition is twenty teeth; ten in each jaw.

ORDER OF APPEARANCE

Central incisors 2   6th to 9th year
Lateral incisors 3   7th to 10th year
Canines 6 or 5       9th to 14th year
1st bicuspids 4      9th to 13th year
2d bicuspids 5 or 6  11th to 14th year
1st molars 1         5th to 8th year
2d molars 7          10th to 14th year
3d molars 8          16th to 22nd year

PERMANENT TEETH

The full permanent dentition is thirty-two teeth; sixteen in each jaw.

I would rather be a poor man in a garret with plenty of books than a king who did not love reading—MACAULAY

WARNER'S CALENDAR OF MEDICAL HISTORY
Pallor in aortic disease or clubbing of the fingers are signs which should at once arouse our suspicions of the presence of subacute infective endocarditis—Sir Thomas Horder

LINDA A. RICHARDS (1841-1930)

For thirty years, Linda Richards fostered professional nursing; setting standards, instituting or reviving training schools, improving systems. She was an organizer of boundless energy, unambitious for herself, giving of her resources unstintingly. She had the mutual admiration of Florence Nightingale. Established the nursing profession in Japan and was "America's First Trained Nurse" in priority of diploma and in achievements.

It's not how much experience we have had, but how much we have learned from our experience that counts—Little Journal for Physicians

1929 FEBRUARY 1929 1939 MARCH 1939 1939 APRIL 1939

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WARNER'S CALENDAR OF MEDICAL HISTORY
23 MARCH

6:15 A.M. 61; 30.35; H. Notley; S

Mother and I went to town 4:00 P.M., when she attended a meeting of the County Medical Society at the hospital (luncheon). Sr. H. Kapperman, President State Society, and Dr. Brownhein, secretary, were present.

Home just before 10.

RICHARDS—WHEN NURSES WERE A NOVELTY

Not infrequently, Linda Richards shared the disregard then shown women who studied nursing. Once she took a note to a young doctor. He began to reply verbally when she requested a written answer. Realizing that he had mistaken the student nurse for an interne, he did as she bid but ended the interview in silence.

Thursday

Friday

6:40 A.M. 62; 30.27; H. Notley; S

Here, Mrs. Sime Tregy, the girl, nano.
The onset in insidious symptoms include: 1. A sallow complexion and anemia; 2. Fever; 3. Moderate loss of weight; 4. Evidence of endocarditis—SIR THOMAS HORDER

Richards—First Innovations
Two of the first things Linda Richards introduced when she became night superintendent at Bellevue Hospital were written reports by the nurses, and a night light for the wards. Before her arrival, candles had to be used for any work done at night and only two candles a week were allowed each ward.

A gem cannot be polished without friction, nor a man perfected without adversity—CHINESE PROVERB

W. A. B. COBB, M.D.

March 26

6:30 A.M. 45-3, 29.77; cloudy, foggy; S

0.15 in. rain before dawn.

We got little sleep last night, in account of frequent ringing of telephone by a bunch of new line at the boathouse.

I went out to the Lodge this afternoon and spent 2 hours with Bob Wilson in discussion of matters pertaining to the management of the Lodge's affaires.
A woman with compensated organic heart disease who has gone safely through a labor at near full term should be advised to avoid a second pregnancy—CHRISTOPHER MARTIN

MARY BIRD SCHARLIEB (1845-1930)
Notable woman surgeon and pioneer in reforming the medical treatment of women in India. Pursued medical studies and practice both in India and her native England. Succeeded Elizabeth Garrett Anderson as head surgeon at the Woman’s Hospital and held position of gynaecology at the Royal Free Hospital.

The wiser task of science is to enhance life rather than to prolong it—LORD HORDER

WARMER’S CALENDAR OF MEDICAL HISTORY
In cases of renal disease with cardiac enlargement the renal element is more important than the cardiac from the obstetrical point of view—Prof. Lawrence Hill.

Scharlieb—India—Training in Midwifery

The happiness of men consists in life. And life is in labor—Tolstoi

Charlie Simonsen, with Denny & Leonard, sodded the old field north of the pasture with Bermuda grass, also cleared just back of the old barn, thus enlarging our pasture to about 7 acres.
31 March

6:15 AM 43; 24.92; clear, NW
I moved most of the yard this morning.
The grass is growing, the trees budding & putting out leaves. The pear
orchard is now just passed the
blossoming stage—was at its height
a week ago.

Scharlieb—India—
Antiseptic Surgery
A sister to give anesthesia and an
ayah to operate the carbolic spray—
such were her aid in surgery. At one
operation, the ayah fainted, drop-
ping the spray on the operating table.
Mary Bird Scharlieb knocked the boiler onto the floor and the patient
husband kicked it out of doors
narrowly avert[ing] an explosion.

On no solitary sign should any heart be condemned. If a patient complains of
stomach trouble always examine and suspect the heart—Sir Wm. Broadbent

Saturday

6 AM 54; 24.96; clear, NW
Mother & I went to town at 9 AM. I was
called in court against Bagnall, who
started a feint case March 21. He was
convicted & fined by Judge J. H. Reynolds.
Home at 4.

On way to town I stopped to see
Mrs. Hendry's sister, Mrs. Evans, on
Martin Farm.
Bill Addison brought his box tonight.
Pouring rain all night.
Talmage started came at 9 tonight with
a fish bone in his throat. I got it
out & charged him a dollar, which he
paid.

He who would have health must work for it and must be intelligent
about life's problems—Dr. Jesse P. Williams

1939

MARCH 1939

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1939 APRIL 1939

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28 29 30 31
Sunday

6:30 a.m. 51; 30; clear; SE

I am 55 today, and I feel my age. Went with Kemp to Myrtle Point, to look for flagstones to flank his house; then on to Carder's Bottom to see Springer handled about the truck for late brother to use to haul the stone.

Many here this afternoon, among them: Mrs. and Mrs. Owens, Mrs. Simmons, Mrs. Mott, Conway, & Dippie, Michieian & 25 others of the Seattle sanitation department. And tonight: Townsend & wife, Kemp & family.

Even were it possible to estimate mathematically the reserve power of the heart by exercise tolerance tests, this alone would not indicate the effect of pregnancy on a damaged heart.

Monday

6:30 a.m. 50; 30.25; H. cloudly; SE

Met & brought Neat case for me 10 a.m. to go to see their father, Bill, who had a pain in his neck. I had to drive 23 miles, over bad roads, half the distance, on the round trip, I got $5 for the call.

Health and cheerfulness mutually begot each other—Addison

APRIL: (50 DAYS)
Zodiac: Aries. The Ram. Fourth month. From the Latin Aprilis. Disease most prevalent: Same as in March, with exception of diphtheria, scarlet fever. Also prevalent: Malaria.
In any case of phthisis the disease is more extensive than the physical signs would seem to indicate.

MARIE ZAKRZEWSKA (1829-1902)

In 1853, the Polish-German chief midwife, Marie Zakrzewska, of the Royal Charité Hospital of Berlin left Germany to seek medical education in America. Here she graduated from the Cleveland Medical School; assisted the Blackwell sisters in establishing their hospital; founded the New England Hospital for Women and Children; and became generally known and beloved as "Dr. Zak."

And, after all, the saddest punishment is something that happens in us, not something which happens to us—JAMES B. CABELL

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WARNER'S CALENDAR OF MEDICAL HISTORY
Thursday

6 April 1939

6 a.m. 36; 30.10; clear, NW

Rain last night after 6, 0.47 in.

Mother I went to the Park this morning.

Walked on Dr. and Mrs. E. L. Matthews' property

Who, at my invitation, are spending the

week at the Commissioner's Cabin. E. L. is

recovering from a serious attack of

lobar pneumonia in December.

Carl Smith removed roots from

the peach orchard.

Almost every chronic affection of the apex of the lung is tubercular in origin.

ZAKRZEWSKA—A CHILD'S COMMAND

Marie caught sight of the man her grandfather had chained because he

thought him mad. "Take off these

cats! It is bad of you to tie this man.

Little Marie had spoken, and her grand-

father must obey. The man was

released, and ever after lived up to the

child's trust placed in him . . . an

obedient, useful servant.

Friday

7 April 1939

5:30 a.m. 29; 30.33; clear, NW

Aft. cloudy, cloudy throughout the day.

After supper I began the Posterior Pituitary

extract powder (Armour) by insufflation,

according to the method of the Mitz. O.

Lischer, Dallas, Texas, for gastric ulcers.

He destroys his health by the pains he takes to preserve it—VIRGIL.

WARRNER'S CALENDAR OF MEDICAL HISTORY
The commonest cause of hemoptysis is phthisis; the next commonest cause is disease of the heart, which leads to congestion or to embolic infarction of the lung.

**ZAKRZEWSKA—THE SEED IS SOWN**

Marie went daily to visit a blind cousin in the hospital. The nurses willingly let her attend the girl and another patient in the next bed. Lack of cleanliness, indifferent treatment and neglect of the patients was what Marie saw. She wished that she might be head nurse and prevent such bad treatment.

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**WARRNER’S CALENDAR OF MEDICAL HISTORY**

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*There is something fanciful in science. One gets such wholesale returns of conjecture out of such a trifling investment of fact—MARK TWAIN*
10 APRIL

7:15 A.M. 58°, 29.7°, cloudy; S.

Fleury's wife came with today's mail.

Marie went to the city for examination.

8:30 A.M. Louis joins with his girl apparatus.

D. A. rain 4 1/2 inches, with electrical storm.

Hemoptysis during an attack of asthma with bronchitis may be very great, and yet not dangerous.

11 APRIL

Tuesday

6:20 A.M. 43°, 30.9°, N.W.

Rain and electrical storm last night. 0.27 inch.

Mother and I went to the lodge for lunch and a meeting of the Park Commission. We, the entire Commission, were guests of Bob Wilson at lunch.

Zakrzewska—A Quaker Response

Maria Zakrzewska had been soliciting Philadelphia medical women to aid the proposed hospital in connection with the N.Y. College for Women.

"Then thee thinks that a hospital must be connected with the college?"

"Yes," was the reply. "We thank thee for coming to tell us so... we shall exert ourselves at once to get a hospital of our own."

It does us all good to unbend sometimes—MARK TWAIN

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WARMER'S CALENDAR OF MEDICAL HISTORY
Wednesday

6 a.m. 31; 30.4°F; clear; NW.
Mother & I went to town this morning. Dr. Molloy operated on the Pears boy 1 p.m., reducing his fractured dislocated spine & putting on a cast. I helped him.
Home at 4.

Ellie took a fine cold calf.

5 p.m.

There are no more potent causes of chronic bronchitis than alcohol and tobacco.

Thursday

6 a.m. 40°; 30.1°F; S.E.
Three Keene College girls, Storch, Hynes & Martin, came to see us this afternoon & asked us to be their guests at dinner at the American Legion. So if them will spend the neck and at the lodge.

To see Ruby Branch's wife 8:30 p.m.

Influenza & 6 mos. pregnant. Temp. 103.

There is a healthful hardiness about real dignity that never dreads contact and communion with others, however humble—WASHINGTON IRVING

MEDICINE AND THE ARTS

Both Aesculapius and the Muses can claim them—those physicians who have excelled in medicine and in art; the medically trained who have garnered laurels in other fields; and those, too, who have but touched the science of medicine. But poet, artist or author, who can say that his art was not the better for having known medicine?
Progressive bronchitis, or emphysema, or asthma, whichever opens the scene, the final result is the same.

Mark Akenside (1721-1770)

Greatness as a physician, Mark Akenside never attained though he served on the staff of several hospitals and at one time gave both the Gulstonian and Croonian lectures. At twenty-three, he wrote "The Pleasures of the Imagination," and this didactic, ornately styled poem earned for him the literary distinction of poet.

Everything is worth seeing once, and the more one sees the less one either wonders or admires—Lord Chesterfield

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Result to what might be expected, operations upon small gangrenous cavities of the lung are sometimes attended by good results.

**AKENSIDE—DICTATORIAL PHYSICIAN**

Akenside, the intolerable, was in full play. Highly incensed, he ordered that the patient before him be turned out of the hospital. Misdemeanor of the man?... only that he dared to express the complaint that he could not swallow the boluses of bark that Akenside had prescribed for him.
Baffinland inhabitants sometimes treated sore throat by a method that would hardly appeal to the fastidious. The sole of a stocking, that had been worn for several days, was taken warm from the foot of the wearer and tied about the patient's neck.

As an efficient cleansing gargle in the treatment of mouth and throat infections, Vince, the pleasant tasting sodium perborate, has earned a well deserved place. A teaspoonful in water, preferably warm water, provides a mouthwash and gargle or spray solution for thorough cleansing and deodorization.

We shall be glad to send a trial supply on your request. Please mention Warner's Calendar-Diary when writing.

Vince is obtainable in tins of 2, 5 and 16 ounces

Vince Laboratories, Inc., 115 West 18th Street, New York
BIOLOGICAL FACTS

The average weight of the male infant at birth is 7 lbs.; that of the female infant, not quite 6½ lbs.

The full-grown adult is 20 times as heavy as a new-born infant.

A child triples its weight in the first year.

Towards the age of 12, boys and girls have the same weight.

The male attains his maximum weight about the age of 40, and he begins to lose it towards 60. At 80 he loses about 15 lbs.; and his stature is diminished about 2¾ inches.

Females attain their maximum weight about 50.

The mean weight of both sexes in old age is that which they had at 19.

The weight of the remains of a human adult body after cremation varies from 2½ to 11 lbs. The weight depends upon the heaviness of the frame of the body.

The ashes of a man weighing 155 lbs. would weigh more than the ashes of a woman weighing 160 lbs., it is stated.

The length of the humerus multiplied by 5.06, or the length of the femur multiplied by 3.66, equals the height of the man.

The length of the trunk in man is more than one-third and less than two-fifths of the height.

From 11,000 brains weighed, the average weight established was 1,561 grams for man, and 1,290 grams for woman.

The gray substance represents 37 to 38 per cent of the total weight of the brains.

COMPOSITION OF THE BODY

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<th>Element</th>
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<td>Sulphur</td>
<td>about 0.25 per cent</td>
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Sodium     | about 0.15 per cent |
Chlorine   | about 0.15 per cent |
Magnesium  | about 0.05 per cent |
Iron       | about 0.004 per cent |
Iodine     | about 0.00004 per cent |
Fluorine   | very minute quantities |
Silicon    | very minute quantities |

In prosperity men forget themselves; in adversity they must remember themselves even if they are unwilling—Pope Gregory
Drouinie died this morning at 8:30. I found her down in the garden dead when we got up, trying to get upon her feet, suffering greatly. I went to the Mortician and sent for Van Vint, Juul, and others of Johnny's men, who came and helped me try to do something for her; but she died in a few minutes after they got here. I brought her down the road, & Charlie Simms turned her back. She was no good. It hurts us to lose her almost as much as it did to lose Mirra & Tom Duncan. She would have had a calf about May 5.

Lorn Monis brought his wife for examination.

Called 5 P.M. to see Lawrence Montgomery today who had a little finger cut off.

There is no kind of vascular disease of the heart which may not produce a thrill in the wrist.

ALEXANDER ANDERSON (1775-1870)

Father of American wood engraving. Seemingly, Alexander Anderson made his first cut from wood—a tobacco stamp—in 1793. He overcame obstacles in advancing his art—crude tools, unforeseen difficulties, poverty. Sensitive to the responsibilities of a physician, he yet studied medicine at his father's bidding, and served manfully as general practitioner and in several yellow fever epidemics.

Vigorous plants grow the stronger by pruning—MACAULAY
22 APRIL

Saturday

5:45 a.m. 48°; 30.20; clear; N

Leaning forward in bed: a sign of disease of the pericardium, aorta, or mediastinum, or of a very large heart

(126)

Anderson—On the Wide Hearth

Upon the Dutch tiles around the fireplace, half-revealed by flickering light from the crackling logs, was fixed the curious gaze of young Alexander. He felt a growing fondness for art, but these tiles did not please him, and in his mind began to formulate the meaning of design.

23 APRIL

Sunday

To & W 53; 30.27; clear; S

I saw Lawrence Montgomery today to travel the morning I took Dr. Mobley and take a part of the doctor's finger. I gave them a corked & in to Oppen to see the U.S. nurse, who was injured in an automobile which several days ago & has since been in the hospital.

People here all day: Nellie Rooker & Betty Clare, whom we are glad to have; the Simpson family; the Remmers, Dr. Mason & Mrs. Cleveland; Dr. Stephens & Campbell with two men from the Ye. Education Board. While I was gone to Oppen; Taylor family & many others.

The wisest are those who can best adjust their disadvantages—H. O. Hobbs

1939 MARCH 1939 1939 APRIL 1939 1939 MAY 1939

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WARNER'S CALENDAR OF MEDICAL HISTORY (127)
Monday

6 A.M. 56°. 30.15; clear. S.

I went to the Park this morning with Dr. Staples, Dr. Campbell, and Dr. Jacobson, and Dr. Carson. We spent the better part of the morning visiting the representative of the General Education Board, and guests of St. Regis.

The Taylor family left for Greensville 10:45 this morning. We enjoyed their visit more than any before, I think. The children are so sweet, and called to Mrs. Blais' 9 p.m. to see another appendicitis. Not 87.

Iron is not of much use in the anemia of nephritis, or indeed in any form of anemia but chlorosis, for which it is specific.

Tuesday

5:45 a.m. 60°; 29.91; H. partly. S.

Saw Mrs. Blais' girl, Dorothy, this morning. She had an operation. They took her to hospital this afternoon.

Character may produce genius, but genius can never produce character—Chateaubriand.

ALEXANDER—Two Arts Combined

Even when tending to the sick, Alexander did not neglect his art. A semi-worked block and tools were always in his pocket, every free moment being devoted to his gifted graver. After a fall, in which the sharp-pointed graver did him serious injury, he gave up carrying about his tools.
26 APRIL

Wednesday

5:15 A.M. 63° 29.9°; H. Breezy; 5

Leaving home 7 A.M. Mother & I went to town—
1 for the appointment with Dr. Chamberlain to see

Here this afternoon: then Chicago women with
Mrs. Hues, whose husband is professor of
physics in Notre Dame University; Mrs. Hueston
with her children & Mrs. Tall, etc.

Enlarged spleen may be the only evidence of cirrhosis of the liver

John Arbuthnot (1667-1735)

From the pen of John Arbuthnot issued forth not only effective medical prescriptions, but the political satire "John Bull," the chief contributions to Martinus Scriblerus, and the philosophical poem, "Know Thyself." For forty years a flourishing physician; one of the most brilliant talkers of his day; a man, wise and witty, gentle and accomplished.

27 APRIL

Thursday

5:30 A.M. 57° 30°; Cloddy; NW

Violent electrical storm last night— the worst
this spring— 9:30 to 1. Rain 1 in.

Men are tormented by the opinions they have of things, and not the things themselves— Montaigne

WARNER'S CALENDAR OF MEDICAL HISTORY

(139)

(131)
A jaundiced skin may never wholly recover its natural color in chronic cases, even when the cause of the jaundice is removed.

 Arbuthnot—The Apt Courtier

In 1705, Arbuthnot was appointed physician-in-ordinary to Queen Anne, where he soon adopted the airs of a courtier. One day the querulous and self-indulgent Queen asked, "What's the time." In true court-like manner, the physician answered, "Whatever it may please your majesty."
30 APRIL

Sunday

5:30 a.m. 51; 30.19; clear; SE

"Back in," Helbie's 16-day-old calf, whom we separated from his mother Friday morning, drank milk from the breeder this morning for the first time. He is the worst we have ever had. Helbie is giving now 4½ gallons of milk a day.

Prepare green 5.

In the afternoon: Lloyd Baker to the daughter; Alan Sharp with Don King & wife; others.

Monday

May 1

6 a.m. 56; 30.08; clear; NW

In all our reasoning concerning men we must lay it down as a maxim that the great part are moulded by circumstances—Robert Hall.

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WARNER'S CALENDAR OF MEDICAL HISTORY

(134)
Tuesday

5:40 A.M. 54°; 30.20; Clear; SE
Jere Groppin brought Robert Culliton's little
girl, 4 yr., with one ear almost cut off
by a horse. I repaired it 8 yrs. gone
me a chance for $13 (including a farm lease
of $8 of chores).

Wednesday

5:48 A.M. 47°; 30.26; Clear; NE
I saw John Helle's wife, 60 yr., in market place
of 400 M.I.O. I again at 3. Some to be in hospital,
having child's high fever. Int. 105°.
Some讷vice to wife came as I was leaving
on 5 o'clock call.

A distended gall-bladder is more often dependent upon cancer than upon stones

MAY: (31 DAYS)
From the Latin Mauis, probably dedicated
to the goddess Maia, daughter of Atlas and
mother of Mercury by Jupiter.
Disease most prevalent: Lobar pneumonia,
tubercular meningitis, miliary tuberculosis,
hemoptysis, erythema nodosum, eczema,
psoriasis, erythema multiforme, spasmodo-
philia, tetany, serum sickness, Basedow's
disease, malaria.

The discovery of what is true, and the practice of that which is good,
are the two most important objects of philosophy—Voltaire

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WARNER'S CALENDAR OF MEDICAL HISTORY
Recurrent jaundice is probably due to gallstones

ALEXANDER BORODIN (1854-1887)
A majestic name in the world of music is that of the amateur composer, Alexander Borodin. His "Second Symphony in B Minor" is one of the finest works of the nineteenth century, while "Prince Igor" and "In the Steppes of Central Asia" are no less noteworthy. Borodin held a professorship in organic chemistry at the St. Petersburg Medical Academy and wrote several books on chemistry.

He that hath a satirical vein, as he maketh others afraid of his wit, so he had need be afraid of others' memory—LORD BACON

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Saturday

5:30 a.m., 62°F, 30.09; clear, S

Called back to John Hall's, L.C.C., 4:30 a.m.
A large boy stillborn 5:30. This was an especially fine body. I don't think I have had more than a dozen stillbirths in 800 obstetrical cases.

Hystera is a distinct malady. It is a mistake to employ the term to cover all the cases of obscure nervous derangement in women which we do not understand.

Borodin—From Polka to Symphony

At nine years, the young Alexander composed a polka and, at thirteen, a concerto for flute and piano. Yet music remained a hobby subordinate to his scientific activities. For this reason, he left unfinished at death several of his works, Rimsky Korsakov and Glazounov orchestrated Prince Igor, and Glazounov alone completed the fragmentary Third Symphony.

Sunday

5:15 a.m., 60°F, 29.91; clear, S.E.

Came, Paul's wife spent the day here. Mother went to Launceur with them 5 p.m. to spend a few hours.

Here today: Dr. P.W. Bruce, P.R.I., B.Sc., Mrs. Bruce, with Robert, Chard & girl, from where she 3 removed stitches; Henry Ely & wife, who is 2 months pregnant; others, including Henry Kemp, spring orchard & children.

Dr. Reynolds gave Paul Thompson a contract to do some landscape work at his place.

The cynic is the man who knows the price of everything, and the value of nothing—Wilde.
Monday

6 a.m. 60, 29.85; cloudy; s
Rain last night, 0.28 in.
I had to go to town this morning to
hear the car barns ranked (for the
first time). It cost $10.
I saw Dorothy Nezdec at a show
this afternoon.
Tonight I was a guest at the State
Convention of Junior Chambers of Commerce
at dinner at the Lyceum. I made
a brief talk.

Some people seem to be incapable of headache, even when they suffer from disease
which is usually accompanied by this symptom, i.e., typhoid fever

Borodin—Defender of a
Cause

Borodin believed firmly in higher edu-
cation for women, and energetically
defended the right of women to receive
medical degrees. With Miss Tarnows-
skaia and Professor Rudnitzk, he was
responsible in founding the School of
Medicine for Women at St. Peters-
burg. He delivered lectures at this
school until his death.
Wednesday

10 MAY

6 A.M. 60. 30. 01. Clear, W

I have never seen a fatal case of chorea in which endocarditis was not found on post-mortem examination.

Sir Thomas Browne (1605-1682)

A seventeenth century practicing physician and scholar, who lived undisturbed in times of civil strife and created "Religio Medici" and "Urnable." Well-trodden by him were the paths of the man of science, of the field naturalist, and the man of letters. Many familiar sayings have come from his works.

Thursday

11 MAY

6:15 A.m. 64. 29. 07. Cloudy.

Early this morning I went to the Toryard Spring to inspect it with a view to clearing it out and doing some concrete work about it.

Leaving home 11:30, I went to J.P. for a conference with President Bailey, Comptroller 400 & Son. Proposed using Peregrine materials on credit to complete the bridge here o the dam at Lake's Den. It was decided that we take the legal right to make the purchase on tide. Home 6:30.

Rain while I was gone, 0.10 in.

The victory of success is half won when one gains the habit of work—Sarah A. Bolton

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W ARN E R ' S CALENDAR OF MEDICAL HISTORY

(145)
Rheumatoid arthritis, having an acute onset, cannot at first be diagnosed from rheumatic fever.

BROWNE—TO SEE THINGS FOR HIMSELF

Browne wanted to know more than theories about spermaceti, so when a whale was cast upon the Norfolk coast, he decided to dissect it. The whale, dead "divers days" and lying in streams of oil and sperm, stank horribly. But Browne examined him and in the head found the "magazine of spermaceti."

There is one art of which every man should be master—
the art of reflection—COLERIDGE

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Temporary and recurrent glycosuria, if not due to the ingestion of large quantities of carbohydrates, indicates a tendency to diabetes.

BROWNE—To Err Is Human
Exposer of “vulgar errors” that he was, Browne had his own intellectual failings. He believed firmly in magic, and in 1644 his “expert” testimony aided in the conviction and execution of two unfortunate women as witches. Yet Browne, as a wide reader, must have been aware of the writings that even then discredited the existence of witchcraft.

The final conclusion is that we know very little, and yet it is astonishing that we know so much, and still more astonishing that so little knowledge can give us so much power—WALTER GRIERSON

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WARNER’S CALENDAR OF MEDICAL HISTORY
Tuesday

I got out of bed this morning to hear Sir Godfrey Hounsfield's talk. He will be at Tanglewood this afternoon.

Uncle Willie and Aunt Lora came this afternoon, also Don Davies, Jim Morgan, Brian Hamilton, etc.

Wednesday

It is dangerous to put diabetes upon a very strict diet suddenly; coma has come on when this has been done.

ANTON CHEKHOV (1860-1904)

Russian master of the short story, of which he wrote about three hundred. Also published eleven plays. Great simplicity imbues his writings, and the pessimism of personal struggle and suffering. An active physician, he frequently alluded to things medical in his works; to mention a few—"Room Six," "The Duel," "Uncle Vanya."

In knowledge, that man only is to be condemned and despised who is not in a state of transition—Michael Faraday.
Thursday

Clown Versus Drugs...

In the opinion of Sydenham, the health of a city profited more by the arrival of a good clown, than of twenty asses laden with drugs. The “English Hippocrates” believed in the simplification of the complex therapeutics of his day.

In biliary dysfunctions, VERACOLATE affords simple and direct therapeutic action. For keeping the bile free-flowing and preventing cholesterol precipitation, Veracolate contains the compound bile salts: sodium glycocholate and taurocholate. Combined laxative ingredients supplement the action of these salts; and a small amount of capsicum acts as a carminative and intestinal tonic.

Please write, if you desire a trial supply, mentioning Warner’s Calendar-Diary.

Obtainable in bottles of 50, 100 and 500 tablets

The most infallible early sign of death is that the muscles lose their faradic excitation.

Chekhov—Volunteer Physician

Chekhov volunteered in the cholera epidemic of Russia in 1892. His district comprised twenty-five small villages, necessitating driving over miserable roads. There was no pay. Often, one day passed into another without taking off his clothes. Ill himself with pulmonary tuberculosis, this service showed in him the spirit of the true physician.
### Formulae for Feeding

#### Normal Infants with Sweet Milk

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<th>Age</th>
<th>Whole Milk, Ounces</th>
<th>Boiled Water, Ounces</th>
<th>Sugar, Ounces</th>
<th>Feedings, Ounces</th>
<th>Number of Feedings in 24 Hours</th>
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*After the first month the juice of a half orange, diluted with boiled water, or undiluted, every morning. Cod liver oil every morning between the first and second feedings.*

*After the second month raw carrot juice, one or two tablespoonsfuls, made by extracting the juice of ground carrots, added to the milk at the 2 o'clock feeding.*

*Between the fourth and sixth months cereals, green vegetables, purées and meat broths are added to the diet.*

*Boiled water between feedings, two or more times daily.*

*Feeding hours: 6 times daily—6, 10 A.M.; 2, 6, 10 P.M.; 2 A.M.*

*5 times daily—Omit 2 A.M.*

*4 times daily—8 A.M., 12 Noon, 3, 6 P.M.*

Two level tablespoonsfuls equal 1 oz. of sugar. Two level tablespoonsfuls of dextrose maltose or brown Karo syrup correspond to one level tablespoonful of sugar. To avoid constipation, it is advisable to use at least one-half of the required quantity of sugar, and only the other half in the form of a sugar substitute.

### Diagnostic Indications from the Stools of Infants

**Odor:**
- Aromatic—breast milk.
- Putrefactive—cow's milk.
- Foul—excess of protein.
- Offensive sour—excess of starch.
- Acid—excess of sugar.

**Color:**
- Dark brown—starvation, malt soup extract, swallowed argyrol, changed blood.
- Foamy gray—high starch.
- Green—sugar.
- Mucus—frequently due to use of castor oil.
- Cords indicate only rapid peristalsis.
- Undigested masses, especially of vegetables, are merely indigestible cellulose fibres.

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He that will make a good use of any part of his life must allow a large portion of it to recreation—LODGE

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**WARNER'S CALENDAR OF MEDICAL HISTORY**
Prolonging life at the end of hopeless disease: say rather, prolonging the act of dying.

**ERASMUS DARWIN (1751-1892)**

The illustrious forbear of Charles Darwin, himself a precursor of evolution, a thinker of depth in science, mechanics, philosophy, and the arts. Though a good poet, Erasmus Darwin for many years refrained from publishing his poems because he felt it might injure his practice. "Botanic Garden" is probably best known and representative of his literary aspirations.
Kind electrical storm out of N.W.
3:30 P.M. Rain today yesterday. O. 92.
Ray Allison came by to see if we needed anything from town. Then proceeded. Decided to go and telephone so to ask him to come home as soon as convenient. Daddy has decided to go to the hospital for a check-up and possible an operation. Son says he will come next week.

Goat and diabetes, two most mysterious diseases, both so easily known in their glaring manifestations, and both so utterly unknown in their essential nature.

**Darwin—One Stammerer to Another**

Doctor Darwin, though a man of words, never conquered his stammering. Another physician, likewise afflicted, said to him when they met, "My dear doctor, you have a damned ugly t-trick of stammering. I am sure I could cure you." Apt rejoinder that he was, Darwin replied, "Ph-physician, h-heal thyself!"

---

The basis of all progress is self-reliance—C. Humphreys

**Warner's Calendar of Medical History**
Please Do Not Forget

If you desire to have a copy of the 1940 Warner’s Calendar of Medical History reserved for you, please return now the card below. The calendar is sent only on request.

We can best judge the usefulness and suitability of this calendar-diary to you by the comments or suggestions received. May we have yours?
Thursday

May 25

Rain, wind, hail - electrical storms all afternoon. Rainfall 3.23 in.

About 1:30 this afternoon, my dear friend, Dr. and Mrs. Taylor, from Averm incredibly, came up to see about real, leaving sick, aged "victims in the care of others. They had been unable to telephones, as cannot all the distance to help the sick and distressed.

Tonight Mrs. Taylor, Dr. Keen and I went to talk to the trouble-shoper and then to Conway to tell heloc (another friend) to come stay with us while they go on to the hospital to prepare for a long trip. Notice will be here this before night tomorrow.

Dr. Keen helped to do the work tonight.

The bill to care at any cost, is indispensable in a doctor—Grand Duke Alexander

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WARNER'S CALENDAR OF MEDICAL HISTORY

A letter containing four pages or more, closely written and narrating the writer's own disorders, is a sure and certain sign of hypochondria.

Darwin—His Wounding Irony

The domineering woman, holding on to a meek, self-effacing husband, asked Doctor Darwin to write down for her what worthy things they must see in a three-day tour of his country. Equal to the occasion, Darwin politely stammered, "To-morrow m-madam, you will go to T-Tutbury b-ball runn-

(160)
The art of healing has no more solid base than experience—CELSUS

SIR ARTHUR CONAN DOYLE (1859-1930)
The literary reach of Conan Doyle went far beyond that of the ever readable "Sherlock Holmes" detective stories. He was encircled with equal success the historical novel, medical stories, poetry. Excitement and danger always pressed close to the man who knew the extremes of life, and in him the world recognized a physician, novelist, athlete, soldier, and spiritualist.
(Written June 15).

Dr. Mobley operated on me at St. Anthony's Hospital this morning for gastric ulcer, removing the middle third of my stomach.

Always aid the organ which suffers most—CELSUS

DOYLE—ECCENTRIC PATIENT
One haughty patient of Conan Doyle's, an old lady, very tall and horse-faced, would every day and then get an inclination to skim plates from her window at passers-by. At one time, finding himself about to be subjected to plate skimming, he suppressed the erratic lady by striking a pose dignified and ominous as her own.

Always laugh when you can; it is a cheap medicine

1939 APRIL 1939 1939 MAY 1939 1939 JUNE 1939
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DOYLE—CHARITY ON THE SPORT

Charity was a virtue that Sir Arthur constantly exercised. He frequently stopped poor people on the road and offered them a lift in his automobile. Once, on return to his home from golfing, a beggar asked for an old pair of shoes. Promptly, Sir Arthur took off his own pair and gave them to the man.
**Thursday**

*Medicine is a conjectural art which is sometimes supported by neither theory nor practice.* CELSUS

**Friday**

*Attention is the stuff that memory is made of, and memory is accumulated genius.* LOWELL

**JUNE: (50 Days)**

Zodiac: Gemini. The Twins. Sixth month. From the Latin Junius, the name of a Roman gens or clan.

*Diseases most prevalent:* Malaria. Some of the diseases prevalent in May extend into the early part of June, especially Brazilian disease. June 21: Summer begins.
We should not impute the faults of the physician to his art—CELSUS

DOYLE—THE COCKY NEW ADJUTANT

"You have seen service, my man," remarked the adjutant observing the South African medal on Sir Arthur. "Yes, sir," answered he. At the end of the line, the adjutant asked the C. O. St. Quentin, who the big fellow was. "Sherlock Holmes," replied the C. O. "Heavenly! I hope he doesn't mind my mentioning him?" "He just loves it," was the answer.

Self-possession is the backbone of authority—HALIBURTON

WARNER'S CALENDAR OF MEDICAL HISTORY
Nothing helps indisposition so much as an opportune diet—Celsius

DOYLE—A GAME OF CRICKET

Playing cricket, Sir Arthur was accidentally hit on the thigh by his opponent’s ball. Sharp pain caused him to grasp the spot. He found himself on fire! The ball had splintered the matchbox in his trouser pocket and set the matches ablaze. Hastily, he turned out the pocket and scattered the burning matches on the grass.
Better an untried remedy than none at all—CELSUS

JOSEPH RODMAN DRAKE (1795-1820)

It was for Joseph Rodman Drake that Fitz-Greene Halleck wrote the eulogy, "None knew thee but to love thee; now named thee but to praise." Medically trained, devoted to poetry, an early victim of tuberculosis, his career has been likened to that of Keats. His poetical prominence rests chiefly on "The Culpriw Fay" and "The American Flag."

Prejudice is the child of ignorance—HAZLITT

WARNER'S CALENDAR OF MEDICAL HISTORY
(Written June 15). Son returned to Fort Wayne today. He came home the day before my operation.

Drake—"The Spectre"
Past the graveyard now goes the road, and goodness! there—a ghoul! But wait. What shape takes the spectre now? Why, it's only a stray cow. This scare, experienced one evening on the way home by Joseph and some companions, inspired the five-year-old poet to compose "The Spectre, A Fact."

*It is more excusable for a physician to fail in acute than in chronic diseases—CELSUS*

*He who neglects the present moment throws away all he has—SCHILLER*
In medicine, rules may be absolute, but consequences are variable—CELSUS

DRAKE—DELIEST IN EARNEST

For some mysterious reason, Joseph had taken offense at one of his sister's admirers and challenged him to a duel. It was accepted, to have fun with the youth. The duel came off, the pistols were fired and exploded, but no bullets. Joseph, seeing he had been joked with, fell into an uncontrollable rage.
William Henry Drummond (1854-1907)

William Henry Drummond who, in between the tasks of a busy doctor, turned poet and portrayed with vivid realism the Canadian backwoods and its people. “Habitants,” “Johnnie Courteau,” “Ole Dr. Fiset” and others exemplify the poetic prowess that caused Louis Frichette, Canadian Poet Laureate, to hail him as a new “pathfinder in the land of song.”

Why should a remedy be certain because it is unique?—CELSUS

WARNER’S CALENDAR OF MEDICAL HISTORY

Faith is the continuation of reason—WILLIAM ADAMS

13 JUNE

Tuesday

Wednesday

JUNE 14

I returned home from the hospital
2:30 P.M. Nellie brought me. Mamelle was in with Mother. I weighed 105 lbs. when I left the hospital. Before the operation I weighed 127.
The physician is Nature's assistant—Galen

Drummond—Born to Lead

If the master had to be absent from the classroom, five-year-old William took matters in hand. His parents once paid an unexpected visit to the school and found him the center of questioning students, some of them older than he. Proudly, the father remarked, “My faith, the boy is more like master than pupil here.”
The “Split Foot Rx”...

The “split foot Rx” prescription symbol has been associated with the Greek God Zeus and the Roman God Jupiter, or merely taken for an abbreviation of “Recipe” meaning “Take.” But whatever its origin, the matter of greatest importance is what follows this symbol on the prescription blank.

When AGAROL is prescribed in the treatment of constipation, three necessary things are assured: softening of the fecal mass, lubrication of the intestinal wall, gentle stimulation of peristalsis. Agarol meets these requirements by supplying highly purified mineral oil, thoroughly emulsified with agar-agar, and an adequate quantity of purified white phenolphthalein.

Suggest to your vacationing patients that they take a supply of Agarol with them. Constipation is not infrequently caused by changed living habits. We shall gladly send a trial supply. Please write, mentioning Warner’s Calendar-Diary.

Supplied in bottles of 6, 10 and 16 ounces

WILLIAM R. WARNER & CO., INC., 113 W. 18TH ST., NEW YORK
EXPECTATION OF LIFE

A rule for calculating the expectation of life is as follows:

Between the ages of 20 and 45—deduct the present age from 96, and half of the remainder gives the expectancy.

Between the ages of 20 and 30 the result is slightly below the average; and over 40 it is slightly above.

For estimating the expectancy of those over 45, the number 90 should be used as the fixed number, instead of 96.

Generally, the expectation of life in women is about three years more than in men. During the child-bearing period the life expectation of women is somewhat less, but it rises, and is greater than that of men after the fiftieth year.

THE PULSE RATE

In health the pulse varies according to certain conditions, such as age, sex, temperament, exercise, excitement, food and temperature. The relation of the respiration rate to the pulse rate is approximately 1 to 4. The heart's action is generally more frequent in females than in males.

<table>
<thead>
<tr>
<th>Age</th>
<th>Per minute</th>
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<tbody>
<tr>
<td>Fetus</td>
<td>150 to 150</td>
<td>2 to 7 years</td>
<td>100 to 90</td>
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<tr>
<td>New-born infant</td>
<td>140 to 150</td>
<td>8 to 14 years</td>
<td>90 to 75</td>
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<tr>
<td>During first year</td>
<td>150 to 115</td>
<td>Adult age</td>
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<tr>
<td>During second year</td>
<td>115 to 100</td>
<td>Old age</td>
<td>Average 76</td>
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TEMPERATURES

Hyperpyrexia ... 105° F. and over
High fever ... 105° to 106° F.
Moderate fever ... 101° to 105° F.
Low fever ... 100° to 101° F.
Subfebrile ... 99° to 100° F.
Normal ... 98.6° F.
Subnormal ... 97° to 98.6° F.
Collapse ... 95° to 97° F.
Algid collapse ... below 95° F.

RESPIRATION

At Different Ages

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<tr>
<th>Age</th>
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<td>At puberty</td>
<td>20 per minute</td>
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<td>Adult age</td>
<td>18 per minute</td>
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To lose one's health renders science null, art inglorious, strength effortless, wealth useless and eloquence powerless—HEROPHILUS

OLIVER GOLDSMITH (1728-1774)

In theology, law and medicine, a failure; but how justly Oliver Goldsmith scored highly as a writer and poet is manifested by "The Traveler," "The Deserted Village," "She Stoops to Conquer," and "The Vicar of Wakefield." Handicapped by physical unattractiveness, withal beloved, simple and impulsive, Goldsmith has been dubbed "The Ugly Duckling of English Literature."

We don't love people so much for the good they have done us as for the good we have done them—STERNE

WARNER'S CALENDAR OF MEDICAL HISTORY
He who can discriminate between the possible and the impossible is the wisest physician—HEROPHILUS

GOLDSMITH—RHYMED WISDOM

The short, thick-set figure skillfully danced a hornpipe. “Like Aesop,” thought the violinist and began to ridicule the pock-marked boy. Merrily grew the gathering at his expense until, stopping short in his dance, Oliver directed the laughter against his tormentor by saying, “Our herald hath proclaim’d this saying. See Aesop dancing and his monkey playing.”
The art of medicine is to be properly learned only from its practice and exercise—Sydenham

Goldsmith—Keeping Up Appearances
To conceal so obvious a sign of poverty, Goldsmith kept his hat over the ill-repaired patch in his velvet coat. Thus he remained posed during medical visits, and even a persistent patient could not get him to part with his hat for a moment. The reason for this attitude, once exposed, caused considerable merriment.

The worst bankrupt in the world is the man who has lost his enthusiasm—H. W. Arnold

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Warner's Calendar of Medical History
(193)
Mr. & Mrs. J. B. Moore, Milton.
James & Eleanor Moore, Tabor.

I was up most of the night; put on my clothes this afternoon for first time.

Fever itself is Nature's instrument—SYDENHAM

GOLDSMITH—THE LAST PRESCRIPTION

Goldsmith wrote a prescription. The apothecary did not agree with it. Finally, the patient was appealed to. Knowing the apothecary longer, she decided upon his opinion. Goldsmith indignantly declared leaving off prescribing for his friends, whereupon an acquaintance remarked that whenever he undertook to kill, it should only be his enemies.

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WARNER'S CALENDAR OF MEDICAL HISTORY

(194)
A man is as old as his arteries — STODGIELAND

GOLDSMITH — THIS BRAINCHILD
PAID THE RENT

Goldsmith, arrested for not paying rent, raged at this indignity and sent for Samuel Johnson. Telling of ways in which to be freed, Goldsmith handed Johnson a novel ready for publishing. Johnson thought it good, went out and sold it. "The Vicar of Wakefield" brought Goldsmith £200 and the means of release from an ignominious arrest.

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WARRER'S CALENDAR OF MEDICAL HISTORY
Nellie & Buck spent the afternoon with us.

The cow, Nellie, in season, broke out of the pasture about 4 P.M. Buck, Daisy, Dinah & I (in Buck & Nellie's car) found her at the Josh Morris place. I had Dinah take her on to Wingfield to hand her. But found no bull there as advertised.

*It is not without reason that Aristotle has observed that melancholy men are men of highest genius—Sydenham*

---

**SIR FRANCIS SEYMOUR HADEN (1818-1910)**

Eminent Victorian surgeon and incomparable landscape etcher of his century. At fifty-two, produced his masterpiece, "Breaking Up of the Agamemnon." Founder of the Royal Society of Painter-Etchers and Engravers in 1880, for which he was knighted in 1894. When only thirty-two, had been instrumental in establishing the Royal Hospital for Incurables.

---

**Man has acquired a control over machines without acquiring anything like a corresponding control over himself—W. Langdon-Brown**

---

**WARNER'S CALENDAR OF MEDICAL HISTORY**

(198)
Saturday

JULY


I had Melly take me to the garden this morning.

The touchstone of true science is power of performance, for it is a truism that what can, also will, and thus attains to real existence—Sydenham

JULY: (31 DAYS)

Zodiac: Cancer. The Crab. Seventh month. Named from Caius Julius Caesar, born this month. Called Quintilis (fifth month) in old Roman calendar, which began in March. Disease most prevalent: Summer diarrhea of infants.
Monday

5:30 a.m. 69. 30.02. 30. cloudy. I went with McKay and Daisy Simmons to Fourier Springs again this morning. Daisy worked on the road while McKay stood. I tried unsuccessfully to take the pipe back from out of the concrete work. He did cut the steel lid loose, however.

Tuesday

J.m. 72. 30.04. 30. cloudy. I went with McKay and Daisy Simmons to Fourier Springs. I worked on the road from La Ferman toward the Fourier Springs. sprinkler of rain stopped us at 10 o'clock.

The task of science is not to attack the objects of belief but to stake out the limits of the knowable and to center consciousness within them—SYDENHAM

HADEN—ETCHING ADVENTURES

Years before the fracas that finally parted Haden and his illustrious brother-in-law, James McNeil Whistler, they were accustomed to etch in company. It was comparison with the work of the younger artist that made Haden realize his mastery of the face of nature rather than that of the human being.

There is some good even in misfortune—MONTAIGNE

WARNER'S CALENDAR OF MEDICAL HISTORY
What is dark and incomprehensible attracts some minds more than
what is clear and understandable—SYDENHAM

HADEN—MEETING INSPIRATION
HALF-WAY

To be ever responsive to the inspiration of the moment, Haden habitually carried
a prepared copper plate with him. The artistry of the object thus depicted
was no less complete for quickness of decision, for Haden carefully considered
every effort on his copper, the first
scratch to the last.

The finest things in life are its illusions—BALZAC

WARNER'S CALENDAR OF MEDICAL HISTORY
I made my first call this morning—to see the 92-year-old lady of Litchbury, etc. on Old John Montgomery Place. Entomologist, apparently past doing anything for.

I went to see the Litchbury lady again this morning, & collected Litchbury beetles, $1.2.

Moore & Denny went to Temple this morning & finally succeeded in removing the pine-wood fire from inside the concrete box. I did not go with them.
Mother in bed with crouping.

The Taylor family arrived from Greenville to spend the next 6 weeks. The summer, 4 P.M.

Mrs. Taylor has been ill with malaria since their trip to New York in June. Here today: Miss Reynolds, Miss Middleham, Miss Salton, Miss Charles. Gerald Davis (from San Bernardino) was a pleasant surprise. Gerald wants me to find a job. Tonight Mr. and Mrs. Moore came, also the Reynolds. The atmosphere thick.

Physicians are the natural attorneys of the poor and no small part of social problems commended them into their jurisdiction—Stevenson.

Hoffmann—Santa Goes Shopping

Moral tales and lengthy admonitions such as the unappealing things picture books were made of. "Stupid! Unimaginative!" exclaimed Dr. Hoffmann half-aloud. Certainly, he did not feel that such a Christmas gift would be a particularly happy one for his three-year-old son. But one book he did buy and take home—a book with blank pages.

(Continued)
I justify a place in pathology for the leucocytes—SYDENHAM

Hoffmann—Santa Makes a Gift
Christmas Eve. He must work quickly. Droll verses breathed life into the blank pages, in turn enlivened by gayly colored pictures. The finished “Struwwelpeter,” originally much longer titled, was loved immediately by Dr. Hoffmann’s youngsters, and since then countless children everywhere have spent many joyous childhood hours with him.

Doctor I look to you to cure my fever, as to my thirst
I shall see to that myself—ROUSSEAU

WARNER’S CALENDAR OF MEDICAL HISTORY
I stand upon my own rights and for that very reason concede rights to others—SYDENHAM

OLIVER WENDELL HOLMES (1809-1894)
An outstanding medico-literary figure. Oliver Wendell Holmes taught anatomy for many years, and among his medical essays is the famed paper on “The Contagiousness of Puerperal Fever.” Among his incursions into literature are “Autocrat of the Breakfast Table,” “Professor at the Breakfast Table,” “Poet at the Breakfast Table,” “Elsie Venner,” “Over the Teacups.”

We must treat fortune as we do health, enjoy it when it is good, be patient when it is bad and never have recourse to violent remedies except in extreme cases—ROCHEPOUCAUD
5:30 a.m. 99; 30.10; Pt. cloudy; NW. Highest temp. 92.

Friday

Saturday

6 a.m. 78; 30.08; clear, W.
To see Adrian Spragge today. Apples, 8 a.m.
Home to find a call to see old Mr. Beach.
Saw nothing the matter with him but his years.
Clis Morgan & Rufus Morgan came in to
speak about a golf course for the Park.
Lance Blacksmith & family, Oklahoma City, came
this afternoon.

Father Mauk, pastor of the St. Elizabeth
Catholic Church in the Flatwoods, came to
see us 7:30 P.M. & stayed until nearly 10.
He is a very fine boy & we are glad to
have him. He went to see me while
I was in the hospital.

The abuse of books is the death of knowledge—ROUSSEAU

HOLMES—POET-LECTURER
IN ANATOMY

Patient, accurate and descriptive was Doc-
tor Holmes in his anatomical lectures.
Demonstrating the female pelvis, he held
it aloft and pointing to the pubic arch,
spoke in dignified tones: “Gentlemen, this
is the Triumphant Arch under which every
youthful candidate for immortality has to
pass.”
I went with Mrs. Taylor to Missブリュミン to try to get Carl Thompson to do some work for her. He was not interested.

Law should be made, not against quacks but against superstition—Sydenham

Holmes—A Kindly Man

Doctor Holmes' glasses dropped into the abdominal cavity of the cadaver. A student laughed aloud. "Well, I wish you had to use glasses," said Holmes somewhat ruffled. Then, thinking he had been rather harsh, he resumed his usual kindness and added, "Of course, I mean that I hope you will live long enough."

The destiny of nations depends upon the nature of their food—Brillat-Savarin
The Blessed Calisman...

A silver chalice, bordered with inscriptions, filled with water, and allowed to stand for some time so it might become impregnated with the magic words and figures on the cup—was used in the treatment of many ailments by Arabian physicians. The patient either drank the water or it was poured over his body.

To increase the fluid intake and supply basic minerals in acidosis, ALKA-ZANE makes available sodium, potassium, calcium and magnesium in the easily assimilable forms of citrates, carbonates and phosphates. A heaping teaspoonful of Alka-Zane in a glass of water makes a zestful, refreshing, effervescent drink.

Try Alka-Zane to counteract the lassitude caused by summer heat. We shall gladly send you a trial supply. In writing, please mention Warner’s Calendar-Diary.

Alka-Zane is available in 1½, 4 and 8 ounce bottles

William R. Warner & Co., Inc., 115 W. 18th St., New York
Thursday

I sent Millie, the cow, to Moore

Monkeys by Denney Simmons

early this morning.

Mother and I went to town

this morning. Mother had a

dunicipal filled by Dr. C.

Solitude is to the mind what dieting is to the body—VAUVERNARGUES

WARNER'S CALENDAR OF MEDICAL HISTORY
Even in the hands of the greatest physicians, the practice of medicine is never identified with scientific (laboratory) medicine, but is only an application of it—SYDENHAM.

JOHN KEATS (1795-1821)

John Keats “walked the hospitals,” he attracted the attention of Sir Astley Cooper. But for him the poet’s quill rather than the surgeon’s knife immortalized his name. Singular, indeed, in the world of literature are his great odes “To a Grecian Urn,” “On Autumn,” and “To a Nightingale.”

The body has small wealth when ‘er the head is sick—DU BARTAS
Sunday

23 JULY

Early Mizell came from 9:30 last night to go to see his 2 year-old baby. He is a "hobo" client. I went in his car. Home at 11 and McLay here with his wife, who had apparently suffered a heart attack. Boardman state ranger, brought them.

Drew McLay's wife again this morning. Then took Mr. Taylor, Robert's fiancée, to Temple 36.

Nellie & Burt came 6 PM, with the Woodhuffs & the Simpsons; who stayed 1.2 AM. 4 or 5 others.

Electrical storm last night. No rain.

Monday

24 JULY

6 in 68. 30.10; clear. SE.

Electric storm last night. 206 rain.

Charlie Hamilton o Tennis. Time 2 hours early, his morning. They want the store concession at the new building in the Park.

Miss Martin from 1:30 PM to 2:30 PM.

Joe Ashcraft, 75, who had fallen & hurt himself yesterday. Wife says he's come to see me to help the father get a job as he was to leave the Hippocratic fold and court the poetic Muse.

Bodily toil is a release from mental troubles, and it is this which renders the poor happy—SAINT REAUL.

KEATS—THE LAST OPERATION

The lancet was still in his hand; the man's temporal artery opened. Nicely done, too, but how had he done it? His thoughts had been on poetry. This, reflected Keats, was a dangerous state of affairs, and then and there he decided to leave the Hippocratic fold and court the poetic Muse.
Tuesday

Another step in our modernization today. The Gazette was delivered at our door 4:45 by Harold Stenky, who is establishing a paper route. He can now wake us up, of course, if we get no more sleep. I'm going to put a box down at the gate.

Dick Fridley, prosecuting attorney, asked me 1:30 PM to go to Francis House (Fat Hamilton's place) to examine a 16-year-old girl, charging all the evidence of the attack. I went to the Police tonight to participate in a conference with Detective Dave Birdy.

Wednesday

To see Riley Branch's wife, young Valerie's pregnancy. Then to see Steg's wife, on to the Lodge to see Bot Wilson (injected heart & throat). Mrs. Taylor has Me to begin this morning for Dr. Carmin's to fill a tooth.

Rain 3 PM 0.17 in.

Dick Fridley, prosecuting attorney, came 10:00 to talk to me about the case of the black girl.

Nothing is done without a little enthusiasm—Voltaire

Keats—Rescue from Oblivion

What were the scraps of paper Keats was thrusting behind some books? Just his poetic expression on the nightingale he so enjoyed in hearing. Keats' friend insisted that the poet help him arrange the stanzas on the four or five rather illegible slips. Thus, fortunately, intervened a kind fate for the preservation of the beautiful "Ode To A Nightingale."

(226) from Moxey with 2 others.
Hone at 5 tonight.

Warner's Calendar of Medical History
Thursday

Violent rhinorrhea 3 to 4 PM—one of worst we have ever had—with 0.58 in. rain.
Nellie & Buck came tonight.

Friday

6 a.m. 70; 30.08; Pt. cloudy; NW Wind.

While walking, I met the man who operated the ten-yard at the Spring. He, whose wife was a sister of Mr. Stout, came here from Virginia in 1839, settled on the mountain near the spring & operated his ten-yard until the Civil War, when he returned to Virginia. He also made shoes for Stout's slaves & others.

Interesting history indeed.

All afternoon & until 9 tonight, I was here. Bruce Melby, Sam Dickens, Father McKay (the best of them all), Jemal & Mrs. Wilson, Alcorn with 5 girls, & can

It is easier to suppress a first desire than to gratify all those that follow it—La Rochefoucauld

Keats—this means death

The feverish Keats coughed slightly, a drop of blood fell on the sheet. He asked his friend for a candle, and by its faint light steadfastly studied the stain. Then he made the observation, "I know the color of that blood; it is arterial blood ... that drop of blood is my death warrant. I must die."

Observation is a passive science, experimentation an active science—Claude Bernard
29 JULY

Saturday

6 a.m. 68; 30.05; clear; NW

30 JULY

Sunday

6 a.m. 67; 30.10; clear; NE

called 2:30 P.M. to the Falls to attend

Today a woman, 21, of his sister, Mary, 19, who

fell over the falls at 1 o'clock apparently

sustained no fatal injuries. Their home is

407 Disappey Ave, Conway, whose father Dr. S.

called on ambulance & sent them to

for physician at Conway.

Highest temp. 80.

Pathology includes small experiments which are spontaneous
and not produced by physicians—Claude Bernard

John Leech (1817-1864)

Monetary difficulties stopped short a medical apprenticeship, and John Leech began the struggle for a living as an artist. His genius soon brought him to the pinnacle of success. For twenty-four years, he delighted the readers of "Punch;" Leech illustrations adorned many books and periodicals. Greater popularity, and more deserved popularity, enjoyed no other artist of his day.

He who sets bounds to his love does not know what it is to love—Bossuet

Walter's Calendar of Medical History
Leech—Of Nervous Temperament

Martyr to an extremely sensitive nervous organization, Leech could not tolerate street noises. He detested organ grinders. Once he arrived at the home of a friend, intending to make a long visit. His host did not even see him; he had fled instantly at the sound of a grating garden roller.
The science of life is a superb and dazzlingly lighted hall which may be reached only by passing through a long and ghastly kitchen—Claude Bernard

August: (31 Days)
Zodiac: Leo. The Lion. Named in honor of Augustus Caesar. The old Roman name was Sextils, the sixth month from March.
Diseases most prevalent: Summer diarrhea of infants, acute intestinal diseases, typhoid, paratyphoid, infantile paralysis.

2 AUGUST

Wednesday

5:15 a.m. 74; 10:14; P. cloudy; SW
I went with Sam Davis & Bruce Metcalf in the Commissioner's car to Oberlin to see Mr. H. Yes, he is the sawmill owner, about eight logs for the cutting of the Lodge. Back by 4:00, where I stopped to see Dr. A. E. Martin, 82, this week.

3 AUGUST

Thursday

5:30 a.m. 76; 30.08; P. cloudy; W
Mother. I went to town this morning.
I weighed 131 1/2 lbs., a gain of 1 lb. in 2 weeks.
Archie McKethen, Clarksville, came to see me late this afternoon, with his wife, daughter, & Mr. Mitchell. I hadn't seen him in 30 years. Mr. & Mrs. Charles Harley, R. K., came this afternoon. Mrs. H. seems to be very well.
Tonight at 11:30, Ful ridge, etc., brought his wife again. She had just made a second attempt at abortion. A pity it didn't work.
In this world it is not what we take up but what we give up that makes us rich—Beecher
Leech—Caricaturist at Work

In front of Leech and his friend in the omnibus sat an elderly gentleman, queerly dressed and with peculiar features, unaccountably making wry faces at them. Leech added to the almost uncontrollable desire of his friend to burst out laughing by showing him his notebook, in which he had cleverly sketched the eccentric gentleman.

An important phase of medicine is the ability to appraise the literature correctly—Hippocrates
6 A.M. 75°; 79.98°; clear, N.W.

The new times here tonight, talking about land.

If I had to define life in a word, it would be: Life is creation — CLAUDE BERNARD

LEECH—SIDE-SPLITTING ABSURDITIES

Leech at times indulged in the utmost absurdities. What could be more preposterous than a grave command to a servant to carve an especially large strawberry on the sideboard! What more laughter provoking than a cartoon of "A Picnic in the Drawing Room."

---

Every chirurgion ought to be learned and that he knows his principles, not only in chirurgie but also in phisicke that he may better defend his chirurgie — THOMAS VICKARY (1577)

WARRNER'S CALENDAR OF MEDICAL HISTORY
Tuesday

6:54 a.m. 75; 30; cloudy; S
I went to see Rhudd's wife, Col., on the Gower's place 8 a.m.
5 to town at noon to talk to the Rotary Club.
Mother went to town this morning with Mrs. Togler.

A hard rain at 4 P.M.
0.60 in.

The investigator should have a robust faith and yet not believe—Claude Bernard

John McCrae (1872-1918)
Canadian physician-poet-soldier, composer of the deathless lines of "In Flanders Fields." John McCrae wrought unpretentious, delicate verse, curiously shadowed by Death, the Friend. In medicine, is best remembered as an admirable teacher and faithful physician. Passionately fond of children; had a deep affection for Bonfire, his horse; a favorite picture was with his dog, Bonneau.

Wednesday

6:30 a.m. 70; 30.12; cloudly; S E
Rain last night, just before day. Began again 7 a.m. 1.72 in. by 1 P.M. Total rainfall since 4 a.m. yesterday, 2.32 in.

The conceited man relates only his own great deeds, and only the evil ones of others—Spinoza

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<th>JULY 1939</th>
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4:15 AM 61; 30.17; foggy; SE
Mother went to Hot Springs with Mrs.
Taylor, leaving home 7 AM to returning
7 PM. Elizabeth who has been in Camp
at Ft. Sps. went with them.
I went to the Park to welcome the
Arkansas Valley YWCA Association 10 AM.

---

Man can learn nothing unless he proceeds from the known
to the unknown—CLAUDE BERNARD

---

McCrae—A CASE OF MISSTKEN
IDENTITY

Until war bereft him of gaiety, McCrae always appeared extremely youthful. In the
wards of the Royal Victoria Hospital one day, he desired to make a private examination of a
patient and asked a nurse for a screen. She, not thinking him to be a physician, answered
somewhat tartly, "Students are not allowed to use screens."

---

It is an ungenerous silence which leaves all the fair words of honestly-earned praise
to the writer of obituary notices and the marble-worker—OLIVER WENDELL HOLMES

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WARNER'S CALENDAR OF MEDICAL HISTORY

(242)
We must never make experiments to confirm our ideas, but simply to control them—Claude Bernard

McCrae—HerCulean Task
McCrae was co-editor with Professor Adams of "Textbook of Pathology." Proofreading of the second edition required re-indexing of nearly 7,000 items and the reading daily of 80 to 100 pages of highly technical material. This laborious task was accomplished at Atlantic City where, lying on the sands, he could get sun and air while working.

F. 61° 71; 30.13; Pt. Stanley; 5 called 2 a.m. to see Stanley Dinnings.
Mr. culture: Dr. Reynolds, Hugh Green, Judge, Andrews v. Ethel Duggs, Mr. Adams, Verne Stone & family; 9 tonight of John Manns.

Id each Founder train as many in his or her spirit as he or she can. Then the pupils will in their turn be Founders also—Florence Nightingale

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WARNER'S CALENDAR OF MEDICAL HISTORY
A discovery is generally an unforeseen relation not included in theory, for otherwise it would be foreseen—CLAUDE BERNARD

McCrae—

"We Are the Dead"

The second battle of Ypres... men shot and rolling down the bank into the dugout dressing station... larks singing high in the morning air... chaplains burying the dead in every lull—and during a lull in fighting, too, McCrae giving undying voice to these scenes "In Flanders Fields."

I got home from work at ten & burned spruce tonight at 8:20. Found Mother all right. Nellie went home late this afternoon. "Abie Brown" Treat, my cousin, Muriel, I., came with her husband & children. Pansy, Mother told me.

Let every dawn of morning be to you as the beginning of life, and every setting sun be to you as its close—then let every one of these short lives leave its sure record of some kindly thing done for others—BASKIN

WARNER'S CALENDAR OF MEDICAL HISTORY
16 AUGUST

Wednesday

5:30 am, 72; 30°, clear; NW.
Called 3:30 am to see Davis's wife, LLC on Eysen place. Returned from Lutheran church.
Got 85.
Dr. Reynolds here this morning & I had a long, interesting conversation with him.
Mother went to S. R. with Mrs. Taylor & Elizabeth today. Home at 7:30 tonight.

Robert Tait McKenzie (1867-1938)

Lustrous is the name of Robert Tait McKenzie, the physician, the world recognized authority on physical education and above all, the eminent sculptor. His war memorials, statues and medals compel interest and admiration. But most significant and characteristic are his interpretations of athletic action and the athletic ideal, with which plastic art has been little adorned since Greek times.

Thursday

AUGUST 17

6 a.m. 76; 29°, 96; clear; SE.
Rain, 8 a.m., 0.35 in.
Visit Dr. Reynolds, at his request, to Townsend Spring—High Point.
He liked the area very much.

Knew 8 pm to see Mrs. Black. Carried on between shoulders.

Several patients live today: Mr. A. Pierce (Mrs. Rose Benge), Elwyn Marvel (Mrs. Marion Miller), etc.

Mr. & Mrs. Swift, Mr. & Mrs. Gault, Magdelene, here this evening.

Who would be free, themselves must strike the blow—Byron

Warner's Calendar of Medical History
Keeping the Stomach at Peace

“Great suppers will the stomach’s peace impair, Wouldst lightly rest, curtail thy evening fare.”

There is good advice in this Salernitan health rhyme, but it was probably little heeded by those who liked their food too well and considered their stomach too little.

To him who eats or drinks too well but not wisely, Cal-Bis-MA offers relief from the pangs of gastric hyperacidity. Cal-Bis-MA neutralizes promptly and the relief is prolonged. Gaseous distention and secondary acid rise are avoided, and the mucous membrane is soothed and protected.

Suggest to your vacationing patients to take a supply of Cal-Bis-MA with them. For the stomach takes no vacation; and change of food and eating habits, unaccustomed physical exertion and exposure to heat, may impair the normal digestive functions.

Do you wish to have a trial supply? Please write for it, mentioning Warner’s Calendar-Diary.

Cal-Bis-MA is supplied in powder, 1/4, 4 and 16 ounce tins
Tablets, 30 in a box, 110 in a bottle

William R. Warner & Co., Inc., 115 W. 18th St., New York
CLASSIFICATION OF BATHS
ACCORDING TO TEMPERATURE

While a classification of baths according to temperature must necessarily be more or less arbitrary, the following classification is a very convenient and practical one:

Very cold . . . . 32° F. to 55° F.
Cold . . . . . . 55° F. to 65° F.
Cool . . . . . . 65° F. to 80° F.
Tepid . . . . . . 80° F. to 92° F.
Warm (or neutral). . . . . . 92° to 95° . . . 92° F. to 98° F.
Hot . . . . . . 98° F. to 104° F.
Very hot . . . . . . 104° F. and above

COMPARATIVE ACTION OF ETHER AND CHLOROFORM

ETHER
Inflammable
Cools the skin
Unpleasant to take
Larger quantities necessary
Anesthesia not as deep
Marked excitement stage
Pulse rapid and strong
Skin bright red in color
Suitable in cases where the heart is weak and the kidneys are impaired

Dangers
Respiratory collapse

After-Effects
More vomiting
May cause pneumonia

CHLOROFORM
Not inflammable
Burns the skin
More pleasant to take
Less required
Anesthesia deeper
Little or no excitement stage
Pulse slow and weak
Skin pale
Suitable in cases where the lungs are diseased or in drunkards

Dangers
Cardiac collapse

After-Effects
Less vomiting
May cause delayed chloroform poisoning

May we not again say, that in the huge mass of evil, as it rolls and swells, there is ever some good lurking imprisoned, working towards deliverance and triumph—CARLYLE

WARNER'S CALENDAR OF MEDICAL HISTORY

(252)
Sunday

6 a.m. 49; 30.04; clear; NW.

called to see Charlie Summer's girl 9 a.m.

Mary in afternoon: Lucile

Yarrows & Ethel, Eunice Robertson.

Stewart both to be confined

in the fall; M. N. Millins, Etc.

with his girl & a Collie

pup; & finally Robert

Taylor was brought in with

what appeared to be a snake

bite on the foot.

The living voice has an influence over human action altogether independent of the intellectual worth of what it utters—Huxley

Monday

5:30 a.m. 67; 30.04; Pt. clear; W.

Got the love train to see Frankie Meyers girl.

Mr.俨s, Staples, Kemp, R. 3 p.m. then

been dinner & Frank Charles.

Tonight:

Lo. Stedwick & wife, Mr. & Mrs. Taylor.

Mr. Taylor showed same moving pictures.

This world consists of three classes of people—a very few who make things happen—

the many who watch things happen—and the overwhelming majority who have no

action at all as to what is going on in the world—Nicholas Murray Butler

GUI PATIN (1601-1672)

Dean of the Paris Faculty, inveterate enemy of the surgeons, a great bloodletter, and an even greater bibliophile. Interpretation being in the mind of the reader, in his "Letters" has been seen a distinguished and erudite physician, an historian; or naught but the satirist, man of disputes, criticisms and stinging sarcasms. Incontestably, they do mirror the medical, political, religious and military times between 1650-1672.
It is better for a man to go wrong in freedom than to go right in chains—HUXLEY

PATIN—DISCIPLE OF BRISSOT

Brisotin that he was, Patin believed in "derivative bleeding" as advocated by Pierre Brisot. This called for bleeding from the side of the body on which the lesion was located. Patin bled often and profusely. "Reulsive bleeding," or drawing blood from the opposite side of the lesion, constituted the Arabian theory.
To learn how to treat disease, one must learn how to recognize it. The diagnosis is the best trump in the scheme of treatment—Charcot

Francois Rabelais (1490-1553)

In his "Gargantua and Pantagruel" has been sought a portrait of the man; critics have found a buffoon and reformer, and have stamped his work as a moral crusade superficially disguised by coarse wit and humor. Francois Rabelais, first lecturer on medicine at Montpellier, with the Greek text before him, was a bold thinker, a rugged writer, scholar and physician.
Saturday

6:40 a.m. 70; 30.18; P.F. St. Mary, NE
Thunderstorm all afternoon & continuing into the night, but only a trace of rain.

RABELAIS—IN A MONASTERY CELL
Rabelais spent fifteen years in a Franciscan monastery assiduously studying languages and sciences. There was some persecution of the monks and confiscation of books, but Rabelais, powerful friends intervening, had his library restored and subsequently gained permission to enter the Benedictine order.

In the last analysis, we see only what we are ready to see, what we have been taught to see. We eliminate and ignore everything that is not a part of our prejudices—CHARCOT

Sunday

6:45 a.m. 70; 30.10; Clear. W
Fine today; Andrews, Eikel, Briggs, Mrs. Ashby,
Father Morris (all afternoon), many others.

Nothing could be more foolish than our modern fashion of training men and women differently—PLATO

WARNER'S CALENDAR OF MEDICAL HISTORY
Monday

6 A.M. 68°, 30.12; Pt. cloudy; NE.

Andrew Squa and Bill Humbley came this morning and paid me $25 for the plum crop on the trees. A good trade.

Europe seems to be very near war this morning—a frightful outlook.

Mother went to town with Mr. Taylor and the children this afternoon.

I received from St. Margarey, Little Rock, chemist, analysis of Spring Water. Which is better than I expected. I paid $0.15 for the analysis. He wrote an analysis of Spirit Spring Water for me in August, 1930.

Former Yell County Officer Gives Unique Dinner to Old-Timers

Ola, Nov. 3. (Special.)—Hick Reeves, wealthy ranchman and former county officer, served the thirty-ninth annual dinner Sunday to members and invited guests of the Jolly Jokers’ Club. Thirty years ago, as he was going out of office, Reeves organized the club and has been its president since. In the three decades Reeves and the old fellow have been regulars at the dinner, which is usually given on the Tuesday following the election. The place is always full, and the usual fare is an excellent meal.

The dinner was a success, and the guests enjoyed the evening. Reeves gave a speech in which he thanked his guests for their support over the years. He also announced that the club would continue its work of helping the poor and the aged.

Tuesday

5:15 a.m. 69°, 30.14; Pt. cloudy; N.W.

Mother and I went with Mrs. Taylor to Mountain Valley Spring, leaving home 8:15. On way home we stopped at ‘Hick’s Ranch,’ the home of Hick Reeves, in the mountains north of Fourche River.

Mr. Reeves was lying on the ground in the shade of a tree, suffering from delirium. This delirium is from the severe drought, about 1930.

WARNER’S CALENDAR OF MEDICAL HISTORY

(263)
José Rizal (1861-1897)

Versatile-minded, indeed, was José Rizal. As an eye specialist, he commanded the respect of renowned fellow oculists in many countries. He wrote poetry and prose, he painted and sculptured, he was an amazing linguist. Out of patriotic fervor for Philippine independence sprang his great work "Noli Me Tangere." To this cause, he died a martyr.

It is the mind which is really alive and sees things, yet it hardly sees anything without preliminary instruction—Charcot

Rust of the mind is a blight of the abilities—Seneca

Warner's Calendar of Medical History (265)
Hitler has invaded Poland. It is
the beginning of the Second World
War.
Mother & Mrs. Taylor went to
Greenwich this afternoon.

Disease is from of old and nothing about it has changed. It is we who change,
as we learn to recognize what was formerly imperceptible.—CHARCOT

SEPTEMBER: (30 DAYS)
From the Latin Septembris, being the seventh month of the Roman year.
Diseases most prevalent: Same as in August
with exception of summer diarrhea of in-
fants. September 23: Autumn begins.

Before old age, my care was to live well; in old age, to die well.—SENECA
Sunday

6 a.m. 74°; 30.01; 14.00; SE.

England entered the war against Hitler this morning. France's declaration occurred a few hours later. Italy is staying out for the present, but Russia may help Germany. The United States will probably be drawn in before long - as I think it should.

Monday

S a.m. 78°; 30.06; H. cloudly; S.

Kevin G. G. and Mrs. Miguel left for New York. Mrs. Miguel paid me only $3 for a dinner case of wine, pop. He is in the FSA medical association, which pays the doctor about 30 cents on the dollar.

Temp. 4 P.M. 94.

Bailed back to Miguel & P.M. Bay were just before I got there.

I acted as master of ceremonies at a W.C. T.U. entertainment at the Lodge.

5 to 6 P.M. Folk & other dances.

RIZAL—PRIDE BEFORE A FALL

When he first came into school, the teacher's son, José, was a rambunctious lad. He made José angry and he tackled the older boy. Somehow, he bent him down over the class benches. But success proved fickle, for in a subsequent wrestling challenge with another boy, José almost had his neck broken.
Tuesday

5 SEPTEMBER

5:20 A.M. 74; 30.15; Pt. cloudy; 5E
Mother & I went to town this morning.
I had a $15 repair bill on the car
including new rear shock absorbers & new air
filter plugs.
I paid $200 on my account with the

Wednesday

6 SEPTEMBER

6 A.M. 77; 30.13; clear; 5
Temp is 80 M 92.

The name of a disease is not, as it is continually regarded, a thing—ALBUTT

RIZAL—LITTLE ALCOHOL LAMP

Rizal was to be executed because he advocated Philippine independence. Mother and
sisters took their last sad leave. He had
managed to bequeath his little alcohol lamp
to a sister, and as he told her about it, he
whispered quickly in English—"There is
something inside." That something was the
beautifully tender elegy, "My Last Farewell," national classic of the Philippines.
6 a.m. 79; 30.13°; clear; SW
Called 9 a.m. to Oakton to see H. T. Wood. Mother went with me & visited Mr. Lord.
Saw Mrs. Van Dillen's mother, Mrs. Vroman.
Temp. 4 p.m. 92.
To Ruthledge's 6 p.m. to see his wife.

More than the hand is the tongue the organ which can do most good and evil—Marx

Ronald Ross (1857-1931)
Capture of "million-murdering Death"—as Ronald Ross himself branded malaria in one of his poems. For his epochal discoveries, which made possible effective prevention of malarial fever, Ross obtained the Nobel Prize in 1902. His original turn of mind as a writer is well displayed in "Spirit of Storm," "Child of Ocean," and "Revels of Orsera." Exceled as scientist, poet, mathematician, novelist and musician.

Pain is no evil unless it conquers us—Charles Kingsley

Warner's Calendar of Medical History (273)
SATURDAY

6 a.m. 78° 30.10; clear. W

Dr. Chevry, contract physician in the C.C. camp, came in this morning & asked me if I wanted a contract with the C.C. at another camp.

Temp. 4 p.m. 91.

To banquet 6:30 p.m. to see Rosa Vinto's girl.

SUNDAY

6 a.m. 77° 30.12; pt. cloudy. NW

Very busy today—among them Mr. & Mrs. L. E. Henry, Little Rock. In afternoon I went with Mr. Henry & Mr. Taylor to Tomball Springs. Other names: Ferdinand Mauer, George Riederer, Elizabeth & Bryant Bucker (looking for Shannon), a small patient. Mr. & I ate dinner with the Taylors, who leave tomorrow.

I collected $25.50 today.

It's jest about got so a doctor a day is cheaper'n apples—"KIN" HUBBARD

ROSE—FIRST INTEREST IN MOSQUITOES

While Garrison Surgeon at Bangalore, Ross discovered a simple expediency to get rid of mosquitoes. He upset a tub outside his bungalow window in which they were breeding. Ross wanted to apply this idea to the Mess House, but the Adjutant refused. He averred that mosquitoes were created for a purpose, so they must be tolerated.
The Jade Bracelet . . .

A WOMAN admirer of Voltaire, who was also a fellow-sufferer from "the stone," sent him a jade bracelet. Friends thought the gift a token of love but Voltaire assured them that it was only a remedy. In the seventeenth century, the belief was strong that the wearing of jade cured various forms of lithiasis.

Prevention and surgery are the two recognized methods of treatment of stone formation. For the antiseptic treatment of the urinary tract, infection being a usual precursor of kidney stone, UROTROPIN (the S. & G. brand of methenamine) has a record of forty years therapeutic service well performed. Its administration is indicated in pyelitis, cystitis, urethritis and prostatitis.

Let us send you a trial supply of Urotropin. When writing your request, please mention Warner’s Calendar-Diary.

Urotropin is supplied in 5-grain tablets, in boxes of 30; 7½-grain tablets, in boxes of 20; also in bottles of 50, 100, 500 and 1000 tablets.

Ross—Meditations “In Exile”

Much of “In Exile” was written on day-long rambles across Indian hills. On one of these walks, along a steep hill, a half wild Nilghiri buffalo bellowed threateningly on the slope above. He followed the poet for nearly a mile but Ross, by pretending to ignore the beast, escaped harm.
FAT REDUCING DIET

SOUPS: Clear soups and broths, vegetable soup, made with little fat.
CEREALS: Occasionally, the coarse kind, served with skimmed milk.
BREAD: One slice at a meal.
EGGS: Boiled or poached, not fried or prepared with butter, cream or fat.
DAIRY PRODUCTS: Cheese made with skimmed milk: Swiss cheese, cottage cheese.
FISH AND MEATS: Lean beef and pork, roasted or boiled. Lean chicken and turkey roasted or boiled. Lamb chops. Boiled or broiled fish. All small portions.
 VEGETABLES: Greens, asparagus, string beans, green peas, cabbage, cauliflower, Brussels sprouts, onions, turnips, rutabagas, spinach, parsnips, carrots, mushrooms, watercress, green olives. Potatoes once or twice a week. Only enough butter for seasoning. No gravies.
DESSERTS: Fresh fruits only. Ices and gelatins sweetened with saccharin or very little sugar.
FRUITS: All raw fruits, except bananas. Very little cooked fruit.
BEVERAGES: Buttermilk, skimmed milk, coffee or tea or cereal coffee without sugar or cream.
To Be Avoided: Butter, cream, oily salad dressings, unless made with mineral oil. Fats of all kinds, cereal foods, potatoes, sweets of all kinds. All these must be taken very sparingly.

FOODS THAT INCREASE WEIGHT

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<td><strong>Bacon, fat</strong></td>
<td>Honey</td>
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<td>1 tablespoon</td>
<td>1 tablespoon</td>
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<tr>
<td><strong>Butter</strong></td>
<td>Maple sugar</td>
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<td>1 tablespoon</td>
<td>4 tablespoons</td>
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<tr>
<td><strong>Cheese, American</strong></td>
<td>Maple syrup</td>
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<tr>
<td>1½ inch cube</td>
<td>1¾ tablespoons</td>
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<tr>
<td><strong>Corn syrup</strong></td>
<td>Oleomargarine</td>
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<tr>
<td>1½ tablespoons</td>
<td>1 tablespoon</td>
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<tr>
<td><strong>Cream, thick</strong></td>
<td>Olive oil or other</td>
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<td>Vegetable oil</td>
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<tr>
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<td><strong>Raisins</strong></td>
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<td><strong>Dates</strong></td>
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<td>5 or 4</td>
<td><strong>Rice, steamed</strong></td>
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<tr>
<td><strong>Eggs</strong></td>
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<td>1½ small—1 large</td>
<td><strong>Sugar, brown</strong></td>
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<tr>
<td><strong>English walnuts</strong></td>
<td>2 tablespoons</td>
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<td><strong>Figs</strong></td>
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<td>2 medium size</td>
<td><strong>Whole milk</strong></td>
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<td><strong>Hickory nuts</strong></td>
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Genius can only breathe freely in an atmosphere of freedom—JOHN STUART MILL

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WARNER'S CALENDAR OF MEDICAL HISTORY
13 SEPTEMBER

Wednesday

5:30 AM 80; 30.24; clear; N
Last night, & every night for last ten days, among the hottest we very had here. We slept little.

Temp. 4 PM 91.

Charlie Simmons & Riley Branch put down foundation stones for a new barn. This morning, we have well the old log barn since 1911. It is now about to fall down.

14 SEPTEMBER

Thursday

4:30 AM 80; 30.24; clear; N
For hot to sleep again last night.

Highest temp. 92.

Took to see Eliza Roberts 2 PM.

From Hippocrates to Hunter, the treatment of disease was one long traffic in hypotheses—OSLER

JOHANN CHRISTOPH FRIEDRICH VON SCHILLER
(1759-1805)

Second only to Goethe, in German literature, stands Friedrich von Schiller. Rich in dramatic talents are his trilogy “Wallenstein,” “Wilhelm Tell,” “Fiesco,” “The Robbers,” and others, while such of his poems as “Song of the Bell,” “The Walk,” and “The Diver” are deservedly popular. He fled from the life of an army surgeon, incompatible as it was with his literary temperament.
6:30 AM; 79°; 30.18; Clear; NW
Temp. 68° PM 92°

Gusie Jones, Topeka, Kansas, came to see us this afternoon.

The quest for righteousness is Oriental; the quest for knowledge Occidental—OSLER

SCHILLER—WURTENBERG MILITARY ACADEMY—DISCIPLINE

Rigid discipline—commands—to eat, to sleep, to wake! Schiller strained at the military leash. Often as he dared, he was on the sick list (only in the hospital could a candle burn after nine o'clock) and here the yearning to break his fetters gave way to a drama, "The Robbers."

(Continued)
Is there anything more doleful than the procession of four or five doctors into a patient's room?—O.S.L.E.R

SCHILLER—WURTENBERG
MILITARY ACADEMY—A.W.O.L.
At Mannheim in 1782, "The Robbers" was initially and successfully staged. The author, doubting permission for a furlough, left the Academy secretly and returned next day exalted with happiness. He had tasted fame, the barracks became absolutely unbearable and subsequently he fled from the existence that threatened to strangle his creative genius.
Tuesday

5 am 67; 30.29; clear; N
Mother went with me to see Dr.
At home this morning, then to
call on the Hubers. They have
a beautiful place.

Wednesday

5:20 A.M. 64; 30.29; clear; N
Mother and I went to town this morning.

The success of a discovery depends upon the time of its appearance—Weir Mitchell

Arthur Schnitzler (1862-1931)

Arthur Schnitzler—a Viennese of the Viennese, a steadfast
Aesculapian disciple. In his matchless psychological dissections
of the human soul, physicians figured frequently; representative
are "Professor Bernhardi," "Der Einsame Weg," "Das Weite Land," "Der Ruf des Lebens," "Freiwild," "Das
Märchen," However great his literary achievements, to
medicine Schnitzler was ever faithful.
Thursday

4:30 am 64; 30.18; clear; N
Eulalia Abston came for 7:15 am. A boy was born to his wife (Addie Hammons) 8:10.
Mrs. Hammons was there. Home 9:15. Hit 425.
Charlie Simms & Riley Branch finished the barn they began last week. It is a good barn & cost only $50.

Friday

5:45 am 62; 30.22; clear; NE
Mother & I spent the morning in the Valley, visiting Addie & her baby.
Mrs. Hammons, Vida Jones, Mr. Ellison.
Mrs. Hammons named Addie's baby for me, she said James Thomas Dutton.

The truer test of national medical progress is what the country doctor is—Weir Mitchell

SCHNITZLER—START OF A LIFELONG HOBBY

The boy Arthur liked to attempt writing literature, but his father disapproved of such a practice. To carry out his desire and to elude his father's watchful eyes, Arthur wrote his efforts in ordinary school composition books. Aegidius, a long play in verse, was written when the author was fifteen.

Labor is the house that love lives in—Russian Peasant Proverb

(288)
Hellebore for the Strong...

Physicians of the early medical periods used active purgatives, oftentimes administering black and white hellebore, elaterium, colocynthis and scammony in quick succession. But they were always considerate of the patient's strength, and never prescribed them for children, old people or pregnant women.

Especially designed for the treatment of costiveness in children, and for the milder forms of constipation, is the highly purified mineral oil and agar-agar emulsion, LORAGA. It contains no added laxative ingredient, no sugar, alcohol or alkali—nothing to contraindicate its use whenever a plain mineral oil emulsion is desirable.

For a trial supply of Loraga, please write mentioning Warner's Calendar-Diary. We shall be glad to send it.

Loraga is obtainable in bottles of 16 ounces

SCHNITZLER—Café in Vienna
Thirty-six years of age. The physician Schnitzler has not been lax in his literary output. Some forty short novels and plays have already been produced. Leader of the "Young Vienna" movement, he and his companion satellites gathered at the Café Griensteidl, there to fan bright the flame of the Muses.
## Calcium in Food

Daily amount required for adult: 600 milligrams.
Daily amount required for child: 1200 milligrams (1 quart of milk)

<table>
<thead>
<tr>
<th>Food</th>
<th>Calcium, Mill-Portion grams</th>
<th>Food</th>
<th>Calcium, Mill-Portion grams</th>
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<tr>
<td>Milk</td>
<td>½ pint 300</td>
<td>Carrots</td>
<td>2 ozs. 34</td>
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<tr>
<td>Cheese</td>
<td>1 oz. 279</td>
<td>Bread, whole wheat</td>
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<tr>
<td>Buttermilk</td>
<td>½ pint 262</td>
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<tr>
<td>Cauliflower</td>
<td>4 ozs. 147</td>
<td>Cabbage, raw</td>
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<tr>
<td>Dandelion</td>
<td>4 ozs. 126</td>
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<td>2 ozs. 26</td>
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<tr>
<td>Figs, dried</td>
<td>2 ozs. 97</td>
<td>Oatmeal</td>
<td>1 oz. 21</td>
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<tr>
<td>Beans, dried</td>
<td>2 ozs. 96</td>
<td>Wheat Bran</td>
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<tr>
<td>Orange</td>
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<td>Celery</td>
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<td>Wheat, entire</td>
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<tr>
<td>Rutabaga</td>
<td>2 ozs. 45</td>
<td>Potatoes</td>
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<tr>
<td>Egg</td>
<td>2 ozs. 40</td>
<td>Corneal</td>
<td>1 oz. 6</td>
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## Iron in Food

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<th>Food</th>
<th>Iron, Mill-Portion grams</th>
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<td>Beef, lean</td>
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<td>Onions</td>
<td>4 ozs. 72</td>
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<td>Spinach</td>
<td>4 ozs. 432</td>
<td>Cabbage, raw</td>
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<td>Dates</td>
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<td>2 ozs. 30</td>
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<tr>
<td></td>
<td></td>
<td>Corneal</td>
<td>1 oz. 27</td>
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Sunday

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6 7 8 9 10 11 12
5 4 3 2 1 12 13 14
15 16 17 18 19
10 11 12 13 14 15 16
17 18 19 20 21 22 23
24 25 26 27 28 29 30
29 30 31
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I am ready to go anywhere, provided it be forward—DAVID LIVINGSTONE
Eugene Sue (1804-1857)

Far-famed author of "The Wandering Jew" and "The Mysteries of Paris," son of a well-known army surgeon. Eugene Sue himself served six years as a naval surgeon. He wrote upwards of forty novels, several works in the quasi historical manner, and a history of the French navy, his reputation as a romancer probably preventing more serious consideration of the latter work.

Treat the man who is sick and not a Greek name—JACOBI

The gifts of nature are alike diffused in both, all the pursuits of men are the pursuits of women—PLATO
**Wednesday**

6 a.m. 70; 29.93; clear; NW.

A letter from Son today, the first in nearly 3 months.

Jack Bouchet brought his wife for a consultation this morning.

Mrs. J. B. Montgomery came 4th room.

Called 5 P.M. to see Mrs. Barton.

Willie Moses was here.

Mother went with me to Mrs. B.'s,

So on to the lodge, where she

William had arranged for

dinner. Home 8 P.M.

Bruce Math here 8 A.M.

Feb 4 P.M. 88.

---

**Thursday**

5 a.m. 29.98; 74; clear; S.

I did not go to sleep last night.

It is a hard thing to maintain a sound understanding, a tender conscience, a lively, gracious, heavenly frame of spirit, and an upright life, amid contentions, as it is to keep your candle lighted in the greatest storms.

---

**Sue—Storyteller's First Wooing**

Sue attended the opera one evening with a friend, editor of a dramatic paper. The latter suggested a plot for a nautical story, upon which Sue constructed a story. Editor and readers applauded, and this incident apparently gave impetus to a series of first novels in which figured the naval life of Sue.
Nature does not kill and does not heal. If there were consciousness in Nature, she would feel indifferent about what she is, viz., mere evolution—JACOBI

LEONARDO DA VINCI (1452-1519)
Leonardian thought built canals, investigated aviation, created “Mona Lisa” and “The Last Supper,” made startlingly modern anatomical studies. William Hunter claimed da Vinci the greatest anatomist of his epoch. Little remains of the grandeur that was Leonardo, of the perfectionist who labored patient years in producing his masterpieces, only to have the fates decree their ruination.
1 OCTOBER

Sunday

6:15 A M 42; 30.28; Clew; NW

Monday

5:45 A M 47; 30.23; Clew; NW

Father & I went to town this morning,
Called 9 & M to get the corn from Hart's
wife, who is approaching confinement. Home
at 11.

Minds that have nothing to confer find little to perceive—Wordsworth

1939 SEPTEMBER 1939 OCTOBER 1939 NOVEMBER 1939
S M T W T F S S M T W T F S S M T W T F S
1 2 3 4 5 6 7 1 2 3 4 5 6 7 1 2 3 4
8 9 10 11 12 13 14 5 6 7 8 9 10 11
15 16 17 18 19 20 21 12 13 14 15 16 17 18
19 20 21 22 23 24 25 19 20 21 22 23 24 25
26 27 28 29 30 29 30 31 26 27 28 29 30

October: (31 Days)

Zodiac: Libra. The Balance. Tenth month.
From the Latin Octobris, being the eighth
month of the Roman calendar.
Diseases most prevalent: Asthmatic seizures.
Diseases prevalent in September extend into
the early part of October.

Wisdom is the daughter of experience—Leonardo da Vinci

(500)
The brain is like a wealthy gentleman with many servants, and he may be badly served by any of them—GULL

DA VINCI—THE REALIST

Young Leonardo, painting a shield, wished to adorn it with a terrifying monster. For inspiration, he assembled such animals as lizards, serpents, dragon flies, bats, and from these living horrors fashioned an appalling monster. So realistic was the result that his father, seeing it in a dimly lighted room, believed it alive and fled in fright.

The love of power and the love of liberty are in eternal antagonism—J. STUART MILL

1939 SEPTEMBER 1939 1939 OCTOBER 1939 1939 NOVEMBER 1939

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10 11 12 13 14 15 16 15 16 17 18 19 20 21 12 13 14 15 16 17 18

17 18 19 20 21 22 23 22 23 24 25 26 27 28 19 20 21 22 23 24 25

24 25 26 27 28 29 30 29 30 31 • • • 26 27 28 29 30 •

WARNER'S CALENDAR OF MEDICAL HISTORY
Thursday

6 a.m. 65; 30.06; cloudy, S

Dro came in season. She was lost in season in May, while I was sick.

T. Loven & his wife, Lucile Yarwood, came 4 A.M.

J. S. Charles bought his wife, written by a copperhead, for treatment 4:30. They are picking cotton for J. D. Dobben.

There is nothing so cruel as ignorance—GULL.

DA VINCI—WORKER WITHOUT REST

Neither food nor drink, nor the hot Italian midday sun interfered with the work of Leonardo. A little modeling on his colossal equestrian statue; then off he might be to the convent to paint a few strokes on "The Last Supper." Back and forth he hurried across deserted sun-broiled streets, negligent even to seek a bit of shade.

Friday

4:45 a.m. 68; 30.09; clear, S

The wind hits the earth to the backday 5 a.m.

It will not bring peace.

Mother & I went to see Frank's wife & baby, then on to town, where I was a witness in trial of Frank Benjamin in Circuit Court for starting a forest fire last March.

We went to see Mr. Matthews, at his home. He is dying, it appears, of an aneurism of the aorta.

The fame of great men ought always to be estimated by the means used to acquire it—LA ROCHEFOUCAULD
The two best remedies in chronic bronchitis are iodide of potash and cod-liver-oil—JAMES LITTLE

DA VINCI—INSULTED BY MICHELANGELO

"Here is Michelangelo," said Leonardo; "he will explain the passage in Dante to you." "Nay," basely cried Michelangelo, who for some reason detested Leonardo, "do thou explain it thyself, horse-modeler that thou art—who, unable to cast a statue in bronze, was forced with shame to give up the attempt." The older man flushed painfully, Michelangelo stalked away.

Sunday

5 a.m. 60; 30.14; clear; S
Henry Bog came this afternoon with an injured back.

Loren Moses called me to see his wife on the Martin farm. A girl was born 11 P.M.; home at 12.

It is the age that forms the man, not the man that forms the age—MACAULAY
Subnormal temperatures in pulmonary tuberculosis are nearly always of evil omen—STRUMPEL.

FRIEDRICH WILHELM WEBER (1813-1864)
Rightfully do the distinctions of physician and author belong to Friedrich Wilhelm Weber. He devoted a lifetime to caring for the sick and the suffering, untiring in his endeavors. "Dreizehnlinden," which brought him recognition as an author, was printed in many editions and translated into all modern languages.

Where there is much pretension, much has been borrowed:
Nature never pretends—LAVATER

<table>
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<th>1939 SEPTEMBER</th>
<th>1939 OCTOBER</th>
<th>1939 NOVEMBER</th>
</tr>
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<td>S M T W T F S</td>
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<td>· 1 2 3 4 5 6 7</td>
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<td>24 25 26 27 28 29 30</td>
<td>24 25 26 27 28 29 30</td>
<td>26 27 28 29 30</td>
</tr>
</tbody>
</table>

WARNER’S CALENDAR OF MEDICAL HISTORY
Cardiac neuroses are part of a general neurosis—C. Allbutt

Weber—Greek Scholar Rebels
Exasperated with the study of Greek, Friedrich vigorously hammered a long iron nail through the offensive grammar. He bent the tip of the nail, and brought it once again through the book. But its mutilation availed him nothing. He was presented with a new grammar.
What the Portents Foretold...

If a Hindu doctor, on his way to a patient, saw a kettle drum, an umbrella, a cow with a calf or a dancing girl, the patient’s chances for recovery were good. But the sight of a scavenger, a smoky fire, a one-eyed person or a lunatic were unfavorable and bode evil for the patient.

In the treatment of biliary dysfunction, with its accompanying intestinal stasis, VERACOLATE is not handicapped by premonitory signs. As a reliable chologogue and choleric, Veracolate stimulates the secretion of bile, keeps it freely flowing and prevents cholesterol precipitation.

Sodium taurocholate and glycocholate, combined with laxative ingredients and a carminative dose of capsicum, account for the satisfactory therapeutic effect of Veracolate in disorders of the liver and gall-bladder due to inadequate secretion or excretion of bile.

Should you like to try Veracolate, please write for a trial supply, mentioning Warner’s Calendar-Diary.

Veracolate tablets are supplied in bottles of 50, 100 and 500

The Marcy Laboratories, Inc., 115 W. 18th St., New York
AVERAGE GAIN IN WEIGHT PER WEEK
For Normal Children

<table>
<thead>
<tr>
<th>Age</th>
<th>Boys</th>
<th>Girls</th>
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<tr>
<td>First year</td>
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<td>5 1/2-4 1/2</td>
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<td>2 1/2-3</td>
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<tr>
<td>Third year</td>
<td>1 3/4-2</td>
<td>1 3/4-2</td>
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<tr>
<td>Fourth to eighth year, inclusive</td>
<td>1 1/4-1 1/2</td>
<td>1 1/4-1 1/2</td>
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<tr>
<td>Ninth to eleventh year, inclusive</td>
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<td>1 1/4-2</td>
<td>1 1/4-2</td>
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<td>Twelfth to thirteenth year, inclusive</td>
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<td>2 3/4-3</td>
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<td>2 3/4-3</td>
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<td>1-2</td>
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<tr>
<td>Sixteenth to seventeenth year, inclusive</td>
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CIRCUMFERENCE OF HEAD AND CHEST
From Birth to Twelve Years

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<th>Chest</th>
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<tr>
<td></td>
<td>Centimeters</td>
<td>Inches</td>
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<tr>
<td>At birth</td>
<td>53</td>
<td>13</td>
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<tr>
<td>End of first month</td>
<td>55 1/4</td>
<td>14</td>
</tr>
<tr>
<td>End of sixth month</td>
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<td>46 1/2</td>
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<td>End of second year</td>
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<td>19</td>
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<td>End of third year</td>
<td>48 1/2</td>
<td>19 1/4</td>
</tr>
<tr>
<td>End of fourth year</td>
<td>50</td>
<td>19 1/4</td>
</tr>
<tr>
<td>End of sixth year</td>
<td>51</td>
<td>20</td>
</tr>
<tr>
<td>End of ninth year</td>
<td>51 1/4</td>
<td>20 1/2</td>
</tr>
<tr>
<td>End of twelfth year</td>
<td>52 1/4</td>
<td>21</td>
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The cranium is measured at the greatest horizontal circumference. The chest is measured with the arms extended, immediately below the shoulder blades and over the nipples.
Auricular flutter may continue unceasingly for several years or longer—LEWIS

QUACKS AND QUACKERY
Abbreviated from the earlier form of "quacksalver," quack denoted in one manner of interpretation a boastful pretender to medical skill. The eighteenth century abounded in these masters of deception who comprised a motley assortment of astrologers, oculists, faith healers, crystal gazers, tinkers, tooth drawers, magicians. But no era in medicine has been without its quota of quacks.

Many individuals have, like uncut diamonds, shining qualities beneath a rough exterior—JUVENAL
6 a.m. 57; 30.38; clear, NW.

Dr. E. O. Matthews died last night. This was a pathetic case. He was always kind to me and helped me in some cases in which I greatly needed help, particularly one in Caroline Bottoms Christmas 1937. I am sorry to see him come to the end of his life in such distress.

Morphia is next to digitalis, the most indispensable remedy in the treatment of severe heart disease—STÄMPPELL.

COUNT ALESSANDRO CAGLIOSTRO (1745-1795)
Born Giuseppe Balsamo, this self-titled Count became the charlatan of the eighteenth century. Garrison dubbed him “a rolling stone of quackery.” Désiré was he who took no part in the craze to consult the great Cagliostro, every salon and boudoir buzzed with talk of his cures and miracles. Ended life imprisoned as a heretic.

In operating for hernia be prepared to have a new experience in each instance—DUPUYTREN.
Thursday

6 a.m. 56; 30:24; brum; 5

I went to a meeting of the County
Medical Society tonight at the
Lodge in the Park. Dr. S. B.
Fisher, M. D., discussed Carcinoma
of the bladder. Very good.

Friday

6:15 A.M. 55; 30:27; brum; N

The treatment of high blood pressure is a regime, not a drug—HUCHARD

CAGLIOSTRO—WONDRous
CAGLIOSTRO!

"Who are you?" Cagliostro was often asked. His inevitable reply being, follow-
ing a glance heavenward, "I am he who is." Cagliostro professed knowledge of increas-
ing the size of rubies, emeralds and diam-
onds, of giving cotton the appearance and properties of silk, of softening marble and afterwards restoring its pristine hardness.

The author who talks about his own books is almost as bad as a mother who talks about her own children—DISRAELI
The stomach is the most sympathetic of organs. In nearly all abdominal affections it shows abnormalities of secretion and of function.—MOYNIHAN

CAGLIOSTRO—PHYSICIANS' PROGNOSTIC ERROR, CAGLIOSTRO'S CURE

Cagliostro approached the couch and with one fat finger traced his symbol of the serpent on the invalid's forehead. "She will live," vouchsafed he of the patient whom three doctors in consultation had given up. That she did survive was more likely attributable to nature's assistance than Cagliostro's "life stimulating hands."

If you are fond of books you will escape the ennui of life, you will neither sigh for evening disputed with the occupations of the day—nor will you live dissatisfied with yourself or unprofitable to others—SENeca
23 OCTOBER

Monday

5:45 a.m. 65; 30.02; clear; S
Bruce met her this morning.
Fire in the mountains SE of us, north of Fourche River. The hottest
of one of the sloughy falls we have
viewed. Temp. 2:30 P.M. 86.
In P.R. today 93.

Dine on a chop and a "hunk of bread"—advice to a dyspeptic—ANDREW CLARK

JOHN CASE (1680-1700)
Astrologer and quack doctor who wrote advertisements in
doggerel. Addison said that Case made more money by the
couplet, "Within this place, lives Dr. Case," than Dryden
did by all his poems. He acquired some reputation as a
medical writer in 1695, when he published "Compendium
Anatomicum Nova Institutum."

Tuesday

OCTOBER 24

5:30 a.m. 65; 30.02 N. cloudy; S
From Mamie came 5 a.m. for medicine for his wife.
I stopped to see her on way to town, 8 a.m.,
I think she probably has some broken trouble.
Mother did not go to town with me because
of lack of call to attend female
rotation student at my time.

To float with the tide is a feat which any dog can perform—DEAN INGE

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WARNER'S CALENDAR OF MEDICAL HISTORY

(324)
Ancient physicians must have found it rather difficult at times to follow the treatment for hemorrhoids suggested by Sextus Placitus, to “burn a hound’s head to a cinder and bind it on.”

The medical profession today finds a convenient measure for the relief of pain and discomfort from hemorrhoids in ANUSOL SUPPOSITORIES. They are “bullet-shaped” for easy insertion, therapeutically effective, devoid of accessory or systemic effects. The improvement that follows Anusol Suppositories is genuine, the result of a decongestive, anti-inflammatory action. There is no masking of symptoms with narcotic, analgesic or anesthetic drugs, with belladonna or epinephrine and ephedrine.

If you are interested in obtaining a trial supply of Anusol Suppositories, please write us and mention Warner’s Calendar-Diary.

Anusol Suppositories are supplied in boxes of 6 and 12

SCHERING & GLATZ, INC., 113 WEST 18TH STREET, NEW YORK
MENSTRUATION AND THE MENOPAUSE

The following is a chart of approximate ages as to when the menopause should appear, based on the age of onset of puberty. The table is for healthy women only:

<table>
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<tr>
<th>Age in which Menstruation Appears</th>
<th>Menopause Should Occur</th>
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<tr>
<td>10</td>
<td>Between 50 and 52</td>
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<td>11</td>
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NORMAL BLOOD PRESSURE

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<tr>
<th>Age Period</th>
<th>Systolic</th>
<th>Diastolic</th>
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<tr>
<td>Infancy</td>
<td>75–90</td>
<td>50</td>
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<td>Childhood</td>
<td>90–110</td>
<td>50–60</td>
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<td>Puberty</td>
<td>100–120</td>
<td>60</td>
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<tr>
<td>Adult Age</td>
<td>125–130</td>
<td>55–50 mm. lower than systolic</td>
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<tr>
<td>Old Age</td>
<td>140–150</td>
<td>55–50 mm. lower than systolic</td>
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In adult age, a variation of 15 mm. in the systolic pressure, that is, 110 and 145 is within the range of normal.

The average systolic pressure in women may be 5 to 10 mm. lower than in men.

The difference between the systolic pressure and the diastolic pressure is called the pulse pressure.

---

I find the great thing in this world is not so much where we stand as in what direction we are moving—OLIVER WENDELL HOLMES

---

WARNER’S CALENDAR OF MEDICAL HISTORY

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Friday

6:15 a.m. 72°; 29.94; cloudy; S.

I went with Father Mans to Bangor buying
11 a.m. Home at 12. While I was gone
it rained 1.10 in.

To the Martin Farm 3 p.m. to see
Loren Mans' wife. She seems to have
a gale bladder condition that may
move an operation necessary.

Saturday

6:15 a.m. 42°; 30.40; clear. NW
called 10 a.m. to attend. Came Robertson
Stewart, at her mother's. A girl born
2 p.m.; weight about 9 lbs.

To see Mrs. Asbury 4 p.m.

Mrs. & Mrs. Taylor arrived from
Greenvile 7 p.m., with Robert & John.
Mother & I had been invited to a dinner
at the Lodge at 6:30 by the S.R.
Engineers Club. On account of respecting
the Taylors, we could not accept. But
I went alone at 7:30 for in town.
Mrs. & Mrs. John M. Pasco were there.

The nervous system is at bottom the whole animal. Other systems exist to protect it,
to nourish it, to cleanse it—Cuvier

Sir Kenelm Digby (1603-1665)

Of all his ventures, medical men best recall Sir Kenelm
Digby as the creator of the incredibly popular "Sympathetic Powder," and as the author of the somewhat
lengthy "Observations" on Thomas Browne's "Religio
Medici," supposedly written in twenty-four hours. There
was a tinge of the scientific in his suggestion to teach deaf
mutes to speak by lip reading.

The three foundations of learning: Seeing much, suffering much, and
studying much—Catherall

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Warner's Calendar of Medical History
Sunday

6:30 am 43; 30.20; clear, NW
Mother & I were the Taylors' guests at lunch at the Boathouse at noon, after which we went with them to Mrs. Robertson's to see Enice & her baby.

Monday

6:30 am 39; 30.20; clear, NW
The Taylors left for Greenville 11:30 am.
Jack Wood caught his fever 6 pm for examination.

Hemiplegia with loss of consciousness generally signifies cerebral hemorrhage—Hughlings Jackson

Digby—The Fantastic Powder

Digby took the blood-stained garter from his friend's wound and placed it in his powder of sympathy solution. Presto! the wounded part became refreshed. Digby withdrew the bandage, the wound felt worse. He plunged it back into the solution, and presto again! improvement and complete healing within a few days.
Tremor is a succession of similar movements; chorea is a succession of different movements—Hughlings Jackson

Digby—Fever and a Live Eel

Unique, not to say ineffective, was Digby's treatment of fever and ague. He pared the patient's nails. These parings were then placed in a little bag and hung around the neck of a live eel. This eel was placed in a tub of water. Inexplicably, the eel was to die, the patient to recover.
Thursday

4 a.m. 43; 30.40; cloudy, N.W.
Mother & I went to town this morning.
Charlie Simmons plowed the orchard
& helped with the work.

November: (30 Days)

Diseases most prevalent: Asthmatic seizures and anginal diseases.

Loss of the abdominal reflex is sometimes the first sign of disseminated sclerosis—Oppenheim

Friday

6:30 a.m. 32; 30.41; P.H. cloudy, N.W.
I was called to Gordan's bottom last night at 6, to attend Floyd Stewart's wife. She was born 1:30 a.m. I returned & they born 3 a.m. 0.65 in precipitation earliest I am alive, 3 a.m.

Leaving home at noon, Mother & I went to the Stewart home in Gordan's bottom. She was the mother's baby (whom we found doing well), to Plainsville to see Uncle Will. He & Aunt Lee had gone to Valley. He & Aunt Lee had gone to Valley. She heard Kim Tisdale at the little room. He heard Kim Tisdale at the little room.

 Came home by Liana, where we had

Influence is exerted by every human being from the hour of birth to that of death—Chapin.

Warner's Calendar of Medical History

1939 October 1939 1939 November 1939 1939 December 1939

(336)
Today has been gone for 3 days.
Except Tom Sawyer, we have had
Topsy, daughter of Tom, more than
any that we ever had.

The routine examination of the knee jerks is as important as
the routine examination of the heart—E. S. Reynolds

Johann Andreas Eisenbart (1661-1727)
Oculist, stone and hernia cutter, whose wonder cures live on even today in some old German folk songs. In the heyday of his career, Johann Eisenbart traveled about sumptuously with an amazing retinue of assistants and secretaries, buffoons, magicians and other performers who staged shows and distributed advertisements proclaiming the renowned Eisenbart.

That state of life is most happy where superfluities are not required
and necessaries are not wanting—Plutarch

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Monday

7 A M 48; 30.34; clwr; S E

Mother & I went to Plainview to see Uncle Willie this afternoon. I am afraid he is not doing as well as he thinks. Horae 4:20 to 5:00.

Uncle Willie told me that John Davidson is dead. John was superintendent of Jordan Mill & gave me my job there. He was a loyal friend & a good man.

Tuesday

7 A M 58; 30.15; clwr; S

Gapy the cat, had this morning after an absence of a week. He found she was lost.

J. C. Sproson, Jr., brought up a new Philco 8-tube radio, table size, this morning, which I had had him order for me. I gave him the large 11-tube Philco, which had given us a good deal of trouble, $10. I paid someone $200 for the old radio 3 years ago. The price of the new one is $60.

Charlie Simmons & Riley French began building a new garage for us today.

EISENBERG—THE SHOW IS ON

The stage is set. Gaping people draw near to see the tightrope walkers, snake-charmers and fire eaters. At the height of the confusion, a trumpet sounds and a drum rolls. Deathlike stillness follows, and the spectacularly dressed Eisenberg comes forth before the waiting crowd with the words, "I am the famous Doctor Eisenberg."
Mother went to town with Roy Ellinon this morning, v en to Conway on the train to spend the day with Nellie, v to see an exhibition of hooked rugs.

Dawn to Martin Farm 10 a.m. to see Bill Barrow's boy.

I am not going to write on this much about my condition, but I'm making this entry here to fix the date of the first some pain in my stomach since my operation. Last night and today I have suffered considerably. Nellie, Buck, and Betty House brought Mother home 8:15 tonight.

The treatment of neurosis must be psychical, otherwise the relief of physical symptoms will be only temporary—WILLIAM BROWN

ROBERT FLUDD (1574-1637)
Surnamed "The Searcher," this English physician, writer, and ardent Rosicrucian was a great believer in mystical faith cures. De Quincey considered Robert Fludd to be the immediate father of free masonry, and there were others who were ready to credit him with the original invention of the barometer.

We measure genius by quality, not by quantity—WENDELL PHILLIPS
FLUDD—HE DISLIKED GALEN
Eccentric and contradictory Robert Fludd. For the Galenic system, he expressed contempt, but he practiced sympathetic healing that treated the weapon rather than the wound. He called himself De Fluctibus and the diploma of Robertus de Fluctibus is in existence. Constructed a wooden bull which bellowed, an automatic dragon and a self-playing lyre.

There is nothing so fatiguing as emotion, continual anxiety, and worry—WILLIAM BROWN

Gratitude is the fruit of great cultivation; you do not find it among gross people—DR. JOHNSON
Sunday

6 A.M. 41; 10.38; cloudy; SE
Light rain early in night. 6.15 a.m.
I had lunch with St. Reynolds & guests: St. Stephen, Rithman, Lordell,
Humphry v. Melton of jail conversation.
Supper. No ladies present.
In the afternoon Charlie Hamilton
(see last afternoon) Jack Ward &
father, others.

Dreams are often rather an attempt at a solution of a conflict
than the fulfillment of a wish—Rivers

James Graham (1745-1794)
Emperor of quacks. James Graham's luxuriously furnished
"Temple of Health" attracted a fashionable clientele. Outside stood a statue of Hygeia, inside one of Venus. Hygeia
was seen for nothing, but one paid a shilling to see Venus,
and a much more exorbitant fee to occupy the famous Grand
Celestial Bed. In this bed "children of the most perfect
beauty could be begotten."

Monday

5:30 a.m. 37; 30.52; clear; N

A narrow mind begets obstinacy—Dryden

Warner's Calendar of Medical History
Tuesday

5:30 A.M. at 38, 30.50, clear, N.

Leave time 6 A.M. and 8:30 A.M.

Joan E. Smith's baby.

Charley Simmons & Riley Branch complete the new garage today.

Marshall left 15.37, Route 32.50, hotel 37.07.

Mother finished the baby's car tonight.

Never have alcohol in the brain when the brain has work to do—Fothergill.

Graham—New Quackery

After the collapse of the Temple of Health, Graham evolved another scheme. Instead of propounding the virtues of an elixir of life, he now preached avidly of the healing goodness of mud baths. To show how meritorious he thought his own medicine, Graham daily took mud baths, staying in them hours at a time.

Wednesday

5:30 A.M. 48, 30.50, cloudy, N.E.

Mother & I went to town this morning.

He brought home a new Ford coupe, 1940 model, which I bought from Mr. Simmons. I gave the old car (1935) my rate for $500; total price $788. The state sales tax was $15.76 additional. The rate is done July 1, 1940.
From one end of the year to the other —
our most cordial good wishes accompany this Warner’s
Calendar of Medical History. May the days be enriched
by fulfillment, yielding ample harvests of happiness and
contentment to you and yours.

Besides affording pleasant reading, we hope that this
calendar-diary will serve you in many practical ways as
well. And may we, too, serve you at every opportunity
we can throughout the year.

Sincerely,

WILLIAM R. WARNER & CO., INC.
AND ASSOCIATED ORGANIZATIONS
115 West 18th Street • New York City
Valentine Greatrakes (1629-1688)

Though Valentine Greatrakes shattered some idols of medieval medicine, he was actually a quack pure and simple. He was subject to hallucinations and a victim of his own imagination. Convinced that he was gifted with a celestial aura, he undertook the cure of all human ills. Fought with Cromwell in Ireland.
Hands of the Gods...

Herophilus of Chalcedon employed only empiric measures in the treatment of disease, and he named the great variety of drugs at his disposal "Hands of the Gods." The medicinals he used must have been satisfactory indeed to deserve such lofty designation.

MEDINAL (the S. & G. brand of soluble barbital), lays the hand of Morpheus gently upon those deprived of sleep. A therapeutic dose of Medinal generally provides eight hours of refreshing sleep. Medinal tablets and powder are suitable for oral, hypodermic or rectal use—a convenience in administration.

You will find Medinal a good hypnotic and sedative. Ask for a trial quantity, mentioning Warner's Calendar-Diary.

Medinal tablets, 5 grains each, are packaged in boxes of 12
Powder, suppositories and Elixir Medinal also available

Schering & Glatz, Inc., 115 West 18th Street, New York
INCUBATION PERIODS

Agranulocytosis—7 to 9 days
Ankylostomiasis—about 5 weeks
Anthrax—2 to 3 days; seldom longer, up to 8 days
Bubonic plague—2 to 5 days; seldom longer or shorter period
Chancre—2 to 7 weeks; generally 3 weeks
Chancroid—1 to 2 days
Chicken-pox—6 to 19 days; generally 15 days
Cholera, Asiatic—5 hours to 4 days; generally 24 to 48 hours
Diphtheria—1 to 10 days; generally 2 to 5 days
Duke’s disease (parascarlatinia)—9 to 20 days
Dysentery, amebic—1 to 95 days
Dysentery, bacillary—3 to 6 days
Encephalitis, epidemic—4 to 15 days; seldom longer, to 50 days
Erysipelas—15 hours to 8 days
Fever, glandular—Same as agranulocytosis—7 to 9 days
Fever, miliary—1 to 2 days
Fever, relapsing—5 to 7 days
German measles—14 to 25 days
Glanders—5 to 8 days
Gonorrhea—3 to 5 days; also longer and shorter periods
Influenza—18 hours to 4 days
Leprosy—2 to 5 years; also longer or shorter period
Malaria—9 to 17 days
Measles—8 to 19 days; generally 10 to 11 days
Meat poisoning—8 to 48 hours; certain forms, 3 to 6 days
Meningitis, epidemic, cerebrospinal—2 to 5 days
Mumps—3 to 30 days; generally 2 to 3 weeks
Ophthalmia neonatorum—2 to 5 days after birth
Parathyroid—5 to 6 days
Pneumonia, lobar—2 to 7 days
Poliovalentis—1 to 10 days
Puerperal fever—2 to 5 days
Rabies—12 days to 5 years; generally 20 to 60 days
Scarlet fever—1 to 9 days; generally 4 to 7 days
Smallpox—6 to 15 days; generally 10 to 15 days
Syphilis—2 to 7 weeks; generally 3 weeks
Tetanus—1 to 60 days; generally 6 to 14 days
Trichinosis—1 to 45 days
Typhoid—3 to 21 days; generally 5 to 4 days
Typhus—11 to 14 days; seldom longer or shorter period
Vaccinia—5 days
Whooping cough—1 to 21 days; seldom longer, to 8 weeks

NOVEMBER

6:30 a.m. 46; 10.03; cloudy (fog); W

Nearby continuous drizzle for last 3 days.

0.27 mm. by 5 P.M.

Mrs. Warner came this morning, saying she

to try to get me to put up the pantries,

which I had to tell him I could not do.

Also knew: Lucile Warner, Mr. & Mrs.

husband, Witches. Henry Elly, wife

both girls to be confirmed in December.

Mother in bed with a cold.

Plough deep while stuggards sleep—FRANKLIN

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WARNER’S CALENDAR OF MEDICAL HISTORY
Sunlight has a marked analgesic effect—M. Gauvain

Katterfelto
(Latter Part of the 18th Century)

It was an ill wind that blew much good for the empirical Katterfelto when influenza spread over England in 1782. He made considerable money with his remedy for influenza, thanks to the epidemic and his astute advertising. His last advertisement gave notice of a possible early departure from England if the King of Prussia called together the soldiers of the Death's Head Hussars, to which he apparently belonged.

The superiority of some men is merely local. They are great because their associates are little—Johnson

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Warner's Calendar of Medical History
Wednesday

6 AM 37°, 30.16° dew; NE

Down to the Valley, 4 hr and found
Mrs. Davis somewhat better.

Leaving home at noon, Mother & I went to
Corry for the funeral of Mrs. Reece, Joe's
mother, who died yesterday. Helie went
with us to the Reece home. Joe is
v. & she has been for many years, Don's best friend.

It is as fine a boy as we know. He is
a successful dentist in New York.

Home 4:30.

It is better to take less food at your ordinary meal than to suffer
from indigestion—A. Rabagliati

Katterfelto—Royal Pomp

Fit for a king was Katterfelto's resplendent chariot drawn by six horses and attended by an imposing array of outriders dressed in brilliant liveries. The numerous black cats that swelled the ranks of the Katterfelto caravan undoubtedly added a satanic touch to the ménage.

Thursday

6:30 AM 34°, 30.26° dew; SE

President Roosevelt has proclaimed today
the national Thanksgiving Day, instead
of the traditional day a week later.

Here, no mail today.

Half-knowledge is worse than ignorance—Macaulay

WARNER'S CALENDAR OF MEDICAL HISTORY

(358)
24 NOVEMBER

Friday

4:30 a.m. 41, 30.15; clear; NW
I could not sleep last night.
I found fire on mountain the under
High Point 11:30 a.m. & rekindled Stanley Bender
who sent a RCC detail to put it out.

Among those here today: Major George
Rich, who, as Captain, was the first
commanding officer of the RCC
leaves here in 1933.

Andry Upshar, wanting medicine for
his wife.

Bryant Davidson, who, with his
wife Elizabeth, is spending 3
days at the Reynolds’ farm.
Tonight I fed them to the cow (Nellie)
for first time this fall.

Caution is of paramount importance in medicine—A. Rabagliati

John Lambe (—Died 1628)
The crystal gazing John Lambe made a fortune at his astro-
logical charlatanry. Even after declared guilty of practicing
magic and committed to prison, fame tagged along and his
numerous clients sought the seer in his cell. Had been twice
acquitted of grave crimes through the influence of his power-
ful patron, the Duke of Buckingham.

5:30 a.m. 36, 30.36; clear; NW. Cloudy by 6 a.m.
Oliver, taken at she, brought
me tomato salad & she (unknown) of her ris.
Boys 5 p.m.

Saturday

NOVEMBER

25

Men show their character in nothing more clearly than by what they think
laughable—Goethe

John Lambe (—Died 1628)

The crystal gazing John Lambe made a fortune at his astro-
logical charlatanry. Even after declared guilty of practicing
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WARNER’S CALENDAR OF MEDICAL HISTORY

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(360)
26 NOVEMBER

Sunday

6:30 a.m. 39°; 30.60; cloudy; N.
Barom. 30.67 10 a.m.
Bill Hunt & Lin Mitchell leave 1 p.m.
Nellie, Lucy, Marnelle & Betty came tonight.

Monday

6:30 a.m. 39°; 30.71; cloudy; NE.
I learn she became this morning as high as I have ever seen it—30.71.

Different bodies show different states of nutrition, of predisposition and illness, and of resistance to it; and the same body differs in its own state at different times—A. Rabagliati

LAMBE—FOR WANT OF LAMBE

Lambe shared in the unpopularity that finally downed the Duke of Buckingham. One night an incensed mob set upon Lambe, literally beating him to death. The Duke was assassinated several months later. A popular doggerel of the time was—

“The shepherd’s struck, the sheep are fled
For want of Lambe the Wolfe is dead.”

Ennui is the rust of the mind born of idleness. It is the unused tools that corrode—Mme. De Girardin

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29 30 31 . . . . . . . . . . 26 27 28 29 30 . . . . .

WARNER’S CALENDAR OF MEDICAL HISTORY
Tuesday

5:30 am 25; 30.60; clear; NW

Leaving home at 8:30, Mother & I went to town to Greenlawn for dinner and then to Grandmother Hutto's on her 83rd birthday. She took her a blanket. Mother bought a second blanket, a Hudson's Bay 4-ply blanket (red) from Neavins (Penny Store). A few weeks ago she bought a white one. Home 4:30.

Called to the Cove 5:30 to see Luther Shapleigh's baby, who is very sick. I got a chance for 67, good or otherwise.

Wednesday

6:45 am 40; 30.36; cloudy; SE

Down to the Cove 4:20 PM to see Luther Shapleigh's today. Not quite as sick as yesterday.

10:41

If disease appears late in life it is most probably acquired — A. Rabagliati

John St. John Long (1798-1834)

An outstanding English quack who succumbed to pulmonary tuberculosis—one of the diseases which his corrosive liniment of turpentine and mineral acid supposedly cured and which he himself failed to use. John St. John Long, twice on trial for manslaughter, was once fined and the second time acquitted.
Thursday

6:05 a.m. 39.3°; 30.2 mm.; light rain; s

Mrs. Barland had eaten no dinner for
Thanksgiving dinner, but Mother could
not go. They came over 9 a.m., and
I got him to take me in his tepee,
because of the rain, to Mr. Barland's.

10. I took a rest. We went
giving Mrs. Barland.

Rain throughout the day, harder
in afternoon. 0.85 in.

Friday

4:30 a.m. 43°, 19.95°, 679.7 mm.; SW

I did not sleep last night.

Learn to do Gene 2 PM to see. She slept
better who had been better but suddenly
was seized with convulsions at noon.
I don't know what is the
matter, but I am afraid the baby
will die in the next day or two.

Rain shining this afternoon.

Gene finished in his bedroom.

Ferrell & wife, Oklahoma, 20.

Ferrell & wife, Perry, came 4 P.M.
Both were done of the finish on one
17 good men.

To be a good practitioner of medicine requires that the doctor possess
not only technical knowledge and skill, but also a broad, sympathetic,
tolerant conception of life—J. LORRAIN SMITH

LONG—THE MIRACULOUS
VAPORS

In one room of his Harley Street man-
sion, Long installed two enormous in-
halers. From them, radiated flexibile
stems in all directions. Around these
tubes were always dozens of society
women, elatedly puffing the medicated
vapor from the tips or excitedly await-
ing their turn at one of the mouthpieces.

BAD AS ANY GOVERNMENT MAY BE, IT IS RARELY WORSE THAN ANARCHY—AESOP
Every medical student should remember that his end is not to be made a chemist, or a physiologist, or an anatomist, but to learn how to recognize and treat disease, to become a practical physician—WILLIAM OSLER

December: (31 Days)

Zodiac: Sagittarius. The Archer. Twelfth month. From the Latin Decembris, or the tenth month of the Roman calendar.

Diseases most prevalent: Diphtheria, scarlet fever, asthmatic seizures, anginal diseases, December 21: Winter begins.

Sunday

5:30 a.m. 36; 30.15, clear, NW

Took the sheep today, 8 a.m., apparently at the point of death.

New case of whooping cough this afternoon with the new Methodist pastor at his home.

Mr. & Mrs. Johnson, & wife, York people. William & wife also here; 8:30 morning while I was gone. Friend's wife, V. Handic.

All generalizations are dangerous, even this one—DUMAS, FILS

December 2 and 3

5:30 a.m. 36; 30.15, clear, NW

Took the sheep today, 8 a.m., apparently at the point of death.

New case of whooping cough this afternoon with the new Methodist pastor at his home.

Mr. & Mrs. Johnson, & wife, York people. William & wife also here; 8:30 morning while I was gone. Friend's wife, V. Handic.
Messenger Monsey (1693-1788)

Sagacious and brutally sarcastic Messenger Monsey, whose pranks in practice, speech and verse delighted his generation. He referred to himself as a quack doctor, yet was a member of the British medical profession and attended some of the highest in the land. The great actor, Garrick, and he were bosom friends until each lost his temper in a contest of jokes.

America is a fortunate country. She grows by the follies of our European nations—NAPOLEON
Wednesday

5:30 A.M. 47° 30.10; clear; NW.

I heard this morning that Luther Shep's baby died yesterday probably of poliomyelitis.

Jerry, son of Tom Draper, died this afternoon in the barn, and I buried him in the orchard near a Grinnel's Golden apple tree. He was a good cat, and it hurt me to give him up.

Monsey—What will you wager?

Bored with the clergyman's pompous talk and arguing, Monsey exclaimed, "Sir, if you have faith in your opinion, will you venture a wager upon it?"

"I could, but I won't," was the reply. "Then," rejoined Monsey, "you have very little wit or very little money."

The trouble with most doctors is, not that they don't know enough, but that they don't see enough—Dominic Corrigan

Strong and bitter words indicate a weak cause—Victor Hugo
6 am 45; 90.36; clear; NW
To the 18 M to see Allen
stone's baby. Extraordinary.
The forest fire, which was started
on the mountainside below High Point
Tuesday while we were in L R,
which led men have been
fighting since Wednesday morning,
reached the top of High Point
this morning & is burning from close
to the Bud Morris place. Efforts to
control it have been very ineffective.
Mother caught her Christmas fruit sauce
yesterday. I helped her mix.

Friday

Monseny—A Man and His Money
Reposing no faith in banks or investments, Monseny hid notes and gold in the fireplace, before going on a trip. He returned a few days sooner than expected to find his old housemaid entertaining in his study and just lighting the fire. Luckily, a pail of water happened to be near and the notes were rescued.

Assassination makes only martyrs, not converts—LaMartine

WARNER'S CALENDAR OF MEDICAL HISTORY
10 December Sunday
A dear has dumped the wood &
cured the fire to die down.
This morning: Dealett, Kemp, Edna Eutson
for examination for scabies. This afternoon: Major &
Mrs. George Reed & children, R. K., Charles
Long & friends, Joel Smith.

11 December Monday
5:30 am 45, 30, 14; clear, E
When I went to town this morning, I started
with Preston here about the cost of
equipment for bottling Kendall Swim,
water and about chains. Home at 1.

It never troubles the wolf how many the sheep be—Virgil

Don't do too much. Don't say too much—Stokes

John Partridge (1660-1715)
Last of the astrologer quacks whose death Swift hoaxed, an
incident that created quite a stir and one that will keep
green the memory of Partridge. Left off cobbling for the
study of astrology after perusing Lilly’s professional works,
and in 1680 began regular publication of an Almanack.
Tuesday

Little Pig of Straw...

Doctors of the African Sena-speaking people transfer an illness to a little pig of straw. This is placed at a crossroads, and the passerby who kicks it over is sure to draw the disease away from the patient.

There is no need for such magic transference when AGAROL is the remedy used for the relief of constipation. For the action of Agarol is positive, definite. High viscosity mineral oil, emulsified to exceptional fineness with agar-agar, lubricates the intestinal tract and softens its contents. Highly purified white phenolphthalein exerts gentle stimulation on peristalsis to make the result certain.

Both adults and children like the palatable taste of Agarol. Many take it plain, while others prefer to have it mixed with water, milk, fruit juices or other liquids. You can ascertain the palatability of Agarol and its other good qualities by sending for a trial supply. Please mention Warner’s Calendar-Diary.

Agarol is supplied in bottles of 6, 10 and 16 ounces

William R. Warner & Co., Inc., 115 W. 18th St., New York
ENLARGEMENT OF THE LIVER

ENLARGEMENT OF THE LIVER OCCURS IN THE FOLLOWING DISEASES:

Catarhal icterus (jaundice): the liver, as a rule, is slightly enlarged, often palpable, not painful. Frequently, the spleen is enlarged, especially if the icterus is of long duration and when infection is present, as for instance, in Well’s disease.

Abscess of the liver: the liver is irregularly enlarged, painful. There is pericholangitis, especially icterus, irregular fever with chills. Spleen usually enlarged.

Hydroptic cirrhosis of the liver: the liver is evenly enlarged, with rounded edges, firm to the touch. The spleen is greatly enlarged, icterus present; no ascites, often brown pigmentation of the skin, especially of the face. Urobilin in the urine present in great quantity.

Cancer of the liver: the liver shows uneven, hard tumors; is enlarged; icterus frequent. Spleen not enlarged. Ascites occasionally present; grave cachexia.

Echinococcus infection of the liver: liver considerably but unevenly enlarged from the tight, elastic, occasionally fluctuating tumor. Exploratory puncture yields fluid revealing ova of the infective organism. Icterus occasionally present. No ascites; spleen not enlarged.

Hepatic stasis: results from heart and lung diseases that produce venous stasis. The liver is enlarged, firm, icterus is absent or insignificant. Spleen, as a rule, not enlarged; ascites occurs mostly when edema of the legs and hydrothorax are present.

Amyloid degeneration of the liver (follows long-standing suppurative inflammation, tuberculosis, especially surgical tuberculosis, lues): liver uniformly enlarged, fairly firm, smooth. Spleen swollen, icterus and ascites absent. Albuminuria.

Sphylisis of the liver: liver firm, either uniformly enlarged or traversed by deep, seamy furrows and lobulated. Spleen enlarged. Icterus and ascites very frequently present, but often also absent. Gastric hemorrhages. The Wassermann reaction is generally positive.

Leukemia: liver uniformly enlarged. Spleen greatly enlarged. No icterus, no ascites.

ATROPHY OF THE LIVER IS OBSERVED IN THE FOLLOWING CONDITIONS:

Atrophic cirrhosis of the liver (Laennec): liver hard, uneven, shrunkened; in the early stages only the left lobe is atrophied, while the right lobe appears normal in size. The spleen is considerably enlarged. Stasis of the portal veins, ascites; icterus absent or insignificant. Frequent and abundant gastric hemorrhages, urobilinuria.

Acute yellow atrophy of the liver: following the appearance of common, benign type of jaundice, a rapid atrophy of the liver sets in, accompanied by delirium and somnolence. The liver is soft and painful. Icterus is deep. Usually no enlargement of the spleen and no ascites. Hemorrhages from various parts of the body. The urine contains leucine, thyrosin and other aminos and oxalates. When deep coma occurs the termination is fatal.

The principal part of everything is the beginning—LAW MAXIM

WANER'S CALENDAR OF MEDICAL HISTORY
14 December

Thursday

5:20 a.m. 36; 30.36; Clear, NW
Giles and Ashley report their children better.

Laverro siguys came for me 9.45 to go back to Carlsbad Bottom to see his boy, who I found not doing as well as yesterday. On to Andrew Sugis to see Ethel. Concluded.

This afternoon I pruned some of the trees in the orchard.

In malignant disease of the pleura the effusion is sero-fibrinous in at least one-third of the cases—Dieulafoy

Sir William Read (Died 1715)

Hardly able to read or to write, William Read hired someone to write his "Short and Exact Account of All Diseases Incident to the Eye." This vendor of nostrums attached himself toSwift and other coffee house wits while they made the most of his lavish hospitality and poked fun at him.

5 a.m. 47; 30.16; Cloudy, S
Drew to see the dogs today early. Left some @.20, & found it broke. Well reported then.

Wren Borriss's wife came this afternoon, pressing their application for the Lodge.

You Vinl found a head of stone that Charlie Hamilton had given me when his house came down.

I went a furlong of the way coming home, tucking into a tree between the highway & one house, to avoid the kiln of Wellington's mule, which the dogs were running out of the yard.

No thoroughly occupied man was ever yet very miserable—Landor

1939 November 1939
1939 December 1939
1940 January 1940

Warrner's Calendar of Medical History
16 DECEMBER  Saturday

S 5:30 A M 48; 30.17; clear; SW

Drew the buggy body in card's bottom this morning. No better.

This afternoon I went to town to have the fender of the car straightened.

I would define asthma as the reaction of an over-exitable bronchial centre to blood-borne irritants and to peripheral and psychical stimuli—A. F. Hurst

READ—A DUNCE WAS KNIGHTED

Erstwhile botching tailor turned oculist and all his life an illiterate dunce, Read accrued a lucrative and fashionable practice, became Oculist in Ordinary to Queen Anne, and rose to the honor of knighthood. Unable to read, his ostentatiousness impressed the populace, and undoubtedly they thought him every bit as worthy as Pope or Swift.

(384)

Sunday  DECEMBER  17

5:30 A M 46; 30.11; clear; S

Drew early to Cardie's Bottom to see the buggy today & found it condition very critical.

People here all afternoon. M. C. with me to go to Cardie's Bottom & drew at 11 to see the buggy today & found it apparently breaking home at 7. To find Henry Kemp, with his dog in the house.

A man, like a watch, is to be valued for his manner of going—William Penn

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WARNER'S CALENDAR OF MEDICAL HISTORY (385)
CHEVALIER JOHN TAYLOR (1703-1772)

Doctor of medicine and not wholly an unskilled oculist but with definite leanings toward charlatanism. Chevalier John Taylor’s lectures on the eye—grandiloquent quack harangues—comprised his principal method of advertising. It has been recorded that before his death “the Chevalier” became blind—another mountebank afflicted with the condition for which he had quacked cures.
Every youth or adult who wastes much or rapidly, with or without fever, must be suspected of tuberculosis, in the absence of diabetes and exophthalmic goiter—DIEULAPOY

TAYLOR—A BABY’S SCRATCHES
As a baby, Taylor thoroughly disliked spots, whether on clothes or faces. He clawed at the patches of the lovely ladies who cooed at him, sometimes bringing forth blood and barely missing to hurt the eye if the patch were close to it. Even at that tender age he often endangered the eye!

By gnawing through a dyke even a rat may drown a nation—EDWARD BURKE

WALTER’S CALENDAR OF MEDICAL HISTORY
22 DECEMBER

Friday

5:45 a.m. 36; 30. 35; 12.5, E.
Drizzle which began before noon.
became heavier in afternoon, freezing on the trees & ground.

1.29

23 DECEMBER

Saturday

5:50 a.m. 35; 29. 38; light rain; E.
Fog in the morning, the rain had formed on trees & ground melted.

It is good to rub and polish our brain against that of others—Montaigne

1839 NOVEMBER 1839 1839 DECEMBER 1839 1840 JANUARY 1840
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Sunday

6:30 a.m. 34; 30.20. Cloudy; N. Called 8:40 a.m. to attend Hutchins, Antwan’s wife (Lucile Garman) in later at home of Taber’s wife (Taber’s place).

A lay born 7:45. Arrived the 24th at 9 a.m. Home at 9 a.m. found a case to bed. Bottom to his bugs today. Decided to take it to the hospital at Morriston, suspecting empyema. Took the baby in 2 p.m. Dr. Mobley confirmed my diagnosis. Home at 5.

Nellie & Berta came tonight, bringing Christmas gifts & much cheer. They mean more to me, I believe, than anyone else in the world.

After puberty a tubercular lesion in any part of the body is almost always accompanied by pulmonary tuberculosis—LOUIS

Monday

He who is master of all opinions can never be the bigot of any—W. B. ALGER

Van Butchell—"Preserved Lady"

On her death, Van Butchell had his wife embalmed, kept in his sitting room, and introduced to visitors as "my dear departed." The curious grew in number and in time Van Butchell restricted visitors to those who could be introduced to him by a friend. The "preserved lady" remained until a second wife objected to her presence.
In severe hemoptysis the immediate danger may be asphyxia. In such cases "tell the patient to cough it up"—SUTTON

JOSHUA WARD (1685-1761)
The drysalter quack, nicknamed "Spot" Ward because of a claret-colored spot on one side of his face. Pope satirized Ward and his "Drop and Pill" (by which he made a fortune), "Of late without the least pretense to skill, Ward's grown a famed physician by his pill." In his will, requested burial in Westminster Abbey.

Hate no one—hate their vices, not themselves—BRAINARD

WARNER'S CALENDAR OF MEDICAL HISTORY
28 DECEMBER

Thursday

5:30 AM 28; 30:22; 29 at 21

A card from Clark today saying that their house burned Christmas morning.

The heart would never fail if its muscle were never given more work to do than it can perform without exhaustion—Mackenzie

Ward—The King's Reward

A room in Whitehall... protection from interdictions of the College of Physicians... the privilege of driving his carriage through St. James Park... these the generous fees George II accorded Ward for the "sharp wrench" with which he freed him from the pain of a dislocated thumb. That deft tug and twist secured Ward's fame.

He only half dies who leaves an image of himself in his soul—Goldoni

Friday

5:30 AM 29; 30:22; 31 at NW

The sun is shining this morning, though wetly—November 1st for the first time since Dec. 21.

Mother I went to Greenacre this morning to see about Mr. Hannah's, Rutter's, Clark's and Hurt's. As a result of the fire which destroyed their house Christmas day, they are living comfortably it seems in the large shop across the road. They will probably rebuild when the house burned. Back to Hamilton by noon.

Mother had lunch with Mrs. Jennings; I with Dr. and Mrs. Mobley. Home at 3.

WARNER'S CALENDAR OF MEDICAL HISTORY

(396)
5:30 & 27; 30.11; Clew, W

Mrs. Hobley, Sir & Miss May Metyn spend the afternoon with us. Jack hunted birds in the old Jones field & killed two. He is becoming interested in photography & has a good camera. I gave him a small tripod.

Premature arterial degeneration means that bad material was used in the tubing—WILLIAM OSLER

WARD—OVERRULING COURT

Etiquette

A court officer whispered to Ward that he should not turn his back to the king on leaving his presence. Loudly, Ward replied, "The king's seeing my back is a matter of no consequence, but the breaking of my neck falling backward is of consequence not only to him but to the poor."

5:30 & 28; 30.01; daily, W

Oscar Jackson came for examination at noon, Bill Allington with him.

The end of this year finds us not as well off as we were a year ago. My collection has been smaller than in several years, and I have had to borrow more money—due to illness and operation. While I am not well, I am in better condition than I was before my operation. Mother's health is about as it has been for several years.

I am hopeful.

The year has brought another world war, the consequences of which no one can foresee.

We enter the world alone, we leave it alone—FROUDE

So the years pass.

1939 NOVEMBER 1939 1939 DECEMBER 1939 1940 JANUARY 1940

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19 20 21 22 23 24 25 17 18 19 20 21 22 23

26 27 28 29 30 24 25 26 27 28 29 30 28 29 30 31
SYMPTOMS AND TREATMENT OF POISONING

Unless otherwise stated, oral poisoning is to be understood. The lethal dose—taken in a single dose—is of course an indefinite figure. It is to be understood that smaller doses have been taken with lethal effect, while larger quantities have not proved fatal.

<table>
<thead>
<tr>
<th>Poison</th>
<th>Symptoms</th>
<th>Treatment</th>
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<tr>
<td><strong>ACIDS</strong></td>
<td>Erosion of the corners of the mouth, the mucous membrane of the mouth, pharynx, esophagus and stomach; white, later black, erosion (nitric acid leaves yellow spots). Severe pain on swallowing. Vomiting of brownish-black matter (if nitric acid, yellowish). Strong salivation. Edema of the glottis, from inhalation of fuming nitric acid; bloody, dysenteric stools, perforation of the stomach, hematuria, collapse, small, rapid pulse, cramps. In severe cases rapid death from acidosis.</td>
<td>Drink freely of lukewarm water until vomiting is induced. Gastric lavage may cause perforation, should be used with great care. Magnesium oxide, chalk, soap-water, mucilage, oil, milk, milk-albumin, gelatin, and other protective substances, as acacia, eggs. Morphine, stimulants. For acid vapor inhalation: Spray or gargle of sodium bicarbonate solution. For erosions from the fumes of nitric or sulfuric acid: oxygen inhalations, salt infusions; for emphysema, section of 300-500 c.c. Camphor, expectorants, cresote. Gastric lavage, heat. Cold applications to head, cutaneous irritants, camphorated oil, caffeine. Delirium: Lavage, strychnine, chloral hydrate or paraldehyde (with care); phenobarbital is safer. Vinegar water, sour wine, tartaric acid, citric acid, lemons, apple juice, mucilaginous drinks, protective substances, milk. Eventually, careful washing of the stomach with acidulated water. In the eye: Washing with water, boracic acid. For lime, weak sulfuric acid solution.</td>
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<td><strong>Sulfuric acid.</strong></td>
<td><em>Lethal dose 1 to 2 1/2 drams.</em></td>
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<td><strong>Nitric acid.</strong></td>
<td><em>Lethal dose 1 1/2 to 2 drams.</em></td>
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<td><strong>Hydrochloric acid, chromic acid.</strong></td>
<td><strong>Acetic acid.</strong></td>
<td><em>Lethal dose up to 5 drams.</em></td>
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<td><strong>Lethal dose undetermined. Adults, from 10 oz. up; children, 1 1/4 ounces.</strong></td>
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<td><strong>ALKALIES</strong></td>
<td>Erosion of the lips and mucous membrane of the mouth, difficulty in swallowing, salivation, bloody vomiting, bloody stools, increased pulse rate. Urine alkaline.</td>
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<td><strong>Caustic ammonia, caustic soda, liquid potassae.</strong></td>
<td><strong>Lethal dose about 150 to 300 grains.</strong></td>
<td><strong>Waterglass.</strong></td>
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<td><strong>Amonia</strong></td>
<td>Same as caustic alkalies. When inhaled, erosion of the air passages. Urine not alkaline.</td>
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<td><strong>Lethal dose of caustic ammonia solution 1 oz.</strong></td>
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<td><strong>Aniline</strong></td>
<td>Cyanosis, methemoglobinemia, anxiety, dyspnea, disturbance of consciousness.</td>
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<td><strong>Acetanilid, nitrobenzol.</strong></td>
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<td><strong>Lethal dose of aniline less than 1 oz.</strong></td>
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<td><strong>Acetanilid, 64 to 160 grains.</strong></td>
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<td><strong>Nitrobenzol, 64 to 160 grains.</strong></td>
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<td><strong>Antimony</strong></td>
<td><strong>Lethal dose 15 to 30 grains.</strong></td>
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<td><strong>Gastroenteritis, bloody vomiting, colic, diarrhea, dyspnea, cramp in the calves of the legs, general paralysis, unconsciousness. Gastralgia, vomiting, colic, severe diarrhea, later constipation, headache, cyanosis, arsenic dermatitis, cardiac weakness, small, frequent pulse, rapid respiration, coma. From organic combinations of arsenic, temporary visual disturbances.</strong></td>
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<td><strong>Arsenic</strong></td>
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<td><strong>Arsenous acid, Fowler's solution, sodium arsenate, sodium cacodylate, Paris green.</strong></td>
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<td><strong>Lethal dose of arsenic trichloride 1/3 to 1/2 grains.</strong></td>
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<td><strong>ATROPINE</strong></td>
<td>Vomiting, dryness of the mouth, thirst, difficulty of swallowing, giddiness, strongly dilated pupils, visual disturbances, excitement, hallucinations, cramps, accelerated pulse, eventually tachycardia, paralysis.</td>
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<td><strong>Lethal dose 1/2 grains.</strong></td>
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<td><strong>Belladonna.</strong></td>
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<td><strong>Lethal dose 3 to 10 berries.</strong></td>
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<td><strong>Stramonium.</strong></td>
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<td><strong>Lethal dose 15 grains of the seed.</strong></td>
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<td><strong>Scopolamine, hyoscyamine.</strong></td>
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<tr>
<td><strong>Lethal dose less than one grain.</strong></td>
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<tr>
<td>Poison</td>
<td>Symptoms</td>
<td>Treatment</td>
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</tr>
<tr>
<td><strong>Barium</strong></td>
<td><em>Vomiting, diarrhea, dysphagia, cramps, paralysis of the legs, visual disturbances, arrest of heart action.</em></td>
<td><em>Gastric lavage, sodium sulfate, 320 to 800 grains to a quart or 20 c.c. of a $\frac{1}{2}$ to 1% solution subcutaneously or intravenously; milk, albumin, charcoal, tannin, atropine, caffeine, camphor.</em></td>
</tr>
<tr>
<td><strong>Belladonna</strong></td>
<td><em>Same as atropine.</em></td>
<td><em>Different treatment.</em></td>
</tr>
<tr>
<td><strong>Benzine</strong></td>
<td><em>Headache, dizziness, drunkenness, cyanosis, tachycardia, cramps, coma, leucopenia, renal irritation.</em></td>
<td><em>Gastric lavage, charcoal, tannin, milk, heart stimulants, camphorated oil.</em></td>
</tr>
<tr>
<td><strong>Benzol</strong></td>
<td><em>Acute poisoning: Drunken excitement, narcosis, coma.</em></td>
<td><em>Acute poisoning: Gastric lavage, charcoal, tannin, heart stimulants.</em></td>
</tr>
<tr>
<td><strong>Bismuth</strong></td>
<td><em>Same as mercury.</em></td>
<td><em>Chronic poisoning: Arsenic.</em></td>
</tr>
<tr>
<td><strong>Botulism</strong></td>
<td><em>Same as meat poisoning.</em></td>
<td><em>Same as narcotics.</em></td>
</tr>
<tr>
<td><strong>Carbolic Acid Phenol</strong></td>
<td><em>Strong carbolic odor of the breath, whitish erosion of the lips and mouth, vomiting, diarrhea, colic, increased frequency of pulse, stertorous respiration, narrow pupils, urine greenish-brown, dizziness, cramps, coma, nephritis. If external poisoning, dry gangrene from bandaging with a 2% phenol solution.</em></td>
<td><em>Gastric lavage, emetics, lime water, charcoal, magnesium sulfate, magnesium oxide, sodium sulfate, methenamine, mucilage, milk, stimulants.</em></td>
</tr>
<tr>
<td><strong>Carbon Monoxide</strong></td>
<td><em>Illuminating gas, trench gas, carbonic acid, etc.</em></td>
<td><em>Headache, vomiting, dizziness, staggering, tinnitus, unconsciousness, paralysis, slow respiration and pulse, cyanosis (carbon monoxide hemoglobin), cramps, disturbance of speech.</em></td>
</tr>
<tr>
<td><strong>Chloral Hydrate</strong></td>
<td><em>Same as narcotics.</em></td>
<td><em>Same as narcotics.</em></td>
</tr>
<tr>
<td><strong>Chlorine Gas</strong></td>
<td><em>Severe spasmodic cough, bloody expectoration, spasm of glottis, dyspnea, stabbing pain in the chest, sneezing, flowing of tears, pneumonia.</em></td>
<td><em>Hot vapor inhalations, weak ammonia fumes or inhalation of vapor from a solution of sodium hyposulfite 48 grains, sodium carbonate 12 grains, water 5 ounces.</em></td>
</tr>
<tr>
<td><strong>Chloroform</strong></td>
<td><em>Same as narcotics.</em></td>
<td><em>Same as narcotics.</em></td>
</tr>
<tr>
<td><strong>Cocaine</strong></td>
<td><em>Restlessness, dizziness, cramps, increased pulse and respiratory rate, dilated pupils, collapse.</em></td>
<td><em>Gastric lavage, charcoal, tannin, atropine, amyl nitrite, potassium bromide, chloral hydrate, artificial respiration, stimulants (camphor, coffee), barbital, phenobarbital, avertin. Mustard plaster over heart.</em></td>
</tr>
<tr>
<td><strong>Colchicine</strong></td>
<td><em>Lethal dose 1/2 grain.</em></td>
<td><em>Tannin, emetics, mucilage, camphor, external stimulation, venesection, intravenous infusions of physiological salt solution.</em></td>
</tr>
<tr>
<td><strong>Copper</strong></td>
<td><em>Vomiting of green or blue masses, salivation, pain in the pharynx, diarrhea, colic, irregular breathing and pulse, dizziness, headache, delirium, paralysis.</em></td>
<td><em>Gastric lavage with ferrocyanide of potash, 1:1000 solution. Tablespoonful of albumin every 4 hours; 1 oz. of magnesium oxide, milk, powdered iron, potassium iodide, camphor.</em></td>
</tr>
<tr>
<td>Poison</td>
<td>Symptoms</td>
<td>Treatment</td>
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</tr>
<tr>
<td>Corrosive Sublimate</td>
<td>Same as mercury.</td>
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<tr>
<td>Croton Oil</td>
<td>Stomatitis, pharyngitis, gastroenteritis, dysenteric diarrhea, general weakness, exhaustion.</td>
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<tr>
<td>Lethal dose 6 minims.</td>
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<tr>
<td>Crude Petroleum</td>
<td>Same as benzine.</td>
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<tr>
<td>Cyanide</td>
<td>Odor of bitter almonds, respiratory paralysis. Slowly progressive cyanosis, dizziness, giddiness, vomiting, strong dilation of the pupils, cramps, coma, arrest of respiration and heart action.</td>
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<tr>
<td>Lethal dose of hydrocyanic acid leethan ½ dram.</td>
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<tr>
<td>Lethal dose of potassium cyanide 3 to 4 grains.</td>
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<tr>
<td>Digitalis</td>
<td>Vomiting, retching, colic, diarrhea, irregular, slow pulse; dyspnea, excitement, cold extremities, muscular tremor, somnolence.</td>
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<tr>
<td>Lethal dose 40 grains of the leaves, 1 ounce of the tincture.</td>
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<tr>
<td>Ergot</td>
<td>Nausea, vomiting, colic, diarrhea, necrosis of individual parts of the body, abortion, numbness, stupor, dilated pupils, cramps, blindness (cataract), coma.</td>
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<tr>
<td>Secale cornutum.</td>
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<tr>
<td>Lethal dose 16 to 64 grains of ergotamine.</td>
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<tr>
<td>Ether</td>
<td>Same as narcotics.</td>
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<tr>
<td>Formaldehyde</td>
<td>Redness of the conjunctiva and of the pharynx, gastric pain, dizziness, unconsciousness, cyanosis, cardiac weakness, albuminuria, hematuria, anuria.</td>
<td>6-12 raw eggs, urea in massive doses, ammonium acetate solution in drop doses, purgatives, enemas. Skin injuries to be washed with dilute ammonia or ammonium carbonate. In the eye, weak ammonia vapors.</td>
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<tr>
<td>Formalin.</td>
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<tr>
<td>Lethal dose one ounce of the 4% to 40% solution.</td>
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<tr>
<td>Hemlock</td>
<td>Convulsions, creeping paralysis, irregular pulse, dizziness, visual disturbances, respiratory difficulties.</td>
<td>Gastric lavage, emetics, tannin, strychnine, artificial respiration, camphor, caffeine. External heat.</td>
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<tr>
<td>Conium.</td>
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<tr>
<td>Lethal dose of plant 160 to 480 grains. Lethal dose of conium 2 grains.</td>
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<tr>
<td>Hydrofluoric Acid</td>
<td>Partly same as oxalic acid, finally arrest of heart action, severe localized skin and bone necrosis.</td>
<td>Calcium intravenously; lime water, magnesium oxide; for lung irritation, inhalation of sodium bicarbonate vapor.</td>
</tr>
<tr>
<td>Lethal dose ½ ounce.</td>
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<tr>
<td>Hypnotics</td>
<td>Insensibility, twitching, deep sleep, cardiac and respiratory paralysis. Hematoporphyrinuria from sulfonal.</td>
<td>Gastric lavage, laxatives, diuretics, artificial respiration, stimulants, camphor, epinephrine.</td>
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<tr>
<td>Solinal.</td>
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<tr>
<td>Lethal dose 160 to 480 grain. Barbituric acid preparations. Lethal dose 80 to 320 grains.</td>
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<tr>
<td>Illuminating Gas</td>
<td>Same as carbon monoxide.</td>
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<tr>
<td>Insect Bites</td>
<td>Swelling, urticaria, sometimes edema of the glottis.</td>
<td>Caffeine, epinephrine, camphor. Locally: Ammonia, cooling pastes; on mucous surfaces, sodium bicarbonate.</td>
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<tr>
<td>Bees, wasps, etc.</td>
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<tr>
<td>Poison</td>
<td>Symptoms</td>
<td>Treatment</td>
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<tr>
<td><strong>INSULIN</strong></td>
<td>General: Fatigue, muscular weakness, hunger sensation, sweating.</td>
<td>Grape juice, grape sugar, cane sugar. Intravenously: When a symptom complex develops: 5-20 grams of dextrose as a 5-50% sterile solution. Subcutaneously: ( \frac{3}{4} ) c.c. (8 minims) 1:1000 epinephrine solution.</td>
</tr>
<tr>
<td><strong>IODINE</strong></td>
<td>Lethal dose 48 to 64 grains. Tincture of iodine, ( \frac{3}{4} ) to 1 oz.</td>
<td>Gastric lavage, flour, starch, mucilage, albumin, emetics, laxatives, sodium hyposulfite, sodium bicarbonate, calcium preparations (Ehrlich's sulfanilic acid solution).</td>
</tr>
<tr>
<td><strong>LEAD SALTS</strong></td>
<td>Lead acetate, white lead, lead oxide, red lead. Lethal dose 320 to 800 grains.</td>
<td>Gastric lavage, emetics, sodium and magnesium sulfate, phosphates, albumin, milk, mucilage, charcoal, sodium hyposulfite intravenously. For colic: Opium, atropine, belladonna, enemas. Chronic poisoning: Potassium iodide, sodium hyposulfite, narcotics, phenobarbital, stimulants, strychnine.</td>
</tr>
<tr>
<td><strong>LYSOL</strong></td>
<td>Same as phenol.</td>
<td>Acute poisoning: Gastric lavage, emetics, sodium and magnesium sulfate, phosphates, albumin, milk, mucilage, charcoal, sodium hyposulfite intravenously. For colic: Opium, atropine, belladonna, enemas. Chronic poisoning: Potassium iodide, sodium hyposulfite, narcotics, phenobarbital, stimulants, strychnine.</td>
</tr>
<tr>
<td><strong>MEAT POISONING</strong></td>
<td>Acute gastroenteritis, vomiting, diarrhea, high fever, extreme weakness and prostration, dizziness, mydriasis, ptosis, collapse.</td>
<td>Emetics, gastric lavage, enemas, castor oil, charcoal, camphor, botulism serum.</td>
</tr>
<tr>
<td><strong>MERCURY</strong></td>
<td>Corrosive sublimate, calomel. Lethal dose of corrosive sublimate ( \frac{3}{4} ) to ( \frac{1}{2} ) grain.</td>
<td>Ulcerating stomatitis, erosion of the mucous membranes; acute gastroenteritis and dysenteric symptoms, bloody diarrhea, tenesmus, coughing, bronchopneumonia, skin eruption, paralytic weakness, nephritis, anuria, albuminuria, cardiac weakness.</td>
</tr>
<tr>
<td><strong>METHYL ALCOHOL</strong></td>
<td>Methanol, wood alcohol. Lethal dose ( \frac{3}{4} ) to ( \frac{1}{2} ) ounce.</td>
<td>Vomiting, abdominal pains, dizziness, visual disturbances, blindness, delirium, cardiac weakness.</td>
</tr>
<tr>
<td><strong>MORPHINE</strong></td>
<td>Opium, codeine, dinitrate, etc. Lethal dose about 7 grains by mouth, about 4 grains subcutaneously; children, ( \frac{3}{4} ) grain.</td>
<td>Headache, vomiting, contracted pupils, stupor, reduced sensibility to pain, generalized paralysis, respiratory paralysis, urine retention, cramps, coma.</td>
</tr>
<tr>
<td><strong>MUSHROOMS</strong></td>
<td>Vomiting, salivation, colic, diarrhea, icterus, hematuria, weak pulse, low heart beats, dizziness, cramps, collapse.</td>
<td>Emetics, gastric lavage with 1:1000 solution of potassium permanganate, tannin, charcoal, black coffee, atropine, strychnine, camphor, stimulants, artificial respiration.</td>
</tr>
<tr>
<td><strong>NACRE</strong></td>
<td>Lowered blood pressure, weak and intermittent pulse, dilated pupils, stupor or coma, asphyxia, arrest of heart action and respiration, possibly liver damage.</td>
<td>Artifical respiration, carbon dioxide inhalation, strychnine, epinephrine, physiological salt solution intravenously. If atavita poisoning, 3 c.c. or more thyroxine; coramine intramuscularly, 3 c.c. or more, once or twice; 1 to 2 c.c. of 1% cocaine solution subcutaneously.</td>
</tr>
<tr>
<td>Poison</td>
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<td>Treatment</td>
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</tr>
<tr>
<td>NICOTINE</td>
<td>Small pulse, fainting, salivation, vomiting, diarrhea, cramp, tachycardia, stenocardia.</td>
<td>Atropine, chloroform, chloral hydrate, morphine.</td>
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<tr>
<td>Lethal dose $\frac{1}{2}$ grain.</td>
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<tr>
<td>Tobacco</td>
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<tr>
<td>Lethal dose 64 to 192 grains.</td>
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<tr>
<td>Snuff</td>
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<tr>
<td>Lethal dose 32 to 48 grains.</td>
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</tr>
<tr>
<td>NITRATES</td>
<td>Restlessness, vomiting, colic, polyuria, fainting, tremors, giddiness, cramps, coma.</td>
<td>Gastric lavage, emetics, albumin, oatmeal paste, diuretics, camphor, external stimulants.</td>
</tr>
<tr>
<td>Potassium, nitrate, sodium nitrate.</td>
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<tr>
<td>Lethal dose of potassium nitrate 150 grains.</td>
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<tr>
<td>OPINUM</td>
<td>Same as morphone.</td>
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</tr>
<tr>
<td>OXALIC ACID Acid potassium oxalate.</td>
<td>Black vomitus, colic, shortness of breath, collapse, cardiac arrest, paresthesia, cramps, trigus, tetanus, later paralysis. Calcium oxalate crystals in vomited matter, in feces and urine. Oliguria, anuria, hemorrhagic nephritis.</td>
<td>Emetics, gastric lavage, calcium preparations, chalk lime water, magnesium oxide, diuretics, phenobarbital. Subcutaneously or intravenously, 30 to 60 grains of calcium chloride in a quart of normal saline solution.</td>
</tr>
<tr>
<td>Lethal dose 40 to 112 grains.</td>
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<tr>
<td>PHENOL</td>
<td>Same as carboic acid.</td>
<td></td>
</tr>
<tr>
<td>PHOSPHORUS Lethal dose about $\frac{1}{8}$ to 1 grain.</td>
<td>Nausea, headache, epigastric pain, vomiting (odor of phosphorus and phosphorescence of vomitus in the dark); later icterus, severe abdominal pains, hepatic enlargement, bradycardia, small, soft pulse, gastric and intestinal hemorrhage, skin hemorrhage, renal hemorrhage, nosebleed, metrorrhagia, suffocation, fainting, cardiac weakness, stupor, coma, cardiac arrest, phosphorus necrosis of the lower jaw.</td>
<td>Thorough washing out of the stomach with 1:1000 potassium permanganate solution, then emetics: copper sulfate or carbonate, 15 grains to a dose. Magnesium sulfate, sodium sulfate, sodium bicarbonate, lime water, camphor, epinephrine. Insulin with dextrose may be tried. Crude turpentine, 30 to 40 drops in mucilaginous solution. Avoid milk, egg yolk, castor oil. Phosphorus burns should be painted with a 10% solution of silver nitrate.</td>
</tr>
<tr>
<td>PHOSGENE</td>
<td>Lung irritation, hemorrhagic pneumonia.</td>
<td>Calcium chloride injections, inhalations of the vapor from $\frac{1}{4}$% sodium bicarbonate solution, venesection. Intravenously: dextrose. Atropine. Mustard plaster to neck and chest.</td>
</tr>
<tr>
<td>Lethal dose 30 to 160 grains.</td>
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<tr>
<td>PICRIC ACID Lethal dose 80 to 240 grains.</td>
<td>Yellowish-red vomitus, yellow discoloration of skin and mucous membranes, yellow vision. Headache, slow pulse, albuminuria, hematuria.</td>
<td>Gastric lavage, charcoal, diuretics. Stains from the skin may be removed with ether or alcohol.</td>
</tr>
<tr>
<td>POTASSIUM CHLORATE Lethal dose by mouth 240 grains.</td>
<td>Methemoglobinemia, methemoglobinuria, hemoglobinuria, dryness in the throat, vomiting, thirst, diarrhea, icterus, cyanosis, cardiac weakness, uremia.</td>
<td>Gastric lavage, laxatives, diuretics, oxygen inhalations, venesection, stimulants, camphor, pilocarpine. Avoid acids, lemonade.</td>
</tr>
<tr>
<td>QUININE Lethal dose by mouth 240 grains.</td>
<td>Tinnitus, excitement, hemorrhage from mucous membranes, disturbance of vision and hearing, blindness, disturbance of consciousness, collapse, reduced pulse rate.</td>
<td>Gastric lavage, emetics; charcoal, stimulants.</td>
</tr>
<tr>
<td>SALVARSAN</td>
<td>Same as arsenic.</td>
<td>For angioneurotic crises: epinephrine. For skin eruption: sodium hyposulphite, calcium preparations.</td>
</tr>
<tr>
<td>SANOTONINE Lethal dose 1$\frac{1}{2}$ to 3 grains.</td>
<td>Vomiting, numbness, cramps, mydrias, collapse, salivation, mild colicky pains, paralysis, visual disturbances, reddish discoloration of the urine, increased libido, polyuria; strangury.</td>
<td>Camphor, gastric lavage, artificial respiration, charcoal, ether inhalation, chloral hydrate.</td>
</tr>
<tr>
<td>SCOPOLAMINE</td>
<td>Same as atropine.</td>
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</tbody>
</table>
### Poison		Symptoms		Treatment
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**Silver**
Silver nitrate. Lethal dose about 400 grains.
- First white then black patches on the mouth; gastric pain, vomiting, diarrhea. In chronic cases, argyria.
- Gastric lavage with salt solution (10 to 20 grams to 1000). Potassium or sodium iodide. Mucilaginous drinks, castor oil.
**Snake Bites**
- Localized phlegmonous, hemorrhagic inflammation, lymphangitis, vomiting, fever, dyspnea, cardiac and respiratory paralysis.
- Immediate sucking out of the wound or cautery of the wound. Ligature above the injury. Subcutaneously around the wound 3% to 5% tincture of iodine or 1% to 5% potassium permanganate. Lime water, iron chloride, sodium or potassium hypochlorite, ammonia, 1% alcohol, ether, camphor, pilocarpine, venescence, snake venom serum.
**Strychnine**
Lethal dose 3/4 to 1 1/2 grains.
- Trismus, tetanic cramps, extremities and neck rigid, terrorized expression, dyspnea, cyanosis, suffocation.
- Emetics (apomorphine subcutaneously), chloral hydrate, chloroform inhalations, atropine, morphia, alcohol, camphor, tannin, artificial respiration, pheno-barbital; if necessary: venescence, saline infusion.
**Sulfur Sulfides.**
- Unconsciousness, dyspnea, cyanosis, convulsions, paralysis, sulfo-hemoglobinemia.
- Artificial respiration, oxygen, venescence, salt infusion, camphor, iron oxide or carbonate.
**Tobacco**
- Same as nicotine.
**Zinc**
Zinc chloride, zinc sulfate. Lethal dose 30 to 160 grains.
- Gastroenteritis, vomiting; albuminuria.
- Gastric lavage, albumin, milk, tannin, sodium or potassium carbonate.

### Infectious Diseases

<table>
<thead>
<tr>
<th>Disease</th>
<th>Symptoms</th>
<th>Material for bacteriological or serological examination</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Actinomycosis</strong></td>
<td>Hard infiltration of the region of the neck, swelling of the jaws, chronic dental fistulae; less frequently, infection of the chest and abdominal cavity.</td>
<td>Whenever possible, pus or granulation tissue, shred of tissue, particle of bone.</td>
</tr>
<tr>
<td><strong>Amebic Dysentery</strong></td>
<td>Diarrhea with bloody and mucous evacuations, severe tenesmus, chronic, ulcerative inflammation of the colon.</td>
<td>Small quantity of feces, possibly a mucous patch from the outer surface of the feces, with an admixture of pus or blood. When possible, specimens should be at body heat.</td>
</tr>
<tr>
<td><strong>Anerobic Wound Infections</strong></td>
<td>Discoloration of tissues, foul pus in the wound, especially in pocket and sinus formations. Finally, air-cushion-like swelling from gas.</td>
<td>Wound secretion, a shred of tissue from the site of progressive inflammation.</td>
</tr>
<tr>
<td><strong>Ankylostomiasis (Hook Worm)</strong></td>
<td>Eosinophilia, profound anemia, blood in stools.</td>
<td>Feces, for discovery of ova.</td>
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<tr>
<td><strong>Anthrax</strong></td>
<td>Carbuncle, lymphangitis, malignant pustule.</td>
<td>Wound secretion, carbuncle secretion, pus.</td>
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<tr>
<td><strong>Asiatic Cholera</strong></td>
<td>&quot;Rice-water,” diarrheic stools, rapid course, dehydration symptoms (anuria), cramps in the calves of the legs.</td>
<td>Stools, possibly mucous patches, vomitus, from suspected carriers, also blood. After death, a section of the small intestine.</td>
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<tr>
<td><strong>Bacillary Dysentery</strong></td>
<td>Diarrhea with stools containing blood and mucus, severe tenesmus.</td>
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<tr>
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<tr>
<td>Botulism</td>
<td>Difficulty in swallowing, dizziness, disturbances of consciousness,</td>
<td>At least 5 c.c. of blood.</td>
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<td>bulbar paralysis, diplopia, paralysis of eye muscles.</td>
<td>Remains of the meal (meat, canned goods).</td>
</tr>
<tr>
<td>Cerebro-Spinal</td>
<td>Severe headache, vomiting, stiff neck, Kernig's sign, stupor.</td>
<td>5-10 c.c. of spinal fluid.</td>
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<tr>
<td>Meningitis</td>
<td>I—1-4 days.</td>
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<td></td>
<td>C—Otitis media, pneumonia.</td>
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<td></td>
<td>M—30-70%.</td>
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<tr>
<td>Chancroid</td>
<td>I—1-4 days.</td>
<td>Pus, serous exudate, at least 1 or 2 drops.</td>
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<tr>
<td>(Soft Chancre)</td>
<td>Patient may be a carrier.</td>
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<tr>
<td>Diphtheria</td>
<td>Sore throat, membranous deposits, swollen glands, threatening suffocation.</td>
<td>Ample quantity of membrane, purulent deposit, nasal mucus.</td>
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<td>I—1-10 days.</td>
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<td></td>
<td>C—Polyneuritis, paralysis of the soft palate, cardiac weakness.</td>
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<tr>
<td></td>
<td>M—5-7%.</td>
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<td></td>
<td>Patient may be a carrier.</td>
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<tr>
<td>Favus</td>
<td>Atrophy of the papillae of the hairs, swelling of the lymph glands, small abscesses.</td>
<td>Affecte</td>
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<tr>
<td>Disease</td>
<td>Symptoms</td>
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<tr>
<td>Measles</td>
<td>Conjunctivitis, bronchitis, eruptive spots on the mucous membranes. Skin eruption not till the 4th day. 1-8-19 days. C—Broncho-pneumonia, otitis media.</td>
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</tr>
<tr>
<td>Meat Poisoning</td>
<td>Vomiting, diarrhea, cramp in the calves of the legs, soon after partaking of food. Generally several persons involved.</td>
<td>Stools, urine, vomiting, suspected food, remains of meal (special attention to raw or partly cooked meat).</td>
</tr>
<tr>
<td>Miliary Fever</td>
<td>Sudden rise of temperature, very small water-blistered over the entire body.</td>
<td></td>
</tr>
<tr>
<td>Mumps</td>
<td>Swelling of the parotid glands. 1-5-30 days. C—Otitis media and orchitis.</td>
<td></td>
</tr>
<tr>
<td>Ophthalmia Neonatorum</td>
<td>Great swelling of the conjunctiva, 2-5 days after birth. Purulent discharge.</td>
<td>Purulent discharge.</td>
</tr>
<tr>
<td>Paratyphoid (A and B)</td>
<td>Sudden onset, vomiting, chill, diarrhea, mounting temperature, nosebleed; frequently herpes of the lips. Temperature atypical, its course hardly significant. Disturbances of the general well-being and nervous disturbance as a rule insignificant. 1-7-21 days. Patient may become a carrier.</td>
<td>Blood, stools, urine.</td>
</tr>
<tr>
<td>Pemphigus Neonatorum</td>
<td>Formation of pustules on the skin of the newborn.</td>
<td>Examination of the parents for syphilis.</td>
</tr>
<tr>
<td>Plague</td>
<td>Bubonic plague, pulmonary plague (hemorrhagic pneumonia, almost invariably fatal), plague-carbuncle. 1-2-5 days. M—50-80%.</td>
<td>Pus from carbuncles, fluid from puncture, expectoration. After death: glands, spleen, lung tissue.</td>
</tr>
<tr>
<td>Pneumonia</td>
<td>Chill, pain in chest, rust-colored sputum. 1-2-7 days.</td>
<td>Sputum.</td>
</tr>
<tr>
<td>Poliomyelitis (Infantile Paralysis)</td>
<td>Sudden onset after catarrhal prodrome, headache, intestinal manifestations, paralysis. 1-1-10 days.</td>
<td>Laboratory diagnosis not yet possible.</td>
</tr>
<tr>
<td>Puerperal Fever</td>
<td>Retention fever, thrombophlebitis, sepsis. 1-2-3 days. M—50%.</td>
<td>Locchial discharge, blood. Pus from abscess.</td>
</tr>
<tr>
<td>Relapsing Fever</td>
<td>Characteristic fever curve. Spleen enlargement, pain in the calves of the legs. 1-5-8 days. M—2-4%.</td>
<td></td>
</tr>
<tr>
<td>Sepsis</td>
<td>Typical febrile curve. 5-10 c.c. of blood.</td>
<td></td>
</tr>
<tr>
<td>Smallpox</td>
<td>Chill, pain in back, eruption resembling scarlatina, then characteristic smallpox eruption on the 3d to 5th day. 1-6-15 days. M—15-30%.</td>
<td>Contents of smallpox pustule. A few drops suffice.</td>
</tr>
<tr>
<td>Syphilis (1st Stage)</td>
<td>Chancre.</td>
<td>At least 1-2 drops of wound exudate, serous discharge; no blood.</td>
</tr>
<tr>
<td>Syphilis (2d and 3d Stages)</td>
<td>Manifestations variable.</td>
<td>At least 5 c.c. of blood or spinal fluid, when possible 10 c.c.</td>
</tr>
<tr>
<td>Tetanus</td>
<td>Spasms, trismus, cramps. 1-1-60 days.</td>
<td>Exudate from the suspected wound.</td>
</tr>
<tr>
<td>Disease</td>
<td>Symptoms</td>
<td>Material for bacteriological or serological examination</td>
</tr>
<tr>
<td>------------------</td>
<td>--------------------------------------------------------------------------</td>
<td>----------------------------------------------------------</td>
</tr>
<tr>
<td><strong>Tinea Tonsurans</strong>&lt;br&gt; (Microsporosis)</td>
<td>Denuded surfaces with very short broken hair stumps. No inflammation.</td>
<td></td>
</tr>
<tr>
<td><strong>Trachoma</strong></td>
<td>Conjunctivitis, photophobia, granular formations on the conjunctiva, pannus formation. I—8–14 days.</td>
<td>Conunctival mucus and cells from the granular tissue.</td>
</tr>
<tr>
<td><strong>Trichinosis</strong></td>
<td>Gastro-intestinal symptoms, muscular pains, with board-like swelling of muscles, eosinophilia, edema. I—1–45 days.</td>
<td>Possibly, tissue section. Blood in the third week after infection. Difficult to demonstrate.</td>
</tr>
<tr>
<td><strong>Tuberculosis</strong></td>
<td>Very variable.</td>
<td>Morning sputum, no saliva. Gastric contents from children, urine, pus, pus from abscess, pleural exudate.</td>
</tr>
<tr>
<td><strong>Typhoid</strong></td>
<td>Gradual onset. No chill, no labial herpes. Disturbance of general well-being and nervous disturbances impressive. Headache, continuous fever, bronchitis, enlargement of spleen, roseolar spots, stools of “peasoupe” appearance, intestinal hemorrhage, stupor, delirium. I—3–21 days. M—10%. Patient may become a carrier.</td>
<td>Diazot-reaction positive. Blood, stools, urine; if possible, pus from abscess. In the early stage, above all, blood for Widal test; later, stools and urine.</td>
</tr>
<tr>
<td><strong>Typhus</strong>&lt;br&gt;(Spotted Fever)</td>
<td>Continuous high fever, drowsiness, delirium, roseolar spots on 5d to 5th day, frequently enlargement of spleen. Roseola less distinct than in typhoid. Transmitted by louse or tick. I—11–14 days. C—Gangrene of extremities, neuritis. M—6–20%.</td>
<td>Diazot-reaction positive. At least 5 c.c. of blood for Weil-Felix reaction.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Disease</th>
<th>Symptoms</th>
<th>Material for bacteriological or serological examination</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Undulant Fever</strong></td>
<td>Intermittent fever with more or less impairment of health. Headache, neuralgia, spleen and liver enlargement.</td>
<td>5–10 c.c. of blood.</td>
</tr>
<tr>
<td><strong>Varicella</strong>&lt;br&gt;(Chicken Pox)</td>
<td>Eruption on the flexor surfaces of the limbs and on the abdomen. Superficial, macular vesicles, seldom umbilicated.</td>
<td>Contents of pustule for Paul’s test to eliminate smallpox.</td>
</tr>
<tr>
<td><strong>Vincent’s Angina</strong></td>
<td>Grayish-white necrosis of the mucous membrane, white discoloration of the uvula.</td>
<td>Scrapings from the membranes, overlying pus, mucus from the nose.</td>
</tr>
<tr>
<td><strong>Whooping Cough</strong></td>
<td>Catarrhal symptoms of the upper respiratory passages, spasmodic inspiration. I—1–21 days. C—Broncho-pneumonia.</td>
<td>Mucus from the throat.</td>
</tr>
<tr>
<td><strong>Yellow Fever</strong></td>
<td>Liver very sensitive to pressure, bloody vomiting, bloody stools, icterus. I—5–5 days. M—30–50%.</td>
<td>Blood.</td>
</tr>
</tbody>
</table>
INCOMPATIBILITIES OF DRUGS

ACETANILID. Avoid antipyrine, choral hydrate (liquefaction). Bromides and iodides (precipitation). Resorcin, menthol, thymol.


ACIDS. Strong acids may be incompatible with weak acids; for instance, sodium salicylate with hydrochloric acid (precipitation of free salicylic acid which is not readily soluble). Care must be exercised that no insoluble salt results from the combination of two salts, such as chlorides and silver nitrate, zinc sulfate and lead acetate.

ALBUMIN. Avoid alkalies, acids, alcohol, tannin, chloral hydrate, metal salts, acacia (precipitation).

ALCOHOL. Avoid acacia, gelatin, albumin (precipitation). Potassium chloride, picric acid, potassium permanganate, chromic acid (explosion).

ALKALIES. Avoid alkaloids (precipitation). Easily oxidizable substances (decomposition by oxidation in alkaline solutions, such as dextrose, resorcin, hydroquinone and procatechol, pyrogallol, chrysarobin, suprarenin, etc.). Acid salts (neutralization). Ammonia salts (liberation of ammonia). Fats (saponification). Esters (dissociation, for instance, aspirin, salol). Syrups (discoloration, mostly dirty discoloration of plant syrups, especially syrup of raspberry). Calcium, magnesia, salts, barium and iron salts (precipitation).

ALKALOIDS. Avoid alkaloids, carbonates, borax, metallic salts, iodides, tannins, plant extracts and tinctures containing tannins (precipitation); for instance, morphine and anise water. Nitrites, such as sweet spirits of nitre, amyl nitrite and sodium nitrite, potassium permanganate (dissociation, nitration or oxidation).

ALUM. Avoid lead acetate, alkalies, alkaline carbonate, acacia, gelatin, lime water (precipitation).

AMINOPYRINE. Same as antipyrine.

AMMONIA. Avoid alkaloids, metallic salts (precipitation). Formaldehyde (formation of methenamine). Iodine (explosion, from iodide of nitrogen; to this classification belong all ammoniated combinations, such as salts of ammonia, ammonium chloride). Chlorinated lime (explosion, same applies to all ammoniated substances).

AMMONIA SALTS. Avoid carbonates and bicarbonates (ammonia liberation, deliquescence).


Amyl Nitrite. Avoid antipyrine, alkaloids, iodides, bromides (contains nitric acid; to be prescribed only alone or with alcohol; not soluble in water).

Antipyrine. Avoid tannin plant extracts containing tannic acid, iodine, quinine, sublimated mercury (precipitation). Nitric acid; also sweet spirits of nitre, sodium nitrite, amyl nitrite, nitrous acid, iron salts, ammonia (discoloration and dissociation). Acetanilid, acetylsalicylic acid, caffeine-sodio-salicylate, formaldehyde and formaldehyde containing substances, methenamine, sodium salicylate, salol, chloral hydrate, phenol, naphthol, menthol (deliquescence or liquefaction). Mercure chloride, calomel (liquefaction of the mercury, making it easily absorbable and poisonous).


Atropine. Same as alkaloids.

Balsam of Peru. Avoid petrolatum.

Bichloride of Mercury (Corrosive Sublimate). Avoid alkaloids, alkalies, tannins and tannic acid-containing plant extracts, as well as most organic substances (precipitation). Metals and metal salts (dissociation or amalgamation). Water containing lime, soap, carbonates, ammonia (precipitation). Lime water (explosion).


Caffeine-Sodio-Benzoate and Salicylate. Avoid acid and acidulated fruit juices, such as syrup of lemon, syrup of raspberry (precipitation). Antipyrine, aminopyrine (liquefaction).

Calomel. Avoid albumin, hydrocyanic acid, lactic acid, hydrochloric acid, carbonates, alcohol, alkalies, such as magnesium oxide (formation of corrosive mercury). Especially important: organic substances, light, sugar (conversion into corrosive sublimate). Calomel powder should be prescribed with milk sugar, because milk sugar is not hygroscopic and the moisture necessary for conversion is not present. Antipyrine (poison).

Camphor. Avoid phenol, chloral hydrate, naphthol, thymol, salol, resorcin (liquefaction).

Chloral Hydrate. Avoid alkalies, ammonia, bromides and iodides, borax (decomposition). Antipyrine, camphor, sodium salicylate, phenacetin, aminopyrine (liquefaction).

Chlorinated Lime. Avoid ammonia and ammonium salts, sulfur, glycerin, fats and oils, also essential oils (explosion).

Chlorine Water. Avoid silver salts, lead and mercury salts (oxides), alkalies, and all easily oxidizable organic substances, sugar, plant extracts, plant mucilage.
CHROMIC ACID. Avoid lead salts, silver salts (precipitation); oxidizable salts (oxidation). Iodine, sulfur, phosphorus, carbon, collodion, sugar, lycopodium, starch, alcohol, ether, phenol, glycerin, tannin, all easily oxidizable substances (explosion).

CITRIC ACID. Avoid double salts of sodium salicylate; for instance: theobromin, licorice and extract of licorice (precipitation).

COCAINE. Same as alkaloids.

CODEINE. Same as alkaloids.

COLLAGOL. Avoid free acids and hydrogen peroxide. (See colloidal silver.)

COLODIAL SILVER. Develops oxygen with hydrogen peroxide and explosive manifestations.

DIGITALIS PREPARATIONS. Avoid tannic acid, metallic salts (lead acetate), iodine, alkalies. Physiologically incompatible; antipyrine, belladonna, opium, quinine, nitroglycerin, and iodides.

EXTRACTS. Many contain tannin—see tannic acid. Alkaloidal extracts—see alkaloids.

FORMALDEHYDE SOLUTION. Avoid ammonia (methenamine formation; consequently removal of odor after disinfection).

GLUCOSIDES. Avoid acids, tannates, iodine, lead salts.

GLYCERIN. Avoid chlor hydrate (decomposition). Potassium chloride, chromic acid, picric acid, potassium permanganate, chlorinated lime (explosion).

GLYCERINIZA (Lorice). Avoid acids.

HERON. Avoid alkalies.

ICHTHYOL. Avoid acids, iodides.

INFUSIONS AND DECOCITIONS. Avoid metallic salts, alkalies.


IODINE. Avoid alkaloids, mucilage, metallic salts, tannin (precipitation). Starch, starch-containing powders from plants (blue discoloration). Essential oils, chloral hydrate (decomposition). Ammonia, and its salts, as well as all ammonia combinations, such as ammoniated mercury (explosion from iodide of nitrogen).

IRON SALTS. Avoid alkalies (precipitation). Readily oxidizing substances such as iodides (iodine liberation). Tannin and plant extracts and tinctures containing tannic acid (ink). Salicylic acid, phenol, antipyrine, aminophyline, suprenalin, resorcin, alkaloids (discoloration).

LEAD ACETATE. Avoid salts of other acids; hydrochloric acid, sulfuric acid, phosphoric acid, carbonates (precipitation). Alkalies, alkaloids, mucilage, albumin, opium, tannin and plant extract containing tannic acid (precipitation). Iodides and bromides (precipitation).

LEAD ACETATE SOLUTION. Avoid hydrochloric acid, sulfuric acid, phosphoric acid, iodides, bromides, opium, tannin, iodine, mucilage (precipitation).

LINMENTS. Acids and acid salts, aluminum, calcium and magnesium salts. In liniments containing ammonia avoid also free iodine.

LYSOL. (Compound Solution of Cresol). Avoid zinc sulfate because of the liberation of fatty acid or oleic acid of zinc.

MAGNESIUM OXIDE. Avoid calomel (decomposition).

MAGNESIUM SULFATE. Avoid alkalies (precipitation). Carbonates (precipitation).

METHOL. Avoid phenol, chloral hydrate, naphthal, thymol, resorcin, salol (liquefaction).

MERCURY OXYCYANIDE. Avoid trituration in a mortar, especially with organic substances (explosion).

MERCURY SALTS. Mercury salts are precipitated by numerous other salts. Soluble mercurial salts are thrown down by chlorides, bromides, iodides, and alkalies; soluble mercurial salts form double salts with chlorides and bromides; precipitate with iodides, alkalies and ammonia. From a practical standpoint combination of corrosive sublimate and of calomel is especially important.

METHENAMINE. With antipyrine forms an inactive compound in the stomach.

MORPHINE SALTS. Avoid iron salts, silver salts, mercury salts, potassium permanganate, alkalies, nitrates, tannic acid.

MUCILAGE (Acacia). Avoid alcohol, ether, tinctures, metallic salts, especially lead acetate solution, ferric oxide, borax (precipitation). Oxalates, silicates.

NAPHTHOL. Avoid phenol, antipyrine, camphor, menthol (liquefaction). Salicylic acid (precipitation).

NITRIC ACID. Avoid glycerin, carbohydrates, phenols, resins and ethereal oils. Cellulose, such as powdered plants, wood, cork and rubber stoppers (explosions).

NITROUS ACID. Avoid antipyrine, alkaloids, iodides, bromides. (Present in sweet spirits of nitre, amyl nitrite and sodium nitrite.)

NOVOCAIN (Procaïne). Avoid alkaline carbonates, calomel, tannin, silver salts.

OPIN. Same as alkaloids.

PARALDEHYDE. Avoid bromides and iodides (decomposition).

PEPSIN. Avoid alcohol, also tinctures, alkalies, metallic salts (precipitation).
PHENACETIN. Avoid chloral hydrate, salicylic acid (liquefaction).
PHENYL SULCYLATE. Avoid antipyrine, camphor, chloral hydrate, menthol, thymol (liquefaction).
PHYSOPTIGINE. Avoid tannic acid, iron salts, mercury salts, alka
es.
PICRIC ACID. Avoid iodine, sulfur, charcoal, powdered plants, sugar, starch, lycopodium, resins and oils, alcohols, phenols (explosion).
POTASSIUM ARSENITE SOLUTION (Fowler’s Solution). Avoid iron salts, iodides (precipitation).
POTASSIUM BROMIDE. Avoid chloral hydrate, paraaldehyde, calomel (decomposi
tion).
POTASSIUM CHLORATE. Avoid all easily oxidizing substances because they may explode. Iodine, sulfur, glyc
erin, alcohol, ether, phenol, lycopodium; especially important: charcoal, tannin, sugar (explosion; for instance, not to be used in tooth powder, or as internal medication with sugar).
POTASSIUM IODIDE. Potassium chlorate, potassium permanganate, iron oxide (liberation of iodine). Alkaloids, metallic salts, such as silver, lead and mercury salts; also calomel, potassium arsenite solution (Fowler’s solution)—(precipitation).
POTASSIUM PERMANGANATE. Alkaloids (oxidation of the latter in solution). Iodine, sulfur, glyc
erin, alcohol, ether, phenol, charcoal, lycopodium, sugar, tannin (explosion).
PROTARGOL. Avoid cocaine (precipitation). Zinc sulfate (precipitation).
QUININE. Same as alkaloids.
RESORCIN. Avoid antipyrine, salicylic acid, camphor, menthol, aminopyrine (liquefaction). Metallic salts, iodides (discoloration).
SALICYLIC ACID. Avoid iron salts (discoloration). Alkaloids (precipitation), excepting morphine and codeine.
SALT. ORGANIC. (For instance, sodium benzoate, sodium salicylate.) Avoid strong free acids.
SILVER SALT. Avoid chlorides, bromides, iodides, cyanides, acetates, alkalies, sulfides, tannic acid, especially organic substances (albumin, mucilage, sugar, etc.).
SOAP. Avoid acids, acid salts, salts of aluminum, calcium, magnesium, especially metallic salts.
SODIUM ARSENATE. Avoid cocaine (precipitation; for instance, when used for subcutaneous injection).

SODIUM BROMIDE. Same as potassium bromide.
SODIUM IODIDE. Same as potassium iodide.
SODIUM NITRATE. Avoid chlorides, bromides, iodides, cyanides, acetates, alkalies, tannin (precipitation). Alkaloids, gluco
dides, carbohydrates, sugar, phenols, albumin, mucilage, as well as other organic substances (explosion when mixed, as in pill-making). Should be always pre
scribed alone, or in pill form with kaolin.
SODIUM NITRITE. Avoid antipyrine, alkaloids, iodides, bromides (decomposi
tion).
SODIUM PERBORATE. Avoid acids.
SODIUM SULCYLATE. Avoid antipyrine, aminopyrine (deliquescence).
SULFUR. Avoid potassium chlorate, potassium permanganate, chlorinated lime, picric acid (explosion). Metallic salts (black discoloration).
SULFURIC ACID. Care during admixture of water, alcohol, turpentine; etc. (heat and possible explosion). Sulfates: Avoid lead, barium, calcium (precipitation).
SUPRARENALIN, ADRENALIN. Avoid alkalies, metallic salts, such as iron (iron chloride solution), mercury (discoloration).
SYRUPS. Most alkalies discolor syrups; also some acids. The reaction should be watched.
THEOBROMINE (Double Salts). Avoid acids.
THEOBROMINE SODIO-SALICYLATE. Avoid acids, alkalies, alkaloids, metallic salts, phosphates (precipitation).
THYMOL. Avoid camphor, chloral hydrate, menthol, salol, antipyrine, aminopyr
e (liquefaction).
TINCTURES. The tinctures containing tannic acid should be diluted only with alcohol (precipitation). Those containing alkaloids should not be mixed with tinctures containing tannic acid (precipitation).
TINCTURE OF IODINE. Avoid ammonia and its salts (explosion, generation of nitrogen iodide).
TINCTURE OF OPium. Avoid tannic acid, iodine, metallic salts, such as lead salts (precipitation). See also alkaloids.
URETHANE. Avoid chloral hydrate, sodium salicylate, camphor, naphthol, phenol, salol (liquefaction).
ZINC SULFATE. Avoid lead acetate (precipitation).
REMOVING MEDICINAL STAINS

ACIDS. In colored fabrics, acid stains are treated with ammonia or sodium bicarbonate and thoroughly washed.

ADHESIVE PLASTER. Benzine, benzol, chloroform or fatty oils.

ALKALIES. Soften with water. Colored fabrics: wash with vinegar or a ten per cent solution of citric acid. White fabrics: a one-half per cent solution of hydrochloric acid may be used, followed by thorough rinsing with water. Test with litmus to see if all alkali is removed.

ANILINE DYES, METHYLENE BLUE. Lye solution. Dilute hydrochloric acid is also good. Both methods must be followed by thorough rinsing with water. Very resistant dyes must be soaked for several hours in a 1 to 1000 permanganate solution, rinsed and treated with oxalic acid solution.

ARGYROL AND MILD SILVER SOLUTION. When fresh, can be removed with soap and water. Old stains disappear if treated with a warm solution of sodium thiosulfate, 10 to 20 per cent.

BALSAM OF PERU. Very difficult to remove. Old stains should be first softened with benzyl benzoate. Fresh stains may be removed from white clothes by persistent treatment with chloroform, acetic ether or amyl alcohol.

BLOOD. Same as hemoglobin.

BROMIDES. As soon as possible, aromatic spirits of ammonia should be applied, then washed with clear water.

CANADA BALSAM. Fresh or dried stains may be removed with ether, amyl alcohol, chloroform, oil of turpentine, carbon tetrachloride, carbon bisulfide, and toluol; in most instances also with alcohol, acetone, methanol, acetic ether, and benzine.

CASTOR OIL. Absolute alcohol, ether, chloroform, benzol. Benzine or gasoline not effective.

CHLOROPHYLL. For fresh stains (grass, etc.) warm alcohol; for old stains sodium perborate, ammoniated hydrogen peroxide, dilute aromatic spirits of ammonia, dilute zinc chloride solution. For resistant stains, chlorinated lime, bleaching fluid, sulfuric acid, hyposulfite, and other sulfttes.

CHROMIC ACID. Dilute sulfuric acid in watery solution or concentrated sodium thiosulfate solution mixed with a few drops of sulfuric acid. When the fabric is suitable, the acid may be precipitated into lead chromate with lead acetate, and this, after washing in distilled water, dissolved with lye.

CHYRASODIN. Most easily removed with benzol, but chloroform, tetraline and absolute alcohol are also effective. Warming these solutions renders them more efficient.

COD-LIVER OIL. Carbon tetrachloride, benzol, and gasoline. The best solvent is methyol. A final washing with soap, preferably tincture of green soap, is necessary.

COFFEE AND COCOA. Washing in concentrated salt water and rinsing thoroughly with water. Sometimes softening the stain with glycerin is helpful.

COLLODIUM. Ether or sweet spirits of nitre.

COPIAHA. Ether, chloroform, oil of turpentine, benzol, acetic ether, benzine, alcohol, carbon disulfide.

COPPER SULFATE. A 50% solution of potassium iodide, or the stains are moistened with a 10% solution of acetic acid, followed by a lukewarm solution of 20% sodium chloride; furthermore, potassium cyanide can be used.

FLUID EXTRACTS. In most instances alcohol is sufficient, perhaps followed by tincture of green soap or soap suds.

FRUIT. Washing with lukewarm sweet milk. If this does not succeed, a brief application of sodium bisulfite, slightly acidified with hydrochloric acid. The garment must then be well washed in cold and in warm water.

GOLD. COLLOIDAL. Easily removed from clothes or hands with a concentrated (about 20%) solution of potassium cyanide.

GRASS. Same as chlorophyll.

HEMAGLOBIN. Fresh stains (blood) should be washed with lukewarm water; older stains should be softened with borax solution, dilute ammonia or tincture of green soap, and finally treated with a 2% solution of oxalic acid. For resistant stains, solutions of pepsin with hydrochloric acid or other enzyme preparations may be used.

ICHTHYOL. Warm soap suds.

INK. METHYL VIOLET. From the skin, it may be removed with glycerin, acetic or citric acid. Fabrics require similar applications. Resistant stains must be treated as Tar Coloring Products.

IODINE. Hands or clothes are moistened with potassium cyanide solution, ammonia or sodium thiosulfate solution.

IDOFORM, VIIFORM. The article is soaked for two hours in a 2% acetic acid solution; then rinsed and wrung out. The article is then placed for one hour in a 2% solution of hyposulfite, washed thoroughly in water, boiled for about ten minutes in soap suds, and rinsed out in cold water.

LANOLIN (Wool-Fat). Ether, acetone, benzol, benzine, chloroform. Alcohol is ineffective.

LEAD ACETATE. After applying peroxide, the remaining yellow stain is removed with lye or acetic acid.

LINSEED OIL. The best solvents are tetralin, hexalin, and warm amyl alcohol. For white or naturally colored objects, aromatic spirits of ammonia is added.
MERCURICCHROME. A 2% solution of potassium permanganate followed by a 5% solution of oxalic acid, which is then rinsed out thoroughly. Hypochlorites are also effective.

MERCURY. (Corrosive Sublimate). Tincture of iodine is applied to the stain; the resulting mercuric iodide is then removed with strong iodide of potash. A solution of potassium cyanide or potassium iodide may be left to dry on the stain. The stain can then be washed out with warm sodium hypoosulphite.

MILDW. First, the stain is covered with ammonia water, then carefully saturated (by means of absorbent cotton) with a 20% solution of oxalic acid and thoroughly rinsed in water. In white fabrics, mildew or urine stains can be removed by wetting with dilute hydrochloric acid, followed by hydrogen peroxide.

MILK. The fatty constituents are removed with a mixture of equal parts of ether and alcohol; the casein with diluted ammonia water, and the sugar of milk by repeated washings with water.

MINERAL OIL. Ether, benzene, benzol, chloroform, dichlorehyl, trichlorehyl, carbon tetrachloride.

OILS AND FATS. Same as mineral oil. Blotting paper, layer of cotton or some other absorbent material should be placed under the stain, while treating it.

PICRIC ACID. For about a minute, the stain is left to dissolve in an alkaline sulfate such as potassium sulfate, then it is thoroughly washed with soap and water. The following is also recommended for fresh stains: the stain is covered with a paste made of magnesium carbonate and water; then after a while the paste is rubbed into the stain.

POTASSIUM PERMANGANATE. Dilute sulfuric acid, dilute hydrochloric acid, oxalic acid, hypoosulphite or alkaline sulfates. For susceptible fabrics and marble which cannot be treated with acids, the stains should be moistened with ammonium sulfate solution, which is then washed away. The manganese sulfate formed is dissolved with a 10% solution of potassium cyanide.

PROTARGOL. While fresh, protargol stains are easily washed away with soap and water. Old stains can be removed with a solution of potassium iodide, sodium hypoosulphite or ammonium persulfate, also with hydrogen peroxide, and ammonia.

PYROGALLOL. Old stains cannot be removed. Fairly recent stains can be removed or made less conspicuous by applying a warm 5 to 10% iron sulfate solution to the stain until it changes to a deep blue color. After thorough washing with water, the remaining stain is promptly treated with a solution of oxalic acid. When the color disappears, the stained article is carefully rinsed. The procedure is repeated as often as necessary.

REAGENTS. Ebbach’s reagent; same as picric acid; Fehling’s or Haines’s solution; same as copper sulfate; Gruenberg’s solution; same as pyrogallol; Griesma’s solution, Löfler’s methylene blue, carbol-fuchsin, gentian violet; indicator stains: same as aniline dyes; Lugol’s solution; same as iodine; Mayer’s and Nessler’s reagent; same as mercury; Weigert’s solution as well as Stock’s fluid: same as iron salts.

RED WINE. Sodium perborate or hydrogen peroxide solution.

RESINS. Strong alcohol. (See also Canada Balsam.)

RESORCIN. Fresh stains are treated with glycerin, dichlorhydrin, ether, alcohol; older stains with citric acid solution; very old stains, as aniline dyes.

RHUBARB. From light colored fabrics stains may be removed with hot benzol. For cleaning the hands, vinegar or pumice stone should suffice.

RUST, IRON SALTS. Ferric chloride, tinctures of iron salts, and rust yield to treatment with a 10% zinc chloride solution, or a 10% citric acid solution, or a warm 5% solution of oxalic acid to which about 5% glycerin is added; also hot sodium pyrophosphate solution. Weak, watery solutions of ammonium fluoride or potassium fluoride (lead, gutta-percha, paraffin or wooden vessels should be used). White fabrics may also be treated with hydroosulphite, such as sodium hydroosulphite (sprinkled on the stain and moistened). In all instances, thorough rinsing with water should follow.

SALvarsan. Fresh stains can be washed away. Old stains cannot be removed.

SILVER NITRATE. Fresh stains are quickly removed with a 10% solution of potassium cyanide. This should be followed by bichloride of mercury and thorough rinsing with water. Or a 10% solution of potassium iodide may be used. The resulting yellow stains are then removed with thiosulfate solution. For removing caustic silver nitrate (lunar caustic) from the skin the following mixture may be used: Bichloride of mercury 10, ammonium chloride 10, distilled water 80. Covering the spots with concentrated copper chloride and washing this away with thiosulfate solution is also recommended. Before using any of these methods, oiliness of the skin should be removed with carbon tetrachloride or ether.

SOOT. May be rubbed out with a 20% solution of tartaric acid.

TANNIN. Dilute acetic acid or a solution of oxalic acid, or a mixture of equal parts of alcohol, glycerin or dichlorhydrin and water. Deep stains need also hypoosulphite. Lead acetate is also effective. Sulfate of iron may also be used, and the resulting ink removed with oxalic acid.

TAR AND TAR PRODUCTS. Dried stains should be softened with warm oil, then benzol, xyloc, chloroform, carbon tetrachloride, trichlorehyl, tetralin for dissolving the stain (a blotter should be placed under the stain for absorption). Next washing with tincture of green soap or with soap and water.

TAR COLORING PRODUCTS. Hydrogen peroxide, perborates, peroxides (oxygen preparations for silk and delicate fabrics); chlorinated lime, hypochlorite solutions, etc. Lime for linen, cotton and paper. (Sodium hypoosulphite or weak ammonia as follow-up treatment.) Sulfurous acid, potassium sulfite, bisulfite, hydroosulphite (for all fabrics, as wool, silk, mixed weaves, wood, paper). Frequently, hot glycerin or acetic or citric acid suffices. Sometimes strong tincture of soap is resultful. Fabrics should first be tested to see if it will withstand such applications. Invariably washing with water should follow the application.
TRYPAFLAVINE. Woolen garments should be treated promptly. After the stain has dried, the garment should be washed in warm water. Then water is heated to about 125 degrees F. and to every quart of water one-half dram of hydrochloric acid is added. The stain is soaked in this for 15 minutes. The garment is then thoroughly rinsed in clear water and dried.

Urine. Same as mildew.

REMOVING MICROSCOPIC STAINS FROM THE SKIN

<table>
<thead>
<tr>
<th>Stain</th>
<th>Remover</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ehrlich’s triacid solution</td>
<td>Peroxide of hydrogen (5%)</td>
</tr>
<tr>
<td>Ebsch’s reagent</td>
<td>Strong ammonia water, equal parts</td>
</tr>
<tr>
<td>Giemsa stain</td>
<td>Same</td>
</tr>
<tr>
<td>Hematoxylin-safranine solution</td>
<td>Peroxide of hydrogen (5%)</td>
</tr>
<tr>
<td></td>
<td>Hydrochloric acid, equal parts</td>
</tr>
<tr>
<td>Carbol-fuchsin solution</td>
<td>Tincture of green soap</td>
</tr>
<tr>
<td>Carbol-gentian-violet solution</td>
<td>Absolute alcohol</td>
</tr>
<tr>
<td>Carbol-thionin blue solution</td>
<td>Tincture of green soap</td>
</tr>
<tr>
<td>MethyI violet solution</td>
<td>Tincture of green soap</td>
</tr>
<tr>
<td>Leishman’s blood stain</td>
<td>Tincture of green soap</td>
</tr>
<tr>
<td>Löf/Ser’s methylene blue solution</td>
<td>Tincture of green soap</td>
</tr>
<tr>
<td>Aqueous borax-carmine solution</td>
<td>Tincture of green soap</td>
</tr>
<tr>
<td>Polychrome methylene blue solution</td>
<td>Tincture of green soap</td>
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</tbody>
</table>

GLANDS OF INTERNAL SECRETION
(Endocrine Glands)

ADRENAL GLAND: . See suprarenal gland.

GONADS: . The sex glands. See ovary and testis.

LIVER: . Though not generally considered a gland of internal secretion, it does form glycogen (sugar) and urea within its cells. These secretions are given off to the blood for nutrition and for elimination.

OVARY: . Controls the development of female sexual characteristics. Its secretion exercises an important part in maintaining the normal nervous mechanism. Controls the menstrual function. Absence of ovarian secretion due to surgical removal of the ovaries or at the menopause causes hot flushes, nervous symptoms, obesity, headaches, and perhaps predisposes to a type of arthritis.

PANCREAS: . Besides its external secretion (pancreatic juice), the pancreas forms an internal secretion which plays an important part in the metabolism of sugar in the body. This secretion may be an enzyme. Absence of the pancreatic secretion gives rise to glycosuria or diabetes mellitus; there is an increase in the quantity of urine and urea, and abnormal thirst and hunger. Acetone is also present in the urine. These symptoms, unless the condition is controlled, are followed by emaciation and muscular weakness, and finally end in death.

PARATHYROID: . These glands play an important part in regulating the calcium concentration in the blood and in maintaining a proper balance between the acid and alkaline elements of the blood. They also influence the calcium deposition in the bones. Their mode of action is unknown.

Removal or destruction of the parathyroids results in overexcitability of the motor nerves and the central nervous system, due primarily to lowering of the serum calcium. The blood phosphate is increased.

PINEAL (GLAND OR BODY): . In early life it is a glandular structure, reaching its greatest development at the seventh year. Then undergoes involution, the glandular structure disappears and is replaced by fibrous tissue.

In the young child this gland furnishes a secretion which inhibits growth and particularly restrains the development of the reproductive glands. Extract injected intravenously causes a distinct fall of blood pressure.

Absence of pineal secretion in the young accelerates development of the reproductive organs, causes mental precocity and increased growth of the skeleton.

PITUITARY: . Consists of an anterior and posterior lobe. The anterior lobe forms an internal secretion, related to skeletal growth, to mental development, and to the development of the sex glands. The posterior lobe probably influences metabolism, controls the flow of urine, and regulates the tone of the capillaries.

Extracts of the posterior lobe contain two principles: nasorropin, which is responsible for the pressor and capillary constrictor action of the extract; oxytocin, which stimulates the uterus but has very little
effect on the blood pressure. The antidiuretic action of pituitary extract is probably due entirely to vasopressin, but may be due to a third as yet unrecognized principle. Pituitary extract antagonizes the internal secretion of the pancreas—insulin.

Hyperpituitarism or increased secretion of the pituitary gland causes gigantism and acromegaly; increased sexual excitement, glycosuria, profuse sweating and connective tissue hyperplasia. Hypopituitarism or diminished activity of the pituitary causes depression of the sexual function; changes in the skin and hair; adiposity, stunted skeletal development, mental backwardness, lowered basal metabolic rate (about 20 per cent below normal).

**SUPRARENAL (ADRENAL):** This gland consists of the external cortex and internal medulla. The physiological functions of the secretions are obscure. The cortex is essential to life, the medulla is not. The medulla secretes epinephrine. Extracts obtained from the cortex apparently influence favorably the symptoms of Addison’s disease. There is no doubt that the secretion of the adrenals has many functions, among these is perhaps the prevention of undue relaxation of the arteries, thereby maintaining normal blood pressure. This action becomes markedly accentuated in violent excitement, such as fear or rage. In some respects the action of the adrenal secretion is antagonistic to that of the thyroid, and it is quite possible that a proper balance between the two is necessary to maintain normal conditions in the body.

Addison’s disease, which heretofore has been considered a condition resulting from underaction of the adrenal medulla, is, in view of its successful treatment by extract from the cortex, most probably a result of hyposecretion of the cortex.

**Testis (Testicle):** The male sex gland. The effect of the testicular secretion can only be conjectured from the results following castration. If the testes are removed before puberty, the rest of the reproductive apparatus does not develop; the seminal vesicles and the prostate are small and atrophic. The secondary sex characters do not appear. There is no growth of hair on the face, trunk, or axilla; the pubic hair is of the female type; the growth of the larynx is arrested. The mentality is peculiar and marked depression is often present. There is a tendency to gigantism. There may be abnormal deposition of fat. After puberty, no skeletal changes occur, but the condition is similar to that already described. The penis, however, remains of normal size. Sexual feeling is usually lost, though an imperfect erection of the penis may sometimes occur.

**Thymus:** The thymus continues to enlarge until the age of puberty. After the fourteenth to sixteenth year it steadily becomes smaller, and atrophies at 50 to 60 years of age. Probably regulates the growth of the child. Persistence of the thymus after puberty may lead to a condition designated as status thymo-lymphaticus. It is stated that sudden deaths are due to this condition. Injection of the extract obtained from the thymus lowers the arterial pressure and accelerates the heart beat.

Status lymphaticus may give rise to female sexual characteristics in the male, and to sexual underdevelopment in the female.

**Thyroid:** The thyroid gland secretes thyroxine, which acts as a catalyst regulating the rate of the metabolism.

Loss of secretion results in adults in myxedema, characterized by decreased mental activity, loss of memory, slowness of thought, speech, and movement. The skin becomes dry and coarse. The hair tends to fall out. The sexual functions are disturbed. The patient feels cold excessively.

Congenital absence or maldevelopment of the thyroid leads to cretinism. It usually appears at the sixth month. The symptoms are backward mental development, often complete idiocy.

The child is late holding its head up, sitting up, walking; its speech development is retarded. The skeleton is small and stunted. The secondary sex characters do not develop. The skin is thickened. The tongue is enlarged and protrudes from the mouth; deposits of fat appear, especially above the clavicles. Constipation is commonly present.

In simple goiter there is an enlargement of the thyroid, accompanied as a rule by signs of undersecretion.

Overactivity of the thyroid causes hyperthyroidism (Graves’ disease, exophthalmic goiter). The symptoms are increased metabolic rate. The rate of circulation is speeded up; glycosuria may be present. The pupils are dilated, the upper lid is retracted, and a protrusion of the eyes (exophthalmos) results. A fine tremor of the voluntary muscles is present.
THE VITAMINS

VITAMIN A—ANTIOPTHALMIC

Fat-Soluble

Functions: Essential for normal growth and reproduction and for the maintenance of health and vigor of the body. Makes the tissues more resistant to certain type of bacterial infection, especially of the respiratory organs, sinuses, ears, bladder, skin, and digestive tract. Prevents and cures xerophthalmia, a characteristic eye disease which develops when animals are deprived of vitamin A.

Sources: Butter, cream, whole and skimmed milk, egg yolks, custards, ice cream, spinach, lettuce, and other leafy vegetables, string beans, carrots, yellow turnips, sweet potatoes, tomatoes, yellow corn, liver, sweetbreads, kidney.

Stability: Not much affected by cooking temperatures. Destroyed by heat in presence of oxygen.

VITAMIN B—ANTINEURITIC

Water-Soluble

Functions: Essential for growth, reproduction, and the preservation of health. Stimulates appetite, aids in protecting the gastro-intestinal tract against infection, and causes better absorption of food. When not present in adequate quantities, gas-producing organisms multiply and fermentation interferes with nutrition. Total deprivation causes a characteristic nervous disease known as beri-beri or polyneuritis.

Sources: Whole grain cereals, whole wheat bread, nutsmeats, wheat embryo, beans, peas, lentils and other legumes, asparagus, spinach, tomatoes, mushrooms, parsnips, cabbage, carrots, other vegetables in small quantities, fruits (except apples and pears), oranges, lemons, grapefruit, prunes, malted milk, yeast (especially brewers' yeast).

Stability: Little affected by ordinary cooking temperatures. Partially destroyed by cooking with an alkali (soda). Unaffected by canning or drying.

VITAMIN C—ANTISCORBUTIC

Water-Soluble

Functions: Promotes health in general and specifically prevents scurvy. Essential for growing children for the sound development of the teeth. Lack of this vitamin causes loss of appetite and loss of weight and eventually scurvy. An insufficient amount in the diet manifests itself by irritability of temper, loss of energy, poor complexion, pains commonly mistaken for rheumatism. The teeth are likely to be first affected.

Sources: Raw fresh fruits, raw fresh fruit juices, uncooked fresh vegetables, raw or canned tomatoes, oranges, lemons, limes, grapefruit, raw or quickly sterilized milk.


VITAMIN D—ANTIRACHITIC

Fat-Soluble

Functions: Necessary for proper development of the skeleton, including the teeth, and for the prevention of rickets. Facilitates the absorption of calcium and phosphorus from food. Aids in maintaining health and prevents respiratory infections. Its absence produces rickets in children, with irritability, restlessness and listlessness. Rickets predisposes to constipation and renders the child very susceptible to bronchitis and pneumonia. Those even with mild rickets suffer continually from colds, their teeth show poor occlusion, dental caries, diseases of the sockets and attaching tissues.

Sources: Cod-liver oil, egg yolk, vegetables, viosterol, milk to a small extent, foods subjected to ultra-violet rays.

Note: This vitamin can be produced synthetically in the body by exposure to sunlight or ultra-violet light. In adults, it is necessary to supply it in excess of normal intake only when special conditions require.

Stability: Unaffected by heat or oxidation.

VITAMIN E—ANTISTERILITY

Fat-Soluble

Functions: Essential for reproduction. Its absence produces a type of sterility.

Sources: Whole milk, seeds, green leaves (alfalfa, a rich source), most vegetable oils, especially oil from wheat germ and whole wheat, egg yolk.

Stability: Stable to heat and oxidation.

VITAMIN F—ANTINEURITIC

Water-Soluble

Functions: In its absence young rats appear to be retarded in growth, sexual maturity and ovulation. Essential for normal lactation. This vitamin is probably the factor in the vitamin B complex that prevents polyneuritis.

Sources: Yeast, whole grains, fresh spinach, nuts, fruits, to a lesser extent milk.

Stability: Gradually destroyed by long heating. Remains unaffected by ordinary cooking temperatures.

VITAMIN G—ANTIPELLAGRIC

Functions: Essential to growth, prevents pellagra, cures pellagra in the early stages. One of the factors in the vitamin B complex.

Sources: Yeast, yeast extracts, milk, lean meat, fresh or canned spinach.

Stability: Stable to heat.
## Mineral Salts

<table>
<thead>
<tr>
<th>Element</th>
<th>Occurrence in the body</th>
<th>Function in the body</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium</td>
<td>Blood and other fluids.</td>
<td>Regulates osmotic pressure; assists in regulation of heart beat.</td>
</tr>
<tr>
<td>Potassium</td>
<td>Constituent of cells in fluids that bathe the heart.</td>
<td>Helps maintain normal alkalinity; helps regulate osmotic pressure; assists in regulating normal contraction and relaxation of muscles.</td>
</tr>
<tr>
<td>Calcium</td>
<td>In bones and teeth; essential constituent of fluids bathing the heart; in other fluids.</td>
<td>Builds bones and teeth; essential for coagulation of blood; regulates contraction and relaxation of heart muscles; assists in regulation of mineral metabolism.</td>
</tr>
<tr>
<td>Magnesium</td>
<td>In muscle tissue, blood and lymph.</td>
<td>Preservation of mineral balance; antagonistic to calcium in body.</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>Constituent of bones and teeth; constituent of every cell, muscle, nerve, and brain. Constituent of lecithin, blood, and of glandular tissue.</td>
<td>Builds bones and teeth; essential to all cellular activity; as lecithin, assists cell to connect with its environment; assists in maintaining normal reaction of body.</td>
</tr>
<tr>
<td>Chlorine</td>
<td>Chiefly as sodium chloride, essential constituent of hydrochloric acid in gastric juice.</td>
<td>Assists in digestion of protein as part of hydrochloric acid. Assists in regulating osmotic pressure as sodium chloride.</td>
</tr>
<tr>
<td>Iron</td>
<td>Essential constituent of hemoglobin; constituent of chromatin substances.</td>
<td>As part of hemoglobin carries oxygen to the tissues; assists in the elimination of carbon dioxide by way of the lungs.</td>
</tr>
<tr>
<td>Sulfur</td>
<td>Constituent of protein in form of amino-acid cystine, partly as a constituent of the chemical regulator glutathione, partly as conjugated sulfates.</td>
<td>Essential to growth. Regulator of oxidation processes.</td>
</tr>
<tr>
<td>Iodine</td>
<td>Part of thyroxine, and essential element in the structure of the thyroid gland.</td>
<td>Essential element in the structure of the thyroid gland; an important regulator of basal energy metabolism; an essential part of thyroxin, stimulating development, indispensable to growth; preventive in the development of simple goiter.</td>
</tr>
</tbody>
</table>

### Substances, Occurrence, and Function

<table>
<thead>
<tr>
<th>Substance</th>
<th>Occurrence in the body</th>
<th>Function in the body</th>
<th>Daily requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Fluid medium in all body fluids, blood, lymph, digestive juices, secretions of body; in all cells, fluids bathing cells, heart muscles, etc.</td>
<td>Furnishes fluid medium for all body excretions and secretions, prevents friction, assists in elimination, digestion, metabolism.</td>
<td>Average diet sufficient. Requirements from 1½ to 2 grams a day.</td>
</tr>
<tr>
<td>Sodium</td>
<td>As sodium chloride (NaCl) in all foods except pure fats and carbohydrates.</td>
<td>Average diet sufficient.</td>
<td>Adults, 0.68 to 1 gram. Children 1 gram or more.</td>
</tr>
<tr>
<td>Potassium</td>
<td>Lean meat, milk, most plants.</td>
<td>Adequate in average diet.</td>
<td>Adults, 1.32 grams. Children 1 gram or more.</td>
</tr>
<tr>
<td>Calcium</td>
<td>Milk, cheese, nuts, cereals, vegetables.</td>
<td>Intake sufficient in average diet.</td>
<td>About 5 milligrams a year for adults.</td>
</tr>
<tr>
<td>Magnesium</td>
<td>Cereals, potatoes, most plants.</td>
<td>Diet adequate in protein is adequate in sulfur.</td>
<td>Adults, 15 milligrams; during pregnancy and lactation, 22 milligrams. Children, 7½ to 10½ milligrams per 1000 calories.</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>Milk, meat, egg yolk, nuts, vegetables, fruits.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chlorine</td>
<td>As sodium chloride in all foods except pure fats, pure carbohydrates.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iodine</td>
<td>Sea food, marine algae, certain plants.</td>
<td></td>
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</tr>
<tr>
<td>Iron</td>
<td>Glandular organs: liver, kidney, gizzard, egg yolk; green vegetables, spinach in particular; fruits: dried apricots, peaches, raisins, etc. Whole grain cereals.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sulfur</td>
<td>Chiefly protein foods.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>As water, fruit juices, milk; all fruits except those dehydrated or artificially dried.</td>
<td></td>
<td>6 to 8 glasses daily in addition to that supplied in food.</td>
</tr>
</tbody>
</table>
# The Ideal Weight

For every inch in height above five feet add 5 1/2 pounds to 110, which should be the normal weight at five feet. For instance: a person 66 inches tall should weigh approximately 110 pounds, plus six times 5 1/2—143 pounds.

## Average Heights and Weights

The weights are for persons with shoes on, and without coat and vest, which weigh from 3 to 7 pounds, depending on height of individual and season of year.

### Men

<table>
<thead>
<tr>
<th>15–19 years</th>
<th>20–24 years</th>
<th>25–29 years</th>
<th>30–34 years</th>
<th>35–39 years</th>
<th>40–44 years</th>
<th>45–49 years</th>
<th>50–54 years</th>
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</thead>
<tbody>
<tr>
<td>5'</td>
<td>113</td>
<td>5'</td>
<td>119</td>
<td>5'</td>
<td>124</td>
<td>5'</td>
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<tr>
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<td>5'11/16</td>
<td>117</td>
<td>5'11/16</td>
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<tr>
<td>5'21/4</td>
<td>118</td>
<td>5'21/4</td>
<td>120</td>
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## Average Weights and Measures of Adult Human Organs

**Brain:** Weight: male, 50 ounces; female, 44 ounces.

**Heart:** Weight: male, 10 to 12 ounces; female, 8 to 10 ounces. Measurements: 5 inches long, 5 1/2 inches broad, 2 1/2 inches thick.

**Lung:** Weight: right, 25 ounces; left, 19 ounces. Very variable.

**Stomach:** Weight: 4 1/2 to 5 ounces. Measurements: 10 to 12 inches long, 4 to 5 inches wide.

**Liver:** Weight: 45 to 60 ounces. Measurements: transverse, 10 to 12 inches; antero-posterior, 6 to 7 inches.

**Pancreas:** Weight: 3 ounces. Measurements: 6 to 8 inches long, 1 1/2 inches broad.

**Spleen:** Weight: 5 to 7 ounces. Measurements: 5 inches long, 3 inches broad, 1 1/2 inches thick.

**Kidney:** Weight: 4 1/2 to 5 1/2 ounces. Measurements: 4 inches long, 2 1/2 inches broad, 1 1/2 inches thick.

The average weight and size of all these organs are less in the female than the male.
# Heights and Weights

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MENTALITY OF ONE AND TWO YEARS
1. Eye follows light.
2. Block placed in hand is grasped and handled.
3. Suspended ring is grasped when seen.
5. Child selects bright-colored object placed among dull-colored ones of the same size and shape.

MENTALITY OF THREE YEARS
1. Touches nose, eyes, mouth, and points them out in pictures as directed.
2. Repeats, without error, a sentence of six syllables.
3. Repeats two numerals.
4. Enumerates familiar objects in pictures.
5. Gives family name.

MENTALITY OF FOUR YEARS
1. Knows own sex.
2. Recognizes key, knife, penny.
3. Repeats three numerals in order, when heard once.
4. Tells which is longer of two lines differing by a centimeter.

MENTALITY OF FIVE YEARS
1. Discriminates weights of 3 and 12 grams, 6 and 15 grams.
2. Draws, after copy, a square that can be recognized as such.
3. Repeats "His name is John. He is a very good boy," and similar sentences.
4. Counts four pennies.
5. Rearranges rectangular card that has been cut diagonally into two triangles.

MENTALITY OF SIX YEARS
1. Knows whether it is forenoon or afternoon.
2. Defines in terms of their uses, the words fork, table, chair, horse, mamma, three satisfactorily.
3. Performs three commissions given simultaneously.
4. Shows right hand, left ear.
5. Distinguishes pretty from distinctly ugly or deformed faces, in pictures.

MENTALITY OF SEVEN YEARS
1. Counts thirteen pennies.
2. Describes pictures of familiar objects.
3. Notes omission of eyes, nose, mouth, or arms, from as many portraits, three of the four.
4. Draws diamond shape from copy, so that it can be recognized.
5. Names red, green, blue, yellow.

MENTALITY OF EIGHT YEARS
1. States difference between paper and cloth, butterfly and fly, wood and glass, in two minutes, two satisfactorily.
2. Counts from 1 to 20 in twenty seconds, with no more than one error.
3. Names days of week in order, in ten seconds.
4. Counts value of six stamps, three ones and three twos, in less than fifteen seconds.
5. Repeats five numerals in order, when pronounced once.

MENTALITY OF NINE YEARS
1. Gives correct change from a quarter paid for an article costing four cents.
2. Defines in terms superior to statements of use the words fork, table, chair, horse, mamma, three satisfactorily.
3. Names the day, month, day of month, year, allowing error of three days either way on day of month.
4. Names the months in order, allowing one omission or inversion, in fifteen seconds.
5. Arranges in order of weight, boxes of same size and appearance weighing 6, 9, 12, 15 and 18 grams, in three minutes. Two out of three trials.

MENTALITY OF TEN YEARS
1. Names a penny, nickel, dime, quarter, half dollar, two, five and ten dollar bills in forty seconds.
2. Copies design after ten seconds' exposure.
3. Repeats six numerals.
4. Tells what one should do in various emergencies, and answers questions difficult of comprehension.
5. Uses three given words in two sentences.

MENTALITY OF ELEVEN YEARS
1. Detects nonsense in three out of five statements in about two minutes.
2. Uses three given words in one sentence.
3. Gives at least sixty words in three minutes.
4. Names three words that rhyme with way, in one minute.
5. Rearranges shuffled words of eight-word sentences, two out of three, with one minute each.

(440)
Mentality of Twelve Years
1. Repeats seven numerals in order, when heard once.
2. Defines charity, justice, goodness, two satisfactorily.
4. Resists suggestion as to length of time.
5. Infers correctly the fact indicated by circumstances given in each of two trials.

Mentality of Fifteen Years
1. Interprets pictures of familiar objects.
2. Imagines clock-hands interchanged for hour 12:20 and for hour 2:56, telling the time.
3. Writes "caught a spy" in symbols, after learning code, one error permitted.
4. Writes correctly the opposite of seventeen out of twenty given words.

Mentality of an Adult (Over Fifteen Years)
1. Imagines and draws results of cutting triangle from side of twice folded paper.
2. Imagines and draws new form produced by joining the transposed pieces of diagonally divided rectangular card.
3. Distinguishes between abstract terms of similar sound and meaning (evolution, revolution; event, prevent, etc.).
4. Gives three differences between the president of a republic and a king.
5. Gives the central thought of a selection read to him.

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