

**A Nomination of a Successor to Dr. Wiley: Professor Ladd of North Dakota**

*To the Editor:*—Having read, like thousands of others, your editorials on Dr. Wiley, I take the liberty of suggesting that North Dakota has a man who has taught and enforced rules of sanitation for shops, stores and transportation as I have not seen them elsewhere and has made the state of North Dakota particularly hot for fraudulent food and drug dealers and manufacturers. That man is Prof. E. F. Ladd, food commissioner of North Dakota. After nine years' residence in the state, during which the monthly bulletin of his department (a regular treat) kept me as well as the rest of the medical profession and the people at large posted, I feel that he stands at the head of his class as a pure food expert and that there are few in that class.

All forms of food, drugs and beverages must be and are correctly labeled in North Dakota or they become a source of trouble to their vendors as well as manufacturers; and "North Dakota Series" is the label found on more than one brand of goods that show the manufacturers had to obey the laws of that state and that they do not make a general practice of producing the same product for shipment to other states.

This is surely the time to turn the lime-light on Prof. E. F. Ladd. For indefatigable energy, implacable courage and honesty, aside from his technical ability and executive experience he is certainly, if chosen, the man to continue the good work of Dr. Wiley. A fearless exponent of what is right, he is a regular Nemesis to misbranders and adulterators of foods.

M. A. LEE, Superior, Wis.

**After-Effects of Athletics**

*To the Editor:*—As an old hygienist, I was delighted with your editorial "Muscular Development and Physical Exercise" in THE JOURNAL (March 9, p. 703). People are beginning to pay some attention to what concerns them most, viz., their health; and scientific publications, not to mention the daily papers, are cheerfully giving more and more space to this, the most important of all topics. I want to commend highly your demand that the physical education of children shall be undertaken and carried out with the same care and attention that is devoted to the intellectual side of their development. Perhaps we shall hark back to the fine old formula by which the ancient Greeks regulated the education of children. They divided the time spent on it each day into three equal periods, which were taken up with study, exercise (including games and contests) and music, with the result that they produced men and women whose equals physically and intellectually the world has not seen since. While I heartily approve of the editorial and the fair and scientific spirit in which it was written, I want to call attention to one small portion of it which may mislead some of your readers. I refer to the reference to the "report of the Surgeon-General of the Army" (which, by the way, is an evident misprint, the report of the Surgeon-General of the Navy being meant). I read this report with marked disapproval some time ago and am sorry to note that so excellent a journal as yours appears to have been misled by the statements it contained. As I remember General Stokes' report it was a case of special pleading and presentation of one side only in support of his presumed prejudice against athletic sports. For instance, the report says "The prolonged rigorous course of physical exercises necessary to excellence in physical sports is believed to be dangerous in its after-effects on those who indulge." Such statements are not proof of anything; what is wanted is the truth proved and established by scientifically ascertained facts. The report goes on and gives some figures showing the disabilities, deaths, retirements and so on, of officers who had indulged in athletic sports while at the naval academy. These are not contrasted with similar figures deduced from the records of non-athletes, at least not in the extracts of the report which I have; but even if the subsequent life-histories of the non-athletes had been given and had proved, in some or all respects, more favorable than those of the athletes, they would by no means prove anything in regard to the desira-

bility of athletic exercise for students, unless we know the subsequent habits of both classes of men. Many ex-athletes possessed of what is called "the insolence of health" fall early victims to diabetes, Bright's disease, arteriosclerosis and the other diseases of gluttony, intemperance and venery.

In my ten years in the Army I found that the strong and athletic officers were more apt to be dissipated than their weaker and more domestically inclined colleagues. The dull routine of garrison life was more irksome to the strong and enterprising than to the weak and undeveloped. It was commonly understood that the best fighters and most gallant officers were apt to be the freest livers and the hardest drinkers. The dull life on shipboard must have a similar effect, and the athletic men are perhaps the more dissipated. No one can keep well long and lead an improper life. Consequently, until we know what sort of men the Surgeon-General of the Navy is writing about, his report is of little scientific value.

The reports of Dr. Anderson of Yale and Dr. Sargent of Harvard tell quite a different story. College graduates being, let us assume, less prone to alcohol and venery in excess than naval officers as a class, are distinctly benefited in after life by athletic exercises in college as the reports of their physical directors show. I am not defending athletic contests. I am merely arguing from what I know and have seen to be true. If football and rowing are hurting our young men and cutting them off prematurely let these sports be stopped at once. But let us not judge such an important question on hearsay or one-sided testimony.

Indeed, the obvious means of settling some of these questions at the present moment is a thorough, careful and unbiased investigation of the entire life-history of athletes of all sorts and degrees. In this way probably the questions which still harass us regarding the ultimate fate of the strong youth could be solved and certain definite rules of life and conduct, not to mention regulations for the physical education of children, might be evolved.

Is not this matter quite as important and quite as worthy of the attention of an enlightened people as investigations of the money trust, the boll weevil, hog cholera and similar topics on which our government cheerfully spends millions whenever sufficiently urged to do so?

RICHARD COLE NEWTON, Montclair, N. J.

**Sunlight in Therapeutics**

*To the Editor:*—It will be remembered that some ten years ago the Boulder Lodge Sanitarium followed up Finsen's work with sunlight and, particularly, demonstrated the great depths to which the chemical rays of light could be made to penetrate. Subsequently we used the light in the treatment of pulmonary tuberculosis. In following Finsen's experiments some peculiar effects have been noted on the properties of sunlight to which attention has not yet been called.

Direct sunlight falling on the nude body produces erythema solare, marked by extreme redness, swelling and great tenderness, with subsequent peeling of the skin. There is some tendency to the formation of blisters on the surface. Sunlight, concentrated by large reflecting mirrors and passed through blue glass, thus securing the maximum effect of the chemical rays, shows a very great tendency to blister the skin, but there is little redness and swelling and practically no pain. Focusing direct sunlight through a convex lens of plain glass produces destruction of the skin and, if used with great intensity, gases form beneath the outer layers of the skin and small explosions occur. This method of using is very efficacious in the removal of warts, superficial moles and small non-malignant growths.

If the light be reflected by a concave mirror and thus be focused, the formation of gases has not been noted, even though used with great intensity. Blistering is thus readily produced. If, after the light is focused in either of the two ways last mentioned, it be passed through blue glass before falling on the skin, blistering is produced without destruction of the deeper layers of the skin. Formerly we used these