

Southern Medical Journal

JOURNAL OF THE
SOUTHERN MEDICAL ASSOCIATION

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EDITORIAL DEPARTMENT

COMMENTS ON THE ASHEVILLE MEETING

The war may have changed many things, but the Asheville meeting proved that it has not affected the Southern Medical Association, because it was one of the most successful conventions ever held by this "young giant" among medical organizations. There were so many of the leading medical men of the South there that it was difficult to miss those who did not attend. It is a noteworthy fact that the progressive physicians who founded, and who are responsible for the success of the Association, attend its conventions every year. It is safe to estimate that several hundred of those who were at Asheville have attended most of the meetings.

When it is remembered that the Southern Medical Association has no delegates, that each man who goes does so because of his interest in the science and progress of medicine, it is an evidence of the devotion to their profession of the physicians of the South. No other large medical association can claim that from 20 to 25 per cent. of its members attend its sessions every year in spite of the fact that many physicians travel great distances to participate in the meetings. Texas, Oklahoma, Missouri and Louisiana were par-

ticularly well represented at Asheville, while the physicians from the states nearer North Carolina were there in large numbers.

PRESIDENT BARKER'S ADDRESS

President Lewellys F. Barker departed from the custom of delivering a scientific presidential address by discussing various problems that affect the health and prosperity of the South. It was a masterpiece and showed that the speaker has made a careful study of the industrial, sociological, and sanitary conditions in the South. As some one remarked: "This address proves that Dr. Barker, in addition to being a great physician, is a statesman, financier and philanthropist." It has been suggested that this address should also be given to the public. One of the best methods of disseminating the information contained in President Barker's address would be for physicians, after reading it, to lend their copies of the JOURNAL to editor friends, who have control of the columns of newspapers.

LESSONS OF THE WAR

One of the features of the meeting was the addresses on medical and surgical lessons of the war by a group of men of distinguished ability who had the opportunity of first hand observation on war conditions, and who are particularly adapted to apply in civil life the best of the things that were learned in their military experience. The readers of the SOUTHERN MEDICAL JOURNAL, whether they attended the Asheville meeting or not, are fortunate in having the privilege of reading the addresses by Surgeon-General W. S. Braisted, of the Navy; Surgeon-General M. W. Ireland, of the Army; Brigadier-General J. M. T. Finney, Colonel F. F. Russell, Colonel George Crile, and Colonel Stuart McGuire.

THE SECTION PROGRAMS

The section officers deserve great credit

for the high grade papers and discussions on the various branches of medicine and surgery. Many men were heard to say: "It is the best program for a medical association that I have ever seen."

The one criticism which was general was that 30 papers is too many for a three-day meeting, because with practically all the essayists present it gives too little time for general discussions. This objection was brought to the attention of the Council by resolutions from several sections, and it was agreed that next year the number of papers for the sections having three-day sessions will be limited to 25.

The meetings of the sections having one-day sessions, on Monday, were unusually successful this year. The Section on Pediatrics has grown in attendance and in usefulness to such an extent that its members requested the privilege of a two-day session next year. The Association, upon recommendation of the Council, granted the request.

THE SOUTHERN STATES ASSOCIATION OF RAILWAY SURGEONS

The meeting of the Southern States Association of Railway Surgeons was more largely attended than ever before, partly due to the fact that the U. S. Railway Administration regards the attendance at meetings of railway surgeons of such aid to their employees that transportation on other lines is furnished local surgeons on all railroads.

The conference of the Chief Surgeons of all the railways operating in the South was such a success that another such meeting has been called for 1920.

The Southern States Association of Railway Surgeons has become an important organization, one that is particularly helpful to railway surgeons; and it is bringing to the meetings of the Southern Medical Association many most desirable members.

CONFERENCE ON MEDICAL EDUCATION

No section of the United States has made greater progress in medical education than has been accomplished by the men who are endeavoring to build up high-class medical colleges in the South. The physicians connected with medical schools, perhaps more than any other class, realize the need for a great medical organization in the South and they have taken a very great interest in the upbuilding of the Southern Medical Association. They attend the meetings regularly and are active in their efforts to advance Southern medicine through the Southern Medical Association.

Three years ago Dr. Robert Wilson, Dean of the Medical College of South Carolina, suggested an informal conference on medical education to discuss problems then facing Southern Medical Colleges. Another informal conference was called at Asheville; and with such success, that it has been decided to form a permanent organization of Southern medical educators to be called a Conference on Medical Education in the South, to meet on Monday preceding the opening session of the Southern Medical Association.

THE NATIONAL MALARIA COMMITTEE

The National Committee on Malaria, the object of which is to aid in the effort to eradicate malaria from the United States, holds its annual meeting on Monday before the first day of the Southern Medical Association. It has two open sessions, to which all persons interested in the various phases of the malaria problem are invited. The programs, arranged by that great malaria expert, Assistant Surgeon-General R. H. Carter, of the United States Public Health Service, always contain a number of important papers and discussions. The meeting this year was well attended and the papers and discussions, which will be published in the SOUTHERN MEDICAL JOUR-

NAL, are valuable contributions to the study of malaria.

THE NEW SECTIONS: UROLOGY, ROENTGEN- OLOGY AND ORTHOPEDIC SURGERY

A large number of urologists attended the meeting for the purpose of organizing a section on urology for a one-day meeting each year. The organization meeting was such a success that the Association created the new section.

A representative group of roentgenologists gathered at Asheville and asked the privilege of having a program and an organization meeting next year. This request was granted. The orthopedic surgeons also asked for a one-day section, and they were given the privilege of holding an organization meeting next year, on Monday before the regular sessions of the Association.

THE SPECIALISTS AND GENERAL PRACTITIONERS

Some of the general surgeons and the general practitioners have expressed the fear that the creation of so many special sections might restrict the work of the Sections on Medicine and Surgery to such an extent that it may interfere with the interest and value of their programs. The Council has made a ruling that the creation of special sections shall not interfere with having papers on any branch of medicine and surgery in the general sections covering that field. For instance, there may be papers on urology and orthopedics in the Section on Surgery, and there may be papers on pediatrics and gastro-enterology in the Section on Medicine, etc.

The special sections are favored by the specialists because they like to meet to discuss technical subjects in which the general surgeons are not so interested; and they also desire the privilege of hearing the papers on general medicine and surgery. The general practitioners and the general surgeons likewise want the

specialists to participate in the discussions on the papers pertaining to the various branches of medicine and surgery.

THE OVERLAPPING OF SPECIALTIES

The work of every specialist in medicine and surgery overlaps to some extent that of every other man who limits his work to dealing with one or more special organs, as well as that of the internists, general practitioners and general surgeons. One of the advantages of attending medical meetings is that it gives physicians the opportunity to hear from those who speak with authority of the advances in every branch of medicine, and at the same time it gives the specialist the privilege of hearing the views of men in other lines of work as well as to get the viewpoint of the general practitioner, who, after all, is the backbone of the medical profession. This is particularly true with the Southern Medical Association which, while it appeals particularly to the general practitioner, has special sections that would do credit to any society.

The surgeons, internists and general practitioners have common problems which they like to discuss, so that in addition to the three general sessions, at which subjects of interest to every medical man are discussed, the Association has decided that at future meetings there should be one or more joint sessions with symposiums on various subjects, to be participated in by those who are interested in the medical and surgical sections.

THE AMERICAN CHILD HYGIENE ASSOCIATION

The meeting of the American Child Hygiene Association concurrent with that of the Southern Medical Association brought to Asheville a number of men and women of great ability and attainments who are engaged in the effort to give the children of the United States a better chance to live and grow into useful men and women. One of their members,

Miss Julia Lathrop, contributed to one of the public sessions of the Southern Medical Association a very able, as well as a most eloquent, address on some of the problems in infant welfare work.

Many members of the Southern Medical Association, particularly those who are in public health work, enjoyed the privilege of attending some of the sessions of the American Child Hygiene Association, and they expressed the hope that this great National Association may meet with us again when its next session is held in the South.

THE SOCIAL SIDE

The Asheville physicians went the limit in entertaining the Southern Medical Association. The reception to the President and members of the Southern Medical Association at the Battery Park Hotel was a beautiful gathering of brilliant men and women, who forgot the cares and responsibilities of their professional and home duties in the enjoyment of Asheville's charming hospitality.

The social features of the meetings of the Southern Medical Association, which are not allowed to interfere with the scientific programs, are becoming more and more attractive, partly because a larger number of physicians are taking their wives and daughters with them on the outing which they enjoy most during the year. Aside from enjoying the trips with their wives such occasions give physicians, who at home are busy night and day, the opportunity "to get acquainted with their families." A number of distinguished physicians took their daughters with them to the meetings, greatly to the delight of the young bachelor doctors, who like to "mix pleasure with business" at medical meetings.

Old Jupiter Pluvius was not as kind to the physicians visiting Asheville as he usually is during the meetings of the

Southern Medical Association, and he interfered to some extent with the delights of the anticipated drives to Sunset Mountain, Biltmore, and other places around Asheville. However, in spite of the weather on Wednesday and Thursday, the visiting physicians saw enough of the attractions of "the Land of the Sky" to determine to visit Asheville again. They also resolved to advise their patrons, those who are seeking health and those who are well, that in the mountains of North Carolina the beauties and wonders of nature and the comforts provided by man are so blended that they can not fail to bring roses into pallid cheeks and add the joy of living to the life of the most vigorous man.

THE BUSINESS OF THE ASSOCIATION

In spite of the war, with the consequent increase in the cost of everything, and a reduction in income due to the remission of dues of our members in the Medical Department of the Army and Navy during their active service, the Business Manager's report showed a net surplus of \$403.01. The deficits that were reported each year up to 1917 were due to the fact that with a small membership the expenses of organization and expansion are always greater than the income. The Association, with a membership of more than 5,000, who pay their dues, should continue to have surpluses each year, but too much credit can not be accorded to Mr. C. P. Loranz for the highly efficient manner in which he has conducted the business affairs of the Association.

In addition to his duties as Business Manager, Mr. Loranz has taken on more and more of the secretarial work of the Association, until the routine work of the Association is carried on very largely by him and his assistants.

The members of the Council and the Board of Trustees were very enthusiastic

in their praise of Mr. Loran and his office force for the really big work that they are doing for the Southern Medical Association.

LOUISVILLE IN 1920

Invitations for the 1920 meeting were received from Louisville, Hot Springs, Baltimore, and St. Louis. Representative physicians from those cities were active in their efforts to secure the meeting for next year and the contest was a spirited one; but, after several ballots by the Council, Louisville was selected.

Louisville is one of the great cities of the South and there can be no question of the welcome that awaits the Southern Medical Association next November. Louisville has a number of high-class hotels and enough rooms will be reserved for the week of the 1920 meeting to give more than 2,000 doctors all the comforts and luxuries of life. This may not include "hot and cold whiskey on each floor," as Mark Twain said of the model hotel of the eighties, but all the conveniences of modern life may be had by the doctors who go to Louisville to the 1920 meeting.

Louisville is a great medical center, and no city in the country has a more progressive medical profession. Its great medical school, the Medical Department of the University of Louisville, representing the consolidation of six medical colleges, is one of the great institutions of the United States. It is said that more doctors in the South have graduated in Louisville medical schools than from those of any other city; and it is planned to make the meeting of the Southern Medical Association "home-coming week" for the alumni of the various medical schools that now make up the Medical Department of the University of Louisville.

The week after the Asheville meeting the medical profession of Louisville began to make plans for the 1920 meeting; and

there can be no doubt of its success. The prediction is no hazard that more than 2,000 physicians will attend the next convention of the Southern Medical Association.

THE S. M. A. METHOD OF SELECTING OFFICERS

The system of selecting officers in the Southern Medical Association has stood the test of twelve meetings without a contest. The Council, composed of one physician from each of the sixteen Southern states, acts as a nominating committee, and at the last general session presents a ticket for President and other general officers. This does not preclude nominations from the floor, and every member present has the privilege of voting.

The members of the Association realize that the Council is familiar with the ability, attainments and general fitness of the men who have served the Association with great distinction in various ways throughout the thirteen years of its history, and since Councillors are not eligible to election to any other office, all semblance of politics is eliminated from its deliberations, and there has never been any question as to the wisdom and justice of the Council's nominations. Therefore, when in Asheville the Council presented the name of Dr. E. H. Cary, of Dallas, Tex., for President; Dr. H. H. Briggs, of Asheville, for First Vice-President, and Dr. A. L. Gray, of Richmond, for Second Vice-President, the nominations met with the unanimous approval of the members present.

PRESIDENT CARY

No member of the Southern Medical Association has contributed more to its success than Dr. Cary. He has not missed a meeting since Texas physicians have been eligible for membership; and when the Association met in Dallas he was Chairman of the Committee of Arrangements.

It will be recalled that at Richmond when the Texas delegation promised 1,000 new members if the Association would go to Dallas the next year, there were those who doubted the ability of the gentlemen to live up to their promise; but at the Dallas meeting the Association had more than 1,100 members from the "Lone Star State." Dr. Cary led the committee that accomplished this great work for the Association, and Dallas gave us a meeting that will long be remembered.

Dr. Cary has received many distinguished honors at the hands of his professional friends, having been President of the Texas State Medical Association, Chairman of the Section on Eye, Ear, Nose and Throat of the Southern Medical Association, etc. As Dean of the Medical Department of Baylor University, Dr. Cary has been largely responsible for the splendid development of that Class A medical school, which is now planning for a \$1,500,000.00 endowment to carry out the dreams and ideals of its progressive faculty. Dr. Cary has made a success of every venture that he has undertaken and there can be no question but that during his administration the Southern Medical Association will grow and prosper as never before.

THE VICE-PRESIDENTS

It has been customary to compliment the city that entertains the Association by making the Chairman of the Committee on Arrangements First Vice-President. In doing so at Asheville, it conferred an honor upon a physician who, on account of his attainments and service to the Association, merits the distinction. Dr. Briggs is an oto-laryngologist of national reputation and his selection as First Vice-President meets with general satisfaction.

Dr. A. L. Gray, of Richmond, in his speech of acceptance of the position of Second Vice-President, modestly said that

the honor was given him as a representative of the roentgenologists. Dr. Gray is one of the most distinguished roentgenologists of the country, having been the first one to be called upon by Surgeon-General Gorgas to conduct a school of roentgenology for the Army Medical Corps; but those who know of his interest in the Southern Medical Association realize that he deserves to be honored by it.

THE SECTION OFFICERS

As usual the honors of the various sections went to the able and faithful physicians who have participated in the scientific work for a number of meetings. A glance at the following list of the section officers will convince those who are familiar with the progress of the science and practice of medicine, in all its branches, in the South during the past decade, that the programs for the next meeting will measure up to the highest standards of excellency:

Section on Medicine

Dr. J. E. Paullin, Chairman, Atlanta, Ga.
Dr. William Allan, Vice-Chairman, Charlotte, N. C.
Dr. B. W. Fontaine, Secretary, Memphis, Tenn.

Section on Pediatrics

Dr. J. D. Love, Chairman, Jacksonville, Fla.
Dr. Philip F. Barbour, Vice-Chairman, Louisville, Ky.
Dr. W. A. Mulherin, Secretary, Augusta, Ga.

Section on Public Health

Dr. E. A. Hines, Chairman, Seneca, S. C.
Dr. William Krauss, Vice-Chairman, Memphis, Tenn.
Dr. George M. Cooper, Secretary, Raleigh, N. C.

Section on Surgery

Dr. Lucian H. Landry, Chairman, New Orleans, La.
Dr. John R. Caulk, Vice-Chairman, St. Louis, Mo.
Dr. Hugh H. Trout, Secretary, Roanoke, Va.

Section on Urology

Dr. John T. Geraghty, Chairman, Baltimore, Md.
Dr. Joseph Hume, Vice-Chairman, New Orleans, La.
Dr. E. P. Merritt, Secretary, Atlanta, Ga.

Section on Orthopedic Surgery

Dr. Wm. S. Baer, Chairman, Baltimore, Md.
Dr. E. H. Hatch, Vice-Chairman, New Orleans, La.
Dr. Willis Campbell, Secretary, Memphis, Tenn.

Section on Eye, Ear, Nose and Throat

Dr. J. A. Stucky, Chairman, Lexington, Ky.
 Dr. W. T. Patton, Vice-Chairman, New Orleans, La.

Dr. John J. Shea, Secretary, Memphis, Tenn.

Section on Roentgenology

Dr. Robt. H. Lafferty, Chairman, Charlotte, N. C.
 Dr. O. H. McCandless, Vice-Chairman, Kansas City, Mo.

Dr. J. W. Landham, Secretary, Atlanta, Ga.

Conference on Medical Education

Dr. G. Canby Robinson, Chairman, St. Louis, Mo.
 Dr. Douglass VanderHoof, Vice-Chairman, Richmond, Va.

Dr. Kenneth M. Lynch, Secretary, Charleston, S. C.

Southern States Association of Railway Surgeons

Dr. H. A. Royster, President, Raleigh, N. C.
 Dr. J. W. Palmer, Vice-President, Ailey, Ga.
 Dr. Ambrose McCoy, Secretary, Jackson, Tenn.

Southern Gastro-Enterological Association

Dr. Sidney K. Simon, President, New Orleans, La.

Dr. Geo. M. Niles, Vice-President, Atlanta, Ga.
 Dr. Marvin H. Smith, Secretary, Jacksonville, Fla.

Women Physicians of the Southern Medical Association

Dr. M. Louise Strobel, President, Washington, D. C.

Dr. Elizabeth Bass, First Vice-President, New Orleans, La.

Dr. Lydia Poage, Second Vice-President, Cincinnati, Ohio.

Dr. L. Rosa H. Gantt, Secretary-Treasurer, Spartanburg, S. C.

THE DANGERS OF FATIGUE

That an excess of the toxins of fatigue, if they accumulate in the body, can so depress or exhaust the brain centers that serious illness, or even death, may result, is well known to physicians who have kept abreast with medical progress.

Dr. George Crile, of Cleveland, has shown that fatigue can be carried to the state of shock analogous to that which comes from a serious injury, i. e., there is prostration, rapid and feeble pulse, "air hunger," subnormal temperature, cold and clammy skin, and other manifestations of a depressed nervous system which occur in severe trauma. Dr. Crile has gone further and has announced that shock is exhaustion of the nerve centers of the brain,

whether it comes from trauma, hemorrhage, anesthesia, the toxins of fatigue, the emotions (fear, worry and grief), or from other causes. In other words the person who has driven himself until he is overcome by fatigue is in the same state of exhaustion as the man who is in a condition of shock from injury or hemorrhage.

EXCESSIVE FATIGUE IN SOLDIERS

It was demonstrated during the World War that the clinical results of the treatment of wounds, in which there were serious hemorrhages, were the same as when very tired soldiers were lightly wounded. Infection was apt to occur in the wound of the man who was excessively fatigued, just as in case of the soldier who had severe hemorrhage. It was also found that even with minor wounds, if operations were performed on very tired men, they were apt to die on the operating table. The surgeons at the front, therefore, were ordered not to operate upon the very tired soldier, no matter how slight the wound, until he had rested long enough to recuperate.

In the Argonne-Meuse fighting where American soldiers were on the firing line for days and nights without rest, some were found dead without any evidence of wounds. They had driven themselves to the point where the toxins of fatigue had poisoned the brain until there was paralysis of the heart or respiratory center, thus causing death. Others who were exhausted fighting in the cold and rain, and who were wounded on the hand, arm, or foot, with no hemorrhage to amount to anything, died in a few hours before an operation could be performed.

The question has been asked: "Why were our soldiers driven to such a state of exhaustion?" All of them were not, but the American Army, by following the tactics of fighting day and night for weeks