

LORD HORDER LOOKS AT MODERN WORLD

Celebrated Physician On Noise, Food, Disease OFFERS HOMEY ADVICE

(By Clive Turnbull, Special Representative of "The News" who was with the B.M.A. Party)

Stresses of the modern world, noise, birth control, food, cocktails, cremation, and even beer are discussed in this interview with the urbanity and humor that go hand in hand with his brilliant accomplishments by Lord Horder, most eminent of Melbourne's medical visitors.

Lord Horder is Physician-in-Ordinary to the Prince of Wales, senior physician at St. Bartholomew's Hospital, London, and one of the most celebrated physicians in the world today. He is now on a visit to Adelaide.

"I know that you have given great attention to the problem of noise and its unpleasant repercussion upon human beings," I said to Lord Horder. "Perhaps you could tell me what it is that a physician finds most to cringe in our surroundings and our life today?"

"Certainly noise is only one aspect," said Lord Horder. "Perhaps it boils down to this. We are suffering from an engineering science has made. We have not got them under control. Science must control the disservices it has produced through its machinery. You begin by putting down iron rails and you place iron wheels on them with a mechanism that will not allow them to round corners without making a terrible row. The inconvenience continues, although even economically you are not gaining anything.

"Now I think that we have brought under control, almost to the point of disappearance, most of the acute and fulminant diseases. For example—and here is a rather interesting little digression—when you arrive in Australia from overseas, as we did in the Monterey. The medical officer insists upon your having your arms bared to the elbow. Do you know what that's for?"

"Something to do with smallpox," I said.

"Yes," said Lord Horder. "It is because the spots of smallpox come out on the wrist of a man after the medical officer looks at the wrists of men after

man, and while he is looking at their wrists he cannot look at their faces, too. If he looked at their faces he would have some chance of seeing whether they were ill or well—as it is, he is still groping for a disease that is under control.

"For what men and women are suffering from today, as a whole, in our society is a series of acute kind of less dramatic kind—a quiet acute kind associated with a lowering of general resistance and particularly a lowering of nerve tone. There is also a considerable increase in neuroasthenia, and nervous diseases of all sorts are very rife.

"Then you have a series of what we call technically sub-infections. These also create illness by microbes—forms of rheumatism, Brocitis, for instance, chronic rather than acute intestinal infections, increase in neuroasthenia, gland deficiencies and want of balance between secretions of the various internal glands that are under the influence of the nervous system.

"Now the influences like noise hammer at the nervous system, although they are resisted a good deal by a healthy nervous system. Upon this some of the critics are apt to remark, 'Here you are making all this fuss about noise, although the human nervous system is quite capable of preserving itself and getting on with the job.' Of course it can preserve itself, but when there are so many other things which may be borne, why ask it to put up with what is avoidable!

Basis of Preventive Medicine

"You see where this is leading. Unless you ensure that the material possessed by every human being in this world is of the right sort, it is going to fall a victim to these influences. So you arrive at the subject of eugenics.

"I think that a good many of us are getting further and further back. We are not so busy curing acute diseases

physical conditions in the world, of chemical conditions of the sea and air. Are we never to have control of ourselves?"

"In Britain today birth control circles operate freely. The Ministry of Health does not encourage them actively, but it allows them, and it has altered its attitude towards them.

"Whereas formerly the medical officer concerned was allowed to give birth control instruction only to a woman whose maternity would endanger her life or to women who were suffering from gross organic diseases, the Ministry now allows discretion to the doctor to give advice to anybody. The more a woman's pregnancy would be detrimental to her health."

"There is no reference to economic conditions. The Ministry of Health cannot say in so direct words to a doctor, 'You can give advice to a woman already overburdened with children whose husband cannot afford to keep her.' Even if a judge of men's health is suffering from frequent child-bearing it is within his discretion to give advice, and that is countenanced by the Ministry."

"What is your view of the break-up of the family, with its implications of loss of repose and its effect upon the people?" I asked Lord Horder.

"I think that a vital factor in social life, both hygienically and morally, is the family tie," he said. "I think that a broken-down family is done both socially and hygienically. It really means, does it not, that you cannot eliminate the emotional factor in human life. The more you advance culturally the more necessary it is to take that into account.

LORD HORDER.

as we used to be. We have busied ourselves with preventive medicine. But how far back shall we go? We have got back as far as ante-natal care, heredity, and the new science of genetics, which, speaking prophetically, I should venture to say, may become the basis of preventive medicine."

"Another thing that I think we might say to be tender-minded over is the question of child-bearing. It should service all to the race. This is a

"An official view has been expressed here that 'legislation to prevent birth control is long overdue', and legislation is proposed for the restriction, and perhaps the prohibition, of contraceptives," I remarked.

"I entirely disagree with it," said Lord Horder. "You can never make people moral by prohibitions. And are we never going to grow up and get biological control? We have taken control of

Most of Us Eat Too Much

"A tremendous amount is heard today about types of food and ways of eating food," I remarked. "Do you think our modern practices are not good?"

"I think that the majority of people eat too much," Lord Horder said. "They do not adapt the type of food which they eat to each epoch of life, as it were. But I do not think that people are helped by a meticulous attention to dieting on the lines which some authorities recommend."

"The quality of food today is so good that the ordinary man's diet is bound to provide all necessary elements, including vitamins, which are required only in a very modest quantity. People are apt, because they know that vitamins are necessary, to try to take more than is necessary."

"Indeed they have the same view about vitamins that the British laborer has about beer. He feels that beer is good and that more beer is therefore even better. Of course, there is great virtue in fresh food."

"And perhaps even in beer?" I suggested.

"Certainly," said Lord Horder. "Perhaps the advocacy of fruit has been overdone," he continued. "I rather suspect that it is largely the result of commercial enterprise. The orange has been boosted tremendously, for instance. Actually, of course, it is 98 per cent. water—and eating an orange is one of the pleasantest forms I know of taking water, and also a few salts, which are useful if not vital."

"Today you have only to say often enough and loud enough 'Eat more fruit' and sooner or later you accomplish what you want. If on the road you should follow for hours a milk float which refuses to get out of

point of positive eugenics, and so much of eugenics is negative—sterilisation. But that is the only way of preventing the birth of unfortunates. You must make it easy for the fit to be born, as well as for the unfit to die. You must make social services supply only to the particular generation for which the money is spent. We know that the ever advancing man may make in his lifetime an inheritance. You start afresh with every new unit that comes into the world."

the way and which bears a huge caption, 'Drink More Milk' what do you order when you come to your stopping place?"

"Stop," he said, about the cocktail habit. There again young people get the cigarette habit. They are rather like sheep following one another. It is the thing to do. It is a nervous habit with a large number of people. It is a form of dope, and these things have to do with the nervous system, and are far more than with any special vicious tendency."

Lord Horder is a vice-president of the Cremation Society, so I asked him his views upon the perpetuation of huge areas of land as a result of cremation.

"There again," he said, "it is a matter of education. There is a religious view, and it is no use trying to oppose religious instincts if they include the beliefs that the Creator will find it difficult in piecing things together if they are burned rather than if they are buried."

"In England, I am glad to say, cremation is not more expensive than burial, but that does not prevent people from spending a lot of money on funeral processions if they want to."

"Generally, I take it," I said, "common sense is the best guide in telling people what to eat and drink and when to sleep and generally to live lives."

Lord Horder. "Remember the old saying—Dr. Diet, Dr. Merryman—these are the best doctors! And diet, in the old proverb, of course means more than eating, it covers the clothes we wear and the things we do and the routine of our lives in general."

MORE GRANTS EXPECTED

1935

Two S.A. Men To Study Abroad

CARNEGIE PLAN

Referring today to recent grants by the Carnegie Corporation in America for Australians to make educational studies abroad, Dr. K. S. Cunningham, executive officer of the Australian Council for Educational Research, which is fostered by the Carnegie Corporation, said he anticipated that Australia would get a larger share than previously.

In recent grants two South Australians, Mr. T. Adey, Director of Education, and Dr. E. Fenner, Superintendent of Technical Education, were included.

Dr. Cunningham said that although acceptance by these men was subject to the approval of the Government, he anticipated both would go abroad.

EDUCATION METHODS

Mr. Adey would probably go overseas to investigate educational systems, as there was an enormous difference of methods of administration. It should provide valuable experience. The grants were not limited to education, but other important subjects. In South Africa a grant was made to a man with a responsible municipal position.

Dr. Fenner would probably devote his scholarship to study the problems of population in the Pacific Ocean.

This was an important study for Australia, and was a subject in which Dr. Fenner is closely interested. Dr. Fenner is regarded as an outstanding authority on geographical problems.

RESULT OF VISIT

Dr. Cunningham said that so far Australia had received 31 grants for overseas study. He anticipated Australia receiving a greater share in the future, due in a large way to the visit of the late Sir E. Keppel, president of the Carnegie Corporation, who now realised the size of the country and the lack of opportunities to develop. Regarding the council, Dr. Cunningham said that in its five years' operations over 100 different investigations had been made into educational problems. A total of £12,558 had been expended for investigations, including £1,789 in South Australia.

BIG FUTURE FOR FILMS

17 SEP 1935
Teaching Aids Disused

RADIO LIMITED

Dr. K. S. Cunningham, executive officer of the Australian Council for Educational Research, said today that there were enormous possibilities in education by films, but radio education would probably be limited.

With visual education, he said, everything depended on the nature of the film. Certain types of films would give more to children than a good teacher, but they would be best constructed on certain educational principles.

"I have reached the conclusion that in the construction of educational films there must be collaboration between the trained educational teachers and the film maker."

"In Chicago I saw some most interesting educational films which showed the possibilities of specially constructed films."