He Believes Americans Over-Eat, Over-Drink and Over-Everything and Thereby Slowly Kill Themselves.

By EDWARD MARSHALL.

SOCIETY & DEATH.

The death of Dr. H. W. Wiley, the well-known American scientist, was reported last week.

He believed that Americans were over-eating, over-drinking and over-doing everything that could lead to their own destruction.

"We are a nation of suicides," he said, "and I believe that if we continue on this course we shall be the first nation of suicides in the world."

Dr. Wiley was a man of profound knowledge and great ability. He was a believer in science and in the power of scientific research. He was a man of great courage and of great integrity.

He was a man who had dedicated his life to the service of humanity. He had devoted himself to the study of the causes of disease and to the prevention of disease. He had dedicated himself to the welfare of the people.

He was a man who had made many friends and many enemies. He had been a controversial figure, but he had always been respected for the integrity of his character.

The death of Dr. Wiley is a great loss to the scientific community. He will be missed by all who knew him and all who respected him.}

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of the world to prevent their manufacture and their sale. With malt liquors we have done, already. If fairly well, and with dis
tilled liquors we have really accomplished much. Our beers, already, are better than the English, but they are inferior to the French. We have some bad habits in wine manufacture. The practice in this country of adding sugars to grape must before fermentation, or, even, of fermenting the pomace after sugar and water have been added thereto, makes American wines, except those produced in California, far more alcoholic than those of other countries, and far more alcoholic than they should be. The use of sugar in this way adds nothing to the wine but alcohol—and that is, nothing but a poisonous substance. Happily the greater portion of the wines made out in Cali
fornia are free from this undoubled evil, except the sweet wines from that State. They, fortunately, are often fortified with highly rectified and yet very impure distillates made from pomace or spoiled wines.

"Sweet wines are often recommended by physicians to their convalescent patients and hence their manufacture in a man
ner which even threatens public health is peculiarly unjustifiable. It occurs in the United States too frequently.

"Nor are the few which I have men
tioned the only points about the manufact
ure of alcoholic beverages in the United States which may very properly be criti
cized. It is because this is the case that I have been reluctantly drawn to the firm belief that the only solution of our mighty liquor problem, as things stand, is prohibi
tion Nation-wide."

Dangerous Drugs.

The famous chemist put his stem of beer entirely away now, as it thinking of the vicious beers and liquors which are offered to the general public made any
beer or liquor hateful to him, although it may be taken quite for granted that that served at the Cosmos Club, because he is a member, If for no other reason, is as pure as beer can be.

I had within a week or two had a fant
astic talk with "Opium Doctor" Hamilton Wright, prime mover of the effort to rid humanity of its drug habits. I spoke of this to Prof. Wiley. He nodded.

"It is true," he answered, "that alco
hol is not so strong a drug to which the American public is addicted. We are, un
fortunately, becoming a stupid public people. The habit of drinking is increas
ing rapidly throughout our territory, more especially in our uneducated part of the population. Perhaps enough has been said concerning the great perils of indulging in cocaine and opium. These drugs are, indeed, great threats. But there are others, not so often spoken of, far more subtle in their habit-forming qualities, and perhaps quite as dan
gerous in their general results. I may mention, for example, the almost uni
versal use of so-called "headache pow
ders." Containing, as they do, and in large quantities, such deadly and habit
forming drugs as acetanilid, phenacetin, and anti-pyrexe, and sold without re
strictions, they have become an actual public peril. Another threat against our Nation's health is the enormous and quite uncontrolled sale of soft drinks containing cafeine. There are close to a hun
dred preparations sold to women, chil
dren, and men of this country, without any supervision from authority, which contain caffeine in dangerous quantities. Our people get enough of these in tea and coffee, although in the consumption of those beverages we have not gone as far as certain other countries have—for in
stance, Russia and England. The addi
tional burden placed upon the nervous systems of our people by the sale of so
called "soft drinks" containing cafeine, under names which do not indicate its presence, is becoming quite too heavy for us to carry patiently. Such drinks are fertile causes of various dyspeptic afflic
tions and of many nervous diseases."

Tobacco and Athletics Dangers, Too.

"And how about tobacco?" I inquired.

"The excessive use of tobacco is more common here than in any other country
in the world," Prof. Wiley answered.

"Returns of the Internal Revenue Bureau indicate a consumption of the weed in the United States which is unprecedented in the history of nations. And here again, our greatest danger lies in cheap, adulterated brands. The use of cigarettes is the most objectionable form of the con
sumption of the weed, and cigarettes are harmful to women and children, in par
icular, among whom, I regret to say, the vice of smoking is growing. I would distinguish from among the con
forts of mankind the good cigar or pipes
ful of unadulterated tobacco, but we could get on better in this country without invertebrate smokers and without the man who smokes rubbers."

The famous chemist looked up with a smile. "In the consumption of tobacco, he continued, "we are like the man in which Fletcherism, which is the art of scientific mastication, is decidedly inade
quate."

"Do we indulge in any other dangerous excesses?"

"It would be difficult to name them all. We are, I have said, a nation of ex
tremists. Even in so useful and so benefi
cial a matter as athletic exercises we go too far and thus get had instead of good in many instances. The trouble in our universities is that they furnish too
much athletics to too few people. There is not too much athletics in them, but a few students monopolize what there is. I am a believer in intercollegiate athletic contests, but I cannot say too definitely that often the participants therein get no help, but very serious harm therefrom.

Some provision arranging for more con
testants in every game should be incor
porated in the rules which govern the athletic work of schools and colleges. This would save the individuals, but would not
merely obviate the specters or the com
petitive character of the sports. In other words my view is that athletics should be a part of the education of every boy and girl, but, not as they are now, the prin
cipal part of the school training of a few, while being utterly omitted from the training of the vast majority."

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