

Settlement Bulletin

ISSUED NINE TIMES A YEAR IN THE INTEREST OF THE SOCIAL SETTLEMENT

Vol. I. No. 8.

ROCHESTER, N. Y., MAY, 1907.

ONE CENT.

BULLETIN readers may have noticed the fact that no issue of the paper has appeared for several months. This fact has been partly due to indecision on the part of the editors as to their future policy. Ever since the first issue of the BULLETIN there has been a slowly growing suspicion on the part of those few interested in its welfare that a crying need for its existence was not actually present. In a word, the BULLETIN might cease to appear and nobody or nothing would be any the worse for its discontinuation.

By this is not meant that the Settlement has no use or need for some official "mouthpiece;" but simply that the particular kind of mouthpiece chosen happened to be the wrong one. The editors having become thoroughly convinced of this fact have decided upon what seems to them the only rational course;—namely, to issue no more BULLETINS when the year shall be completed, that is after the next number.

Apropos of this announcement comes the following anonymous communication, which sums up the situation very clearly: Editors Settlement BULLETIN:

It has been rumored that with the next issue, the Settlement BULLETIN draws its last painful gasp and ceases to be. At first blush, the mortuary notice is a trifle startling to the many friends of the BULLETIN, and the early demise is as regretted as it is unexpected.

In the days of the first Caesar, it was the custom for a near friend of the departed to recite a eulogy over the remains before they were consigned to the dust whence they sprang; but in the modern civilized era, it is meant that

every effort, even to the application of electricity, be used to revivify the shell which once contained a soul, and it seems that it is not yet too late to apply some modern methods to our friend THE BULLETIN.

The question naturally arises as to the value of this publication which made its appearance in our community but one short year ago. The Social Settlement from which the BULLETIN derived its being, is so well known as to need no introduction to the reader. To be brief, the SETTLEMENT BULLETIN is the mouthpiece of the Social Settlement, and to bury the BULLETIN is to strike the Settlement dumb.

Several months ago, when the baths were added to the rooms on Baden Street, the need of towels was at once felt. The mere suggestion of the necessity through the columns of this paper brought generous and hearty response, and this instance alone proved the BULLETIN to be one of the Settlement's most valuable assets.

It is unnecessary to state the advantages in the way of making friends which the publication of this journal has brought to the movement for good of which it forms a part. The fact, however, of how much benefit the Settlement will lose by the disappearance of this paper is bound to merit our consideration.

We are forced to admit that any enterprise, to exist, must continually make new friends. To every business there is a certain dependable trade that may be relied upon at any time, and there is a floating custom, which however uncertain, is a positive necessity to the life of the business. Thus it is with the Settlement. A neighbor, living across the way, soon learns to recognize the faces of the

constant. The book-keeper in his office soon learns to recognize the signatures of the loyal,—but the floaters must be reached and must be induced to spend a portion of their butterfly existence with the friends of the Settlement.

"But why drop the paper, if it so necessary?" Ah! "Funds?" No. "What then?" The BULLETIN was started by two or three individuals. "Yes indeed, but naturally every sympathiser of the Settlement rallied to its support when once they saw that it must become a permanent and valuable institution." Did this happen? You, Mr. Sympathiser, how have you shown your loyalty? Yes, your name is on the subscription books, but that shows toleration merely, not loyalty.

The reason for the failure of the SETTLEMENT BULLETIN, if you who read and sympathise mean it to fail, lies in the fact that it is impossible for an infinite variety of ideas to well up from a single spring. The editor and his staff have drawn upon this spring with such frequency during the past year, that ultimate dryness is the inevitable result, unless fresh floods of thought can be turned into this fountain of power. The BULLETIN is not for the editors, but for the benefit of the Settlement, and hard as they strive to give this little paper interest and originality, they find it impossible to continue the work without the support?—no the co-operation of the entire body of Settlement workers and Settlement sympathisers.

To kill the BULLETIN is to strike a blow, yes a crushing blow to settlement work in Rochester. It is you, reader, who holds the lanyard of this gun! Speak! To what use do you intend putting this power?

Settlement Bulletin

*Issued nine times a year in the interest
of the Social Settlement of*
ROCHESTER, NEW YORK

SUBSCRIPTION RATES.

Single Copy (without postage) . . . \$.01
Annually (Postage Paid)25

TELEPHONES.

Printer, 36 Social Settlement, 3316
152 Baden Street.

Vol. I. May, 1907. No. 8.

Editorial.

THE EAR, NOSE AND THROAT.

Since the beginning of the practice of medicine, physicians have mainly contented themselves with curing diseased conditions. Here and there has been a man who believed that the physician's work should be educational and preventive as well as curative. This idea has gradually grown until to-day many physicians and laymen give a large part of their time and energy to the task of discovering or evolving ways and means for the prevention of disease and to the education of the people to this happy end.

We have in this state about six thousand persons either totally deaf or so deaf that they can only hear shouting close to their ear. Besides this we have several hundred thousand persons with varying degrees of deafness, in one or both ears, from the slightest reduction of normal acuteness to total deafness. A large percentage of these persons are deaf because of abnormal or diseased conditions in the nose and throat, which had they been corrected or cured early would have prevented deafness. Also many of our most dreaded diseases, notably tuberculosis and many of the diseases of childhood, frequently gain entrance to the

body through the mucous membrane of the throat, especially that covering enlarged or diseased tonsils.

We believe that in correcting and curing these abnormal and diseased conditions in the throat and nose we are closing one of the largest and most frequently used avenues by which germs enter the system.

Clinical experience certainly has demonstrated that children with healthy noses and throats, and by this I mean free from tonsils or adenoids and other obstructions to free nasal respiration, are less susceptible to all the diseases of childhood.

Under the very efficient leadership of Dr. Goler we are trying to teach the people of Rochester that "an ounce of prevention is worth a pound of cure", not only to the individual but to the city and state, and our object in starting this ear and nose and throat clinic is to bring this principle of prevention to bear upon a large class of people who would not seek it for themselves, who only seek medical attention when they are actually suffering and sometimes not even then.

Our principal attention will be given to the children, for they need it most. But we also will treat and advise any of the adults who may need it. We want to teach the parents and those who have children under their care a consistent and practical hygiene of the ears, nose, throat and mouth. We shall need the assistance and co-operation of every patron of the Settlement. We will do all the work we can, as well as we can but as in all campaigns of preventive medicine, we need most of all the active support of an educated public opinion, and this the patrons of the Settlement can furnish.

The children's clinic will be held Wednesday afternoons from 3 to 5. We shall be very glad to have the parents bring their children and let us examine them whether they think there is any thing the matter with them or not so that we can advise them if there is trouble and reassure them if not. The adult clinic will be held Thursday evening from eight o'clock.

MIND.

Did you ever try to live without meat and potatoes? That certainly is a funny question; but in this age when new wonders spring up like dandelions in the lawn and like them are attractive for a short time till they go to seed,—in this age funny questions are pardonable. Did you ever try to be healthy and therefore happy by feasting on crab meat devilled, or boiled humming-birds' livers? It was paradoxical at first and later it was paradoxical.

We are physically so constituted that we need good, wholesome, substantial diet to make us strong enough to conquer the aggressive onslaughts of rare bits.

If it is so with our bodies how much more so it must be with our sublimer selves, that which we for want of a better name call "mind" or "soul". We must cultivate healthy minds by indulging in only the best of mental foods.

Let us think for a minute how we feed our minds. Most of us take in pre-digested viands in the shape of food made digestible for us by greater minds than our own. If we hadn't these we'd surely starve, for books are to the mind what bread is to the body and as wheat starts red corpuscles, so good thoughts and ideas make gray matter.

Now, are we likely to prefer sour bread to "Holsum Bread"? Our physical self says decidedly No! Then treating our minds at least as well as our bodies we must be very careful to read only wholesome books. Read books that leave a good taste in the mind and since they are thought stimulants, have them start the train on the right track and in the right direction so that it can stop in good condition at a station worth while.

We want variety, too, because too much Alger without enough Alcott gives us a distorted view of life—our trains will all be going on the same tracks and we are likely to have wrecks. Besides it's only fair to make our minds assembly halls where any idea may hold forth with many ideas and perhaps be modified. Think how much better it is to allow the Stevenson you have absorbed to influence the pessimistic element perhaps of Schopenhauer and to give Darwin a chance to converse with Spencer and Huxley.

Think about your mind. Is it being hygienically treated or can't it grow because it is underfed?

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