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**DR. VAN DYKE DELIVERS A STIR-RING PAPER BEFORE STATE MEDICS**

**He Gives Three Potent Reasons Why Men Break Down—King Alcohol One Cause—Paper Creates a Sensation.**

Dr. W. F. Van Dyke of this city, who was in attendance at the annual meeting of the Oregon State Medical Association, which convened Thursday and Friday of last week and who represented the Southern Oregon district association, created a sensation by the delivery of a paper under the caption "Three Reasons Why Men Break Down." The paper was of so much importance and so much out of the beaten path that the *Rogue Telegram* made extensive extracts. It was also heartily approved by the members of the association.

The doctors' professional friends and numerous other practitioners have asked for a copy of his treatise of the above subject in such number that the *Courier* here with reproduces the paper verbatim, since the subject matter is also of great importance to the layman as well as to general practitioners.

**THREE REASONS WHY MEN BREAK DOWN.**  
With a subject of this magnitude, it is impossible to go into minute details, in the space of time allotted to a paper, before this august body; nor is it possible to touch on this trinity of causes, in more than a rather superficial manner, for it would be an endless task, to take up all phases of the subject.

Therefore it seems better to limit this effort to the three principal factors, viz: narcotics, venereal diseases, and the slavish devotion to business, and speculation.

The victims of this insatiable Moloch, among the men of America, can never be really known, for they run up into the tens of thousands, as every well informed person knows. More or less associated as elements, they cannot be treated separately, and distinct from each other, but rather must be viewed as a whole, for only by considering them en-masse, is it possible to arrive at any correct conclusion.

"A book of Verses underneath the Bough,  
A Jug of Wine, a Loaf of Bread, and Thou  
Beside me singing in the Wilderness,  
Oh, Wilderness were Paradise enow."

Never has the intoxication of wine, women, and song, been better, or more glowingly set forth, than in this flowing quatrain.

Martin Luther's couplet, bearing on the same subject, is commonplace in comparison. Unfortunately for humanity, neither poet, nor theologian, has raised a warning voice, as to the reverse of the picture. The heartaches, degradation, and remorse, that always follow this indulgence can never be escaped. Gross drunkenness is not so common as it was years ago. Every town has a fewer number of chronic drunks now than in the past, but while this aspect of the case has improved, there has been a gradual increase in the use of alcoholic drinks among the middle, and so-called upper classes. Not to excess perhaps to start with, but with the majority of men who begin in moderation, the immoderate use becomes the rule, and with this a decline of mental, and physical power. The tremendous strain of an advanced civilization, a complex society, and the long weary hours given to business of all kinds, produce a disturbance of nerve equilibrium, and nervous irritability, that calls for increasing amounts of alcohol to allay. The results of this method of life, are too well known to all of you, to need further elaboration here.

Dr. T. D. Crothers, of Hartford, Conn., says, "that the mortality from alcohol direct and indirect, is from 10 to 20 per cent. of all deaths, and at least 10 per cent of all diseases are due to, or largely influenced, by this cause, also that from 20 to 50 per cent of all mental diseases, and 50 per cent of idiocy, pauperism, and other degenerative conditions, had an alcoholic causation."

Assuming that Dr. Crothers is correct, is this not an awful arraignment of the men of America? On the other hand, a no less distinguished authority than Prof. James, the eminent psychologist of Harvard, makes this statement in the "American Magazine" for Nov., 1907: "There is no doubt that to some men, stress, and excesses of almost any kind are medicinal, temporarily at any rate, in spite of what moralists and doctors say." A neurologist of some eminence, remarked to the writer once, that he considered a "jag" to be a necessity to professional men who were hard worked, and tired, as it freshened them up, and was a sort of safety valve. Such advice must be harmful and pernicious to immature, or ill balanced natures.

Better accept Prof. Osler's views, that it is unnecessary for any business or professional man, to use alcoholic beverages to hold him up, or keep him going. No doubt alcohol often brings a fluency of speech and pen, by temporarily supplying the missing link between thought and expression, but this is more than compensated for, by the depressing reaction that follows and consequent thirst for more.

Of narcotics, such as opium, and cocaine, the universal testimony is, that their use is on the increase, and unfortunately this vice is more prevalent among the educated, than the ignorant. Prof. His, writing in Von Mehrlings' "Practice of Internal Medicine" says, that of all morphine users, one-third are physicians. Other estimates, made in this country, place the percentage, at from 10 to 15 in the medical profession alone. Worry, weariness, and care, are responsible for this the same as with alcohol. Since the introduction of the hypodermic syringe, the habit has grown by leaps and bounds. If all the good done by this instrument were placed in one scale-pan, and all the misery, and degradation in the other, it would be hard to tell, to which side the balance would incline. Cocaine seems to increase the destructive effects of opium, by making larger doses necessary, and thus more rapidly undermining the nervous system.

Of venereal diseases as a cause of decay, and untold misery in men, people at large have only a faint conception. It is doubtful if more than 15 per cent of men, who are unmarried at twenty-five have kept their virtue, but to be on the safe side 25 per cent is conceded, leaving 75 per cent who have paid court to Venus. Of this 75 per cent, two-thirds will get gonorrhea sooner or later, to say nothing of syphilis.

Dr. A. L. Wolbarst, of New York, states that of his last 100 private gonorrhea patients, the average age at the first attack was 20 years and 5 months. The youngest cases, were two boys of 14 years. From 60 to 80 per cent of men, exposed to venereal diseases, contract gonorrhea, and in New York City, 4 to 10 per cent of young men, of the middle and upper classes, have syphilis. These figures, in the main correct, will help to form some idea of how men conduct themselves in general, more particularly the unmarried ones.

Comparatively few patients are ever wholly cured of gonorrhea, owing largely to the popular belief, that it is not much worse than a cold in the head, etc. However pleasing this idea is to the laity, doctors know how sadly erroneous it is, for what causes more anguish and suffering, than gleet, strictures, cystitis, and inflammation of the kidneys, one or all of which may follow every case of gonorrhea.

Then in due time, with neurasthenia established, in some form or other, comes the use of narcotics to bring relief to the tired, and worn sufferer, with the usual result, that the last condition of that man is worse than the first. In this connection, it might be well to mention, that as a cause of neurasthenia, and continual nervous irritation, syphilis is not unimportant. To one who has had syphilis, no matter how well he may have been treated for it, every pimple, blotch, freckle, and eruption, is immediately magnified into something terrible, which of course, helps to break the health of the unhappy victim. Possibly at first blush, it may not be apparent to many, just how modern business influences, and awakens the tendency to disease, particularly nerve ailments, and functional disorders. But from what follows, it must be patent to every one, that the causative relationship between the two factors, is real and not fanciful.

During the last 15 or 20 years, the growth of commercial business, in this country, has been almost beyond belief. This, and the attendant prosperity, has been a fruitful cause of various disorders, principally neuroses.

"Ill fares the land, to hastening ills a prey,  
Where wealth accumulates, and men decay."  
That wealth has accumulated rapidly, no one can deny, and just as the nobler qualities of men are developed, and brought out by sickness, hardship, and suffering, so do all the meaner, and more contemptible features, of human nature, show during times of wealth, and plenty.

The history of every fallen nation proves that luxury, and riches, have been the cause of decay.

Competition in trade, while the main spring of commercial development, has, under the modern system, become such a mighty monster, that it is rapidly strangling all the higher ideals, and aspirations. Indeed so terrible has the pace become, that men seek to kill all lawful, and commendable striving for superiority, by means of combinations, and suppression of production by outside parties. Men in the name of business are harder than adamant with each other.

Money making has become our national God, so that the worship of the Nazarene is rapidly being supplanted by something more tangible.

Business men, if they pretend to religion at all, get it out Sunday morning, rub it up for show during the day, and then pack it away Sunday night, and lay it aside, until called for again; going out in the world Monday morning, and for the week treating their fellow men, worse than savages, and justifying it by saying that "business is business." The glorification of money making, unfortunately, permeates all classes.

Seldom indeed are our scientists, authors, philanthropists and composers, held up to the rising generation as successful men, but almost always, some man who has gotten wealth, honestly or otherwise and rarely has anything else to recommend him.

Humanitarianism, philanthropy, the love of God, and fellow-man; the desire to help, and uplift fallen brothers, are qualities that are going out of date rapidly in the mad rush for the yellow demon.

Asylums, and sanitariums have multiplied all over the land, and the male inmates, in most instances, are men who have fallen by the wayside, and gone to pieces in the wild pursuit of money, while still in the prime of life. How can it be otherwise, when man's every thought from morning until evening, runs in this single channel, to the exclusion of everything else? The average commercial man, is as a rule, densely ignorant of everything, aside from his business. To him the marbles of Praxiteles, the canvasses of Raphael, the harmonies of Shakespeare, are as naught. These immortal souls were fools that they did not get rich by cornering the marble supply, instead of cutting it. Writing the 5th and 9th symphonies for posterity, instead of turning out two steps, and rag times for beer halls, etc. And the worst feature of it is, the wholesale contempt with which he looks on others, who may be interested in higher ideals, such as science, literature and art.

As the Indians look on an insane man as one who has been touched by the Great Spirit, and made simple, so do our modern Indians of the money world, view all who do not share their ideas, and engage in the same soul destroying, body wrecking, pastime.

With the exception of the scientific, literary, and professional classes, the women of our country are much better educated, and smarter than the men. Does anyone doubt this? Let him inquire who predominates in all graduating classes, of the public, and high schools, about six girls to one boy. Boys leave school, or are taken from it, at a too early age, and put into business houses, or to different kinds of work, while the girls continue in school, and college. The natural relationship of the sexes, is being rapidly reversed, and women are assuming control of things, that should belong to men. Still, the masculine element, seems to be satisfied. Women organize, and manage the advancement, Shakespeare, Town Improvement, Literary and Musical clubs. Our successful business men conduct clubs, where tobacco smoke, gossip, and drinks, are the chief intellectual pleasures. If the women are to rule the destinies of our country, and rule them they will, if the present condition of affairs continues, what will be the ultimate result? History records no instance of a great nation, with its women at the helm, and the males relegated to the rear, by their own ignorance. It is a trite saying, that intelligence has always ruled the world. True there have been apparent lapses in places, but the rule holds true. Is there any reason to suppose that our dear America will prove the exception, and its future be turned over to a lot of uneducated men, and the intelligent women, sit idly by?

After business hours, and the wear and tear of the day is over, how many men "turn themselves loose" in the hope of relaxation, through alcohol, opium, or visit to houses of ill repute. Bad as this is, it is true, because our wretchedly false ideals, have rendered them incapable of any other enjoyment.

The president of one of the largest manufacturing concerns on the Pacific coast, is an old man worth twelve million dollars. This man's life reading, has been limited to one book. All interest in everything, except business, left him years ago.

Think of such a case. Worth twelve millions, and no more use for it, than a blind man would have for a picture gallery. But, it will be argued, this is an isolated case. Not so by any means, but perhaps, an extreme one, which only too well, proves the tendency of the times. People in America have a strange, and unnatural fondness for walking up to the brink of a precipice, looking over, and so far in our history, of turning back. Will they do it this time, or is the greed for gold too great to be overcome? Will the flesh pots of Egypt prove too strong for them, or will they wake up, ere it is too late, to higher ideals of civic virtue, and manhood?

Who can tell? The workings of the human mind are indeed mysterious. Through the debasing influence of commercialism, alcohol, narcotics, and prostitution, we are fast becoming a nation of worse than savages, for they make no pretensions to culture, nor humanity, while we are a sickly set of barbarians, with a thin veneer of civilization, thrown around us. Even the medical profession, is not wholly free from this national disease, for commercial doctors are constantly on the increase. Men who are devoid of all professional instincts, and whose conduct, is on a par, with so many business men.

Practitioners, whose first thought is, that suffering humanity, is strictly a commercial asset. Who advise and do unnecessary operations, to whom every ant hill is a chance to make a mountain of operation, who take every opportunity to gouge, and gouge humanity, to fill their

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**Watch for It!**  
**Look for It!**

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**Don't Forget the Day and Date**

Bring in the family, all the kids, and the hired Girl.

**SATURDAY,**  
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