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ment separated from the mountain and, breaking up as it went, roared down into the valley.

"The avalanche entered a lake at the bottom, traversed it, and advanced well up the opposite slope. It travelled a distance altogether of some miles in pieces of rock the size of cottages."

#### How to use Iodine.

I referred last week to an appeal launched by Dr. C. W. Saleby, and the following article from his pen in the *Daily News* (Sept. 29th) will further elucidate this most important matter. Articles of this kind are the exception in the English Press, as a curious notion of etiquette—incomprehensible to the man in the street—forbids the recognised medical lights in this country to divulge the results of modern research and their application in practice, through the daily press:—

Many readers have written asking for practical directions as to supplying themselves with iodine on the principles outlined in my article here last July, summarising my lecture to the Child Welfare Conference. This article is written in Switzerland, a pioneer country in this respect, and I have had the advantage of learning directly from Dr. H. Carrière, the Director of the Federal Bureau of Hygiene, and secretary of the Swiss Goitre Commission, something of the present practice in his country. To his courtesy I am much indebted, but unfortunately we are far, as yet, from copying the Swiss methods in England.

First, for the private person as things now are, there would seem to be two practicable methods: it being understood throughout this article that I am discussing hygiene or prevention, and that only the doctor who sees the case can prescribe for goitre or any other illness. We may introduce iodised salt into our homes instead of ordinary salt. This is a simple and safe measure, and a large choice of such salts is now available. Any chemist or grocer should supply them at once. The names of some which occur to me are Premido, made by Hamlett's, in Cheshire; Iodosal, made by Francis Newbery & Co.; Salodine, made by the Salt Union; and Boots' iodised salt. Doubtless there are others. It is a somewhat invidious proceeding to name such preparations in an article like this, but I must do so if it is to be useful. Meanwhile, I add that most of the iodised salts on the market are far too highly priced, no excuse for the figures charged being admissible. The quantities of iodine are minute and their cost is negligible. Also I consider that most of these salts contain far too little iodine. I should prefer the proportion now official in, for instance, the City of Cincinnati, which is one part in five thousand.

Or we may supply ourselves and our children with, say, a weekly tablet of iodine-chocolate, after the fashion so successful amongst the school-children of Switzerland. The two best preparations known to me are iodostarine (with chocolate), made in Basle and obtainable by any chemist from Hofmann, Laroche, Idol Lane, E.C.; and iodocin (with chocolate), a similar but more recent preparation, made by Burroughs Wellcome & Co., in London. The cost of a regular supply of either of these is trifling. Please do not write and ask, for instance, which of these two I prefer. Probably both are equally good.

The public method of supply is far more satisfactory, and I continue to plead for it in our own country. Nothing could be less satisfactory than the kind of experiment, such as some recently quoted, in which, owing to lack of standardisation and official control, no one knows whether the children really got any iodine at all. In several of the cantons of Switzerland and of the United States of America, nothing but iodised salt is now allowed to be sold at all. The health authorities take the matter in hand and protect everybody. In other Swiss cantons both kinds of salt are available, but the price of the two is officially fixed at the same level, or with only a very slight difference. Obviously the former method is the right one. In a few years we shall doubtless adopt in our own country, and then wonder why on earth we did not do so before.

Readers who care to learn how much more there is in this iodine question than merely the prevention of goitre should consult "Farm Feeding" for the present month and learn the results of experiments made at the Staffordshire Farm Institute.

#### A Mountain 'Varsity.

A fanciful scheme for establishing a university at Davos, is receiving publicity in the *Lancet* (Sept. 25th):—

Dr. Eugen Kollarits, lecturer in the University of Budapest, who is at present living in Switzerland, has put forward an interesting plan for an international university at Davos. His idea is that the professorial staff, as well as the students, should be recruited from the citizens of all civilised nations, and this, he hopes, would do something to bridge the international gulfs left by the war. At the high altitude of Davos, students in the early stage of pulmonary tuberculosis could go on with their work under favourable conditions and in healthy surroundings, far away from the dusty air of the big cities where

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universities are generally situated. There would be admirable facilities for sport, and Davos, which has a resident population of 10,000, seems to be an excellent place at which to set up such a university. Dr. Kollarits suggests that the League of Nations should undertake its foundation; the 30 or more countries which are members of the League could contribute to the cost without any great effort.

If the League of Nations is to be asked to supply the necessary wherewithal, it seems to me that such funds might be better employed in "financing" the

#### Spahlinger Treatment

about which the following Cassandra call appears in the *Westminster Gazette* (Sept. 27th):—

"I think Henry Spahlinger is the most extraordinary man alive. If he could bring his cure to England there would be no need for anyone to suffer from any form of consumption," said Mrs. Roscoe Brunner, who has just returned from a visit to the Spahlinger laboratories in Switzerland, to the *Westminster Gazette* yesterday.

"His cure is cut-and-dried. Some of my friends who suffered from the disease have been over to Geneva and have returned cured. Unfortunately this marvellous discovery is withheld from most people who are most in need of it by lack of funds."

In spite of this handicap, the scientist is already curing many people at his own home. People from all countries are going there, and all come back cured.

#### Switzerland's White Coal.

From the *Times Engineering Supplement* (Sept. 25th):—

One result of the World Power Conference, at Basel, has been to reveal the backwardness of Switzerland in adopting electricity in agriculture, only 50 million kw.h. being used by one million farmers, as compared with 610 million kw.h. for 1,060,000 in Norway, and 670 million kw.h. for 20 millions in Germany. On the other hand, it has shown the great progress made by Switzerland in railway electrification. Whereas, so far, Germany has only electrified 1.47 per cent. of her railway system, Austria 3.9 per cent., and Italy 4.73 per cent., Switzerland has converted 34 per cent.

#### Swiss Transit Trade.

Switzerland having no direct access to the sea, there is naturally a keen competition for our transit trade and Genoa is bound to be in the running; however, to maintain that this port was "entitled to the Swiss transit trade, which at present was illogically attracted to the north-east ports," is a very bold statement. The following report is taken from *Lloyd's List* (Sept. 24th):—

In the course of the meetings which have been held at Rome by the International Delegation of Sempione, the question of developing Swiss transit trade through this port has been

raised. In connection with the report of President Zingg with regard to the tariff for the carriage of goods from Switzerland to Italy on the line of the Sempione, Signor Broccardi, the Italian representative, referred to the important reductions granted on the tariff for the unloading and loading of wheat destined to Switzerland, and to the reductions made by the Silos Company for storage at Genoa. Signor Broccardi furthermore noted that the question of facilitating the passage of other Swiss products through Genoa, such as chocolate, condensed milk, cotton, cocoa, tobacco and aluminium, was under consideration. He said that the International Delegation of Sempione were following those efforts with the greatest interest, as the results would have a great influence on the traffic on the Simplon Railway. He added that the Swiss transit trade through Genoa was still too small compared to the Swiss overseas trade, since it reached 180,000 tons, against 6,000,000 tons. He was of the opinion that the great bulk of Swiss traffic with the Levant, the Far East (via Suez), and with Central and South America should be shipped via Genoa. In conclusion, he hoped that the Swiss authorities would make the necessary alterations in tariffs, in order that the port of Genoa might obtain the Swiss transit trade to which it was entitled, and which at present was illogically attracted to the north-east ports. President Zingg thanked Signor Broccardi for his very interesting remarks, and stated that they would be communicated to the Federal Railway Administration.

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