

Here are five crops of appearance of Dr. Paul Luttinger's column in the pages of the Daily Worker of 1933 and 1934.

Pages 1 to 5 are from, respectively, Daily Worker issues from the following dates and page numbers:

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The last, sixth crop in this file announces the end of his column:

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# Doctor Luttinger advises:

In keeping with its policy of making The Daily Worker a complete home and factory paper dealing with workers' problems, The Daily has arranged a new feature commencing tomorrow, dealing with workers' physical and mental health as well as public hygiene.

This feature will be conducted by Dr. Paul Luttinger, noted physician, author of several books on workers' health, and at present Professor of Bacteriology and Physiology at one of the New York Universities. The column will be entitled, "Dr. Luttinger Advises."

Prof. Luttinger is one of country's most noted specialists in children's health and will be glad to advise parents how to bring up their children in the most healthful ways.

The health of workers and their families especially those problems involving occupational and industrial ailments both for factory and office workers is one of the gravest confronting workers. Dr. Luttinger will advise on these matters as well as personal health problems, public health, diet, seasonal ailments, health insurance, workers' compensation and medical frauds preying on workers.

Workers are invited to consult Dr. Luttinger by sending their health problems to him care of The Daily Worker, 50 East 13th Street, New York City. Those desiring a private

reply may address Dr. Luttinger and enclosing a stamped and self-addressed envelope.

Dr. Luttinger's medical work since his graduation from New York University and Bellevue Hospital Medical College in 1911 has attracted wide attention in medical circles. He was a bacteriologist in the Research Laboratory of the New York City Department of Health and shortly after completing six years work in this field organized the first whooping cough clinic in the United States. His published research reports on whooping cough, meningitis, alcohol, cancer and diet have been received by medical authorities as among leading contributions in these fields.

As a result of his years of research and as pathologist to the Bronx Hospital and pediatrician at the Bronx and Metropolitan hospitals, lecturer on children's diseases at Flower Hospital Medical College he published his studies and views in "The Burning Question: The Rational Education of the Proletariat" and "Socialism and Public Health."

Besides his widespread and noted work in medical fields Dr. Luttinger's interest in workers' health problems drew him towards the Communist Party and activity in the International Workers Order, the I. L. D. and the W. I. R.



# Doctor Luttinger advises:

By PAUL LUTTINGER, M.D.

The Health Column, which is a daily feature of the Daily Worker, concerns itself with questions pertaining to the physical and mental health and hygiene of the workers. Besides answers to personal health problems, Dr. Luttinger will discuss briefly, from time to time, questions of public health and sanitation as it affects factory and office workers, occupational and industrial diseases and accidents, diet, seasonal diseases, health insurance, workmen's compensation, as well as various medical frauds.

Correspondents desiring a private reply, please address Dr. Paul Luttinger, in care of the Daily Worker, 50 East 13th St., New York, N. Y., enclosing a stamped, self-addressed envelope.—Ed:tor.

## SWIMMING

At this time of year, when everybody yearns for a swim, and some workers, in spite of the New Deal, actually manage to get a dip in the ocean or in a pool, it is well to remember a few sanitary cautions:

First of all, it is well to remember that many diseases may be contracted in swimming pools and even at the lakes and beaches.

The so-called "summer" cold is often contracted by swallowing water containing germs which cause inflammation of the throat, nose, ears and eyes. "Pink eye" is a painful irritation of the eyes which frequently becomes an epidemic in all the camps along an infected lake. Venereal and skin diseases, ordinary diarrhoea, typhoid fever, athletes' foot, are some of the conditions

which have been traced to bathing in infected pools or beaches. In the ocean, the chances of infection are much less, particularly far from shore; but one is liable to get the ear-drum injured by a strong wave, to cut his feet on rocks or tin cans, or to become infected from dirty shore sand.

Inasmuch as the infection is chiefly due to other bathers or to the swimming suits they wear, nude bathing is more sanitary; besides, it facilitates inspection and prevents people who have skin diseases from entering the pool. As our hypocritical system precludes us from the only sanitary form of bathing, the next best thing to be done is to take a shower before and after bathing and to be sure that the swimming suit is surgically clean (sterilized).

Don't swallow water while bathing

Don't stay in the water more than 30 minutes at a time.

Anemic people (those poor in blood) should not remain more than five minutes in the water, except when it happens to be very warm. As soon as they leave the water they should get a brisk rub over the entire body with a Turkish towel to bring back the circulation to the skin.

Don't go in swimming right after a heavy meal. Wait an hour or two.

Don't go in swimming in cold water if you are menstruating, and don't allow malicious wisecrackers to shame you into doing it.

Don't fail to paint any scratch on your feet or other injured parts of the body with tincture of iodine, as soon as you can.



# Doctor Luttinger advises:

By PAUL LUTTINGER, M.D.  
THE HEALTH OF  
PARTY WORKERS  
II.—Sleep

What is the most characteristic physical trait of a Party worker? Is it color, race, size, weight? No, we have comrades of all sizes and all colors, fat and lean, belonging to every nationality under the sun. But there is a peculiar aura, an indefinite feeling of fatigue which, besides the undeniable intellectual appearance, distinguishes Party comrades from all others. Yes, nearly all of them look like "Weary Willies" or "Tired Tillies." Why?

The first reason is because they do not sleep enough. This is not the place to discuss the conditions which prevent Party comrades from getting a sufficient amount of sleep. Work during the day in the shop or office; Party, union or other organizational activities in the evening; reading literature and books and "gabbing" late into the night. Among these activities, some are obligatory, others are voluntary, and quite a number of them are either unnecessary or misdirected. All of them suffer from a lack of systematic arrangement.

I need not dwell on such an obligatory activity as attending the Unit meeting. But even here, there is room for systematization. There is no reason whatsoever why the meeting has to extend beyond 10 o'clock. And yet, in most units, the session is rarely adjourned before 11, 12 and in some instances 1 o'clock. This not only prevents any other activity for that evening, but defeats its own purpose. It is well known to every intelligent person that the nervous system, like the muscular system, cannot stand more than a certain amount of fatigue. It is this law of organic matter which is responsible for the fact that most shop accidents occur after 5 o'clock, when the muscles and nerves are exhausted.

How much attention can we expect at a Unit discussion which begins at 11, after a hard day's work and after sitting through two hours, at least, of reports, assignments and sundry wrangling.

Improvement is to take place, the Party comrades must

learn to be punctual, concise and must insist that all meetings, conferences and other indoor activities begin early and never last more than one or two hours. Psychological experiments have shown that a person cannot sit more than 90 minutes in one place without becoming lethargic.

(This question, as important as it is from the health standpoint, is also an important political question. New workers cannot be won and held for the Party until punctuality is established and meetings drastically shortened.—Ed.)

The average adult needs about seven hours of sleep. Few Party comrades get it. In fact, I do not know a single comrade who sleeps as much as that. Of course, young adults have a large amount of reserve energy which enables them to carry on for weeks, months and even years without the proper amount of relaxation. They do not seem to be the worse off for disregarding this fundamental rule of good health. But this immunity is only apparent. Sooner or later they break down mentally or physically or both. And the Party loses another good and trained worker, who has to be replaced by two or three inexperienced ones.

## ANSWERS TO QUESTIONS

Motherhood at 35.

T. R.—No. It is not too late to become a mother at 35. Please do not listen to the balderdash dished out by the neighbors. If you are otherwise healthy you need not worry about the age. Of course, it is advisable to begin a little earlier, but better late than never.

Snakes in the Stomach

J. J.—Somebody has been "kidding" you or "pulling your leg," as the English say. Snakes do not hatch in the stomach, not even in a bourgeois belly. It is a myth that you often read about in country newspapers—especially in midsummer, when news items are rare.

Readers desiring health information should address their letters to Dr. Paul Luttinger, c/o Daily Worker, 35 East 12th St., New York City.

# Doctor Luttinger advises:



By PAUL LUTTINGER, M.D.

## ANSWERS TO QUESTIONS

### The Shelton Ad

**A. Mattison, Bronx.**—An article exposing "Doctor" Shelton was printed on May 10 in this column, which explains why announcements of the activities of "Doctor" Shelton have no place in a workers' newspaper. We are so used to being slandered by people of his stripe that we do not care for the particulars of his "lecture."

### League for Health Education

**V. T., Brooklyn.**—We do not know anything tangible about the League for Health Education, except that we have a leaflet in our files stating that the membership fee is \$1 and that the secretary is Miss Rose, 129 E. 34th St. From the wording of the leaflet, it seems to be put out by some cultist, as it prattles about "rational" living and "nature" cure. Unless health education is imparted by physicians with wide experience in preventive medicine and hygiene, it is liable to do more harm than good. In spite of its high-sounding name, we would advise you to suspend action on your membership until we obtain some more definite information about this League. We wish to draw your attention to the fact that the yearly subscription fee, payable in advance entitles you only to "membership in the Forum." What privileges and benefits are accrued from such membership, the leaflet sayeth not.

### Correct Addresses Wanted

Alexander Goldfarb, Bronx; Florence Mariette, New York City; Frank Weyzen, Bronx; W. H. Lew, Bronx; Sophie Harrow, Bronx; Noel Ickestort, Brooklyn; Tom Lester,

Central Falls, R. I.; Roy H. Story, Phoenix, Ariz.; Mike Giove, Danbury, Conn.; Helen Braunstein, Brooklyn; Conrad Pettinen, Brooklyn.

### Chronic Gonorrhoea

**H. S.**—Your disease is so chronic (18 years!) that we hesitate in advising you on the matter; especially when you have been treated at the Cornell Clinic for the last nine months, without improvement. As you are unemployed, you may call on us for a free consultation. If your condition warrants it, we might be able to get a specialist interested in your case.

### The May Issue of HEALTH

The May issue of Health is now on the newsstands. It has been delayed owing to technical reasons. The number of contributions and subscriptions received will make it necessary that the June issue should be increased to 48 pages, instead of 32. The following is the Table of Contents of the May issue: Our Program..... The Editor  
The Medical League for Socialized Medicine

Samuel A. Tannenbaum, M.D.  
What Workers Should Know About Psychology, Psychiatry, and Mental Hygiene  
Daniel Luttinger, M.D.  
The Role of the Medical Units in the W. I. R.

Wm. Mendelson, D.D.S.  
The Wilbur Report on Medical Reorganization P. S., M.D.  
Medicine and Hygiene in Soviet Russia

Paul Luttinger, M.D.  
How About Your Glasses?

William Bell, Opt.  
Answers to Questions.. The Editor  
Letters to the Editor

# Doctor Luttinger advises:



By PAUL LUTTINGER, M.D.

## ANSWERS TO QUESTIONS

### Forcing Children to Eat

L. B.—Your question has been answered several times in this column; no child should be forced to eat. If the child is healthy, it will begin to eat sooner or later because all living creatures obey this first instinct of nature. If the child is sick, you better consult a physician about the lack of appetite. In most instances, the child becomes capricious if it notices that you are so anxious about her food. Coaxing or physical force is absolutely contraindicated in such instances.

### Naturopathy

Ernest Paul, San Francisco—Your experiences with naturopathy are limited and subjective. Your long letter sounds more like a religious testimonial than a scientific analysis. This is the trouble with most people who are suddenly converted to the so-called nature cults. They are inclined to draw general conclusions from a single case.

We do not dispute the fact that the physician and the dentist who

treated you had made a mistake; but this has nothing to do with the scientific status of medicine. Under the present capitalistic scheme, it is almost impossible to apply the principles of scientific medicine to the needs of the working class. If you want to see the results that medical science can obtain under a rational social system, you must go to Soviet Russia. A series of articles on "Medicine and Hygiene in Soviet Russia" are now appearing in the monthly magazine HEALTH.

### Radio Quack

Mrs. M. G. — The "Doctor" in question is not an M. D. and he is not recognized by the medical profession. He is using the radio as a means of attracting gullible patients suffering from nervous or mental diseases and his fees are set at a purposely high figure in order to impress his victims with his importance. It is unfortunate that a large number of people still believe that the higher the medical fee is, the better services they obtain.

## Removal Notice

# PAUL LUTTINGER, M. D.

*Announces the Removal of His Office to*

**5 Washington Square North**

(Between Fifth Avenue and University Place)

Telephones: GRamercy 7-2090 and 2091

The office will be conducted as a private **Group Clinic**. There will be no change in the policy of free medical services to unemployed members and full-time functionaries of the Party. The other members of the group, so far, are Daniel Luttinger, M. D.; William Mendelson, D.D.S. (dentistry); Theodore F. Daiell, Pod. G. (chiropody), and Philip Pollock (optometry).

## to Disorganize Workers

## WORKERS' HEALTH

Conducted by the  
Daily Worker Medical Advisory Board

(Starting today the Daily Worker presents an improved and enlarged health advisory service to its readers. The column, known until now as "Dr. Luttinger Advises," will henceforth be known as "Workers' Health." Instead of one doctor alone undertaking the conduct of the column and answers to the hundreds of health questions, a group of some twenty doctors, specialists in many fields, has been set up. They have constituted themselves as the Daily Worker Medical Advisory Board solely for the purpose of furthering the solution of workers' health problems through our paper. We are sure our readers will appreciate the extended health service as proposed in the following introductory statement of the new board.—EDITOR.)

## THE DAILY WORKER MEDICAL ADVISORY BOARD PRESENTS ITSELF

In appearing before the readers of the Daily Worker for the first time, we feel that we should introduce ourselves. We are certain that you want to know something about us. You undoubtedly want to know who we are and what we intend to do. Setting forth our own qualifications before we have actually done anything is not the easiest thing. But it must be done.

We are twenty-one doctors. We work in different fields. Some of us are general practitioners. Some of us specialize in the various divisions of medical practice. We are connected with hospitals, medical schools, and research centers throughout New York City. Bellevue Hospital, the Medical Center, Post-Graduate Hospital, etc., can count members of this board on their staffs.

Because of our medical training, post-graduate studies and present clinical work, we are qualified to advise workers in the prevention and treatment of the many diseases to which human beings are susceptible. The general Communist Party fraction within the medical professions has selected us from the many doctors sympathetic to the revolutionary movement and has assigned us the particular task of giving necessary medical information to the working class through the Daily Worker.

The objection is often raised that information of this kind is of little value; that what the worker in the shop and mine, and the poor farmer needs is actual medical care. No one realizes better than we that these workers do not receive even the semblance of such attention. Letters daily appearing in worker correspondence bear convincing testimony to the vile treatment which is accorded to the worker under the name of medical attention. These workers are not complacently accepting the slop that the boss class dispenses in the name of charity. The growing nation-wide support for H. R. 7598 indicates that they are tired of this stuff and want some real medical attention. And they are going to force the enactment of the Workers' Unemployment and Social Insurance Bill in order to get it.

But the Daily Worker, while leading workers in the movement for the winning of the unemployment and social insurance bill, is also vitally concerned as to what is happening to the health of these workers while they are fighting. So at a time like this, when the health of the workers' family is being undermined for the lack of any medical attention whatsoever, the value of information, even received through a letter, cannot be gained.

The job we have undertaken is not an easy one. Answering the many questions that workers ask re-

quires organization. The system we have adopted is as follows: Letters received will be sent to members of this board, specializing in the following fields of medicine:

- 1—Internal medicine (general medical diseases).
- 2—Pediatrics (children's diseases).
- 3—Obstetrics and Gynecology (maternity and women's diseases).
- 4—Dermatology (skin and venereal diseases).
- 5—Ear, Nose and Throat diseases.
- 6—Genito-urinary (diseases of kidney, bladder and genital organs).
- 7—Neurology and psychiatry (nervous and mental diseases).
- 8—Orthopedics (diseases of bones and joints).
- 9—Dentistry.
- 10—Industrial medicine.
- 11—Preventive medicine and public health.

Each question will be personally answered by those of us who are most qualified to handle the particular problem. The most interesting and typical will be published in this column. Other replies will be forwarded through the mails. But every letter we receive will be answered.

That part that this column can play depends upon both of us: You who ask the question; we who answer them. Unquestionably, some letters we receive may not be very clear to us. Some answers you may get may not seem complete; they may not satisfy you.

However, if you will be sure to point out to us those instances where we have failed, we will spend every effort to correct ourselves. In this way we can make this feature of the Daily Worker of mutual benefit to both of us. You readers will receive the information you need more completely and clearly; we doctors will be brought to a better understanding of the difficulties which beset you.

At the same time, you should make it a point to speak to your shopmates and neighbors about our board. You will find that most of these workers are also disturbed by health problems.—health problems for which they have found no answer. You should tell them that it is possible for them to find an answer—through the Daily Worker.

If we both do our share, we can help build the Daily Worker; you, by getting more workers to send in their questions; we, by getting more doctors to answer them.

And by helping build the Daily Worker, our collective organizer and educator, we can weld more firmly the alliance of the medical professions with the working class.

In this way, we will strengthen the revolutionary movement which, under the leadership of the Communist Party will soon win soviet power, and end for all time the barbarous system which has so long ravished the bodies and minds of men.

DAILY WORKER MEDICAL ADVISORY BOARD.

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