

MEDICINE

# Coughs May be Prevented By Process of "Hardening"

Some Coughs Called Useful by Chicago Physician,  
Who Presents Full Discussion in Medical Journal

**I**F YOU can not take your cough south this winter, what should you do with it?

Eight pages in the current issue of the *Journal of the American Medical Association* are given over to the treatment of coughs. Dr. Bernard Fantus, director of therapeutics at Cook County Hospital, Chicago, is the author of this exhaustive treatment of an exhausting complaint.

A person who has constant colds and a cough that hangs on all winter but disappears in the summer needs "hardening," Dr. Fantus declares. He needs to be taught to wear either fewer or more clothes, as the case may be, and to lead an outdoor life. If he is too old or too

sick to go through the hardening process, a change of climate is recommended.

For the chronic coughers who can not afford to travel, there remains the artificial tropical climate of indoor confinement. Such a cougher needs to have a uniform temperature day and night. The bed should be warmed before he gets into it. He should have a glass of hot lemonade at bedtime and the first thing in the morning.

The doctor rarely tries to check a cough, Dr. Fantus says, because most coughs are useful. He tells the various measures used successfully at Cook County Hospital to treat the three kinds of useful coughs: the tight cough, the loose cough, and the insufficient cough.

A doctor is very loath to condemn a cough as useless. A cough is useless when it fails to bring up any secretion because there is none to bring up. The useless cough is harmful for the reason that coughing begets coughing. Violent coughing irritates the bronchial tissue and such irritation leads to further coughing.

The nervous cougher furnishes an example of the useless type of cough. He coughs when there is an embarrassing pause in the conversation or when some one inquires about his health.

All chronic coughs, according to Dr. Fantus, are due to "irritation plus," "nutrition minus," or a combination of the two.

*Science News Letter, February 8, 1936*

ARCHAEOLOGY

## Cast of Easter Island Head Placed in American Museum

**A**N ALICE in Wonderland dream. A human head ten feet tall, with a neck but no body. This is the gigantic trophy an expedition has brought back from mysterious Easter Island to show Americans what the famed great stone faces of that Pacific isle are like.

The giant head is greeting strangers with a scowl, in the entrance hall to New

York's American Museum of Natural History. When Dr. Harry L. Shapiro, anthropologist of the American Museum-Crocker Pacific Expedition, stands beside his strange trophy, his eyes are on a level with the Mystery Man's nose—that is, just the tip of the nose—and his hand rests comfortably at the Mystery Man's pouting mouth.

The head is a plaster cast, made with great difficulty under broiling sun and amid clouds of insects, by Toshio Aseida of the expedition staff.

The expedition could have chosen a head 30 or 40 feet tall to cast, but chose a conservative size, as being enough of a technical problem. The museum might have been embarrassed by a 40 foot head to take care of, Dr. Shapiro figured.

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GENERAL SCIENCE

## Laymen Should Know About The Findings of Science

**T**HE LAYMAN should learn more about the work of science, and scientists show the way to this result by being willing to tell of their discoveries. This in substance was a major part of the address of Prof. W. A. Neilson, president of Smith College, before the St. Louis meeting of Phi Beta Kappa honor society.

Said President Neilson in part:

"I come now to the question of the popularization (of science). It is natural and proper that the scholar should seek his first audience among his fellow scholars, that he should submit the results . . . to a jury of his peers, and should find his main satisfaction in their approval. Until their verdict has been rendered, there is danger both to the scholar and to the truth he believes he has discovered in carrying it to the lay public, and the shade of disapproval that hovers about the word 'popularizer' has its origin in a wholesome reluctance. Realizing this, I yet wish to make a plea for the rights of the intelligent public outside the ranks of professional investigators to share the results.

"The main reason why inaccurate reports of such matters reach the general public is the unwillingness or inability of the research scholar to provide an account for the general reader himself. We may as well recognize the fact that the newspapers and the public will be served, if not by those who know, then by those who half-know. The support of research must ultimately come from the laity: it is of immense importance



FROM EASTER ISLAND