

ists will mate with them on any whole-scale.

The black, nearer to the primary brute vigor of the beasts of his native jungle in every physical function than is the white man, the product of untold centuries of adaptation to resistance to the many perils to life that lurk along the equator, endures exposure to sun and other climatic trials and easily recovers from wounds no white man could survive; even eats decaying flesh or fish without being poisoned by ptomaines, so eats without injury or illness of any sort, except that elephantiasis (a terrible enlargement of the body, usually of the feet or lower limbs) prevalent along the coast and about the lakes, is attributed to the consumption of moribund fish.

The blacks are there, there in uncounted millions, there in population more dense than that of the wild tribesmen Caius Julius found occupying Britain just before the dawn of the Christian era; and, in like manner, it is easily conceivable, Caesar and the long string of Consuls that followed him through the next four hundred years were, up to the last hour before their final expulsion, constantly debating whether Britain was ever ultimately to become, actually, a Roman's country!

Is the history of Roman Britain to be repeated in an ultimate expulsion of the white invaders of equatorial Africa? Doubtless not, literally, and yet that it may be measurably repeated I am much inclined to believe, repeated to the extent of prevention of its occupation by whites predominating numbers.

Blacks Will Fill the Land

WHILE, through bad diet and ignorance of all rules of hygiene more susceptible to all ordinary germ diseases than whites, the blacks more hardily withstand them. Thus with inter- and inner-racial warfare and human sacrifices to appease gods now stopped,—conditions which alone served to prevent a hopelessly overcrowding of population in the land,—it is only a matter of years, and not many at that, until the blacks, fecund on their flower-pot-rich soil, fill all the land from sea to sea. This nothing can prevent except a war of extermination, which modern ethics forbid, or else dis-

Indeed, I gathered from Dr. A. Copland, my most agreeable shipmate with whom I traveled from Beira to Zanzibar in May, 1909, who had then just finished six years in charge of one of the Government hospitals of the northern Transvaal, that in his opinion the only process of civilization which constitutes a serious threat to native longevity is the transition from a state of nakedness to a clothed state. While they remain naked the frequent washings they get during the rainy season do them no harm; but once they begin wearing clothes, and when they get wet expect changing them for dry, as they are always prone to do, they often contract pneumonia.

In the matter of disease, what, then, is to decimate them? Pulmonary diseases, so far, are a negligible quantity. The miasms and the ills they bring will not do it; the drunkenness and licentiousness and the long train of diseases they engender, which alone served to wipe out the North American Indian, have for generations been widely prevalent among them. Even the bubonic plague has no chance there, now that a competent medical protectorate over them has been established—as witnessed by the prompt eradication of a recent recent outbreak of that disease at Kis-

The Sleeping Sickness

AMONG the endlessly long list of known human ills, only one stands as a serious threat to the equatorial black, viz., the sleeping sickness (*Trypanosomiasis*), of which so far medical science has been able to do little more than give it a name. More is known to-day of its actual cause or of a cure for it than when, in 1891, it stole into Kampala, come God alone knows where, and quickly showed itself to be the most relentless and deadly human scourge medical science has ever been forced to encounter. Within the first twelve months it had claimed nearly thousand victims, all of them natives resident on the islands of Victoria Nyanza, chiefly of the Sesse group, or along the north and west shores of the lake.

Through the instrumentality of the British Society, Colonel Sir David Bruce of the Indian Service, one of the ablest bacteriologists living, spent 1903 in close study of the disease on the ground; but

all he was able to learn was that it is communicated by the bite of the *Glossina palpalis*, a species of tsetse fly, a small grayish black chap, the tips of whose wings cross in a "swallowtail" when folded.

Within the infected areas of Uganda, Unyoro, and Usoga, by the end of 1905 a full two-thirds of its population of three hundred thousand people were dead of the scourge, notwithstanding the enforced removal of well natives en masse to a distance of two or three miles back from lake-shore and stream-sides, beyond the known zone of tsetse occupation, the isolation as rapidly as possible of the sick upon islands of the lake, and the clearing away of trees, jungle, and long grass in the vicinity of Entebbe and Jinja.

Now it is sweeping south along Tanganyika into Rhodesia, east into German and Portuguese territory, and has already left a wide swath of dead behind it in its march round the north end of Victoria Nyanza, through the province of Usoga, and into the Kavirondo country, where, already far to the east of Kisumu, it is rapidly ascending the watersheds of the Kuja and Oyani Rivers toward the very heart of British East Africa.

Moreover, Dr. Copland told me that shortly before he left his station in the northern Transvaal a trader came in from the French Kongo who brought the ominous news that the caravan route behind him was lined with sick and dying victims of sleeping sickness—dropped out of marching caravan columns as they fell ill. Thus it is a threat already hovering close about the great gold and diamond mining industry of the central Transvaal.

Indeed, when, on January 19 of last year, the need of food compelled me to descend into the Oyani valley from the Kisii Highlands, where I had been after elephant, and I there encountered Deputy Commissioner Northcote and Dr. Baker, engaged, with a large party of askaris (soldiers), in building hospitals for the care of sleeping sickness sufferers, I was told by them that mine would be the last safari to be allowed to enter the province of Kisumu, for fear the porters might contract the disease and scatter it north and east through the Protectorate.

Disease's Terrible Toll

LOOKING down on the beautiful palm lined valley of the Oyani, far as the eye could see the country was brown with fields of ripening metama, gray with the grass roofed villages, bright with the piebald herds of cattle and the thrifty Kavirondo, five thousand of whom were then sick of the disease—which means as bad as dead of it—and most all of whom confront practically certain extermination in the next four years.

Over the entire field of its prevalence, doubtless close to a half-million people are dead of the sleeping sickness since its first observation in 1891.

While crossing the lake from Kisumu to Entebbe, I met Captain F. Percival Mackie, of the Indian medical service, one of Sir David Bruce's large staff of physicians and nurses, just in from India on a two years' detail for further close study of the disease. Sir David had preceded him a few weeks and already had established two hospital camps, one about midway between Kampala and Jinja, another to the east of Jinja, in Usoga.

And there now on the very firing line this devoted but numerically puny little band of soldiers of science stands coolly battling, virtually at death grips, with the monster, that, remaining uncontrolled for yet a few years, is the one potentiality that can quickly and surely make equatorial Africa a "white man's country"; for, while so far it has claimed comparatively few white victims, not only do the blacks easily become infected, but all who get it die of it.

Indeed, cutting out, if it so chooses, the economics and the humanities of the local situation, could the civilized world realize what terrible sacrifice of human life might ensue if the sleeping sickness should contrive to steal across to European, American, or Asian shores (that such disaster is not impossible is proved by the fact that often cases have not developed until months after any possibility of infection, and by the further fact that it is not yet definitely known that the mosquito or some other fly than the tsetse may not communicate the disease), scientific columns would be hastening to the front, from all the great Powers of the world, bent on a joint assault of the enemy before it was too late. But that the monster will be conquered before it is too late, the vast resources and recent accomplish-

1910 FEBRUARY 1910

SUN.	MON.	TUES.	WED.	THUR.	FRI.	SAT.
		MOTHER'S OATS	MOTHER'S YELLOW CORN MEAL	MOTHER'S CORN FLAKES (TOASTED)	MOTHER'S WHEAT HEARTS (WITH WHEAT)	MOTHER'S OATS
MOTHER'S WHITE CORN MEAL	MOTHER'S STEEL CUT OATMEAL	MOTHER'S GRANULATED HOMINY	MOTHER'S OATS	MOTHER'S YELLOW CORN MEAL	MOTHER'S COARSE BEAN HOMINY	MOTHER'S OATS

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