

High and increasing nervous tension.

Extraordinary increase in sedentary work.

Hearty eating without exercise.

Increasing obesity, weak limbs, soft muscles.

Noticeably low resistance to disease.

Increase in early breaking down of organs.

Increase in deaths from organic diseases.

Excessive life waste from germ diseases.

Remarkably cancer mortality increase.

Marked increase in diseased teeth and poor vision.

Increase in suicides—total of 15,000 a year.

Harriet Vittum, Secretary Woman's City Club—A Chicagoan told that degeneracy is on the increase and one cause, germ diseases, at once reverts to our transportation. If we wished purposely to spread human germ diseases, could we devise a more expeditious way than to pack vast crowds of people in close contact, as we do in our surface and elevated cars during rush hours every day of the week? And isn't it reasonable to suppose that if we improve transportation we thereby reduce germ diseases to a definite, reckonable extent?

George Perkins, President International Cigar-makers' Union—We found out long ago that the cigar-maker who had an eight-hour day went outdoors and got more fresh air into his system than the fellow who had a 10-hour workday. With the shortening workday there has been a steady lessening of consumption in our membership. Statistical tables show it beyond dispute. Long working hours is the cause of several of the 20 national dangers.

Ald. William E. Rodriguez of Council Health Committee—There are plenty of cases known of men gone insane from worry of being out of

work and hunting a job. Steps toward solving the unemployed problem reduce insanity. Insane hospitals of Illinois hold hundreds of victims of speeding-up in factories, low wages that were desperately short of meeting household needs and our chaotic industrial system which may throw a first-class workman out of work suddenly and then worry him out of his right mind.

Oscar Nelson, State Factory Inspector—All our inspectors are familiar with the factory where the employer keeps just inside the laws protecting workers, but wearing out workers ruthlessly because there is always more material on the labor market. High speed of American factory routine is proverbial. The world over we are known for fast work. Systems are organized in shops where work is passed along from worker to worker, so that no man can be slow and hold his job. If he's slow he's spotted and out he goes. This high speed is responsible for some of our national degeneracy.

William D. Haywood, Secretary Industrial Workers of the World—At Youngstown the rioters broke into stores and took clothing and food. They needed what they took. I am not surprised at scientists saying degeneracy is on the increase. Profits come first with the average employer. Health of employes is the last thought of most employers. When the working class takes control of workshops, work will be a pleasure and health will be the expected thing.

National daily sick list of 3,000,000 people and daily death list of 4,000 causes economic loss of \$2,000,000,000. Of American men between 18 and 60 now living, 9,000,000 will die of organic diseases. People dying from blood vessel diseases numbered four times as many in the last census as ten years before. Along with these figures President Rittenhouse of American Ass'n for the Advancement of Science asks:

"Are we husky enough as a peo-