The principal regulations are the following:
1. A resident medical inspector shall be appointed for each port.
2. Vessels shall have no communication with the shore, and conversely, except through the laborers.
3. Vessels shall carry only fruit and specified articles of freight.
4. Vessels carrying passengers shall carry a marine medical inspector on board.
5. Passengers shall not be received on board unless their clothing and baggage have been previously disinfected.
6. Vessels not carrying passengers shall not be disinfected nor detained at the Mississippi River quarantine station.
7. Vessels with passengers shall be disinfected and the passengers shall be detained long enough to make five days from the last port touched, but the vessel shall not be detained.
8. Vessels from infected ports shall all carry marine medical inspectors—those not carrying passengers as well as those carrying passengers.
9. They shall all be disinfected at the Mississippi River quarantine station.
10. Passengers from infected ports shall be detained at the Mississippi River quarantine station five days after the arrival at the station, but the vessel shall not be detained.
11. Infected vessels shall be disinfected and shall be detained, with all on board, five days at the Mississippi River quarantine station after the completion of the disinfection and the removal of the last case of yellow fever from the vessel.
12. Agents may send lighters down to the station to bring the fruit to the city.
13. The detailed regulations define precisely the duties of each of the officers of the board of health and those of the fruit companies, thereby excluding all pleas of ignorance of the exact meanings of the board.

Fruit vessels which have left a port declared infected before they had time to place a medical inspector on board, upon arriving at the Mississippi River quarantine station shall be disinfected, the regular crew removed, a new crew placed on board, except the master and engineer, and they shall be allowed to unload at the wharf in the city.

(5) SIMPLICITY IN SANITARY MEASURES.

By J. Y. Porter, M. D.,

Of making of books and writing of treatises on sanitary subjects there seems to be no limit. Every few weeks some ambitious writer invites attention to a claim for superior thought in this direction, and his greater ability to deal with and present a "long-felt want." It is true that of later years the science of bacteriology has done a great deal toward ascertaining the nature of different forms of germ activity, and their resistance to chemical agents, but for everyday purpose and for the use of the citizen-public in general, the book has not yet been written or monograph published which will tersely and plainly point out to a
housewife, or the masculine head of the family, the practical manner of living cheaply and healthfully. The mass of literature on sanitation seems to have been written altogether for the medical man and not for the layman. Technical terms, definitions of different bacteria with their life and habits, and descriptions of many complex machines for the destruction of theoretically supposed disease germs take up the larger portion of nearly every book written on the subject, and that which the nonprofessional public wishes to learn of—what odors hint at danger; what bad smells, although offending to the nostrils, are harmless; how to detect polluted water by simple and household means; how dwellings may be ventilated: how unwholesome food products can be detected, and how personal hygiene, care of the body, avoiding excesses either in eating and drinking, more especially the latter in alcoholic beverages, conduce to comfort and longevity—are either omitted altogether or are passed over so lightly as to be of no practical use to the reader for an extended discussion of disputed questions of theoretical sanitation.

There is no doubt but that we have permitted theory to influence too largely our management of the life problem. We have allowed ourselves to elaborate theories as to the productive cause of certain diseases, which neither the microscope in its fulness of disclosures, nor bacteriology in its minutest of astonishing attainment, justify as theoretical suggestions and which are based neither on science or experience. Some one who is an acknowledged leader in the medical field announces a theory, plausible and persuasive, and immediately it is considered quite proper to direct all energy and thought in that one direction, irrespective of impossible practical benefits which can result therefrom, and it is deemed a heresy to question the logic or fallacy of the reasoning. How many speculative ideas conceived in imaginative brain and lifted up in the wilderness of confused theory have we not bowed down before only in a short while to repudiate and abandon or with weakening faith to doubt and question the truthfulness of so-called experiment. The world grows better. This is true, for morals are improving among the masses; an intelligent spirit of inquiry is being shown by the people concerning those things which tend to better and preserve health and decrease mortality. We note this every day in the trend of the press and discussions which we hear by the wayside on subjects requiring thoughtful consideration of means and measures devised or inaugurated by municipal or national legislation toward disease prevention and disease exclusion. What stronger confirmation of this thought can be cited than the incident of the late United States-Spanish war, when as much interest was manifested by the people in general and trustful confidence expressed in the ability of the United States to free Cuba from a pestilential curse through sanitary measures as was in the confidence of our arms to remove the burden and tyranny of Spain. Those who twenty years ago would have thought it a waste of time to give a moment's reflection to questions then considered as belonging exclusively to the medical profession now show deep interest in the subject.

The educated man or woman of to-day can intelligently and interestingly argue with those of the medical profession upon demonstrable principles of disease production and disease prevention, as well as the comparative value or worthlessness of many of the apparatus brought forward by enterprising manufacturers for the destruction of
germ life; indeed, some of the ablest nonmedical men of this continent are gathered into the fold of the American Public Health Association, and their writings have not only been models of clearness of thoughtful description and practical experimentation, but have won applause for original research and useful application. Therefore the people, showing an interest in matters affecting the health of themselves and a desire to learn methods best adapted to preserve the same, are desiring of plain instruction in language so divested of technical terms and mystifying phrases that each may read and learn and practically apply suggestions and directions gained from well-tested experience. Tracts and leaflets setting forth useful and practical information on simple methods of healthful living are better calculated to meet the wants of the public in this particular than voluminously written essays or doctrinal books, because more apt to be read, especially when presented in attractive form. The State board of health of Massachusetts, Michigan, Pennsylvania, Ohio, and many others have adopted this method of instructing the public to good and happy effect, and the State board of health of Florida, yet young in the sisterhood of State boards of health, long since selected this means for getting close to the people and engaging their thought and directing attention to sanitary subjects. When freely distributed and placed in every household in the State, this method of instruction will and does bear satisfactory results.

Oftentimes when watching the pleading of the Salvation Army for the cause of religion, conducted in the peculiar manner of that sect, the thought has arisen, whether a "sanitary army" on similar lines of organization would not, if needs be, accomplish much for the cause of humanity, on the same ground of reasoning that the other organization does good by appealing to those who can be reached in no other way and are most needy in this respect to every other class of citizenship, requiring simple teaching by plain methods and by precept upon precept and patience to secure lasting sanitary results. An intimate acquaintance with the whims and fancies of people, acquired in over thirty years in the public services of the country, impresses most strongly this fact, that the people as a whole require instruction and supervision in sanitary matters almost paternal in character, and that boards of health are useful adjuncts to municipal control and are capable of lasting beneficial results only when acting as teachers, and but rarely as police officials. A "sanitary cop" in his visits strikes as much terror and dread to a certain class of citizens as does his brother officer with club and nippers, because captious dictum and often an erroneous notion of what constitutes a nuisance converts an untidiness into a seemingly unhealthful condition. When sanitary patrolmen act as teachers and not "bogy men" to frighten the timid and nervous, and by patient and intelligent reasoning seek to persuade and not coerce, we shall have less resistance to measures intended to benefit and not debase the human race by provoking opposition by obstinacy and prejudice. This is not an unreasonable conjecture, for an experience of thirteen years in this particular branch of health work, under a law which can be made arbitrary in the extreme, has taught me, with other useful lessons, that to accomplish whatsoever will benefit the human in his home, his environment of business, and his citizenship in general, the effort must be by addressing the reasoning qualities of mind, however limited or restricted in its scope of understanding.
Theoretical sanitation promises no enduring beneficial results, but leads to extravagant ideas and a waste of the people's money, by insisting on costly methods not necessary, and an unwarrantable interference with the rights of others. The day has passed when the municipal health officer or the maritime quarantine official requires intricately constructed machinery and expensive plants to protect the health and lives of those whom he has been placed to guard. Since, according to recently developed experiments, none of the pestilential diseases have highly resistant spores, and, therefore, are easily destroyed, the simplest methods in disinfection are effective in killing micro-organisms of dangerous communicable diseases, and natural means, such as sunlight and air, are frequently as potent in this respect as are chemical agents. Cleanliness, which is the bed-rock principle of sanitary procedure, is frequently sufficient by soap, water, and brush, to remove organisms of a disease, and with sunlight, dryness, and free ventilation, can make harmless such premises as were before infected. It is, too, often the case, and is the experience of all laborers in this field, that the means which are constantly at hand and easily obtainable, and which nature provides with lavishness, are overlooked for measures difficult to operate, problematical in their action, and useless as protective agents, especially when carelessly administered. A false sense of security, ending too often in signal failure, is given to careless methods of disinfection generally used, and even among those whose duty it is to know better, the work is intrusted, in many instances, to irresponsible persons or to any laborer who may come along. For this reason the disinfection of many a sick room fails completely to destroy the existing micro-organism of disease and the sickness occurs again and again in the same family until all susceptible material is used up. Small faith should be placed in a chemical disinfection when details of operation are neglected; when a thorough house-cleaning, with sunning of garments and scouring of floors, walls, and ceilings, will more likely kill germ life than a perfunctory burning of sulphur in an apartment having cracks and unclosed crevices under doors and window sashes.

Certain diseases exhaust in time their own vitality, their life tenure being weakened if not totally destroyed by exposure to heat, sunlight, and dry atmosphere. The laboratory with its bacteriological experiments has brought these facts prominently forward, so that certain occurrences which we at one time suspected but could not explain are now reasonably accounted for. In the country and thinly settled communities it is not possible to employ modern appliances of machinery which the art of man has designed to rapidly accomplish what nature, if left alone, will certainly effect, only requiring longer time to bring about. Therefore practicable methods, simple in form and easy of execution, must be adopted to offer protecting influence, and when carefully carried out beneficial results follow. In portable sterilizing apparatus, as well as in the stationary constructed machines of similar ideas, and in the many devices which have been made for the rapid destruction of disease germs, the principle of dryness and heat is the same. The destruction to organisms is as effective when done by nature's methods as by artificial means, but not as rapidly executed. Therefore the speedier method is generally adopted for disinfection in large cities and communities, where time is an important factor and delays are vexations to individuals and costly to commerce.
But what it is desired to emphasize is that simple methods of nature’s ordering can generally effect destruction of disease organisms and prevent their spread where dwellings are a quarter of a mile apart, as in the country districts, as the danger of contagion is not so threatening as when each neighbor jostles the elbow of another in a crowded city.

Following a similar process of reasoning in other branches of sanitary application, that which treats of the supervision of vessels coming from places where epidemic communicable diseases prevail, it is found that the simplest methods which can be used in the cleaning of the holds and living apartments of these ships are capable of destroying baneful organisms supposedly in these carriers of the sea, and will suffice to protect the seacoast of the country from pestilential introduction. Already too much has been done in this direction, and is still being insisted upon, purely upon theoretical grounds. Vessels are held and disinfected at some of our seaports because coming from certain latitudes, when as a matter of fact these small floating communities are healthier and usually cleaner than the port which they wish to visit. When it is considered that about 90 per cent of all vessels from foreign ports are free from any disease-contaminating influence, the sinfulness of a commercially conducted supervision, with destructive bias toward commerce by delays and fees, becomes very apparent. A steel hull vessel and those with empty and clean swept holds, whose ports of departure give no history of communicable sickness, require no disinfection; and detention, even though from the so-called interdicted latitudes, is useless and unnecessary. Cargoes in general, except in a most extraordinary manner and exceptional instances, never become infected and transmitters of disease organisms. Long before the distinguished health officer of New York argued before the American Public Health Association, that unnecessary effort was being practiced by quarantine officials in the direction of disinfection and detention of vessels, with consequent loss to commerce and discomfort to passengers, the State health service of Florida had carefully discussed the question on all points and argument of supposed disease invasion. While convinced of many unnecessary methods employed, yet the personal conviction entertained was not put into practical working, in deference to a sentiment which would have been aroused in many of the South Atlantic and Gulf ports, stimulated by those personally interested in maintaining the old régime; for the opposition invited would have created distrust and perhaps a greater destruction of commercial interests than a continuance of empirical measures.

However, the question of precedence of thought in this direction, of simplifying safely and economically maritime sanitary methods, matters but very little, if those who are now charged with this responsible oversight and duty are induced to carefully consider how much of this needless procedure can be abandoned without crippling the efficiency of the work, and how much can be accomplished by simple and inexpensive methods, for costly plants are no longer necessary to prevent the introduction of the epidemic diseases which formerly occasioned terror to our seaport population, especially in the South. The safety of the seaport and exclusion of epidemic lies principally in the methods, knowledge, and practical resourceful ability of the quarantine officer, and not in the multiplied machine devices of great cost. The latter are of course useful adjuncts, but not indispensable, for without knowledge gained by practical experience such appliances are useless in
untested hands. On the other hand, a quarantine officer thoroughly acquainted with his duty is essentially a good judge of human nature, is versed with handling of men, is intimately informed on ship construction, and the notional or fanciful prejudices of seamen; so constituted such an official with pot and pump and intelligent help can make clean and safe to the general public vessels coming under his care. As before said, cleanliness is the principle which gives light to details of sanitary administration. Without cleanliness in the first instance there can be no health, and with cleanliness diseased micro-organism can live but a short while. Therefore by making clean either the municipality or the ship the foundation of civic or maritime sanitation is laid, and working from thence is a simple, easy, and inexpensive method.

The proposed construction of an interoceanic canal on this continent must necessarily bring forth all of the intelligently practical knowledge of the Western Hemisphere that an undertaking involving in its achievement so many millions financially shall not destroy as many lives through a lack of acquaintance with conditions which, if not heeded, observed, or avoided, will most certainly make a wonderful commercial conception a death-dealing agent before completion. The sanitarian could wish no broader field to demonstrate the application of methods in preserving health and conducing to comparative ease and comfort of the builders than will be presented in this march from sea to ocean while perfecting the connecting link between great waters. Simple methods are alone needful, and the grim monster so feared in that region will be kept at bay by insect-proof dwellings and moderate attention to personal hygiene. That which was accomplished in Cuba, and especially at Habana, by inexpensive methods can also be done on the Isthmus, and success awaits the sanitarian there as surely as his efforts were triumphantly crowned in the queen of the Antilles.

These random thoughts cruelly expressed are presented to this congress of American republics with the hope that what has been said may be of sufficient interest to induce the congress to authorize the publication, in the language of each country here represented, tracts of sanitary truths which experience has taught can be practically applied. It is believed that if such pamphlets are freely distributed and placed in each house or home, the harvest yield by an improved humanity will abundantly repay for the money expended. It should pass without further plea that simplifying quarantine procedures in theory and practice will rather increase than diminish respect and confidence.

Key West, Fla., November 27, 1902.