



DR. HENRY ALBERT

Prominent Men I Have Met

Dr. Henry Albert

BY

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DR. HENRY ALBERT

Those who have been interested in a greater and better health service for the State of Iowa, were grieved at the sudden death of Dr. Henry Albert, State Health Commissioner, who died at 8:15 a.m. on the 6th of April, 1930, in the Methodist Hospital, Des Moines. Doctor Albert was a man who had long been connected with problems concerning public health in Iowa and Nevada. It was my pleasure to have known this distinguished servant of the people of Iowa for many years as a member of the Iowa Academy of Science, as Professor at the State University of Iowa, and as Health Commissioner when the latter office was created by the State. I, among others, suggested his appointment because of his ability as an executive and a man of splendid training who would render the state distinguished service.

The subject of our sketch was born in the village of Walcott, in Scott county, Iowa, October 11, 1878. His parents were both of German ancestry, the father, Fred, and the mother, Catharina Stiefel. He received his early school training in the public schools of Reinbeck, where his parents moved early in his life. It was at Reinbeck that he prepared for entrance to the State University of Iowa. Here he pursued his work in science and liberal arts, receiving the degree of B.S. in 1900, and here, to further his work in science, preparatory for a medical career, he took graduate work. The M.S. degree, as well as the degree of Doctor of Medicine, was conferred in 1902. He was a fellow at the State University in 1901 to 1902.

Further medical work was augmented by a course in the University of Vienna, Austria, where he studied bacteriology and pathology in 1903. He never practiced medicine, preferring the field of teaching, administrative and research work.

He became an instructor in pathology and bacteriology in the State University of Iowa, in 1902, and professor and head of the department in 1903, and served until 1922. During the early period of his instructorship at the State University, the State legislature established a bacteriological laboratory, of which he became the Director in 1904, serving until 1922, when, because of ill health he went to California for a year, he moved to Nevada. Here, in 1922-26, he had charge of the State Hygienic Laboratory, located at Reno, Nevada.

During his connection with the Iowa State bacteriological laboratory, he was assistant physiologist of the State Insane Hospital at Independence, and also served as pathologist of the University Hospital of Iowa, from 1903 to 1914. He became the Commissioner of the Iowa State Department of Health in 1926, and served with great fidelity. The new law creating the department meant a broadening of the work and the opening up of new lines and Dr. Albert showed great skill as an organizer. The organization consisted of: departments of epidemiology and communicable diseases, public health, nursing, education, barber and cosmetology, and law enforcement.

A very valuable service was rendered by the public health lectures he inaugurated.

He was a member of the American Medical Association, American Public Health Association, American Association of State Health Commissioners, Iowa Academy of Science, Association of Pathologists and Bacteriologists, Iowa State Medical Society, American Association for the Advancement of Science, Polk County Medical Society, Sigma Xi (honorary research society), and Phi Rho (medical fraternity). He was elected to the honorary medical fraternity, Alpha Omega Alpha, and was to have been initiated on May 1, 1930.

Dr. W. L. Bierring,¹ who had contact with him as a student and afterward as a practitioner, pays the following fine tribute to Dr. Albert, in the *Journal of the Iowa State Medical Society*:

"An intimate acquaintanceship of more than thirty years in the relation of student, colleague, and friend, came to a close with the untimely death of Henry Albert, on Sunday morning, April 6th, 1930. In the perspective of these years, the charm of his attractive personality and friendship, devotion to scientific ideals, and all that pertained to the betterment of human welfare, stands out more strongly than ever.

"As a student in biology and later in the medical sciences at the University of Iowa, Henry Albert manifested that keen interest in the unknown and desire to learn new scientific truths that marks the spirit of the real investigator. It seems only natural that the training of Macbride, Calvin, Nutting and Houser, should direct his studies toward bacteriology and pathology, then a virgin field among the medical sciences.

"During his senior year in the College of Medicine he served as instructor in pathology and bacteriology, and in 1903 after a year of European study—at the age of twenty-five years—he became professor and head of this department. During the following year, the Bacteriological Laboratory of the State Board of Health was established at Iowa City, and Henry Albert was chosen as the first director. This afforded a distinct opportunity for his remarkable faculties of organization. The diphtheria culture sets, outfits for the Widal test for typhoid, sputum containers and full sets of directions for inaugurating the extensive diagnosis system now in general use, were all devised by him.

"The year 1905 marked an important epoch in his life, for on June 10th occurred his marriage to Edith Whiteis, who became a devoted helpmate and shared his domestic happiness of nearly a quarter of a century. The same year, again studied in Vienna—1905.

"Early in his teaching career, at a time when such an attitude was quite unusual, he expressed his intention to forego the attractions of medical practice, and devote all his energies to the study and teaching of pathology and bacteriology with special reference to preventive medicine and public health. As a teacher he inspired students with a greater interest in the fundamental medical sciences and their particular application in clinical medicine.

"A persistent throat affection made it advisable in 1921 to obtain a leave of absence from his University duties and a change of residence to Southern California. Although he recovered rapidly under new climatic conditions, it was decided to prolong his stay in the Pacific Coast region. In

¹ *Journal Iowa State Medical Society* Vol. 20, pp. 230, 231.

1922 he accepted an appointment as Director of the State Hygienic Laboratory of Nevada at Reno, where he remained until 1926 when his native state again made a demand for his services.

"With the reorganization of the Iowa State Department of Health in 1926, when all of its activities were placed in charge of a Commissioner of Health, a unanimous medical profession applauded the wisdom of Governor John Hammill in asking Henry Albert to assume the new responsibility.

"His comprehensive knowledge of bacteriology and the infectious diseases, familiarity with Iowa conditions, and the needs of her people, made his appointment particularly fitting and distinctly fortunate for the State as a whole. It is appropriate to recall the words used by Vallery-Radot in his life of Louis Pasteur — 'In the field of observation chance comes only to the mind that is prepared.'

"With his customary enthusiasm he attacked the problem of developing a State Department of Health of foremost rank and commensurate with the needs of the State. During his administration new divisions were added, of epidemiology and infectious diseases, law enforcement, public health nursing and public health nursing education. Further divisions in this department are those of licensure and registration of the different branches of the healing arts, nurses, embalmers, optometrists, podiatrists, barbers, and cosmetologists, as well as those of vital statistics and anti-toxins and serums, all indicating the comprehensive department developed under the direction of Commissioner Albert.

"The weekly Health Bulletins and the Health Commissioner's page each month in this Journal, was a means of distributing valuable information to physicians and everyone interested in preventive medicine in Iowa. With his rare tact and understanding, Henry Albert accomplished a harmonious co-operation of all Public Health agencies in Iowa that augurs well for the future of our State.

"His last public service was the completion of the arrangements for the fifth annual Conference of Iowa Health Officers on April 3rd and 4th, and the success of this conference with an attendance of one hundred and fifty health officers and nurses, including Dr. Allen J. McLaughlin, Assistant Surgeon General U. S. P. H. Service, and four other distinguished guests is but another evidence of Henry Albert's unusual organizing ability. This was a strenuous task and without doubt lowered his resistance so that a virulent streptococcic appendicitis snuffed out life's candle in a few short days. Truly a martyr to duty and the cause of human welfare.

"It was his request that the funeral service of Ex-President Taft be repeated for him — and his last resting place should be Glendale Mausoleum, Des Moines, Iowa.

"At a meeting in February of the University of Iowa Chapter of Alpha Omega Alpha, Honorary Medical Fraternity, Henry Albert was elected to membership from the Class of 1902, and on May first at a special ceremony he was to have been inducted into this society of medical scholarship.

"He passed from our midst at the threshold of still greater opportunities for service, yet measured by its accomplishment his life encompassed far more than the brief span of years would imply.

"His happy, sunny nature enlivened every circle in which he moved, and he left a bit of cheer and sunshine all along Life's pathway. The spirit of his fine fellowship will linger with us as long as memory lasts."

He published scientific papers on many subjects, among which we may mention: Leucocytes, Sarcoma of the Spleen, Pseudoparasites, Hypernephroma, Disinfectants, Hypertrophy of the Mammary Glands, Chordoma, Influenza, Typhoid bacilli carriers (Journ. Ia. State Med. Soc. in Sept., 1911, and Am. Journ. Public Health, February, 1909), Reactions Induced by Antityphoid Vaccination (Am. Journ. of Med. Sci., February, 1912), Diphtheria, a Statistical Study of Certain Laboratory and Clinical Observations (the Journ. of Infectious Diseases, 4, No. 2, April 10, 1907, 210-218), The Opsonic Index and Vaccine Therapy (Ia. Med. Journal, No. 14, August 15, 1907, p. 66), Pseudomembraneous Inflammation of the Throat (Ia. Med. Journal, 14, Oct. 15, 1907, No. 4). In a paper on the pollution of underground waters with sewage through fissures in rocks (Proc. Ia. Acad. of Sci., Vol. 20, p. 7) he concludes that pollution of water through fissures in rocks occurs more frequently than is generally thought to be the case and cites two epidemics, one at Cedar Falls, Iowa, and the other at Fort Dodge. He spent much time in a study of these epidemics and the conclusions were drawn after a most careful survey.

In another interesting paper, The Inheritance of Syndactylis (Proc. Ia. Acad. of Sci., Vol. 22, p. 17), he reports on thirteen cases which he traced through four generations. In these cases heredity was obviously apparent. The inheritance of the abnormal union of the digits apparently conformed to Mendel's law as a dominant character. The disease was a latent character.

Doctor Albert, in a paper on vaccination (Proc. Ia. Acad. Sci., Vol. 18, p. 15) against typhoid fever, gives a resumé of vaccination against typhoid fever in which he discusses the reactions obtained in 46 students he vaccinated. The reactions were brought under four heads: (1) leucocyte, in which he noted a marked increase in the number of leucocytes; (2) Phagocytosis, where the phagocytes are increased; (3) agglutination; and (4) an increase in bacteriolysins.

Doctor Albert's thorough study of bacteriological problems made him an authority on the bacteriology of human diseases. In a paper, Bacteriology and Pathology of Influenza,¹ read before the sixty-eighth annual session of the Iowa State Medical Society, he gave a splendid resumé of this subject. He made a study of the bacteriology of the epidemic which started in 1918. He was not able to confirm the findings of eastern bacteriologists and those of England in regard to the Pfeiffer bacillus. His findings agreed with the later work done in France and Germany that it was not frequent and that it had the same relationship to influenza as Pneumococcus and Streptococcus, that is, as a secondary invader. He found the Pneumococcus as an invader in thirty-two per cent of the cases. Streptococci are also important secondary invaders. He discusses other organisms found by him, also a filtrable virus. There is also discussion of the pathology and a toxemia resulting from the infecting virus. He had a thorough knowledge of the pathology of the disease. The bacteria isolated differ as to locality and time of occurrence, "dependent, no doubt, on the predominance of a particular organism or of several organisms in the community at any particular time." This accounts very largely for the variations in findings of different bacteriologists. It is refreshing to find that in the presentation of the subject a thoroughly scientific method is pursued.

In a paper "Laboratory Diagnosis of Atypical Cases of Communicable

¹ Journ. of Ia. State Med. Soc. Vol. 10, p. 34, 1920.

Disease (Journ. Ia. Med. Soc. Vol. 8, p. 17) that Dr. Albert presented at the first annual short course for health officers at the University of Iowa, he calls attention to the rapid progress made in the diagnosis of communicable disease due to the progress of bacteriology, and special reference is made to certain atypical cases. "In many epidemics the number of cases that depart from the well defined clinical type are more numerous than the typical ones." He uses Diphtheria as an illustration of the old method of diagnosis, in which many grave errors in diagnosis resulted. In a cultural study of the nose and throat of every physician, nurse and patient in a certain ward of the University hospital it was found that several nurses were diphtheria carriers. The laboratory method helped to diagnose these cases and caused improved conditions. Then he calls attention to cultural bacteriological methods to diagnose typhoid, cerebrospinal meningitis and poliomyelitis. The microscope and bacteriological methods are indispensable in the correct and rapid diagnosis of certain diseases.

After he became head of the State Hygienic Laboratory at Reno, Dr. Albert became very much interested in the medical problems of Nevada. He found that hay fever was unusually prevalent. In the July number, 1927, California and Western Medicine, he reported the result of his laboratory investigations and the results of therapeutic application of his findings.

Reprint from California and Western Medicine, July, 1927. Volume XXVII, No. 1.
593 Market Street, San Francisco.

HAY FEVER IN NEVADA*

By HENRY ALBERT, M.D., AND VIRGINIA DEBELL,
Reno, Nevada

DISCUSSION by *Albert H. Rowe, M.D., Oakland.*

Nevada has been generously supplied with hay fever plants, and the victims are proportionately numerous. Indeed hay fever is one of the real health problems of the state.

Practically all of the plants responsible for producing hay fever belong to the wind-pollinated group as distinguished from the insect-pollinated plants. Plants depending upon insect life for fertilization have, as a rule, either brightly colored, conspicuous flowers or secrete a nectar in the heart of the flower to attract the insect, or both. Wind-pollinated plants, however, have no need of these inducements. The flowers, which often go unnoticed, are small and inconspicuous, with a structure such that the stamens project from the main portion of the flower. This gives the wind ample opportunity for scattering the small, dry pollen grains which are generally produced in great abundance.

It is now quite generally known that the insect-pollinated flowers are not important offenders in the production of hay fever symptoms. However, the layman often has suggestions to offer in his belief that his hay fever is caused by alfalfa, roses, or goldenrod, which may sometimes be responsible when the flower is brought in contact with the nose. While it is sometimes difficult to collect sufficient pollen from the wind-pollinated plants, it is very much more difficult to collect pollen from those plants relying upon insects. The pollen is often very securely hidden, small in quantity, and sticky in

* From the State Hygienic Laboratory, University of Nevada, Reno, Nevada.

nature. With this combination of factors it is almost impossible to make a satisfactory pollen extract from alfalfa and many other insect-pollinated plants.

In making pollen extracts for hay fever tests, the plants are placed in water in the laboratory on waxed paper or clean plate glass. They are shaken daily and the pollen collected. Impurities are then removed by sifting the pollen through a fine screen, and the pollen extracted in glycerine and Cocoa's fluid. After tests for sterility the extract is appropriately diluted and is then ready for use, both for testing and for treatment.

The tests for susceptibility consist of making small skin scratches, and the application to such of a small quantity of the pollen extract. Pollen may also be placed directly on the scratch mark and a small drop of a one-tenth normal sodium hydrate solution added. Absorption occurs rapidly. The reading is made in half an hour. Positive reactions indicating susceptibility are indicated by edematous swelling accompanied as a rule by redness and itching. The swelling disappears within a few hours.

Treatment consists of hypodermic injections of the pollen extract. It is better for prevention than cure. It is most effective when started about six weeks before the expected attack.

During the spring and summer of 1926, thirty-one hay fever patients were each tested with about forty different pollen extracts.¹

The table above lists the plants, the pollen extracts of which were used for the tests.

The plants are listed in the order of frequency of positive reactions obtained. The family to which the plant belongs; the number of positive reactions both total and the number of slight (1+), moderate (2+), and severe (3+) reactions obtained and season of pollination are also included in the table.

It will be noticed that the chenopods and the grasses are the most important groups in and around Reno. Russian thistle, a chenopod, leads the list as the most frequent cause of hay fever in this vicinity. Twenty-one of the thirty-one persons tested reacted to it. Other important plants are shad scale, red root pigweed, wild oats, and rye grass.

Russian thistle is found growing almost everywhere along the roads and in the fields, blooming from July to October, and producing a large quantity of light, dry pollen. Rye grass is a very good illustration of the grasses. It blooms from June to August and is very common along the roads and in vacant lots and, like Russian thistle, produces a large amount of pollen.

The four important members of the chenopods are Russian thistle, shad scale, annual salt bush, and lamb's quarter. With only one exception, in all the tests we have made, a person reacting to one of these reacts in some degree to them all. It is interesting to note that the four members of the chenopods head the list in producing hay fever, closely followed by the two amaranths — careless weed and red root pigweed.

The grasses are next in importance, taking each genus separately. When considering the grasses as a whole, however, they form the most important group because of the large number of plants represented. With the grasses we obtained 142 positive reactions as compared with eighty positive reactions with the chenopods and thirty-seven with the amaranths.

¹ The pollen extracts were chiefly supplied by The Cutter Laboratory, Berkeley, Calif.

Each of our hay-fever grasses belongs to a separate genus, but when we get a positive reaction to one grass we also get positive reactions to most of the others. It is a question whether treatment with one grass will immunize against the remainder.

According to our data, the grasses are responsible for a little more than one-third and the chenopods almost one-fourth of our positive reactions. When, however, only the more marked positive reactions are considered, we

HAY FEVER PLANTS OF NEVADA ARRANGED ACCORDING TO THE FREQUENCY OF POSITIVE REACTIONS

(Based on tabulations of thirty-one complete tests made at the State Hygienic Laboratory, U. of N., Reno, Nevada.)

PLANT	FAMILY ²	1 +	2 +	3 +	TOTAL	SEASON
Russian Thistle ----	(C)	4	13	4	21	July-October
Annual Salt Bush----	(C)	8	8	4	20	July-September
Shad Scale -----	(C)	6	9	5	20	March-June
Lamb's Quarter ----	(C)	14	5		19	July-October
Careless Weed ----	(A)	6	9	4	19	August-October
Red Root Pigweed --	(A)	7	10	1	18	August-October
Wild Oats -----	(G)	10	2	4	16	April-June
Orchard Grass -----	(G)	8	7	1	16	June-July
Canary Grass -----	(G)	10	4	1	15	June-July
Red Top Grass-----	(G)	8	5	2	15	June-September
Rye Grass -----	(G)	4	7	4	15	July-August
Johnson Grass -----	(G)	12	1		13	April-October
Bermuda Grass ----	(G)	11	2		13	May-October
June Grass -----	(G)	10	3		13	June-July
Velvet Grass -----	(G)	7	2	4	13	June-July
Timothy -----	(G)	7	3	2	12	June-July
Mugwort -----	(W)	8	3		11	August-October
Coast Sage -----	(W)	6	4	1	11	August-October
Ash -----		8	2		10	April-May
Olive -----		9	1		10	April-May
Black Walnut -----		6	2		8	April-May
Ragweed (False) ---	(R)	5	2		7	August-October
Marsh Elder -----	(R)	7			7	August-September
Cocklebur -----	(R)	5	2		7	August-October
Ragweed (Western) -	(R)	5	1		6	August-October
Mountain Sage -----	(W)	2	2	1	5	August-October
Cottonwood -----		3	2		5	February-April
Rabbit Bush -----		5			5	April-May
Yellow Dock -----	(D)	4			4	May-June
Ragweed (Giant) ---	(R)	4			4	August-October
Ragweed (Common) (R)		1	1	1	3	August-October
Live Oak -----		3			3	April-May
Plantain -----	(P)	2			2	June-July
White Oak -----		1			1	April-May
Sheep Sorrel -----	(D)	1			1	May-June

² Family References: (A) Amarantha. (C) Chenopods. (D) Docks. (G) Grasses. (P) Plantains. (R) Ragweeds. (W) Wormwoods.

find the chenopods and grasses to be of about equal importance in spite of the large number of the latter. Each group is probably responsible for about one-third of all our cases of hay fever.

A number of the plants which are very common in Nevada, such as sagebrush, rabbit brush, and cottonwood, fortunately are responsible for very little hay fever. Occasionally a reaction is obtained with one of these, but it is usually only slightly positive. These plants seem to be of very minor importance as causes of hay fever.

REACTION FREQUENTLY MULTIPLE

Many patients react to more than one pollen. The following table shows the number of decided (2 + or 3 +) reactions obtained in thirty persons tested:

Number of Persons	Number of Pollens to Which Reacted
Two -----	1
Two -----	2
Four -----	3
Three -----	4
Eight -----	5
Two -----	6
Two -----	7
Three -----	9
One -----	10
One -----	11
One -----	12
One -----	16

It will be noticed that only two persons reacted to only one pollen and that one reacted to as many as sixteen. One-half of all persons tested reacted to from three to five pollens.

Multiple reactions seem to be more common in Nevada than elsewhere. It brings up the question of multiple extracts for immunization. Such seems to be distinctly advisable in a great many patients. It would seem advisable, however, to try to limit the number of kinds of pollen extracts for treatment to three. One person who reacted to ten pollens obtained complete relief when treated with three. The person who reacted to sixteen pollens was treated with a mixture of three spring pollen extracts, and later with a mixture of three fall ones. He also had complete freedom from symptoms although he had had severe attacks of hay fever lasting for about two and one-half months each year for the past seventeen years.

The kinds of pollen extracts that should be used depend upon: (1) degree of reaction; (2) prevalence in the vicinity of plants to the pollen extracts of which patient reacts; (3) time of pollination as compared with time of hay fever; and (4) group to which the several reactors belong.

A member of one group tends to protect more or less against the other members of the same group. Thus in case a person reacts to more than three pollens it seems advisable to select one of each of the main plant groups represented by the positive reactions.

RESULTS OF TREATMENT

The results of the preventive treatment of hay fever by means of the

appropriate pollen extracts have been very encouraging. A report was obtained from the physicians in charge of seventeen persons whom we had tested. Of that number five report complete relief from symptoms. All of the remainder were given considerable relief. In one it was only 25 per cent; in four, from 50 to 60 per cent; and in seven, from 75 to 90 per cent.

Some of the patients did not begin treatment until after symptoms of the disease had made their appearance. This may account for some of the less favorable results.

The really important problem is to try out a much larger number of Nevada plants as to their causal relationship to hay fever. This will require a large amount of work, but the results should readily justify the efforts and expense. When such has been done and a state-wide survey of the important plants has been made, we may expect to obtain very much more satisfactory results in the treatment of hay fever in Nevada than has been thus far possible.

DISCUSSION

ALBERT H. ROWE, M.D. (242 Moss Avenue, Oakland) — The choice of the pollens to be used in the treatment of a patient with hay fever is most important. This has received emphasis in Doctor Albert's paper. For the best results, he has stated that the physician must be acquainted with the botanical flora of the district in which the patient lives. The flora within a radius of several miles, especially in the directions from which prevalent winds blow, must be thoroughly studied, since light pollen can be carried by the wind for fifteen or twenty miles. The relative amounts of the various wind-pollinated grasses, shrubs, weeds, and trees, must be carefully determined, and the seasons and duration of pollination must be known. With such information at hand, one can decide from the history of onset and the duration of the hay fever, and from a record of the pollen reactions, which pollens should be used for desensitization.

We must assume that treatment with a given pollen will desensitize the patient to closely related pollens. However, it is difficult to be sure how specific such pollen desensitization is. I feel that for the best results desensitization must be quite specific and if necessary two or three antigens should be administered at the same time, each containing three or even four pollens. It is especially important to decide which grass pollens should be used for treatment of an individual who is clinically sensitive and who gives reactions to a large number of such pollens. The best plan is to take representatives of the various grass tribes, using specific pollens to which reactions have been obtained, and which are most prevalent in the patient's environment. I am satisfied that one grass pollen does not desensitize satisfactorily to all pollens in the grass family. The study of pollen plates for an entire season in a given district gives a numerical count of the pollens in the air and the limits of seasons of pollination which is most valuable to the allergist. When Albert has had the opportunity to study the flora of Nevada more exhaustively and has collected, through local botanists, a complete group of the pollens of Nevada, his further reports will be of great interest.

The physician must watch the result of treatment carefully to obtain the best results. It is often advisable to continue treatment at weekly intervals during the season when the treatment has been preseasonal. When treatment is begun during the season, doses must be increased as rapidly as the local

reaction allows. Thus in seasonal treatment the desensitizing dose can be reached within a comparatively few days, making co-seasonal treatment well worth while. The intradermal administration of pollen, as suggested by Phillips, promises to be of definite value in the rapid control of hay fever symptoms.

Whereas seasonal hay fever is nearly always due to pollen, such symptoms may be due to animal emanation proteins, orris root, various dusts, or even to seasonal foods. Where these are not the primary causes they may be complicating factors which should be recognized in the treatment of the hay fever problem. This emphasizes the fact that for proper control of patients with hay fever resistant to pollen therapy, especially if there is a history of mild symptoms throughout the year, other types of proteins than pollen should be used in testing the patient. This applies, of course, to the unusual case, but mention is made of these other causes to round out this consideration of hay fever.



The cut on this page is from a picture taken while he was doing field work in connection with this research. He also printed a report on Tularemia in Nevada. His numerous contributions to Medical Journals and Scientific Societies testify to his enthusiastic interests and indefatigable labor in his chosen field.

I have reviewed only a few of the many important scientific papers of Dr. Albert, but these are sufficient to show the trend of his thought and the modern scientific methods employed by him and his contributions to medical science.

The biennial reports made by him are very valuable and contain much valuable material prepared under his direction, such as the report of the division of Sanitary Engineering and Housing, by A. H. Wieters, Chief Engineer. In one of his papers he says: "Progress made but position still backward. Progress has been made but he is sorry the Department had not been able to render the service so greatly needed in the cause of disease prevention nor to meet the desires of many other citizens who are in close touch with the needs for effective public health work and efficient service

on the part of the several occupations and professions where members are licensed by this department to practice in this state,² as in cosmetology, barbering, public health work, nursing, division of nursing education, division of examinations and licensures, public health lecture work, division of laboratories and epidemiology, division of communicable diseases, and division of vital statistics.

Doctor Albert had the best interest of the State in mind as shown in his recommendation made in his first biennial³ report in 1926. He urged county boards of health, county health visits, a continuance of the sanitary engineering division, the vaccination of all dogs where rabies occurred, the extension of the work on prophylaxis against diseases by making a large use of vaccines and sera, and a division of nursing. He did much in the way of publication of good literature pertaining to public health. This published material was in great demand by nurses, physicians and public schools. Some of it was written by him and some by the trained staff in the department. The occasional letters by him have been of great value to the state. The public health surveys were very important.

The Iowa Health Bulletin contained many important health items. In the first issue when he became health commissioner, Dr. Albert urged a health service for the rural community, as Governor John Hammill did in his biennial message. "The urgency of the need," Dr. Albert said, "Is still further emphasized by the fact that whereas in the country as a whole, only about one-half the population is rural, in Iowa about two-thirds of the people live on farms."

In a recent number of Iowa Public Health Bulletin (Vol. 44, page 10, 1930) he says: "Iowa people are gradually becoming public health conscious." He stressed the importance of this rural work and cited a number of cases where contagious diseases were spread because of ignorance of the disease affecting children, and, to quote from an address he made to the Farm Bureau in January, 1930: "Our country people are just as much entitled to effective health protection as city people are." The logical unit for full time health service is the county. This is true not only because with the county as a basis can the work be more economically done, but the county is also a proper basis from the standpoint of paying the cost of a county unit, since the county expenditures are in the hands of the county board of supervisors.

The following fine editorial appearing in the Cedar Rapids Evening Gazette and Republican (April 8, 1930), calls attention to this bulletin:

Simultaneously with announcement of the passing of Dr. Henry Albert, state health commissioner, comes the current quarterly issue of the Iowa Public Health Bulletin. A considerable portion of the bulletin is devoted to discussion of health problems by Dr. Albert, illustrating his sense of justice and his progressive attitude on such subjects. Being a just man Dr. Albert was deeply interested in procuring for rural citizens a more equal share of the advantages which flow from adequate health service and modern methods of disease prevention. He observed with satisfaction that "Iowa people are gradually becoming more public health conscious," but lamented the health handicaps endured by country people.

² Full report of discussions, Iowa Documents, 1929, Rep. of State Dep't. of Health for the Biennial period, Jan. 30, 1928, 1-126.

³ Rep. State Dep't. Health for biennial period ending June 30, 1926.

In his address to the Iowa Farm Bureau Federation last January Dr. Albert said: "Although the conditions which prevail in the country are more conducive to good health than those of the city, our sickness and death figures show that our larger cities have better health protection than prevails in country districts, and as a result there is less sickness and the death rate is lower in such cities than in the country."

His sense of justice was disturbed by this situation. "Our country people," he exclaimed, "are as much entitled to effective health protection as city people are." He proposed as a remedy to abolish the township as the unit of local health administration, since it is too small to afford the expense of adequate supervision, and to make the county the administrative unit with full time health service. The health unit for full time service, in his opinion, should include "at least a physician, sanitary inspector, and community nurse with the addition, in some cases, of another nurse devoted to the problems of maternity and children."

"In many states," he added, "the people who live on farms are now receiving the benefits of full time public health service through a county public health unit. There is not a county in Iowa that does not need whole time public health service."

He was deeply interested also in child health work. In order to bring home to the people more forcibly the need for this work he resorted to working out a table to illustrate the economic value of children. Perhaps he worked out this table with a sardonic smile while reflecting that the dollar and cents value of children might prove more effective than other values in demonstrating the need for preserving their health.

"Considered from a purely economic standpoint," he wrote, "there is increasing recognition that the money value of a child should be figured in terms of his future net earning capacity instead of placing it at the actual cost of raising the child—plus, in case of death, burial expense." Regarded in one sense this is satire almost as ferocious as that of Jonathan Swift. Whether Dr. Albert's lip curled cynically as he wrote it no one can say. He was under the necessity of presenting his case in the most effective way and current materialism values everything by a money standard. Dr. Albert's figures show that a child is not an economic burden and is more valuable than a Poland China hog or a Holstein cow.

Dr. Albert was an enthusiast on the subject of preventive medicine, and deplored the burden which illness places on the moderate income. He made the assertion some months ago in an interview that preventive medicine can eliminate half the poverty in Iowa. He based this assertion on an investigation of the state department of health which showed that out of 814 families fifty-four had been forced to appeal to charity because of illness. In forty-five cases the father was affected, in six the mother, and in three the children.

"It will be seen," commented Dr. Albert, "that in the great majority of cases the poverty is due to robbing the family of its breadwinner. In the remainder illness placed such a heavy burden on the small income there was not enough left to provide the necessities of life." He then made the point that efficiently administered health departments could prevent at least one-third of present-day illness, increase the efficiency of workers, and add ten years to the duration of life.

Human progress and welfare mainly depend on scientists such as Dr.

Albert and on the efforts of the chemist and educators. The chemist has done more for farm relief than the politician. Dr. Albert's faithful labors were of more importance than innumerable sessions of the legislature. To men of his type the public will give increasing gratitude and honor.

Doctor Albert inaugurated the Public Health Conference and he looked forward to the fifth annual conference which was held in Des Moines on April 3 and 4. He did not have the good fortune to be able to attend this important state conference.

Doctor Albert's motto was "For a clean state and a healthy people."

Besides the bequests to his relatives he made a generous gift of \$4,000.00 each for two parks. The money for the parks is to be paid out of his estate on the death of his wife, one to be located in Reinbeck and to bear the name of Albert Park, for his parents, and the other at Urbana, the childhood home of Mrs. Albert. For a number of years Dr. Albert gave a "service prize" to the University of Nevada. He provided the continuance of this service prize. He provided another fund of \$1,000.00., the interest of which is to be used as an annual public health contest.

Doctor Albert was a member of the Masonic Lodge at Iowa City, in politics a Republican and a member of the Lutheran Church.

Dr. Henry Albert had a large perspective of life. Health, treatment, personal attributes, personality, mental attitude and the objectives of life were brought together in mimeographed sheets, sent to his friends. They contained so much that is worth while that they are published along with his life.

PHILOSOPHY OF LIFE

1. HEALTH—first consideration.
 - a. Exercise—morning—air bath—office—evening—esp. face and jaws
Exercise in office (Degen & Swaboda).
 - b. Posture—erect—sitting, standing, walking, especially think, sit, stand or walk "tall."
 - c. Rest—sleep 8 hrs.—nap at noon—rest when tired—relax. Accomplish less rather than overdo.
 - d. Diet—reduce—simple—acidosis—oranges.
 - e. Bath—water—light—air.
 - f. Spare voice.
 - g. Conserve energy—always have surplus—keep reserve—physical, mental, spiritual—Keep your *storage battery* charged.
 - h. Codliver oil and lactose.
 - i. Think clearly—if cannot, do less work, rest more, take soda, etc.
2. TREATMENT—change as necessary.
 - a. Feet.
 - b. Mustache and beard—scrub.
 - c. Eyes—lashes (both)—protect—rest looking out distance often or walk.
 - d. Itching—iodexoint.
 - e. Acidosis—alkali.
 - f. Perspiration.
 - g. Ultraviolet rays.

3. OTHER THINGS TO DO

- a. Diary—important events—trips—addresses, etc. (See also C).
- b. Frequent use of terms “service”—“challenge”—“faith in people”—“urge” to be somebody and to do something.
- c. Book of unusual experiences.

4. PERSONAL APPEARANCES

- a. Beard trimmed—hair, etc.
- b. Clothing and shoes—neat.
- c. Appear at best—if can not—avoid.

5. PERSONAL ATTRIBUTES (See also Personality—mental attitude).

- a. Cheerful—optimistic—yet sincere.
- b. Friendly—sympathetic—equanimity.
- c. Leadership—dominates—ideals, ideas, confident, constructive, vision, opportunist—talk less, especially at important occasions.
- d. Initiative.
- e. Opportunist—do right thing at right time—discretion—tact—Have no bitter thoughts—have and use “driving force.”
- f. Usually let others speak first—if not sure of proper solution.
- g. Considerate.
- h. Gratitude.
- i. Loyalty.
- j. Remember persons, names, places, associations—observant, association, repetition.
- k. Enthusiastic—short time—not to tire.
- l. Sense of humor—including stories and funs—not take yourself too seriously, to maintain proper perspective.
- m. Sentiment but controlled by judgment.
- n. Dignified—yet not too formal.
- o. Helpful.
- p. Tolerant.
- q. Calm—equanimity—firm, but without fire.
- r. Be inspired and inspire—“I have seen the gleam and followed it”—(Scotch friend, Walker).
- s. Smile readily and laugh heartily (at least 5 good laughs a day).
- t. Self-discipline—“Success depends largely on doing what you don’t want to do when you don’t want to do it”—Babson.
- u. Be a militant crusader, but without bitterness.

6. PERSONALITY

- a. Expressive face—use muscles.
- b. Distinguished appearance but keep “common touch”—be human and natural.
- c. Be interesting (good talker) and interested (good listener).
- d. Inspire confidence.
- e. Three gestures (Steiner, Grinnell).
 - 1. Hand gripped and arm up asserting “I am somebody.”
 - 2. Hand open and to front asserting “frankness—truthfulness—not secretive.”
 - 3. Both hands in supplication praying “to be better.”

7. MENTAL ATTITUDE

- a. Cheerful—optimistic—hopeful—idealistic—yet practical, play.
- b. Not worry—avoid non-essentials. Do not do unnecessary things, do not let obstacles get the better of you—put off until tomorrow what does not “need” to be done. Ninety per cent of things get stirred up about, do not happen.
- c. Confidence—but beware of over-confidence.
- d. Meditate—to let mind, comprehend broad horizon of activities, and motives—to get new ideas—proper perspective. If too busy with details, do not have time to see the bigger things. Solitude for meditation daily—Sunday once a month—take whole day off all alone.
- e. Look ahead—see things as when accomplished—have vision. Let your sub-conscious work for you while you relax.
- f. Think clearly and things thru. If cannot—rest and wait.
- g. Never get angry nor impatient—but avoid need for both—maintain equanimity.
- h. Adjust yourself to changing conditions—to be not only up to date but as leader—a little ahead.
- i. Accept challenge to do difficult things—but not impossible things.
- j. Do not attempt too much—things beyond ability or strength—will result in ultimate downfall.
- k. Remember—adversity makes men—prosperity tries them.
- l. Militant crusader—but without bitterness, attaching personal and without too much fire to use up emotional energy. Do not get brain storms, work on principle rather than personality.

8. PROFESSIONAL BUSINESS

- a. Systematic and orderly—desk cleared.
- b. Expedite business—do not waste time and energy.
- c. Plan ahead—weeks, months, years.
- d. Let others look after details which they can look after, but look after details others can not do.
- e. Be sound and think things through.
- f. Specialize so as to do something better than any one else.
- g. Decline much—let staff do details they are capable of.

9. FINANCES AND BUSINESS IN GENERAL.

- a. Conservative—not too speculative.
- b. Keep long range point of view—disregard intermediate movements unless can foretell.
- c. Reduce activities and interests.

10. OBJECTIVES OF LIFE.

- a. Be idealistic—do best know how as guide.
- b. Be practical in application—recognizing the frailties of human nature.
- c. Success—the three interrelated.
 - (1) Achievement thru work. Remember things don't happen, they must be brought about.
 - (2) Satisfaction thru service.
 - (3) Happiness thru various channels in addition to above, but chiefly through thinking interesting thoughts and work.

- d. Example to others—punctuality, diligence, orderliness, devotion to duty, etc.
- e. Make others happy.
- f. Leave something besides money. Leave record; park, prize, etc. Something to be remembered by—from immortality at least one tiny thing that will be snatched from immortal—"Ruth Suckow" (park at Urbana—Prize—Nevada Prize—Iowa State Department of Health or University).
- g. Regard life a game—play to win but play it fairly. You cannot always win. Be a good sport when lose.
- h. Leadership.
- i. Big things—let others do details but look yourself after the details that make big things possible but which others can not do. Make a conscious effort to attain objectives but accomplish it *naturally*.

ALSO—

Live simply, peacefully, leisurely—(Babson).

Indomitable determination to live, succeed and make some contribution to life.

Remember that the ultimate goal may be reached by various routes—do not indiscreetly follow the one which you think best.

As head of a department—give tonic quality to all work; set example—punctuality, orderliness, etc.—service—attitude—have all respect and if possible love.

EXTRA—

1. Have enthusiasm—even fire—but use discretion.
2. Pray for me.
3. Crusader—fire—devotion.

APPRECIATIVE LETTERS

It seems to me most appropriate that we should place on record letters received from friends and public officials in regard to the esteem in which Dr. Albert was held.

Dr. Albert only lived a short time at Reno, Nevada, and yet during that short time he came in contact with a large number of persons and all loved him and appreciated his services. After his death Mrs. Albert received a number of fine appreciative letters, among these one of his dearest friends, Charles F. Cutts, writes as follows:

"The hearts of all your friends here in Reno are very sad today. But even though our eyes be filled with tears, we remember with joy the smiling face of him whom we all had learned to love. It is a wonderful thing to have lived one's life to the fullest, to have given of one's self completely, in helping to make this world a better place for all to live, and it is tremendously fine to go down, at your post of duty. Life would indeed be sad and dreary were it not for these tender and sympathetic contacts and when the ties are broken only happy memories give us strength and courage to carry on.

"I am glad to have called him my friend, to have known the warm clasp of his hand, to have had the benefit of his wise and friendly counsel. In this hour of your great sorrow, our heart's sympathy goes out to you.

If in any way I might be of service at this time, I am sure you would let me know.

"May God's peace and blessing comfort you.

"Most sincerely and sorrowfully yours,

Charles F. Cutts."

Dr. L. W. Hartman also of Reno wrote as follows:

"It is not necessary to tell you how deeply we have been saddened and shocked by the report of Doctor Albert's death. It does not seem possible that one so joyous and happy as he always seemed to be, has passed away. Our hearts ache for you. We do most sincerely sympathize with you in your sorrow. His parting has made a profound impression here for he had many real friends in this community. Our family feels just as if we had lost another of its members.

"It was only last Friday that we brought David home from St. Mary's hospital where he had an operation for removal of the appendix. It was an emergency operation but fortunately the appendix had not burst and he seemed to get along very nicely and we think he is now well along the road to complete recovery. He, too, feels badly about the death of Doctor Albert.

"I shall always remember the joy and happiness which Doctor Albert radiated into life and I shall prize my memory of him. I know of no man who enjoyed a good joke or a bit of keen wit and good humor more than he did, and I shall long remember his genuine appreciation and hearty kind laughter and some good humorous story. I am so glad that I saw him last December during the American Association meetings. You and he were so gracious and kind and hospitable to me that it did seem to me that my joy was made as complete as it could be made. My children also appreciated him thoroughly.

"I wish I could say something or do something to lessen your sorrow and assuage your grief. You and he seemed to be so well suited to each other and I know that you were happy together. I sincerely hope that pleasant memories of him may help to lessen your sorrow and give you comfort and strength to bear up under your great bereavement, for he was truly, as Tyndall said of Faraday, "a just and faithful knight of God." Personally, I have always felt that he was one of earth's true noblemen. Our hearts and our love are with you at this time."

Mrs. Edith K. Hartman of Reno, Nevada, wrote as follows:

"How my heart aches for you in this overwhelming sorrow that has come to you.

"We all feel that we have lost one of our best friends in Dr. Albert's passing on. No one can ever fill his place in our hearts, but I can imagine how the bottom seems to have dropped out of everything for you. You do have our most sincere sympathy and dearest love in this great bereavement.

"Though life can never be the same, we must believe that God is good and our loved ones are better off on the other side. May strength and help from above sustain you in this great sadness.

"After all, in this changing world, dear Mrs. Albert, love is the only thing that endures and love can never lose its own. I know that for his sake, because he would have you brave and strong as he was, that you will seek to meet this loss as he would have you. We can still be thankful

for precious memories and know in our heart of hearts that it is better to have loved and lost than never to have loved at all.

"How I wish we could do something to ease your burden of sorrow, but do believe that your loss is also ours and that we are sorrowing with you, feel almost as if we had lost another one of the family.

A number of interesting letters received from professional friends, one of these from Dr. H. E. Kirschner and Mrs. Kirschner of Monrovia, California, as follows:

"Dr. Bierring's telegram this morning telling of Henry's sudden death came like a bolt out of a clear sky. It just does not seem possible that dear, lovably, kindly, thoughtful and always joking Henry, has passed out of his sphere of usefulness. We are all going to miss him very, very much—particularly those who were privileged to know him best. Our friendship for the Alberts has been a constant source of joy and inspiration. His death will be a great loss in professional circle too—for where could one find one more devoted or more whole-souledly engrossed in his work than he! Edith, dear, my heart aches for you—the loneliness that only such a separation can bring—time alone can assuage. I am glad that Harry can go and be with you, and show in small measure his sympathy for you and his esteem and respect for his dear friend.

"If, when you have your affairs somewhat settled, you feel that you can, won't you come to California to us for a while at least to help fill in those first few months that are bound to seem so intolerable? We will be so glad to have you come.

"My love and deepest sympathy will be with you constantly in these sad hours."

Dr. F. M. Pottenger of the Pottenger Sanatorium and Clinic, also of Monrovia, California, writes as follows:

"I have thought of you many times since the death of Dr. Albert, and had intended writing you; but I have been away a part of the time, and have been rushed on my return.

"I was deeply grieved to hear of the death of Dr. Albert. It seemed so unfortunate and so unnecessary for a man of Dr. Albert's ability and his attitude toward life, and his ability to do good for so many people, to have to leave this world so young.

"I can appreciate your feelings, and particularly since you two were always so congenial and so happy together. I can only tell you that I have thought of you and that I sympathize with you, and feel that I too have lost a dear friend."

Many fine letters were received from nurses and social service workers. All appreciated the great work of the man in connection with the Public Health Service. Mrs. Bertha Clemens and Esther E. Wick of Delaware County State Board of Health, Des Moines, Iowa, wrote as follows:

"It is with deep sorrow that we have learned of the death of our esteemed Commissioner of Health, Dr. Henry Albert.

"We feel that the State of Iowa has lost an admirable official who gave himself without reserve to service for humanity.

"His good work will live long after him and the memory of his fine courtesy and personality will continue to be an inspiration to all who had the privilege of knowing him.

"Please convey to his family and accept for the Department of Health our sincere expression of sympathy in this sorrow."

It should be remembered that Dr. Albert worked strenuously for a County Public Health Service. Another matter of deep interest to him was the Social Service work. The following resolutions were passed by the Family Social Service of Des Moines. (Signed) Mrs. S. E. Lincoln, Chm., Mrs. Warren Garst, Mr. T. J. Edmonds.

"At a meeting of the Executive Council of Family Social Service, at the Hotel Savery, April 16th, 1930, resolutions were adopted regretting the untimely passing of Dr. H. Albert, whom we have regarded as unusual in his leadership in the field of Public Health and preventive medicine.

"Dr. Albert's charming personality and rare understanding of human relationships made it a privilege to co-operate with him.

"It has been rare for the community to have such understanding leadership in the field of public health education and social service.

"It is our unanimous hope that the policies of Dr. Albert and the plans he had in mind may be carried out as far as possible by the State Department of Health, under the leadership that shall be designated to take up his unfinished tasks, to the end that his splendid visions may be realized.

"Such a completed structure of achievement, built upon the worthy foundations he created would be to him the most fitting and perfect memorial."

Nurses of the University of Iowa, through Miss Blanche McGurk, wrote the following fine appreciative letter for the nurses.

"We the members of the Alumnae Association of the State University of Iowa, wish to express our sorrow at the death of Dr. Albert. We feel his passing most keenly and realize that we have lost a most loyal friend.

"We extend to you our heartfelt sympathy and hope that the knowledge of our appreciation of his efforts for us and all mankind will make the days brighter for you."

Mrs. Charles W. Smith, President Des Moines Council of Parent-Teacher Associations, Des Moines, Iowa, under date of April 7th wrote to Mrs. Henry Albert as follows:

"We, of the Parent-Teacher Council, who knew and worked with Dr. Albert, wish to extend our sympathy to you in your bereavement. We regret his untimely passing very much.

"It is the custom of the Council when a friend or co-worker in the organization passes on to make a Contribution to our Scholarship Fund which is used to help children of Junior and Senior High School age to remain in school, when otherwise they would be compelled to leave school to help with the support of the family. We hope at our next Council meeting to contribute a certain sum to this fund in Dr. Albert's memory."

A fine letter was received from Maude E. Sutton, Secretary of the Advisory Committee for the Board of Iowa Nurse Examiners, Des Moines, Iowa, expresses sympathy of the death of Dr. Albert in the following words:

"The members of the Advisory Committee for the Board of Nurse Examiners, a committee which Dr. Albert was instrumental in forming, wish you to know that the deep sympathy of the eight members of the committee is yours in your bereavement.

"The kindly interest and understanding of our aspirations which the

doctor always displayed gave us courage to face our problems more cheerfully."

Dr. Albert left his impression on various State Health Boards in a very marked way, as the following fine expressions show.

Dr. Henry Hanson of Jacksonville, Florida, writes as follows:

"In a letter from Dr. John F. Anderson I am informed that your husband suddenly died. This was a great shock to me as I have had the privilege of the friendship of Dr. Albert for many years and have regarded him as one of our most outstanding men in the public health work of this country.

"There is nothing which one can say on occasions of this kind except to tell you how sorry we are that this inevitable phase of life must come some time. I can in a measure sympathize with you and realize your feeling since I too have gone through similar experience.

"I want to assure you of the sincere sympathy not only of Mrs. Hanson and myself but of the entire Florida State Board of Health."

Dr. Mark F. Boyd, Director Bureau of Malaria Control of the Mississippi State Board of Health, Jackson, Mississippi, writes to Dr. Bierring as follows:

"I wish to thank you for your thoughtfulness in advising me of Dr. Albert's death, which needless to say, was a great shock.

"For many years I have had a very filial feeling toward him. He was a wonderful chief, tactful and kindly, an excellent teacher, and a wonderful character in every way. I owe a great deal to his advice and counsel, and, in the early stages of my career I was obligated to him in a very material way, in addition. His departure is a great loss to the State of Iowa.

"I regret that distance makes it impossible for me to either tender my condolences personally to Mrs. Albert, or to render my respects and tribute at his obsequies."

Mr. R. L. Laybourn of Missouri State Board of Health, Jefferson, Missouri, writes as follows:

"It is with a deep feeling of personal loss that I learned of the death of Dr. Albert while attending the Kansas State Health Officers meeting at Topeka the first of this week. Doctor Albert has had a vital influence on my career and technical attainments, and Mrs. Laybourn and I wish to extend to you our heartfelt sympathy in your bereavement."

Dr. James Wallace, of New York, formerly associated with Dr. Albert in Des Moines gave an expression to the appreciation of the work of Dr. Albert as follows:

"I was shocked this forenoon on receiving a telegram from Dr. W. L. Bierring announcing the death of your husband. I had no idea that he was even ill, and was almost on the point of writing to him when I got the telegram.

"Those of us who knew him had learned to respect and to love him, and while to none of us can his passing mean as much as it does to you, yet to all of us who knew him well his demise is a great shock. To none of us did it occur that he might be cut off so soon, but we all have the great satisfaction of knowing that he did a useful piece of work while he was here and displayed such a pleasant manner in doing it that he made many friends.

"My hope is that the source of all comfort may support you in your be-

reavement and prove to you as He has to others that He will not leave us comfortless. I wish it were physically possible for me to convey to you in person my sympathy. We have all lost a friend whom we cannot forget."

Dr. Isador W. Mendelsohn of U. S. Public Health Service, New York, expresses in a fine way the happy relations existing between Dr. Albert and Mrs. Albert and the great work that Albert did for Public Health Service.

"It was a great shock to hear of the passing of Dr. Albert who was always so charming and amiable and witty. I admired and liked him immensely and shall miss him very much. He was doing a piece of work for Iowa which its people from now on will appreciate more and more, really laying the cornerstone of the health of the State's future population, and only he knew of the many difficulties and pettinesses which had to be overcome in pursuing his work.

"To me it was a happy sight to notice how deeply you cared for each other and how naturally you both enjoyed life together. I count the days spent with you both fortunate and happy for me, and had been hoping that they would be added to in the future.

"I wish that I could have been west at the time to have seen Dr. Albert and to have been of assistance to you in this great loss. If I can still help, in any way, I shall be very happy of the opportunity both to you and to him."

Dr. and Mrs. J. J. Booth, Vice Chairman of the Board of Dental Examiners of the Iowa State Department of Health, Marion, Iowa, expresses the sentiment of the Dental profession of services rendered by Dr. Albert, as follows:

"Words fail me when I try to express my sympathy and condolence to you in this sad hour.

"I cannot tell you how shocked I was on receipt from the department of the wire telling of your good husband's death. He was a real friend of mine, and I will miss him, not only as my superior officer, but as a good, kind and confidential friend.

"Mrs. Booth and I wish to express our sincerest sympathy to you and Mrs. Albert. We planned immediately to attend the service tomorrow, but I am afraid I will be unable to get away. But I feel this loss so keenly and have been so affected by the shock, I think at times I must go and pay my last respects to him I thought so much of."

Mrs. Walter McNab Miller, Lecturer, American Child Health Association, of New York, expresses the sentiment of this organization in the following fine letter:

"The tragic news of your dear husband's death hit me hard, and I have tried several times to write you but words just would not come.

"Aside from the immeasurable personal loss to you, his many friends and the state whom he served so well, can hardly find his like again.

"My dear, my heart aches for you and I only wish there was some way in which I could help in this great sorrow. But that no human can really do, and I can only pray that peace and comfort may come from the only source of strength in time of need."

Mrs. Countryman of Iowa, while attending a meeting in Washington, D. C., at the time of the death of Dr. Albert expresses the thought of many who knew Dr. Albert.

"We just returned from the White House where we had tea and were greeted by Mrs. Hoover.

"There is a representative here from every state and also one from Porto Rico and Hawaii. I met many who knew Dr. Albert and they were shocked to hear we have lost him. The Nevada representative was quite deeply concerned and told me how much the people from her group had always admired him.

"I think of him so much and what this meeting really meant to him. It certainly was his greatest wish to see a Division of Child Hygiene actually functioning in Iowa. I do hope we can carry on and bring to actual realization his great desire.

"Words do not express the keen regret that I feel when I shall return and he will not be there. May I again express my sympathy to you, his most worthy little pal.

"I hope to see you soon after my return."

The Alumnus of the State University of Iowa were all deeply interested and proud of the work accomplished by one of their graduates. The following splendid letter from President Jessup indicates the esteem in which he was held by the authorities of the University.

"On behalf of the State University of Iowa, as well as for myself, I extend to you sincere sympathy in the loss of your husband.

"The record of Doctor Albert's long term of distinguished service to the cause of medical education in this institution and for this state is a worthy tribute to his memory."

The Honorary Society of Alpha Omega Alpha elected him to honorary membership for his services and Dr. J. T. McClintock of the Department of Physiology, State University of Iowa, Iowa City, wrote as follows:

"I am sending you under separate cover the key and certificate which should have been given to Dr. Albert at the time of the Alpha Omega Alpha initiation on May 1st. At this meeting, as counsellor of the local chapter, I made announcement of Dr. Albert's election and his name was officially placed upon our record of members, then I made a brief statement in regard to his death. Dr. Bierring in his address to the group, paid a high tribute to Dr. Albert's ability and the work that he has accomplished.

"Permit me, also, to express my regret that he should have been taken at a time when he was doing so much for his native state, and I feel that Iowa has lost a very valuable man and I a very good friend."

Rockefeller Foundation, 61 Broadway, New York, sends the following telegram in appreciation of the services in a National way of the work of Dr. Albert.

"Sincere sympathy Doctor Albert's death irreparable loss to family cause of public health and friends."

The Polk County Medical Society, Des Moines, Iowa, adopted splendid resolutions on April 29, 1930, as follows:

"In the untimely death of Dr. Henry Albert on April 6th, 1930, the Polk County Medical Society mourns the loss of one of its most valuable and enthusiastic members.

"Although affiliated with the Society for less than four years his faithful attendance at meetings and personal contact with individual members made this association seem much longer.

"In his official capacity as State Health Commissioner, he acquired a knowledge of health conditions and disease prevalence in this community and the state, that added greatly to the value and interest of his frequent contributions to the Society programs.

"His discussions were characterized by careful preparation and presented with a facility of expression that indicated his orderly mind and background of rare scientific training.

"The fellow members of Dr. Henry Albert in the Polk County Medical Society desire to record this appreciation of his fine fellowship, scholarly attainments and beneficent contributions to the cause of public health in Iowa and the general advancement of scientific medicine.

"With this is further conveyed an expression of sincerest sympathy to his devoted wife in her great bereavement."

Dr. L. K. Meredith, Des Moines, Iowa, in transmitting these resolutions writes as follows:

"I am enclosing herewith a resolution which was drawn up and unanimously passed by the Polk County Medical Society in reference to the recent death of Dr. Albert.

"I am sure that this expresses the thoughts of every member of the medical profession in Des Moines."

Prof. J. E. Church, University of Nevada, Reno, Nevada, writes as follows:

"Things seem so unreal at this distance, and better so for thus memories become golden.

"Commencement Day Dr. Albert seemed present with us as the Albert Scholarship was announced and tribute was paid to his deep interest in Nevada.

"I have found great comfort and tranquility in a picture of a church on the rock which I brought back from the North. I am sending you a copy, because you and Doctor Albert enjoyed the great out-of-doors so much. I hope that you will find rest and respite in it."

Dr. Albert was greatly interested in Civic Clubs and the great out of doors and in public school work. Under date of March 26, Dr. Henry Albert wrote to Prof. Billingham, Supt. Public Schools, Reno, Nevada, as follows:

"It pleased me very much to note in the last number of the Renotarian that you were again taking an active part in the Rotary Club and were to speak at their next meeting. This means, of course, that your health is very much improved, which also pleases us very much. I hope that the pain and stiffness has entirely left your shoulder and that you are also otherwise in good health.

"A few weeks ago I had sent to you a copy of our May Day Bulletin. I am herewith enclosing a copy of our Summer Round-Up Campaign bulletin, which I thought might also interest you.

"I presume that spring is well advanced in Reno. It is just beginning here.

"Mrs. Albert joins me in sending kindest regards and best wishes to you and Mrs. Billingham."

Under date of April 15, Professor Billingham wrote to Mrs. Albert as follows:

"Near the last of March I received the enclosed letter from your hus-

band. About two days later on Sunday, the sad news of his death came to us. We were overwhelmingly shocked, as we had supposed him in rather robust health since his return to Iowa.

"In our family we have regarded Dr. Albert as the finest physician of our acquaintance. On every hand in Reno everyone is mourning his departure. He had done so many kindnesses both to individuals and to the community and state that it is unbelievable that he is gone.

"The very kind letter that he sent me which I had expected to answer very promptly, must have been one of the last he wrote. I am sending it to you thinking that you might like to keep it as an example of his many, many kindnesses. I have had a copy of this letter made for myself.

"I may answer to you his question regarding my health in telling you that I have indeed very much improved though there is still some stiffness in the joints of my right hand.

"Mrs. Billingham and both of our daughters grieve with you in the loss of Dr. Albert. We know the sorrow and loneliness that must be yours, and you have our profoundest sympathy."

The Rotary Club of Reno, Nevada, through Sec'y W. T. Williams, on April 7th, sent the following resolutions passed by this organization.

"The Rotary Club of Reno having great affection for Henry, your dear husband and our devoted friend, expresses to you, through us, their very sincere sympathy for your great loss.

"We remember and recognize his great work while he was with us, his devotion to Rotary and his invaluable service to all things affecting the interests of our state.

"We are mindful that only within the last two weeks he has been working untiringly toward the establishment of a Veterans Hospital here. Our entire community is most grateful to him and will forever cherish his memory.

"Our hearts go out to you in this sad hour of affliction and may you have strength to bear this great bereavement."

CLOCK OF LIFE

"The clock of life is wound but once,
And no man has the power
To tell just when the hands will stop —
At late or early hour.
Now is the only time you own;
To Live, Love, Toil With a Will;
Do not depend upon tomorrow, for
The clock may then be still."

— *Modified*