



# GOOD HEALTH

September, 1903.



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# GOOD HEALTH

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## THE RELATION OF DIET TO INTEMPERANCE<sup>1</sup>

BY J. H. KELLOGG, M. D.

THE relation of food to intemperance is well worthy of most careful and earnest consideration. It is perhaps not going too far to say that the cooks make more drunkards than the saloon keepers. Bad cookery leads to indigestion, and frequently the indigestion leads to the taking of bitters of some sort to correct it, a remedy which is worse than the disease. The victim goes first to a doctor, who prescribes some variety of tonic bitters, ready prepared or otherwise, and in a little time the man gets to buying bitters for himself. A man was found drunk on the streets some years ago with a bottle which had held "—Bitters" in his pocket. Certain bitters contain sixty per cent of alcohol, more than the best Scotch whisky. Saloons keep patent medicines and "bitters" of various sorts on their shelves, for many of their customers prefer them to other drinks.

The more serious and deeper reason why stimulating foods lead to intemperance, is in the perversion of the use of the sense of taste. Certain senses are given us to add to our pleasure, as well as for the practical, almost indispensable, use they are to us. For instance, the sense of sight is not only useful, but enables us to drink in beauty, if among beautiful surroundings, without doing us any harm. The

same is true of music and other harmonies which may come to us through the sense of hearing. But the sense of taste was given to us to distinguish between wholesome and unwholesome foods, and cannot be used for merely sensuous gratification without debasing and making of it a gross thing. An education which demands the enjoyment of pleasure through the sense of taste, is wholly artificial; it is coming down to the animal plane, or below it, rather, for the instincts of the brute creation teach it to eat to live.

The effects of gratifying the sense of taste differ materially from those of gratifying the higher senses of sight and hearing. What we see is gone; nothing remains but the memory. And the same is true of the sweetest sounds which may reach us through the ears. But what we taste is taken into the stomach and what has thus given us a brief pleasure through the gratification of the palate, requires the incessant labor of millions of glands and other structures connected with the alimentary canal for many hours before it is disposed of.

The proper regulation of the dietary may be certainly made one of the greatest of all helps to purity. The person whose nerves are habitually highly stimulated and irritated, whose blood is excited and made feverish by the daily use of condiments, pungent

<sup>1</sup> From "The Living Temple."



saucers, and tea and coffee, may not possess the needed moral strength to resist successfully the temptations to impurity which may assail him and to which his unwholesome diet has rendered him especially susceptible. The descent from virtue to vice is a gradual one, not a sudden transition from one state to the other. When the animal instincts are excited by the habitual use of stimulating foods, the resisting power of the will is gradually undermined; little by little, the conscience is silenced, and the lower instincts gain the ascendancy.

The influence of flesh foods in stimulating the animal instincts is too well understood and recognized to require enforcement by argument. The fruit-eating savage, although unrestricted by either civil or moral laws, is less impure in conduct than are multitudes of the meat-eating dwellers in civilized lands.

The feverish blood, the excitability of nerves and nerve centers, the contamination of the body with waste and excrementitious matters which result from the use of flesh food, are antagonistic to purity. Parents who encourage their children in the use of flesh foods, or who do not exclude such articles from the dietary of their children, are themselves to a considerable degree responsible for the departures from purity which are so often charged to the influence of companions, or to pure wantonness. A writer has well said: "Keep yourself from opportunities, and God will keep you from sin." A diet which tends to excessive irritability of the brain and nerves, creates incitements for impurity in children from which the most careful moral teaching may not save them. This principle applies to older persons as well as to children.

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## OLIVES AND OLIVE CULTURE

BY JOHN F. MORGAN

THE olive tree has been held in high esteem for centuries, the fruit and oil having long been important articles of food. However, the area where the cultivation of this fruit is profitable, is so limited that few people are familiar with its habits of growth.

The olive is an evergreen, symmetrical in its development, and bearing a dense foliage. The leaves, resembling the willow in shape, are gray-green above, and white on the underside. When stirred into motion by a passing breeze, the foliage glistens in the sun or moonlight as if frosted with silver. When allowed to grow unchecked, under favorable circumstances, the tree attains the height and circumference of

an oak; but when cultivated in groves for its fruit, it is generally kept, by pruning, at a convenient height of from fifteen to twenty feet.

The blossoms, which are small, white, and very fragrant, open in May, growing in clusters from the axis to the leaves. The fruit, or berry, as it is sometimes called, is oval or nearly round, and when ripe, commonly assumes a dark purple tint, similar to the rich color displayed by the Tartarian cherry; it has an acrid, intensely bitter taste, and is never eaten, even when ripe, until pickled.

An odorous gum, which exudes from the older branches, was used medicinally in ancient times; in modern Italy it is valued as a perfume. The wood,



hard and close-grained in texture, is of a yellowish-brown hue, beautifully marked by fine veins. It admits of a high polish, and is used to good effect by cabinet-makers. The pulpit furnishings in Plymouth church, Brooklyn, were made from olive wood brought from the Holy Land.

A characteristic of the olive tree is its remarkable longevity. Isolated trees now growing in the Garden of Gethsemane are said to be one thousand years old; while along the Riviera and in the vicinity of Tivoli, trees, having an authentic record covering centuries, are still bearing a yearly fruitage.

The south of Europe has long been the center of the olive production, supplying the pickled berries and oil for the markets of the world; but America may soon be amply provisioned with olives and pure oil from the rapidly increasing acreage devoted to their culture in southern California, where the trees flourish and bear fruit as luxuriantly as on their native hills.

The olive was first introduced into this country by the mission fathers, who brought the seed from their own sunny Spain. Trees one hundred and twenty-five years old are still growing and bearing fruit near the picturesque ruins of some of the old missions. Although it has long been known that the olive would grow in many parts of California, it has only been within the last few years that the raising of it has passed beyond the experimental stage, and has assumed the proportions of a great and profitable industry.

The trees in France and Italy are very old and spreading. Between Naples and Brindisi, a distance of three hundred miles, olive orchards stretch almost continuously on both sides of the railroad. In France the trees look older, and are more sprawling and torn



A CLUSTER OF OLIVES.

by storm and age. They grow here and there along the road, as one sees apple trees in New England or peach trees in Tennessee and Alabama.

In Spain one sees olive orchards everywhere. For the most part, these are on rolling ground and beautifully cultivated.

Twenty-three miles northwest of Los Angeles, in the beautiful sheltered valley of San Fernando, where the sky is as blue as Italy's own, is located what is now the largest olive grove in the world. Seven years ago the eleven hundred acres of land which now constitute the Sylmar olive orchard were, for the first time, cleared of their native growth of cacti and wild shrubs to make way for the planting of the tiny two-year-old olive trees, one hundred and twenty thousand of which, now in full bearing, are set with geometrical exactness thirty feet apart. One can look down green-walled vistas two miles and a half long, and it would be





CHINESE PICKING OLIVES AT SAN FERNANDO.

an easy matter to lose one's way among the trees were it not for the guiding glimpses of the mountains seen at intervals between the swaying, silver-leaved boughs.

With October comes the busy season on the olive ranch. The berries, though

still green in appearance, are sufficiently mature for pickling, and for this purpose must be carefully selected, and gathered by hand, to avoid bruising the fruit. Chinamen, under the supervision of white men, have been found to be the best laborers for this work, and



during the fruit-picking season, which extends through four or five months of the year, from one hundred to one hundred and fifty Chinamen are regularly employed in harvesting the crop. After being picked, the olives are carried to the pickling works on the ranch, where a careful curing process, occupying several weeks, renders them ready for market.

canvas below. From there it is carried in boxes to the factory, where, after being weighed and run through a fanning machine to free it from leaves and dirt, it is dumped into an immense crusher, where huge rollers, revolving with rhythmic precision, soon reduce the fruit to a dark purple mass.

The pulp thus obtained is next subjected to the relentless power of hy-



The olives from which oil is to be extracted are allowed to remain on the trees until perfectly ripe, as the percentage of oil increases very rapidly during the last few weeks. Less care is necessary in gathering these than in those for pickling. A large canvas is spread beneath the tree, and with two men to a tree, one standing on the ground and the other mounted on a ladder, the fruit is systematically stripped from the branches, and allowed to fall upon the

draulic presses. Seeping through the canvas-covered layers of pulp, the oil, mixed with the water of the olive, runs down from the press in dark-colored, sluggish streams; the water and sediment settle, leaving the turbid oil to be drawn off and filtered through cotton and gravel; after which it is turned into large tanks in the storage basement, where it is left to settle and mature. A final filtering through paper leaves the oil clear and ready for bottling. In



two months from the time the olives are picked the oil is ready for use. If it is pure and well filtered, olive oil can be kept indefinitely without losing its nutty flavor, or in any way deteriorating, if kept in a dark place and at an even temperature. It should also be kept closely covered, for if exposed it is easily contaminated, taking up foreign odors very quickly.

Olive oil is fast taking the place in cookery so long occupied by lard, butter, and other animal fats. Its use in this way is by no means a modern discovery. For several centuries before the Christian era, the races of the north, the dwellers in the tropical countries, as

well as the ancient Egyptians and Phœnicians, used oil instead of butter and other animal fats. The Romans considered it the only natural oleaginous fluid, and in their domestic economy it ranked very high for culinary purposes.

As a food, the ripe olive has much in its favor, supplying, as it does, the food element which fruits and cereals lack. The most experienced chef could not plan a more appetizing and more wholesome meal than nature has provided in a handful of ripe olives, some unfermented whole-wheat bread, and a cluster of fresh, well-ripened grapes or a glass of unfermented grape juice.

## THE TRUE HOME A PALACE OF PURITY

BY ERIC HAMMOND,

Secretary of the Social Purity Alliance, London.

" 'Tis the story of his lifetime that the old man sings ;  
 And many a life's a blindman's tale that's  
 told on broken strings, . . .  
 . . . And so we sit in silence when the old  
 man sings."

AND, listening in the stillness, glancing at the old man's face, we see, among the wrinkles wrought by sorrow and suffering, that smile which tells of certain comfortable recollections which can never be lost while memory remains. His song "Of Long Ago" reminds him of his boyhood's home. Modest it may have been and unpretentious, but within it was an atmosphere of peace and love and purity.

The father went to his work day after day ; the mother regulated the needs of the house. Both were intent on their children's well-being, then and in the future.

As the blind man plays and sings, his willing mind recalls that "home." He

sees again the pictures on the walls. He tastes again the frugal yet wholesome food. He hears again the kindly voices saying, "Be truthful, be trustful, be honest, be pure." He feels again the mother's caressing kiss, the father's manly handgrip.

Remembrance of that home has, many a time, kept his feet from straying in the ways of sin. The morning and evening "calling upon God," begun in his boyhood there, has influenced his life. There may have been lapses, struggles, falls ; but see ! as he sings, his smile tells of the holy beneficence of home.

There are, thank God, thousands and thousands of such homes as this ; homes



wherein children and parents live in loving amity; taking lively interest in one another's occupations and recreations; dwelling together in that fine friendship, that perfect love, by which fear is utterly cast out.

Parents, there, are neither above nor averse to advising with their children; children respect their parents, yet approach them, in joy and sorrow alike, without apprehension of *mis*-apprehension.

In such homes as these "other people's children" are made welcome, in so far as circumstances permit; for the young are not systematically snubbed by the middle-aged, nor are the old regarded as antiquated bores. The proper position of each is recognized in a community of interests.

Yes; "other people's children" are made welcome, especially the lad or lassie, the young man or young woman, who has left home behind to earn a livelihood elsewhere.

Blessed be that father who says, "My boy knows he may bring home 'the new fellow' at the shop, the counting-house, or the office."

Blessed be that mother who bids her daughter keep a keen outlook for "somebody's else daughter" to whom the neighborhood is new and may be dangerous.

Fathers! mothers! have little fear. Boys and girls bred in such homes as yours are — or ought to be — will instinctively shun improper acquaintances, and will seldom, if ever, be "taken in."

There is no isolation more deadly than that experienced by a strange arrival in a strange locality, where every face is unfamiliar, and the sense is painfully present that one's own folk are far away; that one's own folk with their care, their guardianship, their sympathy, are not within ready reach.

We observe, perhaps, some young man or young woman at church or chapel; but forgive me if I press this point — there are only a few among us who smile at either one or the other; there are fewer still who invite either the one or the other to their "home."

Only a few. God bless the few.

There are, you see, so many duties; one is "consumed by things to do."

True; yet we who strive for purity know that nothing makes more for impurity than loneliness, than friendlessness. The "chance acquaintance" is rightly named.

To be "alone," to sleep, to feed, perhaps to work, in a lodging room. Alone, or worse, — sharing such room with one or more uncongenial or objectionable companions; to feel that "nobody cares for me here. I am nothing to anybody."

This it is which renders cheap, and sometimes nasty, forms of amusement attractive; which lends a fearful fascination to the brilliantly lighted bar-room; which, not infrequently, leads a wavering soul into more infamous directions still.

"I had been six months in Portsmouth," said a young fellow to me. "I had never been away from home before, and my lonely lodgings became insupportable evening after evening. Sundays, between services, too, were more trying than I can tell, for then I missed home most. You see some of us don't make friends easily. One grand moonlight night I was walking by myself and wishing my old chum were with me. A friendly looking chap came along and said, laughing, 'Hallo! Alone again!' That led to a chat. He seemed all right. I hadn't much experience. It proved all wrong!"

That young man would give his right hand gladly if he could erase the result



of that moonlight meeting. He has not lost external "respectability;" but he lost, for many months, anything like internal peace.

On just such another night he and I strolled together more lately still; the *shame* remained. Some of the *tear* had gone; for, when I said, "The moon looks like the face of God drawn near," he did glance upward and he said, "Yes" — but there were tears in his sad eyes!

Through our Sunday Schools, our Bible Classes, our Mutual Improvement Meetings, our Guilds, we gain and retain some hold upon our young men and young women.

Yet this hold is, in part perhaps through personal reserve, not nearly so forceful as it might be. Our teachers may, when they can, make themselves intimately acquainted with individual pupils; but usually they are busy people on week days as well as on Sundays, and, they have their inevitable limitations.

Our clergy also are often hard-worked all their time.

It is to the main body of Christian people that I appeal; to open their fire-sides and their drawing-rooms — on certain fixed occasions if you will — to one

or two young men, or one or two young women, or, better still, to both.

Our own sons or daughters, should necessity or enterprise carry them away from hearth and home, carry with them introductions to friendly hearths and homes elsewhere. Still, and this is fully possible, even those very dear to us may in some instances find themselves strangers in a strange place.

To be diligent in rescuing girls who have "had a past;" to use our utmost and our kindest endeavor to reclaim fallen men, — this is a noble service.

To set one's face flint-wise against immorality in recreation, in literature, in art, even in science (for it has sometimes a way of creeping in under various guises), is one's bounden duty; but above this, and infinitely better than this, is it to prevent the entrance of evil.

Do you seek the best method of competing with the immoral in print? — Educate readers to a higher standard by disseminating and advising papers and books attractive, instructive, interesting, yet altogether untainted.

Let the highest artistic aims be fostered, and so prevent the formation of a false canon in art.

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## THE BIOGRAPHY OF A FREE BOARDER

BY J. H. KELLOGG, M. D.

IT is not a human tramp or a "dead-beat" that we are going to talk about, but a curious little interloper that sometimes smuggles itself into the inner precincts of the "house in which we live" without asking leave to enter, and is not infrequently the cause of no end of mischief while peregrinating, as in its fashion, along the twistings and turnings of that tortuous highway, the alimentary canal.

The tapeworm family numbers many different species, of which nearly a dozen have been found in the intestines of human beings. This curious creature exists in three forms, — the egg, the larva, and the adult worm. It is regarded by zoölogists as a community, rather than a distinct individual, each segment being really a single bisexual individual, producing eggs at an enormous rate. The creature is purely par-



asitic, depending wholly upon its host for sustenance, as it has not the slightest trace of a stomach or digestive apparatus. Its organization is extremely simple, and the several segments depend so little upon one another that they are able to retain their life some time after separation.

The life-history of a tapeworm is exceedingly interesting. According to Stiles, who has written a very elaborate account of these curious creatures in a paper entitled, "The Inspection of Meats for Animal Parasites," published by the United States Department of Agriculture, Bulletin No. 19, the history of the tapeworm as worked out by Leuckart, starting with the adult tapeworm, is as follows: The eggs, after being discharged by the worm, are passed with the excreta, or the segments containing eggs break loose from the tapeworm and either wander out of the intestine of their own accord, or are passed with the excreta. In either case the eggs become scattered upon the ground or in water, and reach the cattle through their drinking water or with the fodder. When whole segments (generally several together) are passed, these crawl around on the ground or herbage, and the cattle swallow them, thereby becoming infected with numerous eggs at one time. Upon arriving in the stomach, the eggshells are destroyed; the embryo then bores its way through the intestinal walls with the aid of its six minute hooks, and wanders to the muscles, where it comes to rest; or if it bores into a blood vessel, it may be carried with the blood to any organ of the body. When the embryo comes to rest, it loses its hooks, and increasing in size, develops into a small, round bladder worm. The head of the future tapeworm is then developed in an invagination of the cyst wall, and the

complete organism thus formed is known as a *cysticercus*, or bladder worm. During its development the cyst pushes the tissues of the host aside to make room for itself, and an outer cyst, made up of connected tissue of the host, is formed around it. The entire time consumed in the development of the *cysticercus* from the embryo is variously estimated at from seven to eighteen weeks.

Flesh containing these cysts is called "measly," hence the terms "measly beef" and "measly pork."

Of the ten or twelve species of tapeworm infecting the human intestine, the beef measles, or tapeworm, is the most common; the pork tapeworm, or measles, next most common.

A very large worm, which grows to a length of more than thirty feet, is introduced into the human alimentary canal through eating fish, as many species of fish, especially the perch, the common pike, and various members of the salmon family, are infected by the larvæ of this tapeworm. The larvæ of the same tapeworm are found in the shellfish; and other species, which are rare in man, but very common in rats, develop in certain insects. A curious species of tapeworm, which sometimes occurs in man, but is more at home in the alimentary canal of the dog or the cat, develops its larva stage in the lice and fleas of dogs.

The measles tapeworm is a very uncomfortable sort of lodger, not infrequently producing most disagreeable symptoms, especially the following: "Itching at the extremities of the intestinal canal, and various dyspeptic symptoms; uncomfortable sensations in the abdomen, uneasiness, fullness or emptiness, sensation of movement attributed to the movements of the parasite, colicky pains; disordered appetite, at times deficient, at other times craving;



paleness, and discoloration around the eyes; fetid breath; sometimes emaciation; dull headache; buzzing in the ears; twitching of the face; dizziness; often the uncomfortable feelings in the intestine are increased by fasting and relieved after a hearty meal; fainting, chorea, epileptic fits."

None of the symptoms, however, indicate certainly the presence of the tapeworm without the finding of the eggs or segments of the worms in the stools, the bed, or the clothing of the patient. The eggs can be discovered only by a careful microscopical examination. Many thousands of persons are perhaps unwittingly suffering from the presence of tapeworm, attributing to almost any but the right cause the miseries which they endure. According to Virchow, statistics obtained a few years ago from post-mortem examinations made in Berlin showed that one out of every thirty-one persons was infected with this parasite. By a careful system of meat inspection, the number of cases of tapeworm infection has been reduced in Berlin to one in two hundred and eighty. In this country the tapeworm is perhaps not so often encountered, but its frequency is unquestionably increasing at a rapid rate in all countries. For example, in France, in 1865, the tapeworm was found in patients applying for treatment at the hospitals in only one in five thousand. In 1890 the number was fifteen in one thousand; in other words, the occurrence of tapeworm had increased in frequency seventy-five times in twenty-five years.

Examinations made at different slaughterhouses in Germany showed the bladder worm to be present in some places in the proportion of four per cent of all hogs slaughtered, but the hogs imported from Russia, Russian Poland, Bohemia, and Siberia were found in some instances

infected to the extent of fifty per cent.

A strange fact which has become known in comparatively recent years is that while the ox and the pig act as an intermediary host for the development of the larva or bladder-worm stage of the tapeworm of man, the latter himself sometimes acts as the intermediary host for the development of a tapeworm the final host of which is usually a dog or a wolf. This bladder worm may infect all portions of the body of man, just as bladder worms may be found in any part of a measly ox or pig. These bladder worms are known as *hydatids*. They very commonly infect the liver, and are also found in the lungs. They may give rise to enormous cysts, which contain many secondary or daughter cysts. Cattle, hogs, and sheep, as well as man, are infected with these cysts, or *hydatids*. In human beings, *hydatids* may develop rapidly or slowly. These have sometimes been known to exist in man for thirty years or more, but in fifty per cent of infected cases, death occurs within five years, this form of infection being very much more fatal than that in which man becomes the host of the adult tapeworm. Blindness is sometimes the result of the development of a *hydatid* cyst in the eye. The writer saw a case of this sort some years ago in a great eye hospital at Moorfields, London.

Man probably obtains the infection from dogs, by contact with these animals, the bodies of which become infected from their own fecal matters. Dogs are infected by eating the flesh of infected cattle and hogs. Wheeler, who examined two thousand hogs in New Orleans, found the liver infected in one case in twenty. In Iceland it is rare to find a cow ten years old that is not infected, and in certain districts every sheep over three years old is infected



with this parasite. In India, according to Neumann, seventy per cent of all the cattle are infected. Reports from Greifswald, Germany, showed that more than sixty-four per cent of the cattle were infected, and more than one half of the hogs.

Hydatid disease in human beings is becoming especially common in Iceland and Australia. Three thousand cases of the disease have been reported from Australia alone in twenty years. In Iceland the proportion of persons infected has been estimated at as high as sixteen and two-thirds per cent, or one sixth the entire population. This form of tapeworm infection is evidently increasing rapidly, and will continue to increase as long as slaughterhouses exist; for dogs are infected through visits to slaughterhouses, where they are fed upon the offal of infected animals. As long as dogs are fed upon meat they will remain a source of this most dangerous infection.

Man may also become the intermediary host of the pork tapeworm through self-infection. A person who is the host of an adult measly-pork tapeworm may accidentally bring to his mouth some of the eggs, which are cast off by the alimentary canal. The fingers are

very likely to become infected by the itching about the anus, which is constantly present. Infection may also occur through regurgitation of the intestinal contents into the stomach. The shells of the eggs thus brought into the stomach are dissolved by the gastric juice, and the young parasite thus set free, quickly bores its way through the mucous membrane into the blood vessels, and is then carried to the liver or other parts, where it develops in the manner previously described. From this fact it appears that the *tenia solium*, or pork tapeworm, is a much more dangerous lodger than the beef tapeworm, the larva stage of which does not develop in human beings.

From the facts presented in the foregoing paragraphs it appears that men, dogs, hogs, and cattle are associated in the development of the tapeworm parasite, their bodies serving as incubators and lodgments for this strange creature, which in the adult stage fastens itself to the intestinal wall and grows at the rate of from one to four inches a day through the absorption of foodstuffs which the body has prepared for its own sustenance, but of which it is deprived by this voracious robber.

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## DUTCH COLONIAL HOMES

BY EMMA WINNER ROGERS, B. L.

WE cannot fancy our Dutch ancestors of colonial days as troubled with the ills which afflict twentieth century people, but picture them as ruddy complexioned, clear-eyed, sturdy, and calm with the sense of ample leisure, living to a green old age and dying only because it is appointed unto man to die. Their nerves attended to the legitimate business of nerves, and

nervous prostration was an unknown term among them. The ravages of dyspepsia did not spoil their tempers and reduce their flesh. Headaches did not make the Dutch belle languid and drait, and Dutch boys and girls were not spectacled on account of overstudy. As a people they were too sound and sane and well-balanced for these afflictions of later and weaker generations.



As one generation passed away to be succeeded by another we are bound to believe, even if no records existed, that some of them died from other causes than old age or accident, and that the medicine chest had a place in their homes. The earliest testimony to confirm this is a record concerning the later settlers, when Holland began to realize the great importance of colonizing in America, rather than simply maintaining trading stations. So we find in 1650, Secretary VanTienhoven sending minute instructions to the States General of Holland how to form colonies and "bouweries" in New Netherland, and naming among the kinds of people and the supplies needed for the distant enterprise: "One or more surgeons, according to the number of the people, with chests well supplied with all sorts of drugs." The faithful physician made long and tedious journeys among the Dutch settlers in the early days, and out of the medicine chests various healing drugs and herbs ministered to the needs of the men and women who had braved the dangers of the wilderness to found homes in a wonderful new land. The good housewife more often was physician as well as nurse, and it was then that the medicine chest proved its high value, and its claim to be stored not only with herbs and balsams and home-made ointments, but with various drugs and oils, and "high wines" from Amsterdam and Haarlem and other cities of Holland whence well-laden ships came to New Netherlands bringing needed supplies for the colonists.

If the colonial Dutch were a healthier and sturdier race than their descendants, the reason for it is not to be found in the medicine chest, useful and ornamental as that was in the household equipment, and invested with a healing

glamor from traditions of marvelous cures. We may turn from it to find if their manner of living had not much to do with their sturdy health and their infrequent use of the goodly medicine chest, and it is not unlikely that we may get from them hints on wise living for a generation counting itself wiser, even if weaker.

In the good old days of the Dutch settlement the crowding together of the people in cities was unknown, and living in the country was the fashion. New York, their largest community, has been variously estimated as numbering from five to ten thousand people at the time of the Dutch surrender to the British in 1664. Above Wall Street it was country, and divided into small and large farms, or "bouweries." All the well-to-do Dutch had country seats in this region or farther north, or on Long Island or Staten Island, where they retired in the summer from the too narrow limits of their small city. Even in the city large gardens surrounded most of the quaint Dutch houses, insuring pure air and abundant living space.

Immaculate cleanliness, no doubt, had much to do with the sturdy health of the people. There was no chance for microbes to camp in the kitchens of the colonial Dutch, or anywhere on their premises. Even the stables and pigpens were faultlessly clean. Of their kitchens one writer says, "A lady dressed for a ball could have gone round the room and into all the corners and touched everything without getting a speck of dirt on her spotless attire."

The vast fireplaces in the low-eaved Dutch farmhouses have an endless charm for the modern man accustomed to the practical but ugly methods of heating houses in these latter days. To dream of the days of blazing logs, of the hanging crane with its ruddy cop-



per teakettle and solid iron pots, is to long for the olden time, and yet the tales of our grandmothers of how they never were really warm in winter, and that the rigorous winters were full of discomfort because the blazing logs in the massive fireplaces could warm only part of the room, remind us that the romance of log fires was not without drawbacks. We wonder how our ancestors kept their sturdiness and vigor, and transmitted it to their descendants, when they lived amid exposures to drafts and cold that would mean, according to our theories and habits now-a-days, the probability of every kind of physical ailment, if we had to endure them. Every one went to church in colonial times and staid for two long services, taking a lunch with them, and yet there were no stoves in the churches nor any method of heating except the little footstoves which the women brought and passed to chilled neighbors. Their good health, long lives, and big families of children would indicate that health is not so dependent upon well-heated rooms and churches and other modern comforts and luxuries as one might suppose, but that an active life, and a system toned up by outdoor air and simple living are safeguards against ills which even a scientific and luxurious age has not exorcised. It is very certain that neither the doctor nor the medicine chest were as essential to our Dutch ancestors as they are to present-day people with every comfort of the time.

The hearty and wholesome food of the colonial Dutch helped vastly to

make them the sturdy, healthy people they were. They were undistracted by the various and conflicting advices of different doctors and hygienists as to whether it is better to eat fish or flesh, cereal, vegetable, or fruit food; whether to drink water, milk, coffee, wine, or none of these; whether to eat often or seldom, early or late, little or much. They ate heartily of simple, wholesome foods. Dutch gardens were a delight, with every variety of delicious vegetable and fruit.

Dutch painting itself is a witness of the important place the kitchen and cooking played in the life of the Hollander, and the excellence and abundance of the food provided there for the material well-being of the sturdy race. Paintings by Dutch masters give many and delightful kitchen interiors.

A well-nourished people, a people who lead an active, outdoor life, and as well, a peaceful, contented, and religious life, cannot be other than strong and healthy, and transmit their brain and brawn to sturdy children. Plenty of rest and reasonable leisure with cheerful industry made up the measure of these goodly lives, while if they did not dispense with the well-filled and polished medicine chest, they needed to use it but infrequently, and more as a matter of comfort and custom than from grim necessity. Those happy days draw us back with invisible cords to the simplicity, leisure, and sanity of our Dutch forefathers, whose ways we have too long strayed from in the search for other and lesser good.

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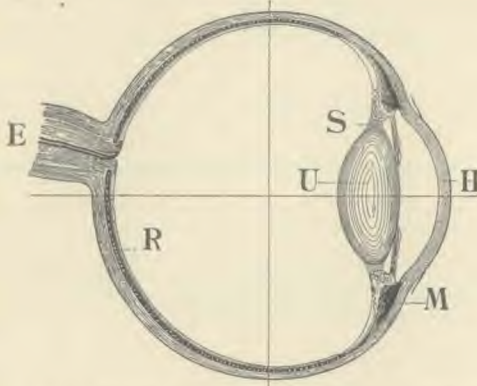
“RESOLVE to be merry,  
All worry to ferry  
Across the famed waters that bid us forget;  
And no longer fearful,  
But happy and cheerful,  
We feel life has much that's worth living for  
yet.”



## WHAT IS CATARACT?

BY J. F. BYINGTON, A. B., M. D.

FROM numerous questions asked by patients regarding their eyes, the writer is led to believe that there is a more or less general misunderstanding as to the true nature of cataracts. To the question, "Do you think a cataract is growing on my eye?" we might invariably reply in the negative. A cataract is not a growth on the eye, but an opacity located quite deeply within it. The purpose of this article is to make clear just what cataract is and to offer some suggestions to those who may be afflicted with it.



First as to its location. A cataract is an opacity affecting the crystalline lens of the eye or the capsule which surrounds it. In the April number of *GOOD HEALTH* the writer, in an article entitled "Does the Eyeball Flatten with Age?" described quite fully the function of the crystalline lens and its action in regulating the distance at which an eye may see an object clearly. The location of the lens is shown in the accompanying figure, which is a longitudinal section of the eye from before backward. The crystalline lens (U) is inclosed in a capsule which, covering its front and back sides, unites at its circumference to form a circular ligament (S) which supports

the lens. Between the lens and the front window of the eye, the cornea (H), is a chamber filled with liquid, the aqueous humor. Immediately in front of the lens is the iris, a circular curtain, suspended in the aqueous humor, which by contracting and dilating regulates the amount of light entering the eye. The latter is what gives the color, blue, brown, etc., to the eye. The central, circular opening in the iris, the pupil, appears black because the space behind the lens is a darkened chamber lined with black pigment which does not ordinarily reflect light back through the pupil.

All that can be seen of a cataract externally is seen through the pupil of the eye. If the cataract is only beginning it may not change the usual blackness of the pupil, but in a fully developed cataract, affecting the whole lens substance, the pupil appears of a white or yellowish gray color. Usually the only symptom complained of by a patient in whose eye a cataract is developing, is the gradual loss of vision which cannot be improved by glasses.

There are a number of different forms of cataract, having as many different causes; but as the senile cataract, or cataract developing in old age, is the form most usually met with, we shall give our attention chiefly to that.

The lens substance in a young person, ten years of age for example, is perfectly clear and very elastic. It is by virtue of this latter property that the lens may change its shape markedly, becoming more or less convex and making it possible for a child to see an object distinctly very close to the eyes. Very early in life the lens begins to lose this elasticity. Beginning at the



center, or nucleus, of the lens, its substance becomes harder and less elastic, progressing very gradually from the center to the periphery of the lens. At about sixty or seventy years of age the entire lens has become hard and incapable of changing its shape. In some persons the lens not only becomes hard, but it loses its transparency. Beginning either at the center of the lens or at its periphery, localized, opaque spots develop which gradually increase until the entire lens may become almost completely opaque, preventing the light from entering the eye. The opaque spots usually develop into lines radiating from the center with clear spaces between them. Gradually the clear spaces become clouded and the entire lens uniformly opaque. The patient suffers no pain. He simply has gradual loss of vision which glasses do not improve. The time required for the lens to become entirely opaque, that is for the cataract to become "ripe," after the sight begins to fail, varies from a few months to several years in different individuals. Vision is first lost for fine print, then for coarser prints, and finally the ability to count fingers held a short distance in front of the eyes is lost. When the cataract is fully ripe the fingers may usually be very faintly seen if passed immediately in front of the eyes, between the eyes and a bright light. This is a fairly good test as to when the eye is ready for operation, though this point must be determined by the surgeon after careful examination.

The cause of senile cataract is supposed to be a lack of proper nutrition of the lens. It may be due in part to local conditions in the blood supply of the eyeball, but the principal cause in this class of cataracts is no doubt the general loss of nutritive activity occur-

ring in elderly persons. Senile cataract rarely occurs in persons under forty-five or fifty years of age, and is more often found after the age of sixty.

Before considering the outcome of cataract and what may be done for it, we will notice briefly some other forms of cataract than that of old age above described. Cataract may occur at any age. Those occurring in young persons are quite different in consistency from those occurring in old persons. The former are soft, the latter are hard; and the method of treatment is quite different in the two cases. A person may be born with a cataract affecting one or both eyes. Here modern surgery has one of its greatest triumphs. The operation for giving initial sight to such a child is one of the simplest eye operations, provided it is undertaken early enough in life. Cataract may result from injury to the eye. Any substance penetrating the eye, if it wounds the lens to the slightest extent, may cause the lens to become opaque in a few hours. Sharp instruments or flying particles of steel entering the eye may thus produce cataract. Severe inflammation within the eyeball may terminate in cataract. Certain general diseases, as diabetes, are often accompanied by opacities of the lens. Certain drugs which are employed as medicines, especially ergot, have been known to produce the condition. States of general lowered vitality in which the nutritive functions of the body are impaired may induce cataract. A cataract is not always progressive. Opaque spots may develop in the lens which do not materially affect the vision and which remain stationary for years.

There are other forms of opacities occurring in the eye, but not in the lens or its capsule, which interfere with vision and are sometimes called cataracts,



but which, strictly speaking, are not cataracts. Opacities may occur in the cornea as the result of ulceration. The pupil may be closed with a gray membrane the result of inflammatory products from a diseased iris. The vitreous chamber back of the lens may contain opaque bodies, the result of inflammation or hemorrhage in the back part of the eye. Again there may be a growth from the mucous membrane over the white of the eye which may grow over the cornea and occlude the pupil sufficiently to impair vision.

What may be done for the relief of cataract? During the past few years numerous medicines have been extensively advertised which, it has been claimed, will absorb cataracts by simply dropping them into the eye. The writer does not know of a single case of true cataract that has been benefited by these preparations. They are generally considered by the medical profession to be valueless in curing a cataract. If an opacity of the lens has once formed, especially if of sufficient extent to seriously affect vision, the only means we have of removing it is by surgical measures. If the cataract is a soft one, it may be absorbed by the very simple operation of opening the lens capsule, which admits the aqueous humor to the lens substance. The aqueous has the property of being able to dissolve the substance of a lens in a person under ten or fifteen years of age. In persons much older than this the aqueous will not absorb the hardened lens, and the latter must be removed from the eye *en masse*. After the absorption or removal of the lens the eye may perform its function by wearing a strong convex lens for spectacles to take the place of the lens which was removed. It is preferable for a senile cataract to be removed when it is "ripe" than at any time be-

fore or a much later time. When removed at this time about ninety-five cases out of one hundred obtain useful vision, provided the cataract is not complicated by other inflammatory conditions of the eye or certain general diseases, as diabetes.

Can anything be done to prevent or retard the development of a cataract? Inasmuch as many cataracts have been observed to remain stationary for several years, we see no reason why it is not reasonable to apply all those measures which will tend to increase the general vitality and nutritive processes of the body, as well as those which will increase the local circulation and nutrition of the eye. These measures include a proper diet, sufficient exercise and sleep, tonic baths, and the avoidance of all unhygienic conditions which favor this disease by impairing the general health. Local massage to the eye, or preferably the more modern forms of rapid mechanical vibration communicated to the eyeball, and alternate applications to the eye of hot and cold at equal intervals of fifteen seconds each are measures to be recommended.

In conclusion, we would advise any one whose vision is failing despite his efforts to get glasses to relieve the condition, not to wait, thinking he may have a cataract which later may become ripe and be removed. He should have a careful examination by a person who is competent to make a diagnosis of his condition. There are some other serious diseases which may affect the eye, resulting in incurable blindness, the initial symptoms of which resemble those of cataract, and it is not always a simple matter to distinguish them from cataract. The disease called "glaucoma" may thus resemble cataract, but in this condition it is pre-eminently important to treat the disease early, for if we wait



for the vision to disappear, it cannot be restored. The value of vision cannot be overestimated, and an early diagnosis may often enable us to preserve this function which may otherwise be destroyed.

## THE STORY OF PRIESSNITZ

BY J. H. KELLOGG, M. D.

THE boy of whom we spoke in our last article and who was none other than Priessnitz, the father of modern hydrotherapy, was the son of a shepherd, whose home was far up among the mountains, overlooking a beautiful valley covered with dense forests of hemlock and other evergreens. It was from the many springs that issued from this mountain and flowed down its rocky sides that the lad learned the curative value of water which was to mean so much to medical science.

The Priessnitz home was built after the same style as other peasant homes of that country, — made for the accommodation of both man and beast. In one half of the house dwelt the family, while the other was devoted to the cattle, so that the house was always permeated with the odor of the cow stable, and the corn, oats, and hay were all stored under the same roof. These are the sort of houses you find there at the present day, and this is the sort of house where Priessnitz was

born one hundred and four years ago.

Born of parents in moderate circumstances and the school system being very poor in that part of the world, Priessnitz obtained a very meager education. He learned to read, add figures, (perhaps multiply and divide), and to



A RUDE BATHHOUSE IN THE MOUNTAINS.





THE WOUNDED DEER AT THE SPRING.

write a little (I think he could sign his name), but he could neither write nor read writing until he was about forty years old. But he had rare good sense and remarkably keen powers of observation.

When about twelve years old, one day upon the mountains, sitting quietly watching the sheep grazing, he noticed a very interesting circumstance. A deer that had been wounded by a hunter came down to bathe in the Priessnitz well, which was really one of the many mountain springs. The deer crouched on the edge of the spring and reached its wounded leg down into the cold water. The water was very cold, but the animal lay down at the end of the spring, and reached its leg in and held it there for an hour or more.

Day after day the injured deer came to the spring to treat his wound, as you see represented in the accompanying picture.

Some time after, Priessnitz met with an accident, in which his arm was wounded. Remembering what the deer had done, he immersed his hand in cold water, and accomplished for his arm what the deer had accomplished for its leg.

When about seventeen years old, he

met with another and more serious accident, in which his ribs were broken, his teeth knocked out, and the doctor said he must be a cripple for life. Water had done him so much good before that he decided to try it again, so he fixed a pillow on a chair and leaned against it in such a way as to draw his ribs into place; then he put a wet cloth over his side, and in the course of a few weeks he was quite recovered, while at the end of a few months his

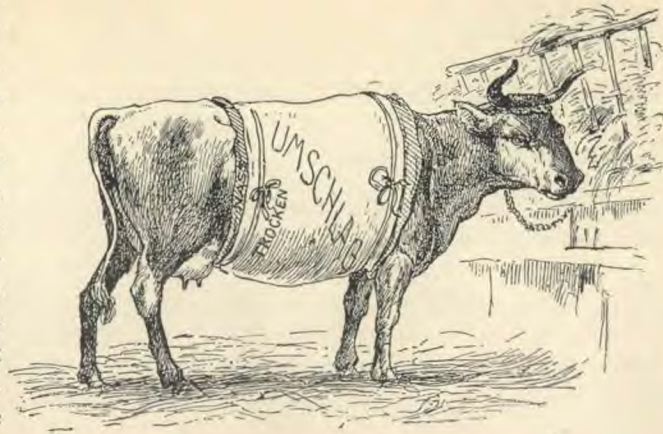


PRIESSNITZ TREATING HIS WOUNDED ARM.



health was fully reinstated. Priessnitz told about this cure, and people soon began to come to him for personal advice and to bring their diseased or sick animals for relief, and within two or three years he had become quite famous as a doctor, although he was still only a boy about nineteen years of age. For many miles people were flocking to him for help; of course he was locked up, made fun of; and nobody took any stock in his power to heal; but the people kept coming and were helped.

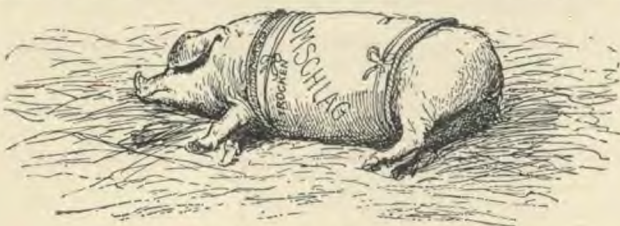
He became more and more famous, and in the course of a few years people came hundreds of miles to be treated by the "water doctor." He made no charge for his services. He was still working on his father's farm for his living. By the time he was twenty years of age people were coming in such numbers that it became necessary to convert the stable and the granary into lodging-rooms for the sick ones coming from a distance. They brought their food with them, and he treated them by his simple methods of wrapping with wet cloths and compresses. He knew nothing else; but in a short time he began to pick up other ideas. He said, "Animals are very simple in their habits, so we should be simple in



THE WET GIRDLE APPLIED TO A SICK COW.

our habits;" he began to practice eating very, very plain food. This was not a difficult task, for it is the practice in that country; but he became still more simple in his habits than those about him, recommending to his patients such a dietary as black bread, sour bread made from rye, sour or sweet milk, a few simply cooked vegetables and fruits, and little or no meat. Meals were served only three times a day,—rather two meals a day with a very light lunch between. He had his patients work a great deal about the place, and made them take off their shoes and stockings and go out and walk in the wet grass in the summer time, and in the snow in the winter.

He invented various methods of treatment, among which were different kinds of packs, and when he was but twenty-two years of age, this unlettered, uneducated, untrained peasant boy, living far away in the mountains, so far away from the centers of civilization that even at the present time it is a long and tedious journey to get there even by rail,—this peasant boy became so fa-



PRIESSNITZ'S METHOD OF TREATING A SICK PIG.





HYDROTHERAPY FOR A SICK HORSE.

mous that he was called to Vienna, the capital of Austria, to treat some sick persons in the Emperor's family; and two years later, all the great physicians were passed by and this boy was called to administer treatment to the mother of the Empress of Austria.

Before he was thirty years old he had

acquired such a reputation that his residence was continually thronged. He was obliged to erect large buildings to accommodate his guests. He built some rude houses and constructed some douche arrangements up in the mountains, and these accomplished very much in the way of systematizing his methods. He arose regularly at four o'clock, went around to see his patients, then started out on horseback to visit

patients in the village of Freiwaldau and other villages near by. In these various places there were always stopping lords and ladies, emperors, princes, and people of all classes, principally those of wealth, and many of these came long distances in those days of dangerous and expensive travel to be under his care.

(To be continued.)

## THE MINISTRY AND TOBACCO

REV. T. DEWITT TALMAGE, in a sermon on "Tobacco and Opium," once said:—

One reason why there are so many victims of this habit is because there are so many ministers of religion who smoke and chew. They smoke until they get the bronchitis, and the dear people have to pay their expenses to Europe. They smoke until the nervous system breaks down. They smoke themselves to death. There has been many a clergyman whose tombstone was all covered with eulogy, which ought to have had the honest epitaph: "Killed by too much Cavendish." Some of

them smoke until the room is blue, and their spirits are blue, and the world is blue, and everything is blue. How can a man preach temperance to the people when he is himself indulging in an appetite like that? I have seen a cuspidor in a pulpit, where the minister can drop his quid before he gets up to read, "Blessed are the pure in heart," and to read about "rolling sin as a sweet morsel under the tongue," and in Leviticus to read about the unclean animals that chew the cud. I have known Presbyteries, and General Assemblies, and General Synods where there was a room set apart for the ministers to



smoke. O! it is a sorry spectacle, — a consecrated man, a holy man of God, looking around for something which you take to be a larger field of usefulness. He is not looking for that at all. He is only looking for some place where he can discharge a mouthful of tobacco juice.

About sixty years ago a young man was graduated from Andover Theological Seminary. He went straight to the front. He had an eloquence and personal magnetism before which nothing could stand; but he was soon thrown into the insane asylum for twenty years, and the doctor said it was tobacco that sent him there. According to the custom then in vogue, he was allowed a small portion of tobacco every day. After he had been there nearly twenty years, walking the floor one day he had a sudden return of reason, and he realized what was the matter. He threw the plug of tobacco through the iron grates and said: "What brought me here? What keeps me here? Why am I here? — Tobacco! Tobacco! O God, help! help, and I'll never use it again." He was restored. He was brought forth. For ten years he successfully preached the gospel of Jesus Christ.

There are ministers of religion to-day indulging in narcotics, dying by inches, and they do not know what is the mat-

ter with them. I might in a word give my own experience. It took ten cigars to make a sermon. I got very nervous. One day I awakened to the outrage that I was inflicting upon myself. I was about to change settlements, and a generous wholesale tobacconist in Philadelphia said if I would only come on to Philadelphia and settle, that he would all the rest of my life provide me with cigars free of charge. I said to myself: If in these war times, when cigars are so costly and my salary is small, I smoke more than I ought to, what would I do if I had a gratuitous and unlimited supply? And then and there I quit, once and forever. It made a new man of me, and though I have since then done as much hard work as any one, I think I have had the best health God ever blessed a man with. A minister of religion cannot afford to smoke. Put into my hand the money wasted in tobacco in Brooklyn, and I will support three orphan asylums as grand and as beautiful as those already established. Put into my hand the money wasted in tobacco in the United States of America, and I will clothe, feed, and shelter all the suffering poor of this continent. The American church gives one million dollars a year for the evangelization of the heathen, and the American Christians spend five million dollars in tobacco.

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"WHEN thy poor heart grows sick at times  
For lack of love and praise,  
When void of music seem the chimes  
That link thy barren days;  
Fret not, nor let thy soul grow hard  
Amid thy thankless labor,  
The word denied thee as reward  
Go — give it to thy neighbor!

"When in thy grief thou weep'st alone  
And no sweet soul takes note,  
When from thy sorrow and thy groan  
Love seems to sit remote;  
Call thou thy soul's strength to thine aid,  
Arm them with sword or sabre,  
Do battle with despairs that raid,  
Give comfort to thy neighbor!"



## HEALTHFUL DRESS

**I**N our last number we spoke in a general way of hygienic dress, and gave some illustrations of gowns constructed upon healthful models. In this issue we wish to commence with the foundation, and we hope to show in a practical way how every garment may be so constructed as to be at once healthful and graceful. Many consider that to be comfortably and well dressed at the same time is a contradiction of terms. Such is not the case, and it is our desire so to picture the hygienic mode of dress that it will appeal to our readers not only as practical from every point of view, but artistic as well. We believe all that is needed is a practical demonstration.

It is important in any plan of clothing that there should be an equal distribu-

tion of the protection the clothing offers to all parts of the body.

We recommend first a well fitting union suit of light weight material; low neck and knee length may be selected for summer wear. Outside the union suit there should be a combination garment which forms the foundation to support all of the outside clothing. To this foundation garment can also be attached the hose supporters. Our first illustration shows this garment, which is the freedom waist, with the "Jennetts," or short divided skirt, sewed on, this taking the place of drawers, and also of a short skirt. On the waistline is a row of buttons to which is to be attached the one long skirt that is adjusted to a short yoke. This skirt we will show in our next number. For the benefit of those who require such an article we give an illustration of the bust girdle without bones and stays,







which fits the perfectly natural body, holding the form firmly yet comfortably, so that perfect movement of the body is possible. This little garment need be worn only by those who feel a soft waist too yielding.

As will be seen by the illustration the waist is not made tight, but fits the body easily; neither has it bones or stays, so that perfect freedom of motion is insured. Both the waist and the attached skirt may be trimmed according

to the individual taste of the wearer.

Should any of our readers wish any of the patterns described in this number, they may be had in the regulated sizes at twenty-five and thirty-five cents each. If cut to measurements, the price is double.

AN advocate of dress reform,

In dress reform array,  
Walked out for reasons known to her —  
It was a rainy day.

Her gown was neat and short and sweet,  
And frankly showed her tiny feet;  
And sister women looked askance,  
Exclaiming with each sidewise glance,

“ Did you ever ! ”

The advocate of dress reform

Without the least dismay,  
Goes safely o'er the muddy street,  
And lightly on her way.  
Her sisters gasp and clutch and clasp  
Their garments with a frantic grasp,  
And lift their skirts, quite unaware  
Of heights no dress reform would dare,  
Did you ever !

The advocate of dress reform

Goes home quite fresh and dry,  
And, full of satisfaction, puts  
Her natty storm-suit by,  
Her sisters fret at mud and wet,  
And scowl and shake and brush, and yet  
Console themselves in spite of dirt —  
“ At least we wear a modest skirt ! ”  
Did you ever !

— Selected.



# Nature's Methods in the Sick Room

## WET RUBBINGS

FROM the earliest times, moistened cloths in the form of compresses or bandages have been employed in the treatment of disease. The ancient Romans used the wet compress under the name of *epithem*. Ordinary water was employed, or that to which various medicated substances had been added.

When water is applied by means of cloths or other similar vehicles, such as a sponge, a lufa, or any absorbent substance, two general methods may be used: one in which the moist cloth is applied and remains in position; the other in which rubbing is combined with the application of the cloth, the wet cloth itself being moved over the surface, or rubbing applied over the cloth as the latter remains stationary, as the occasion may require.

When cold water is applied to the skin, the surface vessels quickly contract, thus causing accumulation of blood in the interior of the body. If the skin is rubbed at the same time that the cold application is made, the blood vessels are relaxed, and thus the blood is kept at the surface. Except in special cases in which it may be desirable to maintain contraction of the surface vessels, cold water applications should be accompanied by vigorous rubbing of the skin. The rubbing is made with a to-and-fro movement in which both hands are active, the strokes short and quick, and the hands rapidly moved from place to place, so that the whole of the surface exposed to the action of the cold water is gone over every fifteen or twenty seconds.

*The Wet-Hand Rub.*—This consists in vigorous rubbing of the whole surface with the hand dipped in cold water. A small amount of water adheres to the hand, which thus serves as the vehicle for conveying it to the body.

The patient, with all the clothing removed, is wrapped in a sheet, preferably a Turkish sheet, and covered with a blanket. A large bowl or pail filled with water at 60° or less is placed close by the bedside. The colder the water, the more vigorous the effect. Water above 70° F. has very little effect. Two or three large, soft towels are needed. Make sure that the patient is warm and comfortable and that the feet are not cold. Slip the edge of a towel under the patient's head and draw the ends and upper edge down so as to cover his ears.

Everything is now ready. In making the application it should be remembered that the purpose of the procedure is to cool the skin, the cooling being immediately followed by vigorous rubbing with the warm hand so as to promote reaction; hence, the hand should convey to the body of the patient as much water as will adhere to the surface, and the hands must be dipped into the cold water every few seconds, since the thin layer of water covering the hand is very rapidly warmed between the hand of the attendant and the body of the patient. The application is not made at once to the whole surface of the body, but the body is gone over in sections in the following order: First, the face, the neck, and chest; next, the



arms, first one, then the other; then the abdomen and the legs. The patient then turns over on his face and a very thorough application is made to the back. The legs and the feet also receive further attention.

All portions of the body except the part to which the application is being made should be kept carefully covered. The sheet and blanket should be well tucked in about the shoulders and other parts so as to prevent the movement of air which alway produces chilling. In very warm weather this precaution is, of course, unnecessary.

In rubbing each part the hand should be dipped several times. The part should be rubbed with the wet hand until reddening of the surface begins; then it should be thoroughly dried and rubbed again with the dry hand until well reddened. This is very important, as the good effects of the bath depend entirely upon the thoroughness of the reaction. If the patient feels chilly after the bath, it is generally because the rubbing has not been sufficiently thorough. Very thorough rubbing of the feet and limbs is especially important.

Except in very warm weather, care must be taken not to keep any part exposed for more than a very short time. The wet rubbing of the individual parts should ordinarily occupy not more than ten to twenty seconds, except in the case of the back, which may be a full minute.

Everything being in readiness, we are now prepared to begin. The hands, having been previously well washed with soap and thoroughly rinsed in pure water so that no trace of soap or other unpleasant odor remains, are immersed in cold water, then drawn out quickly, being turned with the palms upward as soon as they leave the water and held

horizontally. The purpose of this is to prevent the water from draining off the hands. The two hands are applied to the face in such a way that no water is allowed to drip upon the face before the hands come in contact with the skin. Starting at the median line with the hands close together, the forehead and cheeks are rubbed with a sort of semicircular sweep, the movement being first upward, then downward and outward. The thumbs pass over the sides of the nose and around the eyes. The movement must be made quickly. As soon as evidence of reaction appears, the towel which lies under the head and protects the ears, is drawn down over the face, and the face is dried by gentle pats and rubbings on the outside of the towel. If the patient suffers from congestion of the head, the hair should be well moistened and a cloth wrung out of the coldest water obtainable should be applied to the forehead and the hairy portion of the head.

Uncovering the neck and chest, keeping the arms covered, application is now made to these parts, both hands being used and passing briskly over the surface, the hands working simultaneously on opposite parts. Every portion of the skin must be gone over carefully. If there is great tendency to congestion of the head, a wet towel should be placed about the neck.

After having dried and covered the chest, uncover one arm. Have the patient hold it erect, and with both hands rub vigorously from one end to the other. If the patient is very feeble, the attendant may grasp the hand of the patient with one hand while rubbing with the other. The hand must be well rubbed as well as the arm. Dry and cover, and thus proceed until the whole body has been gone over in the order directed.



When the bath is completed, the patient, if feeble, should remain warmly wrapped in blankets for half an hour or more until reaction is well established. If the patient is able to walk about, it is better that a little exercise should be taken.

The vigor of this application can be varied to suit individual cases. In an extremely feeble patient who cannot endure cold water, the application may for the first few times be confined to small areas, as the face, chest, and arms; the legs may then be added, then the back, and lastly the abdomen. The vigor of the application may be increased by prolonging the wet rubbing and using colder water. Patients readily admit the use of ice-water after a little training.

*When to be Used.*—The wet-hand rub may be employed for almost all sorts of patients and under nearly all conditions in which cold water can be of any possible service. It should not be used in cases of skin eruption when irritation is present, as in the pustular stage of smallpox and acute eczema.

The wet-hand rub is an excellent tonic for feeble patients and at the beginning of treatment with persons who have not been accustomed to cold bathing. It is especially adapted to infants and young children, and persons who are convalescent from a fever, a severe surgical operation, or an accident. Almost without exception, invalids, indeed everybody else, require some sort of cold bath every day. The wet-hand rub can be administered in many cases in which no other application can be made.

*Local Wet-Hand Rubbings.*—Prolonged rubbing with the hand frequently dipped in cold water is useful in certain cases. The portions of the body to which this measure may be most usefully applied are the back of the neck, the hands, the feet, the spine between

the shoulder blades, the loins, and the bottom of the back. The rubbing should be sufficiently vigorous to redden the parts thoroughly. The hands should be dipped in water every two or three seconds so as to maintain a constant cooling of the surface during the rubbing. The duration may be five to fifteen or twenty minutes, or even longer, if necessary to secure the effect desired. Finish the treatment by drying the parts and covering with the ordinary clothing. When applied at bed time the effect may be intensified by applying a heating compress. The application may be made two or three times a day, and may be repeated daily if necessary for several weeks to produce permanent results.

*When to be Used.*—Applied to the spine this is an excellent remedy for certain forms of neuralgia of the spinal nerves. Faceache, neckache, neuralgic pains in the chest and loins, and various forms of backache are often relieved by the time the treatment is finished.

Cold rubbing of the hands and feet is useful as a means of improving the circulation of these parts.

Cold sweats may also be relieved. The treatment should be applied twice daily.

Chronic joint enlargements are sometimes benefited by prolonged cold rubbing, fifteen to thirty minutes, applied two or three times daily, the heating compress being used in the interval.

Priessnitz, the Gräfenberg peasant, by whom many of the most valuable hydriatic procedures were perfected, made great use of cold rubbings. One of his patients tells how under Priessnitz's directions he cured himself of a severe faceache from which he sometimes suffered, by rubbing the back of his neck with his hand frequently dipped in cold water whenever the pain made its appearance.



# Science in the Kitchen

## THREE ECONOMICAL DINNER MENUS

THE following menus and recipes are taken from a leaflet entitled "For India's Sake:"—

### DINNER.

(For four persons.)

	Amount	Cost
Mashed Scotch Peas with Nuts.....	1 lb. peas, 7 oz. 2 cts. peanuts (shelled) 2¼ "	
Graham Gems.....	1 lb. graham flour 2 "	
Rice (steamed).....	½ lb. 3½ "	
Dried-apple Sauce.....	¼ lb. ¾ "	
Sugar.....	3 oz. 1 "	
Total.....		12 cts.
Average for each of four persons.....		3 "

### RECIPES.

*Mashed Peas with Nuts.*— Soak a pint of dried Scotch peas overnight in cold water. In the morning drain and put them to cook in warm water. Cook slowly until perfectly tender, allowing them to simmer very gently toward the last until they become as dry as possible. Put through a colander to remove the skins. Cook the peanuts separately, drain from the juice, rub through a colander, and add to the peas. Beat well together, season with salt, turn into an earthen or granite-ware pudding-dish, smooth the top, and bake in a moderate oven until dry and mealy. If preferred, one third toasted bread-crumbs may be used with the peas and a less proportion of nuts. Serve hot like mashed potato.

*Steamed Rice.*— Look over and thoroughly wash one cup of rice. Drain, spread lightly on a shallow dish and dry in the oven. Even should it become a trifle yellowed, no harm is done. Introduce the rice into two cups of boiling water, place the dish containing

it in a steamer, and allow it to cook one hour without stirring. Serve with a sauce prepared by rubbing well-cooked dried apples through a colander, and afterward evaporating, if necessary, to the consistency of marmalade.

*Graham Gems.*— Place one pint of cold water in a crock, add one egg; beat water, egg, and a pinch of salt together. Then add 1¾ cups of white flour and ¾ cup of graham flour, beat thoroughly, and bake in a quick oven.

### DINNER.

(For six persons.)

	Amount	Cost
Irish Corn Soup, Croutons 1 lb. dried corn.....	8 cts.	
Potatoes.....	1 lb. ¼ "	
Bread for Croutons.....	1 "	
Corn Bread.....	8 oz. cornmeal, 22 oz. white flour, ½ cup yeast 4 cts.	
Stewed Beans.....	1 lb. 2 "	
Stewed Dried Peaches.....	½ lb. 2½ "	
Sugar.....	1 "	
Total.....		19 cts.
Average for each of six persons.....		3 1-6 "

### RECIPES.

*Irish Corn Soup.*— Take one pint of sliced potato cooked until tender, add one pint of corn pulp obtained by rubbing cooked dried corn through a colander. Season with salt, add water to make a proper consistency, reheat, and serve.

### DINNER.

(For six persons.)

	Amount	Cost
Split-pea Soup with Croutons.....	½ lb. split peas 1 cts.	
Mashed Potato.....	4 lbs. potatoes 2 "	
Baked Parsnips.....	2 lbs. parsnips 1 "	
Popped Corn.....	10½ oz. corn 1 "	
Graham Bread.....	1 loaf 4 "	
Flavoring and Fat.....	4 "	
Total.....		13 cts.
Average for each of six persons.....		2 1-6 "



## RECIPES.

*Split-pea Soup.* — For each quart of soup desired, simmer one cup of split peas very slowly in three pints of boiling water for six hours or until thoroughly dissolved. When done, rub through a colander, add salt and a slice of onion to flavor. Reheat and season with one-half cup of thin cream or a spoonful of nut meal prepared as directed below. Remove the slice of onion with a fork. Serve hot with croutons.

*Croutons.* — Cut stale bread into small squares or cubes, and brown thoroughly in a moderate oven. Put a spoonful or two of the croutons in each plate, and turn the hot soup over them.

*Baked Parsnips.* — Wash, scrape, and divide; drop into boiling water, a little more than sufficient to cook them, and boil gently till thoroughly tender. There should remain about one-half pint of the liquor when the parsnips are done. Arrange on an earthen plate or shallow pudding-dish, not more than one layer deep; cover with the juice and bake, basting frequently until the juice is all absorbed and the parsnips delicately browned. Serve at once.

*To Prepare Nut Meal.* — Blanch any preferred nuts, as peanuts, hazelnuts,

or almonds, by covering with boiling water for a few moments until the outer skin has softened and can be slipped off with the fingers. Remove the skins, dry the nuts in a moderate oven, chop fine, then press through a fine, strong sieve, or pound in a mortar. Hickory-nut and walnut meats may be chopped and pressed through a fine sieve without blanching.

*Stewed Beans.* — Soak the beans in cold water overnight. In the morning drain, turn hot water over them an inch deep or more, cover, and place on the range where they will just simmer, adding boiling water as needed. When nearly tender, season with salt. Cook slowly for an hour or more longer, but let them be full of juice when taken up.

*Corn Bread.* — Take two cupfuls of hot cornmeal mush, add two cups of cold water. Beat well, and add one-half cup of liquid yeast and two teaspoonfuls of sugar. Stir in white or graham flour sufficient to knead. Knead very thoroughly, and put in a warm place to rise. When light, mold into three loaves, put into pans, and allow it to rise again. When well risen, bake for at least three quarters of an hour.

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**Recipes.**

*To Can Plums.* — Green Gages and Damsons are best for canning. Wipe clean with a soft cloth. Allow a half cup of water and the same of sugar to cover three quarts of fruit, in preparing a syrup. Prick each plum with a silver fork to prevent it from bursting, and while the syrup is heating, turn in the fruit, and boil until thoroughly done. Dip carefully into hot jars, fill with syrup, and cover immediately.

*Quinces with Apples.* — Pare and cut an equal quantity of firm sweet apples and quinces. First stew the quinces till they are tender in sufficient water to cover. Take them out, and cook the apples in the same water. Lay the apples and quinces in alternate layers in a porcelain kettle or crock. Have ready a hot syrup made with one part sugar to two and a half parts water, pour over the fruit, and let stand all night. Next day reheat to boiling, and can.



Quinces and sweet apples may be canned in the same way as directed below for plums and sweet apples, using equal parts of apples and quinces, and adding sugar when opened.

*Plums with Sweet Apples.*— Prepare the plums, and stew in water enough to cover. When tender, skim out, add to the juice an equal quantity of quartered sweet apples and stew till nearly tender. Add the plums again, boil together for a few minutes, and can. When wanted for the table, open, sprinkle with sugar if any seems needed, let stand awhile, and serve.

*To Can Grapes.*— Grapes have so many seeds that they do not form a very palatable sauce when canned entire. Pick carefully from the stems, wash in a colander, and drain. Remove the skins, dropping them into one earthen crock and the pulp into another. Place both crocks in kettles of hot water over the stove, and heat slowly, stirring the pulp occasionally until the seeds will come out clean.

Then rub the pulp through a colander, add the skins to it, and a cupful of sugar for each quart of pulp. Return to the fire, boil twenty minutes until the skins are tender, and can; or, if preferred, the whole grapes may be heated, and when well scalded so that the seeds are loosened, pressed through a colander, thus rejecting both seeds and skins, boiled, then sweetened if desired and canned.

STUDY simplicity in the number of dishes, and variety in the character of the meals.— *Selected.*

To keep in health this rule is wise :

Eat only when you need, and relish food,  
Chew thoroughly that it may do you good,

Have it well cooked, unspiced, and undis-  
guised. — *Leonardo da Vinci.*

A MAN'S food, when he has the means and opportunity of selecting it, suggests his moral nature. Many a Christian is trying to do by prayer that which cannot be done except through corrected diet.— *Talmage.*

A KNOWLEDGE of sanitary principles should be regarded as an essential part of every woman's education, and obedience to sanitary laws should be ranked, as it was in the Mosaic code, as a religious duty.— *Sel.*

It is related by a gentleman who had an appointment to breakfast with the late A. T. Stewart, that the butler placed before them both an elaborate bill of fare; the visitor selected a list of rare dishes, and was quite abashed when Mr. Stewart said, "Bring me my usual breakfast,— oatmeal and boiled eggs." He then explained to his friend that he found simple food a necessity to him, otherwise he could not think clearly. That unobscured brain applied to nobler ends would have won higher results, but the principle remains the same.— *Sel.*

IF we would look for ready hands and willing hearts in our kitchens, we should make them pleasant and inviting for those who literally bear the "burden and heat of the day" in this department of our homes, where, emphatically, "woman's work is never done." We should no longer be satisfied to locate our kitchens in the most undesirable corner of the house. We should demand ample light,— sunshine if possible,— and justly, too; for the very light itself is inspiring to the worker. It will stir up cheer and breed content in the minds of those whose lot is cast in this work-a-day room.— *Sel.*



# The Hundred Year Club

## WORRY VS. LONGEVITY

THE recent death of Frank Thomson, the noted railway president, has given a new impetus to the "don't worry" discussion. A New York railway manager is quoted as saying that Mr. Thomson shortened his life at least a dozen years by the intense service he gave to his company. One of the directors of the great insurance company which Henry D. Hyde served is reported as saying that Mr. Hyde gave ten years of his life in the same way. The death of Governor Flower was similar to that of Mr. Thomson. James H. Rutter, President of the New York Central, died in the same way. The list of men whose intense mental activity and executive ability have raised them to the head of great commercial or industrial enterprises and who have died before their time, might be lengthened indefinitely. Was it the work that killed them? or was it the incidental worry?

One after another of the railway men who achieved great things has been cited to show that the constant exercise of executive ability uses up the vital energy and leaves the body an early prey to organic disease and consequent death. On the other hand, there are many striking cases of great workers who have lived to be old. Almost every man has his theory on the subject.

Chauncey Depew says there is nothing necessarily detrimental to health in the most skillful and intense leadership of great corporations. He attributes

the death of such workers to the incidental waste of worry or of irregular habits. Mr. Rutter received warning before his death that he was drawing sight drafts on old age, but he ate irregularly, and carried the day far into the night. Cornelius Vanderbilt was free from vices, but he ruined a good constitution by burdening himself with an infinity of details which he could not handle without constant fretting and worrying. A sudden collapse came, and he has since been an invalid. On the other hand, Russell Sage is apparently vigorous at eighty-three and with more capacity for worrying than any other man in New York City. He seems to thrive on worry and work combined. He agrees with Senator Depew in believing that work does not injure, but rather promotes longevity. It should be noted, however, that both these men are extremely temperate and regular in their habits. Mr. Depew dines out a great deal, while Mr. Sage never does anything that will interfere with his rule of "early to bed." Caleb Cushing apparently defied all laws of health and lived to be nearly eighty-five; he believed in the value of a frequent change in mental occupations. Mr. Gladstone kept the laws of health and also followed Mr. Cushing's plan of recreation. What is the deduction from all these more or less contradictory cases?

It is friction that wears out the machine. Worry is friction pure and simple. Irregular meals, indigestible



food, intemperance, and late hours are all sources of friction, of needless destruction of vital tissues. Even the most strenuous work seems to be healthful up to the point where it becomes overwork, and this point depends upon the worker's original endowment of vitality and upon the care he takes not

to waste it in other ways. Few men have the vitality to work ceaselessly, and still fewer to work and worry at the same time, while work, worry, and excess combined will kill the strongest. Of all the ways of wasting energy, that of worrying is the most unprofitable.—*Selected.*

**Mrs. Laura D. Bronson, aged One Hundred Years, East Hardwich, Vt.**

Mrs. Bronson was a farmer's daughter, and having more sisters than brothers, it often fell to her lot to assist her father in the lighter out-of-door work. She was married at the age of twenty-five to the owner of a large dairy farm, and spent much of her time in caring for the dairy products, working the butter by hand.

Until past ninety years old she did all the cooking and baking for a good sized family, besides assisting in other household duties. Until within a short time of her death she continued to do some light housework and did a great deal of knitting.

She was always very careful in her habits of eating, never allowing herself to "nibble" between meals and never overloading her stomach at mealtime.



MRS. LAURA D. BRONSON.

She drank tea and coffee only occasionally and then moderately. She never used tobacco or alcoholic liquors.

BUT the faces that are nearest, and the faces  
that are dearest,  
Are the true, the tender faces that our trust  
and loving win ;  
Then, when comes to them the shading, when  
the roses will be fading,  
Like the vase, with light illumined, shall  
we see the soul within.

— *Anna Olcott Commelin.*



## TRUE HOSPITALITY

SHE was a woman of lovely character and personality, was Mrs. Y——, a minister's wife, with interest in all of her husband's sermons and church work. President of societies, chairman of committees, leader in music, foremost in teachers' meetings, and withal, a model housekeeper who did the work for a family of four. A geniality seemed to radiate from everything she took in hand. "The chief satisfaction one finds in the monotony of housework," she would say, "is by putting the heart in it, and enjoying results," and her home showed that she spoke from experience. How did she do all these things? I scarcely can imagine; she never seemed rushed and out of breath and temper, and her face was sweet and restful to look upon. This I do know, she did not fret and scold. She seemed to forget the annoyances of a situation in some discovered beauty or advantage incident to it. She trained her whole family to be helpful and taught them how to enjoy their work. The sixteen-year-old son could wash and put away the tea things while his mother was entertaining callers in the parlor, and the twelve-year-old lad could tidy a room as neatly as the most careful housemaid. I shall never forget a lesson in hospitality she unwittingly taught me. I was a young housekeeper living in a neighboring village, weighted with responsibility, constantly fearful lest somebody should come when the closet shelves were empty of cake and pie,—the luxuries of country fare. I had entertained Mrs. Y—— on invited occasions, and felt comfortable over the outcome. One blustering March day I was set down at a railway station near her home, to await a belated train.

I debated with myself about going in

upon her unannounced at the luncheon hour, but the "ladies' room" was a cold, dingy place, and I knew a warm welcome would be mine. I found her re-covering a couch for the boys' room. She had some red-and-black brocaded wool, and with brass-headed tacks was doing a wonderfully neat job of upholstering. Everybody was gone from home but herself, and she was going to surprise the boys with this sample of her handiwork and token of her remembrance of their need and comfort. She did not flutter around and rake up the scraps and tuck them away and apologize, and run me off to the parlor to sit on a spring-bottom chair while she went away to do her toilet-making. None of this; she gave me a rocker in the midst, and while she clipped and folded and tacked and we chatted, I became interested to the extent of offering advice about the corners, which she acted upon with success. Presently she smoothed her dress, put on a big apron from a handy drawer and flitted away. I was permitted to drive tacks until she came to take me out to luncheon. We had fresh bread, nice sweet butter, a dish of stewed apples, and a cup of tea. There were no apologies, and the simple face was a feast, sweetened and spiced with pleasant conversation.

Had I been in her place I know I would have explained and explained how, because I was left alone, I thought it was a good time to do odd jobs; that Will would much rather I had sent the couch to an upholsterer and all that. I would have taken her off to another room not half so cosy and homelike and made her quite as miserable as myself because "company" came and found me unprepared. If I had lived



in a large town instead of a small one, I might have found it convenient to be "not in."

When the train whistle blew I came near being left, for the time had passed so happily and swiftly, and of what was it made — this happy interval? —

True, warm-hearted hospitality; a feeling, somehow induced, that I had favored her with a call and had fitted into a place just waiting for me! This was one of my early lessons in genuine hospitality, and it made a lasting impression.— *Selected.*

## HEALTH AND HAPPINESS

THE following is from an article by Ella Wheeler Wilcox upon the getting and keeping of health and happiness, which appeared in the *Chicago American*: —

"If you are suffering from physical ills, ask yourself if it is not your own fault.

"There is scarcely one person in one hundred who does not overeat or drink.

"I know an entire family who complain of gastric troubles, yet who keep the coffee pot continually on the range and drink large quantities of that beverage at least twice a day.

"No one can be well who does that. Almost every human ailment can be traced to foolish diet.

"Eat only two meals in twenty-four hours. If you are not engaged in active physical labor, make it one meal.

"You will thrive upon it, and you will not miss the other two meals after the first week.

"And your ailments will gradually disappear.

"Meantime, if you are self-supporting, your bank account will increase.

"Think of the waste of money which goes into indigestible food! It is appalling when you consider it. Heaven speed the time when men and women find out how little money it requires to sustain the body in good health and keep the brain clear and the eye bright!

"The heavy drinker is to-day looked upon with pity and scorn. The time

will come when the heavy eater will be similarly regarded.

"Once find the delight of a simple diet, the benefit to the body and mind and purse, and life will assume new interest, and toil will be robbed of its drudgery, for it will cease to be a mere matter of toiling for a bare existence.

"Again, are you unhappy? Stop and ask yourself the question. If you have a great sorrow, time will be your consoler. And there is an ennobling and enriching effect of great sorrow well borne.

"It is the education of the soul. But if you are unhappy over petty worries and trials, you are wearing yourself to no avail; and if you are allowing small things to irritate and harass you and to spoil the beautiful days for you, take yourself in hand and change your ways.

"You can do it if you choose. It is pitiful to observe what sort of troubles most unhappy people are afflicted with. I have seen a beautiful young woman grow care-lined and faded just from imagining she was being slighted or neglected by her acquaintances.

"Someone nodded coldly to her, another one spoke superciliously, a third failed to invite her, a fourth did not pay her a call, and so on — always a grievance to relate, until one is prepared to look sympathetic at sight of her.



"And such petty, petty grievances for this great, good life to be marred by!

"And all the result of her own disposition. Had she looked for appreciation and attention and good will, she would have found them everywhere.

"Then about your temper? Is it flying loose over a trifle? Are you making yourself and everyone else wretched if a chair is out of place, or a meal a moment late, or some member of the family is tardy at dinner, or your shoe-string is a-tangle, or your collar button is mislaid?

"Do you go to pieces nervously if you are obliged to repeat a remark to someone who did not understand you? I have known a home to be ruined by just such infinitesimal annoyances. It is a habit,—like drug or alcohol habit,—this irritability.

"All you need do is to stop it. Keep your voice from rising, and speak

slowly and calmly when you feel yourself giving way to it. Realize how ridiculous and disagreeable you will be if you continue—what an unlovely and hideous old age you are preparing for yourself. And realize that a loose temper is a sign of vulgarity and lack of culture.

"Think of the value of each day of life—how much it means and what possibilities of happiness and usefulness it contains if well spent.

"But if you stuff yourself like an anaconda, dwell on the small worries and grow angry at the least trifle, you are committing as great and inexcusable a folly as if you flung your furniture and garments and food and fuel into the sea in a spirit of wanton cruelty. You are wasting life for nothing. Every sick, gloomy day you pass is a sin against life. Get health, be cheerful, keep calm."

## LET US TRY TO BE HAPPY

LET us try to be happy! We may, if we will,  
Find some pleasure in life to o'erbalance the  
ill;

There was never an evil, if well understood,  
But what, rightly managed, would turn to a  
good.

If we were but as ready to look at the light  
As we are to sit moping because it is night,  
We should own it a truth, both in word and  
in deed,

That who tries to be happy is sure to succeed.

Let us try to be happy! Some shades of  
regret

Are sure to hang round which we cannot for-  
get;

Times come when the lightest of spirits must  
bow,

And the sunniest face wear a cloud on its  
brow.

We must never bid feelings, the purest and  
best,

To lie blunted and cold in our bosoms at rest;  
But the deeper our griefs, the greater our  
need

To try to be happy, lest other hearts bleed.

Oh, try to be happy! It is not for long  
We shall cheer each other with counsel or  
song;

If we make the best use of the time that we  
may,

There is much we can do to enliven the way;  
Let us in earnestness each do our best,

With God and our conscience, and trust for the  
rest,

Still taking this truth, both in word and in  
deed,

That who tries to be happy is sure to succeed.

—Sel.



## WOMEN AND THE DRINK HABIT

BY X. E.

THE increasing prevalence of drunkenness among women is the fact that comes with a shock to the sensibilities of every lover of his race. The oft-heard remark that "It is bad enough to see a drunken man, but infinitely worse to see a drunken woman," is one which meets the approval of all who hear it. This is not because a woman has not as clear a right to debauch herself as a man has, but because the consequence of her doing so is so much more deplorable. In the degradation of womankind to the drink habit, society sees clearly its own doom. Woman, though belonging to what is styled the weaker sex, is rightfully regarded as the conservator of moral purity, both for the home and the public. When she abandons her sacred post, nothing stands between humanity and absolute ruin.

A man may disgrace himself, and his offense will be easily condoned because his innate weakness is well understood; or if he should be held under the ban of social taboo, his disgrace is not carried beyond himself. But when a woman steps down from the highway of virtue the shock is felt as far as the sound of her name reaches.

Some of the most painful impressions that Americans receive when they wander from home are caused by the not infrequent sight of females drinking at the public bars, staggering along the footpaths, traveling in the streets, crowding the penitent form at the police courts. In saying that intemperance among women is more common in some other countries than in this, we do not cast any imputation nor draw any invidious comparisons.

There are not the slightest grounds for these. The fact is that the evil is

by no means unknown in our land. The people of other countries are no more inclined to this or other bad habits than we are. But the reason is rather to be found in the existence of certain conditions abroad which are directly responsible for the more frequent appearance of the drink evil among women.

One of these conditions is the fact that women are employed to dispense liquor at the bars. A woman can come to the public bar through a side entrance. At the end of the bar is a small window through which she may be served, and no one can see her but the maid who serves her. She would not buy whisky of a man, but she may do so of a woman. Again, it is customary for what is regarded as the high-class grocers to sell liquor of all kinds by the bottle. This is supplied to families, and finds its way to the table, where it reaches the very heart of human life and happiness. Or if the husband objects to its presence in the house, it may be ordered of the grocer, who conveniently charges it up under the name of sugar or tea. This most deadly custom is obtaining strong grounds in the United States of late years. As it develops we shall see its fatal results in the degradation and desolation of our homes.

Another reason for the prevalence of drunkenness among women is to be laid at the door of the medical profession; and the reason why this is more felt in some other countries that might be mentioned is because the drink habit prevails there among doctors to an extent that is almost universal. It is no wonder that they should prescribe "a little" of the same for people's



ailments. It is claimed by such doctors that while beer and wine may be conducive to disease, whisky in moderate quantities is a panacea. It is found that a small quantity has a palliative effect, and when the pain returns, recourse is naturally had to the supposed remedy, with the assurance of the doctor's recommendation. Probably without the doctor's knowledge the prescribed amount is exceeded, the habit is formed, and the web of an awful disease is woven about the unsuspecting victim. The supersensitive nervous system of women renders them as a class more susceptible to the toils of alcoholism than are men. The disease obtains upon them a stronger hold because the tender nerves yield more completely to the paralyzing power of the poison. It is more difficult for a woman to recover the control of her will power when she has lost it than for men.

Every physician should, in the light of science and in view of the woes of

intemperance, be a staunch out-and-out teetotaler. A word from a doctor will be used by the tempter with a power that the human will cannot resist. The seeds of destruction and desolation lurk in every prescription of alcoholic stimulant to nervous women. While men look to women to guard the purity of society and the sacredness of home, they should by every possible means guard those guardians with every precaution from any approach of that which defiles or weakens the barriers that stand between us and the inrush of pollution and perdition.

It is undoubtedly good doctrine that those who love purity should preserve it in themselves. And the best way for mankind to guard womankind is to guard themselves. But if there be men who cannot receive this kind of logic, they should at least be very careful how they cast stumbling-blocks in the way of those whose fall means the undoing of the race.

#### **Infection from a Kid Glove.**

A boy aged eight years, while at play in the street, found a lady's kid glove, which he put on and continued to wear in his play during the rest of the day. From rubbing his face the child's left eye became infected, and at the end of twenty-four hours, inflammation had closed the lids. Owing to ignorance of the seriousness of the affection upon the part of the boy's mother, home remedies were employed until too late to repair the damage. The child was brought to the hospital, when it was found that ulceration and sloughing of the cornea had destroyed the sight. Treatment at this stage could do little save protecting the sound eye from further danger of contamination from

the profuse purulent discharge coming from the infected orbit, and cleansing the infection. Later the shrunken distorted organ was removed.—*Journal of Cutaneous and Genito-urinary Diseases.*

#### **It Puzzles Him.**

Dr. Lorenz, of bloodless-surgery fame, cannot understand how Americans enjoy fair health on a diet that would depopulate any other country.

"The pies, puddings, sauces, and innumerable other dishes, most of which are unhealthful in the extreme, partaken of by young and old alike in America, have caused me to wonder," says Dr. Lorenz, "that the people are not physical and constitutional wrecks."



**A Bad Business.**

The Wichita *Beacon* (Kan.) shows up the whisky business in its true light by the following brief summary:—

“The distiller makes four gallons of whisky from the bushel of corn (with the aid of various harmful products and adulterations). These four gallons of whisky retail for \$16.40.

“The farmer who raises the corn gets from twenty-five to fifty cents.

“The United States Government, through its tax on whisky, gets \$4.40.

“The railroad company gets one dollar.

“The manufacturer gets four dollars.

“The drayman who hauls the whisky gets fifteen cents.

“The retailer gets seven dollars.

“The man who drinks the whisky gets drunk.

“His wife gets hunger and sorrow.

“His children get rags and insufficient food.”

**Old Clothing and Bedding as a Source of Infection.**

The daily calls of the old clothesman in our large cities, and the newspaper advertisement offering the highest price for cast-off clothing, old feather beds, etc., suggest innumerable possibilities of infection. It requires little medical knowledge to comprehend the dangers to which the poor are subjected by the unregulated traffic in soiled clothes. If old clothing must be passed down the line, let it at least be properly disinfected.—*Boston Med. and Surg. Journal.*

**Diseased Cattle for Slaughter.**

A deliberate attempt to send a carload of diseased cattle for slaughter in New York was recently foiled by the State Agricultural Department. Word

was received of the shipping of the stock from Newport, Herkimer Co., and the car was intercepted in the railroad yards in New York by the department's agents. Of twenty cows found in the car, three were in a dying condition, and soon expired. Eight others were suffering from advanced tuberculosis, and at least three from pneumonia. It was also learned that several others of the herd had died at Utica before they could be transferred to the car on the New York train. It is intended to prosecute the shipper of the cattle.

**Skin Disinfection in Smallpox.**

Recent observations seem to show that the scar-producing pustules do not form in smallpox when care is taken to maintain thorough disinfection of the skin from the beginning of the disease. The best means of disinfecting the skin is to smear it with soft soap diluted with a little hot water. After fifteen or twenty minutes the soap may be removed with a sponge dipped in hot water. The strong soap solution should be applied quite hot, and should be gently rubbed into the skin. Cleansing in this way twice a day will keep the skin free from the streptococcus to which the pus formation is due.

SELFISHNESS is one great cause of loneliness. If a man builds walls around himself, so that he may keep all that he has to himself, he soon finds that he has built walls around himself which shut out all that might come in to him from others. So it is possible that the cure of loneliness may be the overcoming of selfishness.—*McCall's.*



# EDITORIAL

## STAMPING OUT HEREDITY

MUCH is being said nowadays respecting the out-of-door treatment of tuberculosis, a disease which, while rarely directly transmissible by heredity, is one the predisposition to which is in the highest degree hereditary. It has been clearly shown by numerous experiments in various parts of the United States that the out-of-door life with regular hygienic habits, irrespective of altitude or special climatic advantages, is capable of so aiding the natural powers of the body as to effect a cure of this formidable malady without the use of drugs of any sort.

Tuberculosis is a disease of civilization. It scarcely exists among savages who live in the primitive state, but quickly appears among such people when the habits of civilization are adopted, especially the indoor life. The South American monkey and the North American Indian alike fall victims to this disease when shut away from the sunlight and active exercise out of doors.

The time is not far distant when every large city will find it necessary to provide conveniences for the application of this simple curative measure, not only for the purpose of rescuing the victims of pulmonary tuberculosis from the certain fate which awaits them, but as an essential measure for protecting the public health.

In a short paper read before the American Congress of Tuberculosis held last year, Dr. Henry McHatton, Vice-President of the Congress, gave an interesting illustration of the stamping out of tubercular disease in a group of families who were threatened with extinction by this terrible plague. We quote as follows from this paper, which appeared in the September, 1902, number of the *Medico-Legal Journal*.—

"About 1790, there landed at Trujillo,

on the Caribbean Sea, a party of Spanish emigrants. This party consisted of members of ten families of the Spanish nobility,—families who were so tuberculous that they decided to emigrate rather than become extinct. They worked their way in the course of time across Central America and settled on the Pacific slope, not far from Tegucigalpa, and at an altitude of about twenty-five hundred feet, in probably one of the most even and healthful climates in the world. They have always been purely agricultural and pastoral. Even to-day there is not a road leading to this colony, nothing but trails, and it is a journey of days to reach them from the nearest port. Their village is built in accordance with the climatic requirements. They hold themselves far above the surrounding Indians, and there has been practically no intermarriage between them and their neighbors. They present the purest strain of Spanish blood in America.

"The Indians, ten or fifteen days' ride from this colony, never fail to speak of it,—always as '*El Pueblo de los blancos*,' the 'village of the whites,'—and to extol the physique and endurance of the men as well as the beauty and virtue of the women, which opinion the few specimens that I saw, fully upheld.

"The history of these people was given me in a personal interview by Don Torencio Sierra, President of Honduras, and a most highly educated gentleman:

"Dr. O. B. Hunter, of San Pedro Sula, a graduate of Tulane University, learning their history, became so much interested in them that he spent some time in their village with the sole object of learning their present condition. He met some of the children of the original emigrants, now old men and women, who in every way corroborated the above history.



"Dr. Hunter informs me that they are the finest race of people in Central America. After careful inquiries, he could get no history of tuberculosis for a long period back, and now none of them give physical evidence of it in any of its forms."

## INCIPIENT BRIGHT'S DISEASE

BRIGHT'S disease is one of the most insidious of all diseases. In perhaps the majority of cases of Bright's disease the victim is suffering from this affection for years before he becomes aware of the fact. It is only by a most minute and careful examination of the urine and the investigation of other physical symptoms that the presence of the disease in its incipiency can be determined. Hence it is of the highest importance that persons who are liable to this malady should be on the lookout for the first indications of its appearance. It would be better still to adopt such a course of life as will prevent the disease.

The precautionary measures necessary are well understood, for physicians have long recognized the importance of a careful regimen in this grave affection. It has been clearly shown by Dujardin-Beaumetz and others that in cases of Bright's disease, flesh foods of all sorts should be avoided. Fish and shellfish are particularly harmful. Flesh food is especially injurious because of the poisons which it contains. One of the chief of these is uric acid, but there are others equally or even more pernicious in their effects. Tea and coffee are highly injurious because of the tannic acid and especially the thein and-caffein which they contain. Alcohol in every form, tobacco, irritating condiments, and excess of salt are also highly injurious. All these sub-

stances irritate the kidneys and increase the intensity of the disease.

This knowledge has led observing physicians to prohibit the use of the articles mentioned in cases of Bright's disease. It is clearly evident that if by the disuse of these articles, healing of the kidneys may be encouraged when they have become seriously involved, the non-use of these unwholesome substances before the healthy kidneys have become diseased ought to have a most potent influence in the prevention of this affection.

Sedentary persons, persons who are addicted to a large use of meat, persons who have made free use of tea and coffee, or of alcoholics in any form, or of tobacco, may be almost without exception regarded as doomed to be victims of this malady, and should endeavor to avert the fate which is awaiting them by reforming their habits before the kidneys have become diseased to such an extent that recovery is impossible. It should always be remembered that when visible evidences of this disease have made their appearance in these organs, recovery is no longer possible; hence, those who wait until a medical examination shows them to be subjects of Bright's disease have delayed too long. The best thing that can then be accomplished is mitigation of the symptoms and extension of life by the adoption of the most rigid regimen and careful adherence to prescribed rules.

### Special Hospitals for Consumptives.

A hundred years ago the city of Naples, Italy, erected a large hospital for consumptives, and required the isolation of all persons suffering from this disease.

It is only recently, however, that the authorities of modern cities have become awakened to the importance of this sanitary measure. Recently a number of cities have taken steps for the estab-



lishment of hospitals especially for the treatment of cases of consumption by the so-called "open-air method." Excellent results are reported from this method of treatment.

The German government has a large central committee numbering more than thirteen hundred persons, organized for the purpose of erecting hospitals for the treatment of tuberculosis. This committee has under its supervision seventy-four such hospitals, and last year treated over thirty thousand patients, of whom eighty per cent were returned to their homes practically cured after remaining in the hospitals on an average of a little less than three months.

#### **Raw Vegetables and Typhoid.**

Most housekeepers in these days understand that polluted water is one of the chiefest causes of typhoid, and are careful to boil such as is used for drinking purposes, which is not fully above suspicion. Not everyone, however, stops to consider the need of using pure, uncontaminated water for the cleansing of all fruits and vegetables to be served raw.

A German physician of note asserts that second to drinking water, raw vegetables, such as lettuce, cress, cabbage, and tomatoes, are the cause of typhoid through having been washed in polluted water. All the visible dirt and grit may be removed with water swarming with numberless disease germs; and the cold slaw or salad or relish may appeal to the eye and gratify the taste, while death lurks in the dish. All water not known to be pure should be boiled before using for the preparation of either fruits or vegetables to be eaten raw in any form.

Fruits and vegetables exposed in markets are also liable to become contaminated with disease germs through the dust from the streets that is continually settling upon them. Such products from the markets require washing in several waters to cleanse them thoroughly. It has been demonstrated that one rinsing

in water decreased the germs only about forty or fifty per cent.

#### **Smallpox Carried by Rats.**

The Chicago Health Department recently called the attention of citizens to the fact that diphtheria, smallpox, scarlet fever, and other infectious maladies may be communicated through the medium of cats and other small animals. The health authorities of Philadelphia are convinced that smallpox has been conveyed from the City Hospital to neighboring houses by means of rats. There has been an outbreak of thirty-three cases of smallpox in buildings near the Hospital.

#### **Death of a Doctor from Plague.**

An Australian physician from Vienna, while studying the plague bacillus in the Bacteriological Institute of Berlin, accidentally pricked his hand with the needle which had been in contact with the plague germs. He was at once stricken with the disease, and died in three days. A number of similar cases have occurred in other laboratories, and this has led the directors of most bacteriological laboratories who had a stock of plague bacilli on hand, to destroy all their cultures of this virulent organism.

#### **Typhoid Fever from Clams.**

The newspapers report the serious illness of three women from typhoid fever as the result of eating clams. At a shore dinner at which twelve women partook, nine contracted typhoid fever. It ought to be generally known that clams, oysters, and shellfish of all sorts are scavengers; they subsist largely upon germs and other filth in the water. When typhoid fever germs occur in water, they are always found in great numbers in the gills and the stomach of clams, oysters, and other shellfish. Good sense teaches us that these miserable creatures should be allowed to pursue their humble calling unmolested. They were never intended to serve for food.



## ANSWERS TO CORRESPONDENTS

**Myocarditis — Heart Trouble.**—Mrs. B., Michigan: "1. What is 'myocarditis,' and what are the symptoms? Is it curable? 2. What remedy, if any, is there for heart trouble in which there is leakage of the valves?"

*Ans.*—1. Inflammation of the heart. Pain in the region of the heart and a quick, feeble pulse are the leading symptoms. Recovery usually occurs when the patient has the benefit of proper treatment.

2. There is no absolute cure for the disease. The important thing is to maintain vigorous health by attention to all hygienic rules, and to avoid violent exercises such as produce shortness of breath. A considerable amount of moderate exercise should be taken daily. Out-of-door life is essential. Care should be taken to keep the digestion sound by simple dietetic habits.

**Enemata.**—Mrs. A. A. F., Massachusetts, would like to know (1) if a daily enema is beneficial where one is troubled greatly with gas in stomach and bowels; also how often the enema should be used, how much water should be employed, and at what temperature; (2) if Pan-Peptogen and charcoal tablets would be of benefit?

*Ans.*—1. A thorough enema every other day will be helpful in such a case. It should be taken at a temperature of 80°. Three or four pints is usually required.

2. Yes.

### **Rheumatism and Palpitation of the Heart.**

—R. H., California, who is fifty-four years old, wishes advice regarding palpitation of the heart with which he is troubled; also rheumatism of the chest. Cold bathing and rubbing is ineffectual. Patient is following advice given in "The New Dietary."

*Ans.*—The difficulty is probably due to indigestion. Out-of-door life, moderate exercise, great care in diet, especially great care in thorough mastication of food, allowing no morsel to pass into the stomach until reduced to a semi-fluid state. The most important indications are, the wet girdle to be worn day and night, and possibly the abdominal supporter may be found helpful.

**Worms.**—Mrs. F. F., Michigan: "I. Can you tell me what to do for a child bothered with worms? 2. Is it natural, as some people state, for worms to inhabit the stomach and intestines?"

*Ans.*—1. You must consult a physician and ascertain the kind of worms from which the child is suffering; any physician will supply you with a proper vermifuge.

2. No. It is natural for worms, but not for human beings. It is just as unnatural for a person to carry about a tapeworm in his small intestines as to be carrying around a toad in his pocket, or a snail or an earthworm in his mouth.

### **Cornmeal — Nut Butter — Water-drinking — Fruit Skins — Food Products — Dietetic and Physical Regimen.**

—F. C. S., Minnesota: "1. What is the best way to prepare cornmeal for food? 2. Is there any way of preparing boiled peanuts so that the butter will keep for several weeks after making? 3. Would it be well for one who never feels like drinking to eat more salt and thereby create more thirst? 4. Should one who seldom feels thirsty and dislikes the taste of water compel himself to drink the ordinarily prescribed amount daily? 5. Are the skins of dried fruits beneficial? 6. Can you recommend the food products of the Twin City Nut Food Co.? 7. Outline physical and dietetic regimen for student who is compelled to lead a sedentary life, and who is troubled with chronic constipation. 8. In a thirty- or forty-mile walk through the country, what preparatory treatment can you suggest for one's feet, and what would you suggest in the way of clothing?"

*Ans.*—1. Making in thin cakes and baking until slightly brown.

2. Peanuts, after boiling, may be thoroughly dried, then ground into butter, and sealed up hermetically.

3. No.

4. No.

5. No.

6. We have never seen any of these foods, and do not know anything about them; we are certainly not prepared to recommend them.

7. Adopt a dietary of fruits, grains, and nuts, properly prepared. Use fresh fruit freely, and avoid meats entirely. Eat twice a day, or, at least, eat nothing at night except fruit. Take exercise out of doors daily, with sufficient vigor to induce perspiration. Take a cold bath daily; take a swimming bath for fifteen to twenty minutes, if possible. Take a sun bath as often as possible, or, in lieu of this, an electric-light bath; wear a wet girdle at night.

8. Accustom the feet to walking by daily practice. Bathe with cold water three times



a day. Rub and knead the soles and ankles well at each time. The clothing should be light,—only sufficient for warmth. Linen or cotton mesh next the skin is preferable to woolen. The outer clothing should be sufficient to secure necessary warmth.

**Vegetarianism.**—A. F. K., New Mexico: "1. Is pork or beef the more nutritious? 2. Did not nature intend our teeth for eating meat as well as other things? 3. If nature intended human beings to be vegetarians, why has it been possible for the United States to grow to be a leading power in government, religion, etc.? and how could we hope to improve after generations of meat eating? 4. Is it possible, other things being equal, for a vegetarian to do as much manual labor and be as strong at all times as the meat eater?"

*Ans.*—1. This question reminds us of a question sometimes discussed in country school debating societies,—“Which class of thieves is preferable,—thieves, burglars, or highway robbers?” Neither pork nor beef is to be recommended. According to the chemists, pork is more nutritious than beef, but beef is much more easily digestible than pork. But a dead hog and a dead ox are both corpses, and unfit for food for human beings.

2. There are no teeth especially adapted to eating meat. God never intended that meat should be eaten by any class of animals. Our teeth are like those of the monkey, which are best adapted to eating fruits, nuts, and soft grains.

3. One of the chief factors in making the United States so great a country is the enormous quantities of wheat and corn which it has been able to grow. We are great and moderately healthy in spite of our meat eating, and not by the aid of it.

4. Most certainly. Numerous tests have been made, and vegetarians have invariably come out ahead.

**Gall Stones—Lemon Juice and Salt as Gargle in Diphtheria—Antitoxin.**—M. J. L., Minnesota: "1. Give diet and treatment for gall stones. 2. Would lemon juice and salt be as good as vinegar and salt as a gargle while exposed to diphtheria? 3. Do you recommend antitoxin for diphtheria?"

*Ans.*—1. An antiseptic dietary is necessary. Animal fats of all sorts must be avoided, also all animal foods. Great pains must be taken to chew the food carefully. In many cases

there is catarrh of the stomach and duodenum.

2. Yes, better.

3. It is doubtless beneficial in certain cases.

**Failure of Eyesight—Deafness—Blindness.**—"1. Is failure of eyesight or degeneration of the optic nerve due to lack of proper food or nourishment? 2. Has a person been improperly nourished who becomes deaf? 3. Will overworking the eyes produce blindness?"

*Ans.*—1. Impaired nutrition certainly contributes to the development of this disease.

2. Not necessarily.

3. Possibly.

**Burning Sensation in Stomach—Enlarged Joints.**—Mrs. M. J. B., New York, is troubled with (1) burning sensation in the stomach and bowels; (2) enlargement of finger joints, which become very stiff when swollen; (3) weak throat and bronchial trouble; catches cold easily. Wishes suggestions for treatment and diet.

*Ans.*—The patient is probably suffering from catarrh of the stomach and bowels, and chronic uric acid poisoning. The diet should consist of cereal, fruit, and nut preparations. Great attention should be given to thorough mastication of the food. Tea, coffee, meats of all kinds, also condiments, should be avoided. Salt must be used very sparingly, if at all. Eat but two meals a day. Drink two or three pints of water daily. Live out of doors, and take sun baths daily, or as often as possible. Take a sweating bath two or three times a week. A cold bath may be advantageously employed daily if great care is used in the application.

**Dyspepsia.**—T. M. E., California, is troubled with fermentation of stomach, coated tongue, bad breath, belching of gas, redness of nose. Is a vegetarian diet to be recommended in this case? Name trouble and prescribe treatment.

*Ans.*—The patient is suffering with dyspepsia and probably dilatation of the stomach. The food should consist of well-cooked cereals, especially granose flakes, granuto, and similar foods. Fermented breads, meats, coarse vegetables, condiments, cheese, pickles, flesh meats, and all other unwholesome and indigestible articles of food should be carefully avoided. A moist abdominal bandage should be worn night and day; it should be changed morning, noon, and night.



**Enlargement of Liver — Constipation — General Debility.**—S. J. G. wishes prescribed treatment and diet for enlargement of liver and spleen, constipation, coated tongue and bitter taste in mouth, and general debility.

*Ans.*—The patient should lie in a tub, and have hot and cold water alternately poured over the region of the liver and spleen from a dipper held four or five feet above him when lying in the tub. A moist abdominal bandage should be worn night and day. The bowels should be kept open if necessary with the daily use of the enema at 75° or 80°, two or three pints being used. The patient should have a cold towel rub to the whole body daily.

**Salt Rheum.**—C. H. J., New York, fifty years old, has suffered for five years with salt rheum. The eruption generally appears in winter, but the hands were broken out all last summer. The eruption is now located in the face, the skin having the appearance of being full of water and the swelling affecting the eyes. The skin itches intensely. The patient eats very little meat and no pork. Is there any dietary cure for this disease? Prescribe treatment. What will relieve the itching?

*Ans.*—This affection is due to a general disordered condition of nutrition, which probably originates in indigestion. The diet must be carefully regulated. Fruit must be used freely. Cane sugar, mustard, pepper, and other condiments, animal fats, and milk should be avoided. Itching may usually be relieved by bathing the parts in very hot water.

**Floating Kidney — Backache — Nervousness.**—R. P., Minnesota: "1. What ill effects are caused by floating kidney? 2. What causes severe pain in the back when lying down? After stooping for a few minutes, an erect position can be taken only with discomfort and pain. A sudden jerk or drop of the body causes intense agony. 3. Same patient has no appetite, and eats only when a sense of nervousness and backache causes weakness. Is very nervous, feeling constantly as if any article taken in the hand would be allowed to drop. Name trouble and prescribe diet and home treatment."

*Ans.*—1. Indigestion, palpitation of the heart, and periodical headaches.

2. In some cases the back needs support while in a lying position. There is probably a rheumatic tendency.

3. Indigestion, probably dilated stomach, slow digestion, and prolapsus of the stomach

and bowels. An abdominal supporter would be of some advantage. A moist abdominal bandage should be worn day and night, and sitz baths taken just before going to bed, at a temperature of 80° for fifteen minutes daily.

**Catarrh — Retroversion and Cancer of Uterus.**—Subscriber: "1. Give formula for preparation to be used in atomizer for chronic catarrh of nose and throat. 2. Is there danger of such chronic catarrh affecting the stomach and causing catarrh of the stomach? 3. Can retroversion of the uterus of four or five years' standing be remedied without an operation? 4. In such a case is it perfectly safe to take a hot douche every other day? 5. What are the symptoms of cancer or tumor of the uterus? 6. Is it possible for one to have such and yet be ignorant of the fact?"

*Ans.*—1. The following is a good general formula for use in the atomizer for chronic catarrh of the nose and throat: Menthol, 20 grains; oil Eucalyptus, ½ dram; thymol, 3 grains; alboline, 4 ounces.

2. It is quite possible that danger may arise through swallowing quantities of mucus, which contains germs in great abundance.

3. Probably not.

4. Yes.

5. Hemorrhage; a fetid discharge.

6. Yes.

**Sleepiness — Nervousness — Superfluous Hair — Brown Spots — Vocal Training.**—J. M., South Dakota: "1. What is the cause of drowsiness during the day? The patient is frequently compelled to take a light bath several times a day in order to keep enough awake to attend to her duties (dressmaker). Her brother is troubled in the same way. Appetite is good, but person is very thin; sleeps soundly every night. Explain cause and prescribe remedy. 2. Prescribe treatment for man suffering with intense nervousness. Is often taken with severe trembling fits and nervous chills, which leave him very weak. Is also troubled with pain in his shoulders and arms. Breath is short, has heart palpitation, choking sensation during nervous spells, and feet and limbs swell and cramp, while face and arms are subject to numbness. 3. What will remove superfluous hair from the face? 4. What is the cause of and remedy for brown spots on the face? 5. Outline treatment for catarrh of head and throat. 6. Girl aged fourteen is strong and healthy and possessed of a good voice. Would it be wise to place her under the care of a vocal teacher, or would such a course cause her voice to be spoiled?"



*Ans.*—1. Indigestion is a frequent cause. A moist abdominal bandage worn about the body is a good remedy. A cold bath should be taken at least twice a day; a sweating bath, three times a week. Copious water drinking is beneficial to the kidneys, whereby poisons may be eliminated.

2. A full bath for twenty minutes to an hour at 92° to 94°. The nervous symptoms indicate the possible presence of serious nervous disorder. An experienced physician should be consulted.

3. The most reliable remedy is the application of electricity to the root of each individual hair.

4. The cause is disturbance in the nutrition of the skin. There is no satisfactory remedy.

5. A cold bath followed by vigorous rubbing and exercise in the open air twice a day, suitable applications to the nose and throat for cleansing, followed by the use of an antiseptic solution with a Pocket Vaporizer.

6. A good teacher will know how to direct vocal exercises in such a way as to avoid any injury to the voice.

**Catarrh.**—A. R. Y., Rhode Island, desires outline of treatment for catarrh, with which he has been troubled for years, and which is now affecting his hearing, eyes, and throat. Would a change of climate be beneficial? If so, where should he go? He is employed near the ocean.

*Ans.*—See answer to the fifth question above. A warm, dry climate is generally most beneficial in such cases. The most important climatic feature, however, is equability. A changeable climate is always productive of catarrh. The only real precaution from this disease is developing the body to a state of high resistance by hygienic living, daily cold bathing, and a life in the open air.

**Dry Mouth.**—Y. J. S., Colorado, is troubled with excessively dry mouth, being obliged to carry a wet cloth in the mouth. He chews wild sage leaves and Oregon grape root, but these do not produce the desired effect. Within three minutes after drinking, the mouth is parched again. In cool, wet weather there is more secretion. He is very constipated. Prescribe.

*Ans.*—There is deficient secreting activity on the part of the salivary glands. The whole system is evidently in a low state. The cold bath should be taken two or three times

daily. The application of galvanism over the salivary glands might be beneficial.

**Morbid Appetite—Laws of Nature—Salt—Milk and Acids—Predigested Foods—Oil Heaters.**—H. S., Pennsylvania: "1. Give cause and symptoms of morbid hunger. 2. Is a constant desire to eat a symptom of distended or prolapsed stomach? How is it that we hear so little of the antiseptic action of salt in digestion? 4. Some claim that milk eaten with acids causes the former to curdle in the stomach. Is this true? 5. Does not the gastric juice have the same effect? 6. How may one know which is correct, the arguments for or against predigested foods? 7. Does an oil heater fill the air of a room with carbon dioxide? 8. Do you approve of the fruit diet, no bathing, and fasting ideas of Dr. E. H. Dewey as set forth in his book?"

*Ans.*—1. In morbid hunger the desire to eat is not satisfied by eating. Sometimes the appetite increases with gratification. This is a symptom of chronic dyspepsia.

2. Not necessarily so, although this condition may be present.

3. Salt cannot be used in sufficient quantities to exercise its antiseptic qualities in the stomach without interfering with the digestion.

4. No. The cause of the formation of large curds in the stomach is the action of the ferment which is found in the stomach.

5. Yes.

6. In all controversies we are at last compelled to appeal to our own common sense in making a personal decision.

7. Oil stoves are objectionable for burning in a room on account of the great amount of carbon dioxide which they produce.

8. Dr. Dewey's book is very suggestive, and contains very many excellent ideas. It is certain that an exclusive fruit diet is often of great benefit. In our experience, a diet of juicy fruits is preferable to absolute fasting in the great majority of cases. Persons who eat late dinners should omit breakfast. A better plan is to take a little breakfast, and a hearty dinner about three o'clock in the afternoon or a little later.

**Mucus Discharge.**—S. D. E., Missouri, wishes to know a remedy for a slight but constant discharge of mucus from the bowels. He is a farmer and leads an active, out-of-door life.

*Ans.*—The patient is suffering from catarrh of the rectum. A sitz bath at 70° for fifteen minutes twice a day will be found beneficial.



The rectum may be washed out with cold water used with a syringe. In taking a sitz bath the depth of the water should be about three inches; the duration of the bath fifteen to thirty minutes.

**Uric Acid — Legumes and Eggs — Cold or Warm Water.**—A. K. G., District Columbia:

"1. Are the following symptoms evidence of an excess of uric acid: Dry skin, cold extremities, brittle nails, rapid decay of teeth, acid stomach, and constipation of bowels? 2. Am using granose, granola, granuto, zwieback, flakes, nut butter, bromose, protose, malted nuts, meltose, corn (without hulls), spinach, and fruits. Will the use of legumes and eggs be harmful? 3. Will it be best for me to take cold or warm water before retiring and before breakfast, and in small quantities between meals?"

*Ans.*—1. These symptoms are often present in cases of chronic uric acid disease.

2. No.

3. Water of an ordinary temperature is best in such cases. Great care should be taken to chew the food very thoroughly. Each morsel should be chewed at least four or five times the ordinary length of time.

**Curvature of the Spine.**—A correspondent asks what exercise to take for curvature of the spine, near base; also for very high and round shoulders.

*Ans.*—It is impossible to make a prescription in such a case. He must be examined personally, as the nature of the curve, its direction, etc., etc., essentially modify the treatment.

**Eczema — Books on Diet.**—Mrs. W. E. N., New York: "1. Some time after taking a vapor bath, eczema appeared on the face and hands. Did the treatment cause this? 2. Would continued vapor treatment increase or lessen the trouble if the face was outside of the cabinet? and is it advisable to use sulphur or other drugs in the vapor cup? 3. Kindly give title and publishers of one or two low-priced, but valuable works on diet suited to various conditions of health."

*Ans.*—1. Probably not.

2. The vapor bath ought not to produce any trouble of this kind. It is not necessary to use drugs of any sort with the vapor bath.

3. Address Good Health Publishing Company, Battle Creek, Mich., for a little work entitled "The Stomach."

**Neurasthenia.**—Mrs. M. S. R., Illinois, who is thirty-seven years of age, a vegetarian, uses neither tea nor coffee. Following confinement she does not gain strength; has creeping feelings of the skin just over the shoulder blade, continually. The sensation is that of worms crawling. Kindly give cause and remedy.

*Ans.*—The patient is suffering from neurasthenia, or nervous exhaustion. A cold bath, taken with a towel wrung out of cold water and placed upon the skin and rubbed until the skin is red, twice daily, will be found beneficial. Each part that is moistened should be well dried and rubbed well before proceeding to another part, so as to avoid chilling.

**Snapping of Joints.**—Mrs. J. L., New Hampshire, asks (1) the cause of limbs snapping at every movement. (2) On awaking in the morning she sees black spots resembling flies. She uses neither tea nor coffee, nor any drink at mealtime, but between meals drinks hot boiled well-water sweetened with molasses.

*Ans.*—1. A snapping sound is usually due to the snapping of a tendon; it is sometimes due to the slipping of a cartilage.

2. There may be passages in the vitreous humor of the eye.

3. Fruit juice will be found much preferable to diluted molasses.

**Rice Flakes — Olive Oil.**—J. E. P., Georgia: "1. Is it advisable for one troubled with slow digestion to eat rice flakes without cooking; or by simply placing in the oven long enough to become crisp? 2. How many teaspoonfuls of olive oil should be taken in a day by one who uses neither butter nor nut preparations? 3. With two meals a day, how many teaspoonfuls may be used for a single meal?"

*Ans.*—1. Rice, as well as other cereals, should be thoroughly cooked to insure good digestion.

2. About three tablespoonfuls of oil per day is the average amount required.

3. Three or four times this amount may be appropriated by emaciated persons, who are especially in need of fat.

**Peanuts.**—F. W. G., Canada, asks if the peanut is a true nut, or a legume like the bean.

*Ans.*—The peanut is a legume, closely related to the bean.



**Colds.**—J. H. McM., Michigan, temperate man thirty years old, is troubled with continuous colds in the head. Being a constructing engineer, he leads an outdoor life. Medicine is absolutely useless. Kindly advise treatment.

*Ans.*—Use the Pocket Vaporizer, and take a cold bath twice daily.

**Falling of the Womb.**—E. T. requests an outline of home treatment for falling of the womb.

*Ans.*—The patient should obtain a copy of "Ladies' Guide," and carefully follow the directions given for the treatment of this disorder.

**Apricots and Potatoes — Painful Leg.**—Mrs. L. K. L., California: "1. Are apricots a healthful food, and is it best to eat potatoes twice a day? 2. What can I do for severe pain in the leg? Can walk better than I can stand, as the pain is very severe when standing still, and I get instant relief upon lying down. I use rubbing and a salt glow in the morning after my cold bath. What remedy would you advise?"

*Ans.*—1. Apricots are an excellent fruit. The potato is a wholesome vegetable, and may be eaten as freely and as frequently as bread. The important point in the use of potatoes is thorough mastication. Each morsel of potato should be chewed at least fifty or sixty times, to insure good digestion.

2. The proper thing to be done in such a case is to rest in a horizontal position until the diseased nerve has had an opportunity to recover. Relief may also be obtained by the application of fomentations to the lower part of the leg, and to the side of the leg along which the pain is most distinctly felt.

**Dreaming.**—E. O. R., New Mexico, asks a remedy for dreaming. He falls asleep readily, but dreams continuously, and is becoming very nervous.

*Ans.*—Go to bed with an empty stomach, or at least take nothing but a little ripe fruit without cane sugar, cream, or bread, or any other food, later than three or four o'clock.

**Uric Acid.**—P. A. W., Colorado, asks: "Why not discourage the use of strawberries, bananas, tomatoes, and oranges, as well as flesh foods, for an excess of uric acid in the system, as they are equally injurious, if not more so?"

*Ans.*—It is a mistake to suppose that acid fruits are in any way injurious to the system. Vegetable acids are wholly different from mineral acids in their effects upon the body. Citric acid, malic acid, and tartaric acid—the principal vegetable acids—are foods which are utilized in the body in precisely the same way as starch and sugar. They are all carbohydrates, and have a nutritive value about half that of starch. These substances are oxidized, or burned, in the body, so they do not produce the effects which result from the use of mineral acids. Experiments have shown that the alkalinity of the blood is increased by the free use of fruits. The acidity of the urine is diminished under the influence of a fruit diet. Numerous observers have noted this, and the writer has demonstrated the same by numerous carefully conducted experiments.

**Perverved Appetite.**—H. W. wishes some advice as to diet for weak digestion when one's appetite is too perverted to allow the eating of a reasonable amount. After a breakfast of apples and popcorn or zwieback, how much zwieback by weight should be used for dinner with a slightly cooked egg and several tablespoonfuls of meltose? Would two eggs with zwieback and meltose be too much?

*Ans.*—The amount required for dinner depends upon the amount eaten for breakfast, and also upon the work which is to be done and the season of the year. A sedentary person requires scarcely more than one-third as much food as one who is engaged in very hard labor. The average person requires three ounces of proteids, one and one-half ounces of fat, and sixteen ounces, or one pound, of starch. The needed amount of starch may be furnished by about two pounds of bread. This quantity of bread will also furnish the amount of albumin required. One and one-half ounces of fat in some form should be used to make the bill of fare complete for a person in good health engaged in exercise. Two eggs with two slices of zwieback and two or three tablespoonfuls of meltose, certainly ought not to be too much for a meal. This amount of food is less than would be required to maintain active work.

**Biliousness — Rheumatism.**—A subscriber: "1. Does milk increase biliousness? If so, will lime water overcome the trouble? and how much is needed to a quart of milk? 2. Is lemon juice good for biliousness? 3. Is



lemon juice a cure for rheumatism? This is said to be caused by acid in the blood. Will lime water or saleratus water prove beneficial?"

*Ans.*—1. Many persons complain of symptoms to which the term biliousness is very commonly applied. The condition does not relate directly to the liver, but is rather indicative of a foul condition of the stomach. Milk is a common cause of this condition. The use of lime water, by diminishing the size of the curds formed, through preventing the action of the ferment in the stomach, may lessen the tendency to biliousness. The best plan, however, is to discard the use of milk.

2. Lemon juice is an excellent remedy for biliousness for the reason that it is a good germicide, or disinfectant, for the stomach.

3. The free use of lemon juice is also an invaluable remedy in rheumatism. The permanent cure of rheumatism will only be found in improvement of the general condition of the health, thus securing the restoration of the nerves to a normal state.

**Nervousness.**—J. W. K., Pennsylvania, asks advice for nervousness. Health and appetite are good. Patient is not naturally excitable, but gets very nervous when singing or reading before an audience. Was first troubled when singing in a church choir, failing in a tenor solo, and has been troubled ever since. Can do well for a time and then breaks down. There is palpitation and trembling.

*Ans.*—The patient is evidently neurasthenic. He should place himself under treatment in a properly conducted sanitarium. Doubtless, by a thoroughgoing, long-continued course of health training, he may be restored to excellent health.

**Olive Oil — Sleeping with Mouth Open — Alcohol or Oil Rub.**—S. J. A., Illinois: "1. Is olive oil a good remedy for constipation? 2. Where can pure olive oil be found, and is there any special brand? 3. How can I avoid sleeping with the mouth open? 4. After taking a hot bath and cold spray, is it well to rub with alcohol or with oil? If the latter, what oil should I use?"

*Ans.*—1. Fats of all sorts are laxative when freely used.

2. Address the St. Helena Sanitarium Food Company, Sanitarium, California, or the Sanitas Nut Food Company, Ltd., Battle Creek, Mich.

3. You are probably suffering from nasal catarrh, with enlargement of the tonsils, or hypertrophies in the nasal passages. You should consult a competent specialist.

4. Yes; in cold weather a little oil or vaseline should be used. We would recommend white Virginia vaseline or Sanitarium massage cream.

**Olives.**—I. R., British Columbia, has been told that olives properly prepared will take the place of butter. What is this proper preparation, and where can olives be best obtained by a resident of British Columbia?

*Ans.*—Address the St. Helena Sanitarium Food Company, Sanitarium, California, for olives which have been suitably prepared. Possibly you can obtain ripe olives from the Portland Sanitarium, Portland, Ore.

**Tomatoes.**—W. F., Oregon, wishes to know if the use of tomatoes has a harmful effect upon the kidneys.

*Ans.*—No.

**Tetter.**—A subscriber, Minnesota, desires outline of treatment and diet for tetter, or ringworm on the face.

*Ans.*—Place the parts in very hot water two or three times daily. If irritated when moist, apply a powder consisting of three parts starch to one part of boracic acid. If dry and scaly, apply zinc ointment.

**Scalp Disease.**—M. G. R., Manitoba, desires a remedy for scalp disease. The scales have a red lump underneath which affects other parts of the body should it fall upon some place where the skin is broken.

*Ans.*—The case is evidently parasitic and contagious. A good germicide should be applied. We would recommend careful application of a formalin solution, one part to two hundred parts of water. Apply to the affected parts with a little cotton saturated with the solution. The moistened cotton should be held in place ten to fifteen minutes. The vapor rising from this solution is very irritating, hence it must not be used so freely as to irritate the eyes or respiratory passages.



## LITERARY NOTES

### SOME WORK TO DO

It is not wealth or fame I ask,  
But just some plain and simple task  
By which to ease my brother's load  
That halts his footsteps on Life's road.

Long as the day this work should be,  
Then, when night comes to shelter me  
'Neath her dark wings where nestles sleep,  
As, under gloaming clouds, the deep,  
I'll calmly rest with dream-sealed eyes  
Amid my homely harmonies.

Some work to do;—some work, forsooth,  
To drown the idleness of youth.  
It matters not, the wage, the moil,  
If but the Master's love assoil:—  
On some high crag that guards the main,  
Guiding a lone bark home again;  
Sowing the seeds of plenty where  
The whistling plowboy points his share;  
Cleaving the mountain's rock-ribbed side,  
Trimming a sail adown the tide.  
Oh, this were fortune! just to be  
A workingman, contented, free  
As some great eagle that defies  
The sun to dim his splendid eyes,—  
To feel in blood and breast and breath  
The force that flings its glove at Death;—  
To find in toil the careless glee  
That wild birds lilt from tree to tree.

—Robert Mackay, in the August **Success**.

"The County Fair" is an American institution and it varies in the different States. Last fall Nelson Lloyd, the novelist, and E. B. Child, the artist, made a trip together, visiting county fairs in many States from Pennsylvania to Kansas. Their joint production appears in the Fiction Number, August, of **Scribner's**. Both article and pictures are full of the humor of character which dominates the fairs.

Those who read Maud Howe's charming paper on her Roman housekeeping in **Lippincott's Magazine** will read with interest her second paper in the August number, dealing with experiences of Father Kneipp and his

cure and sketching delightfully her fellow-patients at the celebrated sanatorium.

The August number of the **Housekeeper** is up to its usual standard of excellency and comprises a number of special features which are exceptionally interesting. "Woman's Work at the World's Fair," by Ruby Danenbaum, is a timely article on a subject which is interesting the whole country at this time, and the illustrations to this article make the regular center page illustrative features of the magazine. Jessie Ackermann tells of her "Visit to the Oddest Tribe in the World," and "The Three Girls in Paris" are having some interesting experiences. "Louise's Empire Wedding" is described in the series of "Ten Pretty Weddings," and Mrs. Hiller gives a lesson in "Making Frozen Desserts," accompanied with a varied list of dainty recipes. "Midsummer Matters in the Fashion World" is the subject of Alicia Adams's fashion pages. All of the regular departments are represented in this number of *The Magazine of Helpfulness*. There is the usual supply of entertaining fiction, the popular serial, "In the Spirit," being concluded in this number.

Lincoln Steffens's sketch of Jacob Riis, "Reporter, Reformer, American Citizen," in the August **McClure's**, is captivating in its individuality of view, its intimacy, and enthusiasm. It is a very near view of one friend by another, and of one newspaper man by another. Says Mr. Steffens, "He (Riis) told me not long ago to 'go ahead and expose him;' so that, though I know he will denounce some of the things I am going to say, I should like to help urge the claims he has made to the titles 'reporter, reformer, American citizen.'" Later he says, "Though I'd like to reform every other reformer I know, I shouldn't change Riis, even if I could, in any particular, least of all in his roaring follies." Probably "roaring follies" is one of the things Mr. Steffens's subject would "denounce," but his readers don't; for the writer makes them seem, as they evidently are to him, the most lovable traits in the character of "the most useful citizen of New York."



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JUST ISSUED.—“A Thesaurus of Medical Words and Phrases,” by Wilfred M. Barton, M. D., Assistant Professor of Therapeutics and Materia Medica, and lecturer on Pharmacy, Georgetown University, Washington, D. C., and Walter A. Wells, M. D., Demonstrator of Laryngology, Georgetown University, Washington, D. C. Handsome 12mo of 534 pages. Price, \$2.50 plain, \$3 indexed net. W. B. Saunders & Co., 925 Walnut St., Philadelphia, Pa.

The **Four-Track News** is an illustrated magazine of travel and education, published monthly by the Passenger Department of the New York Central and Hudson River R. R.

The August number is the largest number of the magazine yet issued, and the illustrations embrace perhaps the greatest variety of subjects of any number yet put forth. Following is a bit from “An Island in the Northland,” by Kathleen L. Greig:—

“This little island, which is only nine miles in circumference, lies in the Straits of Mackinac, where the waters of Lake Michigan and Lake Huron mingle. Nature seems to have taken a special interest in this little piece of her work which she placed in such a beautiful location. During about seven months of the year the Frost King holds his court here. Then the Straits glisten with an unearthly sparkle. The rocks glitter as if strewn with countless diamonds, and the sun-singed seaweeds, like ghosts of a dead summer, fold about them a transparent shimmering garment of ice work that is beautiful beyond words. And amid all this whiteness stand the

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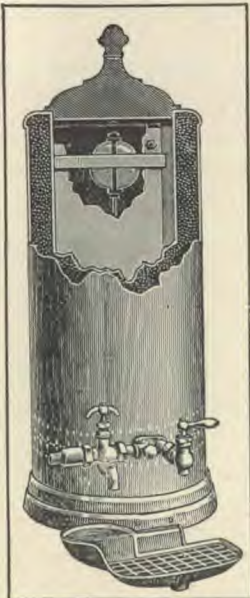
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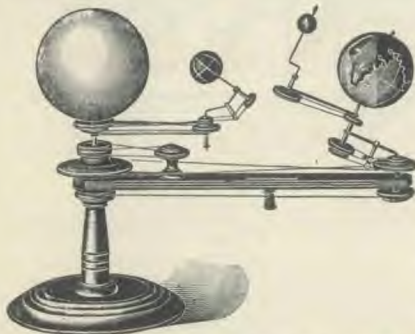
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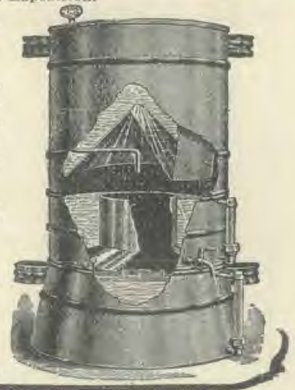
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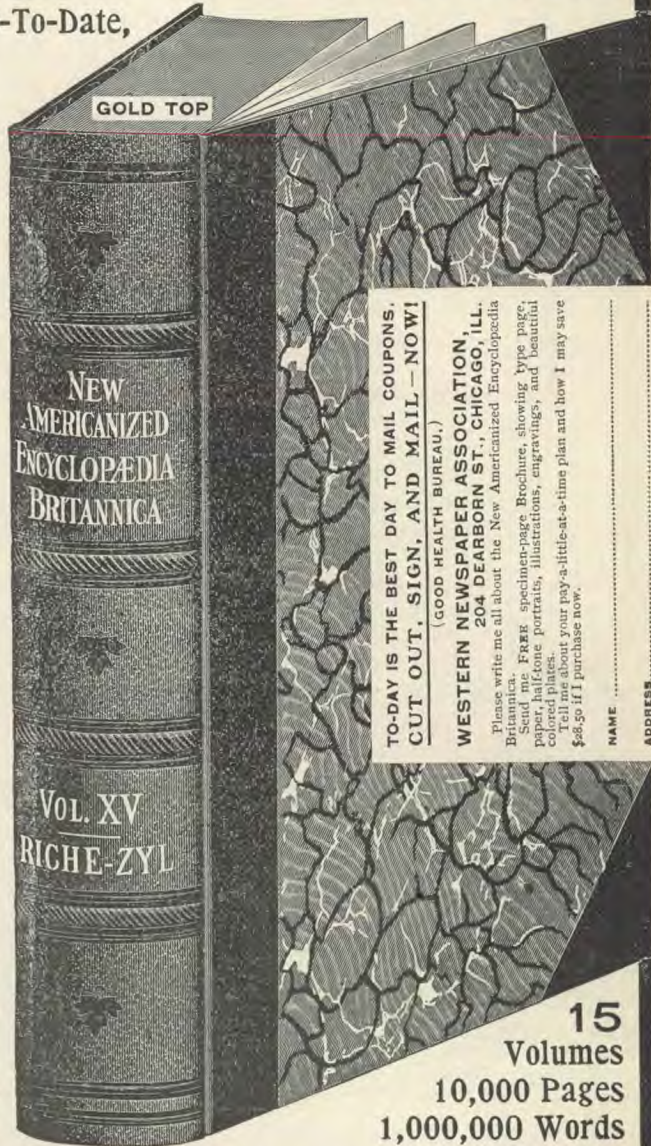
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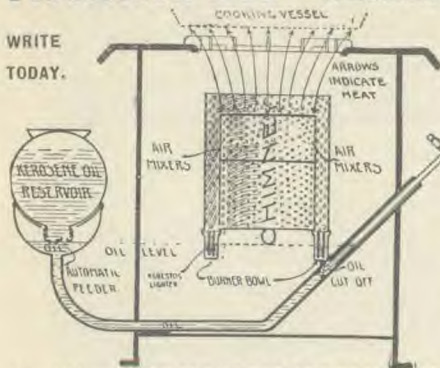
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1. Diseases Contracted as the Result of Eating Diseased Meat
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