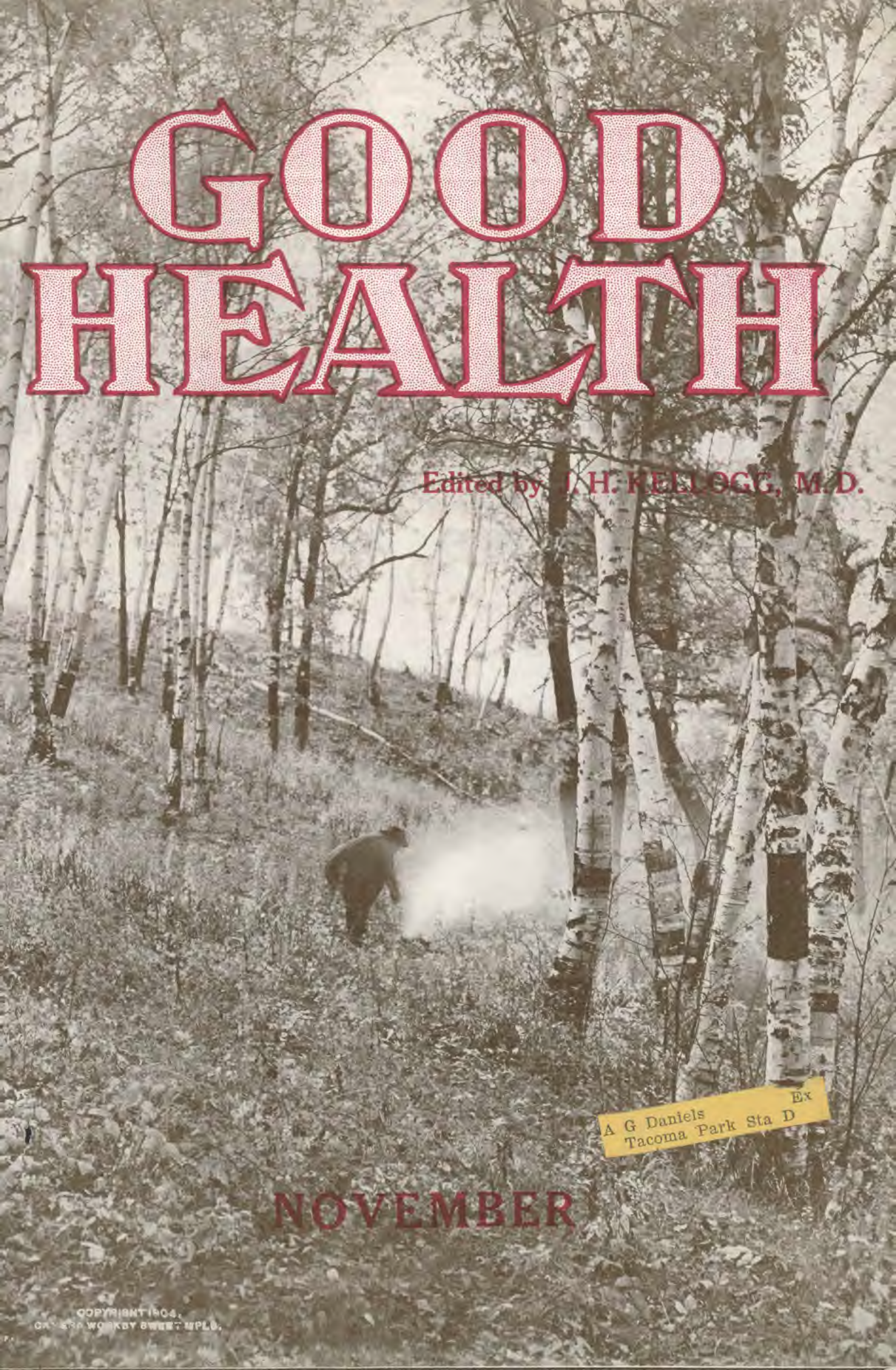
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Edited by J. H. KELLOGG, M.D.
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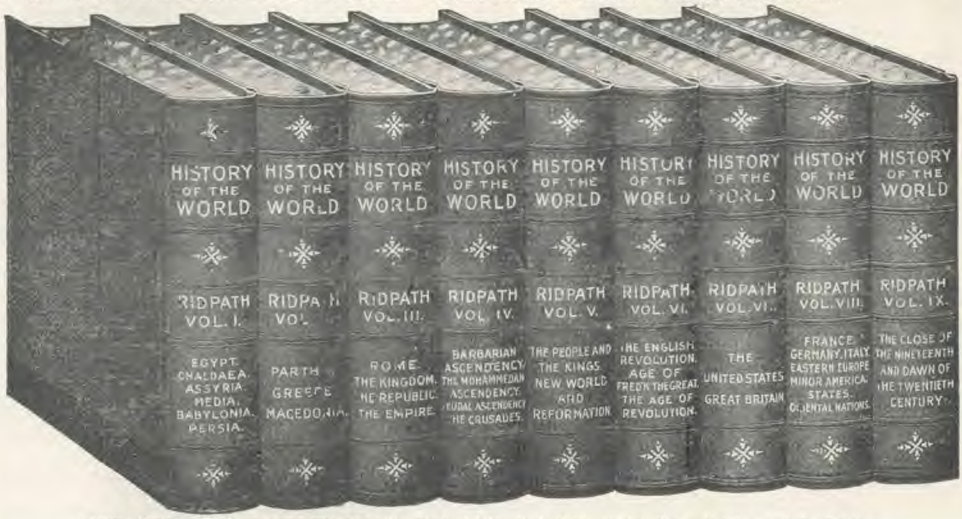

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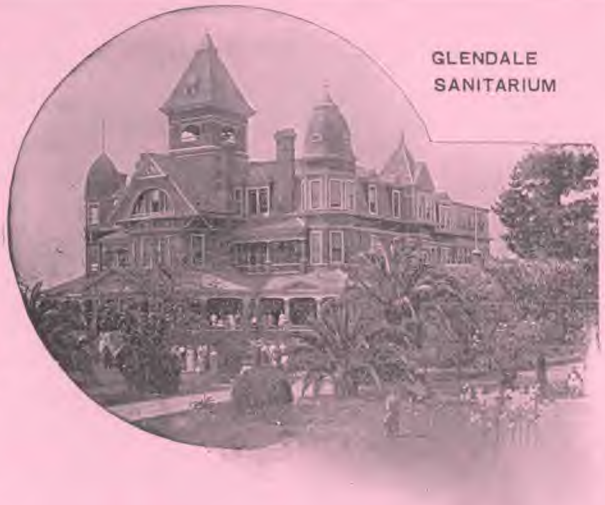

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MEXICAN FRUIT MARKET

GOOD HEALTH

A Journal of Hygiene

VOL. XLI NOVEMBER, 1906 No. 11

Death in the Sleeping Potion

All sleep-producing drugs are POISONOUS.

Professor Tyndale, the eminent scientist, died from an overdose of medicine. His wife administered one or two extra doses of the sleeping potion prescribed by his physician with the result that he fell into a profound sleep from which he did not awaken.

Many adults and THOUSANDS OF BABIES have been killed by sleep-producing drugs.

Most NOSTRUMS AND PATENT MEDICINES are poisons.

All sleep-producing nostrums contain DEADLY DRUGS.

Sleep produced by drugs is NOT natural, healthful sleep.

THERE IS NO KNOWN DRUG WHICH WILL CURE INSOMNIA.

A drug which will compel sleep is a paralyzing poison which deadens every nerve-cell and fiber of the whole body.

A drug which will put a man to sleep will put his liver and stomach to sleep also, and in a sufficiently large dose will put his heart to sleep. Then he will be dead. This is the explanation of the fact that sleep-producing drugs destroy appetite.

The man who trusts to a drug to make him sleep awakens in the morning with no appetite, a feeling of listlessness, enervation, languor, and depression, and feels the need of some drug to counteract or antidote the influence of the poison from the effects of which he is suffering.

Thus the use of one nostrum leads to another; and so a demand is created for the whole class of meretricious mixtures which are praised as "brain tonics," "nerve renovators," and "rejuvenants."

Many sleep-producing nostrums contain alcohol in large proportion, and lead to inebriety.

No intelligent physician will allow his patient to use continuously any hypnotic, narcotic, or other sleep-producing drug.

Remedies of this sort are of value only for temporary use, in some emergency, and are rarely needed then.

Every scientific physician condemns the use of sleep-producing *nostrums*,

No wise mother will allow herself to swallow, much less to administer to a child, a nostrum or patent medicine which is said to have sleep-producing effects.

Sleep-producing drugs are rarely ever needed, and when used must be controlled by the wisdom and skill of an experienced physician.

The ONLY WAY insomnia can be cured is by removal of the causes.

The nerve-irritating poisons with which the blood and tissues are filled must be removed by proper diet, out-of-door life, exercise, and the disuse of tea, coffee, alcohol, and tobacco; in other words, by return to nature.

Cold, pure air is a better hypnotic than any drug known.

Open windows, a fresh-air-tube, an open porch bedroom, are proper sleeping arrangements for persons who do not sleep well.

The body must be kept warm.

Even the face should be protected in very cold weather. Then the colder the air that is breathed, the sounder and more refreshing the sleep.

Alcohol is perhaps more widely used than any other drug for producing sleep. Many thousands of men, and women too, take an alcoholic "night-cap" on going to bed. The Manitoba Indians have a wise saying which such people should remember. It is this: "If a man drinks no fire-water, he wakes up well; if he drinks a little, he wakes up ill; if he drinks much, he wakes up dead."

J. H. Kellogg

A DESTRUCTIVE CIVILIZATION

Startling Results Which the White Man's Perverted Habits Have Wrought Among the Noble Maoris of New Zealand

BY D. H. KRESS, M. D.

PROBABLY nowhere on the face of the earth could there be found a century ago a finer race than that of the Maori of New Zealand. In physique they almost reached perfection. The habits of these people at that time were most simple and primitive.

The islands previous to the entry of Captain Cook contained no domestic or wild animals. A native in relating their curiosity to ascertain the food of the white man said that after killing the crew of the ship "Boyd," they went on board and looked through the cargo for the white man's food. First, they discovered a barrel of sugar; this they tasted but found disagreeable to their unperverted palates, and they threw it into the sea. Next they sampled some soap which they despatched in like manner. Then they found some flour, which was so dry and fine that they concluded *it* could not be the white man's food, so they cast it overboard. Among all the cargo they found nothing that to them had the appearance or taste of food.

Captain Cook tells us that when he first visited New Zealand, he found the Maoris enjoying perfect and uninterrupted health, and that he never observed a *single person* who appeared to have any bodily complaint. Nor

Maori maidens of New Zealand

among the number that were seen naked, was once perceived the slightest eruption of the skin, nor the least mark which indicated that such eruptions had formerly existed.

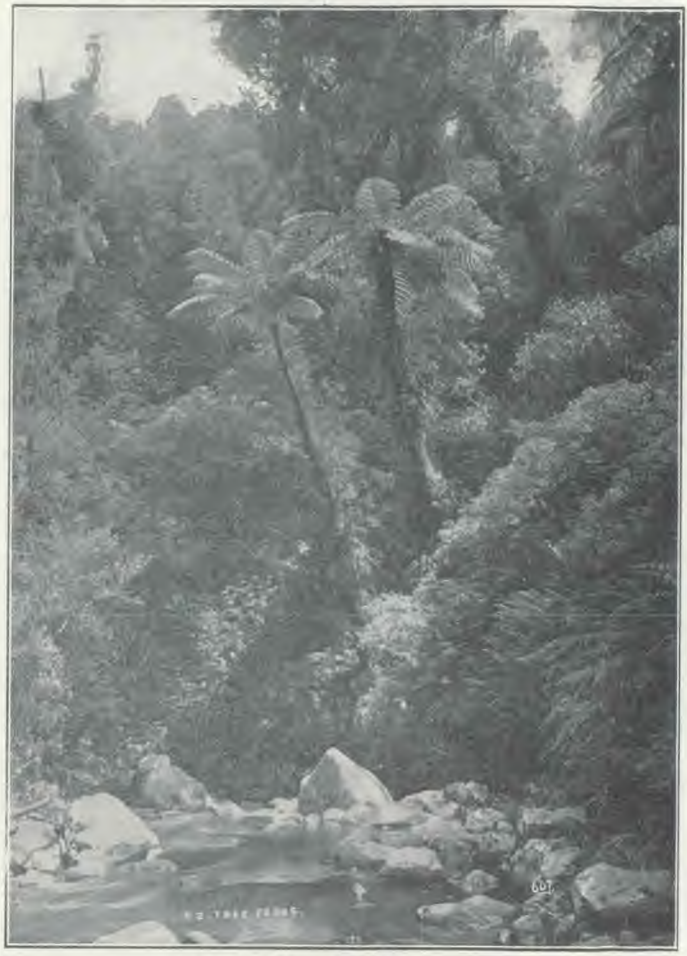
Another proof of the health of these people was the readiness with which wounds they at any time received healed up. In a man who had been shot with a musket ball through the fleshy part of the arm, "his wound seemed well digested and in so fair a way to be healed," says the Captain, "that if I had not known that no application had been made to it, I should have inquired with very interesting curiosity after the vulnerary herbs and surgical art of the country."

"An additional evidence of the healthiness of the New Zealanders," he says, "is in the great number of old men found among them. Many of them appeared to be very ancient, and yet *none* of them were decrepit. Although they were not equal to the young in muscular strength, they did not come in the least behind them in regard to cheerfulness and vivacity."

Since the introduction of so-called civilized habits, especially the use of alcohol and tobacco, this noble race has rapidly degenerated. Having been reduced in numbers from 120,000 to 43,000, skin and other more serious diseases are now common among them.

Chief Justice Stout, of New Zealand, in delivering judgment recently in a case where a drunken Maori had been convicted of theft said: —

"As in at least half of the criminal cases coming before me, drink was the cause of this crime. The case shows how the Maoris are being degraded by contact with so-called civilization. *If this drinking habit continues, we are in measurable distance of the time when the Maori race, one of the noblest races with which we Anglo-Saxons have ever come in contact, will be exterminated.*



A bit of New Zealand scenery

The new environment and the vices of the white race are killing out the native race only too surely. I do not know what the future historian will have to say as to the part the white race has played in the degradation and destruction of so noble a race as the Maoris. A grave responsibility rests upon us. We are allowing the Maoris to be decimated by strong drink, and doing little or nothing to save them."

The white man owes a duty to this people. He has degraded them and he should now do his utmost to help them. Literature calling attention to the serious influence of tobacco and alcohol should be widely circulated. More than this, the sale of these poisons alike to the white people and the Maoris should be prohibited by law.

THE WHY, WHEN AND WHERE OF SLEEP

Ample Rest, Pure Air and Regular Habits of Vital Importance to the Growing Child

BY MARY WOOD-ALLEN, M. D.

THE other day I asked a young friend why we sleep. She replied, "I sleep because I am sleepy."

"But why are you sleepy?"

"O, because."

To understand the "why" of sleep will help us to appreciate its importance. There are those who think it justifiable to lengthen the hours of pleasure by shortening the hours of sleep.

It is probable that they would act more wisely if they understood why we sleep.

Our bodies are made up of infinitesimal particles called cells. Each structure has its own particular kind of cell. There are not only brain cells but bone cells, nerve cells, muscle cells, liver cells, etc.

The activity of any structure or organ uses up cell matter. Therefore, every motion, every spoken word, every thought destroys some portion of our bodies.

The poet says,

"Each day we live,
Each night we die."

It would be nearer the truth had he said,

"Each day we die,
Each night we live."

It is during the day that our varied activities are destroying cell structure faster than it can be replaced. It is during the night, when we are comparatively quiescent, that the vital force has opportunity to eliminate the dead matter resulting from our active day and replace it with new material.

It is not diffcult to understand that if destruction exceeds repair, we are breaking down, and that irretrievably, unless we take more time for sleep.

When one wakes up in the morning feeling refreshed, invigorated and ready for renewed effort, it is proof that the work of repair has been fully accom-

plished, that sleep has performed its beneficent mission.

If, however, one awakens and feels still unrefreshed, still heavy of limb and dull of mind, it is proof that, for some reason, the vital force has not done its full work, and the body is still burdened with worn-out material; that the work that should have been done in the hours of sleep has not been accomplished.

It will be seen from this that there can be no unyielding law as to the number of hours of sleep needed, as one individual may rest more in four hours than another in eight because of constitutional differences.

The law of sleep may be expressed in a general formula which experience will be able to fit to each case.

Thus: Enough sleep should be taken to allow the vital force to remove the traces of the fatigue of the previous day, and enable the individual to rise refreshed and ready for the coming activities and duties of the day. The hour of retiring should be early enough to allow the requisite quota of sleep to be taken during the darkness of the night, leaving the individual ready to arise at an early hour in the morning, so that there be no excuse for lolling in bed until the middle of the forenoon.

My young friend interrupts me with what she evidently thinks is a poser.

"If we sleep because of our activities, why do we get sleepy when we keep still for a long time, as in church, for example?"

Because the sitting still has produced much the same condition as activity; not through a great destruction of all matter, but through preventing adequate elimination of waste material. The breathing has been lessened, and the circulation of the blood diminished; hence the dead material has been taken up by the blood in decreased quantity and eliminated in less degree. If the air is bad, as in crowded rooms, whether church or theater, the trouble is increased, for not only is dead matter left in the body, but more poisons are breathed in, and in time the toxic conditions become so overpowering that wakefulness is an impossibility.

The adult finds that seven or eight hours of sleep suffices to renew his vigor and prepare him for the new day. But the child needs far more sleep, for he is not only to replace worn-out structure during his hours of sleep, but actually to create out of his food new material for growth. When we realize that the new-born infant gains an ounce or more a day, that by the time he is five months old he should have doubled his weight at birth, and have trebled it by the end of the first year, we do not wonder that he sleeps eighteen or twenty hours a day for the first two months; that at two years of age he should still be sleeping twelve or thirteen hours out of the twenty-four; that at five years he still needs ten or eleven hours; and nine or ten hours when he is twelve years old; and all through his teens to sleep from nine at night to six in the morning will not be too much.

Upon sufficient sleep in childhood depend largely the strength and stability of the bodily structure of maturity.

Knowing the "why" of sleep, it is not hard to understand that the sleep of the child is of as great importance as his food.

All parents are anxious that their children should be well fed, but many of them are not careful to see that sleep enough is secured to permit the nerve cell-structure, created from food, to be set in its place in the bodily tissues.

The little "night-hawk" who sits up till all hours of the night, is being as

truly starved as if he were not given enough to eat.

The baby who will not sleep at night has something the matter with it which should be remedied, or it has been badly trained. This last is most likely the case. Too often nurses resort to devices of various sorts to keep the baby quiet, so that the mother can rest; and after the nurse has gone, the mother's life is made a burden to her because of the bad habits resulting from the nurse's lack of wisdom.

The inexperienced young mother finds herself in a dilemma. She is not aware that the nurse has been using "pacifiers" of various sorts, and when the baby cries for his trotting or patting or walking, and will not be quieted without them, she is alarmed and thinks he must be ill. In her anxiety, she walks with him and finds he becomes quiet, and so the martyrdom of the parents begins. They are afraid to put the baby down and let him cry. They don't know what damage he may do himself; so they yield to his demands, and the domestic tyrant begins his sway.

It needs a good deal of courage for a young mother to "let the baby cry it out," but it is frequently the quickest way out of the trouble. If the mother is sure that the baby is not really ill, that all its wants have been attended to, she may then feel safe in letting the child cry itself to sleep once or twice. This will usually suffice.

A few weeks ago I had an opportunity to help a young mother in just such a dilemma. The baby was six months old and had been rocked to sleep in mother's arms. She desired to break the habit. I took the responsibility of letting him cry. The mother went out of hearing. I remained near to assure her that he was being cared for. Two seances were enough. The habit was broken, and there has been no trouble since. Now the baby goes happily to his bed, wide awake. In a short time he drops asleep and his sleep is sounder than when he was rocked. Our baby, now a year old, has never been rocked to sleep, and knows already that bed is the place for babies that are tired and therefore cross.

It is usually the plan to nurse babies to sleep, but to my mind this method is open to criticism.

Of course, tiny babies sleep right after nursing. But even then they should not be nursed in order to put them to sleep. That is, they should be laid down, even if awake and allowed to go to sleep. As they grow old enough to spend some little time awake they can be nursed on waking up. Then they will be comfortable and happy while awake. At a regular time they can be laid down for their nap and will sleep until the next nursing time, so insuring respite from a fretful half-hour of waiting until the next feeding. It also insures a sounder, more restful sleep.

The time and frequency of the baby's naps is a puzzling question to the mother, who often is disturbed because baby will not take his afternoon nap. I sometimes wonder if we do not ask too much day sleep from the child after eight or ten months. If a morning nap of two hours is taken, one could hardly expect an afternoon nap also, unless the child remains up rather late in the evening. At any rate, the afternoon nap, if taken, should not be continued later than 4 P. M. if the child is to go to bed early for the night. With the long morning nap and none in the afternoon, the meal-time can be arranged comfortably and the child go to bed by 5 or 6 P. M. to remain for the night. By two years of age the morning nap will probably not be more than an hour, or possibly less, and the afternoon nap will doubtless be objected

to by the child. If none is taken the bedtime may still come as early as 6 or 7 P. M. 7:30 is a good bedtime for children up to six or seven years of age. After that, 8 o'clock until ten or twelve years old, when 8:30 o'clock remains a good retiring hour until a year or so later.

Remembering why we sleep, we can judge whether the child is getting enough by his willingness to get up at a reasonable hour. If he wants to lie in bed late, it will be wise to secure more sleep for him by an earlier retiring hour. It is unjust to waken the child out of a sound sleep and compel him to get up; but it is perfectly right to make his bedtime earlier and earlier, until we have reached the time which will insure his having enough sleep by the appointed rising hour.

Frequently better sleep is secured by an hour of quiet in the afternoon and by avoiding all exciting games in the evening.

"I thought it was quite important that children go happily to bed, and yet you object to the evening frolic," cries one critic.

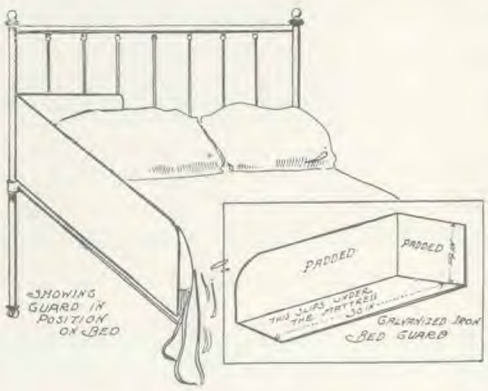
There is a difference between happiness and exciting hilarity. The nervous child may be made so excited by his evening romp that he can not quickly go to sleep, but tosses restlessly until the brain disturbance has subsided. Happiness, the dictionary says, is "more positive than comfort, more serene and rational than pleasure."

To secure a happy going to bed, the child should go willingly; hence the necessity of fixing the time of going into a habit which makes it easy to go. There should be a care of physical conditions which will produce a restful feeling of bodily comfort. Then there can be a pleasant talk with mother which gives the feeling of human sympathy, and a little talk with God which gives a sense of loving protection, and the child is left in quiet peace to his slumbers.

There should not be talking over of unpleasant things, no scolding or fault-finding at bedtime, for it will disturb the brain and create unrestful conditions that tend to "murder sleep."

"I should think, then," interposes one critic, "that it would be objectionable to let the baby cry itself to sleep."

So it would, if it were a constant occurrence. But we do it once or twice in order that the child may learn how



to go to sleep quietly by himself; and so we begin the habit that, later, will enable him to go happily to his sleep.

Where the child shall sleep is a matter of no little importance, and sometimes quite a puzzle to the mother whose house has limited sleeping space. It is self-evident that the baby should not sleep between two grown persons, as he is then compelled to breathe the poisonous emanations from their bodies. The bed might be wide enough for him to sleep on the front side, if there were no danger of his falling out.

One woman arranged this by having a galvanized iron guard on the front edge of the bed. This she padded. The baby could be laid up close to this, and covered with his own blanket. He was

in easy reach of the mother's hand and could therefore be watched.

Another mother placed the baby's bassinet on two chairs and made a little bed on these.

Still another mother whom space

would not admit the extra chairs, had a hook put in the ceiling over the foot of the bed and suspended the bassinet from that.

The hooded basket, known as the bassinet, is a great convenience during the first months of the baby's life, as it gives both shade and protection; yet I am inclined to believe that the child does not sleep as well under the hood as when the head is less shut in. The hood confines the air and in time it must become impure. The pretty draperies of the bassinet are attractive to the eye but not truly hygienic.

An ordinary clothes basket is quite as practical as the most ornate bassinet, with the advantage of being of use after having served as the baby's bed.

Cradles are so much a thing of the past that it hardly seems necessary to mention them. They are clumsy and space-cumbering, and experience has demonstrated their needlessness. The child who is never rocked to sleep never demands it, and surely sleeps more soundly than the one whose brains are hypnotized by the rythmic swaying of the cradle.

The great needs of the sleeping child are quiet, darkness, and pure air. It is true that the baby can learn to sleep amid noise and confusion, and equally true that such sleep can not be as refreshing as that which is accompanied by quiet. On the other hand, the comfort of the rest of the family should be somewhat taken into account. Ordinary quiet conversation should be permitted, rather than having every one condemned to absolute silence because " Sh-sh, you'll wake the baby."

Darkness may be secured by having dark shades to the windows or a dark screen placed between the baby's bed and the light. This also serves to protect from draughts which may result from the open window.

How to keep the air of the bedroom pure is a problem. The baby's mattress should be protected by a rubber sheet over which is spread a thin quilt and the sheet. These last should be dried and aired out-of-doors daily. Diapers should never be hung up in the bedroom to dry, but should be rinsed out in clear water after every using and dried out-of-doors. All clothing of adults saturated with perspiration should be kept out of the bedroom as also all boots, shoes, etc. These render the air foul and unwholesome. It would be well if they could be left out-of-doors entirely at night and purified by the air.

People are beginning to learn the value of out-door air as the great purifier and health-giver. We read of the out-door air cure for many maladies. If we are wise we will prevent illness by letting out-doors into our houses even at night.

The baby needs pure air, and if well protected can sleep at night in rooms where windows are open, or even take his day nap out-of-doors.

How to protect the children while asleep puzzles many a mother. Devices for fastening down the bedclothes are numerous, but one of the best plans is to make the night clothes long enough to draw in as a bag at the bottom, or as drawers with feet. These allow the child to roll about with no danger of becoming uncovered.

I am inclined to believe, however, that we are needlessly uneasy about the danger for the child of sleeping uncovered in moderate weather.

Our little one-year-old has gone barefooted most of his life. As he kicks off the cover at night, we have let him sleep uncovered in moderate weather, and he has never had a sign of a cold in his life, not even a snuffle. His legs feel cool but his feet are always warm. If we cover him, he is restless until he has kicked the cover off, after which he lies still and sleeps quietly. In cold weather he wears a heavier nightgown made with a drawstring around the bottom, and sleeves.

The sleep of a child is sacred and should never be needlessly disturbed. As we look upon the little quiet figure, wrapped in the repose of sleep, knowing all that those mysterious hours are doing for the child in making over his body into a newness of life, we think of Mrs. Browning's beautiful lines: —

"Of all the thoughts of God that are
Borne inward unto souls afar,
Along the Psalmist's music deep,
Now tell me if that any is,
For gift of grace, surpassing this,
'He giveth His beloved sleep.'"

LIMBURGER WAS GUILTY

Man Who Sold It Sued by Father of the Boy It Killed

A CASE recently appeared before the city court of Chicago, in which a man was charged with being responsible for the death of a boy who died soon after eating a piece of limburger cheese. The following illuminating account of the court proceedings ought to be an effective antidote for the appetite for limburger: —

"The crisis came in the limburger cheese case in Part V of the City Court, yesterday, when William H. Knox, attorney for Leo Kuehn, the defendant, asked the Court to charge the jury that limburger cheese is only fit to eat when it is in a state of putrefaction and smells its worst.

"Judge McCarthy shifted uneasily in his chair.

"'I think that the jury will take cognizance of the fact that limburger cheese smells badly, and that the older it is the worse it smells,' began the Court, when a sympathetic look from the composite face of the jury made the rest of the sentence unnecessary.

"Everybody laughed.

"The case was humorous. It only became tragical when it was whispered that Maurice Rosenberg, expert legal investigator, had a piece of cheese in a sealed iron box which he would exhibit if the Court wished. Judge, jury, and

witnesses looked as if they intended to try the fire-escapes. The cheese was not produced.

"Christian Siemers, charged that his two-year-old son Otto died suddenly July 11, 1902, after eating a piece of limburger cheese, and sued Leo Kuehn, who sold the cheese, for damages. He alleged that the cheese was putrefied and that it caused the child's death.

"Lawyers James O'Neill and Jacob Frank, both of House, Grossman & Vorhaus, appeared for the prosecution.

"Kuehn testified that when he heard that the honor of his limburger had been attacked, he ate half a pound of it before a policeman. 'It didn't taste bad,' he said.

"'I wonder how near the policeman was to him?' murmured a juryman.

"Mr. Rompf, manufacturer and importer of cheeses, was called as an expert witness.

"'What is the differentiating quality of limburger?' asked Mr. O'Neill.

"Mr. Rompf looked puzzled.

"'What is there peculiar about it?' repeated Mr. O'Neill.

"'It stinks!' said Mr. Rompf, 'and the more it stinks the better it is.'

"In spite of this expert testimony the jury returned a sympathetic verdict of $100 for the plaintiff."

COURT A TRIBUNAL OF REFORM

St. Louis Judge Adopts New Treatment for Drunkards with Remarkable Results

WE shall be just in judging of other men only when we are charitable. See, therefore, that you exercise your office cautiously and charitably, lest in passing judgment upon the criminal you commit a greater wrong than that for which you condemn him, and the consequences of which must be eternal."

This admonition of the noble-minded Southern thinker, Albert Pike, was taken by Judge Pollard as his guiding rule when he was appointed Judge of the Second District Police Court of St. Louis. In following his rule he has inaugurated a great work in redeeming drunkards, introducing into the courts a new method for their treatment by which hundreds of men have been reformed who would otherwise in all probability have been brutalized by judicial procedure.

Instead of pressing the weak and the offending downward, Judge Pollard endeavors to help them upward. "As long as the germ of good is not dead," he says, "I believe it is the duty of the court to save drunkards from themselves and for their families. I would rather make my court a tribunal of reformation than of punishment.

The *Arena* describes the Judge's method of dealing with all but hopeless cases: There was another class of prisoners brought to the bar by drink, far more numerous than the confirmed drunkards, who, he believed, might be redeemed to the state and to their families by a double restraint: one an appeal to their manhood and all the better elements of their nature; the other the threat of the consequences of the violation of the pledge given to the state.

He knew that the old way, the easy way, for the judge who did not feel the tremendous responsibility resting on a judicial official who holds the fate of human lives in his hand, was to fine every offender five, ten, or twenty dollars, and in default to send him to the workhouse to break stone with many men more degraded, brutal, and criminal than himself, until the fine was worked out. But he also knew that the result

of such sentence was in most cases to further brutalize the victim of drink. After such a sentence the man, if he had not become a criminal by association and the sense of degradation, would still have less power and incentive to resist temptation than he had before he entered the workhouse.

When the drunkard who is not a confirmed toper is arraigned and the case heard, the judge imposes a heavy fine which will necessitate sixty days in the workhouse, breaking stone. This sentence, however, is held in suspense if the guilty party will sign a pledge which he has framed, to abstain from drink for a year.

Three years have passed since this innovation, which the conventionalist pessimists so freely predicted would prove a dismal failure, was put in operation, and up to the present time not more than two persons in one hundred thus put on their honor have fallen. The effect of showing the victim of drink that the court is interested in his reclamation, and is willing to give him a chance to prove his manhood, and the knowledge that if he fails to keep his pledge sixty days of hard work breaking stone in the workhouse are before him, exert a double check. The success of the innovation has exceeded the most sanguine expectations of the judge and his friends.

ENVIRONMENT vs. HEREDITY

Interesting Conclusions Drawn by Mr. Burbank from Series of Experiments with Plant Life

HIS experiments with plant life have led Mr. Burbank to the conclusion that environment plays at least as important a part in the development of man as heredity—that heredity itself is, in fact, but the sum of past environments. His view point is that of the optimist. He believes that the best human attributes may be—though it does not follow that they always will be—developed in the most unpromising material through selective environment.

"When certain hereditary tendencies are almost indelibly ingrained," says Mr. Burbank, "environment will have a hard battle to effect a change in the child, but that a change can be wrought by the surroundings we all know. The particular subject may at first be stubborn against these influences, but repeated application of the same modifying forces in succeeding generations will at last accomplish the desired object. There is no doubt that if a child with a vicious temper be placed in an environment of peace and quiet the temper will change. Put a boy born of gentle white parents among Indians, and he will grow up like an Indian. Let the child born of criminal parents have a setting of morality and decency, and the chances are that he will not grow into a criminal, but into an upright man. I do not say that heredity will not sometimes assert itself, of course. When the criminal instinct crops out in an individual it might appear as if environment were leveled to the ground, but in succeeding generations the effect of constant higher environment can not fail to become fixed."

"Let the children's souls drink in all that is pure and sweet. Rear them, if possible, amid pleasant surroundings. If they come into the world with souls groping in darkness, let them see and feel the light. Let Nature teach them the lessons of good and proper living, combined with an abundance of well-balanced nourishment. Put the best in them in contact with the best outside. They will absorb it as a plant does the sunshine and the dew."

What the White Race May Learn from the Indian

BY GEORGE WHARTON JAMES

IX

ON the trip made recently from Yuma to the Salton Sea, down the overflow of the Colorado River, I found occasion to watch my two Indians in contact with four white men of more than ordinary intelligence and ability. In some important things the Indians lost nothing by the comparison. Indeed, several times I called the attention of my white companions to them, and to certain characteristics which are by no means confined to them, but that belong to most Indians, and urged their emulation. Some of these will form the subject of this article.

The two Indians and four white men who accompanied George Wharton James to the Salton Sea, caught in the Mesquite

One member of my party was a "reverend" — a missionary. He was a fine, open-hearted fellow whom we all liked, but every once in a while—indeed, I ought to say frequently—he would make

Jim, the Indian

suggestions to the Indian to go here, or go there, which finally called forth (from me) a forceful rebuke. Let me explain the situation fully. When we came to the place where the Colorado River left its banks and entered the mesquite forest, its waters were naturally much divided. As we did not know where each current led, and how soon it would spread so as to render further progress in our boats impossible, it was a situation that called for great knowledge as to determining the course of the best and deepest current, and quick decision, for, as we were carried along among mesquites, a few moments of indecision meant being thrust into a mesquite tree, perhaps, where cruel thorns spared no one because of his indecision. Reader, do you know what a mesquite is? Its proper name should be "me scratch." If you come within ten feet of one it verily seems to reach out for you and scratch you somewhere. Imagine your thorniest rosebush multiplied by fifty and all concentrated and condensed into one tree with thorns much longer, far more pointed and with poison lurking on the end of them, and you have a not very much exaggerated idea of the mesquite. Now to have our missionary friend bawling out all the time, "Better go this way," or "Better go that," was both annoying and useless, so I finally told him I had brought the Indian because I knew that he knew a thousand-fold more of such a current and how to get through this wilderness of mesquite than I did. "And," said I, "as far as I am concerned, I should feel it was an impertinence for me to make even a suggestion to the Indian. He *knows,* where I *guess,* and yet as you know, I have had far more experience in this kind of thing than you have. Don't you think it wiser for you to add a little more silence to your possessions?"

He was, as I have said, a royal-hearted fellow and he took my rebuke in a manly, Christian way, for a few moments' reflection showed him that what I said was wisdom.

Now while these wild and foolish suggestions were being made to the Indian, what did he do? It was most interesting to me to watch him. Instead of replying and arguing with a whole lot of vehement words, he smiled quietly, looked at me to see if I approved of the suggestion, and when he saw my absolutely impassive face, went on following his own course. Had he been a white man—or like most white men—he would have shouted back that he was going some other way, or called his adviser a fool, or informed him that he knew his business, or some other equally agreeable thing.

The serenity of mind in the Indian is often called impassiveness or stolidity. It shows how little the critics have known of the Indian to speak thus. They are as sensitive as children, morbidly so sometimes, but they have the self-control not to show it, and in matters like this, where they are sure their knowledge is superior to that of their adviser, they go on with a proud disregard of criticism or censure.

This calmness was also shown in the face of danger. Several times we came to places where there was both difficulty and danger. We had three boats. In the first were Jim (the Indian) and myself, seeking out the way; in the second, Indian Joe and Mr. Louis Francis Brown (business manager of the Burton-Holmes lectures); and in the third his reverence and two others. When we came to the thrilling places, Jim soon learned that he was to take the responsibility, save where there was time and opportunity to discuss matters with me, with a dignified self-reliance he made his choice and then awaited results. If they were unpleasant, as they often were, there was no murmuring, no shouting, no remonstrance. He took things as they came and made the best of them. The second boat followed and there was little more said there than in our boat; but from the third came a constant babble of voices, cries to do this or that, shouts of warning, remonstrance, and

Sin-ye-la, the Guide

fault-finding. I could not help contrasting the demeanor of the Indians with that of the civilized whites, and wishing that the latter could and would learn the lesson so clearly taught.

The quickness of Jim's observations and his decisions were remarkable, and I wished my boys (and girls, too, for that matter) might have gone to school to him for a year or two. He saw where the sand bars were that I could not see; he could tell which way the wind was blowing, when to me it seemed to be blowing several directions at once; he was generally able to tell where the largest amount of water was flowing, and

only two or three times did he make a mistake so that we had to turn back. And when those times came, there was no grumbling, no murmuring, no finding fault. He accepted the disagreeable inevitable just as easily and readily as he accepted the pleasant. Many white men

Wa-lu-tha-ma, Havasupian Guide

have not learned this lesson. I have had men with me on various trips who have simply been an intolerable nuisance because of their whining, whimpering, and complaining. Those of my readers who care to read Chapter Fifteen in my "In and Around the Grand Canyon," and the story of the Britisher on page 18 and onward in "The Indians of the Painted Desert Region," will see that I know that of which I speak. And these are but two experiences out of many similar ones. Yet I have been with Indians again and again in places of distress, deprivation, and danger, and in all my experiences have not heard a half hour's unpleasant words. Once I started to explore a series of side canyons of the great Grand Canyon. My guide was Sin-ye-la, an intelligent Havasupai. We had a most arduous trip; ran out of water and food; our horses gave out and we had to catch, saddle, and ride unbroken steeds, and finally he caught a wild mule upon which we placed the pack. The horrors and anguish of that trip I have never written, yet there was not a suggestion of complaining from Sin-ye-la, until I decided to leave the canyons and go across the desert to a certain spot where he did not wish to accompany me. Even then he merely stated his case with little or no argument and when I proved obdurate, refused to accompany me, and in fifteen minutes we parted, good friends, he to go his way, and I mine.

Another time, as recorded in my Canyon book, I was caught in a marble trap with Wa-lu-tha-ma, where it seemed impossible that we could ever escape. The Indian's calmness was almost too much. He was almost as resigned as a Mahommedan who believes in Fate. Yet, though I remonstrated with him for his despairing attitude so that we eventually got out, I believe I would rather have that bravery of despair, which dares to face death without complaining or whimpering, rather than the fault-finding, "Why did you bring me into such dangers?" or "Shall I ever get out of this horrible place?" that some white men indulge in.

When, on the Salton trip, we came to the beginning of the most dangerous part where I had been told we could go

"fifty miles in fifty minutes," and there were many rapids which would dash our boats to pieces and where undermined cliffs, forty, fifty, and more feet high, were likely to be suddenly precipitated into the river, and might fall upon us and our boats and send us to instant destruction; when I told him of these trips he calmly looked me fairly in the eye and answered my question, "You afraid to go, Jim?" with a counter question: "You afraid?" And when I said "No," and answered his further "You swim?" with a "Yes!" he immediately replied, "All right, I go."

The boats with which George Wharton James, made the trip down the Rapids to the Alamo River

Of course I do not wish for one moment to suggest that this virtue of courage is not the white man's. For love of home and country white men will go to death with a smile on their lips. But in work which the world does not see, where men are simply paid $2.00 a day wages, to face danger and possible death as a matter of course, this I have found rare with the white man and very common with an Indian. The facing of danger and death is part of their every-day life. It calls for the exercise of no special virtues. Strong in body, daring in mind, fearless in soul, duty must be done and done unhesitatingly, regardless of whether danger or death are lurking near. I am free to confess this large bold faith in life and the Supreme pleases me. The man who is always seeking to guard his own life, who refuses to run any risks, who never goes except where all is safe, may be a more comfortable man to live with, but as for me I prefer the spirit of the man who dares and trusts; the man who does the unsafe things because it is his duty to do them, and who faces death and thinks nothing of it. The man who is prodigal of his strength and courage and faith is the man who saves them. The man who is constantly watchful lest he overdo, who refuses to run any risks, who would rather run away than dare, is the one who, in the end, will be found short in

manhood and worthy accomplishment.

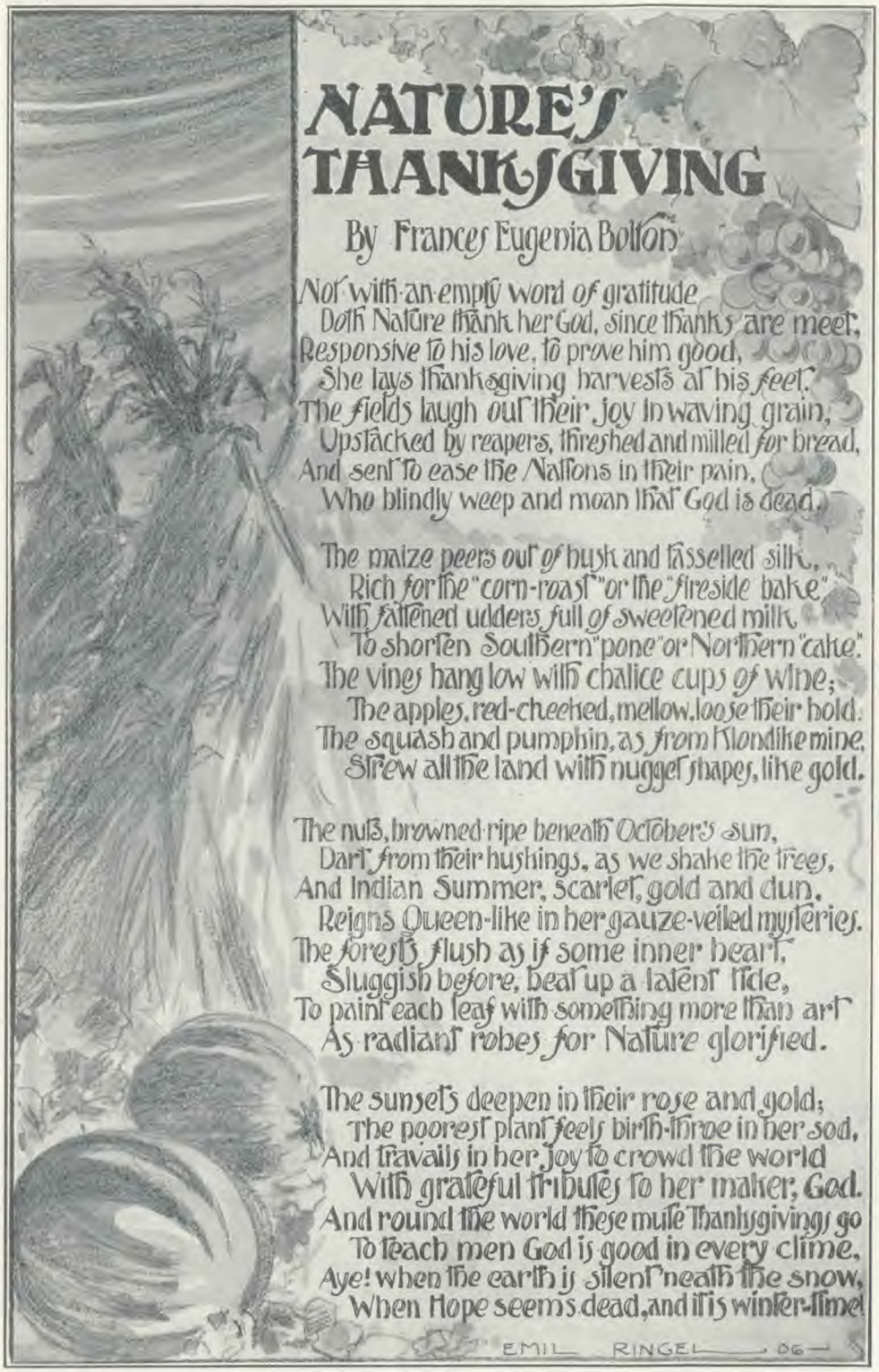
So I emulate the Indian in these things and seek to be like him. This prodigality and strength in work calls for more comment. Labor unions are making one of the greatest mistakes of their career in restricting the full exercise of a man's energy. In limiting his daily output they are bucking against that which every man should strive to possess; viz., the spirit of prodigal energy in work. My Indian would row all day, and after a few hours of especially hard work I would ask if I might not relieve him. "No; he like 'em," was his reply invariably. He liked his work. It was a joy to him. What was the result? A body of tested steel; lungs equal to every demand; muscles that responded to every strain; eyes as clear as stars, brain quick and alert because of a healthy body made and kept so by hard, continuous labor. We are told that the Indians are lazy. It is not true. Some few may be, but the Indians of the Southwest do their work heartily and well, and with a prodigal energy that is as novel and startling to most white men as it is educative and suggestive to them. As for me, I have learned the lesson. When I reach a station and have time, I walk to my hotel and refuse to allow any one to carry my usually heavy grips. I seek for the physical exercise. Many a time I arrange for an arduous exploring trip in order to compel myself to great exertions. I know that when I get started I must go on, and in the going on, though I get very weary, I know I am developing power and hoarding up health, energy, and strength for future use. A few weeks ago I started with a comrade for a few hundreds of miles of tramping and riding over the Colorado Desert, up mountain trails, through waterless wastes. My part of the journey was shortened by circumstances over which I had no control, but my assistant and artist took the whole trip, arduous and exhausting though it was, and I envied him and regretted my inability to go along.

Last camp on the Alamo before reaching the Salton Sea

Another thing my Indian helpers have taught me. That is a prompt readiness to obey in any service they have agreed to perform or anything that comes legitimately in the course of their work. There is no holding back, no remonstrance, no finding fault, no crying out

that they were not engaged to do this. They perform the service not only without a murmur, but with a ready willingness that is delightful in this age when every one expects a tip for the slightest service. This comes from two things; viz., a strong, healthy body which responds willingly to any ordinary demands upon it, and a healthy state of mind which neither resents service nor wishes to measure every expenditure of energy in a momentary balance. We are making a grand mistake in basing our present-day civilization upon material wealth. "What is there in it for me?" should be more than a query applying to mere cash. What is there in it of service, of helpfulness to my fellow-man, of healthfulness to myself, of increase of my own strength and power. The men who are relied upon by employers and by the nation are not the men who have selfishly sought their own momentary gain. There is no doubt that such seekers often seem to gain and do really gain a temporary advantage; but it is not a real advantage. It is an advantage of pocket gained at a loss of manhood, physical, mental, and spiritual, and that man who is not worth more in body, mind, and soul than his pocket, can never be much of a man.

So I thank thee, dusky brother of the plains, the mountains, the forests, and the canyons for this lesson and all the other lessons you have taught me. I am grateful for the lessons of the higher civilization. I prize and treasure them, but equally am I under obligation to thee, thou red-skin, for recalling to me some primitive principles which civilization ignores at its peril.



NATURE'S THANKSGIVING

By Frances Eugenia Bolton

Not with an empty word of gratitude
Doth Nature thank her God, since thanks are meet,
Responsive to his love, to prove him good,
She lays thanksgiving harvests at his feet.
The fields laugh out their joy in waving grain,
Upstacked by reapers, threshed and milled for bread,
And sent to ease the Nations in their pain,
Who blindly weep and moan that God is dead.

The maize peers out of husk and tasselled silk,
Rich for the "corn-roast" or the "fireside bake",
With fattened udders full of sweetened milk,
To shorten Southern "pone" or Northern "cake".
The vines hang low with chalice cups of wine;
The apples, red-cheeked, mellow, loose their hold.
The squash and pumpkin, as from Klondike mine,
Strew all the land with nugget shapes, like gold.

The nuts, browned ripe beneath October's sun,
Dart from their hushings, as we shake the trees,
And Indian Summer, scarlet, gold and dun,
Reigns Queen-like in her gauze-veiled mysteries.
The forests flush as if some inner heart,
Sluggish before, beat up a latent tide,
To paint each leaf with something more than art
As radiant robes for Nature glorified.

The sunsets deepen in their rose and gold;
The poorest plant feels birth-throe in her sod,
And travails in her joy to crowd the world
With grateful tributes to her maker, God.
And round the world these mute Thanksgivings go
To teach men God is good in every clime.
Aye! when the earth is silent 'neath the snow,
When Hope seems dead, and it is winter-time!

EMIL RINGEL — 06

The New Physical Training for Children

BY M. WILMA SULLIVAN

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FOR many years educators—and children—have felt the need of something to take the place of the stiff and dull gymnastic drill for the young, which has been proved as fatiguing mentally as an equal amount of time spent on mathematics.

Exercise is a necessity, but exercise with a pleasureable excitation of the attention has a far more beneficial effect. The kindergarten idea of having games does not wholly answer the demand from the physical standpoint, and the physical educator's idea of exercises to develop muscles does not meet the demands of modern education. It has seemed that a union of the two points, or the projection of the child's imagination into the regular gymnastic exercises was necessary to relieve the mind of strain and to make it alert and responsive with a good physical activity.

Some time ago Miss Mari Ruef Hofer, author of several books for educators and famous for her work with children, conceived the idea that the educational principle of the simultaneous development of the mental, physical, and emotional nature of the child might best be realized through a well-organized plan of physical education, and so came forward with some rich suggestions for the practical work. Last year, under the supervision of Dr. Thomas Dennison Wood, of the Physical Educational Department of Teachers' College, Columbia University, Miss Bell Ragnar Parsons, instructor in elementary physical training at the Horace Mann School, planned and put to the test a series of programmes based upon this theory.

The first aim in the new plan of physical development is to keep the child's mind on the activity and not on himself as acting, making use of the imaginative

and dramatic powers to give pleasure to the physical exercises. The physical always holds first place; the imaginative and dramatic are used simply as a stimulus. It is not desired to produce

the mere athlete nor yet alone the æsthetic, but a body well controlled in action or repose, quick in response, definite, correct, easy, and graceful. In fact, the aim is co-ordination, equal and simultaneous development of body and mind without mental strain.

So with due respect to the investigations of the conservative man and the criticism of the mother, the little child was asked to lead, and upon his instinctive, spontaneous activities Miss Parsons has based her progressive and systematic exercises for sound physical development, following well-known pedagogical principles.

The programmes resulting from the practical test at the Horace Mann School are full of the material which makes it possible for physical work to be carried into the home, and I suggest to the mother—wiser always than the philosopher—that until physical education in schools is more nearly correct, she look to the physical growth of her children by encouraging their natural activities. Their instinct to imitate may be satisfied and the field for childish play enlarged and enriched; thus, while enjoying this recreative activity, children reap all the physical benefits of the regular gymnastic work, their powers of observation are sharpened and a new interest and sympathy for all life is awakened.

In the imitation of animals, besides the beneficial results of the free movements of the large muscles, a high ideal of physical perfection is instilled. For instance, with tigers one would choose to imitate the largest, strongest, and most graceful in movement. The flying bounds of the kangaroo suggest the power of physical strength well directed. To imitate it, stand with the arms lifted in imitation of the small forelegs and all the weight thrown on the balls of the feet ready for the spring. The breathing apparatus must not be cramped; the chest is well up and the lungs filled; otherwise continuous leaping will be impossible.

The frog, from the deep, knee-bending position with the hands touching the floor, demands even longer sustained and better controlled breathing, because of the more extensive leap.

From the elephant we get the slow, heavy step; the body is relaxed from the

hips and one arm falls limply close to the head to represent the trunk. This relaxation puts the organism in a state of receptivity, and recuperation follows.

The imitation of birds flying gives a thought of lightness, physical freedom and grace, and only free, unconscious movements are graceful. Rise on the toes, lift the head, spread the arms and run lightly, as if supported by air. Notice different birds and try to describe each kind. After frequent bird imitation, it is no trouble to walk lightly and easily, with the weight of the body where it belongs and the chest in good position, with plenty of room for deep breathing.

Correct positions for active play are encouraged through dramatization of the appealing sports, and while opening a new vein of pleasure, the same splendid exercise is realized. Flying the kite is a popular sport, so why not describe just how it is done? Toss it up, run a little, unwind cord, guide it, run with it, and wind up.

Who can push a swing the highest? Practice the stretch. With a deep breath gather energy, rise on toes and push outward to arms' length.

Girls receive much criticism in ball throwing, and there are many boys who deserve some. Now, who can best demonstrate the art? Mothers and children may supply many different additional suggestions for amusement which will at the same time afford good exercise.

The Nature theme offers a good illustration of how this work develops the emotional side as well as the physical.

The Spring, awakening with its outburst of new life, stirs within the heart of every child an emotion of sympathy. The wind in the treetops seems to lift him up, and create in him a desire for expression. He wants to sway and dance with the branches, to feel the freedom of the birds and the power of the waters. It is more than motion or activity that appeals to him. He feels a hidden life, an invisible force, a personality which is bound to manifest itself in action.

The first stirring of life in the spring is the wind; the child feels its power and force and is stirred to resistance. He loves to run against it, to meet it face to face, to battle with it and not be baffled by it. Unconsciously he expands his chest, lifts up his head, leans forward and runs with a determination to conquer.

If the child has once had an actual experience of this kind, a repetition of the same activity in play will recall to him the emotions aroused by the reality.

And what emotions are more worth encouraging than courage and determination? Mothers should enrich and vitalize the child's aimless play upon every occasion by suggesting such little dramatizations as his exuberance of spirits warrants.

Running with the arms back and outward and the palms forward, at the same time holding back as if facing pressure, aside from the benefits of emotions, excites invigoration and stimulates the circulation.

Every boy and girl has seen the weathercock twisting and turning, indicating the direction of the wind; and many have noticed the tall, erect weathervane with the arms straight out twisting to the right and to the left, with a perfectly firm base. This imitation will afford great amusement and produce and preserve flexibility, a distinguishing characteristic of youth; and there is no better exercise for establishing a correct poise of the body, lacking which even a child's body may take on an appearance of old age or deformity.

There is also the windmill with its arms turning and whirling in the breezes. It is a good plan for a number of children, after thinking out several demonstrations of the wind, to join in a contest before judges to see which can supply the greatest number of wind activities and demonstrate most correctly.

Trees are a familiar subject and immediately suggest firmness (deep-rootedness) and erectness (good position). Moreover, one is at once inspired to imitate the typical contour and the characteristic movements, the swaying of the treetops (rhythmic movements of the head and arms), the bending of the trees during a storm (flexibility), also the swirling of the willow for relaxation.

Other exercises suggested by the subject of trees are the activities of the woodman—good, vigorous exercises for the development of the arm muscles and for exciting deep, natural breathing.

The water and different modes of travel offer much material for recreative exercise. First think how the waves roll. Extend the arms forward and describe the motion. Fancy yourself in the water and what you would do. Practice the three swimming movements. Round shoulders can be easily overcome by this exercise, because the backward movement of the arms flattens the shoulders. Sit on a low seat with body erect and practice rowing; increase the distance covered in imagination every day by pulling more strokes, to develop a good chest.

The farmer suggests some of the richest possibilities for physical work, the seasons of the year bringing their own round of duties.

The sowing of the seed broadcast gives the large, free swing of the arm and good walking position, with the chest high and the head up, bringing the trunk forward on the balls of the feet, and the necessary slowness of the step demands the large swing from the hip.

The reaper repeats the same excellent arm and leg action, and combines with it the graceful bending of the knee as the body is raised and lowered with each stroke. The mowing of the grass or the cradling of the wheat is an exercise for the freedom and unity of movement.

All the industries afford exercise for the large set of muscles, which is a most important factor in the development of the body. Also instead of trying to overcome awkwardness and bad standing positions by gymnastic work, which after a time becomes wearisome to the child, suggest an idea to the mind, and the body will soon take on similar expressions. Children grasp this form of exercise with delight and need only encouragement.

There is also the "let's pretend" period, when any boy can be a gallant prince and any girl a lady fair, when all things are possible and all our dreams come true. There is no pleasure in all life equal to that experienced by the child when, in his play, he becomes in reality, the embodiment of his fondest ideals. Every child worships strength, courage, and skill. These virtues are combined in the impersonation of the knight; hence the secret of the particular success of this series of exercises in Miss Parsons' unique work.

The game of "Knights" is chosen because of the child's interest after he has read or heard a story of knightly deeds, such as Mallory's "The Boy King Arthur." It makes use of and directs his natural activities, and inspires investigation, which leads to greater knowledge, and the subsequent use of that knowledge in creative activity, the making of self armor, shields, lances, etc.

Impersonating the knight inspires a feeling of bravery, nobility, and courtesy. The idea of courtesy is emphasized as strongly as that of strength and skill. The physical activities brought into play are: high stepping, in imitation of the proud, prancing horses, then the quick, springing gallop; drawing and replacing the sword, the use of the shield, raising and lowering the colors.

The right and left fall-out positions combined with vigorous arm movements and definite aim, are used in hurling the lances (small sticks). In the hurdling of the horses, the correct gymnasium jump is demanded. There is also the deep bow of submission.

After separate activities have been well practiced, a number of children can play the games together. Every large set of muscles has its share in the exercise, and a gradual letting down from the same; the climax of action being in the middle of the game period. Instead of calling for good position, one need only ask for tall, straight, proud knights. This request appeals very directly to the inner ideals of the child, and is more likely to stay with him afterward.

Health is the surest touchstone to success, the prize prerequisite for efficiency, and every mother wishes for her child a strong, healthy, well-controlled, well-balanced mind. When, however, we are old enough to appreciate the relation of beauty to health, to admire and value the personal magnetism emanating from the healthy mind and body, it is either too late to cultivate it in ourselves, or the effort is apt to be evident and conscious; the charm of the simple, natural, unconscious bearing is lost. Therefore, the only way to gain unconscious beauty, grace, and poise is to begin with the child at an early age.

The child is like wax, pliable and easily moulded into beautiful form. Later the body becomes like marble and must be chiseled into shape. With love and knowledge of what to do, the plastic form of the child can be made a thing of beauty and endowed with the most perfect health. The limbs can be made supple and strong, the lungs developed to their perfect capacity, the heart strengthened, the muscles rounded, the carriage made erect, and all the bodily functions improved with a corresponding effect upon the mental nature of the child. Parents and educators must realize that the bodies as well as the brains of children should receive attention; that it is more essential that a child should know how to strengthen and rightly use his body than that he should "pass" in technical physiology. To know how to stand and walk well is more important than to know the construction of the foot. The hollow chests and crooked spines will respond quickly to the desire and effort to represent tall, straight, strong, and graceful trees, or sturdy, robust men of the country, and permanent physical benefit will be the unfailing result.

HARVEST AND SEED PLANTING

A Trip Into the November Woods and a Day's Study of the Annual Harvest and Seed Time

BY JULIA ELLEN ROGERS

WHEN the magic haze of Indian summer lies on the woodlands, our gardens and orchards and flower-fields have given up their treasure of vegetables and fruits and grains to be hoarded in cellar and granary for winter use. Then comes leisure in which we go out into Nature's garden, and see with wondering eyes the harvest of the woods. The Walking Club takes lunch baskets, and makes a day of it. Its members need no instruction in the art of building a fire safely and artistically in the woods and swinging a kettle on an improvised crane. They know the rare flavor of potatoes and onions roasted in hot ashes, and the delicious pain of waiting, ravenously hungry, for the gracious invitation of the chefs-in-charge to sit down and "taste their wares." There is no picnic season equal to November, while the mellow year is yet warm and the insects are all gone. What is there to see in the November woods? Who will ask that question after he has once been there? Every plant that dies at the end of the summer has left seeds as a pledge of its immortality. It is the natural seed-time of most of the trees. Only those kinds are exempted which made haste, like the soft maples, to cast their ripe seeds in summer time.

So as the year grows old, and the trees stand bared of their leaves, the story of their seed distribution may be read with increasing ease. Nature has no hurry in her harvest time. The frost is her friend, and the wind her ally. All the little people of the woods are her co-workers in a great profit-sharing plan. Let whoever comes have open eyes and a sympathetic mind, or he will go away unsatisfied.

The woodland harvest is not hoarded, but is gathered and scattered chiefly by the wind. The work goes on all the winter. A glance at the natural planting of a piece of wild land starts us upon a most instructive line of study. How did this walnut and that oak get in among those beeches and maples with an ironwood, and a sycamore close by?

It is a long fight for the territory that the plant families wage. Most seeds do not fulfill their destined end for lack of room. Those plants prevail which fight with the best weapons and are able to

endure hardships in getting started. Every woodland shows companion crops growing on the same land. Trees along a roadside or in open woods always have a shrubby undergrowth, and grass or other herbs under all. Three zones of vegetation have their roots in strata of the same soil, but all live happily, having the same to feed them, as well as the earth.

Make a collection of tree seeds found in the woods. Note the form, size, and weight, and find out how each one

S-curved Pods of Honey Locust

is distributed when ripe. The tree will answer your questions in nine cases out of ten. Watch it on a windy day, if you think it depends upon the agency. See if the seeds are sweet and nutritious, likely to be eaten by any little animal. Where are young trees of this species growing? Try to account for their presence in that location.

Plants are stationary; they must scatter their seeds. A white oak tree bears a thousand acorns, let us say, each an infant tree. What chance has it for life? Certainly little of it drops to the ground and remains where the thick shade of the parent tree will cut off all sunshine when it begins to grow. But you find some acorns which have rolled down a hillside and lodged under weed patches and hazel thickets. Young white oaks in such situations are the successful offspring of that same plant tree. Squirrels and other rodents carry away nuts, and while most of them are stored and eaten, a few are dropped on the way and some may be left over to sprout in the spring. A fierce wind scatters acorn and other nuts over a considerable area, while it strips lighter seeds from other trees and carries them far away.

The catalpa keeps its long, pencil-like pods all winter. They crack along the sides, and are shaken by every breath of wind. Examine one. Thin little ghosts of seeds tumble out. There is a central stem to which they all have been attached. They overlap each other and packed the pod full. Shake the pod out of an upper window, and see the winged seeds fly away.

Remember the seeds of maple trees. The wing whirls around as the heavier seed descends, and so the wind has a chance at the broad blade; the flight of these seeds in a gale is most erratic and interesting. No wonder maples grow scattered through the woods, as well as in the neighborhood of old "seed trees."

Examine the cones of evergreens, from which seeds are grudgingly let fall all through the winter months. Shake out a seed or two. How like the maple keys! Why not? Nature has not given the maples a monopoly of this admirable form of seed.

Ash trees are full of seed clusters. A peculiar dart form is constant among these seeds. They, too, depend upon the wind to scatter them. So below the

a sumach thicket growing under a chestnut tree, and grass under both.

thick seed a long, thin wing is borne, which forms a sail quite as good as the maple's. One after another the seeds are stripped from the trees and distributed.

Balls on the sycamore trees dangle in the wind until their wiry stems are frayed to the point of breaking, and the central core is stripped of its last seed. Take a ball in your hand, and press your thumb upon its prickly surface. The seeds let go, being ripe, and a hairy mass is pushed off. A single seed tapers to a slender point about which a row of hairs spreads. The heavy end of the seed drops, the parachute of hairs is spread, and overcomes gravity, so that

Shining brown Horse-chestnut

the wind carries the little seed traveler afar.

The basswood has heavy, pea-sized woody balls containing one or two seeds each. These balls are clustered upon a broad leaf-like blade. Here is the wing that gives the wind its chance. Without it the seeds would in much greater quantities fall directly under the tree to die.

Pods are often light enough to be carried some distance by wind. Such are those of the black locust and redbud. Heavy pods like the honey locust's are curved when ripe, and they fall until midwinter. When the earth has a crust of snow or ice and the wind sweeps by our locust tree, the pods skate along, the curving blades always offering a face to the breeze, which never ceases to urge them forward until they anchor somewhere.

Under the trees the milkweed pods are open, their seeds gone, and we remember the little silky balloon of these kindred plants. The thistle down, and the dandelion's little parachute, remind us of the same device used by the seeds of willows and poplars in early summer.

Ironweeds send away their seeds in little inflated bags; so does the little bladdernut tree. Sweet gum trees shake their dangling balls, and winged seeds like those of the pines fall out of the hooked pods that form the balls.

How do the seeds of berry-bearing trees get away from the crowded home neighborhood? Mountain ashes, virbunumes, elders, dogwoods are all beloved of birds. They are the reliance of the great bird procession as it moves southward in the autumn, and of most of the few kinds hardy enough to endure our winters. Eaten by the birds, the seeds of berries are widely scattered.

Brooks and rivers carry seeds that chance to fall in the water, and many oats uninjured in transportation, lodge finally and grow on the borders. Few trees are thus distributed, but many other plants.

On the homeward journey the Club should be interested rather than scandalized by the great variety of burrs and and seeds that have "caught a ride" by sticking to skirts and trousers. To get even with the pests we must take them home, examine each with a lens and wonder at the beauty of its barbed hooks and their effectiveness in securing transportation for the seeds of various weeds. To remove and burn them all together is an adequate treatment of the case. Remember that one of the reasons why Spanish needle, cockleburr and sweet cicely are so prevalent is the fact that they press animals of various kinds into their service, and so colonize new territory every year.

November Bird Musings

BY BELLE M. PERRY

OUR summer birds are gone and with them some of the most enticing of outdoor interests, for a quiet half-hour of observation at any time and in almost any place, between April and October, is sure to be rewarded by some very interesting revelations for those who have eyes to see. The early days before the leaves came out were so satisfying! And especially to the beginner! They gave him a chance to get hold of many valuable hints when they were easy to find out, and thus created the desire for "more" that made him willing to pay the price in patience and perseverance; that enabled him to see things that would have passed by unnoticed had his interest begun after the leaves were out.

There are six full months of most rewarding outdoor bird study — from March to October. And I think we can almost make it seven months. Of these we are wont to call May and June the real bird months. But there is not one of them that the bird student would leave out. And the increasing interest of each succeeding season, as we learn how to win and hold the birds, makes a pleasure of anticipation through the intervening months that is no small compensation for the waiting. Have we had one pair of bluebirds or song sparrows this season? Maybe others will come next spring;—these fared so well. The catbirds enjoyed our bathing places so much they may whisper the secret to their friends. And the precious little goldfinches that made us happy long after some of the other birds were in modest seclusion awaiting their new fall suits,—how they did enjoy the water, and how the mulberries hung on for them, and what pretty music their twittering made away into October! They will surely come again and again, in increasing numbers. Was there ever a more accommodating fruit for birds than the mulberry? Four months of their pet fruit! I wonder why farmers do not plant dozens of them, just to protect their cherries, if they have not learned to consider the birds.

How we thrill with anticipation and interest as the spring days approach! That first clarion call of the oriole on some May day brings a heart throb of joy. Look! There is a flash of color and he is busy with his breakfast, after his journey. Does he know that the bunch of horsehair that is always convenient for his house-making is kept there because we want him for a friend and neighbor?

Is there anything that touches us more tenderly when the birds return than the first glad bubbling song of the house wren some blessed May morning? We are sure it is one of our old pets and we talk to him as if he knew that we knew, and I believe he does.

As the experiences of the summer pass like a panorama in my thoughts, I believe I must yield, after all, to those returning days of the birds as the real red-letter days of the year. But it is scarce fair to make comparisons. When people ask me which is my favorite flower, I say I have no "best." It is the same with trees and shrubs and birds, and so must it be with bird months. Each has a valued place of its own.

The distribution of birds strikes me as a very remarkable provision of nature. No locality is left out. I have wondered how our birds happened to come to us. Did they travel all these

hundreds and even thousands of miles with my garden in view as an abiding place?

And it seems as if an even greater wisdom had planned their habits of securing food and the kinds they like. If all the insect eaters had the ways of the swallows what a havoc would result from the insects that are a pest to trees and shrubs? But we have our insect eaters that haunt trees, and even those that confine their hunting to the bark of trees. Other kinds search the ground, and so we have what some ornithologists are pleased to call "bird guilds," as follows: "Ground Gleaners, Tree Trappers, Sky Sweepers, Wise Watchers, Seed Sowers, and Weed Warriors." Some birds belong to several of these guilds. Yes, the birds are to be found everywhere and their habits and tastes are made to serve the manifold economic interest of man in countless ways.

But our bird pleasures at this season are not all pleasures of anticipation. We are still taking outdoor rambles for nests and are sure of abundant reward, not only in the nests themselves, but in discoveries of unusual materials. I have just found a chipping sparrow's nest made almost entirely of twine and common thread, with the hair finish inside. The birds had evidently made use of a "find" of discarded basting thread. Our nest discoveries will furnish some good hints for locating birds next May and June, if we make proper use of our notebooks.

The bird student, to paraphrase a familiar quotation, will find "sermons in stones and bird interests in everything." For example, so commonplace a thing as a hen's egg would scarce suggest any bird thoughts to most people, but it has recently led me into a most interesting train of thought and observation. Did you ever notice the scar-like spot on the yolk of a newly broken egg? This is the center or germ where the life processes start in the development of the egg. Scientists tell us that this little germ is swung upon a band like a tiny hammock; in fact, we can see it for ourselves; and that this hammock has the remarkable function of swinging the germ side of the yolk to the top, however the egg is placed, in order to bring it as near as possible to the warmth of the mother during the process of incubation. In fact, we are told that the persistency of this little hammock to perform its work is really what makes it impossible for an egg to be made to stand on end.

And here is another interesting fact: The space at the big end of every egg, between the shell and the lining membrane, which we have all noticed in a boiled egg, is filled with air heavily charged with oxygen for the purpose of allowing the embryo chick to breathe.

Besides these things that we can observe for ourselves, there are a hundred interesting things in the development of the egg which we can not observe with any means we are likely to have at hand, and which we would not care to unless we were making a special study of embryology, but some of which are very interesting to know about. And perhaps the most marvelous of these is the story that the embryo tells in its successive stages of the history of its species.

"If a rich man does not in many things live like a poor man, he will certainly be the worse for his riches. If he does not restrain appetite by choice, as the other does by necessity; if he does not practice sometimes even abstinence and fasting, which is the last extreme of want and poverty, he will certainly impair in health."—*Sir William Temple.*

The Unclean Mouth a Source of Infection

J. H. KELLOGG, M. D.

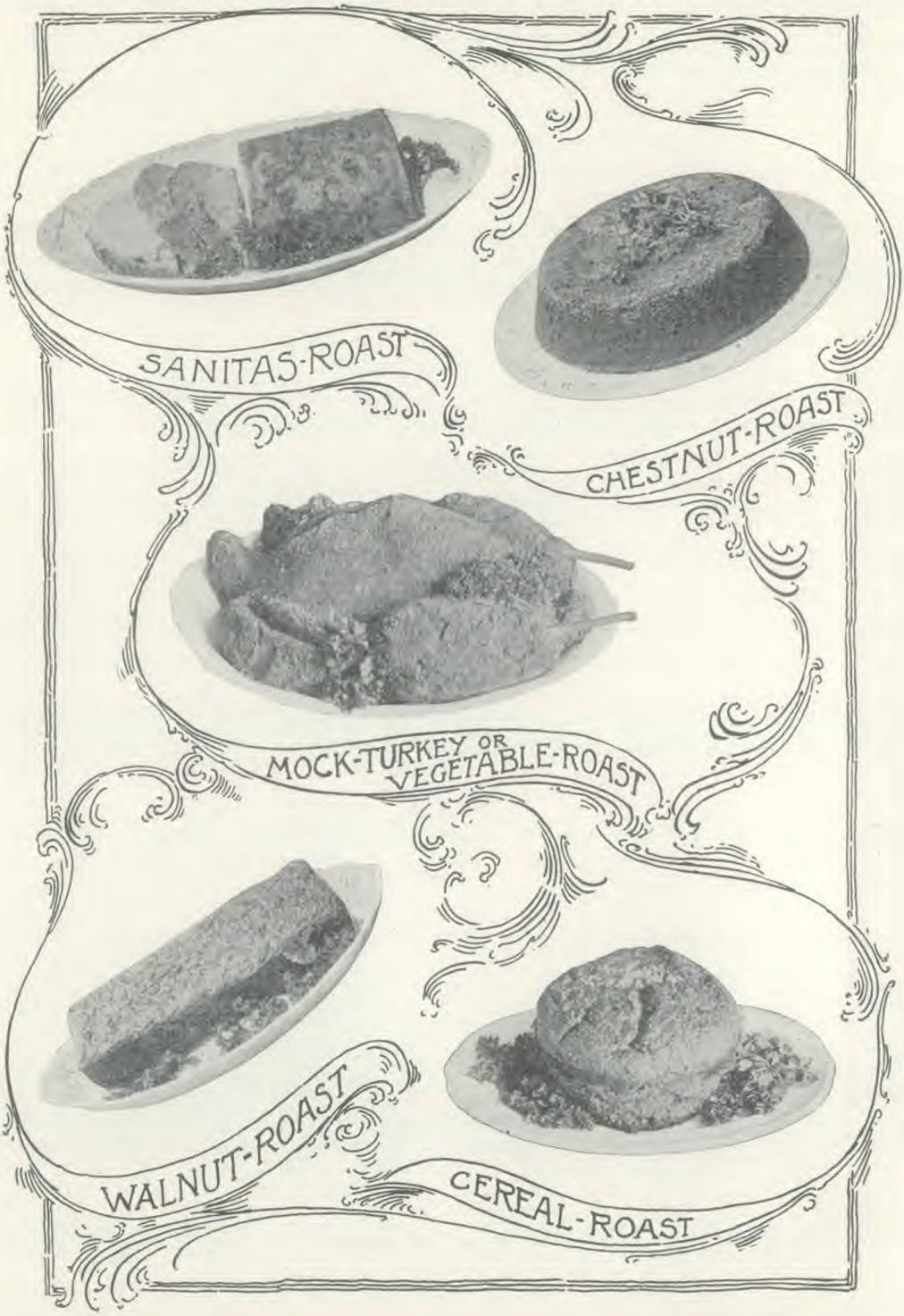
The toothbrush has been called "an implement of civilization," and this it is in another sense than that intended. The natural man in a healthy condition has no need of such an implement. Among most of the so-called savage races, although the toothbrush is unknown, good sound teeth up to the time of old age are the rule rather than the exception. All the orifices of the body are naturally self-cleaning. Injurious germs of all kinds are destroyed by contact with healthy living tissue, and an active, self-cleaning process is continually going on in the body. But when one lives under the artificial conditions of our modern civilization, the body becomes so devitalized that one must needs employ artificial measures for the maintenance of bodily cleanliness.

For the mouth of the civilized man, the toothbrush for artificial cleansing, is a positive necessity. In a paper on the bacteriology of the mouth, a Milwaukee physician emphasizes this fact. "With the inspired air, with the food and drink taken from our fingers, and from foreign bodies introduced into the mouth, a great number of germs gain an entrance to this cavity. The natural warmth and moisture of the mouth, as well as the organic matter so frequently present, then make it a most favorable site for the growth of bacteria. A very commendable work has been done in the bacteriology of the mouth, by a number of investigators. For the purpose of carrying on these investigations the subject was divided into five parts. The first class included clean mouths; the second, ordinarily kept mouths; the third, filthy mouths; the fourth, tobacco chewers' mouths; and fifth, mouths in which there were distinct pathologic processes."

Twenty swabs were taken from the mouths which were sweet and clean, and in every instance thousands of bacteria were found to be present. In the "ordinarily kept mouths" the micro-organisms were much more numerous, and in two of the cases the bacillus of influenza was present. In all of the "filthy mouths" there were millions of bacteria and a much larger per cent were virulent. The pneumonia germ was present in ten of the thirty cases. The foul breath of these individuals is probably due to the obnoxious gases given off by the activity of these germs.

The examination of tobacco chewers' mouths shows that they are more filthy than the ordinary filthy mouth. It also proves that the tobacco has no restraining influence on the growth of bacterial activity.

Examinations made also determined that a large number of bacteria are thrown from the mouth during ordinary coughing.


SANITAS-ROAST
CHESTNUT-ROAST
MOCK-TURKEY OR VEGETABLE-ROAST
WALNUT-ROAST
CEREAL-ROAST

VEGETARIAN SUBSTITUTES FOR THE THANKSGIVING TURKEY

Appetizing and Healthful Dishes Made Without Taking the Lives of God's Innocent Creatures

BY LENNA FRANCES COOPER

VEGETABLE ROAST OR MOCK TURKEY

To two cups of lentil or bean pulp (made by putting cooked lentils or beans through a colander), add one cup of strained canned tomato, two eggs, two cups of nut meal or very finely chopped nuts, one-half cup of 20% gluten or browned flour, the juice of a medium-sized onion, a little minced celery or celery salt, sage and salt to season, and one-fourth cup of dairy or nuttolene cream. The mixture should be quite stiff, as it will be if the water is largely evaporated from the legumes in the cooking.

Place in a bread-tin to bake and with a thin-bladed knife press into shape. Use macaroni for the "drum sticks." Bake in a quick oven.

Serve with the following dressing: One cup of lentil or bean pulp, one cup of strained tomato, one cup of dairy or nuttolene cream, browned flour to thicken. Season with salt, celery and a little grated onion. Strain before serving.

CEREAL ROAST

One cup of milk, one cup of cream, two eggs, three-fourths cup of nut meal, one cup of granola, salt to season.

Beat the eggs slightly, add the milk, cream, nut meal, and granola, also salt if desired. Let stand fifteen minutes, then bake in a moderate oven thirty to forty-five minutes.

CHESTNUT ROAST

Prepare the chestnuts by dropping into boiling water for ten minutes and remove the shells and skins with a knife.

Two cups of chopped chestnuts, three cups of stale bread crumbs, three-fourths cup of cream, two eggs, one teaspoonful of salt, one medium-sized onion, grated, and a little sage.

Beat the eggs, add salt, cream, milk, grated onion, bread crumbs, chopped chestnuts, and sage. Bake in a moderate oven thirty to forty-five minutes.

SANITAS ROAST

Remove the contents of one-pound can of Sanitas Meat cut into halves lengthwise, lay in a baking pan with the flat surface down, sprinkle with salt and a little grated onion, and pour over a half cup of strained tomatoes. Bake twenty to thirty minutes in a moderate oven. Serve with the following: —

PIQUANT SAUCE

One-half pint of protose or a vegetable broth, seasoned with a little thyme, mint, and one-half teaspoonful salt. Thicken with two and one-half tablespoonfuls of browned flour braided with a little water. Boil five minutes, strain, and add the following: one and one-half tablespoonfuls lemon juice, one-half teaspoonful sugar, one-half tablespoonful of grated onion, and one dozen chopped ripe olives.

WALNUT ROAST

To two eggs slightly beaten, add one cup of milk, one cup of cream, one cup of granola, one-half cup chopped English walnuts and salt to season. Let soak twenty minutes, bake in an oiled pan for thirty to forty-five minutes.

THE VALUABLE HAI F-SHEET RUB

Newly Devised Procedure Forms Important Round in the "Hydriatic Ladder"

THE value of cold water, as the most efficient and powerful of all tonic remedies is rapidly coming to be recognized by the medical profession in this country, as has long been the case in France and Germany.

The important thing in the use of cold water is the accurate adaptation of the application to individual cases. Too vigorous an application of cold water is likely to be followed by depression. An insufficient application may produce an inappreciable effect, or through imperfect reaction may produce harmful effects. A wise and efficient application of cold water as a tonic remedy not only requires an exact diagnosis, but a thorough knowledge of physiologic principles and of the effects of cold when applied to the human system, as well as of indications and contraindications.

The point of primary importance in the use of cold water for the class of invalids who need it most, namely, neurasthenics, is careful graduation of the applications. The feeble neurasthenic is extremely susceptible. His nervous system is highly irritable, and excessive reaction will easily be induced. On the other hand, the vasomotors may be excited to such a degree that reaction fails. In such cases it is necessary to begin with the gentlest measures.

The writer has constructed what he calls the "hydriatic ladder," to give such patients the benefit of a carefully graduated scheme. The lowest round of the ladder is the cold wet hand rub. The second the cold mitten friction. The third the cold towel rub. Next comes the half-sheet rub, then the rubbing wet sheet, and in regular order the dripping

The Half-Sheet Rub

sheet, the shallow bath, the graduated shower bath, and the cold jet, and finally the plunge or swimming bath. The half-sheet rub, which constitutes the fourth round of the ladder, is a new procedure which the writer recently devised for the purpose of bridging the too long step which heretofore has existed between the towel rub and the rubbing wet sheet.

The half-sheet rub is administered as follows: The patient, undressed, lies upon his back upon a Turkish sheet, the ends of which are folded over him. Care should be taken to see that his feet are warm, and that the general surface is such as to prepare him for a cold application. A very large towel, long enough to reach from chin to feet, or half a cotton sheet, or a piece of yard-wide bleached muslin two yards in length, is now wrung quite dry out of water at 60 degrees. The corners of one end are drawn close up under his chin and tucked under the shoulders. The balance of the sheet is quickly spread over the patient the whole length of his body. The attendant rapidly runs his hands over the outside of the sheet so as to bring it in close contact with the skin everywhere, then begins a series of rapid strokes from above downward, alternated or combined with percussion strokes, going rapidly over the entire front of the trunk and limbs. This continues until the sheet begins to feel warm, when it is removed and dropped into a bucket of cold water where it remains while the patient is assisted to turn over. The contact of the moist surface with the Turkish sheet will rapidly dry the skin, while the wet sheet, having been freshly wrung out of cold water, is applied to the back of the trunk and legs in the same way as has been described for the front. Care is taken to apply the sheet to the sides of the trunk and the sides of the legs. When the sheet is warm, it is thrown aside, and the ends of the Turkish sheet are brought over the back, which is quickly dried, then rubbed with the bare hands until it is warm and well reddened. If massage is to be applied, this application brings the patient into an excellent condition for this procedure.

Patients who could not endure the rubbing wet sheet, or who would vigorously rebel against it, readily submit to the half-sheet rub. The writer has found it an exceedingly useful measure, applicable to nearly all neurasthenics as a training measure to prepare them for the shallow bath, shower bath, and the plunge. It is a capital measure to follow the prolonged cold sitz bath in cases of neurasthenic women suffering from pelvic disease or chronic intestinal catarrh. J. H. K.

COME sleep, O sleep, the certain knot of peace,
The baiting place of wit, the balm of woe;
The poor man's wealth, the prisoner's release,
The indifferent judge between the high and low.

—*Lu. P. Sidney.*

No cosmetics, no arts of dress, no studied adjustment of light and shade, can adorn the human face or form like health. The perfection of all colors on earth is *flesh color* and the perfection of that is seen only in the rosy tint of health.—*Dwight.*

THE man who gives himself up entirely to the service of his appetites makes them grow and multiply so well that they become stronger than he; once their slave, he loses his moral sense, loses his energy, and becomes incapable of discerning and practicing the good. He has surrendered himself to the inner anarchy of desire which in the end gives birth to outer anarchy.—*Chas. Wagner.*

CHILDREN'S DEPARTMENT

The Crooked Tree

BY MRS. E. E. KELLOGG

HERBERT and Bertha were two bright little folks, who, with their father and mother, lived in a beautiful home on the shore of Lake Ontario. The house, which was a large one, was surrounded by fine grounds, shaded by rows of maple trees, that afforded a delightful playground for the children, who, like most little folks, dearly loved to be out of doors in the summer time. Herbert and Bertha were observing children; and they had noticed that while most of the trees that grew upon the grounds were straight and graceful, there was one that was very crooked; and they had often asked their father why he did not have something done to straighten it, for they thought it looked very ugly.

One morning, just as they had finished breakfast, their father said to the workmen who took care of the grounds, "You may get a rope this morning, and we will try to straighten the crooked tree."

"Oh, papa! may we go and see it done?" asked Bertha.

"Yes; get your hats, and as soon as I have finished my writing, I will go with you," said her papa.

When Herbert and Bertha and their father reached the place where the men were at work, they found that the men had driven two strong stakes,—one on each side of the tree,—and with a stout rope attached to these were pushing and pulling with all their strength to straighten the tree, as you see in the picture. Although they tried very hard, and worked till the perspiration fell in drops from their faces, they were able to straighten the tree only the least bit; and at last one of the workmen said to Mr. Brown: "Indeed, it is no use to try any longer, the tree will not yield."

"No;" said Mr. Brown, "the tree has been crooked so long that it can never be made straight, and we shall have to cut it down, and plant another in its place. If when the tree was young and slender, we had tried to straighten it, we might easily have done so; but it has been allowed to grow crooked so long that it can not now be changed." Then turning to the children, he said, "This tree is like a great many people."

"Why papa! how can a person be like a tree?" asked Herbert.

"I know," said Bertha, "for I once saw a boy with a hump on his back, who looked almost as crooked as this tree."

"Oh!" said Herbert, "papa did not mean it in that way, did you papa?"

"No," said Mr. Brown, "I was not thinking of outward looks, but of their actions and habits."

"What are habits, papa?" asked Bertha, who, not being quite five years old, did not understand the meaning of all words.

"Habits," answered her papa, "are good or bad things that we do and keep on doing, until after a while we get so we do them without thinking about them. The crooked tree is like a person who has formed bad habits; for when a person has got into the habit of doing wrong, it is almost as impossible for him to stop doing it as it is for us to straighten the crooked tree. Bad habits, too, are very apt to make people appear ugly, like the crooked tree. Herbert, can you tell of some bad habits that make people resemble the crooked tree?"

"I think you mean the use of liquors and tobacco," replied Herbert.

"Yes," said his father, "but can not you think of some other bad habits which boys and girls often form when they are small, and which they find it hard work to break off when they grow older?"

"Is eating cake and candy one of them?" inquired Bertha, who was very fond of sweets, and was in the habit of spending all her pennies for such things.

"Yes; that is a bad habit which is very apt to lead to other bad habits. Children who get in the habit of eating candy are very likely to forget that they ought not to eat anything except at meal-time, and form the bad habit of eating between meals. They are also quite apt to get such a love for sweet things that they will eat too much of what they like, and so form the bad habit of gluttony. These habits are all very hard to break; and any one of them is apt to do a great deal of harm to the stomach, and make little children feel so nearly sick that they become cross and ill-tempered, and wear frowns and pouts on their faces so often that they grow to look quite ugly."

"Drinking tea and coffee is another bad habit, isn't it, papa?" asked Herbert.

"Yes; eating or drinking anything that is harmful, eating too much, eating too fast, and eating between meals, are all bad habits; and if little boys and girls have formed these habits they ought to correct them at once; because if they indulge in bad habits until they grow to be men and women, they will find that the habits, like the tree, have grown so strong they can not straighten them. The tree at first was just as straight and pretty as any of the others; but something bent it just a little; and every time the wind blew, it bent a little more, until it became very crooked; but if we had tried to straighten it when it was small and first bent, we could have done so. It is just so with bad habits; if we try to break them off when we are young, we will find we can do so far more easily than if we wait until we become older.

WHERE one dies of hunger, a thousand die of eating.

"THE Oriental, especially the Japanese, always smiles out of politeness, even when he is sad; because it is a social fault to sadden a stranger. He has reached the maximum of self-mastery, and, in a sense, a superior state of psychologic progress and of civilization."—*"Literary Digest," March 3, 1906.*

THE PURE FOOD QUESTION

Honor for Final Success of the Struggle Largely Due to the President

AFTER fifteen or twenty years of constant struggle, the promoters of food reform have succeeded in getting through Congress a pure food bill which promises to be of service to the public. The success of this long-continued effort at the present time is chiefly due to the influence and cooperation of our wise, liberal-minded president, whose practical judgment and hearty interest in the welfare of all the people led him to see the importance of this measure.

The pure food act prohibits adulteration or sophistication of foods in any manner whatever, and this prohibition includes foods which "consist in whole or in part of a filthy, decomposed, or putrid animal or vegetable substance, or any portion of an animal unfit for food, whether manufactured or not, or if it is the product of a diseased animal, or one that has died otherwise than by slaughter."

The same act also prohibits the adulteration of drugs and medicines, and the sale of medicines containing narcotics without a statement on the label of the quantity or proportion of alcohol, morphia, opium, cocaine, or other narcotic drug which the preparation contains.

The law seems to be very comprehensive and thoroughgoing in its specifications. The penalty for the violation of the law is the following: "Any person who shall violate any of the provisions of this section shall be guilty of a misdemeanor, and for each offense shall, upon conviction thereof, be fined not to exceed $500 or shall be sentenced to one year's imprisonment, or both such fine and imprisonment, in the discretion of the court, and for each subsequent offense and conviction thereof shall be fined not less than $1,000 or sentenced to one years's imprisonment, or both such fine and imprisonment, in the discretion of the court."

This new law is to take effect January 1, 1907.

MEXICAN PEPPER EATERS

"Awful Stomachs" the Invariable Result of this Vicious Custom, Say Observers

THE fact that peppers of various sorts are largely used in Mexico has often been pointed to us as an evidence of their healthfulness. Any one who has had an opportunity to visit Mexico and has come in direct contact with those who make free use of peppers in that country knows the falsity of this argument. Among the intelligent Mexicans, there are to be found many who have become thoroughly convinced of the evil effects of pepper, and have abandoned its use. The writer has met a number of American physicians who have practiced for many years in Mexico, and when asked in relation to the effects of peppers, their testimony has invariably been that the custom is extremely injurious to the health of the people.

Dr. Levi B. Salmans, superintendent of El Buen Samaritano, a hospital located at

Guanajuato, who has lived for many years in Mexico, and has had a very large practice among native Mexicans, speaks as follows with reference to the ill effects of pepper upon those who use it freely: —

"The widespread use of the various peppers in this country is, in my opinion, responsible more than any other single item for the atony of the digestive organs and the consequent fermentations which lead to so many ills. The general use of alcohol, improperly cooked food and such things must be responsible for some of the troubles in this line. I estimate that in most parts of this country one-half of the people die before they are a year old, and nearly all from troubles of indigestion inherited or otherwise. I would think half of what remain die before they are fully grown, and what remain drag out a miserable existence because of their awful stomachs.

"The breath of many of these people is a scourge to a man who has a decent nose and breath of his own, and I believe this is more due to the peppers than it is to any any other trouble, that is, to the peppers and the result produced in the mouth, esophagus and stomach by the peppers.

"The Mexicans always speak of the 'irritation' which these peppers cause them, but they go right on with it and invent very ingenious ways to make the peppers stronger by crossing them and mixing them, and food such as we prepare in the United States they call tasteless and flat, because they are so accustomed to have highly seasoned food. These remarks apply almost equally to the rich and to the poor, to the high and the low."

VEGETARIANS OF INDIA

Habits of the Brahmans Afford a Testimonial to Value of No-Flesh Diet

THE eminent Prof. C. B. Ramarao, M. D., delegate to the British Medical Association which recently held its meeting at Toronto, stated in a lecture recently delivered before the physicians and guests of the Battle Creek Sanitarium upon the habits and customs of the people of India, that the Brahmans of southern India, who are known to be the most intellectual and highly cultivated people of that country, absolutely eschew all animal food of every description with the exception of milk. Even eggs are excluded from their dietary. The Brahmans of northern India make use of eggs, and sometimes of fish, but never eat the flesh of animals.

Dr. Ramarao is himself a fine specimen of physical development and manly vigor, a man of great intellect and professional attainments. He showed himself to be quite the equal of his white colleagues in the discussion of various questions of interest at the meeting of the British Medical Association. He was particularly happy in his reply to an eminent English physician who spoke in defense of the high proteid dietary and the use of flesh meats. In his remarks, the professor (Dr. Haliburton) maintained that the inferiority of the Hindoo race was in part due to the small amount of proteid they had in their dietary; that they were inferior physically on this account, and lacked endurance. Dr. Ramarao was very quickly upon his feet when the professor had ceased talking, and made so vigorous and effective a defense of the low proteid dietary and abstinence from flesh, that he received vigorous applause from the entire assembly of medical men.

At the present time, there are very few men who are well versed in the results of recent researches in dietetics and physiologic chemistry who are not thoroughly persuaded that the use of flesh meat is quite unnecessary. If foodstuffs rich in proteids are at any time needful as an addition to the dietary, they may be readily found in peas, beans, lentils, milk, and eggs; but that even these proteid substances are not really needful is clearly shown by the fact demonstrated by Prof. Chittenden, whose views Prof. Haliburton sought though unsuccessfully to controvert. Prof.

Chittenden has shown that the actual requirements of the body of proteid material is only ten per cent of the total food value. That this is without doubt correct, the writer, and many others, have fully demonstrated in personal experience. Even the potato and rice contain a sufficient amount of proteid to meet the needs of the body, while wheat bread, rye, barley, and oatmeal contain more proteid than is actually required.

The fear of proteid starvation without the use of flesh food is, then, absolutely groundless. The natural products of the earth supply in ample quantity a proper proportion of the elements necessary for human sustenance.

The taking of life to perpetuate human life is necessary only under unusual and extraordinary conditions in which the ordinary and natural foodstuffs are unobtainable.

A WICKED INSINUATION

Bill Presented in Ohio Legislature a Cause for Universal Protest from Physicians

Some time ago a bill was brought before the Ohio Legislature the purpose of which was to make it legal to put an end to the life of a person suffering from a hopeless disease or from an accident of such a nature as to make recovery impossible. The storm of protest which the announcement of this bill raised was quite gratuitous, for it can not be that there exists in any civilized land a body of lawmakers who would not immediately on the appearance of such a bill administer to it a dose of its own medicine.

For many years there have been those, some of whom have been found in the rank of scholars and people of note, who have advocated this method of dealing with the class of unfortunates concerned under the name of euthanasia. It is difficult to understand by what mental process people of normal intelligence could bring themselves to believe it right to sacrifice human life under any circumstance except when one or a few must die to preserve the lives of many.

If it is recognized as right and proper for a man to end his life by the aid of a friend or a physician, one or more, it must be recognized as equally his right to terminate his own life by his own hand if he wished so to do. Law that will justify the homicide must also justify the suicide. Physicians are the last of all persons to be called upon to assist in such a matter as this. It is the business and mission of physicians to save life. It is very rare to find a physician who will not do his utmost to save human life, even without hope of compensation, and if need be at his own cost, and not infrequently at the risk of his own life. Killing is a business which belongs to the executioner, the hangman—not to the medical profession.

In commenting on this bill a religious paper observed that "one Chicago physician has declared that it has long been a practice among the medical fraternity to administer to such cases opiates in what are known to be fatal doses." The above statement, said to have been made by a Chicago physician, is a slander, against which every self-respecting physician must protest. No such practise as intimated exists among medical men at the present time, and no such practise has ever been countenanced by medical men. No physician known to be in the practise of committing homicides in the manner suggested could possibly remain a member of any medical society. Such a practise can not be regarded as otherwise than immoral to the last degree. Life is the most sacred of all human interests. God only has the wisdom to deal justly and humanely with each human body under any and all circumstances.

The republication of the statement quoted which, if ever made, must have come from some unreliable, irresponsible source, without accompanying the statement by the denial and denunciation which it deserves,

could have no other effect than to aid in breaking down regard for human life, to create distrust and suspicion of all medical men, and possibly to lower in some minds the standard of morality. It is indeed very difficult to understand how any responsible newspaper could publish such a statement, and it is still more difficult to understand how a professingly religious paper could republish such a horrible and contemptible insinuation. There would seem to be no possible motive which could permit such a publication but a willingness to lessen confidence in the medical profession as a whole,— a profession which, to say the least, is as worthy of confidence as any other.

A MEANS TO PROLONG LIFE

Poisons Cause Old Age; Poor Foods Produce the Poisons;—the Practical Conclusion

Professor Metchnikoff, of the Pasteur Institute in Paris, recently brought forth some wonderfully interesting views with regard to prolonging life. He has shown that old age is the result largely of poisons generated within the body; that these poisons are produced by certain germs that grow there, and that we can prevent the development of these germs. For many years Professor Metchnikoff has been trying to find something by which to antidote the poisons of those germs, something to inject under the skin or to administer in the form of pills. The practise has been to antidote poisons with poisons; the poison of cholera is antidoted with serum; the poison of tetanus is antidoted with serum; the poison of diphtheria is antidoted with serum. So Professor Metchnikoff thought he might be able to find some kind of serum that would antidote the colon bacillus, but he could not find it. Finally he has given it up.

Something else must be done, and that he recognizes. What must be done to prevent the formation of this poison? Plainly, when it is found that the colon bacillus lives in the colon, and that the reason it thrives and flourishes is because there is retained in the colon a large amount of poisonous matters upon which germs can thrive, grow, and develop,— the proper thing to do is to keep the colon free from food for germs. Germs can not grow without food. One can not raise a big crop of potatoes on a sand hill. They require soil. And if the colon germ is to grow, it also must have soil.

What soil does this colon germ require? Flesh foods, proteids, foodstuffs of a proteid character that have escaped the stomach; those are the choicest of foods for the colon bacillus. Metchnikoff declares that we would be better off if we had shorter colons; that we would be better off without a colon. One English surgeon has gone to work to carry out this idea, practically amputating the colon.

But there is a better way than that. The better way is to keep out of the alimentary canal those things which putrefy.

"THE GREAT AMERICAN FRAUD"

We commend to our readers the articles under the above heading dealing with quacks and quackery in its various phases, which are appearing in *Colliers Weekly*. Mr. Samuel Hopkins Adams is certainly giving the patent medicine vendors and "the specialist humbug" the hardest hit they have ever received. After the exposé which he is giving to this whole subject of patent medicine swindling, the respectable newspapers of the country will be ashamed to print the lying advertisements of these harpies who have so long feasted upon the miseries of their fellows without let or hindrance. It is even to be hoped that the conscience of the editors of our religious periodicals may become sufficiently awakened by the horrible revelations which Mr. Adams is making, to exclude from their columns the disgusting patent medicine advertisements which now occupy conspicuous space in most of these journals.

INCREASE OF INSANITY AND THE RATIONAL TREATMENT OF THIS DISEASE

Dr. D. R. Brower, of Chicago, professor of nervous and mental diseases in Rush Medical College, Chicago, in a paper read at the International Medical Congress held at Lisbon this year called attention to two extremely important facts in relation to insanity: — first, that this malady occurs with much greater frequency at the present time than formerly; and, second, that in spite of the marvelous progress made in therapeutics in modern times the proportion of incurable cases of insanity is increasing. Dr. Brower attributes the increased frequency of this disease to the feverish activity of the age in which we live. The lessened curability of the disease, he asserts, is because of racial degeneracy.

Dr. Brower recommends the treatment of the insane in general hospitals instead of confining them to special institutions. The system of treatment which he recommends consists chiefly of the following measures:—"A competent nurse, isolation, rest in bed, generous diet, daily massage, bath and faradization with special attention to elimination by the bowels, kidneys and skin."

The bath most generally administered is the hot blanket pack followed with a wet sheet rub. In excitable cases he sometimes prolongs the hot pack for hours and finds these applications are followed by subsidence of the excitement and refreshing sleep. In melancholia the cold sheet rub is found to be an admirable stimulant of the general circulation, promoting activity of the skin. Massage allays excitement and increases the functional activity of the skin, improving also the general circulation. Intestinal putrefaction and fermentation are combated by colonic flushing. Insomnia is a troublesome symptom, "since all the sleep-producing remedies are double-edged swords and cut both ways." The rest cure is followed by judicious exercises. Patients are ususally kept under treatment for at least three months.

In concluding this paper, Dr. Brower says, "I desire to emphasize the opinion that many cases of acute insanity can be more certainly and rapidly restored to health in a well-governed general hospital than in any of our best special institutions for the care and treatment of the insane, and I urge on my confrères greater efforts in this direction for the relief of these unfortunate people."

A DINNER TABLE MENAGERIE

"All Sorts of Tame Beasts and a Good Many Wild Ones" on the Modern Bill of Fare

THE dinner bill of fare offered by first-class hotels and restaurants nowadays consists almost exclusively of meats. All sorts of tame beasts and birds and many kinds of wild ones appear daily on the menus set before those who can afford to pay good prices for the palate-tickling conglomeration of indigestibles which they call a good dinner.

Ella Wheeler Wilcox, a woman of unusually wide range of talents and large opportunities for observation, in a recent letter from the West Indies to the *American,* speaks strongly in behalf of simple living as opposed to prevailing practices:—

The menu of the American hotel has always been a thing of terror to me.

With a dozen cereals, half a dozen soups, all the fish of all the seas, rivers, and lakes, all the animals of the earth, together with every condiment — sauce, entrée, and dessert — invented by epicure, gourmand, and fiend, the average American hotel bill of fare suggests Noah's Ark, ready for embarkation.

As for the table d'hote at these hotels, it is like nothing so much as a department store; and the *poor human stomach* is the bargain counter where *"marked-down" goods are tossed in an indigestible heap.*

Yet these are the things we call the *"luxuries of civilization,"* and then we *complain that "God afflicts us with disease," and the money left over from paying for Noah's Ark goes to pay the doctor.*

Perhaps the wily hotel men realize that there are many people constituted so that a sight or thought of much food destroys the appetite.

Certain it is, in my own case, when I am obliged to sit down to an American table d'hote, the money paid is money given away — for hunger leaves me when the soup is served.

The English simplicity of diet in Jamaica seems an admirable relief in every way from the American hotel fare, and yet I doubt not that in five years' time this simplicity will have departed, and the traveler will find here the monstrous *American hotel, with its Noah's Ark menu, its department store table, and its colossal bills.*

For the American hotel "camel's nose" has entered the "tent" of the Jamaican resorts, and soon the whole tent will be occupied.

Now the thing which makes a man really strong is that thing which when taken into the stomach will be absorbed into the blood and become a part of the body, actual tissue and actual muscle. The only way to get strength is to get better muscles. There is no such thing as getting real strength in a concentrated form. Plants store up energy. Take the sunshine, which is energy, and store it up in the form of seeds, fruits, and various vegetable products, and that is where all animal energy comes from. The animal takes these food substances, makes use of them, consumes them; so the animal is a consumer of energy, like the locomotive, while the vegetable is a storer of energy.

THE RACE GROWING OLD

The editor of the *British Medical Journal,* the leading medical journal of the world, discusses in a recent number, the question of the physical deterioration of the race, remarking, "We have somewhat suddenly awakened to the fact that physical degeneracy means danger to the nation in the present as well as in the future." The editor quotes Dr. Hyslop, an eminent Eng-

lish authority, who from physical, geographical, ethnological, and psychological considerations, asserts that "mankind is not only approaching the summit of attainment, but also possibly growing old." "Civilization brings with it evils which render decay inevitable."

These are serious facts which every intelligent man and woman ought to consider. For nearly thirty years, the editor of this journal has been urging upon the attention of the public the fact that we are a dying race. Though sometimes ridiculed and held up as a calamity howler, we have kept right on holding up to the public as opportunity has been afforded us, the awful fact that the human race, especially the civilized portion of it, is rapidly sliding down the hill of physical deterioration toward race extinction.

Eminent medical authorities, referring to the above fact, now put themselves on record as recognizing this to be the actual fact in relation to the present state of the human race in civilized lands. The facts elicited by inquiries which have been made, especially in recent times, leave no room for doubt that the human race is rapidly going down, both physically and morally. It is certainly high time that intelligent men and women everywhere should awake to the importance of laboring earnestly to stem the tide of this downward current. The mission of this journal is to help to sound the alarm and to point out the remedy, and the way of escape from the impending peril by a return to nature.

Pythagoras *versus* Beans

THE well-known vegetarian views of Phythagoras, the famous Grecian philosopher, have made it somewhat puzzling for some to understand why he should have so earnestly warned his followers against beans. The scholarly Rothenbucher has, however, made the matter wholly clear. In his monograph of Pythagoras he has shown that the expression referred to had no reference whatever to the eating of beans, but was simply an exhortation to avoid politics, beans being synonymous with politics because they were used as counters in voting.

Bad Meat in Great Britain

THE agitation stirred up by Mr. Sinclair's book in relation to the packing houses of Chicago has created a great commotion in England and other European countries where American meats are used. The agitation fortunately did not stop with American meats but set the health officers and others of foreign countries to examining into the condition of their own products. Dr. Thresh, an English health officer, declared that less attention is paid to food inspection in Great Britain than in most other civilized countries, and that the worst food to be found in England is prepared in England. Dr. Thomas, the medical officer of Stepney, declared that during the last five years there has been destroyed by his department more than a ton of rotten food daily, consisting chiefly of tinned meats from Australia and other colonies. Dr. Cooper, Chairman of the Public Health Committee, declared that an enormous traffic is carried on in England in diseased and dying cattle which are killed and sold in the meat shops. There are, indeed, dealers who devote their attention to the purchase and slaughter of animals just ready to die.

NOTHING lifts up the spirits so much as just to lift the chest up. It takes a load off the head, off the mind, off the heart. Raise your chest so high that the abdominal organs perform their functions in a proper way. When one is all doubled over, the head and spine are deprived of blood that they are entitled to. When the chest is lifted up, the abdominal organs are compressed, and the blood that has been retired from the circulation and accumulated in the liver and the stomach is forced back into the current where it belongs. The head and spinal cord get their proper supply of blood, and one feels refreshed and energized immediately.

10,391. Neurasthenia — Bread — Pinworms — Fasting. — J. S. N., New Jersey: "1. How can a neurasthenic who feels weak and has slow digestion during dull weather overcome these feelings? 2. How is bread made without yeast or baking-powder? 3. Is it more wholesome than ordinary bread? 4. Why? 5. Is sanitarium bread made without yeast or baking-powder? 6. Do pinworms affect the health? 7. Would a fast be advisable for a very thin neurasthenic, if carried out as suggested in January, (1905) GOOD HEALTH; say two days once every two weeks?"

Ans.—1. An out of door life, health culture, and especially training at a sanitarium where the Battle Creek Sanitarium method is employed will soon remove the symptoms named.

2. See answer to No. 10,320.

3. Yes.

4. See answer to No. 10,320.

5. Chemical baking powders are not used at the Battle Creek Sanitarium. An improved, but perfectly wholesome, raising powder is used. Fermented bread is also employed, though preferably in the form of zwieback.

6. Yes.

7. Not unless all other rational measures have been unsuccessfully tried first.

10,392. Dr. Haig, on Alcoholism and Cancer. — J. F., California: "Do you agree with Dr. Haig, that flesh foods and stimulants cause alcoholism, laziness, and stupidity; and that cancer, debility, etc., are not dis-

eases, but the result of poisoning by unnatural foods?"

Ans.—The views of Dr. Haig are doubtless in the main perfectly correct.

10,393. Mineral Waters — Flannel — Bathing. — M. C. G., Pennsylvania: "1. What is your opinion of mineral waters? 2. Are they ever good for a child? 3. Why? 4. Is flannel next to the skin healthful? 5. Would ordinary bathing induce rheumatism?"

Ans.—We make no use of them and can not recommend them.

2. No.

3. Because pure water and fruit juice accomplish all that mineral water can do.

4. Yes, unless it produces irritation of the skin.

5. No.

10,394. Do Raw Apples Cause Gas in the Stomach? — M. G., Michigan, aged forty, has for twelve years suffered intensely from gas in the stomach and bowels every winter from the use of raw apples. Has tried eating nothing but apples alone for a week, with granose, and suffered more than ever. 1. What is the trouble? 2. The cure?

Ans.—Raw apples, especially when not thoroughly masticated, remain for several hours in the stomach and are apt to give rise to the formation of gas. This difficulty can be largely remedied by thoroughly masticating the food. Every particle of food should be reduced to a liquid before it leaves the mouth. Any portion which can not be thoroughly masticated should be returned to the plate.

10,395. Catarrh of the Bowels. — J. S., Michigan: "1. What is your advice in regard to hot injections for catarrh of the bowels? 2. Every other day, sometimes every day, have been injecting two or three pints of water at a temperature of 90° or 95°, and with which I have mixed two ounces of extract of witch-hazel, a small pinch of soda, and twenty drops of Golden Seal. The catarrh extends up into the large intestine. The injection is retained forty minutes. Also have catarrh of the stomach. What would be a strengthening diet?"

Ans.—1. Often very useful.

2. A simple diet of well-cooked cereals, fruit, buttermilk, baked potatoes, and easily digestible vegetables should be found very helpful. Malted Nuts and Granose Flakes are excellent foods for such cases.

10,397. Malarial Climate. — A. B. D., Iowa: "How can one live in a malarial climate and still avoid chills and fever?"

Ans.—Avoid mosquitoes. It has been definitely proven that the mosquito is the cause of malarial infection. If sufficient care is taken to avoid being bitten by the mosquito, which is always found in malarial regions, malarial fever may be avoided. This is the only way in which this disease can be avoided.

10,398. Morning Bath — Itching of Skin. — Mrs. E. W. L., Alabama: "After my early bath my skin itches intolerably so as to make the bath undesirable. What remedy can you suggest?"

Ans.—Try an application of talcum powder. If this does not succeed apply a solution of carbolic acid in alcohol—1 part carbolic acid to 200 parts of alcohol.

10,399. Apple Juice — Constipation — Internal Baths.—G. A. T., South Dakota: "1. Can apple juice be made without a press and how is it kept? 2. When Fletcherizing every morsel of food, the bowels become very torpid and do not move without assistance. What is the reason for this and the remedy? 3. Is the internal bath beneficial? 4. Is the use of the cascade injurious or helpful?"

Ans.—1. Apple juice can be made in small quantity by grinding or crushing apples; then squeezing them in a muslin bag. Apple juice is kept by heating for ten or fifteen minutes at 180° F. in a fruit can, bottle, or jug, then sealing tight.

2. The cause is a reduction of the bulk of the food and a change in its consistency. The remedy is to be found in the free use of acid fruits, fats in the form of nuts and olive oil, and the free use of fruit juices.

3. Yes, in persons suffering from autointoxication from retention of the colon contents. Such cases are extremely common. Probably the great majority of chronic diseases owe their origin to the absorption of poisons from the colon as the result of the too long retention of fecal matter.

4. We are not able to see that the device possesses any special merit.

10,400. Estimate of Food for Given Weight.—A. L. D., Wisconsin: "My height is 5 feet, 10 inches; weight 170 pounds; occupation, hardware merchant. Kindly furnish estimate of food required and sample bill of fare."

Ans.—The amount of food required depends first of all upon the person's size which, other things being equal, is in proportion to his height. A man having a height of 5 ft. 10 inches should, on the average, eat 2,142 calories per day, of which 231 calories should be proteid, 478 should be fat, and 1,433 should be carbohydrate. Estimated in ounces of dry

material this represents, 2 ounces of proteid, 2 ounces of fat, and 12½ ounces of carbohydrate. As usually eaten the average cooked food consists of three-fourths water, so the amount actually consumed would need to be at least four times the quantities above named. For sample bill of fare see the articles in current numbers of GOOD HEALTH by Lenna F. Cooper.

10,401. Treatment of Convulsions. — Mrs. J. M. C., North Dakota, desires to know the best treatment for a child having convulsions.

Ans.—Put the child as quickly as possible into a hot bath, then wrap it in a blanket which has been wet in hot water and wrung very dry. After a couple of minutes the hot application should be removed, and cold water should be dashed over the child. The bowels should be moved by an enema, and the stomach should be washed out with the stomach tube.

10,402. Coca Cola. — Mrs. J. H. M., Colorado: "Kindly give me your opinion of the drink Coca Cola."

Ans.—We can not recommend it.

10,403. Eczema in Ears. — L. A. D., Kansas: "I have been troubled with eczema in the ears for over a year. My diet has been fruit and vegetables, with very little meat or pastry. Can you tell the cause of the trouble and advise a diet for getting rid of it?"

Ans.—You should adopt an aseptic dietary, consisting of fruits, grains, and nuts. Make free use of the cereals, especially in the dextrinized forms, such as well-toasted bread, browned rice, and the flaked cereals, such as toasted corn flakes and toasted wheat flakes. The legumes should be well cooked and passed through a colander before serving, in order to remove the hulls. Nuts should be carefully chewed in order to facilitate their digestion. Egg yolks, butter, and cream should be freely used. Avoid mushes of all kinds fried foods, tea, coffee, pickles and condiments of all sorts. Meat should be entirely discarded from the dietary. Large quantities of fruits and fruit juices should be used to keep the bowels open. Bathe the parts with very hot water and resinol soap, and then apply the following lotion:

Carbolic Acid	1 dram
Listerine	1 dram
Rose Water	3 ounces
Alcohol qs. ad.	6 ounces

Follow this by the application of lotion No. 2.

Ichthyol	2 drams
Lime Water	½ ounce
Oil of Sweet Almonds	½ ounce
Glycerine	6 drams
Rose Water	6 drams

10,404. Biscuits and Constipation. — J. M., New Jersey: "Is there any harm in eating daily two or three biscuits composed of two-thirds beans and one-third white flour, with a little molasses, butter and soda? They are supposed to relieve constipation?"

Ans. All the articles named are sufficiently wholesome with the exception of soda, which should be omitted.

10,405. Spinal Meningitis. — Mrs. W. F., Canada: "Please advise treatment for a little boy 4½ years old who is suffering from spinal meningitis. He was taken sick four weeks ago and his back, left arm and legs are still useless? What can be done for him and what should be done in case of a recurrence of this disease?"

Ans.—The injury done may possibly be permanent, but it is quite possible that repair of the injured parts may be effected. The child should be bathed every day in a tubful of water at 93° or 94° F. for twenty to thirty minutes followed by careful drying. Several times a day make alternate hot and cold applications to the spine, after the following manner: First apply a fomentation consisting of a flannel cloth folded to form a compress sixteen or eighteen inches in length and six or eight inches wide, wrung quite dry out of water just as hot as the lad will tolerate it. Cover this with a larger dry flannel compress. After five minutes remove the hot application and immediately rub the spine with a piece of ice or with a towel wrung out of ice water, until the parts become bright red then immediately reapply a very hot fomentation, and again follow by an ice rub. Continue these alternate hot and cold applications for five or six changes, ending with the cold. The child should also be given an aseptic dietary similar to the one described in the answer to 10,403. He should live out of doors as much as possible. Great care must be taken to keep the bowels active; massage, and applications of electricity, with carefully graduated exercise are all beneficial for the affected arm and legs. You really ought to take the child to a well-equipped sanitarium for treatment.

10,406. Psoriasis on Legs. — M. V. B., Minnesota: "Kindly outline through your Question Box the cause and treatment of an eruption on the legs between knees and ankles. It appears in small red spots which itch greatly and spread unless checked by ointment. I am 42 years of age and have general good health though underweight for my height. Live mostly on milk, fruit, grains and nuts with vegetables and with very little meat, coffee or other stimulants. Am a bookkeeper but have considerable exercise and fresh air. Sleep soundly, averaging seven hours."

Ans.—The cause is probably lowered vital resistance with diminished alkalinity of the blood. You should eat freely of potatoes, spinach and similar green vegetables, taking care to masticate them thoroughly. Discard the use of tea and coffee, and omit all other stimulants and condiments from the diet. Avoid the use of fried foods and mushes. Live an active outdoor life. Be sure to secure free ventilation of your sleeping room. The affected parts should be bathed in very hot water and resinol soap, and dermititis lotions No. 1 and No. 2 should be applied. See answer to 10,403.

10,407. Estimate of Food for Given Weight, etc. — A. D. P., California: "I am 34; weight 125; height 5 feet, three inches; occupation, government clerk, working seven hours in office. Kindly give estimate of food required and sample bill of fare."

Ans.—You should eat about 1,800 calories per day, of which 150 calories may be proteid, 450 to 550 fats, and 1,100 to 1,200 carbohydrates. See articles by Lenna F. Cooper in current numbers of GOOD HEALTH for sample bill of fare.

10,408. Stiff Knee. — M. L. D., Pennsylvania: "What treatment will restore the use of a knee-joint which has been rigid for about a year, following an acute attack of rheumatism?"

Ans.—The case is not very hopeful. It may be necessary to resort to surgical operation. You should consult a physican who could examine the limb under laughing gas and if possible break up the adhesions which cause the rigidity of the knee joint. Fomentations to the joints three times a day, with the application of a heating compress during the intervals, and massage to the muscles above and below the joint will be found helpful.

John Walter's Experience.

WHEN John Walters left the doctor that Monday morning it was with perplexity—for the doctor's instructions had been these: —

"You must get into the country—don't fail to do it. Your life depends on it. You must observe all the rules of hygiene rigidly. Particularly in your case it will be absolutely necessary to take a full cold bath each morning just as you get out of bed. Remember this and the other points I have given you, and you'll be a different man in three months."

John relied implicitly on the doctor's word. He would not have thought for a moment of disobeying him in one particular. Thus the trip to the country and the cold plunge each morning were foregone conclusions. But the point that perplexed him was this: How was he going to enjoy the privilege of a stay at Aunt Mary Parker's in the country and the cold plunge at the same time. For no other place than Aunt Mary's would serve under any condition, and while the country folks there had all the luxuries of fresh air and open fields, the nearest approach to a bath room they could furnish was the pump down by the road or the watering-trough in the barnyard. True every member of Aunt Mary's household was scrupulously scrubbed once a week—sometimes twice. But the operation required elaborate preparations and even these—who ever heard of such a thing as taking a cold plunge in a bath-pan or wash-tub?

Such were John Walter's thoughts ere he finally concluded that one of two things would be his portion: either to forego Aunt Mary's and go to some so-called "country resort" instead, where bath conveniences were not unknown, or to dig down into the recesses of his pocketbook for some $200 or $300 to establish a complete water supply system at Aunt Mary Parker's home. The first idea was disheartening; the second was beyond the pale of reason.

But in spite of it all, John Walters stepped off the train a week later at Globeville and after loud greetings from Uncle Henry, was driven slowly through the October woods and fields to the old country house, the "buck-board" carried his trunk, a hand valise, and a strange-looking, long, narrow parcel.

"Land sakes!" said Aunt Mary, after giving him a vigorous embrace and asking a score or more of questions ere he could reply to one. "Land sakes!" she said pointing to the strange-looking parcel. "What you bringing your fishing tackle along for? There's no fishing out here in Thanksgiving or Christmas time."

John said nothing and the contents of the package remained a mystery.

But in the evening after Aunt Mary had finished her housework, John finally remarked, "Well, Aunt, the doctor decrees that I must have a cold tub-bath each mornig."

"Goodness sakes alive!" cried Aunt Mary, uplifting her hands. "We haven't had any tub-baths since five years ago last spring when we visited your Cousin James in Cincinnati. What on earth are you going to do?"

"Well, if you'll lend me the services of Georgie and Jennie each evening for ten or fifteen minutes to carry a few pails of water, I think we can get along all right," was John's reply.

With some curiosity this was consented to, and then leading the folks to his room, John began to unfold the mysteries of the strange-looking package. The paper was untied and folded away Then a flirt and a shake and what had looked like a case of fishing tackle resolved itself into a large, capacious bath-tub.

"Well, I never!" said Uncle Henry.

My soul and body!" exclaimed Aunt Mary.

"You see," John explained, "the doctor told me that I must get into the country and must have a cold bath every morning. I didn't want to go anywhere else in the country but right here. Still I knew the cold bath would be an impossibility here—unless," he added with a laugh, "I should run out in my nightgown each morning and take a plunge in the watering-trough. And I fancy I would have to take the ax along in a few weeks to chop the ice at that.

"Well, I was about giving up in despair when a friend of mine told me about this folding bath-tub sold by the Good Health people at Battle Creek. I ordered one without a moment's delay. Now I can have my cold plunge every morning and the rest of the family can enjoy a full bath every time 'bathing day' rolls around."

Fourteen weeks later John Walters went home. On the train, after bidding the country folks a hearty good-by, he took account of his financial significance of his vacation thus: —

DISBURSEMENTS

One folding bath-tub, cost	$ 7.50
Railroad fare	10.20
Lost salary at $20 a week	280.00
Total	$297.70

RECEIPT.

Fourteen pounds of added flesh at $50 per pound (cheap at that price)	$700.00

Net gain as I figure it, $402.30

"That little bath-tub was a great find," he murmured as the train sped onward. "Don't know what I would have done without it," musing thus he fell asleep and dreamed that Uncle Henry and the two children standing at the edge of a mammoth folding bath-tub just about to enter a swimming race for the championship of the world.

Corset Slaves

Nine Out of Every Ten

women you meet are just that—*corset slaves*. Not *willing* slaves either, mind you. Not bearing their burdens of headaches, backaches, weak stomach, liver or kidneys uncomplainingly—far from it. For if ever imprecations were hurled at any one thing more than another by the American women, the corset is that thing.

Didn't you ever hear this:—

"*Oh, these corsets, they're just killing me! I do wish I could get away in the woods somewhere where I would not have to wear them.*"

It used to be "a case of have to." Women who did not wear corsets looked so "simply dreadful" that even the prospect of invalidism would scarcely offer inducement to appear in public corset-less.

That was the situation a number of years ago when we began to figure on a reform garment to take the place of the corset. To-day a great many satisfied wearers of the **GOOD HEALTH WAIST** add their assurances to ours that this waist *successfully* replaces the corset.

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The waist is *washable* and *adjustable* and is carried in all styles and sizes. Children's waists are also carried.

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By Mary Wood-Allen, M. D. Remarkable little books in story form, telling the boy or girl about to enter manhood or womanhood the things most important for them to know. In cloth, postpaid, 50 cents.

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By Mrs. E. E. Kellogg, A. M. An up-to-date cook book that every progressive housekeeper will thoroughly enjoy. Contains 300 pages. Cloth, postpaid, 75c. Paper, postpaid, 30c.

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By J. H. Kellogg, M. D. This work has met with the largest sale of any of Dr. Kellogg's books. It is thoroughly practical and very instructive. Sent postpaid at the following prices: Cloth, $3.00; Half Buff, $3.50; Library, $3.75; Half Morocco, $4.25; Full Morocco, $5.50.

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