

Life & Health


THE NATIONAL HEALTH MAGAZINE



*January
1913*

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LIFE AND HEALTH

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VOL. XXVIII
No. 1

Life & Health

THE NATIONAL HEALTH MAGAZINE

JANUARY
1913

AIM: To assist in the physical, mental, and moral uplift of humanity through the individual and the home.

George Henry Heald, M. D., Editor

ANY ONE WOULD ADMIT IT

That is, after serious thought.

Admit what?

Admit that superb health is more desirable than wealth or any of the prizes for which men and women usually strive; for perfect health includes the possibility of a long and efficient life, with the greatest capacity for enjoyment and the greatest ability to enrich the world.

And yet as one sees that the great mass of people are ready to sacrifice health and strength for something less valuable, the conclusion is inevitable that as a rule people do not realize the value of health, or else they do not know to what extent their health is dependent on their method of living.

Hence the need of campaigns of health instruction.

But can not this instruction be given in text-books?

Events are occurring so rapidly in every branch in hygiene that books just from the press are already out of date. In fact, one could never keep up with the advances of hygiene by the reading of books.

The month or week does not pass in which some discovery is not made that bears important relation to the conservation of health. Many of these researches and discoveries are of such a nature that their importance would not be apparent to the lay reader; but often our knowledge is broadened in directions that the lay reader can appreciate and benefit by.

"Life and Health" is in no wise a journal devoted to the technical phases of this rapidly advancing science. Its work is to give to the lay reader just that information that will be of practical use to him; and to this end we have secured the cooperation of writers well fitted to instruct in various lines. Already we have in hand, or promised, more than enough contributed matter for the entire year from such authors as Drs. G. K. Abbott, J. L. Buttner, John M. Connolly, O. C. Godsmark, Leonard K. Hirshberg, D. H. Kress, Lauretta Kress, James F. Rogers, and W. W. Worster, some of whom have high university degrees in addition to their medical degrees. Then there are Florence L. Clark, George E. Cornforth, Charles Cristadoro, William J. Cromie, Charles K. Farrington, and Edythe Stoddard Seymour, most of them familiar to "Life and Health" readers.

Conventions, congresses, conferences on hygiene, on city improvement, on the prevention of tuberculosis, on the protection of infant life, frequently occur, which furnish live, up-to-date information of interest and importance to all, but which rarely reaches the public in a reliable form in the newspapers; and there are the discoveries, and the result of the research laboratories regarding the cause, prevention, and cure of disease, which if they reach the reader through the ordinary sources, are usually distorted. These will furnish the editor with abundant fresh material for the instruction and edification of the readers.

NOW is the time, while you have it in mind, to subscribe, and thus assure yourself of the monthly ministrations of this health visitor. Terms, agencies, etc., given in the advertising pages.

THE DIVORCE PROBLEM; HOW SOLVED

D. H. Kress, M. D.

[Dr. Kress is widely known as a lecturer on hygiene, having conducted campaigns of health education not only in various parts of the United States, but also in England and Australia. Recently his lecture on divorce caused much comment in the daily newspapers. The doctor certainly has some original ideas on the subject of divorce, and he seems to be well fortified with sustaining facts.—Ed.]

FORTY years ago divorce was seldom heard of in America. Since then each year there has been an increase entirely out of proportion to the increase in population, until at present it has assumed the form of an epidemic. Chicago and Cook County courts alone granted 33,906 divorces during the past twenty years. Not far from one million divorces were granted in the United States during the same period. It was estimated that during the year 1896 there were seventeen thousand divorces in the United States. Eight years later, or during the year 1904, there were over seventy-two thousand; and the present year there will be between eighty-five thousand and ninety thousand divorces, at the present rate of increase. Divorce is increasing two and one-half times faster than the population.

In the year 1906 there was one divorce to every twelve marriages; at the present time there is probably one to every ten marriages. In some States where divorces are easily obtained, the percentage is still greater; for instance, in the State of Maine it is one to seven, in California one to six, in the District of Columbia one to four. In the city of Los Angeles the divorce

rate has reached one to every three marriages.

The fact that during the year 1900 there were seventy-three divorces to every one hundred thousand population, while during the year 1890 there were only thirty-eight to one hundred thousand of the population, affords some idea of how rapidly divorce is increasing. By many there is no more sacredness attached to the marriage ceremony than there is to an ordinary business union which may be severed whenever desired by either of the contracting parties.

This is a serious matter, for upon the stability of the home rests the stability of the nation. Anything that strikes at the well-being of the home directs a death-blow at the heart of the nation itself. It is one of the evidences of national decadence.

Divorce Prevalence a Symptom

Divorce is not necessarily an evil in itself. In some cases it is a blessing and a benefit to society. The real evil exists in the diseased social condition that makes necessary this surgical operation on the social body. The prevalence of divorce is a mere symptom of a sad and degenerate social state. The remedy lies not in stricter divorce laws, but in the removal of the



High matrimony as well as high finance is an evidence of a fast age.



Sensationalism and novelty in connection with the marriage ceremony do not make for happiness and permanence of the marriage relation.

causes of this unhealthy social condition.

It is, of course, unwise to make easy by law a custom that tends to ruin the home; for the easier it becomes to obtain divorce, the more pronounced will become the causes that are responsible for it. There is no doubt that many of the differences that arise in the home could and would be smoothed out if divorce was not so easy to obtain.

Lax Marriages

To many the marriage vow no longer means "until death do part us." There exists a strange laxity in regard to this union. This is manifested in sensational marriages,—marriages in balloons, in an automobile while running at top speed, in a cage with a lion, etc.

Recently a young woman, in order to determine which of two supposed affinities she should take, decided the matter by tossing up a penny. Ten months later, with a helpless babe in her arms, she appealed to the court for a divorce because of cruelty and non-support. In another case a girl became infatuated with a prisoner during his trial. He was convicted

of manslaughter and sentenced to two years in prison. They were married before he was sent to the penitentiary. After his term expired, they lived together four months. The woman asked for a divorce because ten times he had deliberately tried to take her life.

I remember a pure, innocent young woman falling in with a reformed morphin and cocain addict. Although he was much older than she was, they were married. To them was born a sickly, shriveled-up child. Later reverses and disappointments, which should easily have been thrown off by one possessing a stable nervous system, caused him to return to the old habits. The home was ruined, the young wife having to find shelter under the roof of her parents. Young women can not afford to run the risk of marrying men in order to reform them, neither can they afford to run the chances of marrying reformed habitués.

Anciently, while none were required to marry those whom they could not love, it was customary for young men and women, before taking so important a step, to seek the counsel and advice of their

more experienced parents. This advice was generally heeded; and when not heeded, sorrow was usually the result.

Sentimentalism, passion, and impulse are responsible for most of the ill-mated marriages. With many it is not a question of whether such a union is conducive to the well-being of the contracting parties, and to their offspring, should they have any, but merely a question of "Do we love?"

Often good men have made grievous errors in the selection of their life companions. John Wesley, it seems, made a serious mistake. Later in life, when a young man wrote to Wesley for advice concerning which of two young women he should marry,—an amiable girl who was not a church-member, or a hot-headed, ill-tempered girl who was an active church worker,—Wesley replied, "Marry the woman of a loving disposition."

Divorces are more frequent in childless homes than in homes where the child is welcomed. The child forms a sacred bond between husband and wife, and helps to make the home attractive and desirable. Recently I was present in a court-room where three divorces came up in succession. Every one of these I found to be childless marriages. The

presence of children in the home prevents many estrangements between husband and wife. The happiest homes are the homes where there are children and where they are desired.

Novel Reading as a Cause of Divorce

Some time ago it was announced that a certain sensational novel caused the death of a reader, the excitement produced being responsible for heart failure. Whether this is true or not, one thing is certain, that the free reading of sensational novels has ruined many a home. It is largely responsible for the abnormal man and the hysterical woman. The novel-reading habit is about as demoralizing as is the drink or morphin habit, and it is about as difficult to give up.

Probably not less than eighty per cent of the books in our public libraries are fiction. Boys and girls have access to these books, and, unguided, they select the most sensational ones. This makes the public library a menace and a source of evil. Novel readers live in an unreal atmosphere. They usually look for and marry, as they suppose, the hero of their favorite novel. If the real man fails to meet their ideal, disappointment results, and divorce follows.

The excitements of city life—amuse-



The amusement parks militate against the home life.

ment parks, moving-picture shows, the maddening rush of business, the modern apartment with its lessening of household duties—all tend to destroy home life and to weaken the matrimonial bond. The modern wife must do her utmost under these unnatural and feverish conditions to make home as attractive and inviting as possible. She can not afford to be gloomy. She should be prepared to meet the husband, worn out with the perplexities of business, with a cheerful, open-hearted welcome. Cheerful women seldom figure in a divorce.

Drink, Food, and Divorce

Strong drink is responsible for many of the divorces. Many a well-intentioned and good husband has been converted into an unreasoning brute through the influence of strong drink. Even the moderate use of wine or beer brings man on a lower plane morally. It destroys his nobler instincts, and tends to develop in him the animal nature. Under its influence men who otherwise would remain true to their homes and marriage vows are led astray, and in time lose their love for home and its inmates. The free use of tobacco exerts a similar influence. The pipe becomes the special object of devotion.

The free drinking of tea and coffee may also be a provoking cause of divorce. The tea and coffee drinkers after a time tend to become irritable and impatient. They then imagine they are unfairly dealt with, and are likely to become morose or to play the part of the

persecuted saint, not appreciating the fact that they are really responsible for their own unhappiness.

The modern table, laden with indigestible foods, is another possible cause of domestic infelicity. It is impossible for any one to have a sour stomach and a sweet, amiable disposition at the same time. To keep the disposition of the husband sweet, wives must master the art of cookery, and be able to place on their tables foods that are inviting, palatable, and yet easy of digestion. Good, wholesome, well-baked bread, in place of the pasty baker's bread, will aid in solving the divorce problem. Sydney Smith, in a letter to Arthur Kingslake years ago, said, "What God has joined together ill-cooked joints and badly boiled potatoes have often put asunder."

The time was when bread was regarded as the "staff of life." It is no longer so regarded. Meat has taken its place. We now consume more meat per capita in the United States than bread. Meat has concealed within its fibers products that are irritating to joints and muscles, thus causing gout and rheumatism, and also fever the blood and irritate the brain and nerves, causing irritability and impatience.

It has many times been demonstrated that the liberal eating of flesh may produce a quarrelsome disposition, and quarrelsome people are the ones who most often get into the divorce courts. I welcome the increasing demands made upon the pocketbook by the advance in the price of meats; for the increased price will lessen the meat consumption, and as



Modern fiction is doubtless responsible for much domestic infelicity.

that declines, a milder man and a gentler woman and more contentment in the home will come.

There has been a departure from the divine plan. In the beginning, God made them male and female, and said, "They twain shall be one flesh." The first happy pair were placed in a garden, where they could have the benefit of the open-air life. They were surrounded with birds, flowers, and trees, with things pleasant to the sight and good for food; and here they were commanded to "be fruitful, and multiply." They were given agreeable employment—to dress the garden and to keep it. These were ideal conditions for the maintenance of the home. The calm country life has been exchanged for the feverish and unnatural city life, and the simple foods that are non-irritating and non-excitng for alcohol, tea, coffee, oysters, fish, meats, and other exciting foods and drinks.

Many a woman is placing before her husband the foods that are responsible for her sorrow. To make home what it should be, attention must be given to foods and drinks.

Some years ago a patient came to me from Canada for the purpose of regain-

ing his health, at the same time planning to secure a divorce while in the United States. In talking over his history, he informed me that on two occasions he was stricken down suddenly with symptoms of poisoning, and that he felt convinced that his wife had administered the poison in the food. After a careful examination, I had every reason to believe this to be a case of self-poisoning, which it proved to be. By careful dieting I was able to send him home in two months. One year later, while on his way to Chicago, he stopped off to call upon me. When I opened my office door, he stood there with his wife, both smiling. He said, "Doctor, I stopped off purposely to have you meet my wife." He then said that since his return home, they had lived together happily, for they had learned the more excellent way. This man would undoubtedly have secured a divorce had he not applied to a physician first. It would be well for those contemplating divorce to consult a medical man first, for I am certain that errors in eating frequently are responsible for irritability and impatience, which later lead to the divorce court.



Strong drink is responsible for many of the divorces.



INSOMNIA

G. K. Abbott, M. D.

[Dr. Abbott's experience in the class-room, where he has taught both nurses and medical students, and as an author of two text-books on hydrotherapy, in addition to his experience at the bedside, has well qualified him to write the series on hydrotherapy for *LIFE AND HEALTH*. The measures advocated in this article may relieve many poor sufferers, and may save some from the greater misfortune of falling into a drug habit.—ED.]

THE "wooing of Morpheus" is not fiction, but a very serious fact in the lives of many, especially those who have by excessive business cares or social duties burned the candle of health at both ends. As in the case of headaches, the relief afforded by medicines is a delusion and a snare, so sleeplessness treated by sleeping-powders becomes more frequent and more intractable. Could these lessons regarding drugs be intelligently learned by the American people, that great American fraud, the patent medicine business, would very promptly and deservedly collapse. But it is not our purpose to discuss this phase of the subject.

Insomnia of the Sedentary

Effective relief from insomnia may be obtained without the use of drugs by ways within the reach of all. Excluding the insomnia due to actual pain, there are two fairly distinct types of this difficulty. The first of these is the less serious, and is due to lack of normal fatigue. Those who suffer from this form of insomnia are engaged in sedentary occupations, though these may not entail worry or undue anxiety. Such persons have but little difficulty in getting to sleep; their trouble comes after one or two o'clock, or possibly not until three or four, from which time their sleep is fitful and disturbed, or they may lie awake an hour or two at a time. Normal fa-

tigue brought on by physical work demands a full night's rest, and so remedies the difficulty. In case the greater part of the day is occupied in sedentary pursuits, sleeplessness may be avoided by exercise in the late afternoon or evening. Some brain workers obviate the trouble by a long walk just before retiring. One professional man told the writer that he made it a rule to walk in one direction until he began to feel tired, and then to return the same distance; thus he was sure to secure the necessary fatigue, and the consequent undisturbed sleep following it. Other forms of exercise, especially light work, are equally effective, and a greater help in diverting the mind from the business of the day. A cold tonic bath in the evening is helpful in this form of insomnia.

Neurasthenic Insomnia

The second form is the more serious and intractable, and requires more perseverance and skill in its management. It is associated with nervousness, irritability, and other manifestations of excessive reflex excitability; in fact, it goes to make up a part of the neurasthenic state. Not only is the sleep after midnight disturbed and fitful, but the afflicted person experiences the greatest difficulty in getting to sleep. If untreated, this may require two or three hours after retiring, hours of such distressing nervousness as only those who have suffered

If you are losing sleep, do not begin drugging yourself.

Otherwise you are liable to lay up for yourself greater and more irremediable woes.

Sleeplessness may be safely and effectually relieved without drugs.

The sleeplessness due to want of normal fatigue—the sleeplessness of the person of sedentary habit, which appears in the early morning hours—can be relieved by a little judicious exercise in the afternoon or evening, with, perhaps, a tonic bath.

Sleeplessness accompanied by irritability and neurasthenic conditions requires more patient and continued treatment, including hydrotherapy on retiring, spinal rubbing when the patient awakens in the night, with other measures outlined in the article.

from it can fully appreciate. There are a variety of efficient measures that may be used to relieve this condition. One of the simplest is the use of a hot foot-bath, lasting ten or fifteen minutes, with a dash of cold water over the feet, and followed after getting into bed by a set of three fomentations to the spine. The foot-bath relieves brain congestion, while heat to the spine relaxes muscular tension and relieves spinal irritability. When one awakens at night, the nervousness may be relieved by slow, steady rubbing of the spine. This should be with rather moderate pressure at first, becoming lighter as the nervousness is relieved, and even breathing indicates relaxation and approaching sleep.

If the feet are persistently cold, take an alternate hot and cold foot-bath just before retiring. This is done by immersion of the feet in as hot water as can be borne for two minutes, then in very cold water for fifteen or twenty seconds, returning them again to the hot water for two minutes, followed by the cold, and so on for six or eight complete changes. At the close, wipe the feet from the cold water, rubbing well, and if necessary put on some form of bed shoe, to be worn all night or as long as needed.

The wearing of the moist abdominal girdle, described in a previous article, is a very helpful means of treating the insomnia of neurasthenia. One of the simplest and most effective means is the full warm or neutral bath, lasting from twenty to thirty or forty minutes, taken just before retiring. The water should be at a temperature of 96° to 98° F., depending upon the season of the year and other conditions, and should be deep enough in the tub to cover the chest. It has been shown by experiment that this causes a sinking of the brain substance by lessening the blood supply, together with a weakening of the reflex excitability and activity of the spinal ganglia, and consequent relaxation of the muscles, the fundamental conditions for physical calm and sleep. The full neutral wet-sheet pack is unexcelled as a

sleep producer; but as it requires more skill in its application and some attention during the night, it is not so suitable for home use.

Sarason, of Berlin, has recently added to our resources in the treatment of insomnia a very effective measure in the form of a "sleeping-powder" that may be applied *externally*. It is known as the oxygen bath. The ingredients are used in connection with the full warm bath, and although somewhat expensive, it adds greatly to the calmative effect. The principle of the bath is similar to that of the Nauheim bath, except that the water is charged with oxygen gas instead of carbon dioxid gas. To prepare the bath, dissolve in a full tub of water at 95° to 98° F. ten ounces of sodium perborate by sprinkling it uniformly over the surface of the water. Then add one-half ounce of manganese borate by the same procedure. In one or two minutes the bath is ready to enter. The patient should remain as quiet as possible, moving the limbs only occasionally. It should last twenty minutes, the drying being done with as little disturbance as possible. Where insomnia has become a habit, about three baths a week should be taken. The results are best when the bath is taken in the late afternoon or early evening, at least one and one-half hours from the usual time of retiring rather than just before.

These simple means produce results far superior to any drug known. Years of experience in their use has left no doubt of their unexcelled value. The salutary effects of a drugless sleep are felt all the next day. There is not the usual after-tendency to drowsiness. The patient feels like himself. Quite the contrary condition follows the rest obtained by trional, the bromids, and other hypnotics, after which the patient is likely to be drowsy during the succeeding forenoon. For this reason medicinal soporifics often defeat their own end; for the patient should be awake during the daytime so that natural fatigue may result, and the system demand rest and sleep.



OPEN-AIR SCHOOLS

Elizabeth McCormick, a mere child, became interested in some persons living in the town where the family summer home was located, and was not satisfied with the character of the house in which they lived. She thought about it a great deal, and wanted some houses built that would give more space for light and air, for gardens and flowers, for the things that give joy in life. Her death at the age of twelve was a crushing blow to the family. That the good purposes of the little philanthropist might be continued, the grief-stricken parents created the Elizabeth McCormick Memorial Fund, the income of which is to be used in philanthropic enterprises. Notable among the benefactions carried on by this fund is the work for weakly children, whereby they are given the advantage of open-air life. The illustrations on the cover, the frontispiece, and at the top of this page are from the exhibit by the trustees of this fund, in connection with the hygiene exhibition in Washington, D. C., September, 1912.

Following is an abbreviation of a talk at the hygiene exhibition on the St. Louis open-air schools, which are conducted practically as are those in Chicago.

O PEN-AIR schools were first tried in Germany in 1904, and proved so successful that they have since been adopted in many other countries. They have not only been successful in curing beginning tuberculosis, but they have demonstrated the weakness of the ordinary schools, and some are beginning to think that all schools should be conducted on the open-air plan. Such schools are the cheapest, the best for discipline and scholarship, the most healthful, and the best preventive of tuberculosis.

In the congested districts, a large pro-

portion of the children are found to be infected with tuberculosis. The social workers have learned that no matter how desirable it might be from a health standpoint to separate these children from their parents, it works bad socially to break up families; therefore the children must be protected from tuberculosis in some other way. This can be accomplished by having these children live for as many hours of the twenty-four as possible in the open air, under the best possible hygienic conditions. The child under the new conditions gets better, learns valuable lessons in hygiene, and

goes home each day to act as a health missionary to the older members of the family, and thus gradually bring better conditions into the home. In a few years, the open-air pupil can return to the ordinary school without losing a grade.

The first requisite of an open-air school is fresh air; and where practicable, such schools are better in the suburbs in the midst of healthful surroundings, but often it is necessary to utilize the roof of a downtown building.

There are two types of building,—the converted type, an old building made over by having two sides knocked out and the walls replaced with windows that can be thrown completely open; the other is a substantially built shed. The shed type is enclosed at one end for the kitchen, storeroom, bath-room, and locker-room.

A building sixty by thirty feet will accommodate twenty-five children. The open space, protected by mosquito-wire and canvas drop-curtains, is used for dining-room, schoolroom, and rest-room.

Without proper food and clothing, it is impossible to conduct an open-air school. In the autumn heavy underwear and sweaters will be needed, and in the winter each pupil must be provided with an "Eskimo suit," made of heavy blanket in the form of pajamas, to fit over the other clothes (see illustration). In addition, there must be felt top boots and gloves, and shoes and stockings must be provided; for often the children get their

feet wet coming to school, and it is essential that they have something dry and warm to wear.

Each child is expected to take a cold shower-bath every morning after arrival at the school. Where there is a failure to react, as there sometimes is at first, hot milk is given. Then comes a good breakfast,—we have found it the rule that these children are sent from their

homes without adequate food,—then follow lessons, graded according to the physical condition of the pupils, and after this a big hot dinner. After the dinner comes a sleep. This is important. The children thus do not get tired in the afternoon, although without the nap they always do, even the normal pupils in the ordinary schools. After appropriate school work, a light luncheon is served; then the children are sent home, from four



THE "ESKIMO SUIT"

to six o'clock, according to the time of the year.

There are no holidays nor vacations. Even on Sundays there is a Sunday-school, with some sort of exercises. The children prefer not to take even the Christmas holidays. Instead of having a summer vacation, the school is turned into a sort of open-air recreation camp, with appropriate exercises.

Building and equipment in St. Louis cost \$2,200, with an annual expense of \$150 a pupil, in addition to the teacher furnished by the school department, and the nurse, etc., furnished by the health department.

The results have been extremely satisfactory. The children have an attendance of nearly 100 per cent, and the scholarship is excellent. Of 875, only 70 failed to gain weight. These were open advanced cases. Practically 90 per cent were gaining in weight. In one year the weight went up from an average of minus fifteen per cent to minus six per cent; in other words, they made the normal gain for the year, and some besides. One pupil went up to 100 per cent. In the ordinary schools the weight at the end of the year is apt to decline to eighty-five per cent. We have found that if any of the pupils take vacation, they lose during the vacation, and come back with poor appetites. On the coldest days the attendance is nearly 100 per cent.

In scholarship, the pupils went from minus nineteen per cent average at the beginning of the year, to minus nine per

cent at the end of the year; that is, they did as much work as the pupils in the ordinary schools, and some besides.

They gained as much in eight months in St. Louis as the children of the ordinary schools gained in nine and one-half months, and they did this on shorter hours of work.

These facts, which are uncontrovertible, raise the query, Why not have open-air schools for the so-called normal pupils? The ventilation systems are supposed to furnish fresh air; but there is no ventilating system that is fool-proof, and none ventilate always; and when one fails to ventilate, no one is the wiser for it.

There is no more important factor in the solution of our economic problems than the health of the child, and there is no way to do so much for the health of the children as with open-air schools.



AN OUTDOOR ENTHUSIAST





THE FARM BABY

Edythe Stoddard Seymour

This is the second of a series of articles which, although prepared with particular deference to the farm baby, will be found valuable for babies in cities and towns as well as in the country. In the December issue there appeared chapters entitled "Before the Stork Arrives," "The Farm Baby's Clothes," "The Bath," and "The Baby's Food." Those interested in the subject who have not seen the December issue, should order a copy at once, before the supply is exhausted.

By an inadvertence the article on baby feeding of one of our dear friends last month slipped with the advice to give babies of a certain age toasted bread moistened with meat broth. When it was noticed, it was too late to make a change in the wording. The last sentence also might have been omitted without loss to the article.

Not infrequently an author has, in an article with much excellent matter, some things which we do not approve. These latter, if we retain the matter, we "blue pencil," but for some reason we overlooked it in this case; and by one of those strange fatalities that are the lot of authors and printers, the article went through its several readings without the statement being challenged.

V

SLEEP AND AIR

THE new baby should sleep eighteen out of the twenty-four hours at first, from evening until dawn, with two day-time naps later.

Do not feed the baby at night oftener than absolutely necessary. A bottle of comfortably hot water to drink through the nipple, a dry diaper, and a turn on the opposite side, will usually be all that is necessary to put baby to sleep when he wakes up. First substitute the hot-water bottle for one feeding at night, and gradually for others, until at five months of age baby and mother can sleep all night.

The following are some of the causes of nervousness and colic in the baby at night: First, prenatal influences, as, for instance, the effects of the mother's working hard up to the time of her confinement, or of some mental strain she endured; second, too much rocking. If the baby is rocked at all, it should be a gentle motion, soon discontinued. Few babies need any rocking; third, romping,

and also sudden loud noises, which excite the baby too much for him to sleep well.

Worry or fatigue in a nursing mother, or errors in her diet, as the eating of indigestible foods, will give the baby colic. Nursing mothers should keep calm and rested; it is well for them to lie down each time while nursing, and then baby is easily left on the bed without waking him.

To be healthy, the baby must have fresh air night and day, at all seasons, during all kinds of weather. This can be accomplished in one of the following ways: Place him elsewhere, then air and heat the room before bringing him back; air an adjoining room, then close these windows, and open the door into the room where the baby is; or put his wraps on him, and air the room he is in. Sun the baby and also the room if possible, with the baby's back toward the light.

Naps or outings can be arranged on the porch or outdoors. When a blanket is needed, it is best to roll it around the

baby, so he can not pull a loose corner over his face, and thus smother. Feel of the baby's hands and feet to see that they are comfortably warm. Never put enough covers over him to make him perspire; that and extra "bundling" of

the neck or other parts makes the skin sensitive, so it is easy to catch cold. Baby should live out-of-doors as much as possible; and sleep all that is possible, without loud, sudden noises near, and with the strong light shielded from his eyes.

VI

EXERCISE

The baby's first exercises consist of crying and kicking. He should be allowed to cry unless in pain or dirty or wet. Remedy these uncomfortable conditions when they exist; at other times let him cry; it is good exercise, and he would soon learn to cry for the sake of attentions, which are wearing to the mother and make the baby nervous. Babies should be held for a time when picked up; it rests them, and teaches affection.

When the baby is strong enough, he will raise his head and shoulders, and rest on his elbow; then he can be allowed to rest from the reclining position for a little time each day with pillows around him. Later, the baby will learn to bounce when sitting, to bite what is put in his mouth, and to push himself some distance when lying on his back. Have the clothes short enough so he can freely exercise. At six or seven months old a strong baby will sit alone without supporting pillows; these should be placed around to prevent bumps. Some babies creep at this age, while some never creep.

From seven to nine months old most babies learn to pull themselves up by the furniture, and stand and walk around it; some stand alone; and occasionally a baby walks alone at nine months. Nearly all babies, unless too fat, walk well at from twelve to fifteen months old. If the baby is delicate or very fat, do not urge him to walk; he will do so when strong enough.

Usually only very heavy fat babies that have taken little normal exercise,

need to be taught to walk. If the baby is nearly two years old, and does not walk, rub his legs well with sea salt and warm water every day. (Sea salt costs but ten cents for a good-sized bag, and can be had at a drug store.) Also give the baby little to drink but water or orange- or grape-juice. Do not allow the fat baby to stand long at a time. A baby-walker is especially good for such a one.

Toys, to be attractive should be of bright color, or have a little tinkling sound. They should have smooth edges, be light, and be strongly made. Noisy toys do not have a refining influence, and should not be used. Celluloid is nice for first toys; soft dolls and animals, building-blocks, and musical toys later. Noah's ark is a good toy if the paints do not come off. Clothes-pins make good toys; they may be stuck together, or dressed as dolls, or given the baby by the basinful. A feather stuck on baby's hand with molasses will keep him busy a long time trying to pick it off.

A ribbon or string belt, with strings from it to the toys, saves much picking up of playthings. Or the toys may be hung up in front of the baby where he can reach them.

Sand, with regular sand toys or old spoons and dishes, makes an amusing plaything. It is best placed in a box outside, but may be used indoors.

When baby walks alone, he will like a large rubber ball, and particularly a push-wagon with two wheels and a long handle. These cost but ten cents each, and are great favorites with toddlers.

THE ATHLETIC GIRL AND MOTHERHOOD

IN the August *Harper's Bazar* appears an article by Dr. Angenette Parry, which "points out a modern peril to which girls and their mothers should give heed, — the dangers of overexercise." While Dr. Parry believes in the modern girl and glories in her enthusiasm, she sees that in these characteristics there is a possibility of great danger.

She finds a marked change in the type of young womanhood within the last few decades. Now —

"girls with rosy cheeks, and sparkling eyes, and good appetites, are fashionable, not the pale, slender, frail type, so popular half a century ago.

"Then a hearty appetite was almost a disgrace. Now our girls are off for a cross-country ride, the tennis field, or the golf links, and we are pluming ourselves on our progress in physical well-being. It is well to call a halt sometimes, and investigate all the effects of this wholesale craze for athletics in the different phases of life."

But are not athletics always beneficial? One would naturally suppose so, but the effects seem to point to another conclusion. The natural supposition is that —

"a strong, robust girl will, of course, have the strength to deliver a child more easily and quickly than her less muscularly trained sister. *A careful investigation of the reports of many physicians of large experience and the highest reputation does not confirm this idea.*"

Dr. Parry attributes much of the evil of the present situation to unwise athletic training by teachers who, —

"while they may be superior gymnasts themselves, possess neither the judgment nor the training to estimate a girl's physical condition, guarding her when she needs guarding, and forcing her when she is merely inactive or indifferent."

She emphasizes the necessity of individualizing the physical training work, and applying it to the needs of each girl. If the girls are not judiciously supervised, the enthusiasm of some will prove their undoing.

"Girls are ambitious to excel in athletics. The spirit of conquest or achievement takes possession of them. Their judgment is unformed, the knowledge of what they can do unreliable, and the consequences of overdoing or wrong-doing seem too remote to merit serious consideration. In consequence, the athletics calculated to refresh and strengthen a girl become, instead, her undoing. Strained abdominal muscles, displaced pelvic organs, may result. The free out-of-door life, so priceless when properly conducted, may prove to be the path to pain and weakness, if not to permanent invalidism."

"Many educators," we are told, "lay far too much stress on the strength and size of muscles, far too little on the perfect control, which includes the ability to relax them at will."

What is the result of this overtraining to motherhood? The physicians have given their answer: —

"It is a sad comment on our boasted pride in our athletic girls, when many of our most distinguished physicians do not hesitate to say that they dread the labor of high-strung, young athletes, with muscles like iron. Surely there is some serious defect in the training, or we are wrong in our estimate of the value of athletics."

But Dr. Parry is not crying down athletic training. She realizes that a tremendous responsibility rests upon women, and that to bear this responsibility they must have efficient bodies. What she appeals for is that this training should be supervised by persons who understand the capacity of the girls and the danger of overtraining.





STIMULANTS *and* NARCOTICS

COMMON ALCOHOLIC BEVERAGES AND THEIR COMPOSITION

A. B. Olsen, M. D., D. P. H.

ALL the intoxicating beverages, whether whisky from Scotland, wine from Italy, or beer from Germany, contain alcohol in varying quantity. While these drinks also contain other ingredients, including a considerable quantity of water, alcohol, or spirit, is the distinguishing and essential characteristic, and it is that which produces the intoxicating effect. Horsley and Sturge define alcohol as follows: "Alcohol is a drug which, among others, is used by many nations as a beverage or as a medicine, very often without the least discrimination." The definition of the late Sir Andrew Clark, M. D., is still more terse. He says: "Alcohol is a poison; so is strychnin; so is arsenic; so is opium. It ranks with these agents. Health is always in some way or other injured by it."

The Properties of Alcohol

Alcohol is a clear, colorless fluid, which has a hot, burning taste, and strong, penetrating odor. It also burns readily, and therefore makes an excellent fuel. The spirit-lamp of the nursery or of the chemist is a good example of this use. Alcohol evaporates readily, and thus has a pleasant cooling effect upon the skin when used for sponging in fevers.

According to the best authorities "alcohol is a protoplasm poison;" this means that it injures living matter, for that is the simplest definition of protoplasm. It makes a useful preservative, or pickling agent, and has a hardening effect upon albumen, such as the white of an egg.

Furthermore, alcohol, like Condyl's Fluid and Sanitas, is a good antiseptic, for it is destructive to germ life.

Source of Alcohol

Alcohol is prepared by a peculiar process of decay called fermentation. The yeast-plant, which is a fungus and belongs to one of the lowest orders of the vegetable kingdom, is the agent of fermentation. It is composed of curious little round or oval cells, which multiply by budding. These living cells thrive upon sugar, which seems to be their natural food, and the waste matter produced consists of gas and alcohol. Fermentation is the essential process in the manufacture of all forms of alcoholic drinks. Wine, for example, is prepared by allowing the juice of the grape to stand until it spoils, "goes bad," or ferments, after which it is found to contain alcohol. Beer is made from barley grain, and the first step in the process is the preparation of sweet barley malt, a sort of barley sugar. When yeast acts upon barley malt, alcohol is again produced, and the liquid produced is called beer or ale, as the case may be.

Wine

Perhaps the oldest of all strong drinks is wine, which, according to history, was well known to the ancient races of mankind, such as the Hebrews, Egyptians, Greeks, Romans, Chinese, and Hindus. It is usually prepared from the fruit of the vine, but it may be also prepared from any other fruit. There are almost innumerable varieties of wines, and we shall not attempt classification, but only

mention a few of the more common brands. Natural wines are those to which no alcohol has been added. When alcohol is added to wine to increase its strength, as in the case of port, sherry, or Madeira, it is said to be "fortified." Still wines are free from gas, while sparkling wines are purposely charged with gas; and when they are drawn, the wine foams and froths while the gas is escaping. Sweet wines contain an appreciable amount of sugar, and are usually prepared from sweet grapes; but a dry wine contains very little sugar, most of it having been converted into alcohol during the fermentation.

Some Common Varieties

Port usually contains about twenty-five per cent by volume of alcohol. Sherry contains from fifteen to twenty-two per cent of spirit, and Madeira something less.

Champagne, which is generally reckoned as one of the choicest of wines, and is very expensive, is a sparkling wine from France, which contains from ten to fifteen per cent of alcohol.

Then we have Burgundy, also from France originally, but now also prepared largely in Australia.

Moselle (a German wine from the Rhineland), hock (still another German wine), and claret are light wines, containing from five to ten, or perhaps twelve, per cent of alcohol.

Cider is really an apple-wine, while perry is a wine prepared from pears. These drinks contain from two to seven or eight per cent of alcohol. They possess no advantage over light wines, and they are anything but innocent or harmless drinks. According to one authority, "cider is more or less an artificial drink;" that is to say, it is a beverage that is often adulterated.

Medicated Wines

Among the most pernicious of all intoxicating drinks are medicated wines, which almost invariably contain a large percentage of alcohol and various other substances, such as beef extracts, malt,

iron, pepsin, and a preparation of coca leaves. Wines that contain the latter preparation not infrequently lead to the habit of taking cocaine, which is perhaps the most dangerous as well as most harmful of all habit-forming drugs. There can be no doubt that a very considerable number of persons, perhaps most of those who take these medicated wines, are deceived by them, since they look upon them as medicinal rather than intoxicating drinks. Some may possibly think that the presence of beef or malt extract or iron renders the wine harmless; but this is the farthest possible from the truth. Indeed, the very opposite is true, at least in the case of malt; for it is a well-known fact that the action of alcohol upon malt is to render it less wholesome, and therefore less efficient as a food. Furthermore, the prices charged for medicated wines are usually out of all proportion to their money value. For these reasons we would give most earnest and urgent warning against the use of any medicated wines whatsoever.

The Wine Industry

The amount of land, labor, and money that is invested in the production of wine throughout the world must be enormous. In France alone, according to Gautier, one-fifteenth part of the land is given over to the cultivation of the vine, and not less than one sixth of the population earn their livelihood in connection with these enormous vineyards and their products. In a single year 1,320,000,000 gallons of wine are produced in France, or nearly 120 quarts for every man, woman, and child of that country. In Italy, Spain, and Portugal, the wine industry is also one of very great importance; and the same is to a large extent true of Germany, Switzerland, and Austria, not to mention Greece, California, and Australia.

Malt Liquors

We learn from history that the Egyptian god Osiris first taught man how to make an alcoholic drink from barley. The Abyssinians prepare their beer, called *bousa*, by spontaneous fermenta-

tion; but in civilized lands every endeavor is made to prevent this. Pure beer should be made from barley and hops, first by a malting process, and then fermentation, but this seems to be the exception according to the following quotation from Parkes and Kenwood: "These beverages [beers] were formerly made from malt and hops only; now they can be legally made from starch and sugar and various vegetable bitters." Beers vary much in their composition, but usually contain from three to eight per cent of alcohol, and four to fifteen per cent of malt extract. It is thus evident that their food value is very small indeed. England seems to be the greatest beer-drinking nation, no less than 954,000,000 gallons being used in a single year. Germany follows with 629,000,000 gallons, and France with 238,000,000 gallons.

Spirituous Liquors

The strongest alcoholic beverages are prepared by distilling the various fluids that contain alcohol. As we have already stated, alcohol evaporates readily, and by means of repeated distillation it is possible to get a very strong alcoholic preparation.

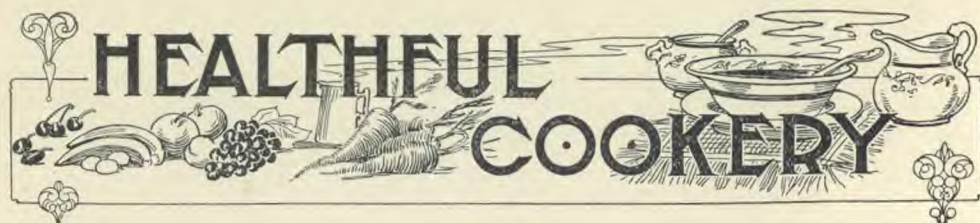
Brandy is a clear, colorless fluid after distillation; but when stored in casks, it becomes slightly stained, and this accounts for any color it may possess. Brandy is usually prepared from grape-wine, and contains from forty-five to fifty per cent of alcohol. Ten gallons of wine will produce from one to one and one-half gallons of brandy. It may also be prepared from apples, pears, peaches, and cherries. Cognac is a special variety of brandy which is generally associated with a place of the same name in France. Blyth tells us that "brandy made in England is for the most part artificial." Whisky is a grain spirit that is mostly prepared from barley, but it can also be manufactured from maize, or any other of the cereals. Like brandy, it is a concentrated alcoholic preparation containing from forty-eight to fifty-five per cent of spirit. It is also a product of distillation.

Rum is a concentrated West Indian beverage, which is prepared by distillation from molasses or the juice of cane-sugar, and contains from forty to forty-five per cent of alcohol.

Gin is another concentrated spirituous liquor, which is flavored with juniper berries, giving it a rich aromatic taste. The French author Taine writes as follows regarding gin in his English literature: "Gin had been discovered in 1684, and about half a century later England consumed seven millions of gallons. The tavern-keepers on their sign-boards invited people to come and get drunk for a penny; for twopence they might get dead drunk; no charge for straw. The landlord dragged those who succumbed into a cellar, where they slept off their carouse."

The absinth of France is a strong alcoholic liquor flavored with various essential oils, and particularly with the oil of wormwood. Absinthism is a great and, unfortunately, a growing evil in France. There is every reason to believe that the increasing use of this terrible poison is one of the most important factors that to-day is helping to lower the birth-rate and depopulate that great republic.

We must add a word with regard to the people who are more or less closely connected with the preparation and distribution of alcoholic beverages. As Parkes and Kenwood state, "Those engaged in the brewing and licensed victualing trades, are notably an intemperate class." With regard to the death-rate of the intemperate, we also quote from the same authors as follows: "It may be stated generally that the mortality of the intemperate is from four to five times greater than that of the strictly temperate of the same age and in the same class of life." Statistics teach us that the inn-keeper is seven times more liable to death from alcohol and diseases of the liver than all the occupied males classed together. We also know that such workers are far more liable to consumption, epilepsy, insanity, and general paralysis than total abstainers.



EGGS

Geo. E. Cornforth

[This is the second instalment of Mr. Cornforth's article on eggs. The first part, which appeared in December, told why eggs are a wholesome food, gave the nutritive value of eggs, and compared them with other foods, giving general directions and cautions to be observed in the cooking of eggs, and some of the common methods of preparing eggs.—Ed.]

EGGs are very frequently, if not usually, cooked in one of the simple and convenient ways described last month, though many do not know how to get the best results from these methods. There are numerous methods of preparing this popular and valuable food for the table, the most important of which are given herewith.

Egg Nest on Toast

Add a few grains of salt to the white, which has been separated from the yolk before cooking the yolk. Beat the white very stiff. Pile it in the shape of a nest on a nicely prepared thin slice of toast, put the hard-boiled yolk in the nest, and set in the oven long enough to delicately brown the top of the white. Or the egg yolk may be put into the nest raw instead of boiling it hard first.

Velvet Eggs

- 3 eggs, beaten
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ teaspoonful salt

Beat together, and cook in a double boiler, keeping the water in the lower part of the double boiler a little below the boiling-point, till the mixture is just set, but do not cook it so long that the mixture curdles.

Scrambled Eggs

Slightly oil an omelet pan. Put into it one-fourth cup cream, then break in three eggs. Add one-fourth teaspoonful salt. Cook slowly, stirring and scraping the egg from the bottom of the pan, till it is of a creamy consistency.

To make scrambled eggs with tomato, use tomato-juice instead of cream.

Cream Baked Eggs

Oil custard cups. Break one or two eggs into each. Add a few grains salt, and one or two tablespoonfuls cream. Set the cups into a pan of water, and bake till the eggs are cooked as much as desired. Or instead of baking them, they may be cooked in a steamer for five minutes.

French Toast

Beat together one egg, three-fourths cup milk, and one-fourth teaspoonful salt. Soak thick slices of bread in this mixture. Cook on a hot griddle oiled just enough so that the toast will not stick. When nicely browned on one side, turn and cook on the other side. Serve with maple sirup or honey.

Swiss Toast

Swiss toast is simply French toast with jelly spread on it.

Egg Croquettes

Make a thick white sauce by using one-fourth cup flour to one cup milk. Rub hard-cooked eggs through a colander. Add just enough of the sauce to the egg to stick it together, not enough to make the mixture so soft that it can not be shaped into croquettes. Allow the mixture to get cold. Dip balls of the mixture into beaten egg and water (one tablespoonful water to one egg). Roll in zwieback-crumbs. Shape in a croquette mold. Bake ten minutes in a hot oven. Serve each croquette on a bed of mashed potato, and pour tomato sauce over it.

Egg Timbales

- 3 eggs
- 2 cups milk
- $\frac{1}{2}$ teaspoonful salt

Beat the eggs, add the milk and salt, and beat together. Put into oiled timbale molds or custard cups. Set in a pan of hot water, and bake in a moderate oven till just set. Turn out of the molds, and serve surrounded with peas, or with bread sauce or tomato sauce or rice tomato sauce, that is, tomato sauce in which a little rice has been cooked before thickening it. Or serve the timbales on cream-gravy toast.

A smaller proportion of milk may be used in making the timbales. One-fourth cup milk to each egg is sometimes used.

Omelets

The omelet is the most attractive of all ways of serving eggs, and there are a large number of possible variations of the omelet. Like everything else, the ma-



EGG NEST ON TOAST

king of omelets is very simple when one knows how, but it requires a little practise and a little skill to make one to perfection. The omelet is not an expensive dish because a given number of eggs can be made to go farther if made into omelet than in any of the common ways of serving eggs, so that one is repaid for the little extra pains taken in the making of the omelet, both from the standpoint of economy and by the attractive dish which is the result.

One should have an omelet pan kept especially for making omelets. This pan should be kept clean and smooth. It should not be washed, but should be wiped with paper or a soft cloth after using.

An omelet must be served as soon as made. The eater may wait for the omelet, but the omelet must not wait for the eater, or the omelet will be pronounced a failure. Allow one egg for each person to be served. I shall not attempt to give directions for making all kinds of omelets, but will give only a few sample recipes. There are two classes of omelets, those that are light and foamy, and those that are more solid. The latter are more simple and more easily made. An example of this kind of omelet is the —

Plain, or French Omelet

- 4 eggs
- 4 tablespoonfuls hot water
- $\frac{1}{2}$ teaspoonful salt

Break the eggs into a bowl, and beat them enough to thoroughly blend the yolks and whites, but not enough to make them light.

Beat in the hot water and salt. Turn into a hot oiled omelet pan. As the part of the egg next the pan sets, lift it by running a spatula or thin-bladed knife under the edges, and allow the liquid portion to run underneath. As soon as all is set, roll the omelet up, beginning next the handle of the pan, by tilting the pan and running the spatula under the omelet. Allow it to stand a moment over the stove to give a delicate brown to the under side, then turn on to a hot platter, with the brown side up. Garnish with parsley, and serve at once.

Many variations of this omelet may be made by adding different kinds of garnish to the eggs, or by spreading it over the top of the omelet before it is rolled, or by serving it around the omelet. I might suggest the following:—

Omelet With Peas or Asparagus

Sprinkle nicely seasoned green peas or asparagus tips cut small over the omelet before it is rolled, and serve some of the peas or asparagus around the omelet.

Omelet With Croutons

As soon as the egg mixture is poured into the omelet pan, sprinkle on it a few croutons (thoroughly toasted one-half-inch cubes of bread), and proceed as in making the plain omelet. Garnish with parsley.

Corn Omelet

Add two or three tablespoonfuls of canned corn, or stewed new corn, or fresh corn grated from the cob, to the egg mixture before it is put into the pan. Proceed as in making the plain omelet. Garnish.

Nut Omelet

Sprinkle chopped nuts over the omelet before rolling.

Rice Omelet

Use boiled rice in place of corn in corn omelet.

Olive Omelet

Use chopped ripe olives in place of rice. Serve ripe olives around the omelet on the platter.

Parsley or Mint Omelet

Add a little chopped parsley or a tablespoonful of finely chopped spearmint to the omelet mixture before putting it into the pan.

Celery Omelet

Sprinkle a little chopped celery over the omelet before rolling. Garnish with tender celery leaves.

Tomato Omelet

Use fresh tomatoes cut into dice instead of croutons in omelet with croutons.

Cheese Omelet

Sprinkle a little cottage cheese over the omelet before rolling.

Orange Omelet

Peel an orange, taking care to remove all the white portion of the rind. Separate the orange into sections. Cut the sections into small pieces. Sprinkle with sugar, and allow to stand one-half hour. Put some of this orange on the omelet before it is rolled, and serve the rest around the omelet on the platter. Garnish with parsley.

Jelly Omelet

Spread jelly over the omelet before rolling, and serve a bit of jelly on the omelet or on the platter beside the omelet. Garnish with parsley.

The other variety of omelet is a little more trouble to prepare; but as one writer says, it makes "a more 'showy' looking omelet, and one which appears larger for an equal number of eggs."

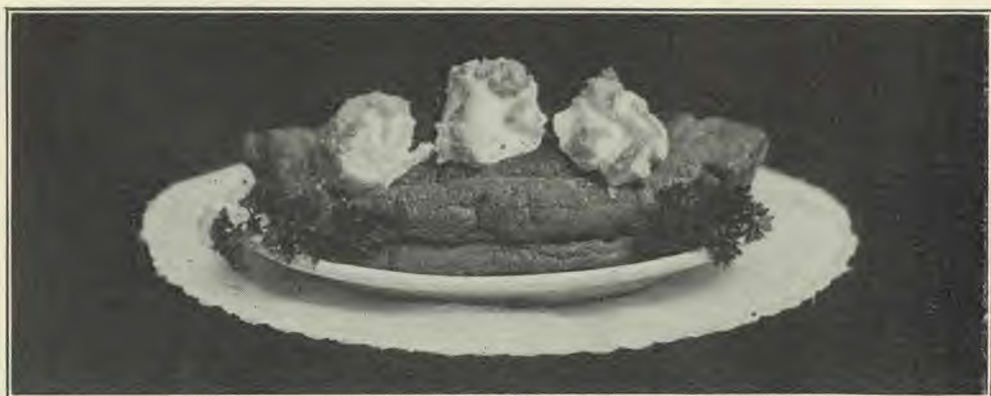
Puff Omelet

3 eggs
 $\frac{1}{4}$ teaspoonful salt
 1 teaspoonful flour
 1 tablespoonful cream

Separate the yolks from the whites of the eggs. Beat the yolks very stiff (success in making this omelet depends as much upon beating the yolks stiff as upon beating the whites stiff). Add flour and cream to yolks, and beat again. Add salt to the whites, and beat till stiff and dry. Save out a little of the white. Fold yolk mixture into the whites. Turn into a hot oiled omelet pan. Put the egg white which was saved out along the edge of the omelet farthest from the handle of the pan. Allow the omelet to set for a moment on the stove, then place in the oven on the grate and bake till risen and set; if allowed to bake too long, it will shrink. Make a crease across the center, and fold one half over the other half so that the egg white will come between the folds. Slide on to a hot platter. Garnish with parsley, and serve at once.

Instead of putting the egg white between the folds of the omelet, it may be put on top of the omelet after the omelet is folded, and the omelet set into the oven long enough to brown the egg white.

This omelet may be made with the same variations as the French omelet, or may be served with cream sauce, parsley sauce, or tomato sauce.



PUFF OMELET



THE HUMAN MACHINE



SOME CAUSES OF COLDS

[One of the commonest of all ailments, and one of the most neglected, because it is supposed to be attended by nothing more serious than a little discomfort, is the "cold," which, notwithstanding the indifference with which it is treated, is often the precursor of very grave disorders. Occasionally a physician senses the necessity of warning the laity regarding colds and how they are caused. An article on this topic by John B. Huber, A. M., M. D., which recently appeared in the *New York Medical Journal*, contains so many good points that we reproduce a part of it.—Ed.]

House Air Favors Colds



OLDS seem to be the exclusive privilege of civilization. The human race, in all likelihood, did not snuffle much until it began to build houses and to wear clothes. The next stage was when houses began to be heated. Then, instead of a wholesome coping with the elemental forces of nature, people crowded into these superheated houses; and then they began to realize what colds were. Fresh air, indeed, abounds all over the surface of God's earth, except in the houses which man has built. Not fresh air, but the want of it, is the cause of many diseases; this (with sunshine) is nature's disinfectant, and none better was ever invented.

House air that is breathed over and over again soon becomes poisonous; and cold air, by the way, is not necessarily pure simply because it is cold; it needs changing just as warm air does. "The stove is a mesmerist that plays no small part in the reduction of human beings to a state of idiocy. The mephitic vapors in the atmosphere of a crowded room contribute in no small degree to bring about a gradual deterioration of intelligences, the brain that gives off the largest quantity of nitrogen asphyxiates the others, in the long run." This, you perceive, is a quotation. From one of the up-to-date books on hygiene? you ask. Not at all; it was written by de Balzac, in

one of his novels, seventy years before our modern systems of sanitation were even dreamed of. Yet it is as true as any statement that has just appeared in print.

While staying in these comfortable and enervating houses as long as they could, people were constantly rebreathing their own poisonous exhalations, mingled with those of the family, the boarders, and such animal friends as they could not bear to see suffer in the raging elements without. Next, in fear of night air, the sleeping-rooms were kept hermetically sealed.

More pernicious than all, as civilization advanced, people came more and more to contract infectious diseases: their clothing would harbor germs, and these would be brought to the house.

A very essential element in the catching of colds has been the disturbance of equilibrium in the body through constantly passing from the superheated home into low temperatures without the house.

The common cold is a catarrh. Sometimes there is a nervous element in such sufferings. People who have neurasthenia — nerve fatigue — are apt to get a catarrh with the chilling of the air, and not to get rid of it until the spring is well on. People may have a nervous catarrh merely from the apprehension of catching cold. In very windy seasons catarrhs are got from breathing dust of

various kinds. Hay-fever is oftentimes of purely nervous origin.

Most Colds Are Infectious

But most colds are the result of specific bacterial infection, and a variety of germs have been isolated in examining catarrhal exudates under the microscope. As in the case of all infections, people differ greatly in susceptibility.

Many are absolutely immune, hardly know what a cold means, do not catch cold however much they are exposed to microbes. Others are constantly occupied from November on with sneezing. Most unhappy mortals they are.

Habitual mouth breathers, those who have adenoids and otherwise unhealthy throats, are very liable to colds, as are those also who, for a great number of reasons, are run down. Here, as in all infections, the predisposition is most important of consideration.



Growing Old Gracefully

IN the *International Clinics*, Vol. IV, 1911, is an article on senile degeneration that gives the following directions for putting off old age, written by Edwin Leale, M. D., of New York City, which are well worth careful thought:—

"Next to heredity, the whole field of eugenics comes in. Fresh air, sunlight, and proper housing and clothing, are all of the first importance; avoiding all other deteriorating influences which depress the constitution, particularly excesses of all kinds. Of these excesses, overeating and overdrinking are especially productive of these degenerate changes, and must be avoided. The eating of large quantities of meat and well-seasoned food, the drinking of spirits and malted liquors, and the excessive use of tea, coffee, and tobacco, are to be guarded against.

"The great value of a milk diet in disease of the liver and kidneys can not be overestimated. Wise nature has given us this one perfect food. As it contains very little sodium chlorid and is devoid of all other harmful constituents, it is non-irritating to the kidneys, and calls for no strain on the part of these organs. As in infancy and early childhood this is the mainstay of life, so in advanced old age we have milk, the ideal food, and capable of supporting life. Buttermilk, kumiss, and kefir are all valuable, and particularly so if intestinal indigestion is present.

"Among other things to be avoided is un-

Diet and Colds

Food has a great deal to do with catarrhs. Eating indigestible food,—such as shell-fish and Welsh rabbits,—overeating, and not eating enough, these things engender the catarrhal habit, which thus comes about in many cases through the absorption of poisons, toxins, from undigested or indigestible material in the alimentary tract.

Many a man has got a bad cold just from a too-generous meal, helped on with potions in goodly proportion; thus there is stimulation, followed by reaction, with perspiration, all conducive to catarrhs. Dr. Harry Campbell has found in London that practically all the very young children of the poor have more or less catarrh; which would probably not be the case if the starches and the sweets were cut out of the dietary. It is not so much that they are starved as that their food is improper for them.

derfeeding, which is so common among the poor, and particularly the taking of proprietary and patented foods, many of which are deficient in nutritive properties."

Another article on senility, by John A. McCorkle, M. D., in the *Long Island Medical Journal*, has the following excellent suggestions:—

"The pace at which we are living is a killing one. The haste to get rich, to attain some desired object, or to gratify an ambitious longing; the responsibility of a large and harassing practise, medical or legal, or kindred work in other walks of life, tell heavily on the arterial system. Attainment of the object is called success. A better term in many cases would be suicide."

But this writer also infers that diet might have much to do with the prevention of premature old age; for he says: "The regulation of diet is very important in the treatment of senility."

An important caution by this author is regarding the avoidance of chilling old people:—

"Old people constitute a chilly race. This is due in a measure to the obsolescence of the cutaneous capillaries. Hence the traditional chimney-corner becomes their favorite resting-place. The old Scotchman, who in or-

der to avoid the chill and treachery of his native climate, went to bed in the fall and got up in the spring, took a long chance of dying of old age."

Regarding the sleep of old people, this writer says:—

"Many old people sleep far more than they think they do. On the other hand, many old people sleep far less than we think they do, and the want of sleep in the decadent is a constant menace to comfort, well-being, and life. A sleepless night propagates its unpleasant influence into, and casts a gloom over, the following day. Pure circulating air, without draft, is a wonderful tonic to the aged; but the bed should be warm."

His final caution is given as follows:—

"Those who have crossed the divide and have begun the descent should heed the warning signal, 'Down brakes,' and level down their work, their desires, and their pleasures in keeping with the income of their circulation and the age at which they have arrived. They should not give up work altogether, for this simply courts decay; but they should work less and be able to do it better, because of accumulated knowledge, the result of years of practise, observation, and experience. It would be well if we could bow gracefully to the inevitable. The pitiful vanity of some leads them to resort to various artificial methods for prolonging at least the appearance of younger years; but nature resents this insult, and in turn carves the lines of senility more deeply, thus making the contrast more marked and the artificiality more apparent."

IT IS BETTER TO BE A HORSE IN LOS ANGELES




NEWS ITEM.—Individual drinking "cups" for horses will be a reality if a recommendation by the Los Angeles board of veterinary surgeons is carried out. Warring troughs are breeding places for glanders germs, say the veterinarians. The report urges each driver to provide himself with a bucket, from which his horses, and no others, may drink.



THAN A CHILD IN SOME OF OUR CITIES

EDITORIAL

APPRECIATION?—No! ABUSE!

UCH is the caption of an article by the editor of the *California State Medical Journal*. Possibly Brother Jones was just a little pessimistic when he wrote: "The energetic efforts of the medical profession to protect the people against preventable diseases and epidemics are evidently neither desired nor appreciated by the people." However, when one considers some of the facts which he relates, there is a tendency to think that he knows what he is talking about. For instance, he states that in San Francisco and in other places in various parts of the State of California, they have smallpox; and notwithstanding the fact that the disease has recently become virulent, the people do not want protection against this easily prevented disease, and are determined to do away with all vaccination law. They are determined not to allow the State board of health to guard and control sources of water-supply, preferring liberty and typhoid. In the southern part of the State he tells us that the physicians forced an active and successful fight against infantile paralysis; but instead of appreciating it, the people heaped abuse upon the men who had given their time and work for the people's benefit, for the reason that quarantine "hurt business." The health officer was lied about and slandered to an unthinkable degree.

In the intelligent community of Riverside, with a good and much-respected medical society, infantile paralysis made its appearance with a mortality of one third. An energetic health officer soon had the epidemic stopped. But the moving-picture men, because the attempt to restrict free communication among the children had interfered with their business, and other business men for a similar reason, instigated an attack upon the health officer that seriously injured his practise, and he resigned, after having stopped an epidemic of a very deadly disease. Brother Jones proceeds with his characterization of conditions on the Coast as follows:—

"The interests prevail; the freaks and agitators are paramount; the people do not want to be protected from contagious or preventable diseases. It is foolish of us, as a profession, to try to force intelligence into the people at large. Let them take their dose of smallpox, typhoid, poliomyelitis, rabies, and everything else they want. Let us have a really good epidemic of smallpox, and then see what the people want to do about it."

O we American people! how long shall we permit DOLLARS to stand above human life in our estimation? Will we be compelled to admit that the great lessons taught in the recent International Hygiene Congress and its attendant exhibition, are to be lost entirely? Are we so far from ideal civilization that the only places where we can have adequate sanitation are the places under military rule, like the Canal Zone? Do we so fail to appreciate what real civili-

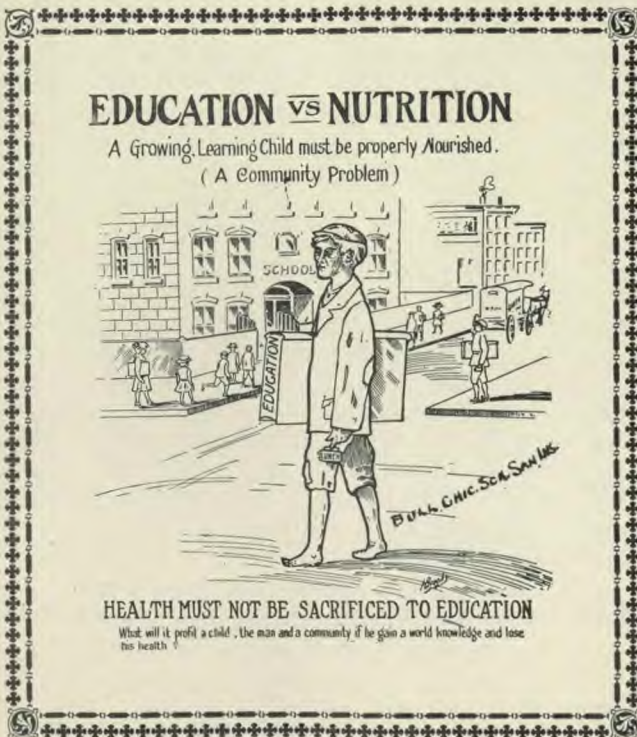
zation means that we can not understand that the good of the multitude presupposes some restriction of individual liberty?

We have a vast horde of people coming from southeastern Europe who commit a great proportion of our murders and other crimes. They come to America because they understand that America is a free country, and when here they will have greater "personal liberty," and they are a little surprised when they do not have the liberty to use the knife and revolver just as they would like.

The man who sells cocain and morphin to addicts and schoolchildren thinks his personal liberty is interfered with when the law steps in and stops his business; and so does the man who wants to erect a tannery in a residential locality; and so does the bartender who is arrested and given two years for enticing a boy into his saloon; and so does the moving-picture man, when, in case of an epidemic among the children, his particular business is closed down temporarily.

How much, after all, we worship that goddess of "personal liberty," little realizing that the greatest good and the greatest freedom for all can not be had without wise restriction of personal liberty. It might have been a good thing for California had its appeal for the next International Hygiene Congress been granted.

J. H. Heald.





The Physiology of the Bath

DR. SIMON BARUCH, the most noted apostle

of hydrotherapy in this country, read a paper before the section of dietetic hygiene at the Hygiene Congress on the physiological action of the bath, in which he referred to the boy who being covered with gold-leaf to represent an angel, died in a short time, and the consequent theory that this was caused by closing up the pores. He stated that according to present knowledge, the boy died from the failure of the body to eliminate heat, and he ridiculed the idea of any danger from "closing the pores," especially in the sense that that expression is used by those who use this method of advocating frequent bathing.

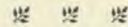
While Dr. Baruch believes thoroughly in the bath, and has been successful in having public baths installed in New York and other cities, yet he believes that the bath reacts on the health, not because it is a cleansing measure, but because of the thermic stimulation to the skin.

Naturally, as we become civilized, we want to be clean; and in proportion as we are more clean, we are more efficient, if we may judge by comparing the Japs, who are very devoted to the bath, and the Russians, who during a lifetime take three baths: one at birth, one at the wedding, and one at death. I am not sure that we can, with Dr. Baruch, attribute the defeat of the Russians in their recent war with the Japanese to the fact that they did not bathe oftener. I should rather state it that both the bath habit and the superior fighting quality are characteristics of a more progressive nation.

Dr. Baruch strongly advocates the frequent use of the bath, and the free in-

stallation of public baths so that the bath may become a pleasure rather than a necessity, not only to the well-to-do, but to those who are not so well off. He urges it as a measure of cleanliness for comfort and self-respect, and also as a health measure through its tonic effect, by the action either of the heat or the cold on the nerves of the skin. As he says, the greater the difference in temperature between the water and the skin, the greater the thermic reaction.

Among statements which he quoted in his paper was the one attributed to Wesley, "Cleanliness is next to godliness," and also the statement by the New York school superintendent, "I place baths before libraries in the training of children."



The Use of Preservatives

IN section two of the International Hygiene Congress, which was devoted to dietetic hygiene and hygienic physiology, the first paper read was by Dr. John H. Long, professor of chemistry of the Northwestern Medical School, better known perhaps as a member of the famous Ramsen referee board, created by Roosevelt while president, for the purpose, as generally supposed, of holding down the lid on Dr. Wiley. The title of his paper was the "Physiological Significance of Some Substances Used in the Preservation of Food." He takes the position that there is no good reason back of the attempt to distinguish between natural and artificial preservatives.

The active principles in cloves, cinnamon, and allspice are true chemical compounds, and in their action on the body and in their final disposition are much like benzoic acid. The plum and cranberry contain benzoic acid indistinguishable

from the laboratory product, and one taking an ordinary amount of either of these foods gets much more benzoic acid than he would from an ordinary amount of canned goods artificially preserved with benzoic acid. Such small amounts, says Dr. Long, should be disposed of in the human body without bad effects.

He went on to say that this discussion does not consider the fact that benzoic acid may be used to cover up inferior goods. That is a separate problem, and the question he is settling is whether benzoic acid is itself harmful when used as a preservative in the doses ordinarily used.

Considering the use of copper, he said we must not judge the effect of the copper salts in foods by the effect of copper sulphate on the body; for copper in foods forms definite compounds with the plant substances, and such compounds as are formed with chlorophyll in young plants are without appreciable effect upon the body. But from the fact that copper is often used on old vegetables containing very little chlorophyll, he thinks the use of copper should be prohibited.

Monotony of Diet

DR. LAFAYETTE

MENDEL says that a monotonous diet, provided it contains all the elements needed for growth, including the mineral elements, is not in any wise injurious to animal or man. It would seem that what has in the past been attributed to monotonous diet is probably due in reality to the fact that the selected diet was lacking in some necessary constituent of the body.

It is well known now that it is not sufficient that the body be supplied with a certain proportion of carbohydrate, protein, and fat, but it must have a certain proportion of other elements contained in the so-called mineral salts.

A cereal dietary, for instance, while it might be admirable from the standpoint of protein, carbohydrate, and fat, would furnish a disproportion of other elements, which might result in disastrous consequences if the food were not sup-

plemented with green vegetables, milk, or other things containing the minerals lacking in the cereal foods.

Dr. Mendel, in some of his experiments on animals, added to the so-called monotonous diet a quantity of mineral salts based upon the composition of the inorganic portion of milk, and succeeded in maintaining them in good health.

Danger From Overfeeding the Young

DR. HANS ARON, of
the University Chil-
dren's Clinic, Breslau,

Germany, in a paper before the dietetic section of the Hygiene Congress, made the statement that a young organism will usually overcome the effects of a brief stunting; but the younger the animal is, the graver are apt to be the effects of the stunting. The inorganic salts which are constituents of the body can not be spared in the dietary, especially the alkalis. If but one necessary mineral is absent, growth does not take place. This has been proved in the growth of animals. This is important to remember in the feeding of children. In a cereal diet, for instance, there is a lack of the necessary mineral salts, which will be manifest in the poor nutrition of the child. In India the effect of the different dietaries is apparent in the nutrition and efficiency of the peoples. It is also noted that Germans coming to America, where they have more liberal food, have children far superior to their cousins in the fatherland.

A Hookworm Demonstration

DR. CHARLES WAR-
DEL STILES, the man

who had the misfortune to discover the cause of the hookworm disease and thus subject himself to the roasts of all the foolish daily newspaper*paragraphers in the country, had at the hygiene exhibition two cases of hookworm disease. One was a boy fourteen years old who appeared to be seven, who is in the third grade. He is said to have thirty-two per cent hemoglobin, and his color looks it. Dr. Stiles said he had brought him up from the South in order to exhibit him

at this congress, and that it was the most severe case he dared to bring so great a distance, though there were other more severe cases. In the school where he found this boy there were sixty-three pupils, and if there was one healthy child, he did not find it. He said he would take the boy back home, and that he would certainly be cured in from four to six weeks.

He exhibited another boy, who was brought to the hospital for the purpose of preparing a post-mortem examination on him; for it was supposed he would surely die, there being no thought of any attempt to save him. But under treatment he rallied, and his hemoglobin arose from fourteen up to its present ninety-eight per cent, and he is practically a well boy. Although he was seventeen years old, he had the intelligence of a boy nine years old; and even though he has recovered his health, he is not fully developed, and it would be hard to believe that he is **seventeen** now. In one year he gained four inches in growth, showing what may be accomplished by removing the cause of the disease. In a case of hookworm infection, the administration of a little thymol, at the average cost of sixty cents, is sufficient to accomplish this.

Dr. Stiles in his lectures before the people at the hygiene exhibit took occasion to say some very forcible and sometimes not very pleasant things regarding the American people, but doubtless they need to be said. The following is an abstract of his remarks:—

There are two million cases of hookworm disease in this country. This is the medical side of the race problem. We have four races, each with its own diseases, which transmits to the other races, and there is a general rule that in a race to which any disease is new it appears in a much more malignant form than it does in a race to which it is common. For instance, we have given tuberculosis to the Negroes, and the disease mows them down at about three times the rate of the whites.

The Negro brought the hookworm

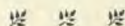
with him from Africa. In the Negro race the disease is not very severe, but it furnishes a nidus of infection that has spread the disease to a very large proportion of the white people of the South.

Another factor in the spread of this disease is our insanitary method of living. About seventy per cent of the schools outside of the cities are hookworm breeders, having no privy accommodations whatever; and practically all the farms in the South are in the same condition. This insanitary condition is an important factor in the production of the six hundred forty thousand needless deaths that occur in this country every year.

The hookworm disease is hardest on the women, who have to care for the sick of their families, and who go through the pain of labor for nothing, many of their children dying of hookworm disease because the American men think more of the lives of their pigs than of their children.

There is no other civilized people so filthy as the American people. No civilized people will allow their men to spit on the sidewalk, and cause one hundred seventy-five thousand tuberculosis deaths.

American men as a class are in league with the undertaker against the American mother. They have not shown the moral courage sufficient to pass civilized laws forbidding spitting, and compelling the installation of decent conveniences for the children of our public schools in the country. Between seventy and eighty per cent of public schools outside of the cities have no privies.



Newer Problems of Tuberculosis At the annual meeting of the American Public Health Association, Dr. Knopf, in his usual crisp way, instead of reading a paper, delivered offhand some of the things that impressed him as most important in the present status of the warfare against tuberculosis.

First, we must not forget the part the cow plays in tuberculosis, said the doctor;

for ten per cent of the children who die of tuberculosis die of the bovine form, obtained probably from milk.

We must give more attention to the butter we eat, as it has been shown that butter does actually harbor tubercle bacilli, and we should sterilize all cream that is to be made into butter.

It is the *last-born child*, as a rule, that contracts tuberculosis, the mother being worn out, not so vigorous, and not able to give so much care as when the family was small, and possibly there are more mouths to feed and the little child is not so well nourished.

No one with open tuberculosis should ever be given a license for marriage.

Open-air schools should be provided for all inclined to tuberculosis. Open-air schools should be the rule and not the exception. Such a school is easy to make. Take out two walls of the building, and clothe the children well. It does not cost much, and saves lives. The high school also should have its open-air room.

If anything predisposes to tuberculosis, it is child labor in the factory and in the home. There is nothing more cruel in our civilization.

We should not forget the ambulant, or walking, case of tuberculosis that is not under supervision. He is a bacillus carrier, more dangerous if careless than the more advanced case who can not get around.

Spitting laws are generally unenforceable. It would add much to the effect of the laws if in addition to the sign, "Do not spit on the street and sidewalk," there should be a cuspidor with the sign, "Spit here."

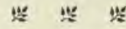
We should give more attention to the family of the consumptive. He himself would be more at ease, and hence more likely to recover, if he knew his family were taken care of.

Another problem is the tuberculosis immigrant who may look healthy after his ocean trip, but who develops his disease in a bad form a few months after his arrival, especially as he probably has to live in very unhygienic conditions.

It is a crime for the people of one

State to send their tuberculosis cases to another State to be taken care of.

Tuberculosis is a social problem; unless we consider that we are our brothers' keeper, we shall never solve it.



Communicable Diseases

A REPORT by the committee of the American Public Health Association, which has been giving this matter study for the past year, shows an increasing appreciation of the importance of the nose and throat secretions in the transmission of such diseases as scarlet fever and measles, and the unimportance of the skin and scales. This would mean that if this opinion is fully accepted, a shorter quarantine will be necessary than was formerly required. But Dr. Levy urges at least two weeks' quarantine in order to allow for the development of secondary cases in the family.



Necessity for Child Study

DR. TOM WILLIAMS, of Washington, who has devoted much time to the study of child hygiene, especially what may be called mental hygiene, gave a talk at the exhibit in connection with the Hygiene Congress, of which we give, with approval, the following synopsis:—

Many a child who to the intelligent examiner appears normal, will in school work fall below normal, and in relation with other children in play will fall below normal, not because of intellectual difficulty, but through a peculiar disposition which prevents him from taking his part with ease. Such difficulties may even extend to relations in the family, and the life of the boy or girl may be made miserable by brothers and sisters. This serious condition is not at all uncommon among children.

Such peculiarities may take several forms, and may be laid to various nervous conditions to which we give various names. Many a case of hysteria has come from some unwise management of the perfectly normal child, and often psychasthenia or obsession develops because of unwise management in home

and school. And in this I am referring to those children who have good parents and good schools. Even with children fortunately situated and having intelligent parents, there are things the parents need to learn. There are certain simple methods of child study that are of great aid to enable one to understand the capacity of the child. It is to be hoped that parents will more and more take advantage of such routine examinations.

Real Life-Insurance

WHAT is ordinarily called life-insurance is merely a process of wagering, or betting, between the company and the policy-holders. If the policy-holder dies, he wins the bet, but the dead can appreciate no such consolation. It would, of course, be some consolation to the wife and the children to have something wherewith to pay the funeral expenses and a few months' expenses and all that; but if they love the breadwinner, it would be much more consolation for them to lose the bet, and have the husband and father with them a while longer, even though he has to pay a few more annual premiums. The name "life-insurance," as applied to the methods of most of the old companies, would seem to be a misnomer.

But there are companies that actually insure to a certain extent, in that they not only pay the heirs at death of the insured, but they do all in their power to prolong the lives of their policy-holders. This is the method of the Metropolitan Life of New York. This is following in the lead of the fire-insurance underwriters, who often have their own fire apparatus for the speedy control of incipient fires. This company also gives free advice as to the preservation of health, and has its patrons examined at intervals in order to detect the onset of insidious disease, which if neglected

might end in incurable difficulty, but taken in time may be remedied.

You see, this company (and a number of other companies are pursuing a similar course), having made a bet with the policy-holder, is taking strenuous measures to prevent the loss of the bet; but incidentally it is keeping the policy-holder alive, which is the all-important thing.

The Value of Drugs

"SENSIBLE therapeutics," we are told in *International Clinics*, "is having a revival," which in plain language means that the pendulum is swinging backward from "therapeutic nihilism," or distrust of drugs, to a greater confidence. But in the same article is this confession, which, when we consider that treatment of the heart is one of the principal functions of the physicians, and that digitalis is the great standby in the treatment of the heart, needs no comment:—

"Much uncertainty exists as to the actual value of our armamentarium, for the treatment of cardiac diseases. . . . *Digitalis*, once given in tincture, infusion, and powder, has been resolved into its component active elements, and around them the clever physiological chemist has woven a tissue of subtle distinction, exploitation, and suspicion. Many believe that the only way out is to return to the herb itself till we are on more certain grounds; for as we gain by animal experiment more knowledge of the actual effect of the drug and active principle, so are we confronted with our yet-existing want of definite knowledge of the conditions we would meet and relieve. These once mastered, we shall be far better able correctly to treat cardiac diseases."

After all, what we do not know about the body, its functions, diseases, and indications for treatment, is so vast that what we do know sinks into insignificance; and yet we must not despise our present knowledge and must continue to grope for more light. It would seem from this confession, however, that the "therapeutic nihilists" are somewhat justified in their position.

THE MEDICAL MISSIONARY AT WORK



MEDICAL WORK ON NORFOLK ISLAND

Harold E. Carr

AS the time has come for us to leave for the New Hebrides, we thought it would be well to give a brief account of our work on Norfolk Island.

Since our arrival we have been kept busy with cottage meetings, public meetings, health lectures, and treatments. As a result of our work several have become earnest Christians and faithful workers for the Master.

We have been having a number of classes at the mission, showing the people how to give simple treatments and how to nurse. We felt this to be necessary, as there is a good deal of sickness here, and few know how to care for the sick. The attendance has been good, about thirty coming regularly. We followed the plan of first showing how to give the various treatments, and afterward telling when and for what to use them. The first three meetings were occupied in demonstrating the different treatments, and then we began showing in what diseases these treatments could be used. This meeting was perhaps the most interesting.

At about three thirty in the afternoon we began with a word of prayer that God would help and guide us in this work. Then with the aid of specially prepared charts, we showed what complaints could be treated by the various means, explaining something of the different diseases as we went along. Afterward, opportunity was given for questions, and this was taken advantage of. Many of those attending the classes were not of our faith, and it gave us a good chance to explain to them the principles of health reform. The people came pro-

vided with pencil and paper to take notes, which they studied later at home. By means of a life-sized chart we showed where the different organs of the body are situated, and the work of each.

At the close of the classes, the people came to us with their troubles, and we were able to give them considerable help. One woman came to stay at the mission home, that we might be able to treat her, and watch the case better. The result was that she went home much benefited, and by continuing treatment she will soon be quite restored. Such are some of the experiences we have been meeting by the way, and we know that a knowledge of health principles is opening the doors of the people to this truth.

We have already given two health lectures to audiences of sixty or seventy, and expect to give one more before leaving for the New Hebrides. Our hands have been kept full with looking after the sick, besides our other duties, and our methods have been very successful in dealing with various diseases.

The cottage meetings have been the means of helping some to decide for the truth, and good interest has been shown in the topics considered, as may be seen from the fact that some have accepted the truth for themselves, and are attending the cottage meetings held in other places, to lend their influence to the meetings. We trust that the seed sown may bear fruit, and that many others with whom we have been studying may yet see their duty to God, and walk in the light. We are of good courage, and are enjoying much of God's blessing in our work. Pray for us that God will give us an open door in the New Hebrides.

THE MINISTRY OF HEALING



MEDICAL MISSIONARY WORK IN CITIES

Geo. B. Starr

THE people are ready for it and calling for it,—the double ministry, the union of the medical and evangelistic in efforts to help the people.

In connection with evangelistic services conducted in two suburbs of Boston, Somerville and Roslindale, and at Taunton, Mass., the largest audiences assembling during the week, except Sunday nights, were at the meetings devoted to the subject of health.

The best foods for best body building and best thinking and longest living; the best drinks; facts and figures relating to flesh, fish, and fowl, and to tea, coffee, and cocoa,—these subjects were presented. Many of the people responded by adopting the new régime proposed, and most interesting experiences of improved health have been related during the summer. These experiences were emphasized by happy, cheerful faces, improved complexions and physiques. Mothers related items of experience in the home life. Children were in better health and better temper.

A call for similar health talks and demonstrations came from the Chautauqua at Montwait, Mass., and was responded to. Two lectures daily drew the largest attendance of any of the classes, and the expressions of gratitude from the people quite repaid the workers for any extra

labor bestowed. At Montwait, a café was conducted by two experienced hygienic cooks. Side by side two lists of foods were presented at each meal, one including flesh, the other purely vegetarian. It was interesting to listen to the lively discussions of the relative value of the two menus. We are sure that much practical good resulted from this, as the suggestions received at the lectures were carried to the meals and thoroughly discussed, and adopted by many.

The Young Men's Christian Association at Cambridge has had two series of health institutes, embracing from twelve to fifteen lectures and demonstrations, and still is calling for more.

We introduced *LIFE AND HEALTH* and other literature at all of these gatherings. The names and addresses of all in attendance were secured, and many were visited at their homes, and additional assistance and counsel given. It is also the plan to send to all whose names we secure, invitations to any future health lectures and forward information relating to health.

We are planning to have two trained nurses engage in house-to-house visitation, these to be assisted by ten or twelve nurses in training, who will regularly visit, and assist in whatever way they can, families in assigned districts, including the rich and the poor.



QUESTIONS *and* ANSWERS

THE editor can not treat patients by mail. Those who are seriously ill need the services of a physician to make a personal examination and watch the progress of the case. But he will, in reply to questions sent in by subscribers, give promptly by mail brief general directions or state healthful principles on the following conditions:—

1. That questions are *written on a separate sheet* addressed to the editor, and not mixed in with business matters.

2. That they are *legible and to the point*.

3. That the request is *accompanied by return postage*.

In sending in questions, please state that you are a subscriber, or a regular purchaser from one of our agents; or if you are not, accompany your queries with the price of a subscription to *LIFE AND HEALTH*. This service is not extended to those who are not regular readers.

Such questions as are of general interest will, after being answered by mail, also be answered in this department.

The Medicine Habit.—"I live strictly hygienically; take three meals a day of grape-nuts, toasties, and milk; nothing between meals; exercise out-of-doors, and bathe regularly; take no stimulants nor narcotics. But I have been bothered with my heart for years, and often when asleep I get in a condition where I can not move until some one moves me. I have taken a large quantity of heart medicine, and each night I take a tablet for my liver and blood. I am fifty-nine years old, and am of a scrofulous nature."

It is not so certain that you are living "strictly hygienically" when you use so much medicine. You admit that it does you no good. Why, then, do you continue to use it? That may be the matter with your heart. You should go to a good physician, and have a thorough examination. I do not mean to a man who will feel your pulse, and look at your tongue, and write a prescription. There is evidently some trouble, and it must be discovered and removed before you can have any permanent benefit. There is nothing in a bottle that can help you permanently.

Schussler Remedies.—"Are these remedies harmful, and is there any healing value in them?"

The Schussler remedies, 3X, are one thousand parts sugar of milk to one of the remedy, and I doubt whether they would be harmful if you took a whole bottleful at a time.

Whether there is any virtue in them is another matter, one that I can not answer. Some persons think they receive benefit from the remedies, but this may, of course, be the result of suggestion, just as is the case with many other remedies.

Abdominal Tumor.—"I am sixty-nine, and have a tumor in the abdomen which, as it grows larger, causes great inconvenience. Can you tell me what causes it? I have

lived very plainly. Do you think fasting would reduce it? I sleep well and eat moderately."

Nothing is definitely known as to the cause of tumors. They are probably in no way due to your mode of living, and I know of nothing in the way of diet and hygiene that will prevent the growth. The only successful treatment is an operation. You should consult some surgeon in regard to the matter.

Trees and Oxygen.—"As trees give out oxygen abundantly, would not the atmosphere of a place in which trees grow in profusion be much more healthful than one in which trees are scarce, as in cities?"

The air is, of course, usually better in the country than in the city. This, however, is not necessarily due to the presence of the trees in the country, but because of the large amount of carbon dioxid thrown into the air by breathing, and by the fires of the city. I think the proportion of oxygen is very nearly the same on the desert and in the middle of the ocean as it is in the forest.

Ozone in the Air.—"Please tell me from what ozone originates in the atmosphere, and under what conditions it is obtained. I have heard that it is especially abundant after a thunder-storm."

Ozone seems to be generated by electricity. It is always formed in the neighborhood of static electric machines. That is the reason, I suppose, why it is so abundant after a thunder-storm. Ozone is simply a modified and very energetic form of oxygen. A little too much ozone in the air causes disturbance. In the first place, it causes metals to rust much more readily than the ordinary oxygen, and, when concentrated, it also has a bad effect on animal life. The experiment was recently tried of adding ozone in the ventilation of the Austrian Parliament Building, but it was found to increase the amount of nerv-

ousness, rheumatism, etc. The principal advantage of ozone probably is its germicidal properties; but perhaps good, pure air is better for human beings.

Copper Cooking Utensils.—"Is there any danger in using a copper vessel for heating water or for cooking?"

There might be some danger in cooking anything containing an acid, such as fruits; but in heating plain water the use of the copper vessel would probably be quite harmless.

Hay-Fever.—"In all your magazines I find no treatment for hay-fever. If there is any cure for this, will you kindly give it to me?"

The man who can produce an absolute cure for hay-fever has something that will make him a handsome fortune. There are many treatments for this disease that afford temporary relief, but there is nothing that can be counted on as a permanent cure. Suprarenal extract, otherwise known as epinephrin, and also adrenalin, in a solution or ointment the strength of about one to one thousand, will give very considerable temporary relief. Some times a nasal specialist cauterizes the sensitive parts with considerable benefit.

Threatened Appendicitis.—"I am troubled with costiveness, and dread appendicitis. Have pain at times in that region. I read in an old number of *LIFE AND HEALTH* about acetozone being a help. Is it poisonous? Is it good for stomach troubles? I have little faith in the ordinary doctors. I have had stomach trouble for twenty-eight years. During the attacks I become weak, and my stomach is sore. I have been very careful all the time to diet myself, but have never consulted a doctor."

Perhaps it would have been better if you had consulted a doctor about it; then you might not have suffered these twenty-eight years. It is apparent that your attempt at dieting has not been just the right thing, and you needed some skilful direction from some one who is competent to give the right advice. You would not think of trying to repair your own watch, but would take it to a watchmaker. If you had been doing your own watch repairing while you have been attempting to repair your body, you would have had a failing watch for the last twenty-eight years. Your body is far more complicated than any watch, and more skill is required to repair it than to repair a watch; and I suppose you think more of your body than you do of a watch. If you do not, you get in your twenty-eight years of invalidism just about what you deserve, do you not?

If you are threatened with appendicitis, it is certainly very foolish to attempt to treat yourself, even with directions sent you by mail, so long as there are good physicians in your vicinity. If you were living away out in the Southern hills, fifty or one hundred miles from the nearest doctor, I should think it my duty to give you careful directions, hoping that the suggestions might in some way be successful. But with doctors in your

vicinity who are as competent as I to advise, and far more so from the fact that they can see you personally, and watch your case, and make all the necessary examinations, I should feel that I were doing you an injury to attempt to give you directions by mail. You will see by the notice at the head of this column that we do not under any circumstances attempt to treat by mail.

Coated Tongue.—"For about eight years (am now sixty) I have had a coated tongue. Neither dieting nor vigorous sanitarium treatment has ever cleansed it, though it is better at times. The continuous use of buttermilk tablets helps more than anything else. For a number of months I have been eating sparingly of protein foods, using mostly bread, fruits, and green vegetables. There is not a bad taste in the mouth, even when I am away from home and can not control my diet, although some mornings the tongue looks like a fuzzy caterpillar. The food digests well, and the bowels are regular."

It is not always possible to tell definitely the cause of coated tongue. The coating is supposed to be composed partly of dead epithelium and partly of bacteria. Mouth breathing at night, by allowing the tongue to become roughened, may favor the formation of a coat. Those parts of the tongue subject to constant friction are not covered with coating. It is possible you may relieve the situation by means of a scraper, or a brush kept for the purpose, brushing the tongue when you brush the teeth.

I judge that, in your case, the coating has no significance so far as the general health is concerned. Just why some persons in apparently perfect health have coated tongues, while others do not have coated tongues even when they have digestive disorder, I do not pretend to say. The surface of one tongue may be such that it harbors a growth, and again, it may be that some form of fungus has taken possession of your tongue, which is enabled to live there without causing you ill health, or inconvenience, other than the mortification of always seeing it there. The fact that the lactic acid tablets cause a partial clearing up, leads me to think it must be some form of micro-organism.

Is Pellagra Contagious?—"Should a pellagra patient be isolated, as is the case with such diseases as scarlet fever and small-pox?"

There is no evidence that pellagra is in any way contagious. In many cases only one of a family is infected with the disease, more often one than two. The disease may possibly be due to the bite of some insect inhabiting watercourses. Most cases are in the vicinity of running water. Many persons think that the disease is in some way connected with the eating of corn, especially damaged corn, but none of the theories have behind them proof sufficient to satisfy the scientific mind. We must still admit that we do not know the cause of pellagra.

SOME BOOKS

Pellagra, by Stewart R. Roberts, S. M., M. D. Eighty-nine special engravings and colored frontispiece. C. V. Mosby Company, St. Louis.

This book considers carefully the history of this strange disease, shows its distribution, and gives the latest information regarding its diagnosis, prognosis, and treatment. Concerning the cause, the author wisely says:—

"The cause of pellagra is unknown. The nature of the disease is in doubt. The pathology of the disease does not throw any light on its cause. . . .

"If we knew no more of the cause of malaria than we do at present of the cause of pellagra, we certainly should be ignorant of the cause of the former. A theory is one thing and its proof is quite another thing. What is needed most in pellagra is the proof of the cause. It is true that we are not lacking in theories, but it is also true that the causes thus far advanced are only theories, and they have only been advanced. Each of them must forever remain in the domain of theory until one or all of them are shown to be incorrect, or until one of them or a new theory is shown to be a true theory. It is not an opinion, but a proof, that gives us the cause of a disease. It may be possible that one of the many theories of pellagra may some day be proved. It may also be possible that not one of all the theories thus far advanced is correct, and a new true theory may come in whose proof at one fell swoop will transform our present-day theories into memories."

He gives carefully the arguments for and against the various theories, but it is plain that he does not by any means think the theory of causation by corn is proved, and he sees much to favor the view that pellagra is an infection, probably connected in some way with the proximity of running streams.

An Essay on Hasheesh, Including Observations and Experiments, by Victor Robinson. Price, 50 cents. Medical Review of Reviews, 206 Broadway, New York.

A well-written description of this drug and its action, dwelling especially on some observations made by the author on himself and others.

Though *hasheesh*, or *Cannabis sativa* (hemp), has never proved fatal in any dosage, one can not but surmise that it produces conditions which are pathological. And like all drugs of its class, it might have a very serious effect on certain susceptible persons, and experimenting with it might readily form a habit. For this reason we think the book is better adapted for the use of physicians than of lay readers.

What the author says about idiosyncrasies is well worth quoting:—

"One lady drinks tea to keep her awake at night, and her neighbor drinks it to put her asleep; a Havana cigar irritates Brown and tranquillizes Jones; a glass of grog causes one man to beat his children, and induces another to give away his coat to strangers. The constitutional peculiarity of the subject must always be taken into consideration: some folks are so absurd as to become afflicted with nettle-rash after partaking of delicious strawberries; others are poisoned by an egg; some become ill in the presence of the violet, and others faint when they smell the lily; Tissot mentions a person who vomited if he took a grain of sugar."

Preventive Medicine in the Home, by John Nelson Goltra, A. M., M. D. Five volumes; 1681 pages. Published by Tomlinson-Humes, Incorporated, New York and Chicago.

One is first struck with the convenient-sized volumes, which contrast favorably with the usual ponderous "handbooks" of hygiene for the home, and with the exceptionally clear type in which the work is printed. The first volume is devoted to the consideration of Hygiene, Elimination, Assimilation, and General Diseases; the second volume to Sanitation and Communicable Diseases; the third volume to Nursing at Home, From Birth to Youth, Wonders of the Body, Alcoholic Beverages, and Miscellaneous; the fourth volume to First Aid in Sickness; the fifth volume to First Aid in Injury, Household Remedies, Household Economics, Household Hints, and the Index.

The information given in the Household Economics, if heeded, would in a comparatively short time enable any family to save the cost of the books, which, for their main purpose of conserving the health, are priceless.

The large amount of matter in these books would forbid the attempt to read them through by course in order to prepare a criticism. One must content himself to sample them here and there, as an assayer would sample a mass of ore; and that is all that is necessary, for wherever one dips he finds the same combination of up-to-date information, good judgment, and simple, attractive style.

The work tells not only how to build up the general health, how to avoid diseases, etc., but also what to do in many minor ailments and accidents, where home treatment would be safe; and what is more important, it tells when it would be wiser to call in medical aid than to attempt home treatment.

The chapters on Diet and Stimulants are thoroughly practical, the author being an admirer of such men as Fletcher, Wiley, and Fisher; and the chapters on Maternity, The Baby, and Diseases of Women will be found invaluable to the mother.

(Concluded on page 42)

NEWS NOTES

Garbage-Fed Hogs.—Pork from garbage-fed hogs, when exposed for sale in Denver, must be labeled as to source, according to an ordinance passed by the board of supervisors.

Campaign Against Hookworm.—It has been found that in east Texas, about fifty per cent of the total population in some counties is infected with hookworm, and the State board of health has begun an active campaign for the eradication of the disease.

Crematory in Berlin.—In accordance with a recent law permitting cremation in Prussia, a crematory is being erected in one of the cemeteries of Berlin. There is, however, considerable objection on the part of some of the clergy. Possibly the cremation of the bodies takes away the dread of everlasting cremation hereafter, and thus takes away the hold the clergy has on the people.

Typhoid Closed Dairy.—A typhoid epidemic of thirty or more cases in Moorestown, N. J., was traced to a certain dairy where a case of "walking typhoid" was found among the employees. Several employees of one milk-distributing station had already begun to show symptoms of the disease. The State health authorities closed the dairy, and ordered all milk sold in the town to be Pasteurized.

Child Labor.—In the United States, there are yet 2,000,000 children from ten to fourteen years of age employed in labor and denied schooling. Twenty-nine States require no educational standards of children entering work. Only one fourth of all the children, it is asserted, are compelled to attend school. This situation is especially bad in the South. The new children's bureau will have an abundance of work on its hands.

Name Changed to Public Health Service.—The United States Public Health and Marine Hospital Service is hereafter to be called by the shorter name United States Public Health Service, according to a law recently enacted by Congress. The pay of the officers has been increased. In the past it has been difficult to get able men to enter this service because the pay was not equal to the pay in the army and naval medical services.

A State Medical Service.—A correspondent to the *Journal A. M. A.* writes from England that "there are many indications that in time the medical profession will be transformed into a state service. Medical officialdom is constantly increasing. Beginning with army doctors, health officers, veterinary surgeons, and public vaccinators, school physicians have recently been created under the insurance act, and a large number of tuberculosis officers are being appointed."

Plague in Porto Rico.—The plague seems to have been well controlled in Porto Rico. In all places where cases of plague were found, the usual thorough methods of rat killing and rat proofing, etc., have been put into execution, and the plague seems to be stayed.

First Aid in Difficult Labor.—The latest remedy for difficult labor is extract of the pituitary, one of the ductless glands, whose use until recently was a mystery. The extract is said to increase the activity of the labor without increasing the discomfort.

The Squirrel Destructor.—In view of the fact that poisoned grain and carbo-disulphid are expensive and not altogether effectual in the destruction of ground-squirrels, the Public Health Service has perfected an apparatus by which the carbo-disulphid is forced down to the bottom of the squirrel holes by a blast of air. The method is said to be very successful, and less expensive than either of the other methods.

Denver Dance Halls.—A new Denver law provides that every person under twenty-one who attends a dance hall must write down his name and address at the door. Those under eighteen can not remain after ten unless under proper chaperonage, and can not remain at all if liquor is sold on the premises. This measure has been enacted as a result of the belief that juvenile crime is related in some way to unrestricted pleasure seeking.

Ten-Cent Milk.—The *Boston Medical and Surgical Journal* predicting that milk would be sold for 10 cents a quart in the vicinity of Boston this winter, stated that in order to produce good milk and deliver it, 10 cents does not give more than a fair margin; moreover, that milk at 10 cents is still a comparatively cheap food. The equivalent in nutritive value to a quart of milk would cost in roast beef 16 cents, in tenderloin 25 cents, in roast lamb 15 to 30 cents according to the amount of bone, in eggs anywhere from 25 to 45 cents according to the price.

Saloonatick Sentenced.—Regretting the fact that the law did not give him the opportunity to punish with a severer sentence, a Washington, D. C., judge recently sentenced a saloon-keeper to six months' hard labor for giving intoxicants to a fourteen-year-old boy, the son of a neighbor. Judge Mullowny said: "I should like to sentence you to two years in jail or more. You are a menace to society, and this sentence is too lenient." It seems that for more than a year the saloon-keeper had been enticing the boy into the saloon and giving him liquor, and several times had given him enough to put him in a stupor.

One More on the Fly.—The State bacteriologist of New York has found hookworm eggs on the legs and abdomen of flies from infected regions. He is therefore of the opinion that the fly is capable of transmitting hookworm infection.

Fighting Immoral Plays.—The Department of Temperance and Moral Reform of the Methodist Church, which assembled recently at Toronto, Canada, has started a nation-wide crusade to rid the stage in Canada of immoral and suggestive plays.

Poisoned by Oyster Cocktails.—The members of a wedding party in Baltimore were recently poisoned as the result of eating oyster cocktails. Possibly they were not aware before the experience that oyster cocktails may not be the best of food.

Alcoholic Patents.—More than three hundred patent medicines ("tonics," "stomach bitters," "nervines," etc.) are now taxed by the Internal Revenue Department as alcoholic beverages, for the reason that they are not sufficiently medicated to render them unfit for use as beverages.

Plague Mistaken for Appendicitis.—A boy of seven was operated on at the Royal Infirmary, Liverpool, for what was supposed to be appendicitis. A gland taken from the groin proved to contain plague bacilli. As the boy lived near the docks, it is supposed that he had been bitten by a flea brought by a rat on a steamer from some infected port.

Girls of Ten Use Cigarettes.—That is what a W. C. T. U. leader of Missouri states from her own observation. "Not only here in St. Louis, but in other parts of the State, I have found young girls puffing cigarettes, sometimes in their own homes." She is using all her powers of persuasion to secure the enforcement of the law which prohibits the sale of cigarettes and cigarette materials to persons less than eighteen years of age.

Infantile Paralysis in Buffalo.—At last accounts by *Public Health Reports*, Buffalo was still suffering from the epidemic of infantile paralysis. The city authorities asked federal help in stamping out the disease. It should be understood by those who have so often made statements against a national department of health, that by the Constitution a national department or a national bureau could never interfere within a State except at the invitation of the State authorities.

Opium Seller Fined.—Judge Hough, of the United States District Court, New York, fined one man \$250 and sent him to hard work for six months for selling opium. The judge expressed his intention to do his utmost to break up opium smoking. But are we aware that much more harm is done in this country by liquor than by opium? The difference is that there are powerful political and monetary interests behind the liquor traffic, and thereby hangs a tale. If it were not for the activity and the influence of capitalized vice, it might be easier to obtain relief legislation.

The best antiseptic for purposes of personal hygiene

LISTERINE

There is a tendency upon the part of the public to consider the dental toilet completed with the use of the tooth-brush and a dentifrice in paste or powder form.

It is not possible with the brush and either paste or powder to cleanse the interstitial surfaces of the teeth; here the use of dental floss is imperative, and after meals, or in any event before retiring at night, it should be employed to dislodge the remaining shreds of food substance wedged between the teeth. The tooth-brush and a paste or powder may then be employed for their frictionary effect, moving the brush from the gum margin toward the cutting edge or grinding surface of the teeth, and not toward the gum margin, lest these tissues be loosened from their attachment about the teeth and the sensitive dentin exposed. Rotate the brush upon the grinding surfaces of the molars to remove any food which may be lodged in the fissures of these teeth. The mouth should then be rinsed with an antiseptic solution of suitable strength, for which there is nothing comparable to Listerine, one part, tepid water ten to fifteen parts, forcing the Listerine to and fro between the teeth that all of their exposed surfaces may be brought under its antiseptic influence.

This procedure faithfully pursued will insure the conservation of the teeth.

LAMBERT PHARMACAL COMPANY
LOCUST AND TWENTY-FIRST STREETS : : ST. LOUIS, MO.

Autointoxication and Arteriosclerosis.—Work in the Metchnikoff laboratory has shown that indol, one of the products of intestinal decomposition, when fed to guinea-pigs by the mouth, produces atheromatous degeneration, or hardening of the arteries. This gives force to the theory that arteriosclerosis is caused largely by intestinal decomposition.

A Fanatic Self-Punished.—Dr. Spohr, of Frankfort-on-the-Main (Germany), a nature-cure apostle, was infected with smallpox by a woman patient from Russia. According to the law, he should have reported to the authorities, but he remained at home, and was cared for by his wife. His child and two neighboring women, with their homeopathic physician, all caught the disease. As soon as he recovered, Spohr left for parts unknown, and the authorities were notified of the child's illness by an anonymous letter. Now the German government is on the track of the man, and if apprehended, he will be punished for breaking the contagious-disease laws.

Lying, Under the Ban.—During the last days of Congress the Shirley Amendment to the Food and Drugs Act was passed, declaring it a case of misbranding if a label contains any misleading statement regarding the curative effect of the article. It will be remembered that the Supreme Court some time ago decided that the Food and Drugs Act did not cover cases of lying as to the curative effects of drugs. A bottle of sugar-water might be put on the market as a consumption cure without any fear of the old Food and Drugs Act. The amendment will cause some changing of labels, you may be assured. They will be more modest, hereafter; but how it hurts a patent medicine man to tell the truth!

Bathing Not So Popular.—At the York Sanitary Congress, a Manchester physician read an interesting paper regarding the bathing habits of the people. He says: "We English people are not so clean as we are supposed to be. For forty million people the only bath is taken in a basin. In some hotels, not one per cent of the guests take a bath on any day. In other hotels, the percentage may rise as high as ten. Men nearly always take cold baths. The daily bath habit is found principally among the young and middle-aged public-school men. As they grow older, the daily bath declines. The doctor said, significantly, that no evidence was discovered which would lead one to conclude that bathing accommodations are unduly taxed when a congress of medical men or sanitarians is held in a town. He did not think the bathing average of the clergy very high. They only pretend to the "godliness," not to the "next." The doctor ranks the order of frequency in bathing as follows: "Scotch, English men, Irishmen, American women, English women, American men, Frenchmen, Germans. He attributed the less frequent bathing of the English women to their modesty—not liking to appear in the corridors in bath costumes, the American women not being afflicted with this modesty. He did not think the failure to bathe on the part of the American men could be attributed to their modesty.

Minimum Wage Act.—Massachusetts has passed the first minimum wage act in the United States. It is not mandatory, but provides for a commission with power to establish wage boards in all industries. These boards, when they perceive in any place that women are not paid a sufficient wage for decent living, may suggest to the employers a proper wage scale, and in case it is not acceded to, may give due publicity, making known the employers who are underpaying their help. Such publicity would doubtless have strong moral influence upon the employers.

Medical Degree Without Bachelor's Degree.—A new departure has been proposed in France, new for that country; that is, the opening of the medical schools to young men who have not completed a college course. According to Professor Grasset there is "great danger in permitting men to obtain the degree of M. D. without Greek, without Latin, and without philosophy." I never realized before how much danger we are in in this country where the doctor who has Greek, Latin, and philosophy is a rare bird. But if I remember correctly, we do not die off any faster than the French. This may be, however, because we are inured to the hardships of having doctors who do not know Greek, Latin, and philosophy.

An Interesting Educational Experience.—At Leicester, England, forty elementary school-children with tendency to tuberculosis were sent to the shore for two months in the autumn, to the summer camp of the Leicester Summer Camp Committee. The parents paid a small amount, and provided the required clothing. The instruction was all given outdoors. The medical-school officer of Leicester says: "Every one was surprised to see the great improvement which had taken place in their general appearance and carriage. The complete success of the experiment has warranted arrangements being made for a repetition of this valuable work during the present year." What proved so beneficial to children threatened with tuberculosis would be as great for all children.

(Concluded from page 30)

The unfavorable criticisms are comparatively few. In the volume on First Aid in Sickness, is given the treatment of snake bite, which might better have appeared in the part devoted to accidents; and much of the matter in this book might better have been placed under the head of Miscellaneous; for instance, Static Electricity, Sterilizing, Stimulants, etc. Teething and Thumb Sucking, might better have been considered in the chapter devoted to the Baby, but a fairly complete index minimizes this fault. One might wish that the volume as well as the page had been given in the index.

One can not but regret that the author has given his approval to the use of tobacco, on the ground that it is a remedy for chronic constipation. In the first place, I do not think all will bear out his assertion in this regard, and moreover there are other remedies for constipation which are not so objectionable.

Slant Versus Vertical Writing.—At a late meeting of the French Association for the Advancement of Science, the section on pedagogy recommended the slanting in preference to the vertical penmanship, for the reason that the latter causes the student to assume incorrect positions, and thus helps to induce spinal curvature. The old slant writing permits the most natural positions.

Hotel Milk.—In some of the large hotels and expensive restaurants of New York City the milk is unfit to drink, according to a report recently made by the New York Milk Committee. This has started a newspaper squabble between the milk committee and the health department, the committee accusing the department of laxness, and the department ridiculing the assertions of the committee.

Submit to Vaccination Against Typhoid.—A serious epidemic of typhoid having broken out in Wall Street, New York, one firm employing twenty-eight persons asked them to submit to antityphoid vaccination, which they readily did. Other firms were contemplating the same procedure. When the practise of vaccination against typhoid becomes more general, there will be much less typhoid fever.

Vicissitudes of Peruna.—The sales of this one-time popular remedy have dropped down to almost nil. The reason was that the proprietor was compelled by the government either to change the formula or else sell it only in places holding a retail liquor license. As the lesser of two evils, this venerable friend of the sick and helpless added a laxative, so as to give it a standing as a medicine. But the old users of this booze found that their favorite tippie brought about undesirable results, and they must have sought out some other tippie, for the sales of peruna almost ceased. Now the old formula has been resumed under a new name—kar-to-no, or something like that—for the benefit, doubtless, of the men who want a booze without a laxative; but if you want a bottle, you will have to buy it at a liquor store.

Infantile Paralysis and Biting Flies.—One interesting bit of information made public at the Hygiene Congress was that by the Massachusetts Board of Health and Harvard University representatives to the effect that infantile paralysis can be transmitted by biting flies, or stable-flies. Professor Rosenau, after considerable experimenting, has been able to transmit the disease to monkeys by causing one of these flies to bite a monkey sick of the disease and then bite a healthy monkey. Attention was called to the fly by the fact that the disease is principally rural in its incidence, and that it has certain seasonal curves of greater prevalence. These facts suggested the agency of some insect, and the only insect invariably found in the neighborhood of infantile paralysis epidemics is the stable-fly; and now he has been caught right in the act—so far as monkeys are concerned. The stable-fly looks very much like the ordinary house-fly, and though it is more common around stables, it also gets into houses, and it differs from the common fly in that it takes its food by biting and sucking the blood.

Pure Food Amendment No Good, Says Dr. Wiley.—Dr. Wiley says that the recent amendment to the Food and Drugs Act is not worth the paper it is written on, or words to that effect. A sound, carefully worded bill without loopholes was presented to Congress, but through the influence of the "interests" two words were inserted, which, according to the doctor, will be sufficient for the escape of every fraudulent nostrum vender. The bill as passed provides that statements on packages "shall not be false and fraudulent." Dr. Wiley says that no matter how false a statement is, the charlatan can hide behind the statement that it is not fraudulent, for he actually thought it would accomplish what he claimed. Let us hope that the doctor's view of the matter is a little pessimistic, and that the law will at least stop some of the worst cases of drug fraud.

New Cause for Cancer.—An Edinburgh man comes forward with the assertion that the irritation from coal smoke is the cause of cancer. He gives plausible arguments, and abundance of statistics in support of his view. He attempts to show that the greatest percentage of cancer occurs where there is uneven topography, with hills and valleys, or even where there is a very irregular sky-line because of the numerous sky-scrapers. He says this unevenness interferes with the ventilation. He finds the lowest cancer rates on level plains. While this man is skilful in marshaling his figures and statistics, as the *Journal A. M. A.* says, "the candid reader will feel that statistics, like mercenary soldiers, are too readily marshaled in support of any and every thing to be really formidable except as auxiliaries." The fact is, a man, if he is skilful enough, may start out with almost any proposition, and prove it by statistics.

Soda-Water and Lead-Poisoning.—The July issue of the *Scienza Gazeta* (the international monthly review of science in the Esperanto language) has an article by Dr. A. Barilli, who has demonstrated that carbon dioxide in carbonated waters coming in contact with tin containing even as small a proportion of lead as one half of one per cent (which is allowed by law in France), is subject to electrochemical action owing to the contact of the two metals with the acid, and both metals are dissolved in the liquid, the lead, especially, in dangerous quantities. He warns his readers, who use soda-water in siphon-bottles, to draw off and throw away the first portion, which has been in contact with the inside of the tube, as this will contain the lead in most concentrated form. Soda-bottles having metallic tops should never be laid on their sides for any length of time. Where it is necessary to use metal, it should be the pure tin; for the smallest trace of lead will form, in the presence of the acidulated water, an electric current with solution of some of the metal. While a small quantity of lead taken at one time in soda-water might be comparatively harmless, the continued use of such water would be dangerous, because the lead is not eliminated from the system, and one would get the cumulative effect of all the small doses, as one gradually increasing dose.

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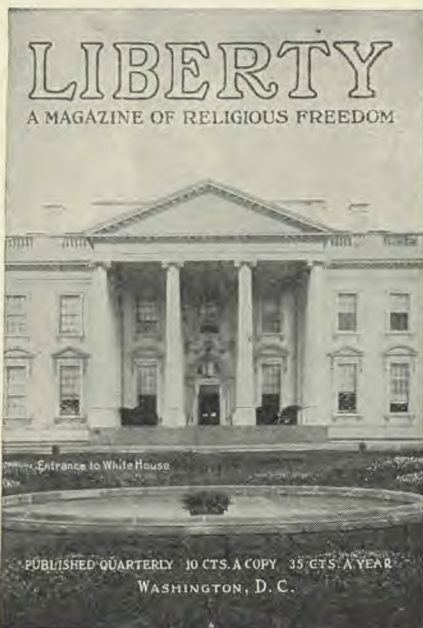
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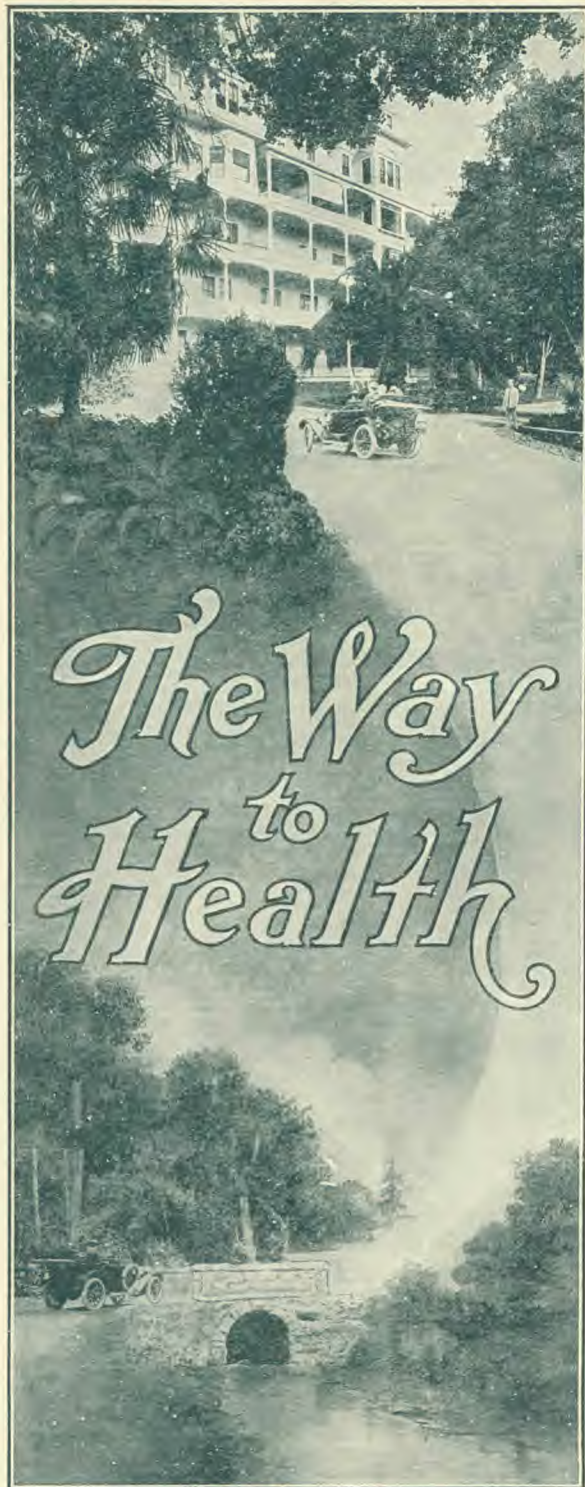
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