Life & Health

THE NATIONAL HEALTH MAGAZINE

February
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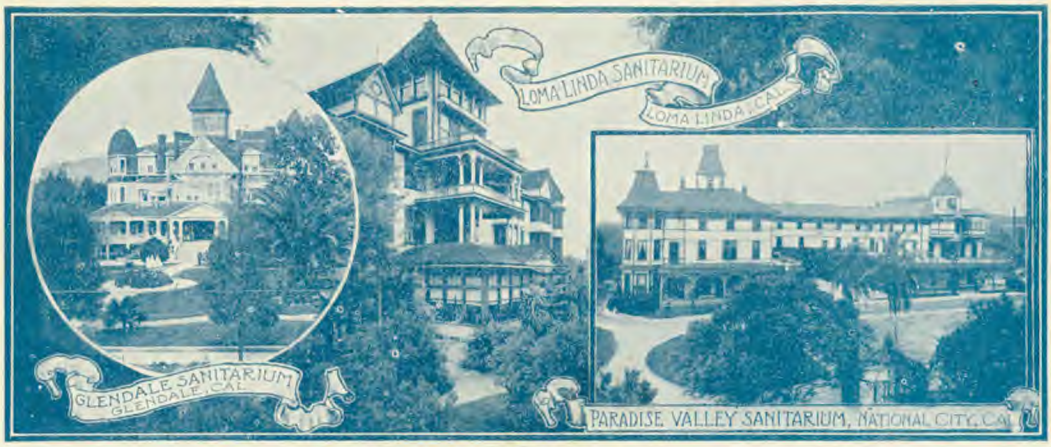

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LIFE AND HEALTH

TAKOMA PARK, WASHINGTON, D. C.

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Life & Health
THE NATIONAL HEALTH MAGAZINE

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

George Henry Heald, M. D., Editor

WHAT TO DO FIRST

Hiccup

THE paroxysms may often be relieved by grasping the tongue with a napkin, and pulling forcibly.

The Cure of Piles

IN many cases permanent relief will be obtained by forcibly stretching the orifice under local anesthetic.

Singer's Sore Throat

THE chronic laryngitis of the singer may be relieved by spraying the throat eight or ten times a day with a two-per-cent solution of lactic acid.

To Sober a Drunk

GIVE eight grains of ammonium chlorid dissolved in water, at one dose, and follow with copious drafts of water. The patient will sober up quickly without delirium.

Removal of Ear-Wax

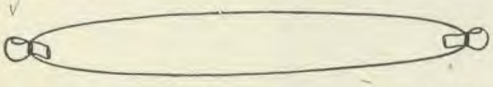
Do not attempt to dig it out, as this is injurious to the lining of the ear, but gently syringe it out by means of a fountain syringe, using warm water to which a teaspoonful of baking-soda to the pint of water has been added.

Whooping-Cough

THE paroxysms may be broken up by standing behind the patient, and, with thumbs behind the angles of the jaws and with fingers meeting and clasping the chin, pressing the jaw forward and downward. Another method is to grasp the tongue with a napkin and pull it forward.

An Emergency Hot-Water Bag

THE inner tube of a bicycle or automobile tire, tied at the ends, makes a very good hot-



water bag or ice-bag, says a writer in the *Journal A. M. A.* Cut a good section of the tube as long as desired, and tie it double over the ends. If the tube is of small caliber, it may be made to cover the surface by using a greater length and coiling it.

Menthol for Coughs

MENTHOL is valuable in the treatment of coughs in adults, says the *Medical Review of Reviews*. It is an anesthetic, and being nontoxic, it may be used instead of morphin to calm the irritation of the air-passages. A few crystals of menthol are heated on a spoon over a flame, and the fumes inhaled.

To Abort Coryza, or Cold in the Head

ONE or two doses, 1 gram (15 grains) each, of acetylsalicylic acid on the first indication of cold in the head, will arrest it. With the first tickling of the throat in the evening, take a dose, and then again in the morning. If there seems to be a relapse, two or three more doses will effectually relieve it. This advice is given in the Munich *Medical Weekly* of July 16.

Ivy-Poisoning

DR. J. L. BUTTNER writes: "I have found by experience that in ivy-poisoning the best treatment is scrubbing with soap and hot water, and a liberal wash with alcohol. The relief is immediate and permanent. The *Journal A. M. A.* spoke of this treatment favorably, and advised also permanganate of potash, which destroys the poison. I doubt if Epsom salts do so well."

Ivy-Poisoning

RECENTLY it has been shown that potassium permanganate is a thoroughly efficient remedy for poison-ivy or poison-oak. The *Medical Review of Reviews* gives the following suggestions as to the method of employing this remedy: —

"First, thoroughly wash the part or parts with warm water and soap; then use an alkaline wash, as for example, a teaspoonful of bicarbonate of soda to one pint of water. Following this should come several washings in a warm two-per-cent to four-per-cent solution of permanganate of potash. The strength of the permanganate solution should vary according to the severity of the attack."

The writer would suggest that the permanganate be diluted to a light-wine color, so that a tumbler of this solution will permit readily the passage of light. If this appears irritating, make the solution weaker. If nonirritating, it may be made gradually stronger.

OVERCROWDING AND BAD HOUSING IN THE COUNTRY

Dr. Harvey B. Bashore, County Medical Inspector, Pa. Dept. of Health

WHEN I first began to investigate this subject, it was hard to believe that real overcrowding existed in the country districts; but the more the subject was looked into, the more the fact became apparent. I little dreamed that we had situations in our small towns and villages almost as bad as I had seen in the great East Side on Manhattan Island. Yet why not? Greed for gold is just as strong in the country squire as in the city millionaire, and the owner of a few lots is going to make the most of them whether he lives in the city or the country.

Land overcrowding, the one phase so conspicuous in the crowded cities, is not so very common in the country, yet it does occur in many towns and villages, especially those which are on the boom from some rapidly increasing industry. I know, for instance, of a small town in which an entire corner lot is so completely taken up with a building that the toilet accommodations are actually on the street. The result was brought about by a bankrupt speculator who owned the building and lot and sold off the lot to his neighbor; in fact, sold everything but the house, and that his neighbor did not want.

A peculiarity of a great many towns and small villages is the row. I know many such towns where one sees solid blocks of buildings — small buildings, on narrow streets, which are also lined with dense shade-trees. We can readily understand how such building is necessary in the great cities, but it certainly is not necessary in the village. These barrack-like houses — and I know one small town where a certain row is called the "Barracks" — are perhaps good enough for soldiers, all young, strong, and healthy, living an outdoor life; but for rearing families they are anything but what they should be.

Fig. 1. A "row" in a small village: three houses and seventeen persons.

In villages, too, streets rarely approach the width of the city street, yet in many villages almost as much land is covered with buildings as in the city; of course the village houses do not approach the height of the city houses, but the real condition in regard to sunlight and fresh air is almost worse; for the narrow village street is frequently lined on both sides by low, bushy trees, and the houses have such low ceilings that there is really less circulation of air than in most ordinary city houses.

While the land overcrowding just mentioned is not very prominent in the country, house overcrowding is very common, sometimes due to defective building, sometimes poverty and the general carelessness and ignorance of the rural population in regard to things sanitary. The row is very often responsible for a good deal of the house overcrowding, but not all rows are overcrowded. I have seen instances where small families lived in small quarters under proper sanitary conditions, but that is the exception. The row house very often contains only four rooms and a wash-house, and when more than three or four persons live in such a house, with window space only in front and back, there will be overcrowding with its deficiency of air and sunshine.

The row shown in Fig. 1 is supposed to be three houses, and at one time contained seventeen persons, and as there are only three bedrooms in the whole row, there was a vast amount of overcrowding. The gable ends of the

Fig. 2. A mountain home — plenty of fresh air outside, but sadly lacking on the inside.

building also show lack of window space, presumably left in this condition with the idea of adding more houses to the row at some later date. Why are such houses built in small towns and villages? — Simply because the owner expects to make ten or fifteen per cent on his investment. The proprietors are generally the best people in their respective communities, and fail to realize that insanitary dwellings built in sunless rows on another street are a menace to their own health.

This kind of overcrowding is in a great measure due to the environment and the landlord, the people themselves not being directly responsible for the existing condition. On the other hand, there is very much overcrowding due wholly to the habits and ignorance of the people themselves; for example, a nurse from one of our tuberculosis dispensaries in her visiting work came across a certain farmhouse where five persons were accustomed to sleep in one not very large bedroom, which had only one small window, and one of the five had incipient tuberculosis. These people were well-to-do farmers living in a large thirteen-room house, and these five simply crowded into one room for the sake of mistaken economy, presumably to save coal and wood.

Another form of this overcrowding is apparent in certain mountain districts of Pennsylvania, and it may be very much the same elsewhere. It has been noted in these places that the natives do not have a strong, healthy build, nor a color indicative of health, but the thin, pale features of those suffering from the lack of pure air. Yet these people live in the purest of God's fresh air — in places akin to those where we build our sanitariums. Why is it? In a good many of these cases the explanation seems to be dependent on the personal habits of these mountaineers, who on the advent of winter "hole up" a good deal like certain animals. They lay in a supply of wood, but as wood is becoming scarce, and they are generally lazy, the supply is not overabundant. So they economize space and heat, and have fire only in the cook-stove; windows and unnecessary doors are nailed shut, and here around the stove they spend most of the winter, eat and sleep in one room, or at the most two, and the result? The faces seen in these mountain homes remind one of the faces

Fig. 3. This bedroom — the loft of the house shown in Fig. 2 — was used habitually by eight persons.

seen in the densely crowded insanitary tenement-houses of the cities. The complete outdoor life of the summer is barely able to combat the bad air and the lack of air during the winter months, and a chronic condition of lowered vitality results.

Bad building is almost characteristic of the country; small and insufficient window space, entailing lack of fresh air and sunshine, is seen almost everywhere. In Fig. 4 is shown a picture of one of these badly built houses, and it is a home with a history, too, not, perhaps as you think, historic of Indian raid and brave defense, but a history of the great white raider — tuberculosis. Here it is: —

Fig. 4. Defective building in the country — great absence of window space. Five deaths from tuberculosis since 1896.

1896-98, M—— family: one death and one person suffering from tuberculosis.

1898-1900, E—— family: two deaths from tuberculosis.

1900-12, L—— family: two deaths from tuberculosis.

The red raider of the eighteenth century rarely ever collected such a toll from these little pioneer houses of his day, but a greater danger is now abroad in the land, even in the country.

The old idea that the country is such a healthful place in which to live is good only so far as the country is fresh from the hand of the Lord; for man's make-over in the country is generally poor. No need to bother about curing individual cases of tuberculosis while they live in such environment. Healthful living conditions will give a different aspect to tuberculosis.

ACCIDENTS AND COMMON AILMENTS

G. K. Abbott, M. D.

Sprains

SPRAINS are of such common occurrence that every one should be able to treat them with at least some degree of skill. Recovery with the least possible loss of time is fully as important in treatment as the relief of the pain. Sprains of the ankle are far more common than in any other joint, and perhaps next in frequency are those of the wrist. The condition present is the rupture of a ligament by an excessive and usually unguarded movement. Pain is immediate, and congestion and swelling come on very quickly. It is perhaps needless to say that rest of the part is the first requirement in treatment.

That which is usually first resorted to is immersion or bathing of the part in hot water. This relieves the pain to quite an extent, but does not check or limit the swelling. Often the application of a liniment is all that is thought of. Sometimes the part is bandaged not only to secure rest, but to provide against excessive swelling. These are the methods in common use. While each one accomplishes one or more desirable results, none of them meets all the needs of the condition. In this connection we may well learn from the methods instinctively pursued by wild animals in like accidents. They seek a pond, lake, or better a stream, and stand with the injured member in the water, often for an hour or more at a time. This treatment with cold water, particularly running water, meets all the needs of the situation. It not only relieves the pain, but it limits the swelling and hastens healing by increasing the rapidity of the circulation and bringing to the part many more white blood-cells, which are also more active under the influence of the cold water than under heat. The persistent and annoying pain is due almost wholly to the swelling, and consequent tension on the nerve filaments. For this reason, the relief under cold running water is more lasting after removal from the water than when treatment is had by hot water, since the cold removes the cause of the pain, that is, the swelling. The treatment may be carried out by placing the injured part under a cold-water faucet, or it may be held over a pail or tub and cold water poured over it from a dipper or pitcher.

This plan of treatment may appear rather heroic, especially for delicate persons. But in such cases a little further reasoning will suggest the necessary modification. Let the part be immersed in hot water for a few minutes, and then pour cold water over it for an equal length of time, these alternations being continued until relief is obtained. Or the part may be several times immersed alternately in hot water and cold water, or even in ice-water. In all cases, at the close of each sitting wipe the part directly from the cold water, wrap in a thin cold compress, and cover with flannel applied closely and pinned well so as to quickly bring on the heating-up process. The part should then, of course, be kept elevated as much as possible until the next treatment. The whole procedure may be repeated two or more times daily as necessary. Tight bandaging is not advisable. It limits the swelling for the time being, but does not remove the cause, and after removal of the bandage the swelling becomes worse than otherwise. Even an uninjured part, if tightly bandaged for a few hours, will swell on the removal of the bandage.

Fractures

A broken bone must of course be attended to by a physician or a surgeon. But before the physician arrives, much may be done to relieve the pain, and also to relax the muscles preparatory to setting. This is best accomplished by the use of the fomentation, both results following the application of heat. Flannel cloths should be wrung from hot water and then wrapped quickly in dry flannel. The dry flannel cloth must be a thick one, like a new bed blanket, or else

two thicknesses should be used, so that a burn will not result. As an additional precaution, the wrapped fomentation may be tested by applying it to the back of the hand or to the cheek. The fomentation is then wrapped about the fractured part, and in a few minutes another prepared. The heat should be kept up until a considerable degree of relaxation is secured, or until the physician arrives.

Burns

While we do not recommend the use of hydrotherapy in burns (at least only in exceptional cases), yet they are so frequently treated by immersion in cold water that a word here will not be out of place. It is true that cold water relieves the pain as long as the part is in the cold water, but on removal the pain becomes worse than it would otherwise have been. Probably the simplest and best treatment in the large majority of cases is the use of a watery solution of picric acid,[1] and fanning of the part until this and the exuded serum have dried. It may then be lightly dusted with stearate of zinc, and the dressing and bandage applied. Treated in this manner, burns heal with surprising rapidity. These substances produce far better results than carron-oil, and should replace that preparation in the family medicine-chest.

Sore Throat

A simple sore throat may be very effectively treated at home. It is often accompanied by a similar condition in the larynx, and by hoarseness, sometimes lasting several days. Treatment may be carried out by a hot foot-bath and by fomentations to the throat. Both should be continued until the pain in the throat is relieved. This may require twenty minutes. If the patient has perspired because of these hot applications, a general sponge with cold water should be given, taking one part at a time, and finishing with the neck as the last fomentation is removed, and then the feet on removal from the hot water.

After this a heating compress should be applied to the neck, allowing it to remain all night or until another treatment. This is prepared by folding an ordinary cotton cloth in three or four thicknesses, forming a strip three inches wide and long enough to go one and one-half times around the neck. This is wrung from cold water, wrapped about the neck, and covered with a strip of dry flannel a little wider than the cotton piece. The latter is pinned so as to fit snugly. If left on overnight, the cotton cloth should be dry by morning. After one or two treatments by means of fomentations to the neck, the plan should be altered by applying a thick cold compress for one or two minutes between the fomentations, three of which with three applications of the cold compress constitute a treatment. In simple pharyngitis the writer rarely uses any other method, except the addition of some mildly antiseptic gargle to be used at intervals of three or four hours.

Blood-Poisoning

Septicemia, or blood-poisoning, is a serious condition, but results from very trivial injuries. The causative bacteria may gain entrance through the prick of a thorn, a cut or bruise, or even the scratch of a pin. As to whether or not these slight abrasions result in blood-poisoning depends almost entirely upon the vital resistance of the individual. Once in the tissues and unchecked by the white blood-cells, the bacteria multiply rapidly and spread along the lymphatic channels. The hand or other infected part becomes swollen, painful, and dusky in color.

The cure of the inflammation depends upon prompt attention and thorough treatment. The condition, of course, demands the attention of a physician, but much or all of the treatment in many cases may be carried out at home.

If the infected part is a hand or foot, as it is in the majority of cases, provide two large pails or small tubs, filling one with water as hot as can be borne, and the other with ice-water with blocks

[1] Picric acid should never be used if the skin is broken. Fatal accidents have followed its use in such cases.

of ice in it. The part should now be immersed in the hot water for two minutes, then in the ice-water for twenty to thirty seconds, and returned to the hot water. These changes should be continued for about half an hour at a time, and the whole procedure repeated from two to four times a day as necessity may require. The extreme heat and cold stimulate the circulation and reduce the swelling. That which is of the greatest importance is the great increase in the number of white blood-cells brought to the part. It is by means of these and other similar cells that the germs are destroyed. It is impossible to reach the germs by antiseptics; in fact, any antiseptic strong enough to destroy the bacteria would likewise injure the tissues, and also prevent the germ-destroying action of the white cells by which the body protects itself against infection.

Treating for blood-poisoning in the hand.

Where localized abscess appears, lancing will be necessary. Red lines extending from the infected part are an indication of spreading of the bacteria, and treatment should be frequently repeated, say every three hours, until these disappear. The hot water should be kept as hot as can be tolerated by the addition of more water from a teakettle or faucet. Ordinary cold water is not sufficient; ice-water must be used. The efficacy of the treatment depends upon these extreme changes in temperature. The writer has seen scores of severe cases successfully treated by this method.

PHYSICAL LABOR A BLESSING

D. H. Kress, M. D.

THE importance of systematic physical exercise in the maintenance and development of a healthy, vigorous body and mind, is not appreciated as it should be. By the majority, physical work is performed in a mechanical manner, not from choice, but because of necessity.

A young man in New Zealand found fault with the government. He complained of the inability to get work. A man stepped up to him and said, "My friend, if you will accompany me, I will secure you a job in two hours;" to which he replied, "It isn't work I am after; it is money I am after." When work is regarded as mere drudgery and money is the thing men are after, the full benefit that should result from exercise is not gained. The woman at the washtub, laughing and good-natured, is seldom ill. The mother who toils for her loved ones and deems it a pleasure to do so, usually keeps well.

The principle laid down in the Bible, "Let him that stole steal no more: but rather let him labor, working with his hands, . . . that he may have to give to him that needeth," is one that should be more generally followed; and the motive named should be the one prompting work.

The amount of good we get out of work depends in a great measure upon the good we see in it, and the amount of mental and physical energy we invest. Therefore the wise man said, "Whatsoever thy hand findeth to do, *do it with thy might*," or put your heart into all you do. Though walking is the best of all exercises, very little good will result from a listless, aimless walk; but if, with cheerful spirit, one throws his life into a brisk walk in the open air, with shoulders back and head erect, expecting adequate returns for the investment of time and strength, he will never be disappointed. The life current will flow more freely, and every organ of the body will be benefited thereby.

Of the many who go to the seashore or to sanitariums to regain health, some are greatly benefited, others are not. If you follow the two classes in their treatments, you will find that the one class go mechanically through the treatments and exercises prescribed, while the other class make a study of diet and the treatments. By doing so, they are able to reason from cause to effect and can expect results. They make a business of getting well; they expect much and receive much. In the same way exercise may or may not be a benefit to the individual. If the intelligence and interest are not centered in the exercise, it will do little good.

This indicates that there must be something wrong with our education; for honest labor is not generally considered a blessing, and the laborers who regard their work drudgery do not get out of it the physical benefit they otherwise might.

The Egyptians evidently had a wrong conception of labor. Fearing that the children of Israel might multiply and become powerful and join their enemies, the Egyptians said, "Let us deal wisely with them." Thinking that hard work was the surest way to cause physical degeneracy and to weaken the race, they placed taskmasters over the Israelites, and afflicted them with the hardest kind of labor. They were sadly disappointed in the results. The record tells us that "the more they afflicted them, the more they multiplied and grew. And they were grieved because of the children of Israel." [1]

The benefit derived from food or the air inhaled depends on a good, vigorous

[1] It would seem that some of the large corporations are now working with a similar purpose in view, and that they are succeeding better than did the Egyptians; for modern factory conditions, long hours, crowding, etc., often prove disastrous to motherhood.— Ed.

circulation of the blood. It is the blood that carries life from the food, air, and water to the different organs and muscles of the body, and it is through the blood that the tissues are freed from impurities.

The arm of the blacksmith becomes well developed and strong. By constant exercise the circulation of blood is quickened, and more life is carried to it. On the other hand, inaction of any organ will cause a sluggish circulation of the stream of life through it, and eventually result in a decrease of its size and strength. Not only does physical exercise build up, develop, and strengthen the muscles, but it also develops the brain. A leg or an arm amputated causes atrophy, or a wasting, of that portion of the brain which has control over those muscles. This shows that a well-developed and well-balanced mind depends on a well-developed body, and that physical health and mental strength are intimately associated.

Gladstone's clear-headedness and success as a statesman depended in a large measure on his systematic physical exercise. We are living in an unfortunate age,— an age of specialization. A few years ago, only all-round men and women were in demand. Clerks in stores were supposed to handle everything, groceries, clothing, hardware, machinery. Light and heavy, inside and outside work were combined. The women did housework, made the clothing for their families, and worked in the fields. This variety of labor compelled the use of nearly all the muscles of the body.

Now we have bookkeepers, who lean over the desk ten hours each day, and handle only the pen; stenographers, who operate only the typewriters; telephone operators; and doctors, who sit in their offices and see a list of patients. In fact, every one has his specialty. Thus while some muscles and certain cells of the brain are constantly exercised and wear out from overwork, others lie idle and rust out from disuse. May not this in a measure account for the increase in mental and other diseases, and for the increasing physical degeneracy?

Inactivity leads to an accumulation of poisons which produce muscular fatigue. The same poisons produce brain fatigue. Lack of ambition, and even moral depravity, is frequently due to a sluggish circulation of the blood and a consequent imperfect elimination of the body wastes formed constantly in the alimentary canal and the tissues of the body. In order to be well, man must exercise.

1616 Millard Ave., Chicago, Ill.

EXERCISE FOR WOMEN

Lauretta Kress, M. D.

EXERCISE is as important for women as for men. Every muscle, in order to maintain its best condition, must have exercise, by which the free exchange of blood is hastened. This movement of muscle, or elongation and contraction, acts upon the tissue the same as filling a sponge with water and squeezing it out again. Each contraction squeezes upon the blood-vessels, causing them to empty, each elongation or relaxation causing an inflow of blood. This carries out of the muscle all débris, and keeps up a healthy tone. All muscles need the same treatment. Certain groups we use sufficiently, others have no exercise, and consequently are handicapped.

Many women have for so long accustomed themselves to few exercises that the larger group of muscles do not become developed as they should. It is unusual to find a woman with well-developed arm muscles. A piano player develops the muscles of the forearm; but the biceps and triceps, the large muscles of the arm, do not become developed as they should. Trunk muscles in civilized women are not used to advantage on account of the bands around the waist. Corsets and tight clothing hinder the proper use of the trunk muscles.

We find for this reason many women with very flabby abdominal muscles, so that the internal organs, because of lack of support, are likely to fall down, or prolapse.

There are many forms of exercise in which women can engage with great benefit. Gymnastic exercises, under most circumstances, are very valuable; but the out-of-door exercises are much better because of the fresh air taken into the lungs, and because they are useful exercises. One feels when the exercise is over that one has accomplished something. I think of gardening, especially hoeing, as a delightful exercise. It is not a heavy one, and is very healthful. Any woman can engage in this useful exercise in her own garden. One hour a day, or even one-half hour, will keep the garden in good condition, and will afford an excellent chance for the development of the muscles of the arms and trunk.

An hour occupied in this way is well spent.

I remember with great interest a patient who though she was developing tuberculosis, was determined to live. She put on a pair of strong shoes and a short skirt, and hoed in her large

garden each morning until the sun was too hot. This exercise morning by morning had the effect of restoring the appetite and increasing elimination through the skin and lungs. The cough ceased, she gained in flesh, and to-day, after seventeen years, she is strong and healthy. There is something particularly interesting in hoeing, for one is working over plants which so readily respond to care. If one's own merry heart produces a song to go with the work, the exercise is improved.

Gardening is a delightful exercise.

Another useful and healthful exercise for women is mowing the lawn with a lawn-mower; a fourteen- or sixteen-inch size is easily managed, and is not too heavy for the ordinary woman to push. This, too, is an exercise she can take early in the morning. An hour occupied in this way is well spent. It obviates the expense of hiring the work done, and it adds much to our lady's health.

In winter there are other exercises equally healthful and beneficial. Women can shovel snow from the front porch and walk as well as men. If there are two snow-shovels, the wife can use one and exercise with her husband, in getting rid of the snow from the porch and walk.

Rowing is a very pleasurable exercise, and when the technique of rowing is properly acquired, it is one of the most beneficial of exercises. The general movement of the arm and back muscles, together with the muscles of the thighs, makes it an excellent exercise. I have seen women become experts with oars, and develop splendid muscles by the exercise.

Swimming must be mentioned here also. Every woman should learn to swim, not only for the exercise she may gain from it, but because sometime the ability to swim may save a life.

One of the most exhilarating exercises one can take is skating on ice. On a clear, crisp day, when the ice is smooth, there is no exercise one more thoroughly enjoys than skating. It is necessary to be properly clothed, and when overheated, one must avoid resting in a place exposed to a cold breeze.

I have not mentioned walking as a means of health getting. Among certain classes of women walking clubs are being organized. A walk of from three to five miles is taken regularly, and very often much longer ones. When taking my medical course, I averaged six miles every day, and frequently took a longer walk than that. English women have practised this exercise to great advantage for years.

Women as well as men can exercise this right.

Our present easy and rapid modes of travel spoil our men and women, so that walking exercises are not so popular as they once were. An energetic walk exercises nearly every muscle of the body. When the head

is erect, and the body in good poise so that the weight does not come down too hard on the heels, thus jarring the spine, walking becomes an exercise that can not be excelled in its benefits for all.

Only recently some women undertook to walk from New York City to Albany. Those who were corseted and otherwise hampered by fashionable attire unadapted for walking, gave up the attempt after the first day. At the last account five of the women were continuing the jaunt through snowdrifts, though they had to use some skin preparation in order to prevent the blistering of their faces by the fierce winds. At the time of this writing the walk had not been completed; but with women so plucky there is no doubt but that it will be; and having gone through an ordeal that would be considered severe by most men, they will come out not only with better health, but in better condition to prosecute their woman-suffrage campaign.

A most exhilarating exercise.

Walking is a healthful exercise under nearly all circumstances. Of course it would not be healthful to walk in the evening along a marsh infested with malarial mosquitoes, nor would it be an advantage to take a walk in an atmosphere polluted with various impurities, nor to walk in the sunshine unprotected on one of our hot summer days; but given a moderate temperature and a fairly pure atmosphere, if one walks energetically with erect head and springy step, on balls of feet rather than heels, and with a mind full of courage and good cheer, the walk can not but have a wonderfully invigorating effect.

1616 Millard Ave., Chicago.

When the technique is acquired, rowing is one of the most beneficial of exercises.

HOW SHALL WE EDUCATE OUR GIRLS?

Wm. W. Worster, A. M., M. D.

JUST now the educational world is deeply interested in the education of our girls. The pages of history have recorded the unhappy conditions of woman before educational privileges were granted her. Experience to-day reveals the unfitness of the average modern college girl to become the matron of the home and mother of the race. We have simply gone from one extreme to the other. Wherein lies the reason? The answer is very apparent. The cause of present conditions is the opening of our educational institutions to the entrance of girls without providing special courses of study for them.

Experience, although a slow teacher, nevertheless in this case has been a good one. To-day high schools and colleges are offering lines of study whereby girls may receive a training to fit them for practical, domestic duties, as well as to give them a full and complete course of study along general educational lines.

It has not been so very long, only about one hundred years, since a system of co-education was not believed in. It was thought at that time that the boys were the ones who needed an education, since upon them devolved the responsibilities of maintaining the home, state, and nation. Experience, however, has taught that when these boys came forth from college as men, well equipped for life, they were not disposed to look upon women as their equal; indeed, they could not do so, as their ideals of life, their aims and ambitions, were so widely different that there could be no common bond of sympathy. The girls, who remained at home and led a simple, uneventful life, were not capable of appreciating the superior knowledge of their husbands and brothers. Thus it was that woman came to be looked upon in ancient times as a slave, a being by no means equal to man. This condition lowered the standard of civilization to an alarming extent.

When the public was gradually won over to the idea of sending girls to school, the sentiment became strong in its favor. Common schools, high schools, and colleges were all opened to them, and with these great advantages woman very soon gained back her true position of love and respect. But her ability to manage the home and care for the health of her offspring, instead of being increased, was in the majority of instances markedly decreased.

The serious difficulty which is now so apparent is that the girls were required to enter the courses of study which were designed especially for the boys. This had a great tendency not only to develop in the girl masculine characteristics, but to weaken her love for and her ability to perform the practical, domestic, and maternal duties of a woman's life.

The lines of study pursued in obtaining an education should fit one in an all-round way for the duties of real life. If a man desires to be a doctor, a lawyer, or to pursue any professional or business calling, he takes such courses of study as are

designed to fit him for his life-work. So if we are to have good wives and mothers, we must have special courses provided for our girls.

Upon man rests the responsibility of finances; hence he requires an education that will enable him to cope successfully with the commercial world; while upon woman rests that sacred and tender duty of caring for the home and for her children. One can readily see that an education that would fit man in every way for the various duties of his life, would fail to give to woman a training for her work.

Before the adoption of our present system of coeducation, the mother of each home considered it her heaven-born duty to train her daughters for the practical duties of life. To-day she is either neglecting her duty or throwing the responsibility upon our educational institutions. Many a girl is hastened off to school without any insight into the true meaning of home or its duties. Vacations are often spent in the parlor, while mother does the work. It is not the object of this article to stimulate better home training, which is to-day sadly neglected, but to endeavor to awaken an interest in our educational institutions to assume and better prepare for the duties thrust upon them.

Since the adoption of coeducation, our schools and colleges have returned to us women who are capable of filling positions of responsibility and trust in our state and nation. They are highly accomplished along social lines. Many are masters in art, science, and literature. Their minds have been so carefully cultivated that they reach a high degree of efficiency in all their undertakings. They are in every sense the equal of their brothers. But woman's education, while broadening her vision and giving her high aspirations, has to a greater or less extent unfitted her for the domestic side of her life, and caused her to lose that true desire for home which God himself has planted in every woman's heart. Her ambitions are very liable to run along the same lines as her brother student's. She is qualified to fill the same positions as he; and why not aspire to them, instead of settling down to a quiet home life, which appears to her to be monotonous?

But if she does decide to live a professional life, what of it? Has she not a perfect right to do it? We can only bid her Godspeed. But we still contend that she ought to have a preliminary training, which is due every girl. Why? for what purpose? She will most likely, sooner or later, marry; for statistics show that only a relatively small per cent of the women of to-day do not marry. Then what? The problems of home-keeping are entered upon without the necessary knowledge of the fundamental principles. She then awakens to this painful realization.

Even if she is so situated as to have servants to obey her every wish, so that she need never perform any of the domestic duties herself, nevertheless the management of her home depends upon her own judgment and knowledge of the household arts. She can not expect always to have ideal servants. They usually do not know the best and most sanitary methods of doing the work assigned to them. She needs to know also for her children's sake, that they be not placed in the hands of inexperienced servants to be trained. If, on the other hand, she marries a man who can not give her all the luxuries of life nor all the comforts that he would like to, what will she do? Will she get a divorce from a true, honest-hearted man, who has never wronged her, because she failed to do her part from lack of practical knowledge, and thus made home unworthy of the name, made it the most unhappy place on earth?

The nation's strength depends upon home influences, early impressions, and manner of living. How much power the mother in the home wields can never be estimated. She is the molding influence of the home, the community, and the nation. Her children will strive to imitate her ideals.

Is it not a godsend that we now have courses of study which fill the lack that

has always existed in our schools? Why do not more girls take these courses? They prefer Latin, Greek, higher mathematics, astronomy, etc.; but these will not prevent dyspepsia, nor insure health and vigor to their children. The subjects enumerated above are essential to the broadening of the intellect, and girls should be encouraged to take them, but not to the exclusion of those mentioned in the following paragraph.

Years of profitable study may be spent along the line of household economics, and at least one fourth of the high-school and college education should be devoted to it. The following subjects should be taken by every girl, regardless of her aim in life: Physiology, personal and household hygiene, care of the home, dietetics and cooking, home treatment of the sick, accidents and emergencies, the care and diseases of children, and sewing.

If every woman took up the responsibilities of home with a knowledge of these subjects, our nation would be noted far and wide for its tranquil, happy homes. After the experience of seven years of college and university life both as student and professor, and of ten years of medical practise, the writer feels very confident of this.

Fathers, mothers, instructors, encourage your girls to take a course in household economics as well as other essential studies. It will be a valuable use of time and will bring golden results. It is all advantage and no disadvantage. And your girls will come home from school to you with a full and complete education, and rounded into sweet, home-loving, Puritan-like women.

College View, Nebr.

THE FARM BABY

Edythe Stoddard Seymour

VII

ENVIRONMENT

FROM an early age, babies notice faces and understand expressions, and also tones of the voice. The influence of living among unhappy people has been known to make a baby quite ill. Always keep a pleasant face and quiet speech in the baby's presence.

The little brain is like the sensitive plate of a camera, ready to receive impressions. Baby learns rapidly, about cleanliness of person and surroundings (environment), and to love. He learns the cuddling, warm love of the mother, the strong arm and proud love of the father. Later he notices the efforts to amuse him made by other members of the family.

Quarreling, smoking, the sharp scratching of matches, banging of doors, and other unpleasant things that take place in some homes should be done away with, so baby can thrive.

Many feet in crossing the floor keep it unfit for the baby to sit on. A low child's chair, without rockers (for safety); a large armchair, with cushions; or a large clothes-basket or a box may be used for baby to sit in; a sheet may be spread on the floor in one corner of the room, and a fence be made around it with chairs or low baby-yard fencing.

Baby's environment should be that of kind words toward each member of the family, and his parents should take time to talk to him. Sometimes father can hold the little one while resting (and reading maybe), if mother is busy. Sometimes he should help the mother in the evening if she is very busy, so she can have a play spell with baby. Father should help care for baby at his meal-time, to give the mother a chance to eat her meal. Baby will notice this in time, and not become selfish in demands of the mother's strength and time.

Flowers on the table, music if possible, pretty pictures, reading-matter, and shiny furniture will all be noticed by the baby, and will have a good influence.

VIII

The Baby's Training

The baby should be trained rightly from the first. This saves much worry and the necessity for punishment later. If comfortable, baby should not be picked up just because he cries; otherwise the crying will develop into regular temper exhibitions when it is not convenient to pick the baby up. Lie down to nurse him or place baby lying with the bottle at nap times, in order to form the habit of regular sleeping hours. Feed as little at night as possible. Better not at all after the fifth month.

Select a convenient hour in the morning for the daily bath. Place the baby in a nursery chair twice a day after feeding when he is old enough to sit. Do not leave dirty diapers on for a few minutes, or baby will get used to the uncomfortable feeling, and be harder to train, and the unclean diapers are liable to cause disease and much local soreness.

When baby can grasp things, hold an object up and say, "Please;" give it to the baby and say, "Thank you;" the idea is good if often repeated. The names of objects that baby sees should be repeated in the same way. Thus he learns.[1]

[1] The editor doubts whether the child needs any particular training at this early age in the use of language.

At the table do not give the baby things because he wants them. Give him only the things fit for him to eat and drink, and this lesson will be learned.

A walking baby should go around persons, not in front of them, and when necessary to pass in front of any one, say, "Please excuse me;" this should be repeated to the baby often before it can speak the words.

It is better to say, "Yes, mother" or "No, Mr. Johns," than "Yes, ma'am" or "No, sir;" but if elderly people expect it, and baby doesn't know their names, the old-fashioned form could nicely be used with some people.

"No, no! it is mother's" (or some one else's), should be early taught with the additional thought, "Don't touch! it is not baby's."

Tell baby, "Be quiet," when he interrupts you in conversation; use a quiet tone, and insist.

Dishes that will not break and a bib are best for first use; later, pretty china ones and a napkin will teach genteel customs; also the use of a fork instead of a spoon, and a napkin-ring.

Insist on prompt obedience in important matters. Do not always see trifling faults.

* * *

Wetting the Bed

MARKED relief of this disorder has been obtained by the administration of half-grain doses of thyroid extract to children of from two to six years of age. In all cases that were benefited, there was a marked change after the administration of one or two doses. In some cases, undersized children gained weight rapidly under the treatment.

Simplifying Housework

American Motherhood gives some sensible advice about simplifying housework, thus giving less work and worry, and more time for the social side of the family, as follows: —

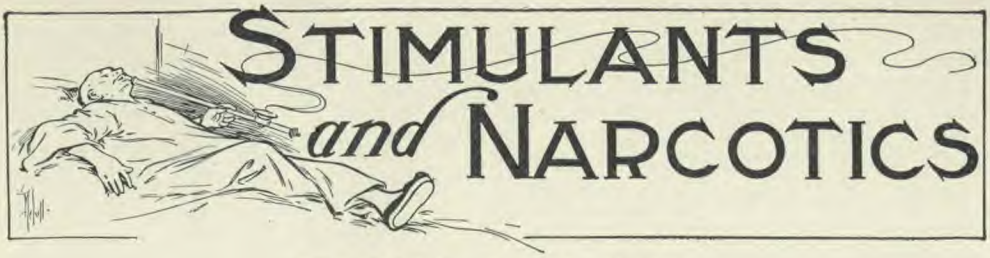
"An ironing may be made less burdensome by folding sheets, towels, underwear, etc., as they come from the line, and letting them go unironed. Fruits may be served for desserts instead of made dishes, which take time." It is advocated by some that unironed bedding and underclothing are most sanitary.

Politeness a Cushion

POLITENESS is like an air-cushion; there may be nothing in it, but it eases the jolts wonderfully.— *George Eliot.*

Do Not Hurry

THE wise housekeeper does not hurry. She may hasten when necessary, but she disregards hustle and bustle, and places thoroughness above speed.



ALCOHOL AS A FOOD

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

MANY alcoholic drinks contain, besides alcohol and water, certain small amounts, sometimes mere traces, of sugar, malt, and various other constituents. Therefore when considering the possible food value of an alcoholic beverage, we must take into consideration these accessory constituents besides the alcohol itself. The amount of nourishment found in most intoxicating drinks is trifling indeed, and almost of negligible character.

The Food Value of Wine

For the moment we shall omit all consideration of the hypothetical value of alcohol as a food, and turn our attention to these other constituents which are found in varying percentages in different spirituous liquors. "A liter of average wine," according to Gautier, "contains the following proportions of the principal materials fit to provide us with energy by their combustion:"—

	Grams
Alcohol	80
Glycerin	6
Sugars, etc.	1.5
Gums, dextrin, etc.	1
Cream of tartar	2

The total amount of food material obtainable from all these materials, except alcohol, is 10.5 grams, or a little more than 1 per cent. But even this small percentage is a theoretical and doubtful quantity, and under ordinary conditions most of it undoubtedly would be lost.

A. Glass of malt (air-dried), contains no alcohol and 83.5% of food value.
B. Glass of London porter, contains 6.9% of alcohol and 6.8% of food material.
C. Glass of wine (average), contains 8% of alcohol and 1.5% of food material.
D. Glass of brandy, contains 50% of alcohol and practically no food material.

The Food Value of Brandy and Absinth

Genuine brandy is obtained by distilling grape wine. "It contains about fifty per cent of alcohol, the remainder of the liquor being water, in which are held various secondary products, including acids, aldehydes, ethers, furfurol, and higher alcohols."—*Parkes and Kenwood.* Again excluding alcohol, we have left the merest trace of food material, if any at all.

The Food Value of Beers

Of all fermented liquors, beer and its associates, stout, ale, and porter, contain the largest percentage of food substance, as seen from the following analyses from "Foods: Their Composition and Analysis," by A. Wynter Blyth, M. R. C. S., F. C. S.:—

	Malt Extract %	Alcohol %	Carbonic Acid %.	Water %
London porter	6.8	6.9		86.3
Scotch ale ...	10.9	8.5	0.15	80.45
White beer, Berlin ...	5.7	1.7	0.6	91.8
Sweet beer, Brunswick	14.0	1.36		84.7

No mention is made in this work of the possibility of the presence of arsenic in beers sometimes in sufficient quantity to cause disease, and even fatal results.

For the sake of comparison, let us look at the composition of both barley and malt before it has undergone

fermentation, with the consequent production of alcohol. The analyses are from Blyth.

The Composition of Barley and Malt

	Barley air-dried Per cent	Malt air-dried Per cent
Dextrin (a form of sugar)	5.6	8.0
Starch	67.0	58.1
Sugar		0.5
Cellulose (fibrous matter)	9.6	14.4
Albuminous substances	12.1	13.6
Fatty substances	2.6	2.2
Ash, etc.	3.1	3.2
	100.0	100.0

Now look at the analyses of the beers again, and note the small amount of nourishment that they contain, even in the case of the sweet beer, which has but a small trace of alcohol, and is for all practical purposes a watery solution of malt. Surely no one would be so extravagant as to advocate beer as a food, seeing that the barley or malt can be obtained at a very much lower expense, and any one can stir up malt extract with water and make a malt drink without wasting money on beer.

Alcohol as a Fuel

We have thus far considered only the accessory food constituents of a few of the more common alcoholic beverages, and we have now to deal with alcohol itself as a food. In the first place, we may say that food nourishes the body in two ways — by furnishing building and repair material for the support of life; and as a fuel, the burning of which provides heat and energy for doing muscular work. That alcohol is a fuel, although an expensive one, is well known, for it burns readily even in the form of brandy or whisky. But the question is, "Does this necessarily make it a useful food?"

If alcohol were fuel to the human body, it ought to supply it with energy either in the form of increased strength and ability to do muscular work or in the form of increased animal warmth. Scientific research has shown us plainly that the use of alcoholic beverages does not increase a man's ability to do muscular labor of any kind, but on the other hand actually diminishes it. Any healthy man is stronger in the lifting power of his muscles without the use of alcoholic beverages, even though the dose is a very moderate one. The scientific experiments of Kræpelin, Dr. Parkes, of Netley, and others show that alcohol in small or large doses does not improve a man's physical or even mental efficiency.

For this reason athletes when training for the purpose of doing feats of strength, such as cycle- or boat-races, running, and throwing the hammer, exclude all intoxicating beverages from their bill of fare. The same is true of walkers, swimmers, and indeed, as far as we know, of all athletes.

If wine or even beer possessed any strength-giving properties, then surely our athletes by this time would have found it out, and would take such drinks for the purpose of increasing their strength and endurance, but the contrary is the case.

Alcohol and Bodily Heat

When alcohol is taken into the system in any form, it enters the blood without any further change, and it is recognized by the living tissues as an intruder and a poison. This is doubtless on account of its irritating influence. A certain percentage of the alcohol is promptly got rid of without any change whatever, most of it passing away in the breath, and also through the kidneys and the skin. A varying percentage is burned in the body, producing a small amount of heat, but the heat thus obtained is actually less than that which is lost through the poisonous effect of the alcohol. By its paralyzing effect upon certain controlling nerve-centers in the brain, alcohol causes the blood-vessels of the skin to enlarge, thus flushing the skin with blood, and hastening in a marked manner the loss of heat from the body. That this process is accompanied by a mild temporary glow of warmth in the skin is true. It makes a man feel warmer, although he is really colder; for the truth is that it has a chilling effect upon him, the internal temperature of the body falling with the

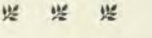
rise of the skin temperature, as Prof. G. Sims Woodhead has recently shown, and the man actually has less heat after his indulgence, and therefore is less fit to withstand cold.

Alcohol as Building Material

We do not think that even the best friends of alcohol claim that it possesses any building material whatever for the human body; and if no building material, then certainly it contains no repair material. Nitrogenous substances alone furnish the necessary material for the physical development of the growing child, or for the repair of the worn-out tissues of the adult.

But what about adipose tissue, or fat? some one may ask; and attention is drawn to the portly brewer as well as his employees, and to the rotund and often florid barkeeper. But the stoutness of the beer drinker is an indication of low vitality and impaired strength, and not good health. Alcohol, among its other evil effects, has a retarding influence upon the throwing off of waste matter from the body, and there is evidence to show that it interferes with excretion. Furthermore, alcohol also to a greater or less extent interferes with the metabolism, or life processes, of the living cell, and often leads to the storage of superfluous fat of a low order, which is really the beginning of obesity, or stoutness, a disease to which beer drinkers are liable.

We may then conclude that in any ordinary or proper sense, *alcohol is not a food.*



Alcohol and Tuberculosis

A PROMINENT English physician wrote to seven hundred physicians inquiring as to the relation of alcohol in tuberculosis, and he received answers from five hundred fifty-two to the effect that the battle against alcoholism should be considered the base of all serious efforts against tuberculosis.

Liquor in France

THERE is in France a liquor shop for every eighty or ninety inhabitants,—more than one-half million of them. It is said that one half of the drinkers are afflicted with cerebral or mental trouble. Of one hundred murderers, fifty-two are intemperate; of every one hundred incendiaries, fifty-nine are committed by intemperate persons; of every one hundred vagabonds, seventy are intemperate; of every one hundred assaults to commit bodily harm, ninety are committed by intemperate persons; of every one hundred acts of violence against the person, eighty-eight are committed when the person is actually drunk.

Effects of Tobacco Using as Attested by a Physician

A PHYSICIAN by the name of Hochwart is quoted as saying that of his tobacco-using patients about one third have nervous complaints. Of his heavy smokers, more than one half complain of unpleasant, rather stubborn nervous symptoms. Especially is this true of the heavy cigarette smokers, the nature of their trouble apparently being more obstinate and longer lasting than that of the cigar smokers. Frequently these patients complain of palpitation of the heart, general nervousness, headache, vertigo, and not infrequently of insomnia, tremor, specks before the eyes, dyspepsia, and gastro-intestinal disturbances. Many of the patients report to him that owing to one or more of these various complaints, they had been forced to give up the use of tobacco to a greater or less extent.

SOUPS

Geo. E. Cornforth

IN the September LIFE AND HEALTH the editor speaks of the lack of mineral matter in the diet which results from the use of white bread, meat, and "boiled-out vegetables." We hope that the readers who have been studying these lessons in cooking never serve boiled-out vegetables. But soups may be the class of foods by which the mineral matter in the diet may be increased; for in soups may well be used and saved much that is valuable to the body, but which is usually thrown away.

We often read at the end of a recipe for cooking vegetables, "Drain the string-beans [or asparagus or whatever it may be], and add the seasoning." In draining them, and often there is a considerable quantity of water to drain off, much that is valuable in the vegetable is thrown away; for the mineral matter in vegetables readily dissolves in the water in which they are cooked. Vegetables should be cooked, if possible, in so small a quantity of water that there will be no water to throw away when the vegetables are done. If there is more water left than is desired to serve with the vegetable, save it for making soup or bouillon. Delicious bouillon can be made by simply mixing together the water in which different vegetables have been cooked, such as string-beans, peas, asparagus, onions, cabbage, Lima beans, potatoes, baked peanuts. To the water a little strained tomato may be added, a little thyme or summer savory, and, if it is desired to make it a little richer, a little raw or cooked peanut butter; or each quart of the bouillon may be thickened with one and one-half tablespoonfuls of flour stirred with one and one-half tablespoonfuls of oil. A very good substitute for chicken broth can be made by using the broth from green peas, Lima beans, and baked peanuts.

Following are recipes for a few soups which may be different from anything our readers have thought of:—

Bean Broth

Thoroughly wash one pint of pea-beans, and put them to cook in two quarts or more of cold water. Bring them to a boil slowly, and simmer gently for several hours, adding boiling water if necessary, till the water in which the beans are cooking becomes rich. Drain off the water, of which there should be not much more than one pint, season with salt, and it is ready to serve. A few grains of thyme also may be used for seasoning.

When properly made, the broth is so rich that when it is cold it is jelly-like in consistency. It is a nutritious and digestible food for persons who must take a liquid diet.

The beans which are left may be made into purée, and seasoned with salt and cream or vegetable oil; or they may be seasoned with one teaspoonful of salt and two or three tablespoonfuls of oil, and baked in a pan in the oven till nicely browned on top.

Split-pea broth is made in a similar manner, and is even more delicious than the bean broth.

It is too bad that in making flour, so much that is valuable as food is removed from the wheat. But by using bran in making soup-stock, we can get that of which our systems have been deprived if we have been living on white bread.

Bran Broth

1 cup wheat bran
1 slice of onion
1 small stalk celery, chopped
1 small carrot, chopped
A few drops of caramel

Put all except the caramel to cook in one quart cold water, and simmer slowly till there is about one pint of broth left. Strain through cheese-cloth. Add salt and caramel, reheat and serve.

Caramel is something which is valuable to keep on hand for coloring and flavoring soups and gravies.

Caramel

To make it, put one cup sugar to cook in one-fourth cup water over a hot fire. Keep it boiling, watching it closely, until it has turned a dark-brown color, has a caramel odor, and looks almost as if it is scorching, but be careful not to scorch it. Have a little boiling water ready, and when the sugar has reached the right point, pour the water into the caramel, being careful that it does not spatter on you. The water will harden the caramel. Allow it to cook till the caramel dissolves. It should then be an almost black liquid, and is ready for use. It may be put into a bottle, and will keep indefinitely.

Bran-Stock Vegetable Soup

A vegetable soup can be made by making a stock out of the bran, then cooking in the stock —

½ cup tomatoes
1 small stalk celery, chopped
¼ onion, chopped
½ small carrot, chopped
Small piece of turnip, chopped
1 small potato, chopped
1 tablespoonful oil

Simmer all together about two hours. (The good flavor of a vegetable soup depends upon long cooking.) Season with salt, summer savory, and a few drops of caramel.

Spinach or Asparagus Cream Broth

Season the water in which spinach or asparagus has been cooked, with cream and salt. Serve hot.

The spinach water should not be too strong, or it will not be palatable. It should be diluted with water till it has a mild flavor. Just a little spinach water added to gravies or to vegetable soups gives them a meaty flavor. Both spinach and asparagus water are too valuable to be thrown away.

Beet Cream Soup

Chop one large beet very fine or grind it through a food chopper, taking care not to lose any of the juice. Add to it two and one-half cups milk. Steep in a double boiler fifteen or twenty minutes or longer after it reaches scalding temperature. Strain out the beet, pressing it well to extract all the flavor. Return the soup to the double boiler. Reheat, and thicken with one tablespoonful of flour stirred smooth with a little cold milk. Add salt and one tablespoonful of oil.

The following method seems to me to be a great improvement over the usual method of making cream celery, cream lettuce, cream cucumber, and cream corn soups. Stewing lettuce, celery, or cucumber as is usually done in making these soups changes the flavor. This method retains more of the flavor of the fresh vegetable: —

Cream Celery Soup

2 stalks celery. (Tough outside stalks will do.)
¾ quart milk
1 tablespoonful flour
1 tablespoonful oil
½ teaspoonful salt

Grind the celery through a food chopper, being sure to save any juice that runs out of the chopper. Steep the celery in the milk in a double boiler one-half hour. Strain out the celery. Press well to extract all the juice. Put the liquid back into the double boiler and heat again to boiling. Thicken with the flour stirred smooth with a little cold milk. Stir in oil and salt.

Cream Lettuce Soup

Follow directions for cream celery soup, using four large lettuce leaves instead of the celery.

Cream Cucumber Soup

Follow directions for cream celery soup, using one medium cucumber instead of the celery. The cucumber need not be peeled.

Cream Watercress Soup

Follow directions for cream celery soup, using a few sprigs of watercress instead of the celery.

Cream Corn Soup

Follow directions for cream celery soup, using one cup corn scraped from the cob, instead of the celery; and instead of merely straining the corn out of the milk after steeping, rub the corn through a colander, and use the pulp in the soup.

Half water may be used in these soups, but they will not be so rich.

Cream Peanut Soup

1 pint milk, or 1 cup milk and 1 cup water
1 tablespoonful peanut butter
2 tablespoonfuls shredded coconut
2 teaspoonfuls flour
½ teaspoonful salt

Rub the nut butter smooth with the liquid. Add the coconut. Steep fifteen or twenty minutes in a double boiler. Strain out the coconut. Reheat, and thicken with the flour stirred smooth with a little cold water. Add salt.

Nut Chowder

½ cup diced potato
1 tablespoonful diced onion
½ tablespoonful oil

¾ cup water
1½ cups hot milk
⅓ cup diced nut cheese
½ teaspoonful salt

Cook onion in the oil till tender. Add the water and potato, and cook till potato is tender. Add remaining ingredients.

The recipe for making the nut cheese was given in the lesson on "Meat Substitutes" in the August number of LIFE AND HEALTH.

Corn Chowder

½ can corn, or an equal quantity of fresh corn, or ¼ cup dried corn stewed till tender (The dried corn makes the best chowder.)
1 cup diced potato
1 small onion diced, and cooked in ½ tablespoonful oil
1 pint hot milk
¾ teaspoonful salt

Cook potato and browned onion in three-quarter cup water till potato is tender. Add remaining ingredients, and heat together a few minutes.

Macaroni Cream Soup

Fine macaroni, especially nice for use in soups, can be had in the shape of rice, seeds, shells, rings, letters, stars, and other shapes.

1 tablespoonful of one of these kinds, or of ordinary macaroni broken into small pieces
½ cup potato, chopped fine
¼ cup onion, chopped fine
1 pint hot milk
¾ teaspoonful salt
1 tablespoonful chopped parsley

Cook macaroni, potato, and onion in one pint water till all are tender. Add remaining ingredients.

The next issue will contain other choice recipes for soups.

Arrangement of utensils for easily putting food through a colander.

EDITORIAL

ALCOHOL AND NARCOTICS

THE American Society for the Study of Alcohol and Other Narcotics, which met at the Hotel Raleigh, Washington, D. C., December 10, 11, gave unmistakable evidence of gratifying progress in the number of eminent and capable medical men who are interesting themselves in a careful study of the effects and use of narcotics, as shown by the splendid array of papers which were presented on various phases of the subject. Many of these men have had long experience in the treatment of inebriates and victims of drug habits, or they have been connected with State hospitals and psychopathic wards, having had in this way an excellent opportunity to study the effects of alcohol or other narcotics on the production of mental degeneracy, and vice versa.

A remarkable paper by Dr. Alfred Gordon, late professor of mental diseases in Jefferson Medical College, gave the history of fourteen children of non-alcoholic parents which he had carefully studied for a number of years. Through environment these children formed the drink habit and became physical, mental, and moral wrecks. And he believes, although he did not attempt to prove it, that if these children have progeny they will be similarly afflicted. In other words, he seems to tend strongly to the view that alcohol produces hereditary degeneracy, and that race degeneracy is not necessary to produce alcoholism.

Dr. B. C. Keister, superintendent of the Keister Home Sanitarium, Roanoke, Va., gave a remarkable array of statistics on the alcohol question, and called attention to the fact that the government spends large sums in stamping out tuberculosis, yellow fever, and other diseases, and yet we allow a greater parasite, the drug habits, to make inroads on the nation, with scarcely an effort to protest. The liquor bill, he says, is fifty-five dollars a year for every man, woman, and child, to say nothing of the misery, destitution, suicides, and murders due to this cause, and the almshouses, jails, reformatories, and insane asylums that are necessary largely because of this evil.

Another startling phase of the alcohol question, as stated by Dr. Keister, is that the farm products consumed in the United States in the manufacture of liquors would feed the poor of the entire world. If this is a fact, or anywhere near a fact, is it not itself a challenge to our civilization, and a demand that we do more than we ever have for the eradication of this evil?

Dr. L. F. Kebler, chief of the drug division, United States Department of Agriculture, gave a brief history of the introduction of morphin and cocain and other drugs, and of the rapid spread of the drug habits, and of the ineffectual attempts that have since been made to stay the evil.

Dr. C. J. Douglas, superintendent of the Douglas Sanitarium, Boston, Mass., laid particular emphasis on the fact that it is physicians (not all physicians by any means, but a comparatively few careless ones) who are responsible for the

spread of the morphin habit. Through carelessness, or indifference, or want of appreciation of the risk involved, they put one or other of these dangerous drugs into the hands of patients; moreover, many physicians are themselves victims of one or more of these habits, and a physician is very likely to prescribe what he habitually uses. Sometimes, needing a little bracing up, or thinking he needs it, he takes a drug which he has right at hand, and before he knows it, he is irreparably a victim of the drug habit, and he finds himself giving freely to his patients what he himself uses. Fortunately, it is a small minority of physicians who do this, and yet there is a greater proportion of physicians who are drug victims than of any other profession. Dr. Douglas suggests as a precaution to physicians that they never give a prescription for such a drug to be filled at a drug store, but, if necessary to use it at all, that they dispense it themselves and never tell the patients what they are giving; and he thinks it is folly to prescribe morphin, for instance, in nervous disorders, insomnia, and the like.

Hamilton Wright, special delegate from the United States to the International Opium Conference, gave a brief but very illuminating résumé of the history of the international action against the international opium trade. The United States, which has been the foremost government to urge upon other governments the passing of stringent opium laws, has been the very last government to pass any effective legislation. Although even Persia now has its adequate opium laws, the United States is still without such legislation, though there are now three bills intended to cover this defect pending before Congress. The American Society for the Study of Alcohol and Other Narcotics passed a resolution urging the passing of these bills.

Dr. T. D. Crothers, superintendent of the Walnut Lodge Hospital, Hartford, Conn., gave an account of a series of cases of alcoholic amnesia, or loss of memory, showing what a profound change in the cerebral and mental condition may be brought about sometimes by a comparatively small quantity of alcohol.

Dr. Tom A. Williams read a paper showing that many who were supposed to be insane on account of alcohol in reality flew to alcohol because of an already existent psychopathy quite different from the confused psychosis due to alcohol, which is a strictly temporary state; and Dr. William A. White, of the Government Hospital for Insane, seemed to believe that the statement by some that thirty per cent of the insanity is due to alcohol is an exaggeration; he believed that ten per cent would be more nearly right.

The subject of alcohol and heredity was considered, also the results of certain experiments on rabbits, and a number of other very interesting topics which it would be impossible to bring within the limits of this short description. Altogether, it is a favorable sign of the times when busy physicians will devote time and expense to a meeting of this kind in order that a careful and unbiased study of the effects of alcohol on the human system may be prosecuted.

THE SLUM — IS IT THE CAUSE OR THE RESULT OF DELINQUENCY?

ONE of the great problems of the modern city is the slum — O no! possibly *your* beautiful city *has* no slum. That claim has been made in a number of instances by proud citizens who looked askance at the slums of *other* cities; but in every instance, I think, where the matter has been investigated, whether in the large or small city, the town, or the country village, the slum has been found, and those who have obtained a vision of its awful significance are emphatic in the declaration that the slum is a blot on our civilization.

Its tendency is to physical, mental, and moral degeneracy. Some have thought that if the slums could be removed; if the blind alleys could be converted into playgrounds; if the miserable shacks could be replaced by inexpensive but sanitary dwellings, at a modest rental, the problem would be largely solved. Under better sanitary conditions, and with the influence of the playground, the public school, and the neighborhood settlement brought to the doors of the poor, these unfortunate people could be lifted above their degradation.

Others there are who believe that if all the slums in a town were removed this year, they would be restored the next. Because of low wages and high land values, and of the avarice of landlords, and of "thrifty" tenants who live in unspeakable conditions in order to save enough of their earnings to get back to the fatherland with a competence, there is the tendency in every community for the slum to form; and the process is going on constantly. Moreover, there is a portion of the community whose civilization, whose appreciation, whose capacity, is not nor can be raised above the level of the slums.

The enlightening study of a feeble-minded family with large ramifications, by Dr. H. H. Goddard, of the Vineland Training-school for Feeble-minded Children, which he has recently published,[1] would give some support to this latter view. There are people whom no education, no housing, no charity of whatever kind, would enable to make their own way in society. They are mental if not moral degenerates, and they breed true and breed like rabbits. Their helpless and dependent progeny increase at a more rapid rate than the progeny of normal individuals.

The slum may possibly have an influence in the first place in starting these degenerate lines. That can only be surmised; but the feeble-minded certainly have a large part in the perpetuation of the slum; and there is therefore the complicated problem of adequate sanitation and housing and education for those normal people who are merely the victims of their environment, and the segregation of those feeble-minded persons who are bound to breed if they are at liberty, and who will invariably beget a posterity that will be a public charge,— feeble-minded, helpless, sometimes tending to crime, always to immorality,— a festering sore in the midst of our civilization. On the other hand, these children,— which they always are in intellect,— if segregated in suitable colonies while they are growing, can be made at least partially self-supporting; and in the happy, care-free condition (for they are usually as happy as children) they cease to be a menace. And if all of one generation could be segregated, the problem would rapidly diminish.

[1] "The Kallikak Family," the Macmillan Company, publishers.

The important factor for us to consider is that *these feeble-minded children are in all our public schools,* trying there to obtain an education that can be of no use to them, and leaving school discouraged, vindictive, and often in a mood to begin a life of petty crime. The teachers think that " they could learn if they would only pay attention." There is the difficulty; they have no capacity for attention, no capacity to understand the abstract. And yet to the superficial observer they often may pass for bright children. The worst is that *their* children (and they will surely have them if they live) and their children's children, generation after generation, will in like manner be feeble-minded. And we, the taxpayers, foot the bills for the support of this rapidly propagating tribe of inefficients, instead of putting a stop to it by segregation.

H. Heald.

THE SECOND ANNUAL HOUSING CONFERENCE, Y. M. C. A. BUILDING, PHILADELPHIA, DECEMBER, 1912

This meeting of the National Housing Association was devoted very largely to the consideration of the slum.

The Medicine Faker a Moral Imbecile

THE conscience of the patent-medicine faker is on a par with that of the highwayman who is determined to have money, and does not hesitate to kill his victim in order to get it. This is no exaggeration.

When a man can dispense an ounce of a weak solution of sugar and salt for $5, selling it perhaps to some poverty-stricken but confiding person to whom he claims that it will cure about all known ills, he is capable of any degradation in order to get money. Such a man belongs in the class with moral imbeciles, though his mental condition and cunning may be above the average.

"Professor" Samuels some time ago went from the West to start up a mail-order business in Detroit. No sooner had he got well started there than a public prosecutor was on his track. This official seized the card index of Mr. Samuel's victims, present and prospective, and carried off a barrel of sugar and a bin of salt, we are told. Well, Samuels has gone back to the West, hoping they will receive him more kindly there, but he is not wanted there by the decent people.

Some may wonder how such a palpable fraud is able to do business. He does it by the astounding claims he makes, and by the remarkable testimonials he is able to publish. To the confiding public these testimonials seem to be honest, but there are some communications that have come to "Professor" Samuels which he does not publish. We give below a few which are said to be true copies of the originals which are held in the office of the American Medical Association. This is one example: —

"TENNESSEE, Feb. 20, 1912.

"Prof. H. Samuels, Wichita, Kans.

"DEAR SIR: I am sending the treatment back which you sent my wife some time ago. She is dead now. The treatment you sent her made her worse, and I can prove it. She never used it but six times, and she got worse right straight. Now I enclose your treatment back to you, and I want my money back. If you do not, I am going to pull you for sending something that made my wife worse. There have others told me that I could, but I won't bother you if you will send my money back; and if you do not, I will see what I can do with you.

"Awaiting your quick reply, I am,

"Yours very truly,

"W. F. S."

Doubtless the "professor" gets hundreds of such letters from patients, but probably his skin has become so hardened that he pays very little attention to such pitiful appeals. Here is another: —

"OHIO, Jan. 21, 1912

"Professor Samuels, Wichita, Kans.

"DEAR SIR: I am sorry to tell you that my father is dead; and if you have not sent that medicine, please hold same and return our money, as we need it under present circumstances.

"We are greatly in need of money now, and if you will send our money back, please do so.

"If you have a small boy, you may put yourself in our condition, and think if you were to die and leave the boy and wife to take care of themselves.

"You see my father was a poor working man, and put all of his hope in your medicine; so if you will please send our money back, we shall be very grateful to you.

"Yours truly,

"H. S. P.

"P. S. We ask your sympathy in our trouble."

Do you think a man who would send out a solution of sugar and salt for five dollars an ounce would pay any attention to such heart-rending appeals? Not he. He is not in the business for his health — or anybody's else health. He is in the one business of getting five-dollar bills, and he gets them. It is possible that

even some reader of LIFE AND HEALTH has made a cheerful donation to Samuels at some time, or if not to him, to some one equally a rascal.

The opportunity that these men have to live off of the woes of others comes from the fallacy so deeply implanted among the people that disease can be cured by something in a bottle. This is a fallacy that LIFE AND HEALTH is attempting from month to month to eradicate.

Here is another pathetic letter showing how much faith these poor dupes have in depraved human nature: —

"IDAHO, May 16, 1911.

"*Professor Samuels.*

"DEAR SIR: Received you letter, but Mr. L. was dead. He passed away May 6; kept up with your medicine until the last day. Used only half of one month's treatment. Will you take back the medicine that is left, and send me some of the money back, at least $15 of it, as I am a widow with three children? Now need the money badly. Please let me know about it as soon as possible. I have the medicine in a cool, dark place.

"Yours respectfully,
"MRS. A. L."

What sublime confidence! Do you suppose he would return the fifteen dollars for stuff that cost him but a few cents at the most? — No, indeed! His business is to get money. He has a very flourishing proposition from his standpoint, and what is his concern about the widows and orphans?

And Samuels is one of those who hate the so-called "medical trust," for he realizes that an organization of scientific medical men will sooner or later bring about a condition of intelligence among the laity that will drive such people as he to the wall.

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Liberal Diet in Typhoid

IT must have taken considerable courage on the part of the first person who undertook the liberal feeding of typhoid patients when the usually accepted opinion was that starvation or semistarvation was the proper procedure. But the liberal dietary, although it met with more or less vigorous protest and remonstrance and predictions of disaster, has by its success justified the faith of its pioneer, and now it is coming into more or less general use; and by liberal diet is meant a more generous diet than the average outdoor worker generally eats. It is surprising how well patients seem to thrive on these heavy rations.

As stated editorially in the *Journal A. M. A.*, the daily use of a quart of milk, a pint of cream, six or seven ounces of milk-sugar, several eggs, toast, butter, cereals, potato, custards, and apple sauce, — in short, a dietary calculated to more than satisfy the appetite of the ordinary healthy man,— in a disease supposed to call for most careful sparing of the gastro-intestinal canal, has evoked a silent protest or even mild reproof.

"It has been well said, however, that things move along so rapidly nowadays that the people who say it can not be done are often interrupted by some one doing it."

And they are doing it, feeding patients liberally, but they are careful to avoid decomposition.

"Meat is excluded, but easily digested carbohydrates are abundant, and fats are liberally administered in palatable forms and furnish contribution to the energy intake. In its make-up the diet is decidedly antiputrefactive in character."

Undoubtedly, in order to have such quantities of food taken by the patient and eaten with that gusto which will make for good digestion, the highest skill of a sympathetic and well-trained nurse is required.

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The Dollar and the Death-Rate

AT the fourth International Conservation Congress held in Indianapolis, Mr. Rittenhouse, of the Equitable Life Assurance Company, stated in his paper a fact which should impress itself on the American citizen. His thesis may be summarized in one brief quotation: —

"It takes money to carry out a great educational movement, and it takes money to conduct a public health service. The war with preventable disease and death is therefore a struggle between the dollar and the death-rate."

For $1.50 per capita a year, we are told, "any community can practically

banish those diseases. We now have the means of prevention, and can greatly reduce the number of deaths from all causes."

Some time ago we called attention to the fact that Cuba, which we are apt to regard as a semibarbarous nation, has given more latitude to its national health service than we have given to ours, and has paid more per capita for public health; and its death-rates show much more favorably than ours. For instance, in Havana where they have done their best work in the matter of sanitation, the death-rate is now eleven, which is better than in any of our cities.

On the isthmus we can see the commercial value of saving life; and being willing to pay out liberally, we have a most efficient health service there. But here at home the dollar still looms up larger than the individual life, at least in most places, and we need a campaign of education which will enable all our people and our lawmakers to realize the importance of an efficient health service, as well as efficient fire departments and police departments. As against less than one cent per capita up to perhaps ten or eleven cents per capita as we find in the United States, Cuba expends for public health forty cents per capita, and this will explain its diminished death-rate. With our boasted civilization, we still value dollars more than life.

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Mark Twain's Bad Habits

We like to imitate great men. It gives us somewhat of a feeling of greatness to be associated with them in any of their characteristics. We do not always realize that about the only point in which we can imitate the great is in their weaknesses, for every great man has his weaknesses and his foibles. And usually when we are not blinded by his good qualities, the weak points stand out quite as boldly as the strong ones. With most of us, however, the genius seems to cast a halo of sanctity around the failings.

Some of us have seen samples of Horace Greeley's penmanship, which he did not pretend to read when it was dry, and beside which the fly tracks on paper would be beauty marks. Those who were admirers of Horace Greeley, would very likely suppose this poor writing was a mark of genius, and no doubt some of his admirers unconsciously became poor penmen.

Once in a while there is an odd genius with long hair. The hair is no mark of genius, but of weakness; an evidence of a desire to be observed, to be odd, to differ from others. But some of his admirers note the long hair as a conspicuous point in which he differs from the ordinary man, and they perhaps let their hair grow. The disciples of any great man are more likely to adopt his eccentricities and weaknesses than his strong characteristics.

Mark Twain was a genius as a writer, and like other geniuses he had his weaknesses, among them some habits which doubtless helped to shorten his life. Possibly some of his admirers imagine that by following his habits of smoking and drinking they can thereby acquire some of his literary style.

Mark Twain undoubtedly knew that these habits were hurting him, but in his genial way he excused them, though in such a grotesque manner that the excuses are actually an argument against what they appear to uphold. We give herewith a Philadelphia editor's account of Mark Twain's opinion of bad habits: —

"The first time I interviewed Mark, I was smoking a cigarette, and I apologized for this. 'It's a bad habit, I know, sir,' I said humbly. 'Why, that's all right,' said Twain; 'I like to see young men have bad habits. I like to see them stir around and accumulate all of them they can. A man is like a balloon, and his bad habits are his ballast. Now, suppose he's taken suddenly down sick. He throws off some ballast; throws off, we'll say, the habit of smoking, and in a little while he's up and about again. But if he's very sick, and the throwing off of smoking doesn't bring him around, he gets rid of more ballast; gets rid, say, of the booze habit, and if even then he isn't cured, he must throw off still more ballast; so that you can see easily enough what a fine thing it is for his health to have as many bad habits as possible. But if he has

no bad habits and is taken sick, not being equipped with any ballast to throw off, the chances are that the unfortunate fellow will die.' "

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Superb Health and Efficiency

IT was not altogether an accident that Col. Theodore Roosevelt escaped the effects of the assassin's bullet. A constitution weakened by poisons and excesses might not have withstood the strain. As stated by the *Outlook,* Mr. Roosevelt's "lifelong temperate habits and careful physical culture had endowed him with a physique capable of resisting a shock which would have been fatal to a body poisoned by vice and enervated by luxury." And no one more fully realized this fact than his chief attendant physician, who said: —

"His superb physical condition, due to outdoor exercise and habitual abstinence from liquor and tobacco, as well as his simplicity of diet, accounts for the small effect produced upon him during his long speech while suffering from such a severe shock."

Mr. Roosevelt is one of the comparatively few men who have realized the immense value of superb health as a prerequisite of efficiency, and who have so lived as to conserve and build up that efficiency. It is his careful mode of life that has helped to make him what he is conceded to be by the mass of his countrymen, the representative American.

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Why Eat Breakfast?

IT is refreshing, if not a little stimulating (stimulant and irritant are synonymous), sometimes to have the opportunity to "see ourselves as others see us." A very esteemed contemporary, apparently more given to the defense of a dogma than to the search for truth, eases itself with the following statement: —

"A few human donkeys, with their brains laid away in camphor, still persist in eating breakfast, regardless of the physical woes afterward."

As we are among that number that persist and will probably continue to persist, we feel called upon to say a few words. We are not just certain as to whether we are donkeys in the sense of being lacking in intelligence, or because of our obstinacy in persisting in a practise which a few men have pronounced unhealthful, or both. We will submit, however, that if heads were counted, it would be found that the habit of eating breakfast is practically universal. Not to quibble over the fact that the first meal of the day, no matter at what hour, is literally a breakfast, it is perhaps a fact that much more than nine tenths of our population eat within one or two hours of rising. And the vast majority of this number would have to hunt a long time to find any "physical woes" which could be directly traced to the practise. The very wording of the above quotation is justification for the sentence just above it.

The writer of this no-breakfast plea goes on: —

"These humans may have dined heavily at midnight on ox haunches, grilled and spiced. Regardless of this, at eight or nine o'clock in the morning the weary fast of a few hours must be broken."

And then all the ills that follow are because of the early breakfast, not of the late heavy supper! There is nothing so potent as an idea, a dogma, a propaganda. It needs not facts, it needs not science, it needs but the fertile brain in which it was hatched.

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White and Standard Bread

IN the *Journal of Hygiene* (England), June 2, are given the details of some experiments relative to the digestibility of white and whole-meal breads, from the conclusions of which the following is quoted: —

"With regard to digestibility the information given by the experiments may be looked upon as conclusive. The four individuals who ate the breads varied greatly in physical type, and the two forms of bread were taken by all under strictly comparable conditions.

"As measured by energy and protein the degree of absorption in different individuals showed a marked uniformity. . . . The results as a whole lend no support to any extreme view as to the advantages or disadvantages possessed by standard bread, at any rate as regards the availability of the main and more familiar food constituents.

"With respect to the availability of the total energy, white bread and standard bread differ but little. With regard to the protein

there is a distinct advantage on the side of the white bread, some 3.5 per cent more of its N-content being absorbed. On the other hand, the experiments lend no support to the belief that the phosphorus compounds of bread of the standard type are worse absorbed than those of white bread, so that the former contains an appreciably larger amount not only of total, but of available phosphorus."

It would seem from this that there is no great reason to believe that white bread is a food entirely robbed of its nutriment. However, such clinical evidence as is given by Grenfell on the effect of white bread on the inhabitants of Labrador, would seem to indicate that when white bread is the main article of diet over long periods, it is distinctly inferior to the whole-wheat bread.

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Terminal Disinfection?

FOR some time there has been a growing conviction on the part of certain health officers that terminal disinfection is an unnecessary procedure, and in some places there has been a lessening or an abolition of the practise of this method; and where fumigation after cases of diphtheria and scarlet fever has been reduced by one half or entirely abolished, there has been no great increase, if any, in the number of secondary cases.

In the Canal Zone the practise of fumigation after cases of this kind has been entirely given up. The clothing has been sent to the laundry, the mattress and pillows sterilized, and the woodwork and floors washed with a germicide.

❦ ❦ ❦

Pyrotechnic Hygiene Instruction

DR. WOODS HUTCHINSON is a jewel as a talker. No one will question that. He has a style that invariably captivates the public, a kind of sugar coating which makes what he has to say go down the easier, and gives force to some statements that a discerning public might otherwise pass by without further thought. During the recent hygiene congress, the doctor again put himself in the limelight by announcing that children should be allowed to do exactly as they please, justifying his position on the basis that children are creatures of instinct, and that since by instinct nature has evolved man to his present adult state, the process must still be a good one to follow.

The Boston *Medical and Surgical Journal* of October 3 mildly takes issue with the learned doctor in the following language: —

"We suspect that Dr. Hutchinson does not mean all that is implied in his statements. It may be true that man has evolved by obeying his instincts, but part of his success is dependent upon his control of instinct both for himself and for his children. It does not pay for an individual to repeat all the costly experiments of the race which has reached its position by having made the sacrifice necessary for those experiments, and then avoiding them in the future."

A statement in the *Medical Record* of the same week, not intended especially for Woods Hutchinson, is, however, so apt that we can not forbear quoting it in this connection: —

"The public should be warned particularly against those writers [and speakers — ED.] whose glittering and epigrammatic style enables them to give force to teachings that are founded neither on close observation nor on sound reflection."

❦ ❦ ❦

Simpler Phraseology

WE rejoice with the editor of the *Journal A. M. A.* that there is a tendency among scientific writers, and latterly even among writers of medicine, to use simpler language. It would seem that these writers have finally learned that the use of cumbersome and bombastic language adds little to the dignity and detracts much from the clearness of the article. It is refreshing to learn that a disease has a "cause" rather than an "etiological factor," and that a patient can "lie down" fully as easily as he can "assume a recumbent posture." Often in reading a medical article, I have thought the author was trying to hide a barrenness of ideas behind a multiplicity of ponderous words. Big words do sound so "scientific," you know, and often the "big words" are put together without any care for, or knowledge of, good English usage. Good plain English, in simple sentences, and correctly written, will find far more appreciative readers than such attempts.

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.

Cold Feet.—"What treatment should be given for those who are troubled with cold feet during the day, but are warm enough at night? How should the feet be protected from corns and chilblains in a cold climate?"

The use of felt shoes, well lined, and protected by rubbers when outside, should protect against cold feet and also chilblains, and certainly corns should never form when felt shoes are worn.

Corsets.—"Do you consider the corsets worn at the present time proper and healthful?"

I do not.

Floating Kidney.—"I have a floating kidney, and am wearing an abdominal supporter with a pad of cheese-cloth below the ribs. Do you think this is of any use in such cases? How many of my pains and aches do you think I can lay to this kidney?"

Sometimes an abdominal supporter, by supporting all the abdominal organs, may keep a floating kidney in place. Sometimes nothing will seem to relieve it but a surgical operation. It is quite probable that some of your aches and pains are due to a floating kidney.

Teaching Self-Control.—"How am I to teach Johnnie that certain articles of food are not good for him?"

In the first place, by not having the articles on the table. In this matter, as in all others, example is far better than precept. In some families the prohibition to the children would almost seem to be determined by the cost of the articles, and Johnnie must not eat certain expensive articles, or at least eat very sparingly of them, and often the statement is made that it would not be good for Johnnie to eat more of this or that food. It is a question sometimes whether this instilling into the mind of the young person that such and such articles are not good for him, is not a forerunner of dyspepsia. There are hundreds of persons that grow up with the feeling that they can not eat this or they can not eat that, and their lives are made miserable until some of them are fortunate enough to learn later that the "can not" is all an imagination. If the articles are really not good for Johnnie, you would better not have them on the table or in your pantry.

Short Lunch Time.—"What must one do who has only half an hour for lunch?"

Get more than half an hour, or do without the lunch. In European countries where they are not altogether given to the scramble for dollars, the banks, post-offices, and the like close for three hours at noontime in order to give time for the digestion of a decent dinner. One hour is little enough. If one has eaten a proper dinner, the chances are at the end of one hour he is hardly as fit for work as he was before the meal. Most certainly if he attempts to eat anything worth while in half an hour, he is not doing himself justice.

Emaciation.—"I have had bronchitis for several years, but have recovered with the exception of my neck, which remains very thin, and there are indentions in the chest and a prominent collar-bone. Is there anything that will fill out the neck and chest after bronchitis leaves them in such a condition?"

I fear you have had something besides bronchitis. I would suggest that you use more fats. The most easily digested fat is cream or butter, although olive-oil, and perhaps some other oils, may be a help in this line. The sinking away you speak of is not a sinking away of muscle, but of the fatty tissues. Use quite freely, also, of easily digested starchy foods, such as well-baked potato, thoroughly cooked rice, toasted bread, and use quite freely of milk and eggs, and as far as possible live an outdoor life.

Pains in the Spleen.—"What is the cause and remedy for sharp pains in the spleen?"

It is a question whether the pains you refer to are in the spleen, or in the angle of the colon right under the spleen, due to the presence of gas causing a stretching. This could be determined only from a personal examination.

Granose for Babies.—"How should you feed granose flakes to a baby three months old?"

I should not feed it granose flakes. When a baby is five months old, a granose biscuit or similar partly dextrinized food, possibly a piece of zwieback or lightly and carefully browned cracker, may be given to a child without harm, as the child will moisten and partly digest the food without swallowing any solid matter, and it is possible that it helps in the development of the salivary flow. But flakes would certainly be out of the question. There is nothing so good as mother's milk for a child three months old.

Can Not Keep Food Down.—"My husband has had trouble all summer keeping his food and drink down. He can not drink cold milk or water. He eats and drinks, but immediately vomits without being sick; has weighed three hundred fifteen pounds, but has lost seventy pounds this summer. His physician thinks it is nervous trouble. Of late he has not been able even to keep his medicine down."

Send him to the nearest sanitarium, and possibly a few months' treatment will put him in the way to recovery.

Irregular Meals.—"Is there any reason for believing that ill health actually comes as the result of irregular meals, such as one must necessarily take as a commercial traveler?"

Undoubtedly the stomach works best when it has its regular time for working; it forms its habits. The same with sleep. The man who sleeps two hours one night and twelve or fifteen the next night, and keeps that up, will soon break up the habit of regular sleep, and will eventually become a poor sleeper. One who never permits himself to pass his regular hour of sleep forms a good habit. The same with the meals. One who is always regular with his meals is much more likely to have a good appetite, and therefore, a good digestion, than one who is irregular. It is very often a fact that a person at twelve o'clock is hungry, but missing his meal, he finds himself at one, two, or three o'clock without an appetite. If he then eats, he will not digest the food nearly so well as if he had eaten when he was hungry.

Dietetic Instruction to Children.—"How shall I teach my children the value of good food, proper eating, slow eating, mastication, etc.?"

By example. Do not once permit yourself to do those things which you would not have developed in them. Let them see that you thoroughly believe and practise what you preach. One remembers with a smile the father who uses tobacco, and yet counsels his boy not to use it because it is harmful, or the parents who use tea and coffee, and say, "These are not good for children." Such precepts do not "go" with the young folks; and as soon as they are a little older, they follow the example rather than the precept. It is often a question whether the precept in these cases is not a measure of economy, and perhaps that is the way the children look at it.

Clock or Appetite?—"Should one eat by the clock or by his appetite?"

The person who is very regular in his habits will have an appetite that works like a clock. However, when for some reason one is not hungry at the regular time, it is better not to eat. A good rule is to await the appetite, and then Mr. Fletcher would have you eat just what the appetite calls for, and chew it until the taste is out of it. A most excellent rule, no doubt; but I can not say from experience.

Brain Workers and Indigestion.—"Is it a fact that brain workers suffer more from indigestion than muscle workers?"

Not necessarily so. If brain workers take adequate exercise, there is no reason why they should suffer from indigestion; but if they neglect to exercise, take inadequate lunch hours, wash their food down, and worry over their business, especially while they are eating, dyspepsia is inevitable; and probably most brain workers, or many of them, do just these things.

Is Pellagra Curable?—"In the June issue you gave a general description of pellagra, but no remedy. Is it curable? During what stage of the disease may it be cured, and how? Is there any preventive against pellagra for those in the tropics?"

Pellagra has been cured. We know of no treatment that is specific—that can be relied upon to cure it. Under certain treatments, patients seem to have recovered; other patients under the same treatments were but little benefited. I do not think any one can point to any one thing and say positively that it is curative of pellagra. On the other hand, we can not say that it is incurable. We are hoping some day to find a positive cure for it. Most emphatically, it is much easier to cure during the early stages of the disease than it is in the older stages. As we do not know what the cause of the disease is, we do not know anything about its prevention. We are as much in the dark as we were regarding yellow fever before we knew that it is transmitted by the means of the mosquito. We know, however, that pellagrins do much better if they are taken to a cold climate.

The Task of Social Hygiene, by Havelock Ellis. $2.50 net. Houghton, Mifflin & Co., Boston and New York.

The study of social hygiene, the author tells us, means the study of those things which concern the welfare of human beings living in societies. It is not a mere extension of sanitary science, neither is it an effort to set up a sanitary bureau to oversee our breeding as a stock-raiser does his cattle.

The movement for social hygiene is rather educational, and Mr. Ellis attempts to trace the influences which have been preparing the way during decades, and even centuries, for the development of a more ideal social condition.

He first considers the industrial and sanitary changes which have gradually developed, and shows that a further social reform is necessary; and yet not a reform, for reform implies the cure of an evil, and this program is one rather of prevention. The book revolves around a sexual center as might be expected from the previous writings of the author, and as will be apparent from the following chapter heads: "The Changing Status of Women," "The New Aspect of the Woman's Movement," "The Emancipation of Women in Relation to Romantic Love," "The Significance of a Falling Birth-Rate," "Eugenics and Love," "Religion and the Child," "The Problem of Sex Hygiene," and "Immorality and the Law."

It would be difficult to characterize this work in a short review. Evidently it is the result of extensive reading, and some of the conclusions will certainly be novel to those accustomed only to the Anglo-Saxon ideals of sex relationship.

The viewpoint of Mr. Ellis is decidedly optimistic, and he is not at all in sympathy with the cry of race degeneration, which has been frequently raised in the recent past and possibly in all time past. Even the falling birth-rate he explains as a natural and inevitable, and perhaps not an undesirable, result of the highest culture.

He does not believe eugenics will ever do away with love, or that the state or any authoritative power should ever interfere with the rights of the individual to have children; but he thinks, with Galton, that as religion in former times had a profound influence in controlling the sex impulse, so eugenics may take on a quasi-religious phase which will exert a more or less potent influence on the individual, leading to the procreation of only fit children.

In the chapter on "Religion and the Child," he takes the position, doubtless new to many, that the child should not be introduced to religion until adolescence. He says that the children who in early life are familiarized with the Bible are not so apt to appreciate it in later life as are those to whom it comes as a comparative stranger when they arrive at years of discretion. It is in this way that he accounts for the oft-observed fact that the children of ministers and pious people are apt to turn out badly.

But it is the chapter on "An International Language" that most interests an Esperantist. That a serious book by a serious writer, thinking on world problems, should devote a chapter to the pressing need by the people of the world of an artificial international language arranged for easy acquisition by all nationalities, is another evidence that the movement for such a language is making progress.

That the author should have obtained all his information on the subject from one source is unfortunate. The chapter would indicate that the author has formed his opinion from the perusal of one pamphlet, which does not seem to have been published with the intention of telling the whole truth; for whatever may be said of the theoretical advantages of other proposed international language schemes in certain particulars, there is only one artificial language that has made good by securing a permanent and substantial following; there is only one artificial language that has a respectable literature; only one that is represented by periodicals in practically all nations; only one that has attracted the attention of railway officials and chambers of commerce as a profitable language for advertising literature; only one that is used by that great travelers' firm, Thos. Cook & Son; only one that is being taught to the police and postal employees of certain European cities; and this is Esperanto.

As said before, it is unfortunate that Mr. Ellis should have obtained all his information regarding international language from so misleading a source, and should have neglected to investigate the character and status of Esperanto from any direct sources.

The Mosquito, Its Relation to Disease and Its Extermination. By Alvah H. Doty, M. D., formerly health officer of the port of New York. Illustrated. D. Appleton and Company, New York and London.

While this book is so small that it can be easily carried in the pocket, it contains the pith of the mosquito problem, prepared by a man of extensive experience, who has endeavored in this manner to bring together in a plain and practical way such information regarding the mosquito and its extermination as will be useful to those interested in this work.

The chapters on propagation, identification, breeding-places, habits, etc., with their illustrations, prepare the reader for the most important chapter on extermination.

In the last chapter is given what may be of great value when extermination has not yet been successful; that is, remedies for mosquito bites.

A Select Bibliography of Recent Publications on the Helpful Relations of Employers and Employed. Winthrop Talbot, M. D., editor of *Human Engineering*, Station B, Cleveland, Ohio. Pages, 112. Price, $1.00.

This bibliography has been compiled for those interested in the human problems of industry. It places in convenient form references to current publications dealing with whatever seems admirable in the harmonious relations of industrial concerns and their employees. It treats also of the larger problems arising from the industrial system which engage the attention of constructive thinkers everywhere. These include such problems as the prevention of accidents and occupational disease; compensation of injured workers; the unemployment and the control of seasonal industries; assistance of the unemployed to find work; compulsory provision for sickness, infirmity, and old age; and selection and training of the future wage-earner.

In selecting material, the author has kept in mind the general reader rather than the research student. In many cases references are made to more comprehensive lists which will be of service to those who wish to go into the subject in greater detail. The annotations aim to give the general scope of the particular reference in question.

In view of the recent and rapid development of thought, experience, and practise, it has seemed best, except in cases of especial historic interest, not to use material published before 1900, and reference is seldom made to writings prior to 1908.

It would unduly lengthen this review even to mention the topics considered, but here are a few: "Management of Men," "Wage Systems," "Profit Sharing," "Hours of Labor," "Fatigue," "Workmen's Compensation," "Employers' Liability," "Industrial Hygiene and Sanitation," "Factory Conditions," "Housing," "Welfare Work," and "Industrial Education."

With each title is given a brief résumé of the contents of the book sufficient to guide the reader in search for some particular subject. There is a list of authors and one of titles, which add greatly to the practical usefulness of the bibliography.

HOW DISEASES ARE SPREAD

The germs of disease are spread from the sick person, or the "carrier," to the next victim by various means. For example, these girls are doing sums with one pencil, which each in turn, without thinking, puts into her mouth, so that any disease which either may have will be likely to spread to the other through the transfer of the germs from the mouth.

Infected Books.— The Washington, D. C. school officers recently destroyed 49,000 textbooks found to be germ carriers.

Poisonous Mushrooms.— A family of twelve at Long Island City were poisoned recently, two of them very seriously, from eating mushrooms.

Low Death-Rate in London.— In August the death-rate was 12.1; the highest death-rate was in the East End slum of Shoreditch, where it was 19. The lowest was in Lewisham, a south suburb.

Must Supply Sanitary Cups.— An order requiring the railway companies in New Jersey to provide sanitary drinking-glasses or individual drinking-cups, has been sustained by the supreme court of New Jersey.

Five-Year Increase in Hospital Beds.— The hospital accommodations for consumptives has increased in five years from less than fourteen and one-half thousand to more than thirty thousand, or more than one hundred per cent gain.

Tuberculosis Death-Rates.— The approximate tuberculosis death-rates per million inhabitants for certain countries is given as follows: Russia, 4,000; Austria-Hungary, 3,500; France, 3,000; Germany, 2,200; Holland, 1,900; Italy, 1,800; Scotland, 1,700; United States (registration area), 1,600; England, 1,400.

Tuberculosis Death-Rate Still High.— Notwithstanding the fact that the tuberculosis death-rate is rapidly falling, owing to the vigorous campaigns against tuberculosis, the figures made public at the Rome International Tuberculosis Congress show that in Europe the deaths from tuberculosis make from one tenth to one fourth of the entire mortality.

Went Where It Belonged.— Into the sewers of Birmingham, Ala., were poured, on August 19 and 20, eighty barrels of beer, sixty kegs of whisky and gin, sixty cases of bottled whisky, and a dozen cases of wine, confiscated in the prohibition area. Of course, we know that "prohibition does not prohibit," but it sometimes makes things a little inconvenient and unpleasant for the outlaw liquor sellers.

Tuberculosis Hospitals in the States.— In the number of tuberculosis-hospital beds, New York leads, with 8,350, followed by Massachusetts with 2,800, and Pennsylvania with 2,700. Four States, Mississippi, Nevada, Utah, and Wyoming, have no beds in special hospitals or special wards for consumptives. Perhaps in the three Western States the climate is supposed to be sufficient to effect a cure without any hospital facilities.

Cocain Sellers Caught.— A Brooklyn saloon-keeper and three other men were arrested for selling cocain to children. It is said that they sold in as small quantities as five cents' worth. More than 500 packages of the drug were seized. The prisoners were held under $5,000 bail.

Health Service Men as Railway Inspectors.— The Secretary of the Treasury has issued orders that all commissioned medical officers of the United States Public Health Service, when traveling under official orders, shall make sanitary inspection of the trains and vessels upon which they travel, and of the stations, terminals, and wharfs at which they stop. Though Congress authorized this inspection, it failed to make the necessary appropriation to carry it out.

Pellagra Cured by Transfusion.— Dr. H. P. Cole, of Mobile, Ala., has reported remarkable success in the treatment of pellagra in the terminal stages, by direct transfusion of blood. Of thirty-one cases treated, eighteen recovered, and, besides, two that died did not receive enough blood, and one was practically dying moribund, at time of the transfusion. Leaving out these cases, we have a recovery of seventy-five per cent, which is remarkable in pellagra. The patients, before the transfusion, had had the ordinary treatment without benefit.

More Tuberculosis-Hospital Beds.— During the year ended June 1, 1912, there were provided in twenty-nine States nearly 4,000 additional beds for consumptives. This totals in the neighborhood of 30,000 beds, about one for every ten indigent consumptives in the country; and it is the indigent consumptive in unfavorable surroundings that is the greatest disseminator of tuberculosis. In Great Britain there has been a remarkable lowering of the consumptive death-rate since the hospital facilities for indigent consumptives have been increased.

Regarding Eggs.— It has been determined that at least part of the bacteria which infect eggs are from the oviduct of the hen. The hens suffering from chicken cholera lay eggs containing a very much larger proportion of bacteria than is found in eggs from healthy hens. Part of the bacteria in eggs, however, pass through the shell; and the dirty egg is more apt to become contaminated than the clean egg. If eggs, while they are clean and fresh, are placed in a refrigerator, they may keep as long as ten months in good condition with no other treatment. It has been suggested as a test for fresh eggs, that they should be odorless, and after vigorous shaking in the shell there should be no mixture of the white and the yolk.

Decline in Tuberculosis Death-Rate.— In the decade from 1901 to 1910 the tuberculosis death-rate in this country dropped from 1,969 per million living to 1,603, a decrease of 18.7 per cent; while the general death-rate, including all causes, declined only one half as fast. If we may judge from the experience of England, where the tuberculosis death-rate declined in proportion as the facilities for taking care of indigent consumptives increased, we may attribute this decrease in the United States quite largely to the increase in tuberculosis-hospital facilities, though we must not forget the day camps, the night camps, and other means of segregation, and the campaign of educating the consumptive to carefulness.

Farm Conditions.— At the International Hygiene Congress, Dr. Hurty, of Indiana, thus outlined the condition of many farm homes: Sanitary farmhouses are rare. Too many are flat on the ground, being damp, and having mold in closets and corners. Bedrooms are small, with but one small window. The water-supply is frequently polluted. Sewage disposal is often into shallow beds open to flies and animals, and often so situated as to pollute the well. The conditions for fly culture are perfect. Barns and stables are too near the houses. There are great accumulations of manure, and the ground is churned to a filthy pulp by the animals. The proper proportion of food is not understood. The bread is frequently badly made, overfermented, and not sufficiently baked. Too much smoked, salted, or pickled pork is used, and the frying-pan is overworked. Pickles and vinegar are abused. The teeth are sadly neglected. Bath-rooms are few, and there is too little bathing. There is too much self-doctoring, and the use of patent medicines.

How We Value Health.— It is estimated that with a health department having an appropriation of $1.50 per capita, the ordinary preventable diseases can be wiped out with a great economic saving, to say nothing of the avoidance of mental distress, etc. The following are some of the per-capita appropriations for health work in different States: —

Arkansas	0	Florida	10c
Indiana	1.8c	New York	1.7c
Kansas	2.7c	Virginia	1.9c
Massachusetts	4.2c		

The following are the rates for some of the cities: —

	FOR HEALTH	FOR FIRE PROTECTION
Providence, R. I.	11c	$1.99
Portland, Oregon	13c	1.91
Minneapolis, Minn.	14c	1.67

Some day when we fully awake to the fact that a heavy loss of life means a heavy commercial loss, we shall deal more liberally with our health departments.

Pellagra Association Meeting.— The second triennial meeting of the Association for the Study of Pellagra met at Columbia, S. C., Oct. 3, 4, 1912. The meeting was well attended, and there was good interest shown in the program. From the resolutions giving the concensus of opinion, the following is taken: The ultimate cause of pellagra is unknown, but in view of the incrimination of spoiled corn it was urged that the proper authorities take measures to stop its sale and consumption as food. No satisfactory evidence has ever been submitted which shows pellagra to be directly transmitted from man to man, and the association considered isolation and quarantine measures to be unwise. There is at present no specific remedy for pellagra, and any claim to the contrary must be accepted with great caution.

Left-Handed Children.— An investigation in the Berlin schools disclosed the fact that there are some six thousand left-handed children in the Berlin schools; and Dr. Schäfer, the medical inspector, says that usually these children are compelled to use the right hand, to their discomfort and permanent loss. He sensibly makes the plea that these children be allowed to draw, write, and perform other acts with the left hand when this is more natural to the child. To compel a left-handed person to learn to use the right hand is about as sensible as it would be to compel a right-handed person to learn to write with the left hand. Dr. Gulick at one time thought he ought to train both sides of his body to do the same things with equal facility, but he soon learned that he was wasting time, and that he had better have one skilful hand than two mediocre hands.

Do Oysters Suffer Pain? — Dr. Wiley thinks that they do, when they are eaten raw. But how much better is it when they are cut open alive and torn out of the shell to be made into a stew? After all, the matter of the pain of an oyster is problematical. Oysters have no such nervous systems as the higher animals, though probably they have some sensation. But as pain is given the higher animals in order to protect them, and as the oyster has a shell that does that for him, there is no need for his having a sense of pain such as we have. The important fact, which is not at all problematical, is that raw oysters are very frequently dangerous in the extreme, and one can not always tell when they are and when they are not dangerous. When you eat a raw oyster, you take your chances. Anyhow, if we had not been brought up to it, accustomed at least to know that those around us practise it, would not the eating of a raw oyster seem barbarous?

Pollution of Road-Beds.— Dr. William T. Sedgwick, of the Massachusetts Institute of Technology, brought before the International Hygiene Congress the fact that contagious diseases are spread through the pollution of railway beds. In many cases the railways traverse important watersheds, which furnish the drinking water for populous cities, and when no special arrangements are made to prevent it, the conveniences of the cars furnish the means by which typhoid carriers, dysentery carriers, etc., contaminate these important water-supplies. At the hygienic exhibition was shown a model of a car so arranged that all discharges are caught in a water-tight receptacle which can be readily removed and exchanged for a clean receptacle at certain stations. All cars should be equipped with some such device, so as not to pollute the road-beds. Dr. Sedgwick urged the passage of laws regulating this matter.

In Civilized America.— During the decade 1882-91 the average death-rate from homicides per million population was 50; in the decade 1902-11 it had increased to 72. In 1910 and 1911, the rate was 83. During the decade 1901-1910 the rate in Memphis was 471; in Charleston, 277; in Savannah, 256; in New Orleans, 222; in Chicago, 84; in New York City, 51; in Brooklyn, 42; in Milwaukee, 17, the lowest rate. In England and Wales the rate is 9 per million. Thus we see by comparison how little life is valued in the United States. Homicide is a disease, and doubtless back of it may be found a definite cause or causes. Is it in the air, in the stimulating diet, in our nervous determination to get ahead in the world? Where the result is so constant and so startling in nature, the determining cause or causes must be of great importance, and here our sociologists have a most interesting problem.

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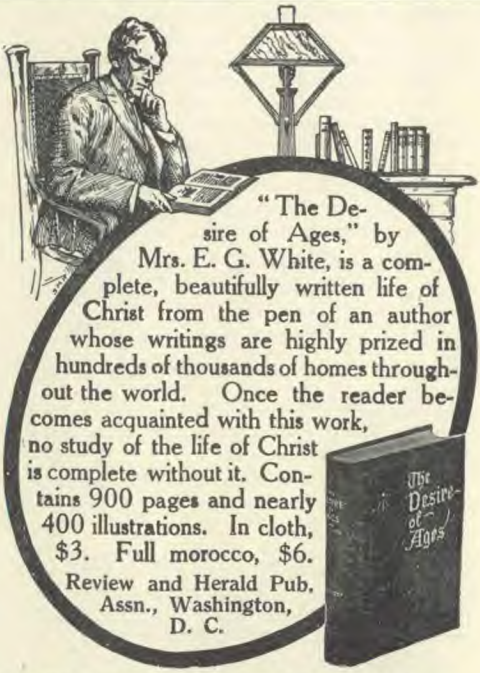

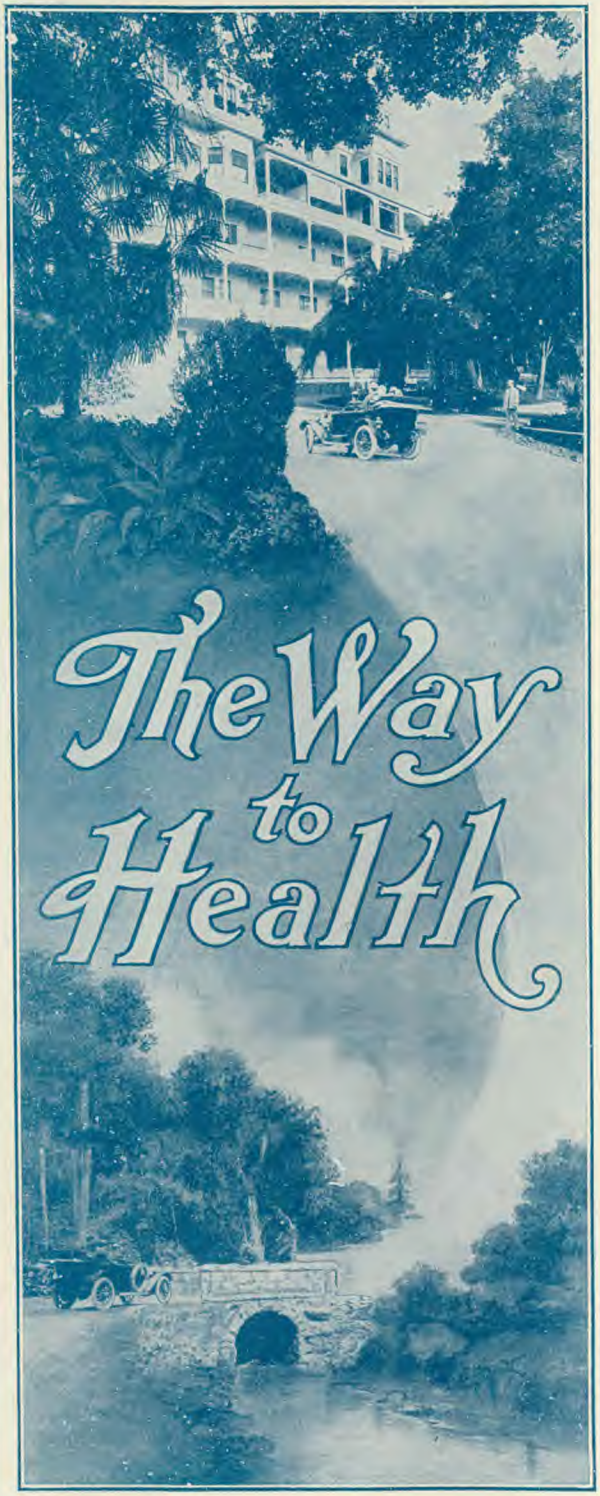

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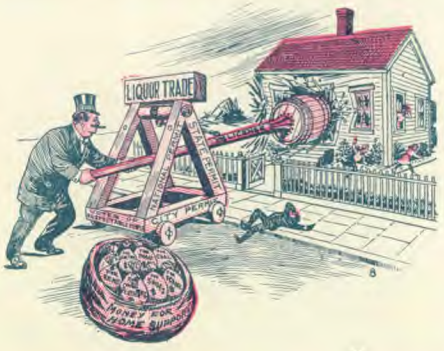

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