Life & Health

THE NATIONAL HEALTH MAGAZINE

JULY 1914

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A. J. S. BOURDEAU, Circulation Manager

WATCHING THE MINNOWS

VOL. XXIX
No. 7

Life & Health
THE NATIONAL HEALTH MAGAZINE

JULY
1914

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 IS A BABY WORTH?

WHAT is it not worth?

THE STRICKEN MOTHER who has followed the white hearse to the cemetery, who has felt as if part of her very life were being buried in the little casket — she knows.

SHE KNOWS that she would gladly have given her right hand if by that sacrifice she could have saved her darling.

AND WHAT MUST BE her grief and self-condemnation if she realizes that with proper food and care baby might have been spared?

YOU WHO WERE CHEERED a week or a month ago by the smile and sunshine of the darling who now exists only as a forlorn memory — what would you not give to have the missing one restored?

BUT THE BITTER EXPERIENCE need not be repeated if proper attention is given to baby's food, its clothing, and its surroundings. The vast majority of babies are born with sufficient vitality, provided they are given intelligent care, to weather the ordinary vicissitudes of infancy.

IN WINTER respiratory troubles — bronchitis, pneumonia, whooping cough, diphtheria, and the like — take a heavy toll of infant life. (See diagram on page 307.)

IN SUMMER the most prevalent cause of infant mortality is intestinal disorder, and at this season parents should be especially careful regarding the food of the baby. This is particularly important if the baby has been weaned.

The next issue of "Life and Health" is the great TEMPERANCE NUMBER — well illustrated. Do not miss it.

The September issue, the VACATION NUMBER, for those who are going on a vacation and for those who are unable to take a vacation.

The Annual Assassination of Infants

Leonard Keene Hirshberg, A.B., M.A., M.D., (John Hopkins)

LAST year in the small area of the United States where diseases are accurately reported and fatalities always recorded, in every hundred thousand of population about seventy-three infants died. Had proper preventive methods been employed, these might be alive today. Yet there was not one spell-binder in Congress nor one demagogue in the legislature who made comment upon this; but had one case of yellow fever, cholera, bubonic plague, or leprosy appeared among our ninety millions of people, there would have been glaring headlines in the newspapers, hysterical alarm on the part of the people, and the appropriation of thousands of dollars by Congress to stamp out what are relatively rare and easily controlled maladies.

But who is there to rise up in defense of the speechless babes dying by the hundreds every spring and summer from disorders of the digestive tract, caused by poor milk, unboiled water, and unclean food? When I announce that possibly fifty thousand of your babies are going to die in the next few months from stomach and bowel troubles, I shall be howled down with scorn as a pessimistic prophet of falsehood; yet this is exactly what has happened in previous years, in spite of all our knowledge and educational methods for preventing infant mortality. And unless taken more seriously than in the past, it is exactly what will happen again.

A child, from the present time until cold weather next winter, must have all its food subjected to the severest inspection. It should be fed intelligently with food and milk which not only look good and smell good, but which, when subjected to microscopic tests, are proved to be absolutely free from all deleterious parasites. Mother love causes as many deaths among babies as mother negligence. Grandmothers, always defending themselves behind the fact that they have "raised a dozen children and lost none," appear with all sorts of ridiculous advice about baby food and baby hygiene. It requires much firmness and tact on the part of the up-to-date young mother to protect her child from the officious love that kills.

Many a mother of undoubted intelligence allows herself the temporary peace that one of those rubber of ivory nipples called "pacifiers," and often given the baby to "harden its gums upon," may bestow by keeping the baby quiet. Yet this frequently soiled object fills the baby's mouth with the dirt and germs of disease that cannot be scrubbed off with the best soap and water in the world. Wiping a pacifier with ever so clean a cloth cannot rid it of the germs that work their way inside its pores. Hence the cholera infantum or summer complaint that destroys the child three or four weeks afterward, is rarely blamed upon the nipple that gave the mother a few hours' freedom from a crying baby. It is just as easy to teach the child good habits without these dirty "gum-hardeners" as it is to allow him to acquire the habit of being nursed when he cries, rocked when he yells, or bounced when his father wishes to play with him.

The connection between bad habits and sickness is obvious. The child taught habits of patience, who is not first coddled, picked up, or fed at every whine or whimper, is a little later a serene and good-tempered child. It has been taught to eat and sleep regularly. A child thus taught has a mother sensi-

ble enough to protect it from her friends, neighbors, and pernicious pacifiers.

To feed the child milk as sold or exposed in open vessels by many milkmen is nothing short of murder. It always pays to go out of one's way to discover everything — from the cow, the milkmaid, the farm, the railroad, the milkman, down to the water supply — in any way connected with the milk that goes to your infant.

Next to pure food, the important thing for babies is fresh air. A child breathing the polluted indoor air of most homes, or the germ-laden atmosphere of congested city streets, may be afflicted with any one of several fatal infections. There is no longer excuse for any of these things. All large cities make it their special business to increase the playgrounds, park systems, and fresh-air centers, with the avowed purpose of reducing infant mortality.

In conclusion, let me emphasize the absolute necessity of keeping all germs away from your infant by the destruction of flies and mosquitoes, the purification of your milk and water, and other raw foods, the sane distribution of the child's time between sunbeams and shadows, indoor and out, as well as discretion in dressing it according to the temperature.

[NOTE.— Read in this connection "Heat and Infant Mortality," on page 319.— ED.]

THOSE INFANT GRAVES

Of every fifty babies born in July, 1912, thirty-eight were living in July, 1913; thirty-five are living in July, 1914. For every fifty children born in July, 1912, there were twelve graves in July, 1913; fifteen graves in July, 1914. In nearly every instance, these babies, with proper care, might have lived.

HOT WEATHER CARE OF THE CHILDREN

EDYTHE STODDARD SEYMOUR

LITTLE children have not the endurance to withstand the effects of being in a hot room or in the sun too long, so if overheated get quite ill with fever, nausea, and general symptoms of heat prostration.

Even the sturdier young brothers who seek the cool depths of the swimming pool or the bathhouse, should be warned to choose the shaded side of the street in the journey back and forth, and to go to the nearest place on sultry days instead of taking a tiring walk to a more desirable location by way of heat-radiating pavements, or the stifling dust, ankle-deep, of the sun-baked country roads.

As swimming or bathing in naturally cool water is a great help in keeping the body in condition to resist the heat of summer, and as the necessary movements of swimming are one of the best exercises to make a pretty form, all little girls as well as boys over six years of age should be taught this art, and allowed to enjoy the pastime daily when there is an older person to attend and safeguard them.

But the little ones who must stay at home need special attention to keep them as comfortable as possible. Their daily bath, which so refreshes the little bodies, should never be put off because of the urgency of other duties, for there are ways of making the task easier for the mother as well as enjoyable to the child. Several small children can be tubbed in one bath together, if clean and free from diarrhea; if of both sexes, light bathing suits can be put on them. Have the water lukewarm, because hot water is debilitating, and let them have a good play in the water for fifteen or twenty minutes.

If a delicate child seems to be overheated, a sponge bath, given under a sheet, is an excellent treatment, and often soothes a restless child, thus inducing a refreshing sleep. Just go over the body, particularly the palms, wrists, and the soles of the feet, several times with a damp cloth or sponge, and let the moisture evaporate without drying; then have the room quiet and cool so the little one can rest.

The sleeping room should be without curtains or draperies to gather dust, and the crib or bed placed where there is a good circulation of air.

If possible, arrange the inclosed porch, or a waterproof tent, or a well-ventilated room for the children's naps, and as an airy place to play on stormy days; of course the real outdoors is best.

The living rooms can be kept cooler by closing the shutters on the sunny side during the heat of the day, but should have a free circulation of air and be well sunned every day if the inmates are to keep well; a damp, cool house encourages a tendency toward rheumatism.

Particular attention should be given to the diet to have it comprise foods that are not heating nor hard to digest. Those that are nourishing and easily assimilated should be used. Sweet corn, cabbage, shelled beans, peanuts, and uncooked cherries should not be allowed the children under three years of age, and only in limited quantities the older ones. When about sixteen months old, well babies may be given for their dinner a tablespoonful of fresh young peas, spinach, asparagus, or pod beans, made fine through a sieve; fine-grained cereals and rice, which should be long cooked; crumbled toast, stale bread, and zwieback moistened with milk, orange juice, or

fresh grape juice. A roast potato may be used to vary the meals. It is better to be overcautious than to weaken the little stomach with questionable foods. As baby gets older, soft-cooked fresh eggs, ripe bananas after the baby is two years old, grapes (when he learns to discard the skins and seeds), and apples may be added to the dietary. When there is doubt about the cleanliness of the dairy that the supply of fresh milk comes from, it is better to substitute one of the best ready-prepared baby foods, and give orange juice or juice of fresh ripe grapes between feedings.

For young bottle babies it is best to use a few drops of orange juice first, and gradually increase the amount until at a year old a tablespoonful is used; fresh grape juice can be used occasionally instead. Older children can use grape juice that is bottled without a preservative. The dark kind helps form blood, and is good for pale persons or those convalescing from illness; the pale Catawba grape juice is especially helpful in cases where the stomach is sensitive and the digestion poor.

Those that are past babyhood should eat fresh, ripe fruit with every meal, instead of meat, which is heating. Fruit makes a wholesome dessert, is a substitute for sweets, and combined with flaked cereals, furnishes an easy-to-prepare luncheon that most children will prefer to other foods on a sultry day.

Many children wear too many clothes for comfort. Rompers are ideal after the child has learned not to "wet" himself, and he needs no other clothes beneath unless the day is cool. Sandals, to protect the feet from injury, are required in most yards. Long hair on the little girl can be fastened up on the top of the head in a loose coil, and tied with the popular bow. Her dressier clothes can be of sheer material that need not be heating, and if made in the plainer styles, are comfortable as well as in good taste.

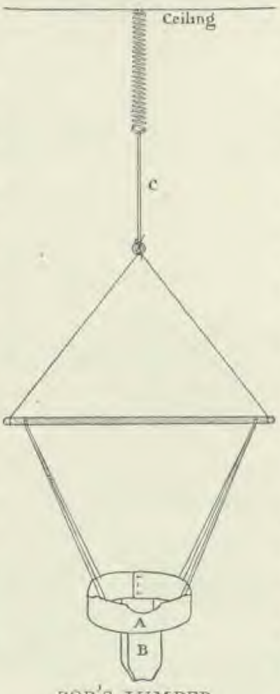
The little ones, with nice, grassy yards and shade, can live outside nearly all the season, and even have their meals served there. A damp, clean sand pile with sand toys, swings, and a tent, will keep them busy, happy, and, with the other care I have advised, in the best possible health.

The young brothers seek the cool depths of the swimming pool.

More about Bob

Mrs. Harriet Langdon

WHEN Bob was three months old, he started on a mad career of jumping, which threatened to bring me to grief. Every time I held him, he would wriggle around until he got his feet braced, and then begin to jump. In a little while he became so proficient that he could tire me out in five minutes, while he demanded a full half hour of the exercise. Even "dad" grew weary before the young athlete tired. Clearly, something must be done. But what? Grandma solved the problem when she suggested a jumper. Such a thing could not be purchased in the country, neither had we the money for it, but in a catalogue I found a picture which served nearly as well, for it got for Bob his jumper. A spring for twenty-five cents was the only expense. A few feet of rope, a broomstick, and a piece of heavy sheeting completed the list of materials. The harness and straps were made double and stitched with heavy thread. Piece A is several inches longer than the circumference of the baby, and buttons down the back. Piece B must not be long enough to let piece A cut into his arms when he jumps a long time. When the jumper was up, we placed a fat pillow under it, buttoned in Bob, and then adjusted the rope at C so that his feet could just touch the pillow. He wasn't five minutes learning to make it go; and from that time (he was six months old) until he learned to walk, he used it from a half hour to two and a half hours nearly every day. And during that time I could go about my work with the assurance that Bob was in a safe place, and happy in the bargain. It was nearly as interesting to watch the little jumping jack as to watch an acrobat, and people came long distances to see Bob perform. And Bob? — well, Bob lost some of his surplus fat, and developed a muscle like a Yale athlete.

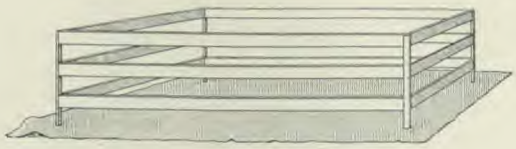


BOB'S JUMPER

As a tiny babe, Bob spent most of his time in his basket. The day came, however, when he could pull himself up by the sides and rock the basket. That day he was graduated to a blanket on the floor. That arrangement did very well as long as he could not get off the blanket, but as soon as he learned to crawl, a new problem presented itself — that of a properly restricted diet. Carelessly wiped feet, together with various insects carried in on flowers and vegetables, make the average farmhouse floor offer a too-varied menu to a young creeper.

Mr. Langdon used a piece of quarter round for the posts, and poplar ceiling for the side pieces, and constructed a pen three by five feet, sixteen inches high. This we placed on an old colored blanket, except for a few of the hottest days, when Bob played on the bare floor. The pen was so light that I could easily move it with one hand, and so Bob could play out under a shade tree or wherever it was the most comfortable for him or convenient for me. He

spent all his playtime in that pen and in his jumper, and I had the privilege of



BOB'S PEN

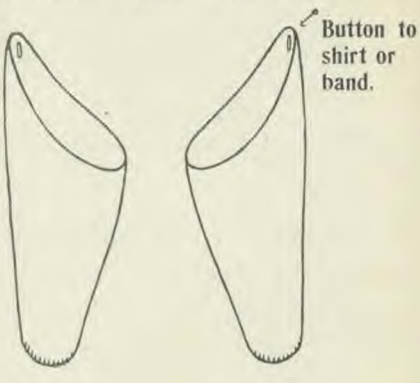
working without a baby underfoot; and he was just as happy as could be until he was nearly a year old. Then he demanded more freedom; but by that time he was old enough to be taught to keep out of things, and, to a certain extent, not to eat everything found on the floor.

When Bob was a few weeks old, he took a cold, which threatened to prove serious. His stomach became affected, and for several days he kept down one meal a day or less. After that he gained very slowly, until a friend said, "Why don't you give him a cold bath every morning?" My face must have expressed my horror, for she quickly added, "Almost all babies like it, and it is better than a tonic for them." Then she told me how to proceed. I was somewhat of a doubting Thomas, but thought the thing worth a trial at least. At first I used water almost lukewarm, then, by his Spartan courage made bold, I took the coldest there was — often ice water — for the daily sponge. First came the warm tub bath; then I wrapped him in his large towel (made by sewing together two small Turkish towels), and sponged off his head and face, then baring chest, back, or limbs separately, I dipped my hand in the cold water, dashed it on the part, rubbed it well, and covered it warmly. I watched him carefully the first few times to see if he reacted properly, but there was no question about the reaction; and, as my friend had prophesied, he was soon a sturdy little fellow. When grandma heard of such "awful doings," she threatened to put an immediate veto on cold baths for a poor, delicate baby. But after she had seen him laugh and crow over his cold bath for several mornings, she became converted sufficiently to give him one herself.

Bob gets lots of fresh air. In summer we sleep outdoors, and in winter we sleep in a room with the window raised. Since the first few months, Bob has taken his nap outdoors. He goes to sleep in the house in his cab, and then is covered according to the weather, and pushed outside with the hood of the cab toward the wind. In very stormy weather I throw a cotton blanket over the hood. For some reason, Bob has the fewest colds of any baby in the neighborhood, notwithstanding the fact that he lives in a cold, drafty house.

A PEN FOR TWO

The question of long underdrawers for a baby in diapers is a problem. I made several pairs of drawer legs for Bob out of good portions of Mr. Langdon's old heavy underwear. The original design came from Dr. Griffith's book "The Care of the Baby." These pantalets gave Bob the needed protection over the knees.



Next time I shall tell about weaning Bob.

CARE OF MILK IN THE HOME

[The following directions, furnished by the United States Department of Agriculture, for the care of milk in the home have such an important bearing on the protection of infant life, especially during the hot months, that they are well worth reproducing for the readers of LIFE AND HEALTH.— ED.]

No matter how carefully milk is handled between the farm and the home, nor in how pure a state it is delivered at the domestic ice box, it quickly can become an undesirable food if carelessly handled in the home, according to the specialists of the United States Department of Agriculture. Milk that is left for only a short time in summer heat may become unfit for use.

Milk will quickly become contaminated when exposed to the air, or when placed in unclean vessels. Though some bacteria are always present, even in the best grades of fresh milk, they are generally harmless, provided their numbers are small and they are not of the disease-producing type; but milk must be kept cool to prevent the bacteria which are already in it and which may get into it by accident from multiplying to a point where the milk is undesirable. Producers and dealers have done their duty if they have left at the door a bottle of clean, cold, unadulterated milk, free from the bacteria which cause disease. The consumer must then do his part if he wants clean, wholesome milk for himself and his family.

Milk should be taken into the house and put in the refrigerator as soon after delivery as possible. This is particularly necessary in hot weather. If it is impossible to have the bottles of milk put immediately into the refrigerator, provide on the porch a box containing a lump of ice. In planning a house, arrange to have the refrigerator set in the wall with an opening on the outside. It is always possible to provide locks for these boxes or refrigerator doors, and supply the milkman with one key. The interior of the food compartment should be wiped every day with a clean cloth, and thoroughly scalded as often as once a week. Under no circumstances should the drainpipe of an ice box be connected with a sewer.

The milk should be kept in the original bottle, and the bottle left in the refrigerator until needed. Before use, the neck of the bottle and the cap should be washed, and then carefully wiped with a clean cloth before the cap is removed. Remove the cap with a sharp-pointed instrument, so as not to push the cap down into the milk. Once a bottle is opened, it should be kept covered, both to keep out dirt and bacteria and to prevent absorption of undesirable odors. The original cap should not be replaced. Instead, place an inverted cup or tumbler on the top of the bottle. The milk should be used from the bottle as needed, and any unused milk should not be returned to the bottle after having been poured into another vessel. Do not let milk stand in a warm room on the table any longer than is necessary. Do not place milk in a refrigerator compartment with onions or other food having a strong odor.

Before returning the bottles to the milkman, wash them first in cold water, and then in warm water. Do not use milk bottles for holding vinegar, kerosene, or other substances than milk. Never take milk bottles into a sick room, because infectious diseases can be spread through a milk bottle returned to the farm and delivered to some other home. This is a civic duty that every one owes to his neighbors. If there is a case of typhoid fever or of other serious communicable disease in the house, the fairest thing to do for one's neighbor is to provide one's own clean bottles or covered dishes into which the milkman can pour the milk from his bottle. If bottles are left in such a home, the milkman should not be allowed to collect them again until they have been properly disinfected by the board of health. At any rate, if there is a serious sickness in the home, all milk bottles should be boiled before being sent out of the house.

Milk dipped from a can or drawn from the faucet of a can may be a source of danger, and should be avoided where it is possible to get bottles of milk, according to the specialists of the Department of Agriculture. The air of city streets and houses is laden with dust and bacteria, and frequently particles of filth. Even if the milk is clean in the milkman's receptacle, the repouring of it into an open vessel or pitcher for the customer gives an excellent chance for floating disease germs to get into the milk. In stores where dipped milk is sold, filthy conditions often prevail, and milk is frequently handled most carelessly. Clerks, and even customers, frequently drink out of the milk dipper. It is dangerous to give such milk to children and invalids, and at best it is not a clean food. Milk drawn from the faucet of a milk dealer's can, while not exposed to the air so long as dipped milk, also has the disadvantage of not being thoroughly mixed. Some customers therefore receive less than their share of cream.

If bottled milk cannot be obtained, try to have the milk delivered personally to some member of the family, and receive it in a scalded covered vessel that has not been exposed to the air of a room or street. Otherwise set out a scalded covered dish or bowl, or a glass preserving jar with a glass top without a rubber band. In no case should an uncovered vessel be used. Milk should be taken into the house immediately on delivery, or if this is impossible, it should be placed in an outside refrigerator, or the outside door of the refrigerator in the house, if its ice box opens to the outside. Cleanliness in the handling of milk is as necessary in the home as in the production of milk on the farm. Milk must be kept at low temperature at all times, to prevent growth of bacteria and subsequent

(*Concluded on page 304*)

The Rights of Children

J. E. Froom, M. D.

(1) To Be Well Born

MASTERS of industry and finance encourage the tendency to urban life; and inventive minds are constantly devising taller buildings, deeper basements, elevated and subway systems, smaller apartments, disappearing beds, and prepared foods, all of which are grasped eagerly by the masses in exchange for the simple life. With immense districts in New York holding thousands of people to the block, is it any wonder that Jacob Riis wrote a book on how the "other half" lives?

These blocks of tall buildings, using every inch of space out flush with the sidewalk, are constructed with little reference to the requirements of health. Light, ventilation, cleanliness, and space are so conspicuously absent that one might imagine them to be as scarce as radium. Three small rooms seem to be the limit for a family. And these families, with grandparents and other relatives, number, not two or three, but more often ten or twelve. For their accommodation, I found, as a rule, one bed, upon which other mattresses were piled during the day. A small mattress placed on four chairs at night was the usual bed for three children,—children who spent most of the time, when they were not asleep, on the crowded sidewalks and dirty streets, dodging street cars, automobiles, and other vehicles.

Some of these poorly developed, rachitic children will be parents of the next generation. It is from this class of people that the great hospitals draw their material, presenting every phase of deformity and disease. In one of the great hospitals a series of Mongolian idiots was exhibited, the product of poor nutrition and bad hygiene. The increasing number of these unfortunates raises the serious query as to what may be done to improve the quality of the children who are to be born, and the conditions under which they are to live.

The health of the parents themselves has an important bearing on the number of children that they can bear and train for lives of usefulness. Some persons who condemn the selfishness which leads many to escape the duties of parentage, go to the other extreme. Such should consider whether the physical condition of the mother is such as to warrant her bearing and nursing six, eight, or ten children in rapid succession, especially if her burdens cannot be lightened by hiring domestic help. Long-continued child-bearing is apt to be disastrous to both the mother and the children, especially the later ones. To this latter fact, the Mongolian idiots bear mute but emphatic testimony.

The Mongolian idiots are of bad or deficient development, with eyes wide apart, and the outer corners tipped up; their heads are short from front to back, and wide laterally, and straight up in front and back; they have high cheek bones and high-arched palates, and often their tongues protrude; their hands are stubby, especially the thumbs and little fingers; many of them have extra toes or fingers, and some have webbed fingers; they frequently have loose joints or hydrocephalic heads ("water on the brain"); they are slow in learning to walk and talk; usually they can be taught only very simple manual work; and they are not likely to live until adult life. Of three hundred cases of Mongolian idiocy seen by one authority, more than sixty per cent were born to mothers well advanced in years, and in a very large proportion of cases the feeble-minded child

is the last of six or more children born in such rapid succession as to exhaust the mother. The production of such children is a crime for which society is responsible, for the reason that it has permitted such ignorance and such conditions in connection with parenthood.

Every child should be an improvement, mentally and physically, on its parents. Stock raisers plan definitely to bring about such results in their animals. Should we use less intelligence in rearing the human animal?

In order to avoid the generation of children that are diseased, defective, and imbecile, States are passing laws authorizing the sterilization of imbeciles and totally depraved persons, and are looking toward laws requiring health certificates as a qualification for marriage. In view of the fact that medical statistics show that a large proportion of the male population is afflicted with venereal disease, or other disease likely to be visited on the offspring, is it too much for parents to ask for a health certificate from any person desiring to take one of their children in marriage?

But one says that you must not try to interfere with love affairs. It is safe to say that many of these so-called love affairs are lust affairs. Those who claim that reason and foresight are not to hold the reins in courtship and marriage, will yet realize that "they have sown the wind, and they shall reap the whirlwind." If parents look at these matters right, they will talk them over many times with their children long before the children are seized with some sudden impulse. They will regard marriage as sacred, and never to be a subject for joking or teasing.

You can do much by your daily program to help give your children self-control. You can provide, for instance, a simple, nonstimulating diet, with meals served at regular hours, and can encourage the faithful use of the bath and regular physical labor. If you would save your children from the sensual pitfalls during the dangerous period of adolescence, you cannot be careless about the effect of late suppers, the use of meat, oysters, condiments,— such as pepper, mustard, and horseradish,— and even the excessive use of eggs.

This is no time to trust our children to luck. It makes a great difference whether their characters are receiving the right impress or whether they are being molded by sentimental reading, by the average picture show, and by spending idle hours with other children.

(2) To Be Well Informed

CHILDREN need information concerning themselves in order to protect them against erroneous, degrading, and vulgar interpretations of God's work. Will they not have sex instruction anyway, and all too soon?— Yes; they will hear and believe a mixture of truth and error in vulgar settings. Let us occupy the garden of their minds with good seed and plants of truth before the enemy sows his tares.

In undertaking this matter, remember that all children are not alike. Some are born with bold and dangerous tendencies. Others are excessively timid, and have exaggerated ideas of modesty and shame. Truth, rightly presented to both these classes, will help them.

Among the reasons given for not instructing children concerning their own natures, one says, "I don't know how." Another says she fears to start the subject, not knowing where it will end; and so she will risk leaving them in ignorance rather than mar so important a task. But we do not have that choice, for children are not left in ignorance; and experience shows that wherever parents have counted on their children's remaining in ignorance, the results have been unsatisfactory, to say the least.

Various opinions are held as to who is the proper one to unfold sexual facts to children. Some prefer the mother, others would delegate carefully selected school-teachers. Some would try to leave

it until the child is old enough to get the information from books. Others see reasons why the family physician should instruct the children. It seems to me that wherever it can be done to advantage by the mother, she is the one, or ought to be the one, to respond to the earliest inquiries of her children; and later, during adolescence, the mother ought to acquaint the child fully with God's plan. Whoever would do it must have and must encourage the confidence of the child.

I would encourage parents not to rebuke, but to encourage the first genuine inquiries of their children. Parents should begin to explain as soon as the child's inquisitiveness is framed into a verbal question. It may be about the new litter of kittens. Tact is needed to know how to caution a child when he has said something terribly suggestive, and yet not give him distorted ideas of modesty and shame. To illustrate: a child whose parents had conscientiously tried to give him right ideas of modesty surprised them one morning when the father entered the room where the child was dressing, and the little four-year-old drew back in genuine distress, saying, "O papa, don't come in now; I have not got my shirt on yet!" Yet it is certainly going to the other extreme to allow older brothers and sisters to be exposed before one another while dressing and bathing.

Try never to be horrified at the scope of a question, but answer part of it, such part as is best; and by all means, express approval of the child's coming to ask you. Mention the probability of older children's trying to tell him these things, and the very strong probability of their not knowing just how to explain them. Be sure also to tell him that as he gets older you will tell him about many things just as fast as he can understand them. That fellowship, that private conference, will begin to erect a wall around your child which will later protect him from the rushing tide and the breakers which deluge our youth. If your little boy comes and asks, "Mamma, if I wore dresses, would I be a girl?" and your answer is followed by the usual "Why?" he can be told that God has made boys different in many ways, mentioning that when he gets older he will grow a beard, have a deep-toned voice, be strong for work, and in other ways be different from a girl, different from a grown-up girl.

No one who is not able to see in it wonderful exhibitions of God's power and wisdom, is prepared to discuss the subject of reproduction with children. If these things were first presented to you in an unworthy way, you must first get rid of those impressions, and substitute for them the same pure associations which you have in studying the wonders of seeing and hearing.

Biological facts, and reproduction as carried on in plants and lower forms of animal life, are intensely interesting, and will help every one to think God's thoughts after him. Explain to even small children the fact that fully developed berries are possible only where the different kinds of blossoms are near enough together to allow the mixture of pollen to take place. Call their attention to the fact that a thread of corn silk is attached to each kernel of corn, and that unless the pollen from a different stalk of matured corn is communicated to the kernel through the silk, the kernel will not grow when planted. Tell them all about the spawning of fish, how even ocean fish seek the warm, secluded streams of fresh water to deposit their eggs, and how the same God that teaches a mother robin to risk her life in protecting her eggs or little ones, has taught the male fish to follow the female fish at any risk, and to deposit the fertilizing sperm over the eggs which the mother fish has deposited in the water. Studied from such a viewpoint, the whole subject of reproduction appears as the work of God, and an effort to explain it thus will help both parents and children.

I beg of you, do not voluntarily let your children grow to maturity and go into the married state without understanding these matters. If you have al-

lowed your children to grow into their early teens without these confidential talks, it may be harder to broach the subject; but the far-reaching and persistent influence of masturbation, the widespread danger of venereal infection, and the chances for innocent persons to become contaminated from unsuspected sources, the terrible results of gonorrheal inflammation of the eyes, the transmitted diseases which necessitate mutilating operations upon women, are overwhelming reasons why you should faithfully instruct your youth, and follow the instruction with authority and restraint wherever necessary.

Control the associations of your children. Try to supervise their play, and let them be with playmates only while they are all active. Refuse to let your children sleep with strangers, either at home or when visiting.

Look out for perverted sexual impulses, and when you see them give yourself no rest until some favorable change has taken place.

Refuse to let your children take dancing lessons, even though they are recommended and arranged for by the public school.

In closing this paper, let me emphasize the importance and the tremendous advantage of right prenatal influences. At conception and during gestation, parents are as truly the "children's copy book" as in their after life.

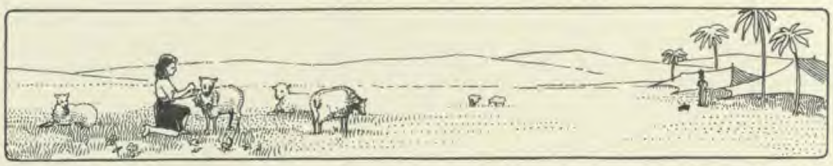
CARE OF MILK IN THE HOME

(*Concluded from page 300*)

souring. It should be kept in closed vessels as far as possible. The consumer should insist on having bottled milk delivered, and if this is impossible should at least see that the milk after delivery suffers no additional contamination.

If it is impossible to procure ice, the milk bottle can be kept cooler than the surrounding air by keeping it in a jar or pail of running water. Where it is impossible to use running water from a faucet, wrap the bottle in a damp cloth, and put it in a current of air. This method will keep the milk a few degrees cooler than if left simply in the air. The use of ice, however, is always preferable.

If there is no refrigerator in the house, an inexpensive ice box for keeping milk cool in summer can easily be made by putting about two inches of sawdust or excelsior in the bottom of a small wooden box about eighteen inches long, twelve inches wide, and fourteen inches deep. Into this set a covered jar or tin bucket about eight inches in diameter and tall enough to hold a small milk bottle. A stone jar is better than a tin pail, as it will not rust nor grow leaky. Pack sawdust around the outside of the jar, place the milk bottle in the jar, and place cracked ice around the bottle. Put a cover on the jar. Lay several thicknesses of newspaper on top of the jar, and close the lid of the wooden case.



THE BACKGROUND OF OUR CHILDREN'S LIVES

Dorothy Canfield Fisher

[Mrs. Fisher conducts a department for mothers in *Today's Magazine for Women.* In the January issue she has an article so full of good, wholesome common sense that we have asked the privilege of reproducing it. (The article as given here is an abbreviation.) Her purpose is to show that in the home not blessed with an abundance of the luxuries, or even of the comforts, of life much more will be accomplished for the children if the efforts are centered on the things that are more important. She shows, in fact, that the humble home may possess advantages in the training of children that no wealth can purchase.— ED.]

ALL the modern world of experts is wrangling to such an extent over the relative values of different systems of education, that we plain, ordinary parents might be excused for a very great bewilderment of mind on the subject. But there is one fundamental truth to which we may hold fast as a clue through the labyrinth, a truth with which educational experts have nothing to do. The truth is that if our children are provided with the right kind of home backing, the queerest of "modern, expert" education will do them no harm; and if their roots are set in the wrong kind of home soil, no amount of expert educational pruning and trimming and training will make them what they ought to be.

Now it is a providential thing that the question of the sort of home our children shall have is as much within our control as it is vital. . . . We now know that if we happen to have plenty of money and time and strength, it is all very well to amuse ourselves by embroidering the baby's petticoats and trimming the little caps with ribbon, but that these fascinating occupations have nothing whatever to do with the welfare of the child, and are simply done to please ourselves. We know that what the baby needs and must have, though the heavens fall, is that his milk shall be absolutely clean, his bottles sterilized, and his feet warm — conditions which can be met quite as well in a gypsy encampment by the roadside as in the palace of a king.

But we have not yet so clearly in our heads the equally vital difference between the essentials of moral and intellectual life for older children and those trimmings and embroideries of existence with which, for the sake of gratifying our own vanity, we are apt to torment ourselves in the effort to obtain them for our boys and girls. We do not with sufficient vividness understand that the essentials for them are not a handsome nursery, or fashionable clothes, or expensive schooling, or well-to-do playmates, or a plethora of toys, or a succession of costly "amusements," or a life of physical ease, — all conditions which luckily for our children, it is not possible for us all to secure.

The real essentials, which any of us can have by taking thought, are peace and harmony among the adults of the family; an atmosphere of purposeful, cheerful industry throughout the house; an attitude of loving intelligence and clear-sightedness toward the children; and for them a life of intellectual freedom and physical activity. Now these again can be secured as easily in a little five-room house in a moderate-sized American town or village, or in the country, as in a millionaire mansion, and in my opinion far more easily. For instance, certainly self-indulgence and laziness can be avoided better in a home where the adults expect as a matter of course to do a reasonable amount of real work than by any amount of verbal exhortation or "manual training" in an atmosphere where the adults expect to do nothing but what pleases them. . . .

These conditions in life, while highly desirable for all of us, are absolutely necessary for the health of children; just as fresh milk, clean dishes, and warm feet are good for adults, but vitally essential for the health of babies. Of course some babies do worry along on fly-infected milk and filthy nipples, and

grow up somehow into adults with ruined digestions and lowered vitality. So in a home where irritability reigns, and the adults practice self-indulgence as consistently as their incomes will allow, and deal justly by the children whenever they happen not to feel too tired and nervous to do so, the children do grow up somehow, with warped and crooked moral natures, into one or another of the various life failures so tragically frequent.

But if any mother is content with such a life for her children because it is unfortunately such a common one, or because it requires a great effort to furnish them with a different existence, I sincerely hope I shall never meet her. If I do, I shall advise her strongly to send her children to an orphan asylum, for I am convinced that the most perfunctory of paid "matrons" would be better for the children. . . .

Most mothers are . . . not prevented from giving their children what is best for them by selfishness, but only by dire confusion of mind, like the tired young mother who sat on my porch the other day, making tucks by hand in her little girl's dress, and was so exhausted by the consequent eyestrain and fatigue that she slapped the little child for unintentionally overturning a vase of flowers. Of course few of us in these enlightened days slap our children to relieve our own nervous tension, but do we not allow ourselves to become so tired and harried by life that we are almost constantly out of sympathy with, for instance, the incessant, heaven-sent instinct of childhood for incessant activity? Are we not always telling our children to "keep still" or "do be quiet," or not to "litter up the house so," or "don't do that," simply because their blessedly healthful busyness, with its consequent noise, is the last straw for our overstrained nerves?

In this connection the thing for us to remember is that when we are in charge of children, we *must* not have overstrained nerves. We must not be irritable, or unjust, or unintelligent, not even once. We must keep ourselves in a general condition of clear-headed sanity and sound nervous health which enables us, for instance, to distinguish rationally between childish acts which are really naughty and those which are merely inconvenient for the adult routine. We must be well enough, and self-controlled enough, and happy enough ourselves . . . to set a constant example of sunny acceptance of life even though full of minor annoyances. . . .

Everything else is of less importance for the children than the color of the home background. The family can live . . . on oatmeal porridge three times a day; the children can go with holes in their stockings and with uncombed hair; the house can be unswept, the beds unmade, and the mother dressed in a cheap print wrapper. Any of the dreadful things we usually think of as "impossible" is infinitely better for the children's moral health and present and future happiness and usefulness than a mother with an irritable voice, and the habit of scolding to let off the steam of her own bad temper, or of repressing unjustly the innocent activities of her children.

Fortunately, few of us have to make so decisive and radical a choice as this between overfatigue and actual slovenliness. But every one of us, if we have children to bring up, and have our wits and consciences in good working order, must make some such choice every day. None of us, even the most fortunate, can have everything.

When we have only ourselves to choose for, we are responsible only to ourselves if we select the trivial, superficial good of life,— like fashionable clothes, or elaborate food, or a handsome house,— and deny ourselves the greater good,— like peace of mind, intellectual growth, content of heart, and leisure to savor the sweetness of life. But when we have children, ah, then we are responsible for our choice to God, to society, to our own souls! We must not, we dare not, choose badly. First of all, we must have the essentials to feed our children's hearts and minds, and then when these are pro-

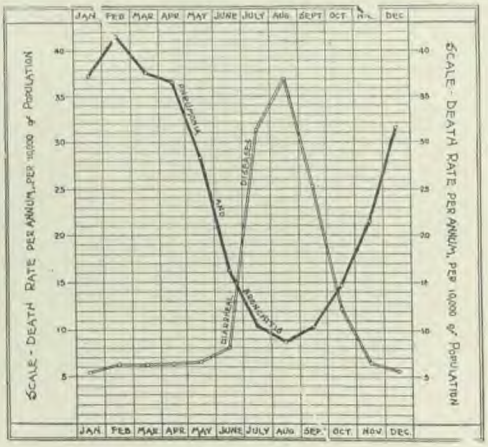
vided for, we may be permitted to spend whatever strength, money, and time we have in embroidering their petticoats and trimming their caps. . . .

It is ignoble to creep behind the self-pitying excuse of a life so hard that we cannot keep good-natured or clear-headed under its burdens. Who makes it hard? Do we not ourselves make it hard, by not contenting ourselves with the radiant, satisfying, plain essentials of life we can have for the asking, and by exhausting ourselves by clutching at various "trimmings" which are certainly not worth, even for ourselves, the sacrifice of any of the vital things, and which are, in the life of the children, quite unimportant?

What are the homes where children love to visit? The grand ones full of servants and idleness, and exquisite, breakable bric-a-brac, and elaborate toys, where every one is dressed finely from morning to night? Any healthy child would, if the chance were given him, run with all his might from a home of that sort, to a low-ceilinged farmhouse, full of plain, hard-working, good-natured people, not too busy about their various undertakings to allow a child to "look on" and to "help." And yet, consciously or unconsciously, the model on which we are endeavoring to form our homes is the first and not the second of these types. . . .

Let us without illusion face the fact that when we drain our pocketbooks and exhaust our nervous strength to supply our children with good clothes and elaborate desserts and well-furnished houses, we are forcing on them not what is good for them or what they in any way need, but what our own moral cowardice needs to protect us against our neighbors' opinion of us. . . .

Yes, the question of the background of our children's lives is in our own hands; and we need not hope that the most enlightened systems of public or private education can repair the damage done if that background is not a worthy one.



THE DOUBLE CURVE OF INFANT MORTALITY

OBESITY: ITS CAUSE AND CURE

JAMES FREDERICK ROGERS, M.D.

EBSTEIN, the distinguished German physician whose name is coupled with obesity cures, very happily classifies the corpulent into three groups,—the *enviable,* the *ridiculous,* and the *pitiable.* The members of the first group have just sufficient store of adipose to give a pleasing roundness to the bodily outlines, but not so much as to interfere with ease and grace in bodily movement. In persons of the second class the fat has accumulated in such amounts, especially in certain regions, that bodily contours have passed from elegance to absurdity, while at the same time the individual is much hampered in his activities, and his words, like Sir John Falstaff's, tend to speak louder and longer than his deeds. In the final stage of obesity the victim is being fairly crowded out of existence by the deposits of oily matter in his tissues. His degenerating muscles refuse to move their increasing burden, his breathing becomes embarrassed, his heart grows feeble, and the time of general dissolution approaches with undue rapidity. He is indeed pitiable.

So far as the recovery from the condition is concerned, the pitiable stage of corpulency is next door to hopeless; the ludicrous, though far from hopeless, seems often helpless; while the enviable stage, in that its members often enter the ranks of the helpless and hopeless, is not without its danger.

The fat of the body, aside from that used for the padding and cushioning of organs, is a storage material upon which the body may draw in emergency for keeping the body warm, and for firing up the furnaces additionally for muscular work of any description. The laying up of a certain amount of fat is, then, a normal and valuable process.

Obesity is nothing more than the miserly storing away, in various parts of the body, of fat in unusual and superfluous quantity. We envy the man with a heaped coal bin, and the virgin with well-filled lamp; but we should smile at the householder who, in ordinary times, filled both his cellar and his bay window with coal, and we should pity the poor vestal who so loaded herself with superfluous jars of oil as to be unable to climb the stairs to the wedding feast. The pitiable obese resemble nothing so much as helpless living oil tanks, and the ludicrous are misers in adipose on the way to be crowded out of house and home by their own greasy acquisitions.

Fat comes from food, though it enters the body in disguise, the laboratories within shifting the elements and making adipose from all manner of foodstuffs. The obese, especially the ridiculously obese, often question these statements on the ground that they do not eat much. This may be true, but at the same time they eat such an amount that with their habits of living the body can afford to lay up a portion of the daily intake in the form of fat. Nature has no choice in the matter; there is nothing else to do with the surplus.

The obese of the ridiculous and pitiable stages are, in a way, diseased; for disease is an unbalancing, a throwing out of harmony, of the bodily parts and functions. The enviable are usually in the best of health, and the only cloud on their horizon is their proneness to swell the ranks of the ridiculous.

The cause of this disease, this overstocking with more fuel than is needed for normal body uses, is, in plain English, overeating. But there is a cause back of this, and that is a lack of bodily activity, which allows the accumulation and storage of surplus fuel.

Obesity is a human disease. No animal, except those which have suffered from association with man, ever becomes corpulent. Animals have the same tendency to store up fat, but this is always kept at an enviable and useful degree of storage; first, by lack of regular supply of food, and second, by the fact that they are bound to keep themselves in perfect muscular condition. Animals may gorge themselves at intervals, but they never make a continuous business of it, as overstocking of fat would hinder their movements both for escape from more powerful enemies and for the capture of their own prey. At the same time an overfat creature would offer an unusually attractive mark for some hungry beast of prey.

Man by his inventiveness and social helpfulness accumulates more food than is needed for present bodily purposes, and at the same time he saves himself the need for active bodily movement by making machines for getting about and for doing his work. In addition to these conditions there is still another stimulus to overeating, and that is cooking. Cooking relieves the digestive organs of much of their work, and makes food more palate tickling. The appetite of the civilized man, especially of the obese, becomes an it-tastes-so-good appetite rather than an instinctive satisfaction-of-needs appetite, or true hunger.

Where not confessedly given over to the pleasures of the palate and to forgetfulness of the joys of bodily activity, the corpulent are often so bewitched as to think that neither the amount of food nor the deficiency in bodily exercise has anything to do with their condition. Corpulent persons of this type feel very much hurt if you suggest that they eat too much. Where their fat comes from they do not know, but they are certain it does not come from eating. Boswell and Johnson hashed this matter over, and Johnson was one corpulent person who acknowledged his own overeating, and who, through days of fasting and through bodily activity, kept himself from becoming helpless. The great biographer reports the following conversation: "Talking of a man who was grown very fat so as to be incommoded with corpulency, he said, 'He eats too much, sir.' Boswell: 'I don't know, sir, you will see one man fat who eats moderately, and another lean who eats a great deal.' Johnson: 'Nay, sir, whatever may be the quantity that a man eats, it is plain that if he is too fat, he has eaten more than he should have eaten; . . . it is certain that solidity is increased by putting something to it.'"

A stout person does not need so much in proportion as one with less adipose, it being a law of physics which holds with animate as with inanimate objects, that a rounded body of large volume possesses less surface proportionately, and therefore radiates less heat proportionately, than one of smaller dimensions. Then machines vary greatly as to economy in the use of fuel, and so do human bodies. A lean man may eat much more than his corpulent brother without gaining a pound. Nevertheless the obese are usually big eaters, and their intake, whether comparatively large or small, always exceeds the demand of the bodily fires.

We all have this tendency to eat too much, it being, as we have observed, a safety device by which the animal could lay up in a few days of good fortune enough to tide him in his frequent periods of famine. Those who cannot add to their reserves, no matter how much they eat, recognize their own weakness by styling their plump brothers and sisters enviable. The lean, however, are likely to enjoy life better and longer than the obese of the order of Falstaff.

The problem which looms before those who feel themselves becoming ridiculous in the sight of others or cumbersome in their own estimation, the problem of reducing their avoirdupois, is as clear and simple in theory as anything can be, but in the working out it is anything but easy. Practice must here follow theory, however, even if it has a hard road to

travel. It is a long and uphill road, because one must overcome what, in a measure, is a natural tendency,— one which, under social conditions, becomes more and more easy to follow. Moreover, there is in many cases a hereditary tendency to be mastered. In a nutshell, every obesity cure must be a reduction of the fuel intake of food to below the output in bodily activity, or an increase of bodily exertion until it more than consumes the daily intake of food. All obesity cures, from those of Pliny to Banting, are but changes rung on these two keys. The amount of muscular exercise must be increased, and if this is not sufficient the amount of food eaten must be reduced. The indicator of progress is the weighing machine, and the only safety suggestion needed is to make the process of reduction of weight gradual. The obese always object to this straight and narrow road to a lightening of their burdens, and ask for drugs or anything that will bring relief without effort. All manner of medicines have been used, and there is one which actually does the work by a short cut, but it is so dangerous that no physician can recommend it. The cure, then, is more exercise and less eating — only these and nothing more.

How the newspapers help the quacks to bleed the people.

As for the kind of exercise, any kind which involves real exertion — walking, sawing wood, washing clothes, anything which has some immediate object, some end in view, a getting somewhere, to take away the curse of mere bending and straightening of joints — will serve.

It is related that a rich and corpulent gentleman of Amsterdam of the early eighteenth century, applied to the very celebrated physician Boerhaave, who lived in Leyden, a hundred hours distant, for relief from his fatty weight of woe. Boerhaave showed his art by demanding that his patient come to him, and come on foot. Having much faith as well as much fat, the unwieldy Amsterdamer, doubtless with many a complaint at the independence of great men, walked to Leyden. It is needless to say that by the time he had reached that city, he was well into the cure, nor did he relapse, but became an expert pedestrian and also learned to saw wood; he restricted his feeding to the demands of his body, became thoroughly healthy, and lived beyond eighty-seven years.

As it matters little about the kind of exercise so long as there is sufficient outlay of energy and the exercise is not in itself injurious, so it matters little what the diet is so it is small enough in energy-containing material and yet includes all the elements needed by the body. Various indeed have been the shufflings of the dietetic cards to this end. The body can and will make fat out of any foodstuff, but with especial ease from starchy and sugary foods. The farmer recognizes this, and feeds his hogs corn when preparing them for the market. These foods, then, are to be especially avoided.

Every physician has a variety of these diets to offer, from which one can make a choice if the physician himself has no

preference. One of the simplest in every way is the brief menu treatment, in which only two or three plain dishes are served at a meal. The obese are much less apt to overindulge if the palate is not tickled by variety and fine cooking.

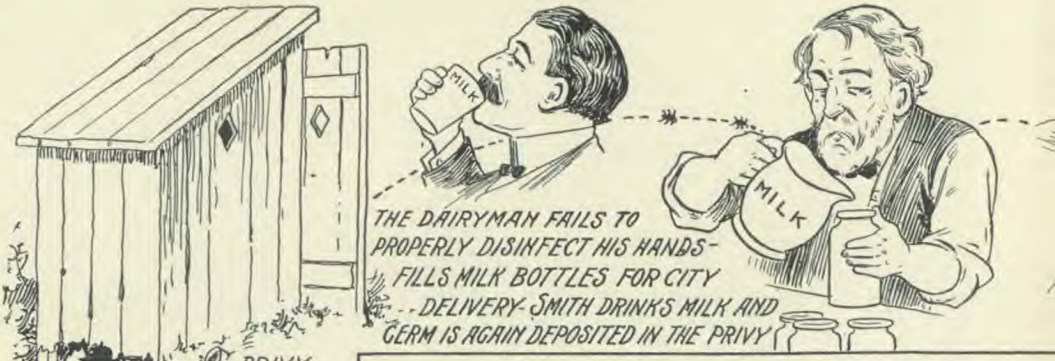
No matter what the diet, if the sufferer thinks he is going to reduce his food to the proper amount without an effort, he is badly mistaken. The adviser cannot do the work for him. It is all a matter of overcoming one habit and reestablishing another which in childhood and youth was a most enjoyable one, the habit of bodily exercise. The lost art must be made to fight and conquer the acquired one.

Fat reduction in the pitiable and ludicrous would best be carried on under the supervision of a physician, for often the laying up of fat has brought about weakening of organs which must be carefully watched in their process of return to health.

There is down in the heart of the obese usually a feeling akin to shame that he cannot control his fat-storing propensities; the rich Amsterdamer preferred to patronize a physician in Leyden, and the twentieth century sufferer usually prefers to get his treatment by mail rather than at home, even if it costs him more. It is needless to say that his check to the advertiser brings him in return a series of exercises which he must follow religiously, and suggestions for diminishing his intake of food. Possibly he may receive a drug, which, as we have mentioned, will do the work, but is highly dangerous. The physician is glad that the average patient seeks treatment elsewhere, for of all difficult cases to treat the obese are the most trying.

With this, as with other diseases, prevention is far better and easier than cure. Save in a few cases where there is disease of some special organ of the body, the laying on of fat (and not a few other afflictions) begins at the passage from the active open-air life of youth to the sedentary shut-in existence of later life. The prevention, then, consists in the keeping up of the bodily activities as far as possible. If sufficient interest is preserved in such things, there is little danger that the pleasures of the palate will ever get the upper hand, for the accumulation of fat always interferes with bodily movements. While it is easier to prevent than to cure, there is hope even for the heavily burdened, where the desire for relief is sufficiently strong.

Paregoric, "soothing sirup," and the like.



MIKE AND ROBE

A HOT summer day; two small voices conversing in th malodorous excreta of an open privy; two typhoid germs separated for a time, are renewing their broken acquaintance

Mike: Hello, Robe! I haven't seen you in a coon's age Where have you been, and what have you been doing? You're looking fine — fat as a dead rat!

Robe: I've been in clover since I saw you last. You re member how we first came to meet here?

Mike: Sure! We met as Brownies. That is, Brown, who had had typhoid fever, deposited us here, when he was visit ing his friend Smith. Though he recovered, we had hid in hi in'ards, and he carried us around until we were finally dis lodged into this sweet-scented old insanitarium.

Robe: O, I'll never forget the time! It was the first day of the blue-skied June. The next day it rained, and I was fortunately washed away from you. I was sluiced into a neglected well, into which I tumbled heels over head. It wasn't long before a bucket came down. Mrs. Smith took a cool drink of water, and gave me a better home.

Mike: What did you do then?

Robe: I raised a family, gave the old lady fever, and — sent her to the graveyard. But before she went, she cast m out. The Smiths believe only what they can see, so they didn't believe what the doctor told them about me. I was set in a jar on the back porch,— set there not disinfected, a the doctors say,— until our airship, the house fly, came fo his dinner. I clung to his foot, and he carried me to a glas of milk at Jones's. Jones's little daughter drank me alon with the milk.

S TYPHOID GERMS

Mike: That was fine! What did you do then? Go on.

Robe: Same old story. She was taken with fever July 12; and three weeks later the preacher said, "The Lord gave and the Lord hath taken away; blessed be the name of the Lord."

Mike: That's good. But what else?

Robe: Before the girl died, they fetched her aunt, a dairyman's wife. She didn't believe in disinfection either. One day she changed the sheets from under the girl and bathed her. I got on her hand and hid. When she ate her lunch, I went in on her bread.

Mike: Fine again — that's luck! How did you manage her?

Robe: O, the same old way! They hauled her back to the country, and I rusticated with her; I raised a family, put her out of commission, and let her friends find consolation in religion. The dairyman and his daughters were attentively kind to the good mother; but every time they went from their ministrations, they carried some of our kind on their hands. The dairyman carried me. Without disinfecting his hands, he filled his milk bottles for delivery. I got into a bottle of milk that came to Smith's house — I and scores of my children. The old man himself swallowed me, and passed me out here a few minutes ago.

Mike: Is the old man sick yet?

Robe: Not yet; I'm trusting the kids to do the work for him. But I hear the good news of an epidemic of typhoid in the city ——

Mike: You're a honey, Robe! Let's pray for a rain, or a fly, or both — above all, for the continued reign of ignorance, unbelief, and uncleanliness.— *Appropriated and Rebuilt.*

HEALTHFUL COOKERY

MENUS FOR A WEEK IN JULY

George E. Cornforth

WE think it is a good plan not to do much cooking during the hot summer months, to leave the dried legumes for use in cold weather, and to use largely the fresh vegetables and fruits which are in season. Less cooking might be done than is called for by these menus; for instance, for the pies fresh fruit might be substituted; but we have included these for the sake of persons who do not care for such simple living.

Recipes are given for those dishes on the daily menu which are marked by a superior [1].

RECIPES FOR THE MENUS FOR JULY

Patriotic Macaroni Soup

This is simply a tomato macaroni soup made with macaroni stars and served in bouillon cups with a bow of blue ribbon tied on each handle.

As we have said before, macaroni can be bought in many fancy shapes, such as stars, shells, rings, rice, letters, seeds.

Cannon Ball Croquettes

These are any kind of croquettes which might be used as a substantial food, such as walnut croquettes or lentil and rice croquettes, formed in the shape of balls about the size of large walnuts. They are served, four in a pile, on individual platters, with a gravy poured around them, garnished with parsley, and with a little American flag stuck in the top ball.

First Day

FOURTH OF JULY DINNER

Pine Nuts **Ripe Olives**
Patriotic Macaroni Soup [1]
Bread Sticks
Cannon Ball Croquettes [1]
New Peas and New Potatoes
Old Glory Salad [1]
Sodaless Crackers **Cottage Cheese**
National Dessert [1] **Cornucopias [1]**

BREAKFAST

Cottage Cheese
Creamed Potatoes
Graham Bread **Fresh Raspberries**

SUPPER

Nut Butter and Olive Sandwiches
Raspberry Sherbet [1] **Independence Cakes [1]**

Second Day

BREAKFAST

Toasted Corn Flakes **Cream or Milk**
Creamed New Peas on Toast
Popovers **Lettuce**

SUPPER

Steamed Rice **Cream or Milk**
Whole Wheat Buns
Fruit Punch [1]

DINNER

Baked Spaghetti with Olives [1]
Watercress Mayonnaise
Brazil Nuts **Graham Bread**
Raspberry Pie [1]

Old Glory Salad

Use equal parts of cooked green peas, potatoes, and carrots. Have half the potatoes cut into strips and half into balls with a vegetable scoop. Have the carrots cut into strips. Arrange on a bed of lettuce so that the different shapes and colors will show up to the best advantage. Dot with spoonfuls of mayonnaise salad dressing. It will be necessary that the imagination be brought into play that the blue green of the peas may serve as the blue color of the flag.

National Dessert

Make three kinds of jelly, one red, one white, and one blue, from the following recipe: —

⅔ cup strawberry juice
1 tablespoon lemon juice
¼ cup sugar
⅔ cup blueberry juice
¼ cup sugar
1 tablespoon lemon juice
¼ cup sugar
½ cup water
¼ ounce vegetable gelatin, cooked in
1½ cups water

After soaking the gelatin in hot water and draining it three times, boil it in the one and one-half cups water till it dissolves. Strain and measure it. Divide it into three equal portions. Mix together the two-thirds cup strawberry juice, one tablespoon lemon juice, and one-fourth cup sugar, and add to this mixture one portion of the gelatin. Pour this into a dish wet with cold water, in which it will be about one-half inch deep.

Mix together the three-fourths cup blueberry juice and the one-fourth cup sugar, and add one portion of the gelatin. Pour this mixture into another dish wet with cold water, in which it will be about one-half inch deep.

Mix together the one tablespoon lemon juice, one-fourth cup sugar, and one-half cup water; add the remaining portion of the gelatin, and put it into a third dish, in which it will be about one-half inch deep.

When ready to serve, cut the gelatin into one-half inch squares. Put a few cubes of each color into each individual dish. Serve plain with the cornucopias, or use cream or custard sauce with it.

Or, for a more simple dessert, put into each individual dish a few spoonfuls each of blueberries, white currants, and red raspberries, which have been picked over and washed. Serve simply sprinkled with sugar, or with cream or custard sauce.

Cornucopias

I find the following recipe for lady fingers, which was given in the *Boston Cooking School Magazine*, is very nice to use in making cornucopias: —

Whites of 3 eggs
½ cup sugar
Yolks of 2 eggs
⅛ cup flour
⅛ teaspoon salt
¼ teaspoon vanilla

Beat the whites of the eggs till stiff and dry. Beat in the sugar, adding it gradually. Then add the yolks of the eggs, beaten till thick and lemon colored, and the flavoring. Fold in the flour, which has been sifted with the salt.

Oil and flour a baking pan. Spread the batter on the pan in round cakes about four and one-half inches across and one-fourth inch thick, leaving room enough between the cakes so they will not touch one another in baking. As soon as they are taken from the oven, run a pancake turner under them to take them from the pan. Roll each in the shape of a cornucopia, and stick a toothpick into it to hold it in shape till it cools. When cold, take out the toothpick and fill with whipped cream.

Raspberry Sherbet

1 quart raspberry pulp, made by rubbing raspberries through a strainer fine enough to remove the seeds
2 cups sugar
3 cups water

Third Day

DINNER

Cottage Cheese
Baked Potatoes with Nut Gravy
New String Beans White Bread
Maple Blancmange [1]

BREAKFAST

Scrambled Eggs
Lyonnaise Potatoes
Toasted Buns [1] Fresh Cherries

SUPPER

String Bean Salad [1]
Cream Rolls Jelly Roll

Fourth Day

BREAKFAST

Boiled Rice Cream or Milk
Blanched Almonds Whole Wheat Puffs
Fresh Blueberries

SUPPER

Lettuce with Cream Dressing
Lady Finger Rolls Walnut Layer Cake [1]

DINNER

Cream Pea Soup
Boiled New Potatoes
Cucumbers with Lemon
Whole Wheat Bread Raspberry Shortcake

3 level tablespoons cornstarch
3 eggs
¼ teaspoon salt
This is quantity for one gallon

Heat the water and sugar to boiling. Thicken with the cornstarch stirred smooth with a little cold water. Add the eggs, beaten, first mixing some of the hot mixture with the eggs. Add the raspberries and salt and, if desired, one tablespoon vanilla. Allow the mixture to cool, then pour into the can of an ice cream freezer and freeze as ice cream is frozen.

Independence Cakes

Put a plain white frosting on cup cakes. Make a small quantity of pink frosting by stirring powdered sugar into strawberry juice till the mixture is thick enough to hold its shape. Then, with a pastry bag or an ornamenting syringe, trace the figures 1776 on each cake.

Baked Spaghetti With Olives

To the tomato sauce, the recipe for which was given in the April number of LIFE AND HEALTH, add one tablespoon chopped onion which has been cooked in a little oil, one-half teaspoon sage, and one teaspoon celery salt. In a baking pan arrange layers of cooked spaghetti, chopped olives, and the sauce. Sprinkle zwieback crumbs over the top, and bake till well heated through.

Raspberry Pie

Pick over, wash, and drain well two cups raspberries. Mix together one-half cup sugar, one tablespoon flour, and a few grains salt. Mix this with the berries. Line a pie plate with crust. Put into it the berry mixture. Wet the edge of the bottom crust with water. Make perforations in the top crust, put it on, press the edges firmly together, bake in a moderate oven one-half hour or longer.

Fruit Punch

To lemonade add enough strawberry juice to color it pink, and a little orange juice, if desired, and put into it strawberries, a few slices of banana, and a few stoned cherries.

Toasted Buns

Break open the buns which were left from the previous supper, put them, rough side up, on a baking pan, and set on the oven grate till nicely browned.

Maple Blancmange

½ cup maple sirup
½ cup water
¾ ounce vegetable gelatin
Whites of 2 eggs
1 cup cream, heavy
1/6 teaspoon salt

Prepare the vegetable gelatin in the usual way, by soaking and draining three times. After the gelatin is drained the last time, put it into a double boiler with the one-half cup water, and cook till it dissolves. It may be necessary to boil it for a moment directly over the fire to get it completely dissolved. Strain it and mix the sirup and salt with it, then beat it into the two egg whites, which have been beaten stiff. Beat till nearly ready to set, then carefully fold into it the cup of cream, whipped. Pour into a mold or into cups wet with cold water. When set, turn out and serve with cream.

The string bean salad is made from the beans left from dinner.

Filling for Walnut Layer Cake

1 cup chopped walnuts
1 cup cream or ⅔ cup sour cream
1 cup sugar
¼ teaspoon salt
½ teaspoon vanilla

Mix together all the ingredients except the vanilla, and heat to boiling in a double boiler. Then boil for a few minutes directly over the fire. Beat till cool enough to spread on the cake.

Rice and Cheese Timbales

1 cup rice, boiled till tender, then drained
2 cups sour cream
2 teaspoons oil
½ teaspoon salt
2 eggs, beaten

Fifth Day

DINNER

Rice and Cheese Timbales [1]
Spinach with Lemon
Scalloped Potatoes **Corn Bread**
Cherry Pie [1]

BREAKFAST

Omelet
Baked Potatoes **Whole Wheat Bread**
Blueberry Sauce

SUPPER

Ribbon Sandwiches
Cold Spinach with French Dressing
Graham Cookies [1]

Sixth Day

BREAKFAST

Cream Toast
Browned Potatoes
Graham Unfermented Rolls
Bananas

SUPPER

Cold New Peas **White Bread**
Blueberries and Cream

DINNER

New Peas **Boiled Potatoes**
Scalloped Tomatoes **Graham Bread**
Green Currant Pie [1]

Mix all the ingredients, put into oiled cups, and bake in a pan of hot water till set. Serve with parsley sauce made by adding two tablespoons chopped parsley to one pint of cream sauce.

Cherry Pie

1 pint stoned cherries
½ cup sugar, possibly ⅓ cup will do if cherries are not very sour
1 tablespoon flour
A few grains salt

Follow directions for making raspberry pie.

Graham Cookies

½ cup sugar
4 tablespoons oil, or half crisco
1 egg yolk
¼ cup milk
¼ teaspoon salt
½ teaspoon vanilla
1½ cups Graham flour, measured before sifting and using the bran after the flour is sifted

For this recipe true Graham flour should be used, such as Old Grist Mill Wheat Meal or Amber Graham, not the common Graham flour found on the market.

Beat together the oil and sugar, beat in the egg yolk, stir in the milk, salt, and vanilla, then add the flour. The dough should be so soft that it is difficult to handle. Flour the bread board. Put the dough on the flour, sift a little flour over the dough, then pat the dough into a ball. Roll it out a little less than one-fourth inch thick, and cut out with cooky cutter. Place on an oiled pan and bake.

Green Currant Pie

Use currants that are just beginning to turn red.

1 pint currants, picked from stem
¾ cup sugar
1½ tablespoons flour
A few grains salt

Follow directions for raspberry pie.

Strawberry Bavarian Cream

1⅓ cups strawberries, measured after rubbing through colander
⅓ cup sugar
1¼ cups heavy cream
½ ounce vegetable gelatin
A few grains salt

Prepare the gelatin, as usual, by soaking in hot water and draining three times. After it is drained the last time, put it into a double boiler, without the addition of any water, to dissolve; when nearly dissolved, put directly over the fire to boil up. Strain into the strawberries; add the sugar and salt; then fold into this the cream, whipped. Turn into cups wet with cold water. When cold, turn out and serve plain, or with cream or crushed and sweetened strawberries.

Mixed Fruit Jelly

Make a lemon jelly with the following ingredients: —

¼ cup lemon juice
¾ cup sugar
½ cup water
½ ounce vegetable gelatin
1 cup water
A few grains salt

Prepare the gelatin by soaking in hot water and draining three times. After draining the last time, put it to cook in the one cup water, and boil till dissolved. Strain it into the remaining ingredients, which have been mixed together. Add to it,—

½ cup sliced banana
½ cup stoned cherries
½ cup walnut meats

Pour into mold or cups wet with cold water. When cold, turn out and serve with whipped cream or with custard sauce flavored with lemon flavoring or with grated yellow rind of lemon.

Fruit Nectar

1 quart water
Juice 3 lemons
½ cup currant juice
½ cup raspberry juice
⅔ cup sugar

Boil the sugar with one half the water till it is dissolved. Cool and add the fruit juices. Set into the refrigerator till ready to serve.

Sabbath

BREAKFAST

Toasted Puffed Wheat — Cream or Milk
Walnuts — Fruit Crackers
Coffee Cake — Currants on the Stem

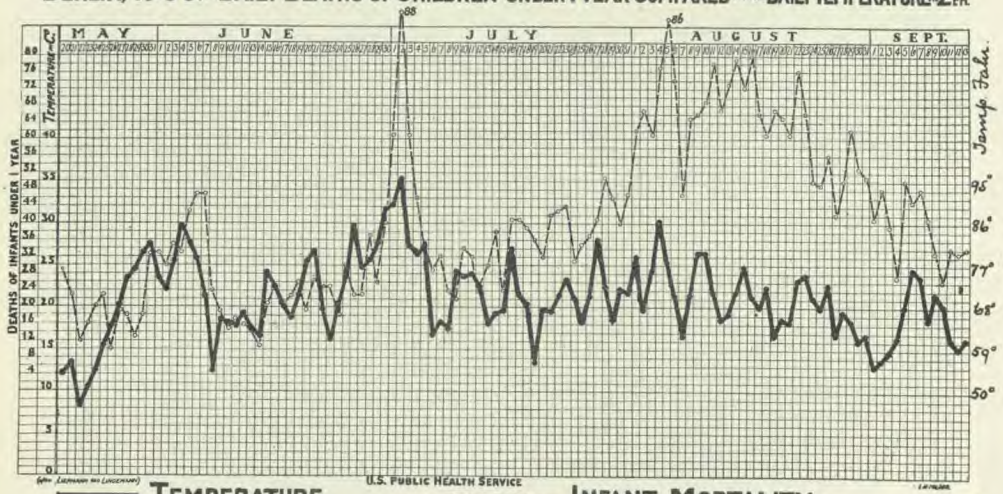
SUPPER

Mixed Fruit Jelly [1]
White Bread
Graham Wafers — Fruit Nectar [1]

DINNER

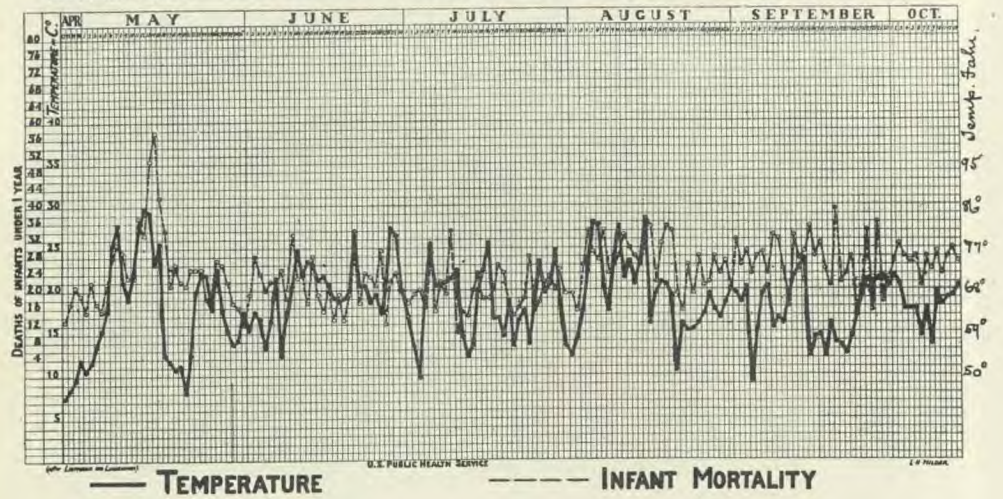
Buttermilk — Potato Salad
Whole Wheat Bread
Fig Rolls
Strawberry Bavarian Cream [1]

BERLIN, 1905.–DAILY DEATHS OF CHILDREN UNDER 1 YEAR COMPARED WITH THE DAILY TEMPERATURE AT 2 P.M.



TEMPERATURE. ———— INFANT MORTALITY.

BERLIN, 1907.–DAILY DEATHS OF CHILDREN UNDER 1 YEAR COMPARED WITH THE DAILY TEMPERATURE AT 2 P.M.



TEMPERATURE ———— INFANT MORTALITY

EDITORIAL

HEAT AND INFANT MORTALITY

IN recent years there has been a tendency to attribute the high summer mortality almost entirely to the use of contaminated milk, and there has been a hope often expressed that if mothers can be induced to nurse their babies, or if at least they can be provided with pure milk, the lives of the babies can be saved. This, however, is only a partial view; for there is in the hot season an increase in the mortality of breast-fed babies and of babies fed on good milk; and the old belief is gaining ground that the heat itself is a factor of no small importance in the causation of infant deaths.

The accompanying charts, one from data obtained during a normal summer, the other during a cool summer, show in a striking manner the effect of heat on infant mortality. The most obvious characteristic of these charts is the parallelism between the curve for temperature and that for infant deaths. The death rate jumps up at or immediately following every unusual rise in temperature. If the deaths were from bowel disturbance, the result of bad milk, the high point of the death curve should be some time after the high point of the temperature curve. Suppose, for instance, Monday is an unusually hot day, causing an increased growth of bacteria in the milk. There would be a resulting increase in diarrhea and deaths; but our experience with bowel disorders would lead us to expect the deaths to occur Tuesday, Wednesday, Thursday, and even later, provided there is no other factor entering into the causation of death. This fact would lead us at once to look for some other factor besides bad milk to explain why it is that more babies die on the hot days.

A closer study of the first chart reveals the fact that the parallelism of temperature and mortality curves is not perfect, and so we are led to look for other factors than hot outside temperature. On the hot day July 2, there was the greatest number of deaths; but again, following a day of considerable lower temperature, on August 4, there were nearly as many deaths. And, moreover, while in its daily variations the death curve follows the heat curve, it does so at a much higher level in August. In fact, during the comparatively cool weather of August, there are actually more deaths than during the hotter weather of June and July.

This might be explained partly by the fact that the long-continued hot weather, and possibly the long-continued use of milk rich in bacteria, has lowered the resistance of the babies, so that they succumb to a comparatively low temperature. But there is another explanation. It has been found that many of the houses, especially the tenement houses in congested districts, heat up somewhat

[1] The data from which this paper was prepared were taken largely from the paper read by Surg. J. W. Schereschewsky of the United States Public Health Service, before the pediatric section of the American Association for the Study and Prevention of Infant Mortality, Washington, D. C., Nov. 14, 1913. It appears in full in Public Health Reports, Dec. 5, 1913.

slowly, and retain their heat after the temperature has fallen on the outside. Often it is found that the heat in these buildings is considerably higher than the outside temperature; and the inside temperature may be actually higher in August than in July.

In the second chart, showing a cool year, there is the same parallel between the temperature and mortality curves. There is, moreover, no divergence of the curves in August as in the first chart, which is as we might expect, for the buildings have not been thoroughly overheated, and the children have not been exhausted by long-continued heat.

A study of the diseases causing summer infant mortality shows that in the early summer few die of intestinal disorders; but as the season advances the proportion increases, so that in the latter part of the season, when the mortality curve has risen above the temperature curve, most of the deaths are from gastro-intestinal troubles. If milk is an important factor in the infant mortality, it must be largely in the late summer, and may be due not to milk contamination alone, but to the combined effect of contamination and of long-continued heat. It must be borne in mind that not a few breast-fed babies and babies fed on good milk succumb.

Another factor which works with a high temperature is high relative humidity, or moisture of the air (sultriness). Where there is not proper ventilation, and where there are kitchen stoves and laundry stoves, throwing their steam out into the room, this combined heat and moisture has almost as bad an effect on health as if the air were poisoned. In fact, the evidence is accumulating that the bad effects of poor ventilation are not due to the carbonic oxide and organic poisons in the air, nor to the absence of oxygen, but to the combined heat and moisture in the air. This condition in factory or home makes for increased sickness and greater mortality. In the investigation of five hundred and eighty infants dying in Dresden in eleven summer weeks, the conditions found were such as would prevent the free circulation of air. In other words, these five hundred and eighty babies died practically from bad ventilation, with its concomitant high temperature and high relative humidity.

No one doubts that cellars are unfit for human habitation; and yet babies living in cellars do not succumb to summer heat as do the babies on the upper floors, even breast-fed babies. This is a remarkable showing, and indicates that the comparative coolness of the cellar in a measure compensates for other insanitary conditions.

The important thing to remember is that pure milk, and even breast milk, though important, is not sufficient to protect baby's life. Of even greater importance is it to see that baby does not get overheated, that it gets good ventilation, and that it is not subjected to an atmosphere loaded with moisture. Some days it is impossible to escape such conditions, for the air is hot and moist outside and in; but the great danger is generally from the heat and moisture retained in the house.

A baby in summer is better off clothed in one light garment. It is customary to bundle babies too much. Something can be done toward keeping the house cool, by opening it widely at night, and keeping it closed during the hottest part of the day. The practice of sleeping outdoors as far as possible, especially in the summer, will do much to protect the health of the baby and of all the family.

Even those who have no reason to fear tuberculosis would do well to get the outdoor habit. During the day when it is hot, the best place for baby is outside under the trees as often as possible.

* * *

WHY CHILDREN GO WRONG

THE Annual Report of the Seattle Juvenile Court for 1913, intended especially for Seattle parents, is an illuminating book, and its message should be given a wide circulation, for Seattle's child problems are the problems of every city, every town, every rural district. *For every delinquent, every criminal, society is to blame.* That is a broad statement, but it is so broad that it does not hurt. It does not strike anywhere in particular. It falls on so many shoulders that nobody feels the weight of it. The fact is, the guilt can be brought much closer; and if we study the matter,— you and I,— some of us will understand that *we are part of a great machine that grinds out criminals and ne'er-do-wells.* There is no criminal, no delinquent, who has not been helped in his course by the attitude of those who are, in their own eyes and in the estimation of others, good citizens. There is no man whose fall is due wholly to himself.

Nearly all who fall do so early, and it is the bad heredity and the bad environment that are responsible. I do not say partly responsible, for given both a good inheritance and a good environment, it is inconceivable that a child should go wrong. That is the meaning of the saying of the wise man: "Train up a child in the way he should go: and when he is old, he will not depart from it." Some parents, in their bitter disappointment, have been inclined to question the truth of this proverb; but the fault is not with the proverb, but with the parents, or with the grandparents; for the training, in order to be of greatest value, should begin some generations before the child is born.

To bring forcefully before the reader the importance of child training, quotations are given from the article "Every Child Is as Good as the Home He Comes From," in the Annual Report of the Seattle Juvenile Court for 1913. It will be well to ponder that title, which embodies the experience of Dr. Merrill and the conclusions at which he arrived in his examination of the causes of juvenile delinquency that came before the court. Doubtless in many of the cases the parents were sure that *they* were not to blame for the misconduct of their children. But, as Dr. Merrill says: "The one outstanding fact revealed by the study of the children who have appeared in the juvenile court during the last year is the inefficiency of parents. Eighty-five per cent of those children were apprehended for conduct and conditions of neglect which, in most instances, would have been avoided if fathers and mothers had safeguarded the children with a reasonable amount of affectionate companionship."

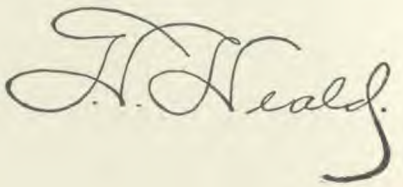
In the Seattle Juvenile Court, about five eighths of the juvenile misconduct was found to be due to parental neglect, and about three eighths to unwholesome companionship; but, as the doctor says, "this separation into two groups should in no way detract from the vital fact that the source of the trouble is in the home. Generally speaking, there would be no chance for a child to be led wrong by companions if fathers and mothers kept themselves informed of their children's whereabouts."

But the great tragedy in the children's court centered about the girls who " in many instances were encouraged to offend by the carelessness of their parents." Dr. Merrill does not minimize the importance of sex knowledge, of warning the young concerning the dangers to which they will be subjected. But this is not enough. " The intellect of the child will not restrain the emotions. The movement of the child's heart and feet are never secure except a father or mother be near to guide. There can be no intellectual substitute. If the heart of the mother does not provide the safeguarding grip of love, the street, and amusement resorts collateral to it, will provide companions. And when the girl drifts aimlessly into the street, it ill becomes us to debate whether she or the boy is the aggressor by flirty glances or suggestive dress. That both are on the street, impelled by healthy blood and normal impulses, without moral and mental maturity sufficient to guide, places them both in danger."

" The trouble with many girls begins when their interests start to wander beyond the front gate," and the parents, self-complacent or helpless, let the mischief brew until it is too late. How is this condition to be avoided? Dr. Merrill says that " the one safeguard for a child who would go exploring for social adventure outside of the threshold of her home, is with the parent who has the devotion of heart to run away with the child." That is the secret. The parent cannot repress the hunger for adventure and companionship; she must go with the child and minister to this craving, or take the alternative of bitter remorse later.

Dr. Merrill says that it is too often the custom of fathers to turn over the care of the boys to the mothers. " Such shifting of responsibility is unjust." It is not only unjust, it is often disastrous to the boy who has begun to crave man's companionship, and if he does not get the healthy companionship of his father, he is likely to come under the influence of depraved individuals in the street. " Society should condemn any man," says Dr. Merrill, " who complacently turns from the task of nourishing his child's soul."

Where industrial conditions deprive the mother or the father of time for this important work of training their children, there is a condition of dry-rot at the heart of the community which the community for its own sake should get rid of.



Babies Are Cheap

It is sometimes said of a spendthrift that his money "comes easy and goes easy." What comes without effort or without great cost is likely to be little valued. Does that explain the difference in the treatment of children and of fine animals? A man who has purchased at considerable expense a fine dog or a blooded horse, is careful to learn all he can regarding the proper care of his valued animal. But how is it about the child that comes into the family? The parents have not paid out dollars and cents for it,— that is, directly,— and the chances are they take it for granted that they would resent such an implication; to raise the child. It might be a little hard to say that they are really more concerned about the welfare of the animal that has been paid for, and doubtless they would resent such an implication, but the fact remains that nine out of ten will take more care to learn how to bring up a valuable animal than they will to bring up their own child. There seems to be a sort of notion abroad that there is not so very much involved in the bringing up of children. A conversation recently overheard in a drug store in a small city in the Middle West is to the point: —

"Customer: I want a bottle of paregoric.

"Clerk: (handing him the bottle) Now is that all?

"Customer: I want a bottle of Mrs. Winslow's Soothing Sirup.

"Clerk: Say, do you want all this stuff for a little baby?

"Customer: O, he is seven months old!

"Clerk: Well, a small dose of paregoric is enough without this stuff.

"Customer: What's in paregoric?

"Clerk: Why, man, it's camphorated tincture of *opium* with a little anise seed and other stuff. Tell the folks at home that if they must have soothing sirup, to keep it on the shelf with the cork in the bottle. Just give that baby a little warm water when it has colic, and a small dose of castor oil every few days.

"Customer: Well, I guess I don't want the soothing sirup, although mother says she has raised a family with it.

"Clerk: I can sell it to you, but you will buy it with a clear understanding of what you are getting. I've got a four-year-old boy of my own. Good night."

How many parents get their instruction regarding the rearing of babies in just such haphazard ways as this! Had the parent in this case gone to a less conscientious druggist, he would have bought the soothing sirup, and given the baby a double dose of narcotic. One might well go even farther than the druggist, and advise against the use of the paregoric. Parents who quiet their babies by doping them are making a most grievous mistake; and the quiet that they purchase in this way is likely to be repaid with compound interest by troubles later.

A Wise Mother

It is related of Theodore Parker that when he was four years old he was tempted one day to strike a tortoise, when a voice within him said, clear and loud, "It is wrong." Hastening home, he told his mother the circumstance, and asked her what it was that told him that it was wrong. Clasping him in her arms, she replied: "Some men call it conscience, but I prefer to call it the voice of God in the soul of man. If you listen and obey it, then it will speak clearer and clearer, and always guide you right; but if you turn a deaf ear or disobey, then it will fade out little by little, and leave you all in the dark and without a guide. Your life depends upon heeding this little

voice." Parker said of his mother that "she knew God as an omnipresent Father, whose voice was conscience, whose providence was kindly." One can hardly conceive of her as having to deal with young Theodore by habitually calling him "Theodore Don't." She was one of those rare mothers who governed by principle rather than by "don'ts." Fortunate is the child that does not get a daily menu of "don't" this and "don't" that, and who at the same time receives such instruction in the principles of conduct, and right and wrong, as makes the "don'ts" unnecessary.

The Adult Only Child

SPECIALISTS in diseases of the mind and nervous system often recognize that the diseases they meet with in the adult are often the result of wrong education in childhood. Brill, in his work on "Psychanalysis," describes, under the name "The Adult Only Child," a condition for which unwise parents are responsible, in which the victim has a great capacity for making himself and all who come in contact with him unhappy. Here is his description, a perusal of which it is hoped will enable some parents to avoid the same error: —

"Whether burdened with heredity or not, the adult only child usually shows one prominent feature; namely, he is a very poor competitor in the struggle for existence. Having been carefully reared and constantly watched by his loving mother, he remains forever 'mamma's boy.' He is devoid of those qualities which characterize the real boy. He lacks the independence, self-confidence, and practical skill which the average boy acquires through competition with other boys.

"Owing to the fact that the only boy constantly associates with grown-ups, he is usually precocious even in childhood, and as he grows older he finds it very hard to associate with persons of his own age. I know an only boy of nineteen years who has not a single friend. He is practically asocial. He wishes to associate only with persons much older than himself, and cannot adapt himself to the society of young people because they 'bore him.'

"Some time ago I was consulted by another only boy, seven years old, because, as his mother put it, he did not get along with other children and was real *blasé*. He was not interested in anything. Toys, books, etc., that would have been sufficient to delight the hearts of a dozen children, had absolutely no charm for him. He was in constant need of new excitements, and as they could not be supplied quickly enough, he was unhappy and morose.

"The only child is usually spoiled and coddled because the parents gratify all his whims and have not the heart to be severe with him, or to punish him when necessary. This has its evil consequence in adult life; for the slightest depreciation, hardly noticeable by the average person, is enough to throw him into a fit of depression and rage lasting for days and even for weeks.

"An only daughter attempted suicide because her best friend received more attention than she did at a social gathering. . . .

"It is due to the undivided attention and abnormal love that the only child gets from his parents that he develops into a confirmed egotist. He is never neglected in favor of sisters and brothers. He is the sole ruler of the household, and his praises are constantly sung. It is therefore no wonder that the only child becomes vain and one-sided and develops an exaggerated opinion of himself. In later life he is extremely conceited, jealous, and envious. . . .

"When we read the history of only children, we find that only those who have been bred up wrongly develop into abnormal beings. Those who are not pampered and coddled have the same chance as other children. As classical examples we may mention Nero and Confucius. The former was a spoiled only child, while the latter was a well-bred only child. The only child should be made to associate with other children, who will soon teach him that he is not the only one in the world. This should begin at a very early age. I have seen many 'nervous and wild' only children who were completely changed after a few weeks' attendance in the kindergarten or public school. But what is more important is that the only child should not be gorged with parental love."

Community Dangers

JUST at present it is popular to distinguish between crime and vice — between what is of right a matter for prevention by the machinery of the government, and what should be left for the conscience of the individual to settle with himself. At one time it was supposed that the state should prescribe the entire life of the citizen, or rather *subject,*— a significant word, by the way,— including his religion. Later the pendulum swung, and the tendency is to deny the right of the state to enter into the realms of conduct, especially those that have to do with personal indulgence. To quote Judge

Frater in the Annual Report of the Seattle Juvenile Court for 1913:—

"The community is falling short in its work of citizen making in precisely the way fathers and mothers are losing out with their children. Picturesque thoroughfares, with their jostling throngs and luring lights, place upon society a moral responsibility to protect the young from their unwholesome influences."

"But," some one asks, "what has the government to do with the private citizen and with his private acts?" If the government has a right to be solicitous about its own future,—if, say, the United States as a nation, or Maryland as a State, or Baltimore as a city, has a right to enact health laws in order to improve the efficiency of its citizenship, it certainly has the right to do what it can to prevent the deterioration of its citizenship, and to that end it should use its powers to discourage and lessen those activities and enterprises which encourage the formation of habits that make for inferior citizenship. Judge Frater, speaking of community dangers, says:—

"Unfortunately society doesn't realize that the twenty and more boys who have been brought to the court for consorting with licentious 'drunks' about the lower part of the town will tomorrow be less efficient citizens as a consequence."

Here we have a juvenile court judge giving the results of his experience. Should the state stand helplessly by while its future citizens are allowed to form habits which will make them less efficient as citizens and leave them as burdens on society?

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Flies or Pedbugs

PERHAPS we do not realize how we tolerate an evil simply because we are accustomed to it. Take, for instance, the house fly, or, more literally, the typhoid fly, as we are learning to call it. To appreciate the undeserved social status we have accorded this little creature, it is only necessary to consider the following words quoted from the Bulletin of the North Carolina Board of Health:—

"Now as a matter of unprejudiced fact, barring the sting of the bite and the odor of the encounter, the bedbug is a much more eligible companion than the house fly, whether of bed or of board. But if bedbugs, comparatively cleanly of habit, crawled all over our plates, table, and food just as the house flies crawl, fresh from the foulest filth of every pestilential kind, who could eat or even sit at the table for a moment? I am not making a plea for the elevation of the social status of my nocturnal friend, who loves darkness rather than light; but I am declaring that his deeds are not nearly so evil and destructive as those of the house fly."

As the *Journal A. M. A.* says in comment:—

"The bedbug has for generations been an abomination to the housewife, and the object of our relenting warfare. Once convince the American woman that the fly is more loathsome and dangerous than the bedbug, and the ravages of typhoid fever will be over."

Perhaps; but if this is so, why has not the American housewife long ago abolished the bedbug?

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Do Not Take Hazardous Risks

THE following advice from the *Rapid City Journal*, concerning an all-too-prevalent custom, is so apt that it is worth repeating in full:—

"I know that it hardly seems possible that in these enlightened days women are still doing the prehistoric thing; yet it does so happen. There are women who rise a little too late to get breakfast on time, or dash home too late to get dinner ready at the stated hour, find the fire low, the sticks of wood so green that they simply will not light in a hurry, and so, in desperation, throw on a little kerosene. There follows a flash and a roar, and a mass of screaming, blazing humanity writhes in the agony of death. Her husband and motherless children will calmly tell you that she has done the same thing a thousand times before with no bad results, and wring their hands. The neighbors will attend the funeral, and go home and do precisely the same thing the first time their own dinner is late."

How many readers of LIFE AND HEALTH take such a risk, flattering themselves that *they* will never have an accident?

WHAT TO DO FIRST

Freckles

SOME skins under the influence of sun and wind are peculiarly liable to freckles. These may be easily removed by appropriate means, but of course another exposure will cause their return.

Among the remedies which have been successfully used for the removal of freckles are the following: —

Lactic acid, 1 part to 6 of water, or a saturated solution of boracic acid in water, or corrosive sublimate, 1 to 500. The last being poisonous, should never be left where children can get it.

Apply until the skin shows signs of irritation, when the application may be discontinued for a few days, and then repeated until the complexion is clear.

Nosebleed

FOR this sometimes troublesome complaint the following may be tried: —

Have patient raise both arms straight over the head.

Apply to the back of the neck a cold body, as a lump of ice, or a cloth wrung out of cold water; a piece of cold iron, as a hammer, may do; even a key has done it.

Apply a lump of ice to the lip just under the nose.

Wring a towel out of cold water and wrap around the neck.

Place the feet or legs in a hot foot bath.

If the heart is strongly acting, a cold application over the heart, ice or cold compress, may reduce the pressure and stop the bleeding.

The injection of vinegar or lemon juice into the nostril may be sufficient, or if it is at hand the application of a drop or two of epinephrine (adrenalin), 1 to 1,000 solution, to the bleeding surface will act almost instantly.

If all other means fail, plug the nostril — if necessary, both front and back. But this will probably have to be performed by a physician.

Chigoes (Chiggers, Jiggers)

WHERE these annoying little pests are frequent, when one who is susceptible to their inroads has been around brush or grass, he should at the first opportunity apply to the bare skin over the entire body a strong solution of Epsom salts. Ten cents' worth of Epsom salts will make preparation enough to last a family a long time. This is very highly recommended as a relief.

Mineral Poisoning

WHEN you cannot remember the antidote for a particular metallic poison, give raw white of egg, and follow by an emetic and a cathartic.

Seasickness

VERONAL, especially in its more soluble form of veronal sodium, if taken in half-grain doses at bedtime the first few days out at sea, acts as a preventive, or in case of sickness, it acts as a palliative. This is the testimony of a ship's surgeon of considerable experience. He found nothing to equal it as a remedy for seasickness.

Mushroom Poisoning

AN emetic is useless if the poison has been acting for several hours.

1. Use some stimulant, as strong coffee, hot bags to the surface, and friction.

2. Give some purgative, preferably castor oil, which does not dissolve the toxic principle of the mushroom.

3. Give large quantities of milk to cause diuresis.

In case of continued vomiting, ice may be given. For acute mushroom poisoning, vomiting should be established by tickling the throat or by swallowing large quantities of soapsuds or tepid milk. Hot bags and friction are important.

THE MEDICAL MISSIONARY AT WORK

MISSIONARIES RETURNING TO AFRICA WITH SEVEN-MONTH-OLD BABY

S. M. Konigmacher

WE thought it might be of encouragement to some if we related our experience in bringing our delicate seven-month-old bottle-fed baby over ten thousand miles by land and sea to our home on a mission station in the heart of Africa.

The time of our furlough was drawing to a close, and we felt somewhat anxious as we saw how delicate the baby was, and thought of the long journey of over two months, when we should be obliged to pass through all kinds of country, and to travel on all kinds of vehicles and boats. We did not know whether it was best to try to take the baby, or to leave him as some wished us to do.

We had one little boy, and were anxious for some one to play with him, especially as a mission station is a very lonely place, and he would have no white children to play with. So we decided to bring the little brother; and this is how we did it.

I left the home of the loved ones several days before it was necessary for the family to take the boat, as I had some engagements to fill on the way; so wife and the children and my mother met me later in Philadelphia. Here we stayed overnight in a hotel, and went on the next morning.

They left Pittsburgh in a blizzard, and when they crossed the square in Philadelphia, a very cold wind was blowing. When we arrived in New York City, my older boy had the earache. I telephoned to our headquarters to see where I could find sleeping accommodations, and was directed to a place just off Third Avenue. But the house was so full of coal gas that mother thought it not safe, and I found better accommodations on Union Square. Here the boy was taken sick, and we called one of our physicians, Dr. Simons, who allayed our fears that anything serious was the matter.

We took the trolley from the hotel to the pier of the White Star line, being fortunate that we did not have to change cars; and on arriving at the "Celtic," we were glad to see that our infant was not the only child on board to disturb those who had no children.

The voyage across was cold, but by wrapping the baby up well, we were able, when the weather was pleasant, to take it on deck. We had hot water for preparing its food by having the stewardess fill a thermos flask, quart size, night and morning. The bedroom steward brought a small bath for the child every day, and the soiled clothing was washed out in the bath, and hung just anywhere the clothes would dry. A number of old rags were used and thrown overboard, thus reducing the washing. We also used sanitary paper toweling, but could not use it altogether, as it was too hot and made the child sore. We had a four-berth cabin, and as the child slept in the same berth with its mother, we used the fourth berth for a catchall.

In Liverpool the customs were soon

passed, and as it was Christmas week we had no trouble in getting an entire compartment in the train to ourselves (a shilling rightly placed was a help). Arriving in London four hours later, we soon had our luggage taken care of, and a brother took us in the tube to Finsbury Park. As we were passing into the street, some urchins came along, and after I had given them the hand luggage, I took the baby, and we walked nearly a mile to the house where the brother had kindly secured a room for us. We stayed there till the day before Christmas, when we went to the tube to take a train for Waterloo Station.

We were fortunate enough to get a first-class compartment to ourselves. This train took us to the southern shore of the island, to Southampton, where we boarded the "Gascon," a steamer of the Union Castle line, which was to be our home for the next five weeks. We had a three-berth cabin of medium size toward the stern of the vessel. The racks of the life preservers were changed into clothes racks, and when we crossed the line into the hot country, a fan was placed in the cabin, and it helped to dry baby's things.

It was very cold and stormy on the Mediterranean Sea, and at night Mrs. Konigmacher would so arrange the baby's things on her bed that she could prepare his food and care for him without getting up.

A friend kindly gave me a small rocker, which we took into the cabin, and when the baby would not go to sleep, I would crawl down from my lofty bed and rock him to sleep, when the boat was not rolling too badly. In the day time we wrapped him up and went on deck; and when the weather moderated, we took out his cab and rolled him to sleep.

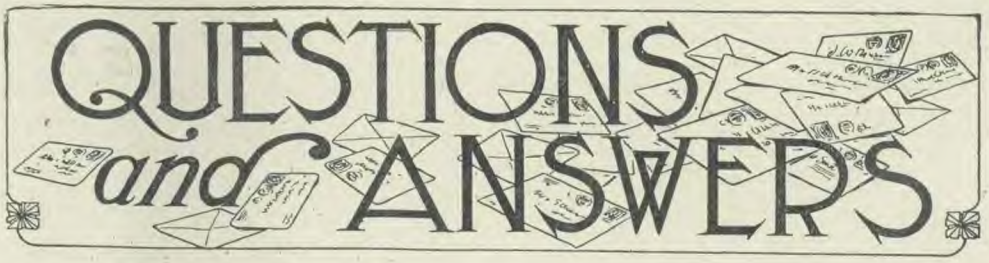
While in England I bought a case of Horlick's Malted Milk, and this, with two extra bottles I bought at Mombasa, lasted till we got through.

When we arrived at Chinde, we found one of our boys, and he helped with the children, and especially with the washing, on our way up the Zambesi River. We ascended the river during the rainy season, so it was cloudy part of the time, and there were few mosquitoes, and enough water to allow the river steamer to reach her landing place without our being transferred to a little house boat.

When we arrived at the railway station, we saw the mission boys, and found the oxcart ready to take the heavy luggage, the jinrikisha for the wife and children, and a white donkey for me to ride. After arranging the loads and a light lunch, which was kindly sent over from the mission, we started on the last part of the long, long journey to the mission. On account of the rains and the tall grass we were not able to get the jinrikisha through, so Brother Robinson had the boys meet us with the *machilla*. The night had fallen, and as our older boy was asleep, the Donna and children were transferred to the *machilla* and Brother Robinson and I followed on the donkeys.

We were all glad to reach our destination, and again be with the people we had learned to love. The next day the natives came in groups to see the Donna and the new *mzungu*. God was with us, and we thank him for his protecting care.

We left Pittsburgh Dec. 8, 1913, and sailed from New York the eleventh. From London we took train to Southampton, and sailed December 24 by the East Coast route to British Central Africa, the land of Livingstone, calling at Gibraltar, Marseilles, Naples, Suez Canal, Port Sudan, Aden, Mombasa, Zanzibar, Port Amelia, Mozambique, and Chinde. At this latter port we had to be transferred from the large steamer to the tug by means of a large basket. This tug took us over the bar, and then we were transferred again to a rowboat, and then to the river steamer. We arrived home Feb. 7, 1914, both children in better health than when we started.



Questions accompanied by return postage will receive prompt reply by mail.

It should be remembered, however, that it is impossible to diagnose or to treat disease at a distance or by mail. All serious conditions require the care of a physician who can examine the case in person.

Such questions as are considered of general interest will be answered in this column; but as, in any case, reply in this column will be delayed, and as the query may not be considered appropriate for this column, correspondents should always inclose postage for reply.

Summer Diarrhea.—"My baby girl eighteen months old has had diarrhea for three days. She is very feverish, and her bowels move about once every hour. She does not nurse, and the cow's milk does not agree with her. The stool is green, and contains curded milk and blood. The disease seems to be contagious, as all the babies in this community have it. Please advise as to treatment and diet."

I hope you are not waiting for a reply from me before doing anything for your baby, for every hour makes the case more hopeless, unless your treatment is getting at the cause. It is impossible to treat such cases at a distance. To do it justice the physician should see the baby once or twice a day.

The condition is probably not contagious, but the result of dirty milk. In hot weather, the germs that get into the milk at milking time grow very fast, and all milk should be kept on ice, and should be used fresh. If there is the least suspicion as to the milk, you would better bring it to a boil as soon as you get it, and then cool it rapidly in the ice chest.

The baby should have absolutely nothing but boiled water for the first twenty-four hours, and perhaps for the first forty-eight, and then perhaps some boiled and cooled water in which the white of an egg has been shaken up thoroughly and strained. All dishes, strainers, etc., should be scalded before they are used. When you return to milk, use scalded milk. Be sure to keep the baby cool at all times. Do not keep it swathed in a lot of clothes, and do not keep it in a hot, stuffy room. The cooler the baby is during this hot weather, the better chance it will have; but do not expose it to sudden chilling drafts. This is about all I can suggest at a distance.

Bed Wetting.—"Please give treatment for bed wetting in girl aged seven. Family physician gave her two or three bottles of medicine without benefit."

The condition may be due to general weakness, in which case the remedy is sunlight, fresh air, and nutritious diet.

It may be due to incapacity of bladder; the remedy in this case would be to awaken her once every night to empty the bladder, and to have her practice holding her water as long as possible during the day, in order to increase the tolerance of the bladder.

It may be due to the use of too much fluid late in the day, and of course the remedy is obvious; do not allow much drink, if any, toward night.

It may be due to bad habits of a private nature, and some private instruction may be necessary regarding the sacredness of her body.

It may be that the habit of wetting the bed was started in one of these ways, and is kept up just because she has formed the habit. In this case, perhaps a reform can be brought about by awarding her, say, five cents for every dry night. Punishment will accomplish no good, as it only serves to increase the nervousness, and thus increases the tendency to bed wetting. To scold, or nag, or punish a child thus afflicted, is to make a bad matter worse.

Any course of treatment is apt to be tedious, and the parents must make up their minds to be patient.

Can Epilepsy Be Cured?—A correspondent sends a clipping from a daily paper, asking our opinion of it. It reads: "Reports from nearly every State in the Union confirm previous reports that the T—— epilepsy treatment is accomplishing marvelous results. Reports of cures in cases of from twenty to forty-two years' standing have been recorded. Persons interested should write at once to," etc.

I have no faith in the treatment mentioned in the clipping. It is no better than the other quack remedies for epilepsy, and can show no real results. It is put in type like news so as to deceive the reader.

Catarrh and Indigestion.—"I have chronic catarrh. I inhale salt and water at night so that I can breathe. If I get a cold, the catarrh is worse. I also have indigestion, worse when I do not work, as on the Sabbath. Please advise."

You may need some help from a nose spe-

cialist. There may be a deviation of the septum, or middle partition of the nose, which will require a slight surgical operation in order to give you good breathing space.

Regarding the indigestion, I would suggest that on the Sabbath you eat very lightly, perhaps hardly anything but a little fruit. Evidently your indigestion comes from a lack of proportion between your eating and your working. You do not get up enough muscular exertion on the Sabbath to burn up what you eat. Persons who are never ill at home, often have a hard time when at camp meetings, for the reason that they continue to eat the same quantity of food that they require when they are at hard work. The statement of Paul that "if any should not work, neither should he eat," seems to have a physiological basis to the extent at least that a person resting on the Sabbath should eat very lightly on that day.

Soy Milk Versus Butter.—"Can soy milk be obtained in this country or imported from Germany? I do not use butter, but use salad oil instead."

I suppose there is no problem that has so puzzled students as the effort to find adequate substitutes for dairy products. The fact that you are inquiring about soy milk would indicate that you are not getting all out of salad oil that you would like. I have thought that soy milk might be used, and other soy products, in place of dairy products, but I have never learned of any process by which these products can be made palatable to Westerners. Such products usually prove disappointing, not only as to taste, but also as to physical effects.

The mails are constantly bringing me letters from people who have conscientiously left off dairy foods, and who have got themselves into a very bad condition physically. We are still hoping for some excellent substitutes for the dairy products, which will be free from the danger of disease and germ contamination.

Electric Belt.—"I inclose a half-page advertisement of an electric belt. My wife is afflicted with neuritis, caused by rheumatism. Is it true that the belt will produce an electric current, and that it will cure what they claim?"

The belt is a fraud. Not that it will not produce electricity, for all these belts produce a current; but that electric current will no more cure your wife of neuritis than will a current of air. Electric belts are simply baits to catch the money of "suckers."

Your best course is to put your wife in the hands of a conscientious physician who will first take the time to make a careful diagnosis; that is, to find out what is the true cause and nature of her trouble. The doctor who sits down and in about five minutes writes a prescription, charging you a dollar or two for it, is just the doctor you do not want. Such a doctor does not do you any more good than the electric belt. The physician who ought to treat your wife is the man who will do nothing until he has made a thorough examination and is certain of her condition. He will charge you more, but in the end you will get treatment which will be to some purpose.

Lettuce Disinfection.—"How do you sterilize lettuce and other ground vegetables that have possibly been contaminated with dangerous germs?"

It is hardly possible, and it is not necessary, to sterilize vegetables. There are certain germs, often found on vegetables, which could not be destroyed short of several hours' boiling; but such germs are of a harmless nature. All that is necessary is to destroy the disease germs, which, fortunately, are much easier to destroy. I would suggest, in the first place, that vegetables that are to be eaten raw be obtained from a source not suggestive of filthy contamination. I would naturally expect the Chinese gardeners to fertilize their ground and sprinkle their plants with human excreta. This, I understand, is quite a common custom in their own country, and doubtless they do the same thing here. Next, it would be well to soak the vegetables, after thorough washing, for half an hour in a two-per-cent solution of tartaric acid.

Unclean Milk.—"Does the average cream separator purify the milk passed through it? Does dirty milk, if fed to babies, tend to cause stomach or intestinal disorders? Would these troubles tend to cause infantile paralysis?"

I cannot say whether a cream separator takes out all the impurities. As to whether a separator takes out a large amount of impurity, one has only to look at the inside of a separator after the day's run, to be convinced that it does. The milk is certainly better when this mass of corruption and scum and slime is taken out of it. This disgusting mass left on the inside of the separator every time it is used contains pus, blood cells, bacteria, and in some cases perhaps even manure.

Dirty milk is always a dangerous food, especially for babies, and is the most important cause of the summer intestinal disorders of babies, from which so many die.

I do not know that there is any connection between bad milk and infantile paralysis, or between bowel trouble and infantile paralysis.

Skin Eruption.—"I have boils on my face and hands which do not become ripe. They remain red, and are very painful. I have had several of these boils, and they do not seem to stop coming on my face and hands."

There is a possibility that these "boils" may be what is spoken of in polite language as "blood disease," which in plain language means venereal infection. This can be determined by personal examination by a physician. The fact that the eruption is on your hands as well as face seems to indicate that it is not acne. On the other hand, one would expect in case of "blood disease" that they would appear on other parts of the body.

Ordinarily skin troubles indicate some constitutional trouble, due possibly to constipation or to the use of improper foods or of improper combinations. It is for this class of troubles that the sarsaparillas and "blood purifiers" are sold in such large quantities. The fact is, there is no blood purifier equal to water, internally, externally, and eternally, with abundance of fresh air and proper food.

American Posture League.— A league was incorporated in Albany, N. Y., having for its object the prevention of round shoulders and deformed spines. A number of prominent physicians are among the incorporators of this organization, and at the head is Miss Bancroft, prominent in the physical education of New York school children, and author of a book on posture and of another on games.

Antialcohol Movement in Hungary.— In Hungary, bars have been accustomed to run nights and Sundays. They are something like the Catholic Churches, "never closed;" for a closed door is not bringing in an income. The antialcohol paper has so severely criticized this custom that the newspapers have taken up the cry, and a number of members of parliament have in hand a new bill for limiting the hours of the barrooms.

Vetoes Rat Killing.— Notwithstanding the fact that plague rats have been found along the water front of Seattle, the mayor is reported to have vetoed a bill appropriating five thousand dollars to pay the salaries of thirty rat catchers employed to rid the city of this menace to the nation. If the voters of Seattle are devoted to the permanent interest of their fair city, they will see to it that a mayor of a different stamp fills the office at the first opportunity.

Street Accidents.— During March there were killed in street accidents in New York, 12 by motor cars, 7 by street cars, and 8 by wagons. Fourteen of these, or more than fifty per cent, were children. This is nearly one death a day from carelessness. But during the first three months of this year there was a falling off from the first three months of last year, 22 per cent in street car accidents, 10 per cent in motor car accidents, and 25 per cent in wagon accidents, which would indicate that there is more efficiency somewhere along the line.

Trainloads of Food Destroyed.— Last year the New York City Department of Health destroyed, it is said, more than 13,000,000 pounds of damaged food. But these figures mean nothing to us, so let us put it another way. At 25,000 pounds to the car, it would make 200 carloads, or a trainload a month. The department, with supervisory powers over 2,700 food establishments, made 3,200 arrests, and fines were collected to the amount of $3,200, an average of one dollar each, indicating either that the judges consider food violations a joke, or else that in a very large proportion of cases the charges could not be sustained, which would seem strange in view of the large amount of food condemned.

Stops River Bathing.— On account of the foul condition of the water from sewage, the health commissioner of New York will not permit bathing in the Hudson, East, or Harlem Rivers this summer. No permits will be issued to keepers of bath houses on these rivers.

Fleas and Scarlet Fever.— The medical school officer, in his report to the London County Council, has suggested his reasons for believing that scarlet fever may be transmitted by means of fleas. His argument is based partly on the similarity of the curve of flea prevalence and the curve of scarlet fever prevalence. The season of greatest flea prevalence is the season of high scarlet fever incidence.

Too Good to Throw Away.— The municipal government of Raleigh, N. C., having confiscated several hundred bottles of "fine liquors" from Negro druggists convicted of illegal sale of liquor, turned the booty over to the hospitals of Raleigh. Now if the physicians of these hospitals are as well informed regarding the physiological effects of alcohol as are some of the European hospital physicians, they will be a long time using up that gift stuff. If they are of the other kind, it is possible that not much of the "fine liquor" will get to the patients.

Library Books and Infection.— The health officer of one of the London boroughs, who is also professor of public health in the University of London, said, in a lecture on books, that there is no case on record of infection through books. This, of course, is negative testimony, and not conclusive. In eighty per cent of the cases of infection that have come before him, he admits that the means of infection are not known, and that it is impossible to trace the source. Bacteriologists, he says, as a rule believe that books might be a means of carrying infection, but that such a method of infection is rare. He tried to inoculate guinea pigs with germs handled by consumptives in such a way as would naturally transfer germs from the patient to the book; that is, by coughing into the book, reading aloud with the mouth near the book, and turning the pages wet with saliva from the patient's mouth. Only by the latter method was he able to infect guinea pigs, and that when more saliva was used than is likely in the ordinary handling of a book. And it would be easier to inoculate a guinea pig by laboratory methods than it would be to infect a human being by handling the books. And yet we must not forget that books handled in such a way are not entirely free from danger.

Red Cross Seals.— The Red Cross Seal movement is a decided success. Last year more than 107,000,000 seals were sold, every State except Florida and Nevada taking part. The work of preparation for the Christmas seal campaign for 1914 began early in January.

Tuberculosis Official Called to Presidency. — Dr. Livingston Farrand, who has been the efficient secretary of the National Association for the Study and Prevention of Tuberculosis, has given up his active connection with this work to assume the presidency of the University of Colorado.

Growth of the Antituberculosis Work.— Ten years ago associations for the control of tuberculosis could be counted on the fingers of one hand. Now there are more than 2,500 institutions of all classes — hospitals, sanatoriums, dispensaries, open-air schools, and others — for the prevention and cure of the white plague.

Milk Situation Improved.— The city of Lancaster, Pa., has greatly improved its milk situation and the quality of the milk by testing samples of the milk from all the milk dealers at intervals, and publishing the results of the tests in the newspapers. Such publicity would have more effect on spurring up a dirty dairyman than almost anything else. The dairyman does not like to be advertised as a purveyor of dirty milk.

The Common Fork.— Having given attention to the common drinking cup and the common towel, New York City decided to take up the matter of the common fork used in the free-lunch counter. Possibly the fork is an evil, but what about the free lunch itself, with its hot, indigestible dishes, intended solely to create an appetite for drink? I am not sure but the spices put into some of the free-lunch dishes would pacify any germ that might be present from the saliva of a former eater.

Two Unsavories.— With his unsavory money, Lorimer, of unsavory political reputation, backed Duckett with an unsavory medical reputation, who has been foisting on the public a so-called consumption cure. The bubble has finally burst, and the cure has been shown to be absolutely worthless, eighty per cent of the cases in a certain series having died; and the public will have a needed rest if the Ducketts and the Lorimers will retire to private life, and both politics and medicine will be cleaner for the riddance.

Alum in Bread.— The Referee Board of Consulting Scientific Experts, appointed to insure that no hasty and ill-considered decisions should be saddled on the Food and Drugs Act, commonly known as the Pure Food Law, has given careful consideration to the effect of alum on the human organism, and has arrived at the unanimous decision that in the quantities ordinarily taken in biscuit, it is not harmful. At least there is no reason, apparently, for the manufacturers of cream-of-tartar powders, sold at a high price, to maintain that the latter are more healthful than the alum powders.

Green Cross for Doctors.— The city of San Antonio, Tex., has provided that physicians having a green cross on the automobile shall be given the right of way by traffic policemen. Green was adopted instead of red because the American Red Cross object to the use of their insignia except by the association.

Typhoid Disappears From the Army.— According to the average typhoid death rate for the entire country, there should have been four hundred and fifty cases of typhoid in the army last year. There were practically none. One solitary case was recorded in Tientsin, China, and there were two cases in this country, but these had just enlisted, and had not yet received the antityphoid inoculation. The remarkable freedom from typhoid fever in the army is believed to be due to antityphoid inoculation, which is now required for every man who enlists. Of course, every precaution is taken at the army posts to prevent conditions that would favor typhoid infection; but with all these precautions, there would doubtless be many cases of the disease were it not for the inoculations, for many of the men obtain water and other drinks and foods when away from the post, and there are many opportunities for infection. It is recommended as a wise measure for adolescents who have not had the disease, to be inoculated if they are to be in an infected district, or if they expect to travel away from home where they cannot always control the source of the drinking water, milk, etc. Doubtless, if antityphoid inoculation were adopted as a routine measure for all people, the typhoid rate would soon go down to nearly zero.

Measles and Whooping Cough Versus Smallpox.— Why is it that the presence of a few cases of smallpox in the vicinity causes a scare, such as is never caused by the presence of measles or whooping cough? In 1912 there were in the registration area of the United States 165 deaths from smallpox, as against 4,240 deaths from measles, 4,038 deaths from scarlet fever, and 5,619 deaths from whooping cough — 13,897 deaths from these three "children's diseases." O, yes! there were eleven deaths from leprosy. Eleven deaths, as against thousands from the common children's diseases; and yet if there were a case of leprosy in the neighborhood, there are some who would want to burn the house that the leper had been in, and some even would not want to wait till the leper was out. We tolerate the most dangerous diseases so long as they are familiar, such as typhoid fever, with its 9,987 deaths in the registration area. Eighty deaths occur from the common children's diseases to one from smallpox, and 900 persons die of typhoid fever to one of smallpox. But then who would not be willing to die, or have his friends or relatives die, from one of these familiar friends? Perhaps "died of measles" or "died of whooping cough" looks better in an obituary than "died of smallpox." Perhaps the empty chair will not seem so empty if the loved one died of one of the familiar diseases.

Christian Science Vetoed.— A bill proposing to allow Christian Science healers to practice under the Medical Practice Act of the State of New York has been vetoed by Governor Glynn, who said that such a bill would open the gates to all kinds of medical pretenders.

Forbids Fake Advertising.— The New York City aldermen have passed a bill which provides that any one who publishes an advertisement containing assertions, representations, or statements which are untrue, deceptive, or misleading shall be subject to a fine of not less than twenty-five dollars, or imprisonment for not less than five days nor more than six months, or both. In Chicago a similar law has given the authorities the opportunity to deal with venereal disease quacks. It is hoped that the New York law may prove equally useful in breaking up some of the mean and vicious forms of imposition.

Vocation Ills.— Whether as financier, industrial worker, navvy, scavenger, or merely gentleman, we all suffer to a greater or less degree from the ills which our vocations or avocations engender. How to prevent or cure these ills should no longer be a puzzle to employee, employer, or physician, because a practical book is soon to appear, under the joint editorship of Dr. George M. Kober, of Washington, D. C., and Dr. Wm. C. Hanson, of Boston, Mass. P. Blakiston's Son & Co., Philadelphia, will publish the volume.

Friedmann Tuberculosis "Cure" Discredited.— The originator of this "cure" for tuberculosis first came over from Germany and "worked" America, going back home with his pockets well lined with American dollars. Then he began to sell the remedy in Germany, and now reports are coming in from various German physicians indicating that they have found the remedy useless, and even dangerous. Dr. Brauer, especially, reports that the majority of the injections in his cases were made by Dr. Friedmann himself, and Brauer and his assistants attended the Friedmann institute, so that they were well acquainted with the technique. This "consumption cure," so-called, is thoroughly discredited in its own country; yet those who paid a fabulous price for the right to control the product in America are doing their best to work up a reputation for the stuff in this country, for naturally they want to get back the money they have put into it.

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