

Life & Health

THE NATIONAL HEALTH MAGAZINE



November 1914

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WASHINGTON, D. C.

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A. J. S. BOURDEAU, Circulation Manager

IT IS TO LAUGH

There's an inexpensive recipe for curing sundry ills,
Such as gout and indigestion, bilious fever and the
chills,

Which the family physician
Would ascribe to malnutrition,
And attack with drugs and physics and with med-
icated pills.

You'd be astonished, really, at the benefit it yields,—
Simply mix a little merriment and laughter with your
meals.

If the biscuit should be overweight,—an ounce or two
to spare,—

Do not gulp it down in silence with a cold and stony
glare,

But use a lot of butter¹

And laugh instead of mutter,

And the stomach will receive it like the daintiest of fare.
The gastric juice will jump at it as if 'twere angel food,
If you only masticate it in the proper kind of mood.

You may be doing penance as a Horace Fletcherite
And chewing fifty-seven times each morsel that you
bite,

But however much you chew it,

O, be joyful as you do it,

And give a happy chuckle as it passes out of sight!

You might chew your food forever with a sour and
gloomy mien,

And the Fletcheristic doctrine wouldn't rectify your
spleen.

—T. C. Wellman, in *Harper's Monthly Magazine*.

¹ This is copied as given in *Harper's*; it has been suggested that the line might be changed to read, "But use some peanut butter."



VOL. XXIX
No. 11

Life & Health

THE NATIONAL HEALTH MAGAZINE

NOVEMBER
1914

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

Editor, GEORGE HENRY HEALD, M. D.

Associate Editors } H. W. MILLER, M. D.
L. A. HANSEN

THIS ISSUE—THE HYGIENE OF THE MIND

To have the mind at its best, one must avoid the use of stimulating food and narcotic drugs, and all stimulating and enervating practices, and must live a clean and optimistic life.

Anger, fear, malice, revenge, discontent, all fester like a yeast in the mind, and soon the entire mental machinery is permeated with the contagion.

No better prescription for the troubled mind has ever been given than the one by Jesus, "Take my yoke upon you, . . . and ye shall find rest."

THE DECEMBER ISSUE—GROWING OLD GRACEFULLY

This symposium is not by those who have already grown old,—that will come later,—but by persons in the prime of life.

The time to prepare for a hale old age is *all the time*. Every dyspeptic attack may help to hasten the hardening of the arteries and the degenerative changes which constitute senility. For this reason the articles in this issue will be of interest to old and young alike.

THE JANUARY ISSUE—A HYGIENIC, ATTRACTIVE, AND INEXPENSIVE MENU

How to prepare a menu that will be hygienic, and attractive, and inexpensive will be the attempt of the writers who have prepared the symposium for the January number, including an experienced dietitian and an accomplished sanitarium cook.

In both of these issues the important series on UNCOMFORTABLE BABIES will be continued.

NOW IS THE TIME TO SUBSCRIBE. For all annual subscriptions received before January 1 we will send *fifteen* issues including the October, November, and December issues, till these are exhausted. If we are unable to supply these, we will extend the subscription into the year 1916 to make the fifteen months. See our attractive premium offer on page 524.



NERVES *and* WORRY

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

THIS is an age of restlessness, of hurry and worry, and the conditions of average life, especially city life, are highly artificial and exciting. Large numbers of people are living under pressure and are always in a rush. Pushing others or being pushed themselves, their pace often becomes a wild, mad scramble, a sorry and miserable form of existence. Most persons possess a comparatively good heredity, and consequently have a good start in life. The average babe in its mother's arms is wound up for one hundred years or more, barring accidents and disease. Only a few, a small minority, start life with any serious handicap or defect, although these favorable conditions appear to be diminishing, and there is evidence that the stamina of the race is depreciating. But life is largely what we make it, and the training and environment usually count for more than heredity.

Craving for Excitement

The unnatural craving for amusement for entertainment, for diversions of various kinds, and, indeed, for all forms

Abstract of an address given before the Simple Life Conference in Caxton Hall, London.

We are in the throes of a terrific world war. Just at the time when men were talking peace and safety, when arbitration was being proposed as a universal substitute, the war cloud appeared suddenly in a clear sky, and almost before it could be realized, nearly all the great nations were grappled in a death struggle.

War and war preparations are the result of national distrust and nervousness; and this is merely the measure of the nervousness and distrust of the individuals making up the nation.

Dr. Olsen's article is a discussion of some of the causes of nervousness.

of excitement, which prevails everywhere and among all classes of society, is sufficient evidence of the perilous state of the nerves. There is a constantly growing demand for change, for something that is new, strange, or bizarre, and people almost innumerable are looking for the startling and the sensational. Theaters, variety show houses, skating rinks, cinematograph shows, and other forms of entertainment are enjoying a great vogue, and the number of these places is rapidly increasing. We are fast becoming a pleasure-loving people, and the greed for entertainment is a

striking sign of the times. First it was cycling, now it is motoring, but soon there will be a general demand for aeroplaning. Something novel, some fresh and stirring experience, is required daily to satisfy the appetite for excitement that is all but insatiable. Many prefer entertainment to achievement; they find the ordinary duties of life monotonous and oppressive; ordinary labor bores, for it is not sufficiently exciting or stimulating. Like the confirmed tea toper or morphine fiend, one who is suffering from "nerves" requires an ever-increasing dose of excitement and entertainment to produce the desired effect.

Morbid Fears and Worries

These are all signs of nervous irritability and degeneracy, and they give rise naturally to morbid thoughts, fears, and worries. It is not surprising that the nerves become upset and disordered, and that depression follows. Those who suffer from "nerves" are prone to extremes and are either in hilarious excitement or in a state of depression bordering on melancholia and despair, and uncanny introspection follows. The nerves become hypersensitive and are on the *qui vive*, and the victim is readily frightened. He loses confidence in his best friends, and also in himself, and becomes a creature of impulse, full of all sorts of emotions, and finally develops hysteria or neurasthenia.

the victim begins to think his mind is going, and that he is on the road to insanity. Bad as this condition is, still it is well to know that a person cannot become a lunatic merely by anticipating madness, and it is a fact that those who are constantly fearing and dreading loss of mind are often the farthest from the lunatic asylum.

The Blessings of Labor

Fortunately, idleness is the lot of comparatively few, and the bulk of our countrymen enjoy the blessings of work. Hard work of itself, under anything like reasonable conditions and hygienic surroundings, and disassociated from worry, is one of the greatest blessings of the race. Man was made for work; his muscles, his heart, his lungs, his brain,

MANY people prefer entertainment to achievement; they find the ordinary duties of life monotonous and oppressive; ordinary labor bores, for it is not sufficiently exciting or stimulating. Like the confirmed tea toper or morphine fiend, one who is suffering from "nerves" requires an ever-increasing dose of excitement and entertainment to produce the desired effect.

All this stimulation and excitement makes the nerves unnaturally sensitive. People suffering from sensitive nerves are almost always on the rack, enduring tortures for the most trivial things that a healthy man or woman would scarcely notice. The smallest noise, the slightest disappointment, or even the feeblest contradiction causes worry and excitement to their high-strung nerves and weary brains. They become easily frightened at a mere nothing. And what is true of a multitude of individuals is rapidly becoming true of the nation. It is this national nervousness and distrust that lead to national impoverishment in order to increase the national armament; and it is this national nervousness that constitutes the powder magazine, ready at a trifle to be touched off into a great world carnage.

Morbid fears and frights multiply, and

and his nerves were given him for service; and the fullest and most perfect development of the human body and all its functions comes through their natural use and activities. We get on best physically, mentally, morally, and spiritually when our time is fully occupied with work and healthful recreation.

But we find a growing discontent even among the sober-minded laboring classes, and there is a growing intolerance for order, system, and discipline. The ordinary plain work is monotonous, and is not regarded as sufficiently diverting to satisfy the requirements of everyday life. Work is becoming old-fashioned, and there is a great temptation to shirk it and to catch the "fashionable illness," namely, "nerves."

We sometimes speak of the "wear and tear" of life, and this expresses well what happens to the average man or

woman. Wear means legitimate use of the body and its organs. Normal use is constructive in its effects, and vitalizing; and if the work is not altogether too monotonous, too sedentary and confining, it invariably brings a blessing. The brewer and the saloon keeper are prone to disease and premature death, not on account of the work they do, but on account of the alcohol which they take. Of course there are some vocations, like soldiering, which carry with them special dangers, but, generally speaking, the privilege of work, even though it may be strenuous, is a blessing to be coveted.

It is interesting to note, in passing, the distribution of neurasthenia among various professions and occupations.

sooner or later bring on an attack of "nerves," or hysteria, or neurasthenia, or some similar disorder. The store of our life force is largely measured by the amount of nerve energy which we possess. The rapid growth of nervous disorders is one of the striking developments of the time.

Some of the Causes

Domestic troubles of one sort or another probably head the list, but the worries and cares associated with modern business competition are of almost equal importance. Religious fanaticism has its victims, but alcohol accounts for a far greater number. The craving for stimulants seems to be an inherited ap-

WORRY, one of the worst forms of abuse, has been described as "the disease of the twentieth century." Worry is one of the surest means of wasting nerve energy, the vital force of the body. The harassing effects of worry sooner or later bring on an attack of "nerves," or hysteria, or neurasthenia, or some similar disorder.

The following is an analysis of six hundred and four cases:—

Merchants and manufacturers	198
Clerks	130
Professors and teachers	68
Students	56
Officers	38
Artists	33
No profession	19
Medical men	17
Agriculturists	17
Clergy	10
Men of science and learning	6
Schoolboys	6
Workingmen	6

The Curse of Worry

Tear is another matter. It means abuse of the body and its functions, and its influence is wholly destructive and devitalizing. Worry, one of the worst forms of abuse, has been described as "the disease of the twentieth century." Worry is one of the surest means of wasting nerve energy, the vital force of the body. The harassing effects of worry

petite in many cases, while in a still larger number it is an acquired taste. Alcohol, like all other stimulants, is pre-eminently a nerve poison, and produces its most dire and disastrous effects upon the brain and nerves. He who would preserve nerve tone, who would remain in control of his body rather than become a slave to appetite; he who would be master in his house and not servant, will avoid alcohol in all forms, and also tobacco, tea, and coffee. If he is careful to avoid these pernicious habit drugs or habit drinks, for that is what they are, in truth, there is little danger that he will take opium, morphine, cocaine, or other still more destructive drugs.

A person coming under the influence of alcohol or any one of the numerous habit drinks or habit drugs, suffers from a varying degree of drunkenness, according to the amount of poison taken. True,

we do not usually call it drunkenness when a person is under the influence of opium or tobacco or tea, but the term is a good one and quite expressive. Of course there are varying degrees of drunkenness, and there is no sharp dividing line to indicate when a person becomes irresponsible and unsafe. The truth is that the body is poisoned, and the work of the brain cells as well as the nerve cells is interfered with to a varying extent, and the higher centers are more or less benumbed, and in consequence the grosser animal propensities are let loose.

Why is it that our people are no longer

sories brings the slightest benefit or assistance to the body or its organs; but each one without exception causes more or less harm according to the susceptibility of the individual.

We must say a word about the importance of cultivating regular hours and taking sufficient sleep to renew the worn-out energies of the day. Dissipation in any form, whether it be late hours or other more vicious habits, is always destructive to life. Dissipation wastes the natural forces of the human body, and weakens its fighting resistance against disease; it depletes nerve force and nerve energy, and, by thus lowering

ALCOHOL, like all other stimulants, is preeminently a nerve poison, and produces its most dire and disastrous effects upon the brain and nerves. He who would preserve nerve tone, who would remain in control of his body rather than become a slave to appetite; he who would be master in his house and not servant, will avoid alcohol in all forms, and also tobacco, tea, and coffee.

satisfied with the plain frugal fare of our forefathers? And why is it that such an overwhelming majority constantly feel the need of some fillip or pick-me-up, and when they are obliged to do without it, suffer more or less misery? The answer, we believe, is the increase of luxury and idleness, and particularly the use of such harmful luxuries as tea, coffee, cocoa, and animal flesh. All these articles have a more or less irritating and exciting effect upon the nervous system, and are liable to create an appetite for something stronger. We can scarcely conceive of a fruitarian who strictly avoids all these unwholesome and more or less poisonous accessories, developing into a drunkard. There are intervening steps which must be taken first, and they usually consist in the free use of butcher's meat, together with the drinking of tea and coffee, and the smoking of tobacco. Not one of these acces-

vitality, opens the door to disease, which lurks everywhere.

The all-essential is an abundance of fresh air, a pure water supply, and plain, nourishing food. These are necessary to the maintenance of a healthy body. It should be borne in mind that the body requires rational nourishment and not temporary excitement followed by depression, such as is produced by the so-called stimulants.

The Results

All this dissipation of the mind and body leads to enfeeblement of brain power. The power of attention and the ability to concentrate the mind on any subject are gradually lost. The thoughts are allowed to drift without control and jump from one thing to another, doing little or no effective work. Next, the memory weakens, and a state of dreamy absent-mindedness takes its place.

Various physical symptoms develop. The organs of digestion, for example, on account of want of nerve force to direct their activities, are easily upset, and nervous dyspepsia is likely to develop. Another disturbance, usually associated with the vagrancies of an irritable stomach, is palpitation of the heart. Symptoms are thus produced which quickly alarm the poor victim, who regards these disturbances as serious. There is evidence of general physical weakness; the patient becomes restless and wakeful, and insomnia, hysteria, neurasthenia, or

perhaps some more serious nervous disorder, develops.

The important remedy is a return to the simple life. Often the patient is so handicapped by his condition that he is unable to control his life. When the stimulants are gone, what little will power he has left vanishes, and he is again back in the mire. Such a person will do best in an institution where he can be under the watch care of a sympathetic physician who knows how to administer simple treatments that will tide him over these seasons of depression.

TEA, coffee, and flesh have a more or less irritating and exciting effect upon the nervous system, and are liable to create an appetite for something stronger. We can scarcely conceive of a fruitarian who strictly avoids all these unwholesome and more or less poisonous accessories, developing into a drunkard.



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BREAD FOR THE SOLDIERS

The baking division of the British commissariat in France, which turns out immense batches of bread. Governments may feed their men lightly in times of peace, so that the men find themselves obliged to purchase additional food out of their allowance; but men who must stand the fatigues of an exhausting campaign must be well fed.

The THERAPEUTICS OF OPTIMISM

H. M. LOME

IN no phase of human experience does the power of mind over matter manifest itself more emphatically than in ill health, when the mental attitude of the patient may decide whether he is to remain captive or be quickly freed from the grasp of disease.

Illustrations of the influence of the mental on the physical are abundant. One that came directly under the writer's notice, the principals to the incident being well known to him, follows:—

A Brooklyn physician was summoned to treat a wealthy paralytic. For years this woman had been in the habit of allowing her mind to dwell on disease, and of discussing symptoms and ailments with her intimates, until by degrees she had become ob-

essed with the notion that she was doomed to sudden and serious illness. She was finally stricken with paralysis of the lower limbs, and doctors by the score failed to get her on her feet.

Finally Dr. Q., who had a masterful eye, a somewhat brusque manner, and a fund of common sense, accomplished the unusual. The woman had heard of him through a relative whom he had restored after the failure of other physicians. It was midwinter when the doctor called, and an open fire was glowing cheerfully on the hearth. After making a long and

careful examination of the patient, he ordered her to get out of bed and walk to the adjoining room.

"What?" she gasped with wide-eyed astonishment. "You are asking me to do the impossible, doctor; you know I cannot walk!"

"Fiddlesticks!" was the reply. "There is nothing wrong with you except a kink in your imagination that has persuaded you that you have paralysis

when there is no indication of that affliction. Walk, I say!"

He fixed his big eyes on her commandingly, and she began to whimper, but made no attempt to obey him.

Without another word, he closed the door, returned to the fireplace, and thrust a poker between the bars, maintaining a grim silence.

"What are you going to do, Doctor?" she quavered, after watching him anxiously for a time.

"When the poker is red-hot, I am going to see if it will assist you in doing what you are told to do by your physician. I shall stir you up with it until you dash for the room adjoining."

"Do you mean that?" gasped the woman, her eyes dilating with amazement.

"I assuredly do," was the quiet response.

Expostulations, tears, threats, and be-

Mr. Lome has given incidents coming under the observation of himself and others which illustrate the fact that the mental attitude exerts a powerful influence either for health or for disease.

We should not forget that our mental attitude is something we grow into—a habit; and it pays to cultivate an optimistic habit.

We can cultivate "the smile that won't wear off," or we can allow ourselves to drift into a condition of chronic grouch that spoils our face, our happiness, our health, and the health and happiness of all our friends—unless they leave us to our misery.

"Smile and the world smiles with you."

seecings had no effect. Suddenly drawing the red-hot poker from the fire, he plunged toward the patient with a shout; and she, leaping out of bed, made for the door, and fled screaming downstairs.

Her fear had overcome her obsession, and she was cured.

Suggestion may thus be used to good purpose in case of illness; but the majority of us use it unwittingly in a manner that aggravates the condition of the afflicted one. Thus, Brown, having eaten late of indigestible foods, arises in the morning with a touch of headache, and a

mouth tasting like a garbage barrel, whereupon his associates assure him that he looks "seedy," "peaked," "under the weather," and the like. Brown's mind in consequence is filled with depressing thoughts that react unfavorably on his upset stomach, and he is laid up for a week; whereas a day of dieting, uninfluenced by stupid suggestions from his

acquaintances, might have restored him completely. A prominent medical lecturer who has a favorable reputation on three continents tells the following story showing how cheerful words, or words of encouragement, may bring relief, or even work a complete cure:—

"Some years ago I was giving a lecture in Australia in which I mentioned the necessity of cultivating cheerfulness in order to maintain our own health and that of others. I also laid stress on the fact that a word of sympathy and good cheer would often give courage to one who is physically or mentally depressed.

"At the close of the lecture a gentleman stepped forward and said: 'Several years ago I was editor of a newspaper in the United States. One morning I felt so ill that I thought it impossible for me to go to my office, but the work being pressing, I started. On my way, I met a friend who eyed me for a moment.



"When the poker is red hot, I shall stir you up with it."



Leaping out of bed, she fled shrieking downstairs.



His friends assure him that he looks as if he were in for a spell.

and then remarked: "Good morning! You are not looking at all well." A little later I met another missionary of the same kind who volunteered similar information, and further advised me to go home and take to my bed, which I did. My own feelings, strengthened by the statements of the two men, got the better of me, you see. Next morning I again started for the office, still feeling very poorly indeed. When near my destination, I was in such a condition that I was on the eve of turning back when I met another acquaintance, who said cheerily: "Good morning! Beautiful morning isn't it? You are looking fine, too." And he passed on; but the inspira-

tion of his words remained and gave me new courage. I turned my face once more toward the office and started work; and the longer I worked the better I felt, and I returned home that night feeling better than I had for a long time. And you, doctor, were the man who spoke those words of courage that morning."

"He advised me to go home and take to my bed."

It did not cost the doctor anything to give his friend that uplift. In fact he had so accustomed himself to see and speak of the brighter side that he did it unconsciously. The lesson is that we are responsible in a measure for the health of our neighbors. Every life influences the lives it touches, and is influenced by them. It is our privilege to infuse cheerfulness and wholesomeness into the lives of our fellows, with the assurance that this influence will be reflected to us. To induce healthy thought and feeling in others is to increase the store we already possess. No man lives to himself.

The professional value of a mental attitude that radiates health and hope is taught to the medical student, and is later practiced by him when he becomes a full-fledged physician.

"I felt better the moment the doctor came into the room," is not uncommonly volunteered by the patient fortunate enough to have a medical attendant who practices the doctrine of optimism. The hopefulness of the doctor is caught by the patient, and is a definite step toward recovery.

"Before you become a doctor, you will have to get a new face," said the famous Dr. Abernethy, of England, to a friend's son when asked to give him advice relative to taking up a medical course. The young man had a solemn, serious countenance that seemed incapable of giving birth to a smile.

Because of the importance of cultivating a sanguine temper in a sick person, physicians rarely discuss with the patient his case or symptoms. Direct questions asked by the pa-

tient are apt to be answered cheerfully but evasively. Unfortunate but true it is that patients are interested in observing and pondering on their symptoms. It is this feature that often counteracts the good influences at a health institution where a number of patients are gathered, with abundance of leisure to talk over their diseases and symptoms; for the fact has been well established that when the mind contemplates certain symptoms, there is a tendency for these symptoms to be manifested in the body. For this reason an epidemic of mentally induced disease may afflict a group of



"Before becoming a doctor you will have to get a new face."

patients who have been subjected to the unwholesome volubility of a sick companion.

Three years ago about ten or twelve

talk progressed, grew silent, wide-eyed, and white. The meal ended, all retired early. About two in the morning there was a violent pounding at my bedroom

WE are responsible in a measure for the health of our neighbors. Every life influences the lives it touches, and is influenced by them.

patients in one of New York's largest hospitals were attacked with angina pectoris within a day or two. It developed that a patient recovering from that trouble, gifted with a strong imagination and a voluble tongue, portrayed his symptoms with such vividness that the imaginations of his hearers did the rest. They were cured by the doctors "jollyng" them out of their false belief.

The following incident relating to a case of mind-induced cholera came under my observation. At the quarantine station there were crowded together five or six hundred passengers from a ship on which there had been several deaths from the dread malady. During the day a young man had occasion to visit the station on semiofficial business, and it was found necessary for him to remain overnight. In the press quarter where

door. There stood the visitor, wild-eyed and shivering, with blue lips, yellowish-green cheeks, and a forehead on which great drops of perspiration glistened in the glare of the gaslight.

"I've got cholera," he whispered between spasms of chills. "For God's sake get a doctor. I shall die here like a dog. They will bury me in a sand heap, and I shall never see my wife or children again. Help me, O, help me!"

It was the work of only a few moments to drag him into the room and summon one of the medical staff.

"Cholera fright," said the doctor. "We'll have to get him off this island, or he'll be having the real thing before sunrise."

Summoning a boat, we carried the sufferer to it, and reached the mainland two hours later. As he stepped on the pier, he drew a deep sigh of relief. "I feel fine now," he said,



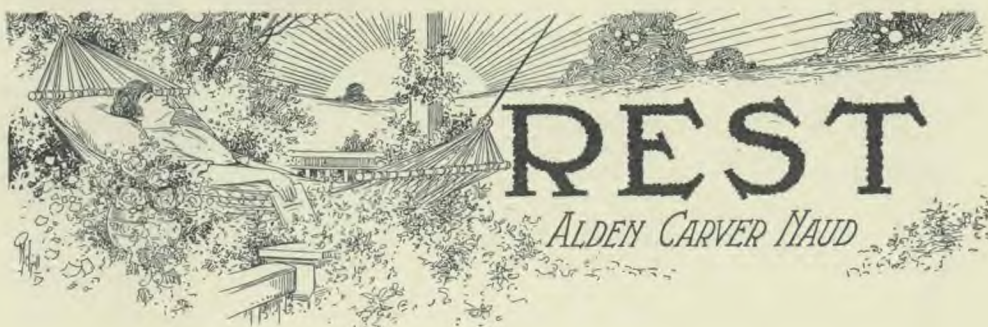
"I've got cholera," he whispered between spasms of chills. "I shall die here like a dog!"

It is our privilege to infuse cheerfulness and wholesomeness into the lives of our fellows, with the assurance that this influence will be reflected back to us.

he dined, the conversation turned on cholera and its horrors, several of those present having seen it in its worst form in the Far East. The visitor, as the

"and I'm awfully sorry that I've put you fellows to all this trouble."

His mind, relieved of its fears, had cured itself and eliminated the bodily ill.



"Rest is not quitting this busy career;
Rest is the fitting of self to its sphere."

FEW persons have a correct conception of rest. To many the idea of repose is merely the thought of a season of lethargy and inaction. Others never thoroughly realize a perfect rest. Their vacation periods are seasons of nervous excitability and physical exertion.

It is difficult to determine which is more harmful in connection with an attempt to find rest—the notion of morbid drowsiness and total inactivity or the disastrous method of expending nervous energy in an effort to reach a state of tranquillity and calm.

A popular pastor in the Middle West, once related the following incident as an illustration of quiet restfulness: A certain art school offered a prize for a picture that would best suggest the thought of peace and quiet. Many artists competed for the award. Various were the ideas reproduced on canvas to illustrate repose. One picture showed a miniature lake in the midst of a peaceful forest. The hills about the water, and the trees that clothed the slopes, protected it from violent atmospheric disturbances. The placid surface reflected the azure sky overhead, and water lilies

graced the tiny coves near shore. The wildness of the scene precluded the thought that humanity might disturb the quiet solitude. The lake as portrayed showed an inert calm and a drowsy lethargy.

Many visitors to the art exhibit were impressed by this conception of still life. They could not understand why the tranquillity of the scene should not entitle the

picture to first place in the contest. But the judges were not particularly enthusiastic over the artist's ideal of peace. The picture to them was suggestive rather of stagnation and torpidity.

The prize was awarded to an artist whose painting

on first sight seemingly portrayed tumult and agitation; for his skillful brush had depicted a densely wooded mountain with a series of precipitous rocks in the background. Here foaming waters seethed among the ragged crags. A wild beast prowled along the bank of the river, and high above the cataract an eagle soared. At the foot of the waterfall was a tiny island upon whose rocky sides soft mosses grew and ferns waved. Stout shrubs were clustered here and there upon the islet.

Mrs. Naud gives a beautiful illustration showing that the essential of rest is not stagnation, lethargy, inaction. There may be rest in the midst of wild turmoil.

Another illustration shows how some become so habituated to a life of tension that they do not know what it is to relax and rest.

Her suggestions may be of great benefit to those who have not learned how to obtain the benefit of real rest.

Upon a strong branch of one of the shrubs, protected by overhanging rocks, a little bird had built its nest and hovered over its nestlings, quite unmindful alike of the raging waters or other harsh environments.

The clergyman described the prize-winning picture graphically and con-

stream flowed across one corner of the pasture, and a commodious shed gave opportunity for shelter in time of storm or seasons of inclement weather.

But the habit of the mill sweep had a firm grip on the old beast. Every morning, instead of enjoying the many good things of life accessible on all sides,

REST is an attitude of the mind, something within and not without. Jesus said: "These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation."

cluded by commending a calmness and repose that could triumph over unfavorable surroundings and maintain its peaceful quietude amid hostile environments and adversity.

And, indeed, in the clergyman's verbal picture, lies the secret of all true rest. For it is truly essential that peace and contentment be found in the midst of whatever conditions encompass us; that the mind be in full possession of its faculties and able to contain itself in quiet repose.

Many never learn to solve the rest problem correctly. It is with them as it was with the old horse that for many years had been attached to the heavy arm of a small mill. Season after season it had been compelled to draw the mill sweep as it traveled round and round

the horse would arise awkwardly on its stiff, clumsy legs and travel ceaselessly about all day.

There are many people who, like the unfortunate old horse, do not seem to grasp the idea of relaxation. They are never able to separate themselves entirely from the routine of toil. Their minds are never altogether free from thoughts of labor. Even during periods of so-called repose they do not thoroughly rest, but remain continually in a tense state from which they never relax.

"Work when you work and play when you play" is as good a bit of advice for adults as for children.

All rest is, perhaps, more injurious than overexertion. Still water becomes stagnant. The watch that is wound regularly lasts longer in good condition than

OUR unrest is caused more by our attitude toward the world than by the attitude of the world toward us.

in a countless number of monotonous revolutions.

As the patient beast grew old and its strength began to falter, the humane master decided to reward it for such long-continued industry. So the old horse was placed in a large meadow where clover grew plentifully and shade trees here and there offered a protection from the sun's fierce rays. A sparkling

the neglected timepiece. Rest is not lethargy and inertia. Some one has wisely said:—

"Absence of occupation is not rest;
A mind quite vacant is a mind distressed."

No two persons have the same idea of rest. Shifting temporarily from one pursuit to another is frequently conducive to excellent results. Abandoning some duty that is wearing upon the nerves or mus-

cles unduly, and indulging in some frivolity, will frequently restore an overwrought system to its equilibrium.

It is well to learn how to rest one portion of the body while exercising another. For instance, one intending to write should assume a comfortable position, so that the physical organs which are not

Others in different lines of work will vainly energize muscles altogether unnecessary to the promotion of their tasks.

It takes mental power to work persistently at any calling while not allowing external conditions to harass and annoy.

When one learns the secret of proper correlation of labor and repose, it is a

“COME unto me, all ye that labor and are heavy-laden, and I will give you rest,” said Jesus. “Take my yoke upon you, and learn of me; . . . and ye shall find rest.”

directly in use may be in an attitude of repose.

Many never rest as they ought and might. A stenographer during an idle moment will drum with her pencil, chew gum vigorously, work the muscles of her face into various contortions, and fail to relax as the opportunity is offered.

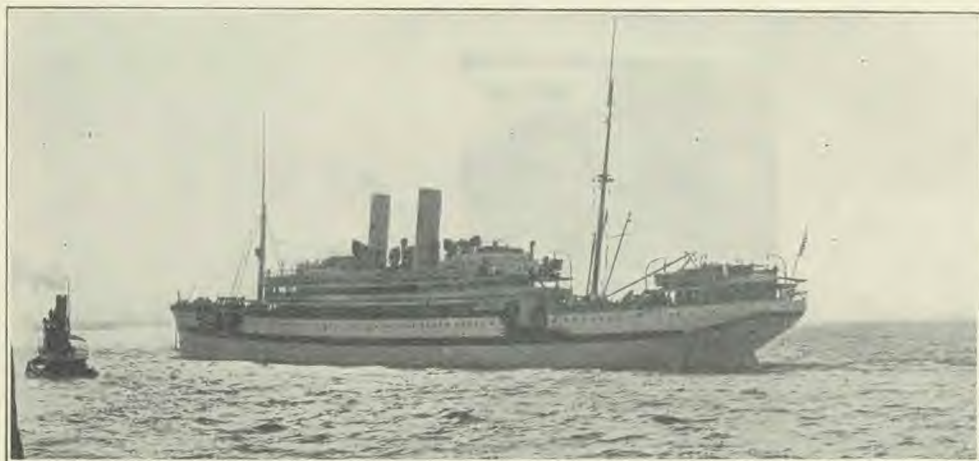
comparatively easy matter to work in such manner as to accomplish results while allowing a certain amount of relaxation to accompany one's efforts. When one thoroughly understands the rest problem, it becomes possible to gain the utmost benefit from each and every opportunity to realize repose.



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THE CZAR SAMPLING THE FOOD OF HIS SOLDIERS

It is said that the success of the Russian army is due largely to the care paid to the equipment of the men. Not satisfied with the report that everything was of the best, the czar himself sampled the food prepared for the soldiers. He realized that efficiency depends on good nourishment.



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A MESSENGER OF MERCY TO THE STRICKEN OF EUROPE

With a broad stripe of red around her white hull, the Red Cross hospital ship "Red Cross," formerly the "Hamburg" of the Hamburg-American line, has gone on her pilgrimage of mercy for the war zone, carrying 125 nurses and 30 doctors who are to work on the battle fields.

CURRENT COMMENT ON THE WAR

A Causeless War

I DARE say you as well as I have pondered on the uselessness of it all. If the representatives of the nations involved were to gather around a table to settle the matter, the first difficulty to determine would be to answer the question, "What is it all about?" History may well call it "The Causeless War."—*Herman Ridder, in Staats-Zietung, quoted in Washington Post, September 6.*

Nations Are Too Nervous

THERE is a pathological reason for the war. It is nothing more nor less than an expression of the intense nervousness of the age. We are too high-strung. The nations are suffering from acute neurasthenia. The fear and suspicion of the one of the other is but the hallucination characteristic of their nervous condition.—*Staats-Zietung, quoted in Washington Post, September 6.*

The Cause of This Potential World-Wide Catastrophe

RACIAL hatred and distrust artfully, designedly maintained and fanned by militarists, nourished by the bloody coin of gun makers and battleship builders, national prejudice kept alive by color-blind historians, aroused ever afresh by jingoism, by chauvinism, harped upon by selfish politicians, made use of by the sensational press for selfish reasons.

There is no principle at stake in a general European war, no ideal floats invisibly above the unfurled banners, no inspiration, not even blind white-hot hatred, drives the common soldier against the "enemy." Ambitions of

potentates, dynasties, and of their militarist advisers, the greed of the armament manufacturers, underlie the artificially incubated and nurtured war spirit.—*Sunset.*

The Great Paradox

THE huge war now raging in Europe is the inevitable outcome of the unsymmetrical development of the mind of man. Perhaps the leading country of the world in the sciences and the arts is Germany. Certainly the leading country in the world in developing an aggressive and militarist policy is Germany. She is at once the most enlightened and the most reactionary of the greater nations of the earth. She is, above all other countries, the living embodiment of that monstrous paradox we call the advancement of science. Our progress in the control of nature for the benefit of mankind has been equaled only by the splendid intelligence with which we have perfected means of slaying one another. We learn how to abolish a disease, and simultaneously invent a dreadnaught. As scientific men, while half of us work for the establishment of heaven upon earth, the other half strengthen the possibilities of an increasingly ghastly hell. We approach the millennium and Armageddon along parallel roads.—*Scientific American, August 29.*

Why Not Japan?

WHY for a moment expect or insist that the "perishing heathen" abide in peace, when all the most Christian nations of Europe are up to their elbows in blood, and with savage glee are engaged in the hellish business of wholesale murder! Why should not Japan grip the

sword and leap nimbly to gutting men, when the enlightened royal butchers are thanking God for twenty thousand slain, and England's poet of carnage is printing in red ink rhapsodic petitions to the "Jehovah of battles"?—*Dr. Thomas E. Green, Vice President of the American Peace Society.*

"It's An Ill Wind," etc.

It would appear in the present situation that the war against universal peace may be a war against intemperance. The armies and navies of today represent the most efficient fighting forces that the nations can command. No device, no agency, that will contribute to their power and preparedness is being neglected. Health is a prime consideration in this respect. Field Marshal Earl Kitchener is reported to have counseled the English soldiers to abstain from drinking while abroad, reminding them that their duty cannot be done unless health is preserved. The men were cautioned to keep constantly on guard against excesses. The German emperor is said to have forbidden the "treating" of the soldiers in his armies. The sale of absinthe, imported

by French soldiers in an earlier war, when alcohol was used to fight fever, has been restricted in Paris.—*Journal A. M. A., September 12, editorial.*

Two Prophecies

Most of us never believed in the much-heralded European conflagration. We can hardly believe in it now it is here. Yet for ten years there has not been a moment when war was not imminent; and the socialists almost alone have been consistent and strenuous in their warnings and their efforts to reduce the armaments which were making war inevitable. The very people who used to despise the socialists are now asking them weakly why they could not have stopped the war. . . . Just as we disbelieved the prophets of disaster in Europe, so we disbelieve or ignore the prophets who tell us that the civil war between labor and capital is bound to come in our own country unless capital slackens the bonds which are more dreadful than all the bonds of European militarism. We, too, have our despotisms waiting to be overthrown. The socialists are urging a peaceful revolution.—*H. J. Whigham, in the October Metropolitan.*



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"PEACE, GOOD WILL TOWARD MEN"

Nurses and physicians who sailed on the "Red Cross" to help save life on the battle fields of Europe, and to minister comfort and relief to thousands of the agonized victims of war's devastation.



UNCOMFORTABLE BABIES

The paper by Dr. D. Langley Porter, of San Francisco, which appeared in the July, 1914, issue of the *California State Journal of Medicine*, is so full of good common sense that the substance of it should be given to mothers. It is too good to keep bottled up in a journal which is read by medical men only. Some experienced mothers may know these things. The many who do not ought to have the opportunity to know them.

NURSLINGS, while they are not so apt to have digestive disturbances as bottle-fed babies, have troubles of their own from other sources. There are many things which may cause great discomfort to the little one, and yet escape the notice of the mother or attendant. When baby has an uncontrollable fit of crying, and nothing seems to satisfy it; when it seems to be possessed of a determination to make things exceedingly interesting for the old folks, we may be sure of one thing,—it is crying because it is uncomfortable, perhaps from something that to an unexperienced person will appear altogether trivial. It may quiet down immediately if mother or nurse removes its clothes and wraps it in cotton wool.

Very much of baby's discomfort comes from stiff, ill-fitting garments which press painfully on the tender surface. Mothers have not yet got entirely away from the use of the tight, unelastic "belly-band" with its innumerable windings, or from the ill-fitting clothes which cut into the baby's armpits, making them raw and tender. Is it any wonder that baby resents such treatment? If we older folks, used all our lives to the tyranny of clothing till we have become skin-hardened, wear some new form of constricting garment that we have not been used to, we are in misery; and yet how little we appreciate the distress which we

sometimes cause the baby by casing its delicate skin in stiff, strange, uncomfortable, unwelcome garments.

The mistake is almost universally made, often by those who ought to know better, of clothing baby too heavily. Many a baby cries because it is stifled with an excess of clothing. In summer, while baby is in the house, a slip may be all that is needed in addition to the napkin. Perhaps even the slip may on occasions be dispensed with.

Another mistake is to place the little fellow on a soft pillow, into which it sinks and roasts; for there is no chance in such a sweat bath for escape of heat from a large portion of the body. Moreover, baby's position is apt, in such a case, to be strained and uncomfortable. A pillow under the little one's head is often a discomfort. If it is too large, baby's neck is twisted awry. If it is too soft, the head and neck are held in a heating compress.

Not infrequently the cause of baby's crying will be found in its position. It ceases to cry when it is taken up, and we think, perhaps, it is "spoiled." Doubtless the practice of taking baby up whenever an uncomfortable bed causes him to cry, will lead him to surmise that he will be taken up whenever he cries. It is better to find the source of the discomfort and correct that than to form the habit of pacing the floor with

baby in order to keep him quiet.

Another cause of baby's distress is neglect of the diapers. Mother should be alert to change these as soon as they are wet or soiled. A mother who allows baby to become red and raw is certainly not doing her duty. Doubtless the necessity forced upon many a poor mother to earn part or all of the family living, may in many instances account for this neglect. But in any case baby is not getting a fair chance.

Still another cause of distress with baby boys is phimosis, or inflammation and swelling of the genital organ, caused by collection of irritant secretion under the foreskin. If the foreskin is drawn back during the first three days of life, all this trouble may be prevented. The part under the foreskin should have special attention daily during the bath.

In some instances uric acid is passed with the water, showing in the diaper as a kind of red sand or "brick dust." This condition is a cause of great distress to the child. Even if there is no uric acid deposit, the urine may be so acid as to cause almost constant crying. This condition is best relieved by free water drinking, and by the administration of an injection of water containing a teaspoonful of baking soda to the pint, injecting say a teaspoonful four or five times a day.

Another cause for distress and crying in early life, which is frequently mistaken for stomach trouble, is infection of the navel. There may be no very great redness, very little pus, and only a scant

watery discharge, and yet the child may suffer torture from it. In such a case a physician should be called, as otherwise there may be serious complications.

Another reason why small babies cry is the presence of hernia, or rupture, and sometimes the button or other article pressed on the surface to hold the rupture back causes more pain than the rupture itself. A ruptured baby should have the advantage of skilled surgery.

Earache is another cause of great distress with babies. Usually there is no great difficulty in locating the source of the trouble; but it should be remembered that earache is usually secondary to some other condition, especially adenoid growth in the throat. If adenoids are present, they may give trouble not only through ear inflammation, but also in other ways. The distress caused by the presence of adenoids may even cause baby to refuse its food.

Perhaps one of the commonest causes of discomfort in a young baby is a fissure in the anus or termination of the lower bowel. About a third of all the children Dr. Porter has been called in consultation to see because of supposed colic or indigestion, had fissure. Such babies act as if they had colic. Their legs are drawn up, their abdomens are hard and distended, and they show other conditions of chance distress.

The conditions outlined in the last six paragraphs all require the attention of a physician.

N. B.—Another article will follow on discomfort from digestive disturbances.





HEALTHFUL COOKERY

MENUS FOR A WEEK IN NOVEMBER

George E. Cornforth



THANKSGIVING dinner menu is included this month. It may be more elaborate than many would desire to prepare, but it may be simplified by omission, to suit circumstances.

Many cookbooks have been written which give directions for preparing separate dishes, but little instruction in the preparation of whole meals has been given. A person may be able to make a soup, or to cook vegetables, or to make a cake or pie, or to do all these separate things, but to be able to prepare and serve a *meal* is quite a different thing. It has been said that "it is just as interesting and as great a test of cleverness to 'dispatch' a six-course dinner as it is to make hammered brass or teach a graded school." Therefore I might give some suggestions about the preparation of the Thanksgiving dinner.

The nut mince pie may be prepared several days beforehand. The pumpkin for the pie should be prepared the day before, and the pie may be made then

if desired, though the crust will not be so crisp as it is when made the day it is eaten. The Parker House rolls should be made the day before. The beets may be cooked the day before. The cranberry jelly may be made and the butter-nuts shelled any time during the week. The jelly looks much more attractive if it is poured into one large or several small molds, so that it can be unmolded and garnished with parsley.

First prepare the corn and pine nut loaf. Let that stand while the vegetables are being prepared for dinner. Prepare the vegetable oysters for the soup. They can be most conveniently peeled by putting them into boiling water, after washing them, and boiling them two or three minutes, then removing them to cold water. The skin will be loosened so that it can be easily peeled off, and the milk will be "set" so that the fingers will not be discolored. Pare the sweet potatoes and artichokes and peel the onions, allowing the vegetables to stand in cold water until time to put them to cook.

First Day

DINNER

Barley and Tomato Soup
Soy Beans (or Lima Beans) with Chili Sauce
Scalloped Potatoes
Apple Tart¹

BREAKFAST

Golden Grains with Dates
Baked Potatoes
Nut Puffs

Cream or Milk
Oranges

SUPPER

Cottage Cheese on Toast¹
Whole Wheat Bread
Apple Sauce

Dates

Second Day

BREAKFAST

Cream (or Milk) Gravy Toast
Hashed Potatoes
Baked Apples

Johnnycake

SUPPER

Boiled Rice
Molasses Cake

Cream or Milk
Zwieback
Stewed Prunes

DINNER

Boiled Peanuts with Green Peas¹
Baked Sweet Potatoes
Stewed Tomatoes
Apple Bavarian Cream¹

Rye Bread

One and one-fourth hours before serving time put the sweet potatoes to cook in boiling water; one hour before serving time put the onions and artichokes to cook in boiling water, and put the chestnuts into the oven to roast. Three fourths of an hour before dinner put the loaf into the oven and put the cereal coffee on to cook. When the sweet potatoes have boiled twenty minutes, put them into an oiled baking pan. (There should be little water to drain from them. It would be better to steam them twenty minutes than to boil them.) Brush them over with a thin sirup of sugar and water, and put them on the oven grate to brown. Prepare the cream sauce for the artichokes. Finish the soup, and let it stand in a double boiler. When the artichokes are done, drain them, if necessary, though there should be little water to drain off, and put them into the cream sauce. The celery may be prepared early in the morning and put into the refrigerator. While the vegetables are cooking, prepare the salad, cut the pie, and set the table. The celery, butternuts, cranberry jelly (garnished with parsley), the Parker House rolls, and the chestnuts and raisins may be put on the table. The beet salad may be put on the table in one large dish garnished with lettuce, or it may be served, garnished, on individual salad plates.

The breakfasts on these menus may

be simplified by omitting either the article in parenthesis or the one in brackets.

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

Apple Tart

Filling:—

1 quart pared, quartered, and cored apples
Juice and grated yellow rind of $\frac{1}{2}$ lemon
 $\frac{3}{4}$ cup sugar
A few grains salt

Crust:—

$1\frac{1}{2}$ cups sifted pastry flour
A few grains salt
 $\frac{1}{4}$ cup oil
2 tablespoons cold water

Slice the apples into a basin in which they will be about one inch deep. Sprinkle the lemon juice and rind, the sugar, and the salt over the apples. Cover with the crust, and bake slowly from three-fourths to one hour.

Cottage Cheese on Toast

1 cup cottage cheese
 $\frac{1}{2}$ cup mayonnaise salad dressing
Zwieback

Moisten slices of zwieback in hot water, hot milk, or hot cream, and place on these the cottage cheese and mayonnaise, which have been mixed together.

Boiled Peanuts With Green Peas

Peanuts have a nicer flavor if boiled a long time than if cooked only till tender. It is perhaps better to cook the peanuts the day before, boiling them slowly all day, and then warm them up. They should be blanched before cooking. Reheat with them an equal quantity of canned peas from which the water has

Third Day

DINNER

Baked Chestnuts Cabbage Salad
Ripe Olives Graham Bread
Squash Pie ¹

BREAKFAST

Rolled Oats Cream or Milk
Peanut Hash
Bran Gems Bananas

SUPPER

Cream Celery Soup
Graham Biscuit Browned Potatoes
Dates Stuffed with Cottage Cheese

Fourth Day

BREAKFAST

Pearled Barley with Raisins Cream or Milk
Baked Split Peas with Cream Sauce
(Steamed Sweet Potatoes with Nut Gravy)
[Apples]

SUPPER

Baked Potatoes and Milk ¹
Whole Wheat Rolls Stewed Figs

DINNER

Baked Beans with Tomato Sauce
Crumb Brown Bread ¹
Creamed Potatoes Mashed Squash
Dutch Apple Cake

been drained. This dish really requires no other seasoning than salt.

Apple Bavarian Cream

- $\frac{1}{4}$ ounce vegetable gelatin
- 1 cup apple pulp
- Juice of 1 large lemon
- Yellow rind grated from $\frac{3}{4}$ of lemon
- $\frac{1}{2}$ cup sugar
- 1 cup heavy cream
- A few grains salt

Pare, quarter, and core the apples. Stew them till tender. Drain. Rub a sufficient quantity of the apples through a colander to make one cup of pulp. Add to the apple pulp the lemon juice and rind, the sugar and salt.

Prepare the gelatin by soaking in hot water and draining three times. After draining the last time, put it into a double boiler to dissolve. It may be necessary to boil it directly over the fire for a moment to be sure it is all dissolved. Strain it into the apple mixture. Whip the cream and fold it in, then pour the mixture into molds wet with cold water.

Add one-half cup sugar to the water in which the apples were cooked. Cook several apple quarters in this to be used as a garnish. Remove them when tender, and boil the sirup to a jelly. Serve the jelly with the Bavarian cream, garnished with the apple quarters.

Squash Pie

- $1\frac{1}{2}$ cups milk
- $\frac{3}{4}$ cup dry mashed squash
- $\frac{1}{4}$ cup sugar
- 1 level tablespoon flour
- 1 egg
- A few grains salt
- 2 level tablespoons shredded coconut which has been ground very fine in a food chopper and put on a pan and browned delicately in the oven
- 2 or 3 drops almond flavoring, if desired

Heat the milk. Beat the egg and mix with it the remaining ingredients. Stir in the hot milk and mix thoroughly. Bake till set in a crust which has a built-up edge.

Crumb Brown Bread

I think this is an improvement over any of the recipes for brown bread which I have previously given. Also it is a way of using stale bread.

- Early in the morning set a sponge of—
- 2 cups warm milk (skim milk may be used)
- $\frac{1}{4}$ cake yeast dissolved in the milk
- 1 cup corn meal
- $\frac{1}{2}$ cup rye meal or Graham flour
- $\frac{3}{8}$ cup thoroughly dried fine bread crumbs
- When light add the following to make a dough:—
- $\frac{3}{4}$ cup warm molasses
- 1 level teaspoon salt
- 1 cup crumbs
- Mix thoroughly. Let rise. Stir down well and put into an oiled brown bread tin. Cover and put at once into the steamer and steam three hours.

Corn and Pine Nut Loaf

- 1 pint milk
- 1 cup granola or zwieback crumbs
- $\frac{1}{2}$ cup ground pine nuts which have been lightly roasted
- $\frac{1}{2}$ cup canned corn
- 2 eggs, beaten
- 1 level teaspoon salt

Granola is much to be preferred to the zwieback crumbs. It gives a much better flavor, and a better consistency to the loaf.

Allow the granola to soak in the milk for fifteen minutes. Add the remaining ingredients; mix well; put into an oiled bread tin, and bake till "set."

Fifth Day

THANKSGIVING DINNER MENU

- | | | |
|-------------------------------------|----------------------|--------------------------|
| | Celery | |
| Vegetable Oyster Soup | | Butternuts |
| Corn and Pine Nut Loaf ¹ | with Cranberry Jelly | |
| Creamed Artichokes | | Boiled Onions |
| Caramelized Sweet Potatoes | | Beet Salad |
| | Parker House Rolls | |
| Nut Mince Pie | Date | Pumpkin Pie ¹ |
| Roasted Chestnuts | | Raisins |
| | Cereal Coffee | |

BREAKFAST

- | | |
|------------------------|---------------|
| Toasted Wheat Biscuit | Cream or Milk |
| Browned Sweet Potatoes | |
| Scrambled Eggs | White Bread |
| Malaga Grapes | |

SUPPER

- | |
|--------------------------------|
| Coconut Cream Ice ¹ |
| Fruit Cake |
| Pop Corn Balls ¹ |
| Grape Juice |

Sixth Day

BREAKFAST

- | | |
|-------------------------|------------------------|
| French Toast with Sirup | |
| Hashed Brown Potatoes | Oat Cakes ¹ |
| Nut and Fig Marmalade | |

SUPPER

- | |
|---|
| Celery or Celery Salad |
| White Bread |
| Layer Cake with Walnut Orange Dressing ¹ |
| Buttermilk |

DINNER

- | |
|-----------------------------------|
| Mashed Lentils |
| Steamed Potatoes with Brown Gravy |
| Browned Parsnips |
| Junket |
| Corn Bread |
| Crumb Cookies ¹ |

Date Pumpkin Pie

1 pint milk
 1 cup dry steamed pumpkin, measured after being rubbed through a sieve
 $\frac{3}{4}$ cup seeded dates which have been ground through a food chopper
 $\frac{1}{2}$ cup sugar
 1 level tablespoon browned flour
 1 egg, beaten (1 egg would be sufficient for twice this quantity)
 $\frac{1}{2}$ level teaspoon salt
 $\frac{1}{2}$ level teaspoon powdered caraway seed, if desired

Heat the milk; mix the remaining ingredients, then stir the hot milk into them and mix thoroughly; bake in a crust which has a built-up edge.

Coconut Cream Ice

Prepare coconut cream according to directions previously given in *LIFE AND HEALTH* for preparing cream from fresh coconuts. Use one quart coconut cream, three-fourths cup sugar, and one and one-fourth teaspoons vanilla. Freeze like ice cream.

Pop Corn Balls

1 cup sugar
 $\frac{1}{2}$ cup water
 $\frac{1}{2}$ cup molasses

Boil to 270 degrees by a candy thermometer, or till a little dropped into ice water becomes snappy and brittle. Pour over freshly popped corn and form into balls at once.

Oat Cakes

Use the fine oatmeal, which is as fine as Graham flour. If this is not obtainable, rolled oats ground through a food chopper may be used. Mix together one-half cup oil, one and one-half cups cold water, and one and one-half level teaspoons salt. Mix into this sufficient fine oatmeal to make a stiff dough. Roll one-fourth inch thick. Cut with a small cooky cutter. Bake.

Layer Cake With Walnut Orange Dressing

Bake nut cake in layers and use the following filling:—

$\frac{1}{2}$ cup walnuts, chopped fine
 Juice and pulp of 1 orange
 $\frac{1}{2}$ cup powdered sugar

Boil together three minutes. Take from the stove and stir. When cool enough not to run, spread between the layers of cake and on top.

Nut Apple Toast

Moisten slices of zwieback in hot cream. Cover with hot apple sauce which has been rubbed through a colander, and sprinkle with chopped nuts.

Orange Pie

$\frac{3}{4}$ cup sugar
 4 level tablespoons cornstarch
 2 eggs
 Juice of 1 orange
 Grated yellow portion of $\frac{1}{2}$ of the rind of orange
 1 cup and 2 tablespoons boiling water
 $\frac{1}{2}$ tablespoon oil
 A few grains salt
 1 tablespoon lemon juice

Mix the cornstarch and sugar; then mix with it the orange juice and rind, the egg yolks, the oil, salt, and lemon juice; then stir in the boiling water and cook till thickened; pour into a baked crust; meringue with the whites of the eggs beaten with three tablespoons sugar.

Crumb Cookies

Perhaps this recipe will not appeal to our readers upon merely reading it, but if the recipe is tried it will be found to make very good cookies considering the difficulty of making cookies without baking powder or soda.

1 $\frac{1}{2}$ cups brown sugar
 $\frac{1}{2}$ cup cream or milk
 $\frac{1}{2}$ teaspoon vanilla
 2 egg yolks
 1 tablespoon oil
 1 cup dried Graham bread crumbs, very fine

Mix the ingredients in the order given; with a teaspoon put the dough onto an oiled pan in the form of little round cakes, or put the dough into a pastry bag and with the bag put the dough onto the pan in the form of small cookies. Bake.

Baked Potatoes and Milk

Break whole baked potatoes, including the skin, into milk, and eat like bread and milk.

Sabbath**DINNER**

Succotash
 Cold Sliced Nut Cheese with Jelly
 Potato Salad
 Whole Wheat Wafers
 Orange Pie¹

BREAKFAST

Toasted Corn Flakes
 Nut Apple Toast¹
 Fig or Date Rolls
 Cream or Milk
 Cottage Cheese
 Cereal Coffee

SUPPER

Tomato Rice Soup
 Olive Sandwiches
 Grape Marmalade
 Crumb Cookies¹

EDITORIAL

SUICIDE IS A CONFESSION OF MALADJUSTMENT



SUICIDE is a confession of failure to adjust to the environment. For one of two reasons, the environment has become so unbearable that, in order to flee from the known, a leap is taken into the unknown.

Either circumstances have become exceedingly grave, or the individual bent on suicide has developed an excessive intolerance of his condition.

Physical pain may vary from simple discomfort to torture so frightful that death would be a welcome relief. And the disposition to bear pain patiently varies greatly in different individuals.

Some will bear severe pain for long periods without complaint; yet a morphine habitué may become so intolerant of pain that he will not submit to a pin prick without resort to his sedative.

The causes of mental distress may also vary from a trifling disappointment to a frightful disaster which robs life of all its meaning. And the ability or the disposition to bear mental distress varies as much as with physical pain.

Some cling to life and hope amid the most forbidding conditions; others are so impatient of adverse conditions that a trifling disappointment may drive them to commit the fatal act.

After all, it is not the external circumstances, but our attitude toward them that determines whether we shall continue fighting the battles of life bravely, or give up in defeat. What takes place within us is more important than what occurs without.

Loss of fortune, of friends, of a limb, or of an eye may be the incentive to develop new and unsuspected forces and faculties.

An industrial bulletin recently issued gives many instances of men who in some industrial accident lost some member, an eye, a finger, a foot, a hand, or perhaps sustained some more serious loss. The determination to make good notwithstanding the handicap, developed new powers, made them more efficient, and they earned higher wages than before the accident.

Helen Keller might have been a very ordinary person if deprivation of the senses of sight and hearing had not developed the determination to use the remaining senses to the best advantage. And many others could testify that adversity has put mettle into them, enabling them to accomplish what they would not have attempted without the adversity.

I remember hearing a certain medical professor tell his class that he got his first real lesson in what it was to study by being "plucked" in one of his studies. That is, he failed to pass, and had to take the study over. He began to study in earnest, he arose to the top of his profession, is known in medical and scientific literature the world over, and was recently president of the American Medical Association.

If you study the life history of a saint who manifests remarkable spiritual

power, one of those rare spirits whose influence pervades and ennobles an entire community, you will learn that the gold has been tried in the fire of affliction.

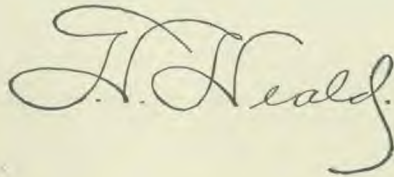
And yet that same "fire of affliction" sends others to the river, or causes them in some other way to take the step which cannot be retraced.

The query of despair, "WHAT IS THE USE?" is not always followed by self-destruction. Sometimes the sequel is destruction of the moral ideal, the throwing away of self on a life of crime or prostitution. The body is spared to carry around the carcass of a destroyed soul.

Is the disposition to bear up under severe trial a matter of education? Are parents, when they gratify every whim of a child, developing in it that intolerance of adversity that may one day cause it to commit suicide because of some sudden affliction which a braver soul might have used as a stepping-stone to a higher and more useful life?

There are other causes of suicide, such as contagiousness or the spirit of suggestion and imitation. When the newspapers are filled with the details of a suicide by some peculiar method, there are likely to follow a number of similar suicides. But in all these cases, there is perhaps an element of instability, a lack of balance, combined with suicidal tendency, and the newspaper account only suggests the manner, and possibly hastens the event.

Parents may well question whether they are not in danger, in the home, of laying the foundation for future suicides or moral wrecks.

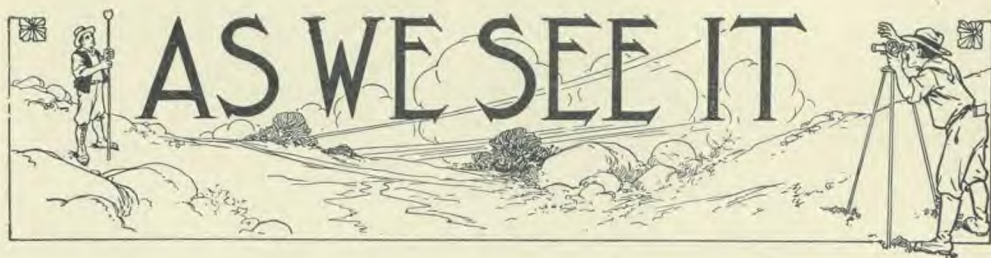


A DARK PICTURE

Nature itself is appalled at the sight of homes burned, farms devastated, factories in ruins; and is sickened at the groaning and festering remains of the clash and carnage along hundreds of miles of battle field.

Papers, thanks to the censor, give little of the gruesome details, and motion pictures do not show the awful reality. Possibly we should not tolerate it if they did. We hide our eyes from beholding the worst. We read the war news almost as in a dream, and fortunate is it for us that our imaginations cannot picture the horrid scenes.

And what is it all about? Who knows? Not the men who are killing one another. A few men have ambitions which they cannot or will not control, and as a result myriads must die, and millions be rendered homeless.



Vitalized Foods

ARE the "raw-food" advocates right, after all? Their contention is and has been that cooking destroys the vitality of foods, a proposition which seems ridiculous when we know that starch, for instance, before it is absorbed, must be converted into a soluble sugar, and that every bit of "life" that existed in the starch must be destroyed; and when we know that fat, before it is absorbed, must be converted into a soap, with anything but lifelike qualities. Could such changes leave anything in the food alive?

Now comes the theory that there are in the foods certain substances—"vitamines"—in such minute quantities as to escape the analysis of the chemist, but which if absent from the foods cause nutritional disorders, such as beriberi, and scurvy, and possibly pellagra and rickets. In an editorial article in the issue of April 11, the *Journal A. M. A.* says:—

"It is not an insuperable misfortune that we are at present still very meagerly instructed regarding the chemical nature of these essential components of the dietary for which Funk has promptly coined the word 'vitamines.' Enough facts are already at hand to furnish therapeutic guidance. A diet liberal in the sense of variety, and including, in the case of adults at least, plant-food products which are now known to contain countless substances other than proteins, fats, and carbohydrates, is, to say the least, likely to furnish the essentials.

"Whereas the symptoms are gradually removed through the use of fresh vegetables or vegetable juices, such materials are known to lose their curative powers if heated, dried, or kept long. Fresh milk is both antiscorbutic and antineuritic. The question of heating it needs to be considered from this aspect as well as from the present dominant view of necessary Pasteurization."

"The excessive milling of the grains, the undue heating of certain foods, the extraction of as yet unknown compounds from still other food products in present culinary practice, inappropriate methods of desiccation and preser-

vation,—all may contribute in as yet unsuspected ways to damage natural products in respect to their 'vitamine' content. The sufferers are those who by force of circumstances or custom are compelled to live on a limited ration. Greater safety lies in variety of diet, and dictates the occasional return to the unaltered products of nature's laboratory until the complete story of the essentials of diet is developed."

Thus, in part, we are coming to the ground of the raw-food men, and again it is demonstrated that no one set of men is all wrong—or all right, for that matter. To a certain extent, it would seem, and doubtless it will be definitely proved, that certain of our culinary processes destroy some of the minute but very necessary elements of the food, and that we are better off to eat a certain amount of unaltered food, especially of the vegetables and the fruits. But we must not run a new theory into the ground. As the *Journal* concludes:—

"On the other hand, we must not let the coining of words or the formulation of tentative hypotheses make us oblivious of the persistent shortcomings of our knowledge in this new, interesting field."

Statement of Nutrition Expert on Dietetics

PROF. LA FAYETTE B.
MENDEL, of the Shef-
field (Yale) Scien-
tific School, has an article in the *Med-*

ical Record of April 25, on "The Nutritive Significance of Various Kinds of Foodstuffs," which might very appropriately have appeared in a popular magazine instead of in a journal read only by physicians. A number of Professor Mendel's statements are well worth reproducing, though in making any selection, it is necessary to omit statements that are just as significant. Regarding the importance of the science of nutrition he says:—

"Among the modern sciences that bear upon the everyday life of men, there are few which appear to meet with so little popular recognition as does the science of nutrition. The average individual, among laymen and physicians alike, regards the fundamental problems of food and diet as permanently solved. He worships the dictates of custom and habit in matters pertaining to his nutritive welfare, satisfied to depend upon the long experience of the past."

How little this importance is appreciated is shown in the following:—

"Food constitutes the chief item of the living expenses of the people; yet most of them understand very little about what it contains, what are its functions as nourishment, whether they are economical or wasteful in their purchases and the preparation of the diet, and whether they are satisfying their nutritive needs in adequate measure."

In the following he notes some of the gains that have come to us through a better knowledge of dietetics:—

"The modern conception of dietary deficiencies, rudimentary as it still is, nevertheless differs materially from the food superstitions of a century ago. The development of the idea that the ration of man can be defective in both quantity and quality has served to place many disease conditions in a new light. Invading microorganisms and pathogenic neoplasms are no longer to be regarded as the sole forms of menace to the body. A pronounced lack of iron or of calcium may also bring nutritive disorder in the long run.

"Deficiencies of this sort are not so common as those of protein and energy. Instead of providing for them from the drug store, however, we are learning to supply iron by using larger quantities of eggs, green vegetables, fruits, and the coarser milling products of the cereal grains, and to correct the shortage in calcium by using larger amounts of milk and cheese. Indigestible food material as it occurs in many plant products in the form of cellulose and related carbohydrates, is properly looked upon as 'roughage'—an adjuvant furnishing to the diet a frequently desired texture or bulk."

There are some very common and very erroneous notions regarding the value of some of the most common articles of food; the banana, for instance:—

"In the undervalued and maligned banana we have an example of what ignorance and improper habits of eating can do to detract from the deserved popularity of a wholesome food. Bruised, damaged, and exposed to decay by improper methods of marketing and serving, though nature furnishes the banana in a sterile package; eaten before it is ripe because the green fruit appears more attractive to some; insufficiently masticated by many,

though rarely by untutored children,—this delicious fruit has acquired an unmerited reputation as an indigestible offender. The real culprit is man, not the banana; and why he should disdain a raw potato or a green apple, yet attempt the alimentary conquest of an unripened, indigestible, starchy banana instead of the duly ripened, sugary fruit—and then expect comfort—is a mystery."

Five-Year Epidemic of Typhoid Fever From Carrier Through Milk

DR. H. W. HILL, director of the Institute of Public Health, London, Ontario, reports in the *American Journal of Public Health* for August, 1914, the results of his investigation of a five-year epidemic of typhoid fever in a Minnesota town.

Omitting most of the details of the investigation and the steps which definitely traced the source of the epidemic to the milk supply, it is sufficient to state that the town had been free from typhoid fever until a certain family moved there and began the dairy business. For the five years they were in business, there were cases of typhoid fever among their customers, twenty-one in all; and when they left the town, the typhoid fever ceased.

The family responsible for the epidemic consisted of two brothers, one of whom milked the cows and the other delivered milk, a father, mother, sister, and child. The brothers had never had typhoid fever. The father, mother, and sister had had the disease *twenty-two years before*.

"Examination showed that no one handled the milk but the brothers, but the *mother washed the cans*. She seemed, however, a reasonably conscientious and cleanly woman, and showed hot-water facilities, maintaining that she used the water scalding hot always."

The mother's blood, on examination, showed a positive Widal test for typhoid fever.

The fact that there were only twenty-one cases can be explained by the probable intermittency of discharge of the typhoid germs from the mother's body, and by the fact that she kept her hands fairly clean and generally used scalding water.

"Only when the combination occurred of

the existence in the discharge of germs, infection of her hands from it, and failure to wash her hands well, and failure to scald the cans well, did infection of the milk occur."

The small number infected each time may be explained by the probability that in scalding the first cans of a batch she washed her hands, and by the fact that the townspeople were accustomed to use very little milk for drinking—chiefly for coffee.

Narcotics and Mental Disorder Do the narcotic drugs cause mental disorder—insanity? Dr. Maccowan Greenlee, of New York, in an article in the September *Medical Review of Reviews*, asserts that they do. Speaking of morphine, chloral, and alcohol, he uses the following striking language:—

"In the realm of psychiatry [treatment of mental diseases] each and every one of these drugs must be reckoned with, from time to time, and they complicate the work of the medical specialist in no small degree. The very fact that they produce psychic disturbances of a nature so exceedingly grave as to resemble one of the most annoying of the diseases recognized as belonging to the category of insanity, should stamp them as exceedingly dangerous. Indeed, it is not too much to characterize them as satanic, when we consider their proximate and remote effects upon society."

He goes on to state that the habitual user of these drugs, particularly cocaine and alcohol, develops chronic physical disorders, including degenerative processes in brain cells, which unfit the victim for a proper discharge of life's routine duties. He continues:—

"Far more serious than this individual injury is the fact that weakened cell life is transmitted to the offspring, showing itself only too frequently in the rapidly increasing disorder known as paranoia."

In this Dr. Greenlee sees the forging of "one of those endless chains which nature delights to fashion;" for the paranoiac in turn transmits weakened vitality of nerve cells to his offspring.

"And from these nervous types come the greater number of those who become victims of some drug addiction."

Why not root out the evil by licensing places for the sale of cocaine, and collecting from the sale a generous tax to help pay the government expense of caring for the cocaine "fiends"? Why not? That seems to be the best way, in the mind of many, to deal with the alcohol problem. Any effort to suppress the sale of alcohol as a common beverage is reckoned as "sumptuary legislation;" but do we so regard legislation against the indiscriminate selling of other habit-producing drugs, as morphine, cocaine, and the like?

Wine Versus Brandy DOES the use of wine and other light drinks tend to lessen the use of stronger drinks? The brewers and wine men would have us believe so, but their theory does not seem to be well supported by the facts. Havelock Ellis is not an author whom any one would accuse of favoring prohibitory or restrictive measures, yet in his book "The Task of Social Hygiene," chapter "Immorality and the Law," page 278, appears this statement:—

"In France an ingenious method of influencing the sale of alcohol has lately been adopted, in the interests of public health, which has proved completely successful. The French national drink is light wine, which may be procured in abundance, provided it is not heavily taxed. But of recent years there has been a tendency in France to consume in large quantity the heavy alcoholic spirits, often of a specially deleterious kind. The plan has been adopted of placing a very high duty on distilled beverages and reducing the duty on the light wines as well as beer, so that a wholesome and genuine wine can be supplied to the consumer at as low a price as beer."

In order to induce the French people to use wine instead of the stronger liquors, including absinthe, it was necessary to discriminate against these latter by means of a heavy tax. How, then, can it be said that wines and light drinks tend to diminish or counteract the use of the stronger drinks?

After the discriminatory tax, there was a falling off in the sale of the stronger liquors, but evidently from economical reasons, and not because the people preferred the milder drink.

The Menace of Drink

IN the *Outlook* of May 16 is a statement by President Eliot, on the menace of drink, which, coming from such a source, is especially significant. We quote:—

"It is quite true that I have taken much more interest in the temperance question in the last ten years of my life than I did earlier, and this increase of interest has come from certain studies and opportunities for observation. These studies related to the terrible effects of alcoholism in increasing the number of feeble-minded, insane, and criminal in American communities.

"Later I had the opportunity of studying the German investigations on the mental effects of very limited doses of alcohol, doses which most people have always supposed to be completely innocuous. The German investigations seemed to me to prove that even twenty-four hours after taking a small dose of alcohol the time reaction in the human being is unfavorably affected. Now the quickness of the time reaction is important to every mechanic, to every artisan, and particularly to every person who is engaged in a dangerous occupation, like driving an automobile, for instance, or managing a circular saw, or, indeed, in the tending of any powerful machine or hot furnace.

"Lastly, somewhat more than a year ago I had a long opportunity of observing the difference between the white race and the Japanese, the Chinese, the Indian, the Malay, and some of the Mohammedan people, in regard to susceptibility to the alcoholic temptation. The white race is inferior to all the other people I have named in regard to this susceptibility to the temptation of alcoholism. No observant person can travel through the East for a year without being shocked by the manifest tendency of the white race temporarily resident there to destroy itself through alcoholism. Alcohol is destructive in the highest degree to the white race in the tropics, and all through the tropics the white race exhibits a terrible lack of self-control with regard to the use of alcoholic drinks. It is mortifying to the last degree for an American to see intoxicated American soldiers and sailors staggering about the streets of the Chinese cities where we now have troops, and never to see a Japanese soldier in such a condition, although the Japanese have five times as many troops there as we have. I mention but a single fact; but the lesson of the East is that the alcoholism of the white race must be overcome, or that vice, with the licentiousness that it promotes, will overcome the race."

Why Run the Risk?

THE *Medical Record* in its issue of July 18, 1914, says, editorially: "There is abundant clinical evidence that excessive smoking causes certain neuroses of the

heart and is a potent factor in the production of arteriosclerosis. The experimental study of the effects of nicotine when injected into rabbits has shown that this alkaloid gives rise to the various changes of arteriosclerosis." It adds significantly, "This knowledge is not likely to deter the confirmed smokers."

Exactly! The confirmed smoker is a slave. Even if he knows the habit is damaging him physically and mentally, he finds it such an effort to quit that the injury from the tobacco, with its attendant misery, seems to be the lesser of the two evils. The query is very natural, "Why become a 'confirmed smoker'?" No man who begins the habit has any assurance that he will not become so addicted to it that to give it up will be practically impossible, and so injured by it that to continue will be his physical and mental undoing. It may be a fact that a certain proportion of men use tobacco without very great apparent injury; but the cases where its effect is almost tragic on a man and on his family are not at all rare.

Why, after all, should one deliberately form a habit which, at the best, is expensive and more or less filthy, and at the worst is a terribly degenerating influence?

Prominent Physicians Condemn Alcohol

At the third annual meeting of alienists and neurologists of the United States, held July 13-17, 1914, under the auspices of the Chicago Medical Society, for the purpose of discussing mental diseases in their various phases, the committee on alcoholism as a causative factor of insanity reported the following resolutions, which were unanimously adopted:—

"Whereas, In the opinion of the meeting of alienists and neurologists of the United States in convention assembled, it has been definitely established that alcohol, when taken into the system, acts as a definite poison to the brain and other tissues; and,—

"Whereas, The effects of this poison are directly or indirectly responsible for a large proportion of the insanity, epilepsy, feeble-mind-

edness, and other forms of mental, moral, and physical degeneracy; and,—

"Whereas, The laws of many States make alcohol freely available for drinking purposes; and therefore cater to the physical, mental, and moral degradation of the people; and,—

"Whereas, Many hospitals for the insane and other public institutions are now compelled to admit and care for a multitude of inebriates; and,—

"Whereas, Many States have already established separate colonies for the treatment and reeducation of such inebriates, with great benefit to the individuals and to the commonwealths, therefore be it—

"Resolved, That we unqualifiedly condemn the use of alcoholic beverages, and recommend that the various State legislatures take steps to eliminate such use; and be it further—

"Resolved, That we recommend the general establishment by all States and Territories of special colonies or hospitals for the care of inebriates; and—

"Resolved, That organized medicine should initiate and carry on a systematic, persistent propaganda for the education of the public regarding the deleterious effects of alcohol; and be it further—

"Resolved, That the medical profession should take the lead in securing adequate legislation to the ends herein specified."

The Newer Ventilation

ONCE we supposed we were certain of a few facts regarding ventilation. We had no doubt that whatever else there was to the problem, the oxygen must be kept up to about twenty per cent, and the carbon dioxide below six in ten thousand. In recent years, investigators, especially in Germany, but also in other countries, have shown that the proportion of oxygen and carbon dioxide in the air is not so important as was once supposed. The newer view is well summed up by Lee in the April *Popular Science Monthly*, from whose article the following quotations are made:—

"But the poisonous properties of carbon dioxide have been exaggerated. Thus while normally it is present in free air in only about three one hundredths of one per cent, the breathing for hours of more than thirty times this amount does not appear to be detrimental to the individual. In fact, it has recently been shown that the air immediately before our face is contaminated with expired carbon dioxide in varying quantities, which in extreme cases may reach one per cent. Except where ventilation is very vigorous, as in facing the breeze of an electric fan, we are thus habitually breathing a portion of the air which has previously entered our lungs. In face of such facts, the minute variations of carbon dioxide

in unconfined air are altogether negligible from the hygienic standpoint. . . . There is a larger proportion of the gas in the more or less confined air of crowded assemblies, school-rooms, and industrial workrooms; but even here it rarely reaches four tenths of one per cent, or ten times its usual amount. This is still well below the harmful limit. It thus appears that carbon dioxide, like oxygen, may be eliminated from the problem of fresh air, except under the rarest and most extreme circumstances. . . .

"On entering a crowded, close, and stuffy room, the odor often seems to us intolerable, and we at once assume that the air is very bad for any one who breathes it. We rush to the window and throw it open, or complain to the janitor, or retreat in disgust. Well, the air may indeed be very bad, but this is not because of its odor. . . . There is a peculiar relation between one's sense of smell and one's esthetic sense, and an unpleasant odor by rudely shocking the esthetic part of our nature may interfere with our efficiency; but there is no evidence in support of the idea that the odoriferous elements in crowd air are physically or chemically harmful to us. Our sense of smell, however it may disturb us, is probably the least valuable of our senses in contributing to our physical welfare, and it can the most readily be dispensed with. A too-sensitive nose is really an affliction. This sense is, in fact, extremely subject to fatigue; and hence on confinement in a close room our olfactory aversion to it soon ceases—a provision of nature which is not altogether evil. . . . It is true that bacteria may be moved through the air, and this may occur under three conditions: when they are freely falling, when they are attached to particles of dust, and when they are contained within the bodies of flying insects. The dissemination of disease germs by insects is a serious fact. . . . The mysterious miasma of malaria lies only within the body of the mosquito; and malaria is still the type, but in a new sense, of certain diseases that are spread through the atmosphere. But there are many reasons for believing that the danger of infection through germs freely falling in air or attached to particles of dust has been much exaggerated. Live organisms, it is true, may be found in the atmosphere. . . . By far the greater number are harmless. . . . Evidence that disease germs pass through the air from room to room of a house or from a hospital to its immediate surroundings always breaks down when examined critically. It is, indeed, not rare to treat cases of different infectious diseases within the same hospital ward. . . .

"Avoid all forms of physical contact with disease germs or germ-laden articles; keep hands and dishes clean; beware of infected food and water; if you detect him, shun the bacteria carrier, he who unwittingly carries within his body the germs without the disease, and may deposit them where subsequent physical contact is possible; but do not be tormented any longer by the unnecessary specter of germ-laden air. . . .

"Workmen in sewers are notoriously strong, vigorous, healthy men, with a low death rate

among them. With such facts before us, the specter of an invisible monster entering our homes surreptitiously from our plumbing must be laid aside. . . .

"Nevertheless, that the air of a confined, ill-ventilated room, when crowded with human beings, soon becomes bad can admit of no question, and we are forced to search farther for its bad qualities. Science has in recent years apparently found them in the physical rather than in the chemical action of such air on the body. . . .

"If the air be cool and moderately dry, the best conditions exist for the body's well-being; if the air be hot and dry, or cool and moist, within certain limits, the body can protect itself; but if the air be hot and at the same time contain much moisture, a condition exists against which the body is inefficiently equipped. . . .

"Many experiments, some of them striking, seem to make it clear that it is to these two factors, heat and humidity, the same factors which are responsible for sunstroke, and not to others, that all the evil effects of the air of crowded, ill-ventilated rooms are actually due.

"Keep room air in motion. An electric fan or a current of air from the window is a great aid in keeping down one's bodily temperature and preventing sleepiness and bodily discomfort from stagnant air; with electric fans in use, there should be fewer naps in churches and lecture halls. Air in motion promotes efficiency. Accustom yourself to drafts, and especially big drafts. A small blast of air directed against a small area of human skin may do harm; but the larger the current, the more the harm gives way to benefit. A constantly uniform temperature is monotonous and debilitating. An occasional and considerable cooling and flushing of the room by a sudden inrush of outside air is like a cold bath, stimulating. Do not be afraid to open the windows of sleeping rooms at night. . . . The increasing employment of cool outdoor air both night and day as a therapeutic agent in the treatment of disease is based on scientific principles, and is justified by its results. And, finally, the whole morale of the modern physiological doctrine

of fresh air may be expressed tersely in the two short words, KEEP COOL."

Who Caused the War? NORMAN HAPGOOD,
in *Harper's Weekly*

of September 5, gives data from the diplomatic correspondence answering this query, and ends with the following anecdote, which may well serve as an allegory and point a valuable moral:—

"When I was a small boy, I possessed a thirty-six caliber six-shooter. This weapon made a strong impression on my imagination. I had daydreams of what heroic feats I might perform with it. One day my Newfoundland dog developed a skin disease. He was an old and valued friend, but the gardener said he ought to be shot. I had no reason to suppose the gardener knew anything about it. I was afraid, however, that if I delayed action, the dog might be killed otherwise, and I lose the opportunity to try my revolver. I went upstairs, got my revolver, found the dog asleep, and shot him in the head. The bullet glanced, and I shall never forget the look of reproach he gave me as he howled and slunk away. The die was cast then, and I had to finish the job. Scarcely has a month passed in all the years since then that I have not remembered this deed with horror. It was not that I was cruel. It was that my mind was affected by the pistol."

The following illustration copied from the same issue is an excellent illustration of the fallacy of the theory that heavy armament is a protection against war:—

"In American frontier towns, after the gold craze, private pistol murders, of which the crop was large, were caused in the main by fear. One man shot because if he didn't the other man might. If neither had possessed a pistol, their differences would not have been serious. Europe under the great armament plan has been in the same state of civilization as a mining camp fifteen or twenty years from 1849."



THE MEDICAL MISSIONARY AT WORK



MEDICAL WORK AMONG THE BOLIVIAN INDIANS

William O. Cluff

OUR medical work is done mostly in the homes of the people rather than in the city dispensary. We found the Indians somewhat timid, so decided to go where they are. From the first, this was a success. Almost every day finds Mrs. Cluff and myself out in some Indian village or in the outskirts of La Paz, giving treatments and medicine wherever necessary.

These poor people do not know the first principles about caring for themselves. We find many who have been

lying on their mud floors, which they call their bed, for a year, with diseases that with proper care should be of short duration.

One day while we were out visiting the sick, a little boy stopped us and said, "Please, sir, won't you come with me and make my mamma well?" We told him to lead the way. He took us over a high mountain, very difficult for the mules to travel. There, away from any other hut, we found a poor Indian woman with rheumatic fever, lying on the floor,



INDIANS PLOWING NEAR LA PAZ

and hardly able to move. She had been there more than five months. After several treatments, she was able to go about her work.

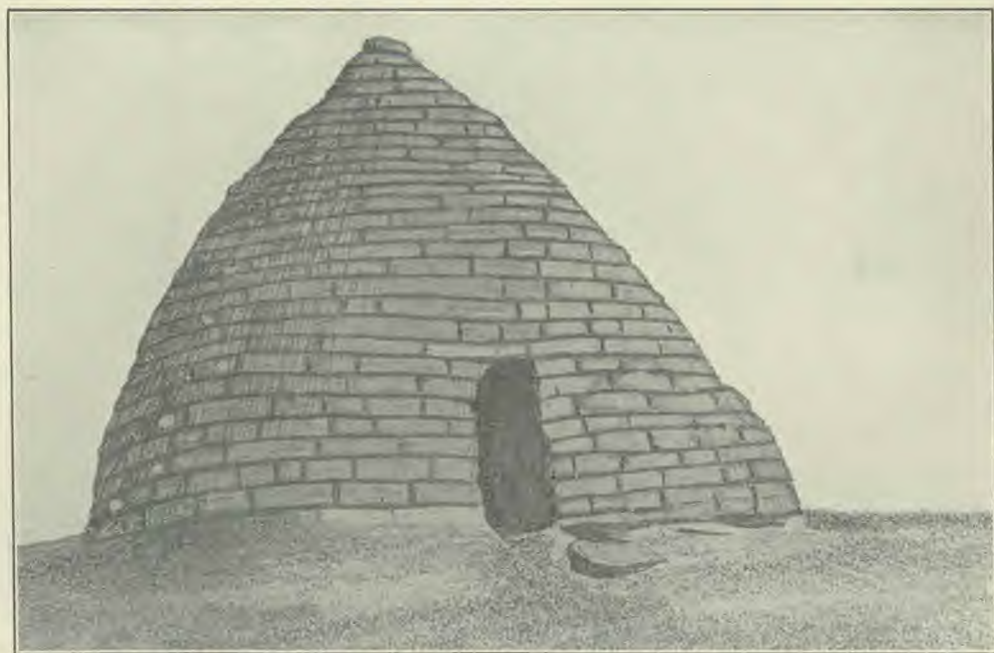
Another case was that of a man with terrible raw sores on his legs. He had not been able to walk for over a year. We gave simple remedies to build up his constitution, and ointments for the sores, and now he is able to walk about. One leg is entirely healed, and the other is doing very nicely.

These are only two of the many cases that are being cared for every day, which show what can be done for the people in a very short time. How grateful they

are! And the way is thus opened for us to bring to these poor natives the gospel of Jesus Christ.

During the past month we visited about four hundred Indian mud huts, and found one hundred and sixty patients to care for. This month this number will almost be doubled. We have been working in this manner for only two months, but we feel that God is indeed opening the way for us to teach the people the great truths of the Bible.

Who in the homeland will send means for us to continue to give medical aid and carry the gospel to these Indians in the high mountains of Bolivia?



AYMARA INDIAN HUT, VICINITY OF LA PAZ

There being no straw or grass in this vicinity from which to make thatch, the huts are made of mud. These poor oppressed people are receiving the gospel with joy.

AN INTERESTING MEDICAL MISSIONARY EXPERIENCE

H. R. Judge

QUR hearts are filled with gratitude when we think of how the blessed Lord has taken such weak earthen vessels as we are, to disseminate important truth now due the world.

About two months ago, a baby boy of a former patient of mine became ill. The doctor was called in, and with words that fell sadly on the hearts of the father and mother, pronounced no possible hope for the life of their child. He kept on coming, but saying that there was absolutely no hope, for the child, as he said, had tubercular meningitis. The father in despair called me in, only to hear the same sad story. He then said, "What is to be done?" I could only refer him to the Physician of physicians.

Then we had a little talk on answer to prayer and the conditions, and I read from a chapter in "Ministry of Healing" on prayer for the sick, which had such a softening, subduing influence on their minds that they requested me to pray. I seized the opportunity and asked God to reveal his power and his pleasure in reference to the child's condition. We all felt that God would deal justly with us; so we were contented to leave the matter in his hands, while we did all we could to relieve the sufferer.

From that time the child made rapid improvement, which not only puzzled the doctor, but surprised many who visited the home, including ministers of other denominations, and army officers, who thought it impossible for the child to recover.

As a result of this experience, I am holding Bible readings with the family, who have already expressed themselves favorable to the truths presented. This morning when I was talking with the mother, she said they are planning to keep the Sabbath. Thus we can see how our loving Heavenly Father works to bring before the people the truth for these last days. This experience has been the means of impressing many of these dear souls.

Another man who is a thorough gentleman in every sense of the word, has been stirred with the Bible stories I have related to him from time to time, and now he is looking forward to the time when I shall be able to spend a few weeks with him, and dig farther into the mines of truth.

How thankful we are for these opportunities, and how we feel our insufficiency! But still the Lord does use us for the glory of his holy name.

South Pacific.

Fresh Air and Feeding.—Subnormal children, without any change in home conditions and without special feeding at school, have been built up in hemoglobin, alertness, and weight; though they do even better if they have also the special feeding.

Fresh Air and Ventilating Engineers.—The ventilation engineers are hostile to the open-air movement, for the simple reason that they get a handsome profit out of each school building in which they install their costly but practically useless ventilating apparatus; and they are determined if possible to head off the open-air movement; for if everybody adopts the doctrine of open windows for ventilation, the occupation of the men who construct the wonderful systems of ventilation which never work when wanted, would soon be out of a job.

Sanitation in Porto Rico.—Porto Rico has, probably, the only school in the world established for the purpose of training an official sanitary corps. Graduates of the school are doing excellent work in various parts of the island.

What Is Fresh Air?—This question, to which we have supposed we knew the answer, has been reopened by the researches of scientists, and now hardly any one who has given the subject careful study is willing to define fresh air. In New York in the next five years one hundred thousand dollars will be expended in the investigation of the question, "What is fresh air?" Is it air containing a certain percentage of oxygen, nitrogen, and carbon dioxide, and a minimum of dust and bacteria, or is it cool, moderately dry air in motion?

QUESTIONS *and* ANSWERS

Conducted by H. W. Miller, M. D., Superintendent Washington Sanitarium
Takoma Park, Washington, D. C.

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.

Chronic Nasal Catarrh.—"I am a woman aged fifty-four years. Have been bothered a good deal with catarrh, but this winter I catch frequent colds, which go toward my ears. Can you advise me?"

It is possible that you have some condition of the nose that requires a slight surgical operation, and that nothing will be of permanent help to you until you have such an operation. It would be well for you to be examined by a specialist.

Pellagra.—"What are the symptoms of pellagra?"

It would be impossible to give you in this connection a complete description of the disease. If you desire to make it a study, it will be better for you to consult some textbook on the subject.

The disease manifests itself principally in the skin, the digestive system, the nervous system, and the mind. The parts of the skin exposed to the sun (usually the back of the hands, the neck, and face) appear as if severely sunburned. The entire alimentary passage may be raw and sore. The digestive symptoms are likely to be severe, and may precede the skin symptoms. Often the mind is affected, and many of the patients land in an insane asylum. When the disease first appears, it may be mistaken for an attack of dyspepsia, and the skin condition may be mistaken for eczema.

Swollen Feet.—"What would cause swollen feet? and what is the remedy? The patient has no headache, backache, or stomachache, and, in fact, seems in good health, except the swollen feet and a little constipation, though she is seventy years old. Her occupation is nursing."

The swelling of the feet may be due to kidney trouble. You have not told me whether the swelling is dropsical, so that it pits on pressure. Such a condition of dropsy in one

of her age, and without noticeable heart symptoms, would likely be the result of disease of the kidneys or of the liver.

You should have her examined by a competent physician who will make the necessary physical and chemical examinations; for this dropsical condition, if such it is, may mean something very serious unless attended to promptly.

Mineral Oils.—"Is there any difference between paraffin oil, hydrocarbon oil, and albolene? Is there any harm in taking mineral oil for an extended period, say for a year?"

So far as I know, these oils are practically the same. I have not heard of any harmful results following their use for constipation, though it would seem more rational to reduce the necessity for the use of the oil as far as possible by using an abundance of coarse and other laxative foods. In some cases I have known the use of mineral oil to be followed by a leakage of oil from the rectum, soiling the underclothing.

Minostrum Tablets.—"Have been troubled all my life with sick headache, gas, and indigestion. Nothing does any good but minostrum tablets. I took them for several years, but quit. Shall I go back to them again, or what shall I do?"

It would be necessary for me to know all about your habits and diet, and to know more about your general condition, in order to give you trustworthy advice regarding treatment.

Your own experience with those tablets would indicate that they do not do any permanent good. If the influence had been more than temporary, you would not have had to keep taking them. In other words, the tablets merely relieved your symptoms, the headache, etc. Acetanilide tablets might do that. I am not acquainted with the tablets you mention, but I have no reason to think that they are better than thousands of similar preparations which the poor pay their money for, thinking they are getting some benefit.

The only rational way for you will be to learn from some competent physician the cause of your disorder, and take treatment, exercise, and diet that will get at the cause. I am sure the minostrum tablets never did that.

Malarial Treatment.—"Should small or large doses of quinine be given in treatment of malaria?"

Small doses of quinine may actually increase the trouble, by causing the parasite in self-defense to assume the sexual, or resistant, form. It is said that thirty grains will kill all the asexual parasites in the circulating blood. If this is repeated for three successive days, all the asexual parasites will have been exposed to quinine and killed. Then on the same day of the week, for six successive weeks, thirty grains should be administered to catch each new crop of asexual forms that may develop. The quinine has no effect on the sexual forms, and it seems that the sexual forms produce asexual forms in cycles of seven days, and finally die in from four to six weeks. So that nine doses, 270 grains of quinine, administered as directed above, should destroy every parasite in the body. If it is a first attack, and treatment is begun promptly, before the sexual forms are developed, three successive doses are sufficient. The six weekly doses are for the cure of chronic and neglected cases. One of the commonest and one of the most pernicious beliefs is that when a patient ceases to have symptoms of malaria he is cured. More often than not, he is *not* cured. Only the asexual forms have been killed. The sexual forms remain, and though they produce no symptoms, they are bound sooner or later to produce another crop of asexual forms and more malaria. The thirty grains need not be given at one dose, but may be divided, if desired, into four or five or more doses, to be given at intervals during the day. The smaller doses will probably be more comfortable for the patient.

Vegetable Gelatin.—"I should like to know where the vegetable gelatin called for in recipes in *LIFE AND HEALTH* may be obtained. The grocers here seem never to have heard of it."

You should call for agar, or agar-agar. Your druggist may have it, provided there are bacteriological laboratories in your town. Otherwise, you will have to request him to secure a supply for you, which he can do through a wholesale druggist. You may have to agree to take a certain quantity, for ordinarily there is not much demand for agar.

Nettle Rash; Malaria.—"For two years or more I have been troubled at times with nettle rash. I have thought that it might be caused by some error in diet, and have tried every possible means to ascertain the cause. I have had malaria in my system most of the time. Does malaria cause nettle rash? What can be done to get malaria

and nettle rash out of the system? I have not taken quinine at any time in large quantities, and not more than once or twice since I have had nettle rash."

Nettle rash, hives, or urticaria, is caused by various foods, by various medicines, including quinine, and by various insects. What may have caused it in your case, I can only surmise. I am not aware that malaria aside from quinine causes nettle rash.

For temporary relief from the nettle rash you might try cool bathing, bathing with dilute alcohol, and with vinegar or lemon juice.

The relief from malaria must include two measures,—the destruction of the parasites in your blood by appropriate doses of quinine, and protection against further infection, which may in your locality be a very large problem. It is sometimes the wisest course to move to another locality.

Thyroid and Skin Disease.—"Is it true that preparations of the thyroid gland are beneficial, when taken internally, for skin disease?"

It would seem that in certain conditions of the skin, as eczema, psoriasis, ichthyosis (fish-scale skin), and scleroderma, the cause, in some cases at least, is a deficiency of thyroid secretion, and that they are benefited by the administration of thyroid extract.

"Neurasthenic" Symptoms.—"What is the cause of the following symptoms: Progressive loss of memory, with loss of power of concentration, increasing apathy, disinclination to do mental work of any kind or to transact business or meet people, overpowering drowsiness at times, especially when attempting to read or to listen to a sermon or an address, and sometimes a brief epileptic-like loss of consciousness?"

If this is not a symptom of "slow digestion," it may be an indication of hypothyroidism—a failure of the thyroid gland to secrete sufficiently. In fact, the hypothyroidism may cause both the indigestion and the mental symptoms. The treatment, in case it is hypothyroidism, is the administration of thyroid extract, with perhaps calcium, iodine, and arsenic. But as this is a treatment that should be under the supervision of a physician, I shall say nothing regarding dosage.

Bed Wetting.—"I have a little girl who frequently wets the bed. Have tried the various remedies you have suggested, but without any relief, and my physician seems at a loss what else to suggest. Do you know anything else to be done for her?"

In some cases bed wetting is due to lack of thyroid secretion, and may be benefited by the administration by mouth of thyroid extract. This, of course, should not be attempted except with the advice of your physician.

WHAT TO DO FIRST



TREATMENT OF POISONING¹

General Treatment

1. SEND FOR A DOCTOR immediately.

2. Unless some strong corrosive has been used, as shown by the burned mouth and lips, GIVE AN EMETIC to empty the stomach. A cup of warm water containing a tablespoonful of mustard, or a cup of warm water followed by tickling the throat with a feather or with the finger, may accomplish the purpose.

In poisoning by a *narcotic*, such as opium, the stomach may not react to an emetic, and it may be necessary to use a stomach tube.

3. NEUTRALIZE THE POISON. (N. B.—While doing this, continue the effort to empty the stomach thoroughly.)

For **corrosive alkalies**, such as caustic soda or caustic potash or quicklime, use a weak *vegetable acid*, such as dilute vinegar or lemon juice, to neutralize the alkali, or else one of the *fixed oils*, as castor oil or olive oil, which will form a harmless soap. Be sure to give enough. The acid is preferable to the oil.

For **corrosive acids**, as sulphuric acid (oil of vitrol), nitric acid, hydrochloric (muriatic) acid, give a *mild alkali*, such as strong soap suds, or plaster taken from the wall and stirred up in water. Baking soda or chalk will neutralize the acids, but the carbon dioxide gas generated might burst the weakened stomach wall.

For **carbolic acid**. This is not really an acid but an alcohol. Its best and quickest antidote is common *alcohol* (in the form of whisky or brandy) administered quickly and freely. Whatever is done to save a victim of carbolic acid poisoning must be done quickly. If no alcoholic drink is present, give a strong solution of Epsom salts.

For **alkaloids** (ending in ine, as morphine, strychnine, atropine) use tannic acid, as strong tea. If no tea is made up, use *tea leaves* in water. Charcoal is said to neutralize the alkaloids. It should be given liberally.

For **metallic poisoning** from the salts of mercury (corrosive sublimate, bichloride) copper, lead,² silver,² etc., give whites of eggs or milk or flour and water, liberally.

Special Poisonings and Antidotes

For **silver nitrate** use freely a solution of *common salt*, and induce vomiting.

For **lead**, give *Epsom salts*, and induce vomiting.

For **iodine**, give freely of *starch*,—flour and water, or any kind of cooked cereal or gruel food,—and induce vomiting.

For **phosphorus** (matches). *Use no oil*, as oil will hasten the absorption of the poison. Do not give even milk or yolk of egg, on account of the oil they contain. Give *magnesia* and emetics.

For **arsenic**, the best antidote is *freshly prepared hydrated oxide of iron*, made by adding ammonia water to tincture of iron, throwing the brown, muddy, precipitate on a cloth and washing with three or four waters. Several tablespoonfuls of this soft iron rust can be taken without danger. Arsenic is comparatively slow in its effects, and will give time to prepare the antidote. *Dialyzed iron*, obtainable at the druggist, is a fairly good antidote.

For **poisoning from unknown cause**, give *flour and water*, *white of egg and water*, or *milk*, in abundance. Give *charcoal*, and induce vomiting. Give stimulation (as hot and cold to the spine) if necessary.

4. COUNTERACT THE EFFECTS.

After all **irritant or corrosive poisoning**, whether by acids, alkalies, carbolic, or mineral poisoning, give *demulcent drinks*,—milk, flax-seed tea, flour and water, etc.

After **narcotic poisoning** (opium, chloral, alcohol, etc.) *keep the patient awake* by rubbing, walking, slapping with a towel, and administering strong coffee, tea, etc.

¹ Continued from the September number.

² See also under "special poisonings."

To Remove Stains of Silver Nitrate

THE following, if rubbed on the skin, will immediately remove silver nitrate stains: Mercuric bichloride and ammonium chloride, 1 oz. of each; potassium bromide, $\frac{1}{2}$ dram.

Warts

WHEN cinnamon oil is applied to the head of a wart, it causes no disagreeable feeling, and leaves no scar, so it is said, the wart disappearing without soreness or inconvenience.

Toothache

A REMEDY for toothache. The most desperate case of toothache from a decayed tooth can be relieved by the following treatment: Alum, reduced to an impalpable powder, 2 parts; spirits of nitrous ether, 7 parts; mix and apply a small quantity to cavity.

Felon

AN excellent treatment for a felon is the following: Saturate a piece of absorbent cotton with ninety-five per cent alcohol and apply to the felon, covering it with a soft rubber finger cot; about twice a day remove cot, apply hot and cold thoroughly; then renew the alcohol treatment.

Smallpox

WHEN the pustules are painted with a ten-per-cent solution of iodine in glycerin, the pustules dry up and pitting is prevented, and the duration of the disease is shortened. The pustules may be opened with a sterile instrument and touched with tincture of iodine, according to *Critic and Guide*.

Obstinate Hiccup

By making the patient draw up both legs, fully flexing the knees and hips, and holding the thighs firmly pressed upon the abdominal wall so as to push the abdominal organs as far as possible up against the diaphragm, relief may be obtained from this disagreeable and sometimes dangerous symptom.

Rheumatic Joints

BIERS's treatment for rheumatic joints consists in applying a rubber roller bandage slightly above the affected part, just tight enough to cause a very slight purplish tinge. Care must be taken not to have the bandage too tight. About once every two hours the bandage is removed, hot fomentations are applied, and the bandage is renewed.

Nosebleed

WITH patient sitting in chair, stand behind him, place index fingers of both hands beneath body of lower jaw on each side, with thumbs resting behind angles, and make gentle traction upward upon head, and simultaneously extend it backward as far as patient can comfortably bear. This sets up artificial anemia in nose and head in general, causing nosebleed to cease. Desist in one or two minutes or consciousness may be lost.—*Critic and Guide*.

Boils

A TENDENCY to boils may be relieved by a change in diet and the administration inwardly of yeast. For this purpose take a third of a cake of compressed yeast dissolved in a glass of water twice a day. Whether this acts by changing the character of the bacteria in the intestines, or by stimulating the growth of the white blood cells, or by inducing the formation of an antiferment, is not known.

A boil may be aborted in the very early stage by applying, on the end of a wooden toothpick, a little pure carbolic acid within the center of infection, that is, in the hair follicle where the infection started. The surface of the boil should then be painted with two or three coatings of flexible collodion. If the boil has had too much of a start to be aborted in this way, it should be treated with a warm (not hot) bread-and-milk poultice, to which a little yeast has been added. If the poultice is too hot, it will kill the yeast. The poultice should be renewed about three times a day.



NEWS NOTES



Equal Suffrage and Child Labor.—Child labor is virtually banished from Australia and New Zealand. We may understand why this should be so when we remember that in these countries the mothers, as well as the fathers, have the ballot.

Woman Suffrage and Infant Death Rate.—The infant death rate has steadily decreased in Australia since women have had the ballot. This would seem to be a natural consequence of mother votes. Men are not likely to be so interested in the care of babies in the individual home as are the women.

Agricultural Department Imports Seeds.—The United States government each year distributes enormous quantities of seeds free of cost. Recently an order was given to some wholesale seed merchants of Somerset, England, by the Washington government, for flower and vegetable seeds totaling in weight nearly forty-four tons. This is probably a record order for seeds.

Butter Fat in Infant Feeding.—In many cases milk rich in cream has been found to disagree with babies. Niemann proposes that instead of cream pure butter be added to skim milk, the butter having been thoroughly washed to remove all trace of fatty acid. So far as tried, the method has given gratifying results. It may be remembered that Osborne and Mendel have shown that butter fat and egg fat contain some substances favoring growth, and that these substances are absent from lard and a good many other fats; in other words, the fat of the egg and of milk seems to contain some material to influence other fats.

Neurasthenia From Lack of Table Salt.—Dr. Alexander Haig, of uric acid fame, has observed that those who deprive themselves of salt are apt to become neurasthenic, and he is of the opinion that many persons owe their neurasthenia to a deficiency of salt in the dietary. A paper by him on this subject appears in the *Medical Record* of June 6. He says: "I have thus seen a considerable number of cases in which increase of salt has caused a very marked improvement in nutrition and in the production of urea from the proteins of the food. I have also met with some cases of obstinate dyspepsia in which absence or deficiency of salt was the sole cause of trouble. . . . Vegetarians, if they do not bear these points in mind, will be more liable to suffer from neurasthenia [from absence of salt in the diet] than meat eaters." It is the herbivorous, not the carnivorous, animals that travel a long way to obtain salt.

Housewives' League and Suffrage.—Mrs. Julian Heath, president of the National Housewives' League, becoming a suffragist, stated as her reason that in order to get proper food for their families at reasonable rates, and to enforce pure food legislation, women must possess the ballot as the essential remedial agent.

Flytrap Ordinance.—The city of Richmond, Cal., has enacted an antily ordinance that is unique. It requires that every person in charge of a store, market, restaurant, or other place where food or foodstuffs are sold, served, or dispensed, and every person in charge of a public stable, shall maintain in his place of business one or more flytraps properly baited. The minimum size of the traps is to be five hundred cubic inches, and it is the duty of the health department from time to time to inspect the traps and see that they are efficiently maintained.

Turtle Tuberculin.—Owing to the fact that the statement is being circulated that the Bacteriol. Physiolog. Institut (Piorkowski Laboratories), Berlin, Germany, has been licensed by the Treasury Department for the importation and sale in interstate traffic of "turtle tuberculin," the Public Health Service, in the *Public Health Reports* of January 30, issues the statement that the Treasury Department, after having investigated this concern, refused to grant it a license. Persons engaged in the sale of this product render themselves liable to fine and imprisonment.

Effect of Alcohol on Life Expectancy.—Dr. T. B. Crothers in the *New York Medical Journal* of April 25, says, speaking of life insurance companies: "If the companies are unable to limit their business to the total abstainers, there are already data sufficient to indicate the possibility of insuring moderate drinkers on a practical commercial basis. Thus a man at forty years, who asserts that he is drinking alcohol in moderation, should be rated with the same expectancy as a man of fifty or fifty-five years, and should pay premiums accordingly. A periodic drinker thirty years of age should be charged the same premiums as the individual of forty or fifty years of age. This is on the supposition that the drinker is free from the ordinary symptoms of physical disability. The central fact is that the drink and drug taker has discounted the future and is prematurely aged, and policies should be issued accordingly. All persons enjoying the moderate or occasional use of spirits should be put on the same premium as persons of ten or twenty years older, depending upon circumstances and conditions."

Alleged Hog Cholera Cure.—The United States Department of Agriculture states that there seems to be a well-organized campaign to delude farmers into buying an alleged cure for hog cholera under the impression that this has been investigated and approved by the United States government. This remedy, known as benetol, it would seem has no recommendation from the department.

The Modern Dances and the Feet.—A distinguished chiropodist is quoted as stating that modern dances are ruining people's feet. He says: "The result of such unnatural dances as the tango and turkey trot is to break down the transverse arch of the foot, which is above the metatarsal bones. With the weight of the body thrown on this arch, the foot becomes broad, and pains inevitably follow. I believe that fully two thirds of all the trouble people have with their feet is caused by the unnatural dancing now in vogue."

Health Conditions in the Philippine Islands.—The Report of the Surgeon-General of the United States Public Health Service tells of further success last year in the campaign against disease in the islands. During the entire year there were only a few cases of plague and of smallpox, the latter among persons inaccessible to vaccination. These diseases in times past have ravaged the islands, and as many as forty thousand have died in one year from smallpox alone. It is also to be noted that yellow fever no longer has a foothold either in the Philippines or in any other portion of American territory.

Report on the Friedmann "Cure."—At the last tuberculosis congress held in Washington, a paper was read describing the course of eighteen patients who took the Friedmann treatment in 1913. Several of them developed abscesses at the point of inoculation, indicating contamination of the stuff; three were dead; some were distinctly worse; none seemed to have been benefited by the treatment; and the report expressed the opinion that the Friedmann remedy cannot be recommended. Dr. Anderson, of the United States Public Health Service, also reported adversely as to the results of the Friedmann treatments given under the auspices of the service.

Alcohol and Mortality.—Henri Schmidt, deputy from the Vosges, one of the departments of France, and president of an antialcohol society, "L'Alarme," has published an article showing the influence of alcoholism on mortality in France. In the nonalcoholic regions of France there are fewer deaths from tuberculosis, 1.95 per thousand inhabitants in 1906-08. In the West, where the consumption of alcohol is heavy, the tuberculosis deaths were 2.61 per thousand inhabitants during the same time. The deaths from other causes are also higher in the alcoholic than in the non-alcoholic regions of France, and infant mortality is particularly high in the alcoholic regions. In Normandy, where the greatest number of alcoholic women are found, the infant mortality is extremely high. The largest proportion of stillbirths occur where there is heavy consumption of alcohol and absinth.

Fight Against Alcoholism in Morocco.—On account of the prevalence of alcoholism in that country, the protectorate government has found it necessary to follow the example of the Ivory Coast, which seems to be the only effective method of dealing with the condition, and has absolutely prohibited the sale of absinth not only to natives, but to Europeans as well. Absinth or similar products must not be made or sold in Morocco except by pharmacists, under the classification of medicinal products. The penalty for violation of the law is, for the first offense, a fine of from \$60 to \$600, and the closure of the house where the liquor was sold, for six months; for a second offense, the penalty is imprisonment from three months to six years, and permanent closure of the house. Such penalties, if enforced, ought to limit the evil.

Drink and Industrial Accidents.—Five thousand men are employed at Berwick, Pa., in the American Car and Foundry Company's plant. Many of them are or have been drinking men, and many have been the industrial accidents in this great plant. Rev. Henry W. Stough visited the place last fall, and turned his guns against the drink evil. Now there is a notice posted up in the plant: "Workmen frequenting drinking places coming to or going from their work will be replaced by nondrinking men as fast as possible." There has been also an attempt at reform among the men. Of course this has not stopped all drinking, but it has reduced the accidents by thirty-four per cent. The output of work has been greatly increased, and the bank deposits in the six weeks following the meetings were \$80,000 larger than any other six weeks' period. It is said that the judges in Berwick will refuse to grant any licenses in the town next year. A little demonstration of the effects of sobriety is more convincing than all the rhetoric of the liquor papers.

Antivivisection Fiasco.—After a newspaper publicity that might lead the reader to believe that some of the doctors must be fiends in human form, the trial of the Philadelphia doctors for unusual cruelty to animals has been staged. The judge in his charge gave every evidence that he was opposed to animal experiment in any form, yet the great majority of the jury were for acquittal. According to the newspapers at the time the doctors were apprehended, the doctors had been guilty of fiendish cruelty, such as breaking the backs of dogs in order to see how much pain they could stand. But the charge brought against them was that the dogs were improperly fed, and that their wounds were not properly attended to after operation. The witness on the feeding of the dogs, who was himself a dealer in dogs, had to admit on cross-examination that he fed his own dogs the same food as the laboratory dogs were fed. The principal witness for the prosecution was confused in the cross-examination, contradicted herself, and fainted on the witness stand. It was shown by the defense that the method used for care of the wounds was the best for the dogs.

Safe Travel.—The Interborough Rapid Transit Company, operating the New York subway, has carried more than two billion passengers without a single passenger fatality. This is certainly a remarkable record.

Water Drinking at Meals.—Blatherwick and Hawk from a long series of experiments have determined that an increase in the amount of water taken at a meal is accompanied by a decrease in the bacterial nitrogen in the feces; that is, the freer one drinks water at meals, the better the protein is assimilated, and the less it is decomposed by bacteria. He confirmed this finding by the fact that the urinary indican is also diminished when water is freely taken with meals.

What Causes Pellagra?—Dr. W. A. Dearman, of Long Beach, Miss., who has made numerous experimental inoculations on monkeys, rabbits, and other animals, from the fact that not one of five thousand Indians who were accustomed to eat freely of spoiled corn, contracted pellagra, concludes that the use of spoiled corn cannot be an important factor in the causation of this disease. The results of his experiments confirm him in the belief that the disease is insect-borne. He suggests that cat and dog fleas should be regarded with suspicion, but not to the exclusion of other possible transmitters.

To Lessen Fatigue.—A Frenchman has discovered a method of preventing the fatigue which comes from carrying a heavy weight, such as a valise, for a considerable distance. If a bulky packet, say of a dozen newspapers folded together, is put under the arm, the weight is removed far enough from the body to avoid the handicap to walking. The fatigue is less, and the weight seems to be lighter.

The Uric Acid Humbug.—A London physician years ago "discovered" that uric acid is the cause of about all the diseases that flesh is heir to. Some one else "discovered" that lithia is a solvent of uric acid, helping to eliminate it from the system. Enterprising firms immediately began promoting the sale of lithia water. Dr. Haig's uric acid theory was discredited by the medical profession; but no matter, the public did not know it, and the sale of lithia water went merrily on. One of these waters, the Buffalo lithia water, has had a phenomenal sale. Recent analysis by the government has shown that it would be necessary to drink a lake of lithia water—200,000 gallons, in fact—in order to get one therapeutic dose of lithia, and that Potomac River water contains five times as much lithia as Buffalo lithia water. And yet the people go on drinking lithia water as hopefully and as cheerfully as ever.

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