

Life & Health



THE NATIONAL HEALTH MAGAZINE

December 1914

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LIFE AND HEALTH

WASHINGTON, D. C.

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CONTENTS FOR DECEMBER

GENERAL ARTICLES		Page
Growing Old Gracefully, A Symposium		534
How Long Shall I Remain Young? James Frederick Rogers, M. D.		535
How to Perpetuate Youth, Alden Carver Naud		538
Aging at Forty Is Unnecessary, Edythe Stoddard Seymour		542
Personal Experiences in Growing Old Gracefully, Anne Guilbert Mahon		545
According to Rule (poem)		544
HEALTHFUL COOKERY		547
Menus for a Week in December, George E. Cornforth.		
FOR THE MOTHER		
Uncomfortable Babies From Digestive Disturbances, Langley Porter, M. D.		551
Advice to Mothers		552
WHAT TO DO FIRST		553
First Aid in the Family.		
STIMULANTS AND NARCOTICS		554
A Sermon, by Experts, on Military Efficiency.		
EDITORIAL		555
The Changing Front of the Antialcohol Movement.		
AS WE SEE IT		557
Propheying Is Hazardous — Colonel Gorgas and the Liquor Question — Russian Prohibition — One Drink Is Dangerous — The Chinese Ideal Dressers — Food and the Man — The Bogy of Impoverished Dietary — Right Time to Eat — Mail Order Prescriptions — If Time Hangs Heavy — The Cause of Pellagra — Bursting the Ozone Bubble — Pumpkin in Kidney Disease — Health Conservation at Panama-Pacific Exposition — Faith Without Works — Avoid Unwise Economies.		
CURRENT COMMENT ON THE WAR		564
QUESTIONS AND ANSWERS		566
Gastric Ulcer — Hives — Is It Pellagra? — Rupture — Rupture Nostrum — Acid Stomach — Abdominal Supporters — The Best Blood Renewer — Poor Nutrition.		
SOME BOOKS		568
Preservatives and Other Chemicals in Foods — Nutrition a Guide to Food and Dieting — The Philosophy of Radioactivity — Anatomy and Physiology of the Eye and Its Appendages.		
NEWS NOTES		569

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A. J. S. BOURDEAU, Circulation Manager



A CUBAN SCENE

Here frosts are unknown. To yon native a snowflake would be as much of a curiosity as a visitor from Mars.

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Life & Health

THE NATIONAL HEALTH MAGAZINE

DECEMBER
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

"Life and Health" for 1915

The January issue will contain a symposium on HOW TO MAKE THE HYGIENIC MENU ATTRACTIVE AND YET INEXPENSIVE. Five contributors have attempted to solve this problem. They are:—

1. A sanitarium chef who has had an extensive experience conducting cooking schools, and who has written many articles on cookery.
2. A trained nurse who has given much attention to the preparation of healthful foods.
3. A mother who is a successful physician, a conductor of schools of health, and a lecturer on health topics.
4. A trained nurse who has added to her hospital experience that of housewife and mother. She has written extensively for the home.
5. A physician who is an ardent advocate of reforms in diet.

Besides this, there are a number of other live departments for the home. The Mother's department is worth the price of the magazine to any mother of a small child.

And this issue will set the pace for the rest of the year.

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GROWING OLD — this is a theme so repulsive to the human race that ordinarily we avoid thinking about it. In the glowing years of youth thoughts of advancing age are so distasteful that it is unusual for the young to make provision for the winter of life by husbanding their spring and summer resources. Nevertheless it is true that the time to prepare for a happy and efficient old age is all the time. Every physical transgression of youth must be paid for with interest in old age, or paid with premature forfeiture of the life.

For this reason, the following symposium on "Growing Old Gracefully" is, or should be, of intense interest to young and old alike. In this symposium, we have given the opinions of persons of varied experience, with this exception: none of the writers is an elderly person. In an early issue we shall give the experiences of a number of persons whom the editor knows to have been "growing old gracefully" for a good many years.

Dr. Rogers has evolved his theme around the central thought that there are certain physiological changes that necessarily take place as one grows older, and if we recognize this fact and adjust our eating and exercise and general mode of living to the changing conditions, it will make for a healthier and better old age.

Alden Carver Naud, on the other hand, believes that it is the mind that largely determines how long and how well we shall live; how long, in fact, we shall retain our youth.

Edythe Stoddard Seymour has addressed herself to the women who are approaching the "dead line" of forty. It is her firm belief that one may, with careful attention to the details of healthful living and an optimistic mien, pass well beyond this line still bearing the fragrance of youth.

Whether the story by Anne Guilbert Mahon is true in detail, it is true in substance; for there have been elderly persons who have attributed their hearty old age to the various methods of living outlined in her story.

Are we to infer that the secret of long life is some mysterious thing hidden behind these various and somewhat diverse life programs? Or are we to believe that one thing accounts for long life in one person, and that something quite different has been the life preserver in another case?

The testimony seems to converge on a few fundamentals: the simple, temperate life, with avoidance of all excesses and all mental unrest, retards old age.



HOW LONG SHALL I REMAIN YOUNG?

James Frederick Rogers, M. D.

THERE has always been altogether too much advice given by those who have had little or no experience in the matters of which they fluently preach, and it may seem altogether out of place for one who is considerably removed from the period of life usually considered as that of old age to write on the subject, especially with the view of directing the conduct of others so that they may not appear ungraceful, either in their own eyes or in those of the younger generation, during the latter days of their prolonged stay upon earth.

However, no matter where in the course of a life we erect the portal of old age, we can be said to begin to grow old from the beginning of our lives; and certainly one who has reached middle age has had some experience in this direction, and, from observation, may have formed some not wholly false ideas as to how the process of growing old with grace should be carried out.

If one had lived two and a half or

three centuries ago, he would have been fairly launched into old age by the time he was forty. "My opinion is," wrote Montaigne, "that when once forty years, we should consider it an age to which very few arrive." We should be thank-

ful that, in the twentieth century, we have a longer course to run, and we ought to make our exit the more gracefully accordingly; for the more leisure we have in which to perform a feat, the more gracefully and graciously we can accomplish it.

Though we of today should hardly think of placing the boundary of old age at forty, yet that line is a variable one which separates the middle from the latter period of life. It

will depend, first, on our inherited lease of existence; but our present knowledge of the laws of heredity is so vague that, for the individual, we cannot say whether or not one will show a general family trait. In the second place, the beginning of old age will be determined by the character of life the person has lived up to that time. On the whole, since we

Two factors determine how long a man shall remain young: heredity, or what his parents have passed on to him; and habits, or what he deals out to himself.

To live gracefully, one must know his own body, its strength, its weaknesses, its limitations; must realize the vanity of attempting to follow the pace set by others.

A serious physical handicap, if it is recognized and provided for, may not prevent the fulfillment of a useful career.

One does not add to his efficiency by following fads.

One who refuses to recognize the physiological evidences of advancing age and to live accordingly, makes a fool of himself. Brittle bones and hardening arteries will not stand the stress of youthful performance.

With the slowing of bodily activities, less fuel is needed; and he who continues to stoke the same as in the previous more active decade, will soon burn out the boilers.

The secret of growing old gracefully must be largely one of recognition of the inevitable changes incident to increasing years, and adjustment to them.

know not the time of its beginning, but that our previous life will have much to do with both its start and its finish, the problem of growing old gracefully is largely one of living gracefully at all times.

To live gracefully one must know the body, one's own body, in all its strength and weaknesses. The body thrives on work, but it does not thrive on abuse, nor on use which surpasses its limitations. Ignorance and habit often interfere sadly with graceful living. It was these which caused the men of Montaigne's day to age so early. It was a time of enormous eating, especially of meats, and also a day of correspondingly copious drinking of alcoholic concoctions. It was, in consequence, the age of kidney disease and of stone in the bladder, and of other affections begot of such habits of eating and drinking. There is not so much ignorance of such matters in our time, but many of us would grow old later, and with more grace, if we were more thoughtful in such matters.

There is so much of health teaching in these days that it would seem as if no one could go much astray from the straight path, so far as habits of living are concerned. There is, however, danger that one be led into error by a too blind following of the exploiters of fads in health culture; for, unfortunately, there are those who, for the sake of gain, magnify the importance of some item of bodily activity to the exclusion of others.

Having made the best study of our bodies we can, and adopted the methods of living which seem to bring us to our best working condition from day to day, we are prepared to look forward with calmness to the later years of our earthly existence.

Life, in general, has been best described as the continuous adjustment of our internal bodily machinery to external changes, or, in other words, the fitting of our digesting, circulating, breathing, thinking, and moving apparatus to the variations of heat and cold, of plenty or lack of food and drink, of opportu-

nity for work and play, and the like conditions by which we are surrounded.

We are all limited as to our powers of adjustment to circumstances, and we all differ as to those powers. One of the essentials to graceful living is the acknowledgment of our limitations, of the fact that we cannot live the pace set by some others. Much of the graceless floundering about which goes on in the way of living takes place through our abortive attempts at imitation of others. Our limitations are not such dreadful strokes of fate as we often think, and we ought, at any rate, to be proud to have made much of life even with some handicap. Immanuel Kant is a shining example of a man greatly hampered by bodily weakness, who, nevertheless, lived a long and graceful life and accomplished a large amount of work. So sensitive was his internal machinery to external influences that he took cold from handling the damp paper of proofs fresh from the printer. He said of himself (and I fancy he said it with not a little pride) that for fourscore years he had continued to support himself, like a gymnastic artist, on the slack rope of life, without once swerving to the right or to the left.

As we pass from middle into older age, our external circumstances remain about as they always have been, but our internal machinery does change and continues to change. Our muscles shrink in size and diminish in power and elasticity; our organs of circulation become impaired so that they will not stand the strains formerly put upon them; the body fires are slowed so that we feel the cold as we never did before; finally the brain works more slowly, though it may work well, so that our mental processes are not so keen as formerly. The man who will not acknowledge to himself that these inevitable anatomic and physiologic changes are taking place, always makes more or less of a fool of himself, and of all fools the oldest is the most graceless. Moreover, such blindness to internal changes often brings the comedy to a premature conclusion; for brittle bones or hardened

arteries will not stand the stress of youthful performances.

With the slowing down of all the bodily activities, there is need of less fuel to run the engine, and a diminishing of the intake of food helps to keep the body in its most graceful order. Old age and gross feeding do not keep company long.

Since with advancing years we become less and less able to cope with our environment, especially our natural environment, the next best thing is to change our surroundings as much as possible to suit ourselves. Since we cannot keep up the internal fires to such a pitch as we did at thirty, we should be glad to sit in a warmer room than we did at that more active age; and since our muscles are not so supple as formerly, we should be glad to have others run our errands and execute other work for which we are becoming ill-fitted. Goethe in his younger years used to wrap up in his cloak and sleep outdoors in all sorts of weather; he was so vigorous that even the cold of December could not keep him from his daily plunge in the river. At eighty, we have a very different story, for at that age he enjoyed most a room superheated and ill-ventilated (for he dreaded the cold from having his windows opened); but he was in the best of health, in better condition than most men at fifty, and he produced some remarkable works at and beyond this advanced age.

Since the bodily changes of old age are unavoidable, though they are more or less deferred by sensible living in earlier

life, the secret of growing old gracefully must be largely one of mental recognition and adjustment to these changes. Any rebellion against the condition only makes the matter worse and the person more ridiculous. It also savors of introspection, and introspection is the worst of poisons at any age.

A dear old lady who, at the age of eighty-five, certainly lived gracefully in every sense, volunteered the information that her secret lay in the fact that she kept "all the threads tightly in hand." What she meant was that she kept a keen outlook on life, and did not relinquish its interests even though she had to give up many of its activities. What mental and physical functions we have (if we can draw any line between the two) are developed and kept alive by variety of stimuli from without; and if we give up our interest in others and in other things, we age proportionately, because we have abandoned our source of life.

The onset of old age will be timed by heredity and by the character of one's earlier life; and if one has lived a temperate, well-ordered, and reasonable existence, he may gracefully accept the situation when it presents itself, as a phase of life to be made the most of. If circumstance has made his earlier life one of strain and stress beyond his powers, so that bodily decay has, without any fault of his, come on too soon, he can still look Old Age in the face with a smile, and go with him bravely and gracefully whithersoever he may lead.





HOW TO PERPETUATE YOUTH

Alden Carver Naud

PONCE DE LEON was right, after all; for there is a "fountain of youth," albeit the idea has been generally ridiculed, and is discredited by many even at the present time. The old-time alchemists made exhaustive research for an elixir that would prolong life indefinitely and do away with the ills to which human flesh has fallen heir. Although the idea was commendable, failures resulted because the alchemists did not know where to look in order to discover the coveted panacea.

Modern thought tells us that the wellspring of real life is the spiritual life, and in the unbounded realms of mind all may locate the "fountain of youth" and enter into the fullness of life that was intended for man when he was created in God's image.

Ralph Waldo Trine has written under-

standingly on the subject of remaining young. He strikes the keynote of the whole matter when he says:—

"Would you remain always young, and would you carry all the joy and buoyancy of youth

into your maturer years? Then have a care concerning but one thing—how you live in your thought world."

"As he thinketh in his heart, so is he." You cannot think yourself infirm and on the decline and still remain young. You cannot feel old and hope to retain the zealous eagerness of youth.

The question then arises, How can one feel the thrill and inspiration of new life after the body reaches maturity

and the time comes when a majority of the human family begin to retrograde?

Holmes says that the greatest thing in the world is not so much where we stand as in what direction we are moving. If

There is a fountain of youth—an elixir of life. It is spiritual, not material.

"As he thinketh in his heart, so is he."

You cannot think yourself infirm and on the decline and still remain young.

To keep young, one must keep growing.

Nature has placed a limit on the growth of the body, and has thus in a measure determined the time for the physiological aging of the body.

But has nature set such a limit on the growth of the mind? Do not we ourselves set that limit?

Too many exhaust their brain and nerve forces, and the unavoidable result follows: they are prematurely old and worn out.

Too many lives are dwarfed by living in the past and future. The present only is significant.

Man dwells so persistently on the thought of going to his long home that he hastens his departure.

We should keep in touch with the world, with sunshine and fresh air, with living men and things, and should remember the value of clean living and thinking.

we have reached the stage of complete physical development, why do we face with weary eyes toward exhaustion, contemplating sorrowfully a tedious strip of barren years in which we shall gradually become enervate and worthless? Why not continue to experience the eager striving for attainment, the earnest effort for rigorous achievement, which has marked the route of previous advance and assisted in the bracing onward march of development?

The human anatomy cannot act as a score card of passing seasons unless the brain sanctions such a course. The mind will always chisel out the age it feels. But why entertain the old-age idea? Why not experience perpetual youth, and think and feel the things that make for joy and contentment and serenity?

and beautiful. Its wide-spreading branches shade a broad stretch of green-sward upon which large velvety wild violets and fragrant trailing arbutus blossom. Birds nest among the leafy plumes, and their nestlings are lulled by the breezes that have strange voices while speaking through the needle foliage. The grand old Norway has braved the storms and rested during the calms of at least threescore years and ten. The tree shows no marks of age, save that a succession of years adds to its grandeur and nobility.

Its neighbor farther down the strand has apparently enjoyed the same chances for life and growth, but for some unknown reason it has not been benefited by conditions that were marvelously kind to the beautiful giant. This second tree

THE human anatomy cannot act as a score card of passing seasons unless the brain sanctions such a course. The mind will always chisel out the age it feels. But why entertain the old-age idea? Why not experience perpetual youth, and think and feel the things that make for joy and contentment and serenity?

There is no reason why we should cease growing at thirty or forty any more than at twelve or fourteen. We look with extreme pity on the person whose life has been blasted by scarlet fever or other disease, so that he never matures beyond the stage at which the malady overtook him; but we should regard with greater compassion those who suffer arrested development after reaching riper years, when they are apparently ready for fruitful accomplishment.

When you resolve to keep growing, you have stepped to the brink of the "fountain of youth," and are ready for your initial plunge into its renewing and restoring waters.

There are two pine trees growing a few rods apart on the shore of a limpid spring lake in northern Wisconsin. One tree is a magnificent giant, symmetrical

has scarcely numbered a dozen years. However, it has ceased to grow, and is stunted, dwarfed, and ugly. It is old—very old—in appearance, and has a dry, wizened look. Its foliage is brown, and only partially conceals the misshapen limbs. The tree is slowly dying.

A comparison of these two trees ably illustrates the lives of those who remain young through perpetual growth and those who suspend development and become stunted and old.

We should treat our minds as a successful farmer does his land. By judicious cropping and wisely administered fertilizers, he reaps bounteous crops from year to year without depleting the soil. In fact, he adds to its richness every season and increases its value, as he harvests greater returns each succeeding summer. There are too many who follow the plan

of the ignorant farmer. They do not husband their resources. They exhaust their brain and nerve forces, and the inevitable result follows; they are old and worn out and valueless in an incredibly short time.

The law of momentum should hold true in life. We should gain new impetus with the sweep of years, and become more forceful and powerful as time passes. Years should be a potent factor toward increment of ability and efficiency.

You dip a second time into the magical fountain when you resolve to take pleasure in life and enjoy the feast of good things that are abundant here on earth. If more people would stop occasionally to invoice their lives, there would be

and wasted by a wrong appreciation of the past and the future. The present only is significant. Deal with the present judiciously, and then of the future it cannot be said, "The years draw nigh, when thou shalt say, I have no pleasure in them."

The Osler theory is pernicious.¹ We make a mistake when "we spend our years as a tale that is told." If life is well lived, the season does not arrive when "desire shall fail."

Man dwells so persistently on the sorrowful thought of going "to his long home," that in many cases he hastens the time of departure on his long-time absence.

It is well to have a firm belief in the "fountain of youth." It is wise to drink

SOME one has said that the living of life should be a perpetual joy. Every one could find a continual delight in living if an attempt were made to form correct habits of thought and to live rationally. Every day should be filled to the uttermost with things that count,—words and deeds,—making a record of worth-while existence.

fewer pessimists in existence. Of a truth, this world is not so dark as some would paint it. We should nestle against her soft fur and listen to her purring instead of searching for her claws.

Some one has said that the living of life should be a perpetual joy. Every one could find a continual delight in living if an attempt were made to form correct habits of thought and to live rationally. Every day should be filled to the uttermost with things that count,—words and deeds,—making a record of worth-while existence. "Live day by day—the long stretches tire us." This is in accord with a proverb that is much revered in Japan: "He who has a thousand rooms, sleeps in but one."

"Two days need not concern us—yesterday and tomorrow." Yet many lives are dwarfed, sorrowed, burdened,

deep of its waters and to bathe prodigally in the marvelous pool. By so doing it becomes possible to be refreshed and renewed, and to put far off the period of infirmities and senility.

We who stand on the uncertain grounds of maturity will do well to note our whereabouts and consider well the direction we are facing as we travel onward. Why should we relax or diminish our pace? Why should we abate our ardor or slacken the strenuous efforts of youthful years?

Our bodies are not so very old at best. Scientists tell us that the body's cellular tissue is entirely renewed every few years—from two to seven, it is said. So, with new cells to deal with and new

¹ The writer probably judged the "Osler thing" from the exaggerated newspaper reports.—Ed.

thought forces to take cognizance of, why not go from strength to strength and from glory to glory?

We ought to keep in touch with the world, and not grow apart from it, as seasons come and go. We should scorn the idea set forth in the poem "The Last Leaf." Rather let us resolve to make new friendships, and pluck from the acquaintances we shall form, occasional personalities that shall be very near and dear to us.

We should not shut ourselves away from sunshine and pure air. These are decisive factors in keeping the waters of the fountain from becoming stagnant and brackish.

We should not become hermits nor seclude ourselves from others. The best things come to him who says, "Let me live in my house by the side of the road and be a friend of man."

We should give careful heed to our

diet, so as not to clog or hamper the delicate machinery of the body.

We should endeavor to be restful in our strenuous hours, and purposeful and intent in our seasons of repose.

We should strive to keep pace with the swiftly crowding events of the day and age. We should not be dismayed by the fierce onslaughts of the stormy periods, nor indolent and somnolent in the seasons of calm.

We should bear in mind the purpose of a long-continued, valuable life, the last years of which shall be a realization of the better hopes of youth — the harvesting of the crop whose fruitage was foretold by the ambitions and yearnings of earlier years.

We should remember always the value of clean thinking and clean living, with a certainty of the eventual triumph it is possible for us to experience in later years.



THE SANCTUM



PERHAPS THE MIRROR DOES NOT TELL SO PLEASING A STORY AS FORMERLY

AGING AT FORTY IS UNNECESSARY

Edythe Stoddard Seymour



HY does a woman dread the forties?

One should be in her mental and physical prime at that age; and because of increased knowledge and experience, she should be capable of accomplishing more efficient work than at any previous period of her life.

The answer is that ordinarily the fourth decade is a period of "aging." Not uncommonly a woman on her fortieth birthday has begun to look more like a peach that has stood too long in the show case than like one recently plucked from the tree.

We may know that this premature aging is unnecessary from the fact that great singers and others whose careers depend upon the continuance of their youthful beauty, manage to keep fresh until after they are sixty; and they do it by the most rigid attention to the many little details that have to do with the personal health. Those who show the signs of advancing age earlier do so because of what they have done or what they have neglected to do.

Perhaps some of my readers may realize, as they look into the mirror, that it does not tell so pleasing a story as formerly; and, as a result, they begin to "make up," in the effort to deceive themselves and others, with the externals

which are supposed to make one look younger, but which in reality deceive nobody.

To all such, I have a message of hope and cheer. Do not surrender to old age, for that would only serve to hasten your aging. It may not be possible to counteract all the results of the past life; but hope, and courage, and attention to details will accomplish a great deal. By devoting a little time and thought daily to self-culture, you

may drift gradually into a joyous and charming old age.

You may have to make some radical changes in your mode of living; but these changes, especially as regards diet and exposure to the rigors of open-air life, should be made gradually; otherwise the sudden adjustments might prove more harmful than the old habits.

Aging at forty is unnecessary.

This article has a message of hope and cheer for all who realize that they are beginning to lose their freshness and youth.

Hope, courage, a determination to remain young, coupled with careful attention to the details of personal hygiene, will accomplish much.

Radical changes in the mode of living should be made slowly, in order to give the organism time to adjust itself to the changes.

Simplicity in living, especially in eating, is a most important conservator of health and preserver of youth.

But simplicity and moderation have nothing to do with an impoverished dietary. Starvation or partial starvation is not moderation.

Colds and chronic coughs may be benefited by outdoor walks.

A fad, a new occupation, may change the course of the life and give new inspiration.

The elderly should wear clothing inconspicuous in style and color, though of good material.

Simplicity is, perhaps, the most important conserver of health and retarder of old age. The complicated dishes and the great variety, which a vigorous digestive system may handle without apparent protest for a number of years, do not in the end make for long life or efficiency. Most centenarians are found to have lived a very simple life.

A heavy protein diet is not needed after growth is completed; yet when the muscles are much used, some protein may be required in addition to that furnished by the cereals. This may be taken in the form of milk, eggs, nuts, and legumes. It is well to use daily some fresh uncooked food, such as fruit, lettuce, celery, or tomatoes.

Many of these foods, especially the

tion in the place of nutrition, is hastening the end.

Some, through loss of appetite, or because distress follows a meal of ordinary proportions, gradually restrict themselves to what is, in fact, a starvation diet. Not only do they lower the quantity to the point of bare subsistence, but because of the monotony of their diet, some essential food elements are entirely lacking. When we remember that beriberi, scurvy, and rickets are caused in this way, we can understand the danger of such a restricted dietary. A woman living alone and preparing her own meals is more likely to fall into this error.

To have an appetite, to sleep well, to have color in the face, plenty of fresh air is necessary. If chilly, one can put on

SIMPLICITY is, perhaps, the most important conserver of health and retarder of old age. The complicated dishes and the great variety, which a vigorous digestive system may handle without apparent protest for a number of years, do not in the end make for long life or efficiency. Most centenarians are found to have lived a very simple life.

fruits, are valuable for their laxative effect, and usually furnish all that is needed to overcome a tendency to constipation. Such a tendency should not be neglected. One who is habitually constipated cannot retain youthful freshness. If the use of fruits does not suffice to establish regularity, other measures should be adopted. A tablespoonful of clean bran in a half glass of water, taken in the morning, may be all that is needed. The coarse-grain preparations, Graham, whole-wheat, and rye bread, are excellent for this purpose.

While simplicity and moderation in eating are important measures in the prevention of early aging, it is fully as necessary to avoid an impoverished diet. One who has come to look upon tea and coffee as food, and to depend on stimula-

an extra wrap when airing a room, and the room with fresh air will heat quicker than with stale.

Colds and chronic coughs can be benefited by taking outdoor walks and sleeping with open windows. During severe colds one must stay in until convalescent, and then choose a pleasant day for the first trip. If used to closed windows in cold weather, it would seem best to open them gradually, and be sure there are sufficient covers at night to keep warm. It is customary and wise to wear an extra thick gown and have a hood attached to it, or an extra cap to put on; then put slippers on when rising, go to a warm place to dress, and be comfortable as well as sensible.

During times of worry, or depression from "nerves," just slip on the wraps

and take a long walk; nine times out of ten one will come in refreshed and cheerful.

Elderly ladies often get nervous trouble, with crying spells, and every effort should be made to avoid or overcome such a tendency. Members of the family should not notice this condition too much, and should be thoughtful and kind in speech, avoiding acts that will cause worry, and should encourage every effort the patient makes to get out and improve her health. Cheerful surroundings, jolly company, church services, music, cheerful reading, or even an unusual trip, will help. A fad is splendid; look up something new and interesting and go into it thoroughly.

I have in mind a person in deep trou-

ble who was advised to take up a new work, although she already had more housework than she seemed able to do. Instead of becoming more nervous under the new work, she rapidly regained her health and courage, and made an unexpected success of it, so she could employ domestic help and get out oftener.

Clothing may improve the appearance and increase self-respect, but garments for older persons should be inconspicuous in style and color, though of as good a texture as possible. Laces at the neck are especially pretty for elderly women, who should avoid high or tight collars, uncomfortable shoes, and heavy or compressing hat bands. More care, rather than less, should be taken of the appearance than formerly.

According to Rule

Jim Jones, as soon as he gets up,
He takes a little half-pint cup
And drinks it full of water twice,
Although it may be cold as ice.
That washes out his system so
The microbes do not get a show;
And that's why he is healthy.

Bill Sims he eats but twice a day,
And says it is the only way —
For breakfast not a single bite,
But hearty meals at noon and night.
For him are no dyspeptic snares,
Because he doesn't eat three squares;
And that's why he is healthy.

Tom Brown he plunges in the tub
And takes each morn an icy scrub.
Some folks might shiver at the thought
Of colds and such things to be caught,
But Tom he takes it right along,
To make him hardy, firm, and strong;
And that's why he is healthy.

Sam Snooks he doesn't bathe a lot,
And only when the water's hot;
He drinks a glass of water when
He feels right thirsty, only then;
Three times he eats the whole course
through,
And in between a time or two.
I wonder why he's healthy?

— *Selected.*



PERSONAL EXPERIENCES IN GROWING OLD GRACEFULLY

Anne Guilbert Mahon



FEW years ago there was domiciled together in one hotel a remarkable collection of guests. The majority of them were men and women well past sixty years of age. Several of them had passed the ancient limit of "three-score years and ten." Two of them were over eighty. It was a singular collection of hale, healthy, happy, well-preserved old people. Most of them were alone in the world. They were active, independent, coming and going as they pleased, enjoying life, maintaining a keen interest in the affairs of the day, up-to-date, bright, entertaining as companions. Their faculties were strangely unimpaired, considering their advanced years. Beyond a slight "hardness of hearing" in one or two, a trifling dimness of sight, or an occasional "rheumatic twinge," they were, taken on the whole, astonishingly strong, healthy, and happy. They were as perfect specimens of men and women

grown old gracefully as one could find, and it was a peculiar coincidence that so many of them should be established in the same domicile.

Many a time some of the younger guests would ask the secret of these aged

ones' wonderful preservation, why it was that they were so hale and hearty, so keenly alive to all the affairs of the day, so capable of enjoying life, at their advanced age. Their answers to these queries, together with the accompanying advice, varied slightly in detail, each dwelling on what he considered the essential factor in retaining youth and health.

One lady of eighty-one years, who traveled extensively alone, scorning the services or assistance of maids or caretakers, attributed her sound health, her fresh, rosy complexion, her bright eyes, and her general well-being to her daily morning cold bath. She could not remember when this had not been a custom

Do these various experiences indicate that the secret of long life is hidden back of these apparently conflicting programs, in some conditions or habits common to all of these persons?

Or shall we believe that one thing lengthens the life of one person and something else lengthens the life of another?

What do we mean, anyway, by lengthening or shortening the life? Who knows what the natural term of life would be in the case of any person, "all things else being equal"?

Cornaro, an invalid at forty, reduced himself to a simple and almost meager dietary, and lived to a rugged old age, well beyond the century mark.

Haskell, at seventy-five, is enthusiastic over the "no breakfast" plan, which he says he and his wife have followed for more than twenty years without a single break. In a recent letter to the editor, he attributes to this the restoration of himself and wife to health.

Horace Fletcher, by TASTING his food instead of bolting it, was transformed from a condition of danger to one of superb and rugged health and renewed youth, although in number of years he has already got well into the "old-man" class.

There are many other guideposts. Which shall we heed? or do they really point the same way?

with her, she said, and she should as soon think of going without a meal as of omitting this practice. She claimed that it fortified her against taking cold, strengthened her nerves, kept her circulation good, and was largely responsible for her attractive appearance and all-round vigor. She was also a firm believer in the necessity of plenty of fresh air. She always slept with the windows open in her room, and she spent as much of her time as possible outdoors every day. "Fresh air and the morning cold bath have made me what I am," she was wont to say.

A finely preserved man of eighty-four — who also traveled extensively alone — was over six feet tall, as straight, as broad-shouldered, as vigorous, as many a man of twenty-five. His complexion was as clear, his skin as firm, his eye as bright, his mind as keen and alert, as those of any man half his age.

"I have never touched liquor in any form," was the answer he gave to his interrogators. "All my life I have abstained from liquor and from tobacco; and I was never addicted to the use of tea, coffee, or stimulants of any kind. I believe in a plain, nourishing diet; no rich foods, no pastry. I eat a great deal of fruit and a great many fresh green vegetables. I am a firm believer in the efficacy of diet in warding off illness and maintaining health. I have also always been an ardent devotee of much exercise in the open air, of keeping active and supple. Rain or shine, every day in the year, I take a long walk, breathing deeply of the fresh air all the while. To these practices I ascribe the fact that I am hale and hearty at the age of eighty-four years."

Still another old lady testified: —

"I never could have kept up my health and kept as well as I have done at my advanced years if I had not made it a custom to take a rest in a darkened, well-ventilated room every day of my life. No matter where I was or what I had to do, I always made it a point to take at least half an hour of rest and relaxation

after the noonday meal. I know the habit has added years to my life, has warded off many a breakdown, and has made me fresh and rested when other women of my age are worn and broken down."

Another old lady interviewed answered with the cheery smile which all who knew her loved to call forth on her countenance: —

"If I am well preserved for my years, — and people say that I am, and I *do* feel young and vigorous, — it is because I have always endeavored to live a perfectly hygienic life, spending as much time as I could in the open air and keeping my home well aired and ventilated at all times, being careful as to my diet, and observing regular habits of exercise, bathing, and rest. Beyond all these, however, I think the habit of trying to be contented and cheerful under all circumstances, of making the best of whatever came to me in my long life, minimizing the trials and hardships and magnifying the blessings and pleasures, of keeping up an unfailing interest in my fellow men and in the doings and progress of the world at large, together with my keen sense of humor, which, through all the years, has never deserted me, has been largely responsible for the health and happiness which I now enjoy. A contented, philosophical mind in a healthy body, a never-waning interest in and kindly sympathy for one's fellow beings, and an alertness for and interest in all changes and progress — which keeps one up-to-date — are my prescriptions for growing old gracefully. It is within the reach of every one. It needs but the determination, then the effort."

These were the life testimonies of this group of remarkable old people. In them we may find much food for thought which will be of profit to us as we advance in years. Their testimony carries weight, for in every case their appearance and condition gave eloquent emphasis to the fact that they had practiced what they preached.



HEALTHFUL COOKERY

MENUS FOR A WEEK IN DECEMBER

George E. Cornforth

THIS being the last lesson in this series, I should like to make two suggestions. The first is that it is a great help in making out good menus to have a list of all the dishes one knows how to prepare or thinks are worth using, the names of each of the different classes of foods—soups, vegetables, desserts, etc.—being written by themselves in alphabetical order. Then when one is making out the menus, a glance over this list will quickly suggest dishes that will make proper combinations and balanced menus. It is well to plan meals several days ahead, so as to arrange them in relation to one another, that the left overs may be economically used. It is also possible, when cooking some foods, to cook enough at one time, with no extra expenditure of time or expense, so that there will be sufficient to use in different ways on later days.

The second suggestion is that a small filing box be used in which to keep rec-

ipes that have been gathered from various sources, instead of keeping the "clippings" in envelopes or pasted hit or miss in a scrapbook. On the index cards in the box write the names of the different classes of foods,—the soups, the meat substitutes, the vegetables, the salads, etc.,—then write or paste one recipe on each card, and place the recipe under its proper heading in the box. All the valuable suggestions on methods of cooking or of doing housework, which have been gathered from various sources, may be filed away in a similar manner, thus having all this information in small space and in orderly arrangement where it can be quickly referred to.

Lentil Timbales

1½ cups milk
½ cup very dry lentil purée*
2 eggs, beaten
¼ level teaspoon salt

* If the purée is not very dry, one and one-fourth cups of milk and three-fourths cup of lentil purée may be used.

First Day

DINNER

Cream Barley Soup Ripe Olive Roast
Mashed Potatoes Baked Squash
Apple Pie with Cottage Cheese

BREAKFAST

Browned Rice Cream or Milk
Lyonnais Potatoes
Walnut Puffs Grapefruit

SUPPER

Pop Corn and Milk
Currant and Nut Rolls
Baked Apples

Second Day

BREAKFAST

Lentil Timbales¹ with Walnut Gravy
Browned Mashed Potatoes
Unfermented Graham Rolls
Baked Bananas with Cranberry Sauce

SUPPER

Cream Tomato Soup with Croutons
Ripe Olive Sandwiches
Prune Whip

DINNER

Lentil and Nut Cakes with Cream Tomato Sauce
Nut French Potatoes Browned Parsnips
Whole Wheat Bread Baked Indian Pudding

Beat the ingredients well together; pour into oiled timbale cups, and bake in a pan of water till "set." Allow the timbales to cool a little, remove them from the molds, and serve with the walnut gravy.

Date Bread Pudding

This is simply an ordinary bread pudding to which stoned dates have been added. The pudding may be baked in individual molds or cups. To serve, unmold the puddings and pour cranberry sauce around them.

Vegetable Broth With Barley

Make a vegetable soup, then strain out the vegetables and cook barley in the broth in a double boiler in the proportion of one-fourth cup barley to two quarts of soup.

Bran Biscuit

- $\frac{1}{4}$ cup oil
- $\frac{1}{4}$ cup molasses
- $\frac{1}{4}$ cup water
- 1 cake yeast dissolved in the water
- 1 level teaspoon salt
- $\frac{1}{2}$ pound bran
- 5 ounces or $1\frac{1}{4}$ cups bread flour [†]

In a mixing bowl mix together the bran, flour, and salt. In another dish dissolve the yeast in the water and add to it the oil and molasses, then pour this liquid mixture into the bran mixture, and mix to a dough with the hands. Cover the bowl, and set it in a warm place for the dough to rise. When the dough is risen, knead it down, take it out onto a board, roll it out three-fourths inch thick, cut with a biscuit cutter, put the biscuits on a baking pan to rise. Do not expect them to rise too much. They will not rise so much as buns made entirely of flour. When risen a little, bake.

[†] A smaller proportion of bran and more flour may be used.

Fig Layer Cake

Fig marmalade may be used as a filling for this, or a filling may be made as follows:—

- $\frac{1}{2}$ pound figs, washed, and ground through a food chopper
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup water
- Juice of $\frac{1}{2}$ lemon
- $\frac{1}{4}$ cup of rice flour or cornstarch
- A few grains salt

Boil the sugar, lemon juice, and water two minutes. Add the fig marmalade and salt; cook in a double boiler, so as not to scorch, till the figs are well softened and the mixture is thick. Add the rice flour, and cook fifteen minutes longer.

Cabbage and Carrot Salad

- 1 pint shredded cabbage
- $\frac{1}{2}$ cup finely chopped raw carrot
- Whipped cream salad dressing, mayonnaise dressing, or mayonnaise dressing with which whipped cream has been mixed

Raw turnip also may be used in salad, chopping it very fine. Persons who cannot eat cooked turnip will find no difficulty with these raw vegetables.

Creamed Corn

To one can of corn add one cup cream sauce and heat in a double boiler.

Macaroni Scalloped With Vegetable Oysters

- $1\frac{1}{2}$ cups cooked macaroni (about $\frac{1}{2}$ cup before cooking)
- $1\frac{1}{2}$ cups sliced cooked vegetable oysters
- $1\frac{1}{2}$ cups rich milk
- 1 level teaspoon salt
- Zwieback or cracker crumbs

Arrange alternate layers of the macaroni and vegetable oysters in a baking dish, sprin-

Third Day

DINNER

- Ribbon Beans with Chili Sauce
- Boiled Potatoes in Jackets
- Mashed Turnips
- Graham Bread
- Date Bread Pudding ¹ with Cranberry Sauce

BREAKFAST

- Hot Cakes with Honey
- Baked Potatoes
- Zwieback
- Citron Apples

SUPPER

- Vegetable Broth with Barley ¹
- Scalloped Potatoes
- Bran Biscuit ¹
- Fig Marmalade
- Fig Layer Cake ¹

Fourth Day

BREAKFAST

- Macaroni au Gratin
- Hashed Potatoes
- Hot Cakes with Sirup
- Baked Pears

SUPPER

- Cottage Cheese and Apple Salad
- White Bread
- Molasses Cake
- Steamed Figs
- Cereal Coffee

DINNER

- Walnut Loaf with Peas
- Scalloped Potatoes
- Cabbage and Carrot Salad ¹
- Graham Bread
- Lemon Pie

klings each layer with crumbs. Mix the salt with the milk and pour it over all; then bake.

English Plum Pudding

- $\frac{1}{4}$ cup crisco *
- 2 tablespoons karo sirup *
- $\frac{1}{2}$ cup chopped walnuts
- $\frac{1}{2}$ cup sugar
- $\frac{2}{3}$ cup grated bread crumbs
- 1-6 package raisins
- $\frac{1}{4}$ package dried currants
- $\frac{1}{4}$ cup chopped citron
- 3 tablespoons peach juice, cherry juice, or other fruit juice
- White of one egg, beaten
- A few grains salt
- $\frac{3}{8}$ cup milk, more or less

Melt the crisco and stir it into the karo sirup. Mix with this all the rest of the ingredients except the milk and white of egg; then stir in enough milk to make the mixture rather soft. Fold in the stiffly beaten egg white. Put into an oiled brown bread tin or pudding mold. Cover and steam three hours. Or steam in individual molds. Then unmold and serve with—

Plum Pudding Sauce

- 1 cup sugar
- 2 level tablespoons cornstarch
- $\frac{1}{4}$ cup crisco

* The presence of a proprietary substance in a recipe must not be understood as approval by LIFE AND HEALTH. We know little regarding the method of manufacture of crisco, though we have reason to believe that it contains no animal product.

- $\frac{1}{4}$ cup karo sirup
- 1 teaspoon vanilla
- 1 teaspoon lemon flavoring
- 1 pint boiling water

Melt the crisco and stir into it the karo sirup. Mix the cornstarch with the sugar, and stir it into the crisco and sirup. Then stir in the boiling water. Let it boil up well, then add the vanilla and lemon flavoring.

Cranberry and Raisin Pie

- $\frac{1}{2}$ cup raisins
- 1 cup cranberries
- $\frac{3}{8}$ cup sugar
- $\frac{1}{2}$ cup water
- 2 level tablespoons flour
- 1 teaspoon vanilla
- A few grains salt

Grind the cranberries and raisins through a food chopper. Stir the flour smooth with a little of the water. Heat the rest of the water to boiling. Stir the flour mixture into the boiling water. Add the remaining ingredients to this. Bake in two crusts.

Cream Cakes

- $\frac{1}{4}$ cup oil
- $\frac{1}{2}$ cup boiling water
- 4 eggs (3 eggs will do, but will not make the cakes quite so nice)
- 1 cup sifted pastry flour
- 1 level teaspoon salt

Put the oil and water in a saucepan on the stove. When the mixture boils, throw the flour in all at once and stir vigorously with a batter whip. Remove from the fire as soon as mixed, and allow to cool a little; then add the unbeaten eggs, one at a time, beating till thor-

Fifth Day

DINNER

- Bean Soup
- Macaroni Scalloped with Vegetable Oysters¹
- Mashed Potatoes
- Corn Bread
- English Plum Pudding¹

BREAKFAST

- Rolled Oats
- Creamed Corn¹
- Cream or Milk
- Graham Gems
- Oranges

SUPPER

- Johnnycake and Milk
- Potato Cakes
- Zwieback
- Baked Pears

Sixth Day

BREAKFAST

- Rye Meal Porridge with Dates
- Cream or Milk
- Dried Olive Hash
- Whole Wheat Popovers
- Bananas

SUPPER

- Cream Chestnut Soup
- Fig and Orange Salad
- Whole Wheat Bread
- Cookies

DINNER

- Creamed Chestnuts
- Mashed Potatoes
- Graham Bread
- Cranberry and Raisin Pie¹
- Brazil Nuts

Sabbath

BREAKFAST

- Wheat Meal Mush
- Blueberry Toast
- Walnut Buns
- Tangerines
- Cream
- Milk

SUPPER

- Hulled Corn and Milk
- Graham Bread
- Hot Steamed Dates

DINNER

- Tomato Bisque Soup
- Butternuts
- Cream Baked Sweet Potatoes
- Fresh Celery
- White Bread
- Cream Cakes¹

oughly mixed after each egg is added. Drop by tablespoonfuls on an oiled pan, two inches apart, shaping the cakes as nearly like a ball as possible. Bake about thirty minutes in a moderate oven. By putting the mixture into a pastry bag it can be put onto the pan in better shape than with a spoon.

With a knife make an opening in each cake through which to fill it. A good way to fill the cakes is to put the filling into a pastry bag, pierce the cake with the tube, and squeeze in sufficient filling.

Cream Filling

- 2 cups milk
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup sifted pastry flour
- 2 eggs, beaten
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{4}$ level teaspoon salt

Put one and one-half cups of the milk into a double boiler to heat; beat the eggs; add the sugar, flour, salt, and the remainder of the milk; beat till smooth; then stir this mixture into the hot milk; cook till thick, stirring frequently; add the vanilla. When cold fill the cakes with it.

Gluten Stew

TO OBTAIN THE GLUTEN

Make a dough of one pint cold water and

1 $\frac{1}{2}$ quarts sifted bread flour. Knead the dough well, and allow it to stand in cold water one-half hour. Then work the dough with the hands in the cold water, and the starch will wash out. As the water becomes milky, pour it off, being careful not to lose any of the gluten, then add fresh cold water. Continue to work the dough and pour off the water, pouring on fresh water, till the water remains clear. You then have a lump of gluten. Cut this gluten up into pieces the size of a small walnut, put it onto an oiled pan, and bake it in the oven till it is nicely browned.

TO MAKE THE STEW

When the gluten is cold, cut it into small pieces and put it to cook in more than enough boiling salted water to cover it. Stew it slowly for three or four hours, then add about as much diced potato as there is gluten, and a little diced onion, if desired, and continue to cook till the potato is tender. Then add about one level tablespoon of nut butter dissolved in a little water, and about one level teaspoon browned flour and one level tablespoon white flour stirred smooth with a little cold water, to thicken the gravy. Chopped parsley and some diced nut cheese may be added. Cream may be used in place of the peanut butter.





UNCOMFORTABLE BABIES FROM DIGESTIVE DISTURBANCES¹

EVEN among breast-fed babies there may be digestive disturbances. This may be due rarely to underfeeding, much more commonly to overfeeding. It is unfortunate that the older teaching regarding the number of meals, abandoned everywhere else in the world, is still prevalent here. Instead of wondering that so many children are uncomfortable, receiving ten breast feedings daily, we should wonder that any do well; for doubtless much distress comes from too frequent feeding. It is a well-demonstrated fact that the constant irritation of the breast so alters the breast milk that it becomes uncertain in composition, often higher than it should be in fat, and sometimes lower. The constant disturbance of the mother wears her, and the tired mother cannot secrete healthy milk. It is a matter of common observation that any weariness on the part of the mother, loss of sleep, etc., is apt to be followed by digestive disturbance in the suckling babe.

Moreover, I do not believe in the over-regularity that is so often insisted upon. It may be necessary in the hospital, but in the home with the average intelligent mother, it is not a good practice to attempt such regularity, and it is far worse to wake a child in order to feed it.

If we insist on a minimum interval of two and one-half to three hours between feedings, and otherwise allow baby to eat and sleep when he will, he will usually take five or six meals in twenty-four hours, rarely seven; and his progress will be steady, and his life a comfort to the mother and the family. The child who is really hungry is rarely insistent. It is possible, of course, by underfeeding, to induce a condition with flatulence, distention of the abdomen, green stools, blueness of the lips, and sleeplessness, which may be mistaken for overfeeding.

The truth may be determined by weighing the baby before and after feeding. Baby should get about one-fiftieth of its weight of food at a feeding, or a little more than one tenth of its weight in twenty-four hours. A nine and one-half pound baby (152 ounces) should then get a trifle more than three ounces of milk at a feed. Underfeeding in breast-fed babies is usually manifested by whining discomfort. The baby who seems to be ravenously hungry, crying and shrieking, rolling its head from side to side, waving its hands and legs, chewing on its fingers until fingers and lips are sore, who in general gives the impression that he is about starved, is more apt to be suffering from an attack of acute indigestion, possibly the result of too frequent feeding.

But even if it should be discovered by means of scales that the mother is unable to supply sufficient food for the baby, this should not be a signal for

¹Based on an article by Langley Porter, M. D., which appeared in the July, 1914, issue of the *California State Journal of Medicine*. This is a continuation of the article "Uncomfortable Babies" which appeared in the November number.

weaning. There is a quality to human milk that is not supplied in the milk of any other animal; and the better method is to supplement the mother's milk by sufficient artificial food to make a complete ration for the baby. The modern practice is to limit the time of nursing, to use both breasts at each nursing, and to finish each feeding with the bottle.

This seems more satisfactory than the

older plan of allowing two or three nursings and giving two or three bottles; but it is well to omit the night nursings, and let the mother have a good ten hours' sleep; for abundant sleep will improve the quality of the breast milk.

For the bottle feedings, Dr. Porter prefers a whey-cream mixture with two to three per cent fat, and about six per cent milk sugar or malt sugar.

ADVICE TO MOTHERS

[This little advice to parents, translated from the French, will appear somewhat strange, perhaps, to American parents. But is it not because there is too little of this kind of training that we have the typical "young American," disrespectful to his parents, and no credit to his training? The behavior of the American child is somewhat a proverb in other countries.—Ed.]



EVER, in dealing with your children, come down to a plane of equality with them. Never allow them to forget the distance that separates between you and them. Let every act, even the most affectionate, strengthen them more and more in the conviction of your superiority; otherwise you will surely lose the battle, and pass the reins of government over to them. In order to be loved, you must first be respected.

Two thoughts should be constantly impressed on the mind of the child: first, that you love him; second, that you are absolute master of the situation. A child should know that you love him passionately, that you are devoted to him even to death, that the aim of your life is to make his life happy, and that you will spare nothing to realize this purpose. He must also know that you have a right to command, that this responsibility has been placed upon you by God, that you will use it only for his good, that you expect to be obeyed, and that you will not permit him to do evil.

The child is a schemer; he lays his plans like a general besieging a city.

His first batteries are caresses—"Dear mother" for this and "Dear mother" for that. If at the first attempt the place does not surrender, he withdraws the first battery and brings into requisition a second. First he showers caresses, then he sheds tears. One cannot tell whence they come. If the tactics of tears are ineffectual, he proceeds to the third operation,—howling, kicking, and finally manifesting an ungovernable passion. But when once he is assured that the fortress is impregnable, that neither caresses nor cries will force a surrender, he surrenders.

It does not take children long to learn what they may and what they may not do; for they have in this matter a marvelous instinct, and they soon submit without difficulty.

If you have met children who are gentle as lambs, perfect in their relations with others, and who, with these, passionately love their mother, you may be assured that they have in her one who knows how to command in a manner imperceptible to all except themselves,—a mother who on important principles cannot be made to yield.

WHAT TO DO FIRST



FIRST AID IN THE FAMILY

In the *Journal A. M. A.* there appeared an article with the above title, from which the following quotations are very much to the point:—

"The discussion of first aid in the family does not concern the treatment of serious injuries, like drowning, overheating, sunstroke, epileptic convulsions, apoplexy, etc., but should be restricted to the slight disabilities or ailments."

Of course he refers to persons who live within calling distance of a physician. If one is remote from a physician, it is absolutely necessary to do something in such cases, and one ought to know what to do. He continues:—

"It is certainly unwise, and it is not advocated in this article, to encourage laymen with a small, if any, amount of medical knowledge to treat a patient for even twenty-four hours before a physician is summoned."

"If it is advisable in cities, or if it is a necessity in a small community remote from immediate medical aid, to be prepared to treat the simple injuries, fainting, simple gastrointestinal disturbances, as vomiting, constipation, or diarrhea, beginning colds of the nose, throat, or bronchial tubes, or some sudden rise of temperature, it is well to outline what the family may safely use, and should have in some cabinet or closet."

"This family cabinet might well contain such articles as a graduate; medicine drops; hot water bags; a fountain syringe; a Davidson syringe; some simple antiseptic, as advised by the family physician; simple laxatives and cathartics; a pure castor oil, with instructions as to the best method of administering it; boracic acid; hydrogen peroxide solution, if frequently renewed; tincture of iodine in an air-tight bottle, not too long kept; some simple emetic, as mustard or sirup of ipecac; some simple antiseptic and soothing ointment, as suggested by the family physician; aromatic spirits of ammonia; smelling salts; pure bicarbonate of soda; perhaps essence of peppermint; oil of cloves for sore gums or aching teeth; some simple mouth wash or gargle. The cabinet should contain several sorts and sizes of bandages, and simple appliances for minor injuries. Printed instructions should describe the best first treatment for burns, and picric acid should not be a part of this treatment. Picric acid can do a great deal of harm when misused on burns. . . . Picric acid should not be a household remedy."

Then he goes on to state what the family should never use, except on a physician's instruction to some certain person for some

specific reason,—any strong cardiac, narcotic, or sleep-producing drug. Some of these preparations may be harmful, others are useless, and the laity should not be encouraged to have faith in a drug that is worthless.

The following we are told have been recommended to a family for emergency cases, but the writer believes that they are unjustifiable: aconite; gelsemium; sweet spirits of niter, which soon deteriorates and becomes harmful; sun cholera mixture, which contains dangerous ingredients; and he advises against the use of sirup of white pine for coughs. It contains narcotics and sweets which disturb the stomach. He advises that such narcotics as morphine, heroin, and codeine should not be in the family chest; and he thinks a clinical thermometer, except possibly in the hands of the exceptionally intelligent mother, is apt to do more harm than good. The following are some of his directions for some simple, common ailments:—

Colds

Diminish food, or fast for a short time; a hot drink, such as lemonade; a hot bath; a simple cathartic; and the patient put to bed. Swabs of dilute peroxide hydrogen, or gargles of boracic acid.

Acute Diarrhea With or Without Vomiting

Cathartic [castor oil is best.—Ed.]; no food except possibly milk; administration of bismuth subcarbonate. For vomiting, the best sedative is hot water in large drafts, until the stomach is clean; then no food for a considerable time. Ice may be taken, or bismuth and sodium bicarbonate; and a mustard application to the abdomen may be an advantage.

Fever

Purgative, no food, hot sponge, followed by a tepid sponge. Patient may suck ice and have cool drinks.

Constipation

Is most common and most often mismanaged. Prevention is far better than cure. Teach regularity, especially to girls, preferably after breakfast. Give laxative fruits, especially at supper time, or apples or oranges at bedtime. Take plenty of cold water on rising. Often with older persons exercise is what is needed, and walking is excellent. Corsets and tight dressing are a hindrance.

Inflamed Eyes or Ears

Should be followed by an immediate call to the physician, and should not be treated by home remedies.

EFFECTS OF ALCOHOL
ON
Naval and Military Work

TO ALL MEN SERVING THE EMPIRE

It has been proved by the most careful
SCIENTIFIC EXPERIMENTS
and completely confirmed by actual experience in
ATHLETICS AND WAR

as attested by

FIELD-MARSHAL LORD ROBERTS
V. C., K. G., K. P.

FIELD-MARSHAL LORD WOLSELEY
K. P., G. C. B.

and many other Army Leaders, that

ALCOHOL OR DRINK

- (1) SLOWS the power to see Signals
- (2) CONFUSES prompt judgment
- (3) SPOILS accurate shooting
- (4) HASTENS fatigue
- (5) LESSENS resistance to Disease and Exposure
- (6) INCREASES shock from wounds

We therefore most strongly urge you for your
own Health and Efficiency that at least as long
as the war lasts you should become

TOTAL ABSTAINERS

(Signed)

THOMAS BARLOW, M. D., F. R. S., K. C. V. O.,
Pres. Coll. Phys., Physician to H. M. the
King.

FREDERICK TREVES, F. R. C. S., G. C. V. O.,
Hon. Col. R. A. M. C., T. F., Sergeant-Sur-
geon to H. M. the King.

C. J. H. EVATT, M. D., C. B., Surgeon-General
R. A. M. C.

VICTOR HORSLEY, F. R. C. S., F. R. S., Cap-
tain R. A. M. C., T. F.

G. SIMS WOODHEAD, M. D., F. R. S., Lt.-Col.
R. A. M. C., T. F.

A Sermon, by Experts, on Military
Efficiency

And yet some American army officers would
reestablish the army canteen!

EDITORIAL

THE CHANGING FRONT OF THE ANTIALCOHOL MOVEMENT



It was not until well into the last century that men began to realize the necessity for a concerted and organized effort against the evils of intemperance. Since that time the warfare against liquor has appeared in varying aspects.

At one time the movement assumed the character of a propaganda for personal reform. Temperance evangelists, like John B. Gough and Father Murphy, by their voices and personality made temperance reform popular, which means that many heard them gladly, and sought to give up their convivial ways. Doubtless there were not a few who radically and permanently turned from drunkenness to sobriety. At any rate, drunkenness ceased to be respectable. But those who decried moderate drinking have generally been considered extremists; and doubtless many of them did make statements regarding the effects of alcohol which had not been definitely proved, and some statements which have never yet been proved. There have been, in fact, two classes, one condemning the use of alcohol, even in moderate quantities, and the other, though deploring the abuse of alcohol, yet defending its moderate use.

It was in these old days that societies such as the Sons of Temperance and the Independent Order of Good Templars flourished. The latter order has continued from that time to this to do worthy work in the temperance cause, and some of the strongest workers in the antirum campaign today acknowledge that they received their first impressions regarding the evil effects of the drink traffic in a Good Templars' lodge. In those times people gave their aid to the temperance cause mainly by joining the lodge. The lodge was, in fact, one of the nuclei around which the temperance forces rallied.

As it dawned on some of the workers that the effort to reform the drunkard was something like shutting the stable door after the horse has been stolen, the Band of Hope movement was started for the young. Through this instrumentality many children obtained their first impressions of the evils of alcohol, at a time when their minds were most impressionable. Some who belonged to these bands are now prominent physicians, legislators, lecturers, whose influence is potent in the antirum warfare.

There was another movement, started by the women of Ohio. The crusaders went right into the saloons, bearding the lion in his den. Their influence was electric, and as a result there started a wave of reform, and the crusader movement crystallized into the Woman's Christian Temperance Union, which has been one of the strongest and most persistent agencies for moral reform in this or any other country. While this organization years ago laid aside the methods of the crusaders, the women are none the less earnest and determined in their work for the emancipation of this country from the clutches of the rum traffic.

But the propaganda of education and personal appeal did not work fast enough for some, who believed that the government has no right to license the sale of a substance so potentially evil as alcohol, and who have been working in season and out for the reduction of the evils of the liquor traffic through the ballot. Here again a propaganda of education was necessary, and it has been conducted by means of the platform, the press, the church, and the school. Often the propaganda has been of the nature of campaign work, and subject to the same temptations as in other political issues; that is, to use any ammunition that would carry the bullets. In becoming a political issue, the alcohol question lost some of the dignity of a dispassionate scientific study. Unquestionably much good has been accomplished by this method, in bringing before the whole people the real menace of the liquor traffic; and there is much to be said in favor of restrictive laws which will make it unprofitable for capital to invest in a campaign to debauch the nation. Hardly any right mind but would agree that a law would be desirable to curb the activities of those who are deliberately planning, by inducing young men to form drinking habits, to create a market for its intoxicants.

But there is a sentiment that to make a man sober by taking away from him all opportunity to drink, is to take a short cut which does not develop the best that is in the man. There is at least a suspicion that if men can be taught self-control, they will be more manly than if they are controlled by circumstances, such as the inability to obtain liquor.

This, perhaps, is the thought back of the poster campaign, one of the more recent methods of attacking the liquor traffic, which is being used successfully in Europe, and has been introduced into this country with good results. The posters used in this campaign have crisp statements of facts regarding the injurious effect of drink that have been definitely worked out in the laboratories. It is a sort of university extension, bringing to the common people the latest conclusions of science regarding the evil effects of alcohol. Some of the bright minds of science have been carefully working out with painstaking exactness the physiological—or pathological—effects of alcohol, not in large doses, for no one doubts that large doses are injurious, but in the small quantities that have in the past been considered perfectly harmless, or even beneficial. It is the scientists who have given incontrovertible proofs that in these minute quantities, alcohol, if it has any effect at all, has a deleterious effect upon the body.

One of the latest pronouncements by a body of scientists, who, though not specifically laboratory men, are in a peculiarly favorable position to observe the effects of alcohol on large groups of men, is that of the Association of Alienists (specialists in mental disease) and Neurologists, which at its meeting in Chicago in July, passed a resolution,—

“That we unqualifiedly condemn the use of alcoholic beverages, and recommend that the various State legislatures take steps to eliminate such use.”

It is doubtless the pronouncement of physicians and scientists that has led largely to the prohibition and limitation of the use of liquor in armies and navies; and the exact knowledge which has come from the laboratories, regarding the effects of alcohol, even in small doses, is destined to be an important factor in the final elimination of alcohol as a beverage.



Prophesying Is Hazardous

THIS is not an implication that all who venture to prophesy are foolish; but it must be admitted that much of the prophesying that survives the occasion of its utterance makes very interesting reading because of the discrepancy between prediction and fulfillment. The following prophecy, made by J. McKeen Cattell in the *Popular Science Monthly* for April, 1912, is a fair example. Comment is unnecessary. Italics are mine.

"The making of warfare an applied science by the Western nations and by one Eastern nation has tended to prevent war between nations so equipped. When war is a game of skill rather than of chance, it is likely to be undertaken only after careful consideration of the conditions and consequences. The cost is enormous and must be carefully weighed. The interests of the money lenders are usually on the side of peace, and become increasingly so as war continues. If war does occur between two great nations, it is likely to be of short duration. It cannot drag through tens of years as formerly. *Its horrors are also reduced; noncombatants are not so much concerned, and soldiers suffer less from disease,—far more dreadful than violence,—owing to the shorter duration of wars, and to hygiene, medicine, and surgery.* It may be hoped that science has accomplished, on the whole, more for defense than for aggression; torpedoes, mines, submarines, and aeroplanes are more effective for protection than for attack. *The cost of modern armaments is so immense that this in itself will lead to their limitation, and to the settlement of difficulties otherwise than by appeal to arms.*"

Colonel Gorgas and the Liquor Question

In his report on the sanitary conditions of the South African mines, Colonel Gorgas refers to the work along the Panama Canal in the following significant language:—

"On the isthmus we had our laboring forces located on the line of the canal about fifty miles in extent. In this distance we had about twenty towns. At first we allowed as many liquor establishments as chose to pay the high license, \$1,200 a year. As time went

on, we gradually abolished saloons in town after town, till last year liquor selling was abolished in the Zone. Saloons were gradually abolished in district after district, generally at the request of the engineer in charge of the working force in that district.

"The two Panama towns of Colon and Panama, at the north and the south end of the canal, are not under the jurisdiction of the commission as far as regards liquor selling. There is no restriction on an employee's going to these towns and getting liquor as he wishes and bringing it out into the Zone to his own home. The only prohibition is that it must not be sold in the Zone. But to get liquor he has to make a longer or shorter railroad trip and go to considerable effort. Our experience has shown that there are a considerable number of men who don't care enough for liquor to make the effort, and therefore do without. Of course there are a large number who bring liquor out and drink as much as ever, but on the whole our prohibition of its sale has largely decreased drunkenness. It has increased the efficiency of our working force so much that generally the men in charge of the laborers in the different districts have asked to have their districts included within the prohibited area. I believe that it would be best for the native on The Rand to have no liquor at all.

"That alcohol is not a necessity for the native is evidenced by the condition of affairs at the De Beer's mine. There they have compounds that are kept rigidly closed. Neither Kafir beer nor any other alcohol is given the native. Yet he remains in perfectly good health and seems contented. He likes the life at Kimberley better than he does at The Rand."

Russian Prohibition

PERHAPS when we heard that the czar had decided to discontinue the sale of vodka as a means of governmental resource, we shrugged our shoulders, thinking the proclamation would end in words. Now comes word from George Kennan, the best-informed Western man on Russian affairs. He says in the *Outlook* of October 14:—

"Not the least wonderful of recent Russian phenomena is the sudden and complete abolition of drunkenness. For the first time in the history of mankind one-seventh part

of the habitable globe has 'gone dry,' and 170,000,000 people have stopped drinking intoxicating liquor. In the excitement of the moment and the press of war news, this extraordinary fact has attracted little attention or has been overlooked altogether; but to me it seems far more 'wonderful' than the rapid and victorious advance of Russian armies into Austria.

"For many weeks the sale of vodka in Russia has been completely suspended, and the whole population has looked at the European situation through absolutely sober eyes. The closing of hundreds of thousands of liquor shops was at first a merely temporary war measure. The government, through its monopoly of the drink traffic, controlled the whole vast machinery of production and distribution, and was able to put a stop to it in twenty-four hours.

"Why it decided to do this I do not know; but the object probably was to prevent disorder during the period of mobilization and concentration. That object was quickly attained; but the people, uplifted by the great wave of spiritual exaltation, almost took the reform into their own hands. The order to close the liquor shops throughout the empire was welcomed by the press and the people with such enthusiastic approbation that the government would hardly have dared to resume the sale of vodka even if it had wished to do so. The czar wanted popular support, and the people wanted sobriety."

When China was fully aroused to the sense of the degrading effects of opium, it did not take her long to put into motion an effective program for the abolition not only of the manufacture and sale, but also of the use of opium. A little drastic, perhaps, but effective! Now Russia, realizing the degrading effect of intemperance on her people, has at one sweep made a sober nation of her 170,000,000 people. We Westerners are so hypersensitive regarding what we consider personal rights that we hardly know how to deal with an evil that, admittedly, does more damage than war.

Since the above was written it is reported that the Russian government has prohibited the sale of liquor to its soldiers in Galicia. Offenders will be court-martialed.

One Drink Is Dangerous

THAT is what a Washington judge believes, and with good reason. In October a man was brought before Judge Pugh of the police court of the District of Columbia, charged with attempting to

operate his automobile while under the influence of liquor. The defendant declared that he had taken only one drink, but he was nevertheless sentenced to pay a fine of twenty-five dollars, in addition to which he had to pay five dollars for being disorderly. The comment of the judge is enlightening. If more judges took this stand, there would be fewer automobile accidents. Unquestionably a large proportion of the disastrous accidents and collisions in which motor cars figure are preceded by drinking on the part of the chauffeur, and perhaps others of the party, the amount of liquor drunk being only what was believed to be safe. The judge has the right of it. He said:—

"No person has the right to operate an automobile who has had a drink of whisky, and I shall fine all persons brought before me who have attempted to do so."

The Chinese Ideal Dressers

GOING through a drawer of old clippings, my eye caught the heading, "Mrs. Wu Arrives in the Capital—Talks on Ills of American Diet—Tells How to Keep Cool." Of course I was interested—and all of us Americans should be interested to know what some of the most intelligent Chinese think of us. Minister Wu was as happy as a child at the return of his wife and children; but, the reporter tells us, there was a pity in his heart for the misguided, perspiring Americans who will not eat, drink, nor dress in a manner to insure their bodily comfort in the days of high temperatures, which he expressed as follows:—

"Look at me; I am cool and comfortable and well. But you Americans! O, my! You eat too much, and eat meat! You drink liquor! And your clothes! Now what are you wearing that heavy suit for? It's a summer suit? But no, it is not. It is too heavy. Then there is the stiff collar, and shirt, and flannel underneath the shirt, perhaps. That is too much."

Who will say that he was not right, and that we could not learn as a nation some wisdom from the astute Chinese statesman? But his criticism of the women is the more amusing and at the

same time, perhaps, the more serious:—

"We Chinese dress in the ideal way for both winter and summer. In hot weather we are cool, and in cold weather we are warm, because we know how to dress. Your women wear so many articles of clothing and those—ah—those—you know, around their waists. Why do they do that?"

To the suggestion that the American woman is rather proud of her figure and that the stays are necessary, he replied that it is wrong, and that it is only an artificial beauty that the woman displays.

I wonder if Mr. Wu was not pretty nearly right. You know, or you ought to know, that every age, every nation, becomes obsessed with its own notions; it sees and reasons in a circle, and finds it impossible to get outside of itself. If we cannot change our customs to something more sensible, perhaps we can at least get outside of the circle once in a while long enough to look inside and have a laugh at ourselves.

Minister Wu was not afraid nor ashamed to say what he thought,—that was the man of him,—diplomacy did not prevent his doing a little missionary work for common sense. On another occasion, looking at some of the women with "low necks," and with trains dragging the floor, he is reputed to have asked, "Why do your women take off of their dresses up there, and put it on down there?" Echo may well answer, "Why?"

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Food and the Man

THE following statements from a recent bulletin issued by the Postal Life, one regarding foods, the other regarding drugs, tell the same story that LIFE AND HEALTH is trying to tell, in season and out:—

"One has only to glance down the bill of fare of any first-class restaurant to note the enormous preponderance of the nitrogenous class of foods—the growth-and-repair foods containing much protein; for example, meat, eggs, fowl, fish, game, and flesh foods generally. One would judge from this array that to carry on the body's work the main requirement is protein. Surely if the main demand were not for such foods, they would not occupy so much space on the menu; yet if there is one fact that science has settled, it is this: that the main requirement of the body is not growth-and-repair foods, but fuel

foods or energy foods containing carbon; for example, fats and carbohydrates (sugars and starches). Now it is true that meat and protein generally can be used as fuel for the body, but such fuel is expensive both financially and physiologically. On the other hand, the true fuel foods or energy foods are relatively cheap both financially and physiologically."

Insurance men see enough of life shortening in the large consumption of meat foods to think it worth while to warn their policyholders regarding it. Significant, is it not? Again, some sensible advice:—

"Spring is not a time for medicine, but for common sense care of the body. If your skin is pampered by overheated rooms, heavy clothing, and neglect of skin gymnastics, that is, cold bathing (air or water) and friction, you may be an easy mark for drafts and sudden chills when a few warm days tempt you to change clothing or to let the furnace fire die out."

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The Bogy of Impoverished Dietary

THE poor eat largely of meat, not because it is a physiological necessity, but because they want to partake of the luxuries of the well-to-do. In a recent editorial (Sept. 19, 1914) the *Journal A. M. A.* makes this plain:—

"Meats, whether of mammals, birds, or fishes, have always entered prominently into the dietary of the well-to-do; and in this country, where the tendency to wipe out the distinctions between the social classes is always in operation, the poor and the less favored groups are continually striving to imitate the ways of their more fortunate neighbors. A national sentiment fosters this ambition in a country where 'every man is a king.' The urban workman wants good cuts of meat, not because they are absolutely indispensable to health, but because the example of his neighbor has encouraged the habit."

Now that the price of meat has gone up to where it is almost prohibitive to the poor man, there is a fear on the part of many that the poor must suffer from malnutrition. We have forgotten that heavy meat eating is a local characteristic, and is not a part of the dietetic habit of the great majority of the human race. That this local peculiarity is not necessary to the welfare of the people is attested by the last paragraph of the same article:—

"The adequate dietary is a decidedly flex-

ible affair, and it is well that this fact should become widely inculcated. The idea that even radical departures from acquired food habits are likely to lead to nutritive disorder and decreased efficiency needs to be eradicated. The foods of nations vary widely, and yet support creditable human specimens. When once this fact is thoroughly appreciated, there will be less dismay when a rise in the price of some supposedly indispensable product is announced."

The trouble is, we Americans have become obsessed with the notion that meat is a necessary component of a healthful dietary. We shall live just as well, and much more cheaply, when we get over that notion.

Right Time to Eat

WE have heard much from the advocates of the "no breakfast" propaganda. And there are individuals, not a few, who attribute their good health in part to the fact that they take no food in the evening. In this country the customary method is to have three meals a day, with the heavy meal either at noon or in the evening.

Now comes Professor Bergonie of the Bordeaux University, whose researches have led him to assert that the principal meal should be taken at 7:30 A. M., the other meals being at 4:30 and 8 P. M. He bases his opinion on the fact that the carbohydrates, which furnish the bulk of the energy for the body, should be supplied a short time before the heavy work which demands the utilization of the energy.

The *Scientific American*, commenting on Professor Bergonie's theory, remarks that in France and some other countries an early morning repast would not be practicable on account of the absolute lack of appetite for heavy food felt at that time by a great number of persons.

Mail Order Prescriptions

WE are so frequently requested to send suggestions for treatment or diet that the following extracts from an editorial in the *Journal A. M. A.* is well worth quoting. The editor is commenting on the query,—sent in by mail, evidently by a

physician,—“What is the best treatment for diabetes mellitus?”

“There is a popular notion that a definite treatment has been laid down to correspond to every disease name, and that having learned the name of the disease, one has but to apply the treatment prescribed in the textbook. The idea is crude and fallacious that when the diagnosis is made, the treatment is easy. . . .

“Before deciding on the treatment for any disease, the actual conditions requiring relief must be determined, and then the appropriate remedy prescribed. . . .

“There is no specific treatment for typhoid fever; even the diet of a typhoid patient must vary according to conditions. The same is true of pneumonia; what will benefit one pneumonia patient may injure another. . . .

“More is required of the physician than a diagnosis of the disease by name only. If it were otherwise, doctors would not be necessary, for the majority of people can tell a case of whooping cough, of measles, of typhoid fever, and of other common diseases. The people would need merely to look in a book and see the treatment.

“The doctor is supposed to treat, not a name, but the individual patient and the particular conditions in that patient. There is no ‘best treatment for diabetes,’ but what is best for each patient must be settled first by determining the actual pathologic conditions in the individual affected.”

The fact is, no person who has not made a personal examination of a patient is competent to prescribe for that patient. A prescription sent by mail or by phone, unless based on a personal examination by the sender, is necessarily a crude guess. In some cases it may be a happy guess. Oftener it is apt to hit wide of the mark.

If Time Hangs Heavy

DID time ever hang heavy with a person who has a purpose in life? Is life too long for the accomplishment of anything worth while? Could time hang heavy with any one who has learned to commune with himself—who has learned to think without the stimulus of the “other fellow” to compel the brain to respond? Such were the questions that came to me as I read in a street car advertisement the following:—

“Wherever you may be—or when—take the *Upper Ten*¹ with you. If time

¹ This is not the real name of the magazine.—Ed.

hangs heavy—forty minutes or four hours—the *Upper Ten* will fill the clock space with the keenest enjoyment.”

It was the advertisement of a magazine devoted to fiction. The magazine is for those who have more time than they know what to do with—who have time to “kill.” Is it not a vicious circle, this reading of fiction? Does it not, while it helps to “kill time,” at the same time place the reader in a position where he needs constantly to have part of his time killed? In other words, as morphine, in relieving a physical uneasiness, creates a chronic condition of uneasiness that ever demands more morphine, does not the attempt to kill time create a brain condition that ever demands the slaughter of more time?

The Cause of Pellagra

THE cause of this rapidly spreading and terribly fatal disease is not definitely known. For many years pellagra was thought to be due to dietary factors, particularly the use of corn. Latterly it has been thought by many to be an infection, communicated, directly or indirectly, from one person to another. There is some presumptive evidence seeming to favor each of these theories, but no conclusive proof. So when he is asked, What causes pellagra? the conscientious physician must answer, “I do not know.”

In order to clear away the fog that surrounds the origin of this disease, the U. S. Public Health Service inaugurated a series of pellagra investigations under the direction of Surg. Joseph Goldberger, who has issued a progress report (*Public Health Reports*, September 11), in which he states that he has found no evidence in support of the theory that pellagra is an infectious disease.

Inmates of insane asylums, who have been there for ten, fifteen, or even twenty years, contract the disease, though attendants who are constantly with them never do. In an orphan asylum, it was found that it was the children between six and twelve that were liable to attack.

Pellagra before six or after twelve was rare. It was found impossible to inoculate animals with material from post-mortem cases, or to grow cultures, even by the latest bacteriological methods. Commenting on the asylum cases, Dr. Goldberger said that the environments of those who contracted the disease and those who did not were identical, with one exception—the diet. And he thus particularizes as to the diet:—

“In the diet of those developing pellagra there was noted a disproportionately small amount of meat or other animal protein food, and consequently the vegetable food component, in which corn and sirup were prominent and legumes relatively inconspicuous elements, forms a disproportionately large part of the ration. Although other than this gross defect no fault in the diet is appreciable, the evidence clearly incriminates it as the cause of pellagra at these institutions. The inference may therefore be safely drawn that pellagra is not an infection, but that it is a disease essentially of dietary origin.”

Commenting on the social side of the question, Dr. Goldberger further says:—

“One-sided eccentric diets, such as were consumed by the affected groups above referred to, are in the main brought about by economic conditions. Poverty and the progressive rise in the cost of food oblige the individual, the family, and the institution to curtail the expensive elements—meat, milk, eggs, legumes—of the diet, and to subsist more and more largely, especially in winter, on the cheaper cereal (corn), carbohydrate (sirup, molasses), and readily procurable vegetables and fats (‘sowbelly’). In the well-to-do, more or less well-recognizable eccentricities of taste may cause the individual, without himself realizing it, to subsist on a one-sided or eccentric diet. Somewhat similar eccentricities of taste are more or less common in the insane.”

This, of course, is not the last word on the causation of pellagra. But taken in connection with the clinical experience of such men as Dr. Deeks (cited in *LIFE AND HEALTH* September, 1913, page 414), it suggests very strongly that a one-sided dietary, especially one consisting largely of carbohydrates, may have an important bearing on the causation of pellagra. It may be added that in the treatment of pellagra, a liberal allowance of protein seems to be a distinct advantage.

Bursting the Ozone Bubble IN the April issue of *Popular Science Monthly*, in an article on "Fresh Air," Frederick S. Lee, Dalton professor of physiology, Columbia University, has attempted to throw some light on the ozone superstition. Ozone is present in minute quantity in the atmosphere, especially in the open country and over the sea, and the idea has been fostered, for commercial purposes, that this condensed form of oxygen is a wonderful restorer of health.

"Its powerful oxidizing properties and its intemperate advocacy by enthusiastic and unscientific persons have caused it to be hailed popularly as highly beneficial to the human body, not only in ordinary respiration, but in the purification of the air of living rooms, the destruction of bacteria and other organic matters, and the cure of disease.

"On crisp, cool mornings we are fain to enlarge our chests as we step into the open and breathe in deep drafts of this supposedly health-giving gas; to mountain tops and forests we go in search of its renovating properties; and our mail is fat with circulars descriptive of the marvels of ozone machines, of ozonizers and ozonators. In many offices and homes we find these machines discharging into the atmosphere their peculiar odoriferous product."

But very recent investigations have made it quite clear that curative powers of ozone are imaginative. Two groups of men, working independently, one in Chicago and the other in Berkeley, have by careful experiment shown that while ozone will kill germ life, it will only do so in a strength that will first kill guinea pigs. In the minute quantities that are harmless to man, it seems to have absolutely no effect on germ life.

"When present in any considerable quantity in the air, ozone is irritating and probably corrosive to the lining membrane of the air passages of the nose, throat, and lungs, causing the blood vessels of this membrane to be excessively dilated, and to present the customary symptoms of 'sore throat.' It causes headache and drowsiness. The heart, at first accelerated, is later slowed and weakened, and the pressure of the blood in the arteries is unduly lowered."

The case for ozone thus seems to narrow down to a supposed beneficial action in destroying or modifying unpleasant odors, according to Professor Lee; though, as he suggests, there may be no

actual destruction of odor, but the substitution of another and more pungent odor which masks the disturbing and offensive odor, and perhaps an esthetic effect upon the sense of smell which takes away the ability to detect the odor. The Chicago investigators (Jordan and Carlson) say:—

"It seems to us that this is wrong in principle, and that ozone is being used and will be used as a crutch to bolster up poor ventilating systems. Ozone does not make pure air any more than strong spice makes pure food."

Professor Lee believes that as a panacea, ozone is destined to fall into oblivion with phylacteries, amulets, blue glass, and the rabbit's foot.

Pumpkin in Kidney Disease A. KAKOWSKI, in a German journal of physiologic and dietetic therapy (that is, "rational treatment," or drugless treatment), says that the pumpkin is a very efficient diuretic. Cases of severe and long-standing kidney dropsy which had failed to yield to medicines have disappeared within a short time as a result of the free use of pumpkin in the dietary. Kakowski gives from three to six pounds of pumpkin a day, made into a purée with milk, cream, or butter, or mixed with rice soup.

The number of casts diminish, and the urine becomes alkaline. There was no evidence of irritating effect upon the kidneys. In one case, 252 pounds of pumpkin were used in eighty days, without giving rise to bad effects except large, fluid stools. Kakowski also asserts that pumpkin has a high nutritive value.

Health Conservation at Panama-Pacific Exposition

FORMER great expositions have had their ethical or scientific phase. At the Chicago Exposition there was the World's Parliament of Religions; at the St. Louis Exposition there was a world's congress of arts and sciences. The basic idea at the Panama-Pacific will be service,—social, industrial, educational, hygienic, fra-

ternal, and economic,—a big program. Several hundred national and international congresses will be held in connection with the exposition in San Francisco; and health—physical, mental, and moral—will engage the attention of scores of these great gatherings.

The physician who had charge of the exhibits in the great Der Mensch building of the International Hygiene Exposition at Dresden, has come over to this country to do a similar work at San Francisco. This one feature alone will add greatly to the educational value of the exposition, for the Der Mensch exhibit was the greatest thing of the kind ever exhibited, and it is said that there will be even a greater set of models installed in San Francisco.

The hygienic displays made by individual States will be so selected as to avoid duplication. In June, Surgeon-General Blue will hold a conference in Washington with the members of the State boards of health and with the principal municipal boards, in which it will be decided just what each State and city will exhibit, to the end that there will not be unnecessary duplication of exhibits.

Cuba, which claims credit for doing the pioneer work in tropic city sanitation and in the eradication of yellow fever and plague, making the work of the Panama Canal possible, will have an elaborate exhibition.

But it is impossible even to enumerate all the different exhibits, congresses, and the like that will have an educational and an inspirational value at the coming exposition.

Faith Without Works A YOUNG Chicago man, after riding all night in taxicabs, reached home at seven in the morning, "dopey," as his wife said. Instead of securing the attendance of a physician, the wife called in a faith healer. When the faith healer arrived,

the man was completely unconscious and remained so until his death the following night. At the coroner's inquest it developed that he had died from the effect of a drug. The *Journal A. M. A.* of Oct. 11, 1913, commenting on this circumstance, says:—

"It is difficult for rational beings to understand the mental vagaries of those who place their reliance on 'faith' practitioners. Had the young man in question been the victim of an automobile accident, and been pinned under his machine, it is hardly conceivable that even a Christian Scientist would have expected the man to recover under 'mental' treatment. The first thing done would have been to remove the machine. As the unfortunate man had a poison in his body instead of an automobile on top of it, it seems to have been taken for granted that a 'faith practitioner' was all that was needed. If the results of vicious fallacies were visited only on those who hold them, there would be nothing to say; unfortunately it is one of the conditions of life that suffering comes to the helpless and dependent as frequently as to those who deserve to suffer."

We may be certain that the wife did not learn the lesson, and will not learn it. She will go along just as serenely believing in Christian Science as though she had not lost her husband through it.

Avoid Unwise Economies In the attempt to economize, one may sometimes lose more than he gains. The following "don'ts," borrowed from a recent issue of the *Cooking Club Magazine*, are well put:—

"Don't be too extreme in saving by denying yourself the necessities of life.

"Don't eat a thing just to save it, when you have already eaten enough. [As another puts it, "Don't make a garbage-barrel of your stomach."]

"Don't eat anything if there is the slightest doubt about its being fresh.

"Don't walk to save car fare when you are already tired out, or if your time is of any value.

"Don't be too saving of the soap and wear the clothes out rubbing them so much.

"Don't hesitate to send your shoes to be repaired when they are run over at the heel. Nothing looks worse than a run-down heel, and repairs prolong the life of the shoes."



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Current Comment on the War

World Patriotism

OUR country is not the only thing to which we owe allegiance. We need the spirit which will not merely hate war because it is hideous and hellish, but will love and seek peace because it desires the welfare of other peoples, and finds the same sort of happiness in seeing them happy which each of us enjoys in the happiness of his own friends.—*James Bryce, former British ambassador to the United States.*

Will Not Bankrupt Civilization

EVEN a pan-European war does not mean the bankruptcy or the suicide of civilization. The one hundred and fifty thousand men of France who died in their war are, after all, a lesser sacrifice than the three million children who each year die needlessly in Russia. Alcohol costs more in wealth and health and lives than any war. War is only a vast dramatic expression of our savage origin and semibarbarous condition.—*Scientific American.*

After the War

At the conclusion of the war now raging in Europe the world at large will undoubtedly adopt one of two alternatives. Either there will be a great general movement in the direction of disarmament and permanent peace, or there will grow up among all nations an increasing preparedness for war. Of these two alternatives the first is the more probable. The stupid and avoidable waste of life and treasure, the disorganization of the world's commerce and the setback given to civilization, all awaken a shuddering disgust throughout the world. Efforts will be made to secure a world's peace.

But suppose that through lack of intelligence or collective will, these efforts prove abortive; we are faced with the other alternative. One consequence of this will be that England and America in common with other countries will sooner or later be led to adopt conscription.—*Popular Science Monthly.*

"Those Who Live in Glass Houses," etc.

WE in America have hardly attempted to understand the war in Europe, because we look only at the superficial factors. We denounce the insensate folly of the potentates who seem to have made the war, and we even believe that we ourselves could never fall into such a slough of barbarism. We forget that only a month or two ago we went to war with Mexico because the *de facto* president of Mexico refused to explode twenty-one charges of powder in exactly the manner in which we wanted them exploded. No real protest was made against that war. It was pretended that it was not a war, because the man we were fighting should not have been president of Mexico. But that subterfuge hardly deceived any one.—*H. J. Whigham, in the October Metropolitan.*

The Safest Boundary on Earth

THREE thousand miles and more of frontier lie between Passamaquoddy Bay and Puget Sound, and in all that distance not a shotted gun points menacingly from either country toward the other. It is the largest, the securest, the safest frontier on earth. Its hundreds of miles of water front are safely guarded by two old tubs, one of them flying the Union Jack, and the other the Stars and Stripes. . . . The most dangerous national boundaries on earth are those where forts are most modern, where troops are thickest and cannon double-shotted. The most dangerous coasts on earth are those protected by the largest battleships. The safest frontier in the world is that between the United States and Canada. It stands as an object lesson to all nations. Why are we so slow to learn?—*Central Christian Advocate.*

War Not Declared by the People Who Have to Fight

THE one thing to keep in mind about this war is that the people have had nothing to do with it, except the men to march out and be

shot and the women to stay at home and hunger.

War was declared by a small group of German, Russian, Austrian, English, and French officials. They decided to settle their issues by slaughtering farmers, clerks, and storekeepers. They never asked these small fry what they might think about it. The matter was decided in a closed room. The word went out, and several million working folk shouldered muskets and began to maim and massacre each other.

The people who are lying in heaps in France, mangled and dead under the ghastly moonlight, had no idea what it was all about.—*Dr. Frank Crane, in New York Globe.*

The Human Slaughterhouse

I was in the midst, or rather at the fringe, of the human slaughterhouse, and what I have

seen will last me to the end of my days. I have always hated war with every fiber of my soul, but now this hatred has become too intense for expression, and my blood boils at the thought of those wretches and imbeciles who see something noble, something elevating, even something necessary, in war. Forever accursed be they who by thought, word, or action, directly or indirectly, foster this horror of horrors.

And please do not prate to me about your civilization, progress, and Christianity. When an ambitious megalomaniac, a senile reprobate, and a pogrom-inciting brute can cause millions of friendly, inoffensive people to fly at each other's throats, to cut, slash, burn, bayonet, mutilate, rape, gouge, dynamite, and drown each other and behave worse than blood-crazed savage beasts—civilization, progress, and Christianity indeed!—*William J. Robinson, M. D., in Critic and Guide.*

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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.

Gastric Ulcer.—"For a number of years I have had ulcer of the stomach, and the physicians have been able to do very little for me. The foods usually prescribed for ulcer seem to do very little good in my case."

You may be benefited by reading a brief article which appeared in the *New York Medical Journal*, April 25, page 840. (A. R. Elliott Publishing Company, 66 West Broadway, New York, 15 cents.) The writer advises the use of sugar instead of starch—three and one-half ounces a day in the form of sirup or fruit juices. He says, "In previously intolerant cases, all gastric pain, nausea, and vomiting disappeared, and the body weight began to show a gain." He continues this special diet for not more than five or six days, and then gradually gets back on a more varied diet. But if interested, you should see the original paper. Ordinarily, fats seem to have a soothing influence in gastric ulcer, but, as in your case, they sometimes seem to aggravate the trouble. Theoretically one would not expect very good results from the use of sugar in cases of ulcer; but this doctor has reported such good results that his method is worth investigation.

Hives.—"Is hives a blood or nerve disease?"

Two months ago I broke out with hives, and to date have been unable to find a cure. Would be grateful for any remedy that will allay the terrible itching."

Are you sure you have hives? It is possible you have some other skin disease. Hives is generally the result of some food which has been eaten, possibly strawberries, or lobsters, or some food that disagrees with the particular person, though it may be harmless to others. It is possible for a person to become sensitized to certain foods, so that ever after those foods act like a poison. Some persons find it impossible to eat egg, even when it is present in some dish in so small a quantity that they cannot detect the taste of the egg. Others are affected by cheese in

very minute quantity. The problem in such a case is to observe until the offending food or foods are singled out, and then leave them alone. There are also certain drugs, such as quinine and potassium iodide, which if used by some persons may cause hives.

A neutral bath will allay the intense itching, and is an excellent temporary remedy, but no permanent results can be obtained unless the offending food or drug is dispensed with.

Is It Pellagra?—"I have been treated for malaria for more than a year. For a number of days I have had a very sore mouth, and pains in my stomach and intestines. I begin to fear it may be pellagra. I am thirty years old, and though never very strong, I have never had to call a physician until this attack of so-called malaria. Thinking this may be pellagra or some other dread disease, I venture to write you."

If you think you be contracting some dread disease, and you value your life, you will not risk it on a guess by somebody off two thousand miles, but will go to a physician who can make an examination on the spot. Neither pellagra nor any other serious condition can be certainly diagnosed from a distance. If your physicians have not had experience with pellagra, it would be better for you to secure consultation with one who has had some experience with the disease, and you should do it as soon as possible, for the longer pellagra runs, the more hopeless it becomes.

One of the symptoms of pellagra is a very sore gastrointestinal passage, such as you describe. Another is a change in the skin, roughening, hardening, change in color, etc., especially those parts exposed to sunlight, as the back of the hands and the back of the neck. Another is nervous disturbance, and later mental disturbance.

But whether yours is a case of pellagra, I should not attempt to say without seeing you. The chances are against its being pellagra unless you have been exposed to pellagrins, or

have lived in a locality where there are pellagrins. Of course there is the probability that there are cases of the disease in your vicinity that have never been recognized as pellagra. My advice to you would be not to rest satisfied until you have consulted a physician who knows pellagra when he sees it. To delay is dangerous.

Rupture.—"What make of truss do you recommend for rupture? Is an operation the only cure?"

I have no recommendation for any make of truss. Some of them do good, at least for a while, but it all depends on the fit, and not infrequently the truss is the cause of serious disaster. If you wear a truss, you ought to have a competent physician or surgeon fit it for you, so as to be sure that it will not be likely to injure the hernia. The best treatment for hernia, or rupture, is an operation.

Rupture Nostrum.—"Please give me the ingredients of lymphol, put up by William S. Rice, Incorporated, of Adams, New York. Their serial is No. 3863. Please state whether the effects on the body are harmful or otherwise."

The concern referred to advertises that it is not trying to sell a truss, but with its medicine it sends an "appliance" which is, in fact, a truss. The serial number has nothing to do with the Patent Office, and from it we are not able to learn the composition of the "remedy;" but from analyses, it would appear to be about as follows: red pepper, 60 parts; oil of erigeron, oil of peppermint, and oil of spearmint, together about seven parts; a little red dye, and water to make one hundred parts. For this treatment, which may cost about eighteen cents, the patient, according to his gullibility, pays anywhere from \$6 to \$16.

I do not know that there is any particular harm in a little red pepper and essential oils, but the harm is apt to come from depending on such a supposed remedy until the condition gets past remedy.

Acid Stomach.—"Kindly give suggestions for relief of acid stomach after eating."

The following suggestions may be of some benefit:—

Cereals as a rule stimulate the production of acid in the stomach, and do not neutralize the acid. For this reason they increase the trouble. Fruits may do the same. Meats have power to neutralize acid, but they are a very strong stimulant. Milk, on the other hand, has little power to stimulate acid secretion, and is valuable because of its power to neutralize acid.

So for theoretical reasons milk should be excellent in the case of acid stomach. It is true that if the milk coagulates too rapidly, it may cause disturbance. In cases where raw milk does not agree, scalded milk, or peptonized milk prepared by adding a little pepsin obtained at the drug store, may answer the purpose. The pepsin is usually accompanied by directions for preparing milk

Use a minimum of starchy foods, fruits, and the like, and more in the way of fats, especially cream or butter. Bread should be used in the form of toast or zwieback.

Any patient with a tendency to sour stomach should by all means have a medical examination, to determine whether or not he has ulcer of the stomach.

Abdominal Supporters.—"Do you think one derives any benefit from wearing an abdominal support for prolapse of the abdominal organs?"

Abdominal supporters, provided they fit properly, do good service in cases that need them.

The Best Blood Renewer.—"Please give advice as to the best renewer of the blood."

I know of nothing better for this than the old-fashioned and homely recipe,—good, nourishing food, including milk, eggs, and the like; plenty of fresh air and sunlight; and healthful surroundings. Patent medicine men say a great deal about "blood purifiers." But that is because they are in the business for the money.

Poor Nutrition.—"I am a sufferer from stomach trouble. I understand from a specialist in London that I am suffering from a dilated stomach. He gave me no medicine, said to eat about what I pleased three times a day only, and to practice a sort of stomach massage. I am very thin, and food ferments in my stomach. My appetite is very abnormal. I want to eat all the time, and don't seem to know when I have enough. I have a great craving all the time for sweet things. No special pains, but mental irritation and debility, and also bodily emaciation, for eight or nine years."

You probably have learned before this that the advice to eat what you please is not good advice. Your appetite does not guide you rightly; the craving for an excess of food is evidence of that.

In the first place, I should advise an examination to make sure that there is no tapeworm or hookworm. Either one of these might cause some of your troubles and produce some of the symptoms you mention; and in case you have something of this kind, no dieting will be of any value. In order to determine the presence or absence of hookworm, you will have to have a microscopic examination of the stools. The presence of tapeworm can be determined by the naked eye examination, by finding some of the segments in the stool.

Or you may have diabetes. Your craving for sweet things would suggest that. Your best course is to consult a good physician, who can give you the attention deserved. Do not accept some fellow who will simply feel of your pulse, look at your tongue, and write a prescription. That is worse than useless. A proper examination may cost you ten dollars, but it will pay you to have it.

SOME BOOKS

Preservatives and Other Chemicals in Foods, by Otto Folin, Ph. D. Cloth, 50 cents. Harvard University Press, Cambridge, Mass.

This is a brief history of the pure food controversy, especially as regards the preservation of foods by sodium benzoate. Professor Folin is an authority on biological chemistry, and what he says on this subject is worthy of serious attention. In this brief compend are given the findings of Dr. Wiley, the Reference Board, and the German Royal Department of Public Health, on benzoate.

Professor Folin, while he admires Dr. Wiley's earnest defense of the public against interested food manufacturers, believes that he drew too broad inferences from the test with the "poison squad." His belief is that "among all the preservatives of recent origin there is probably no one more likely to prove practically harmless to human beings than benzoic acid and the benzoates." And yet he says, "We are not yet justified in saying that they are strictly harmless." He certainly does not believe in the use of benzoate for the preservation of partly decayed foods. He considers that the Supreme Court in the bleached-flour controversy has killed the "pure food law" by making it practically necessary to prove in any given case that the added preservative has actually injured the health of individuals.

In his opinion a pure food law should go into details as does the tariff law, not enumerating what is prohibited, but what is permitted. If a new preservative is introduced, it would be incumbent on the producers to prove that it is harmless. Such a law would give the consumers instead of the producers the benefit of the doubt.

Nutrition a Guide to Food and Dieting, by Charles E. Sohn, F. I. C., F. C. S. Cloth, \$1.75. E. B. Treat and Company, 241-243 West Twenty-third St., New York, N. Y.

The author rightly says: "In health we receive the axioms of the dietitian with apathy, if not contempt, laughing at all 'systems,' and pursuing our way regardless of what the future may have in store for us; and yet but a little consideration will show how regrettable are the consequences of this attitude, and how widespread."

Possibly one important reason for the contempt is the various irreconcilable teachings which are given to the public under the name dietetics.

"He who, far from spurning, desires to study scientific nutrition, finds himself dragged

hither and thither by conflicting doctrines expounded by sincere but obsessed philosophers. Successively he is told that his only hope is to be found in lentils, that his health demands peanuts, that nothing but repeated meals of boiled haricots can save him, that purine bases must be avoided at all costs, that common salt spells death, or that if he will but chew long enough he can very nearly dispense with food altogether, and will greatly benefit thereby."

The present work is a careful presentation of the most recent teachings regarding nutrition, but tending to the old conservative view that a dietary containing a fairly liberal amount of flesh is on the whole best for man.

The author is rather indulgent toward the caffeine beverages, though he believes that the English use too much tea, and is rather non-committal regarding the effect of alcohol.

The Philosophy of Radioactivity, by Eugene Coleman Savidge, M. D. Published by William R. Jenkins Co., Sixth Avenue at Forty-eighth Street, New York. Price, \$1.50 net.

With text unencumbered with details of experiments or therapy, the author points a new philosophy based on the working of this vast energy. Radioactivity, according to the author, is the "ebb of the force which vitalizes the universe." Duration and space, annealed together by the force of the cosmos, slowly disengage, according to mathematics, which never vary. The work is printed in large type and contains several illustrations.

Anatomy and Physiology of the Eye and Its Appendages, by John Welsh Croskey, M. D., Ophthalmic Surgeon, Philadelphia General Hospital, 18 pages. Smith-Edwards Company, Publishers, Philadelphia.

The pamphlet is the outgrowth of the instruction given to students and nurses at the Philadelphia General Hospital during the past ten years. The author believes that if the anatomy of the eye is thoroughly understood, it renders subsequent study less difficult. The effort has been made throughout to simplify the text so that the subject matter can be readily understood. The orbit, the eyelids, the lachrymal apparatus, and the eyeball are described successively as to anatomy and physiology. Two three-color plates illustrate the gross anatomy of the eye. Used in connection with other illustrations, it should prove of value in understanding the anatomy and physiology of this important organ.

NEWS NOTES

Dental Baldness.—Some German physicians are confident that baldness is the result of bad teeth, at least in many instances. It has been noticed that early baldness is likely to be associated with early decay of the teeth. One physician has noted that in certain cases when springs were worn on the teeth in order to correct the position of the teeth, baldness would appear in spots, the hair growing again when the springs were removed.

Death Rate in Registration Area.—According to the statement furnished by the Bureau of the Census, the death rate in the registration area of the United States in 1913 was 14.1 per one thousand population. The registration area contains a population of over sixty-three million, or about sixty-five per cent of the entire population of the United States. In this area there were 890,823 deaths during 1913. In 1912 the death rate was 13.9; in 1911, it was 14.2. In the five-year period ending 1905 it was 16.2.

The Work Cure of Tuberculosis.—Fifty years ago exercise was recommended indiscriminately for nearly all consumptives, and doubtless many suffered from the prescription in this crude form. Later, with the sanatoriums, a reaction came, and instead of work, rest became the prevailing and almost universal prescription. Now the pendulum is swinging, not back to indiscriminate work, but to graduated work, after a period of rest, under the supervision of the physician. Many patients have been brought back to health by means of the "work cure" as now practiced by Dr. Patterson and some of his followers.

Another Cause of Pellagra.—From Italy comes a theory as to the causation of pellagra, which possesses the merit of uniqueness. As a result of investigations which have progressed since 1909, Alessandrini and Scala teach that pellagra does not depend absolutely on the eating of corn, and that the disease is limited to zones where the drinking water comes in contact, more or less exclusively, with clay soils. By substituting water from the outside, they have succeeded in eliminating pellagra from certain districts. This led to the belief that the water is a carrier of the infection. Further investigation appeared to point to colloidal silicic acid, in suspension in the water, as the active agent in carrying pellagra. On this theory the treatment should be alkaline; and the administration of trisodium citrate, which in the tissues liberates sodium carbonate, seems to have given excellent results in cases where it has been tried. The sodium carbonate is supposed to neutralize the silicic acid. At the present we must still confess that we know very little about pellagra.

Macaroni and Cheese in Place of Meat.—Let the American housewife take a lesson from her Italian cousin and learn the many palatable dishes to be made from macaroni and spaghetti. Very few realize the amount of nourishment contained in an average helping (two heaping tablespoonfuls) of macaroni baked with cheese. Such a helping contains three times as much nourishment as a slice of lean roast beef, and is practically equal to the latter in building up muscle, bone, and sinew.—*Weekly Bulletin, Department of Health, New York City.*

Aluminum Vessels.—Prof. John Glaster of the Glasgow University, by a series of experiments has determined that the only food substances that attack aluminum ware are oranges, lemons, Brussels sprouts, and tomatoes. Even with these, the quantity of aluminum dissolved is so small that it seems to be perfectly harmless to the human organism. Owing to the fact that aluminum is free from danger of poisoning, is easy to clean, heats quickly, is not blackened by sulphur as silver is, and is not affected by air at any temperature, aluminum seems to be an ideal metal for the manufacture of cooking vessels.

Typhus Fever in New Mexico.—A serious epidemic of typhus fever broke out among the Navajo Indians in New Mexico. When it is remembered that this disease is transmitted by means of the body louse, and when one knows something of the habits of the aborigines, there need be no surprise that the disease, brought by a visitor from Mexico, made rapid advancement. In order to stamp out the disease the authorities burned the Indian huts, or hogans, and erected new ones in another locality. The clothing of the Indians was burned, and they were got into new clothing before they were permitted to occupy their new huts.

International Antialcoholic Congress.—The International Congress for the Study of Alcohol will meet in Washington in 1915. This congress was organized at Antwerp in 1885, by a group of teachers and doctors who discussed the sociological aspects of the subject. At the Zurich meeting in 1887, the racial, national, hygienic, and social phases of the subject were considered. Heretofore the congress has always been held in Europe. In 1907 the Swedish government officially recognized the congress and made appropriation toward its expenses. In 1909 Great Britain did the same, and in 1911 Holland made the congress its guest at The Hague. The congress in 1913 was held in Milan, with the official recognition of the Italian government; and the coming congress is with the invitation and recognition of this government.

Common Drinking Cups Abolished.—The Pennsylvania Railroad system has issued an order requiring that all common drinking cups on its train service be abolished. This applies to train crews as well as to passengers. Hereafter the engineer and fireman must each have his own drinking cup.

Drug Traffic in New York Penitentiary.—An ex-warden in a recent hearing testified that an appalling quantity of habit drugs is smuggled into Sing Sing prison. At least forty of the keepers have been instrumental in getting the drugs to the prisoners. The histories of many of the prisoners indicate that in a large measure the use of drugs is the cause of the criminal career.

Processed Canned Salmon.—According to the State chemist of Washington, cans of salmon which show signs of swelling are frequently sold to brokers, who puncture and reprocess them, and sell the product under labels which give no indication of their origin. Such salmon may cause food poisoning. Any one who uses canned foods of any kind should avoid all cans which show two solder holes in the end of the can. One hole is soldered when the goods are canned. This is found on all canned goods. The second hole always means that the goods have begun to decompose and have been reprocessed to save them.

Diphtheria From the Cow.—Not only may diphtheria be transmitted in the milk from some diphtheria carrier who has handled the milk, but from the cow, it would seem. A report by the British Local Government Board regarding an outbreak of diphtheria in the vicinity of London, states that some of the milkers, who milked cows with sores on the udders, were attacked with bad sores on the hands, so bad in one case as to necessitate amputation. In these sores diphtheria bacilli were discovered. This would indicate that the sores on the udders were very likely of a diphtheritic nature, and of course the milk from such cows must have contained large numbers of diphtheria bacilli. One class of users would in such a case escape infection, —those who regularly bring their milk to a boil before using it.

Lepraphobic Hysteria.—The following incident, related by a Rhode Island physician, is a fair example of the irrational attitude assumed regarding leprosy, even by some health officers. Perhaps there is some reason for the fact that, though this disease is not one one-hundredth as contagious as tuberculosis, at least in this country, a leprosy patient causes one hundred times as much consternation as a tuberculous patient. A fifteen-year-old leper was discovered by the Massachusetts authorities, and escaped to Rhode Island, where he was immediately isolated and his family ostracized. The health officer fumigated the school that the boy had formerly attended, even going so far as to burn the boy's desk and books, and finally to tear down and burn an American flag with which the boy was supposed to have come in contact!

A Correspondence Course in Physiology and Hygiene.—The Fireside Correspondence School, Takoma Park, D. C., has a correspondence course of forty lessons in physiology, hygiene, emergencies, etc. Readers of *LIFE AND HEALTH* who are interested in this subject, should write for further information to the above address.

Physicians and Drug Addiction.—The assistant superintendent of the State asylum in Alabama asserts that among the patients who come to his institution for drug addiction (that is, alcoholic insanity, etc.) the proportion of physicians is remarkable. Considering the fact that his is only one of a number of institutions in the State, and the additional fact that there are many drug addicts who escape committal in an institution, he is confident that there is a large number of drug-habit physicians in the State. For the reason that numerous drug victims come from certain localities where there are practicing physicians who are drug users, he asserts his belief that drug-using physicians are a menace in that they are responsible for a large proportion of the drug victims.

Second-Class Meat.—In view of the present shortage and high prices of meat, and the fact that every pound of meat that is condemned necessarily adds to the cost of production, and thus increases the price of meat, the new regulations of the Department of Agriculture provide measures whereby packers can sterilize and cook thoroughly certain classes of meat, and sell it in cans or sealed containers labeled plainly "Second-class Sterilized." This is in harmony with the practice of the Austrian and German governments, in whose countries such cooked meat sells at a lower price than raw meat. The meat used for this purpose consists of portions of the flesh of animals which have localized cysts or tissue unsuitable for food. The diseased portions are cut away and condemned, the remainder being sterilized and packed for sale as "second class."

New Regulations for Federal Meat Inspection.—Inspectors are now required to make a rigid ante-mortem inspection, and if they find clear evidence of the presence of a disease which unfits the animal for food, they are to prevent the entry of the animal into the food-preparing departments of the establishment. Condemned animals must be slaughtered in a separate place, and put at once in the denaturing tank to be turned into fertilizer or other nonedible products. If the ante-mortem inspector suspects a certain animal of having a disease which might render it unfit for food, but is not certain of this condition, he is to mark it "U. S. Suspect," which will make its carcass subject to special post-mortem examination, or he may order the animal held for further observation. Any inspected establishment which violates any inspection regulation, may suffer the penalty of having all inspection withdrawn, which would mean that the meats could not be shipped in interstate commerce.

Fined for Breaking Quarantine.—A woman living in a Philadelphia suburb was fined \$100 for causing the removal from her house of a maid who had been quarantined for measles.

Campaign Against the Cigarette.—Judge Brown of the Philadelphia Juvenile Court has begun a campaign against dealers who sell cigarettes to minors. It is his intention to punish every violation brought before him, to the full extent of the law. The fine ranges from \$100 to \$300.

Government Recipe for Clean Milk.—In a recent Farmers' Bulletin (No. 602) the U. S. Department of Agriculture has outlined the main factors that should go to favor the production of clean, safe milk. These include clean, healthy cows kept in light, well-ventilated stables that may be easily cleaned; a well-drained barnyard; thoroughly sterilized utensils, and healthy milkers that milk with dry hands; a small-top milking pail; a separate house for handling the milk; an abundant supply of pure water. The temperature at which the milk is kept is also an important feature, as bacteria multiply very rapidly when the temperature is above 50° F. The milk should be cooled immediately after milking, to 50° F. or lower, and stored, until delivered, at a low temperature.

Ten Dry States.—The people of Virginia adopted prohibition by a majority of some 35,000. This brings the honor roll up to ten, — Georgia, Kansas, Maine, Mississippi, North Carolina, North Dakota, Oklahoma, Tennessee, Virginia, and West Virginia,—placing over 17,000,000 under a prohibitory régime. The mother State thus follows the good example set by her daughter, West Virginia, which passed a prohibition amendment two years ago by over 29,000, the largest vote given by any State yet. The West Virginia law went into effect July 1 last; the Virginia law will take effect Nov. 1, 1916.—*The Independent*.

Why Hens Stop Laying in Winter.—It has been shown recently that the hen takes a vacation because of fattening, due to over-feeding and lack of exercise. "The tendency to too liberal feeding is the cause of taking on of fat and cessation of laying. The obvious remedy is to give less food to the hens that stop laying." But it is not well to carry this to the extreme. The starchy foods should be limited, as these go into fat, especially if the hens are not exercising. Give an abundance of greens, such as cabbage, and hang them up by a string so that the hens will have to jump to reach them. If the ground is covered with straw or leaves, so that the hens must scratch for the grain that is given them, the exercise will benefit them.

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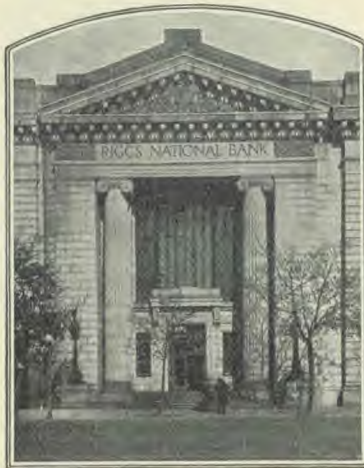
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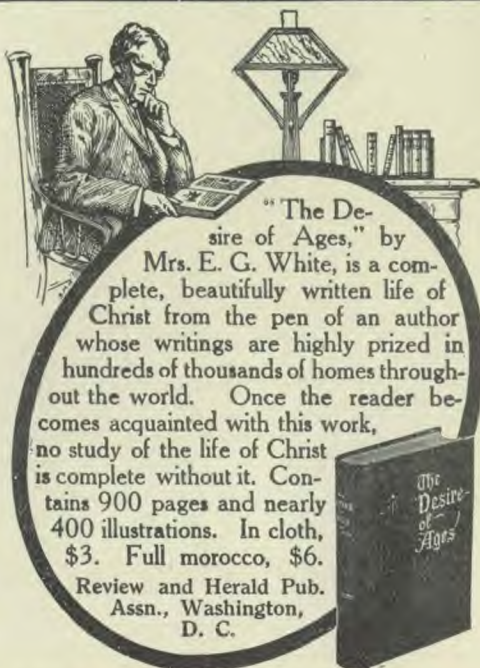
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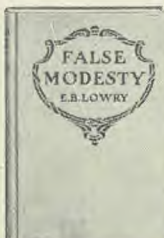


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INDEX
LIFE AND HEALTH
VOLUME XXIX
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INDEX TO LIFE AND HEALTH FOR 1914

Vol. XXIX

Nos. 1-12

Note.—The twelve numbers begin with the following pages, respectively: January, 1; February, 49; March, 97; April, 145; May, 193; June, 241; July, 289; August, 337; September, 385; October, 433; November, 481; December, 529. Subscribers may obtain missing numbers as long as they last, to complete their files, at 10 cents a copy.

LIFE AND HEALTH :: Takoma Park, Washington, D. C.

ALCOHOL (See Stimulants and Narcotics)

AUTHORS

Blake, D. E., M. D., 133
Bowers, Abraham, 254
Bowers, Edwin F., M. D., 352
Burbank, Luther, 261
Buttner, J. L., M. D., 11, 119
Cluff, William C., 514
Conradi, L. E., M. D., 57
Cornforth, George E., 24, 68, 122, 169, 218, 267, 314, 411, 457, 502, 547
Cristadoro, Chas., 167
DeMarsh, Eva J., 14, 154
Derrick, Delila B., 217
Farrington, Chas. K., 6
Fisher, Dorothy Canfield, 305
Fitch, Mrs. D. A., 18
Froom, J. E., 301
Hale, Henry G., 210
Hansen, Mrs. Anna, 102
Hansen, L. A., 66, 158, 468
Harris, Emma Marie, 8
Heald, G. H., 165, 206
Hirshberg, L. K., 294
Hodell, John L., 404
Honeywell, Mrs. N. A., 20
Horton, S. B., 365
Huenergardt, J. E., 181
Johnson, W. Templeton, 162
John, W. C., 444
Judge, H. R., 516
Konigsmacher, S. M., 327
Kress, D. H., M. D., 255, 357
Kress, Lauretta E., M. D., 110
Langdon, Mrs. Harriett, 116, 298, 455
Leech, R. H., Mr. and Mrs., 421
Lome, Herbert M., 54, 491
McKeever, Wm. A., 249
Mahon, Anne Guilbert, 545 (See A. G. M. Nell)
Mann, V. L., 180
Maus, L. Mervin, Colonel Med. Corps, U. S. A., 346
Naud, Alden Carver, 198, 391, 452, 495, 538
Neil, Anne G. M., 108 (See Anne Guilbert Mahon)
Olsen, A. B., M. D., D. P. H., 81, 152, 342, 486
Porter, Dr. D. Langley, 500, 551
Quinn, Edward, Jr., 260
Resanigita, Bienito, 213
Rogers, James Frederick, M. D., 16, 113, 150, 201, 308, 407, 443, 535
Ross, Hal, 401
Selmon, A. C. M. D., 132

Seymour, Edythe Stoddard, 22, 105, 296, 395, 542
Snow, C. M., 264
Weir, Margaret, 393
West, Thomas D., 361
William, Carl Easton, 397, 439
Wood, M. D., 37, 84

BABIES (See Children)

BOOKS

Anatomy and Physiology of the Eye, etc., 568
Back Yard Farmer, The, 232
Better Babies and Their Care, 473
Children, Care and Feeding, 425, 473
Consumption Cure Frauds, 184
Deafness Cure Frauds, 184
Eugenics, 473
Friends and Foes in Field and Forest, 184
First Book of Health, 92
Foot, Diseases and Deformities of the, 184
Games, 138
Geriatrics, Diseases of Old Age, etc., 231
Handbook of People's Health, 41
Health Master, The, 92
Hens, Success With, 232
Home Nurse, The, 232
Human Body and Its Enemies, 92
Hygiene and Care of the Sick, Am. Red Cross, 280
Mental Health of the School-child, The, 473
Nerves, 138
Nutrition, Fundamental Basis of, 425
Nutrition, a Guide to Food and Dieting, 568
Philosophy of Radioactivity, The, 568
Physical Training, 280
Preface to Politics, 232
Preservatives and Other Chemicals in Food, 568
School Janitors, Mothers and Health, 231
Secret of Success for Boys and Young Men, 231
Sex Hygiene, Teaching in Schools, 425
Smith, Life of Nathan, 474

CHILDREN, Babies (See also Education, Teeth, and Mouth)
Adult Only Child, The, 324

Advice to Mothers, 552
Babies Are Cheap, 323
Babies, Saving the, 76
Babies, Uncomfortable, 500
Babies, Uncomfortable, From Digestive Disturbances, 551
Baby, Conserving the, 77
Baby, Rearing the, Symposium, 102, 119
Baby's Rights, 78
Bob, 116
Bob, More About, 298
Bob, How Weaned, 455
Children, Hot Weather Care of, 296
Children's Lives, The Background of, 305
Children, The Rights of, 301
Community Dangers, 324
Heat and Infant Mortality, 319
Infants, Annual Assassination of, 294
Self-Consciousness in Children, 276
Why Children Go Wrong, 321
Wise Mother, A, 323

CLOTHING, Dress
Chinese, The, Ideal Dressers, 558
Clothing and Health, 64
Clothing and Modesty, 74
Dress, Simplicity of, 73
Dress, Women's, Under Fire, 80
Fashions, Follies of, and Their Consequences, 57
Underwear, Men's, 66

COFFEE (See Stimulants)

COOKERY, HEALTHFUL (See Diet and Food)

DIET AND FOOD (See also Foods, Pure; Questions and Answers)

Business Man's Lunch, The, 152
Dietetics, Statement of Nutrition Expert on, 508
Food and Man, 559
Foods, Coppered, Effect of, 227
Lime, Importance of, in Food, 177
Menus, Jan., 24; Feb., 68; March, 122; April, 169; May, 218; June, 267; July, 314; Sept., 411; Oct., 457; Nov., 502; Dec., 547
Nutrition, Human Problem of, 270
Protein Excess, Danger From, 35
Vitalized Foods, 508

- DISEASE** (See also Treatment, and Questions and Answers; also Preventive Measures)
 Obesity, Its Cause and Cure, 308
 Pellagra, Cause of, 561
 Pellagra Situation, 128
 The Cow and Tuberculosis, 226
 Tuberculosis No Longer a Bugaboo, 178-225
 Typhoid Fever, From Carrier Through Milk, 509
- DRESS** (See Clothing)
- DRUGS** (See Treatments, Frauds, Medical)
- EDUCATION** (See also Exercise, Play, Recreation, Rest, Hygiene)
 Child of Today, The, 466
 Irrational Schoolchildren, 465
 Open-Window Schools an Experiment, 463
 Reason for Runts, 448
 School, The, a Positive Factor in the Promotion of Health, 444
 School Fatigue, 461
 School Ground, The Shrunken, 201
 School Housekeeping, 77
 School, Practical, The, 465
 Schools, Public, Made the Goat, 178
- FOOD**, Pure. (See Diet and Food)
- FRAUDS**, Medical (See also Treatment), 24
 Oxyfakes, 278
 Prescription Frauds, 79
 Rectal Dilators, 279
 Rupture Nostrum, 567
 Tin-Can Humbug, The, 35
- GENERAL**
 Cost of Living Increased, 34
 Cost of Living Reduced, 8, 22, 28, 34
 Dark Picture, A, 507
 Economies, Avoid Unwise, 563
 Habits, the Small and Harmful, of Everyday Life, 54
 Kidney, Artificial, 418
 Risks, Hazardous, Do Not Take, 325
 Suicide Is a Confession of Maladjustment, 506
 War, Current Comment on, 564
 War, Horrors of, 467
 War Prophecy Is Hazardous, 557
 War? Who Caused the, 513
- HEALTH, PUBLIC AND SANITATION** (See also Homes, Healthful and Hygienic)
 Bubble, Fountain, The, 154
 Health Conservation at Panama-Pacific, 562
 Health, National Fight for, 222
- HEALTHFUL COOKERY** (See Diet and Food)
- HOMES, HEALTHFUL** (See also Hygiene)
 Bedroom, Hygiene of the, 156
 Cellar, Keeping the, Right, 158
 Country Life, Dangers of, 407
 Ealing Garden Suburb, The, 165
 Farm, Sanitation on the, 160
 Flies or Bedbugs, 325
 Flies, Plague of, 262
 Garden Cities in England, 162
 Garden City Movement in 1913, The, 129
 Housing and Health, 175
 Summerhouse, A Lath, 167
 Ventilation, The Newer, 512
 Why Ventilate? 173
- HYGIENE** (See also Alcohol, Children, Diet and Food, Drugs, Education, Exercise, Public Health, Stimulants, etc., also Healthful Homes)
 Growing Old Gracefully, 534-546
 Health Teaching, Practical, Hints on, 150
 If Time Hangs Heavy, 560
 Light, Influence of, On Nerves, 131
 Nerves and Worry, 486
 Rest, 495
 Therapeutics of Optimism, The, 491
- MISSIONS, MEDICAL**
 Africa, Returning to, 327
 Bolivian Indians, 514
 Canal Zone, 133
 China, Shanghai, 132
 Ecuador, Needs of, 420
 India, Titvalli Village, 84
 Interesting Experiences (South Pacific), 516
 India, Kalyan, 37
 India, Bombay, 180
 Poor Man's Sickness, Rich Man's Sorrow, 468
 Temperance Work, Blessings of, in S. E. Europe, 181
- PREVENTIVE MEASURES** (See also Diseases)
 Antivivisectionists, 129
 Disease Transmission, 223
 Funigrating Books, 88
 Infectious Diseases, 462
 Infectious Diseases, Spread of, 224
 Poisoning, 424
 Poisoning, Mushrooms, 424
- QUESTIONS AND ANSWERS**
 Breathing, Deep, 134, 136
 Farinhouse Sanitation, 471
 Mad Dogs, 40
 Mosquito Prevention, 40
 Sanitary Toilet, 472
 Flies or Bedbugs, 325
 Wants to Be Stouter, 182
- Dietetic**
 Baby's Foods, Artificial, 183
 Baking Powders, Alum, 183
 Brain Food, 134
 Buttermilk, 87
 Carbohydrates, 39
 Cow's Milk for Babies, 182
 Fats, Comparison of Animal and Vegetable, 229
 Food Combinations, 471
 Food Regulation for a Child, 229
 Food Values, 135
 Gelatin, Vegetable, 518
 Lettuce Disinfection, 330
 Linseed Oil for Food, 278
 Lung Trouble, Diet in, 39
 Milk, Unclean, 330
 Mushrooms, 39
 Nut and Fruit Dietary, 136
 Olive Oil, Pure, 40
 Rheumatism and Endocarditis, Diet for, 135
 Salicylic Acid as a Preservative, 183
 Shortening, 183
 Soy Milk, 330
 Sugar and Pellagra, 137
 Two-Meal System, 40
 Vinegar, 136
- Disease**
 Heart, Palpitation of, 87
 Nutrition, Poor, 567
 Pellagra, 517, 566
 Smallpox and Vaccination, 423
 Disease, Digestive
 Appendicitis, 39, 135
 Appetite, Want of, and Anemia, 88
 Catarrh and Indigestion, 329
 Charcoal for Foul Stomach, 472
 Constipation, Sore Mouth, 278
- Diarrhea, Summer, 329
 Gnawing and Hunger After Meals, 88
 Hemorrhoids, 230
 Hookworm, 278
 Indigestion, 135, 230, 423
 Piles, Operation for, 279
 Pyorrhea, Loose Teeth, 472
 Stomach, Acid, 567
 Tonsils, Removal of, 279
 Ulcer, Gastric, 566
 Worms, 472
- Disease, Respiratory**
 Catarrh, Nasal, Chronic, 517
 Tuberculosis, Probably, 136
- Disease, Nerves, Pain, Aches, etc.**
 Brain Clot, 182
 Epilepsy Can't Be Cured, 329
 Headaches, 230
 Neurasthenic Symptoms, 518
- Disease, Skin, Hair, Eyes, Ears**
 Cataract, 229
 Chilblains, 278
 Deafness, 182
 Eardrums, Artificial, 472
 Eczema, Weeping, 87
 Eyelids, Inflammation of, 182
 Feet, Sweating, 278
 Feet, Swollen, 517
 Freckles, 472
 Hair, Falling, 87, 136
 Hives, 566
 Nettle Rash, 518
 Skin Eruption, 330
 Tetter, 279
- Disease, Remedies and Drugs**
 Agar, How to Take, 134
 Bed Wetting, 329
 Bladder Inflammation, 423
 Cartilage Treatment, 229
 Electric Belt, 330
 "Free Prescription," 134
 Gaspipe Treatment, 136
 Glycerin Suppositories, 183
 Heroin Tablets, 87
 Hypnotics, 40
 Malaria, 518
 Minostrum Tablets, 517
 Oil Enemas, 135
 Oils, Mineral, 517
 Oxyfakes, 278
 Prescribing From Symptoms, 422
 Rattlesnake Venom and Epilepsy, 40, 87, 279
 Rectal Dilators, 135, 279
 Soured Milk, 137
 Strychnin and Neurasthenia, 87
 Thyroid Extract and Skin Disease, 518
- STIMULANTS AND NARCOTICS**
 Abolishes Liquor to Better Service, 376
 Alcohol and Digestion, 81
 Alcohol and Longevity, 378
 Alcohol and Mental Disorder, 380
 Alcohol and Racial Degeneracy, 346
 Alcohol and the Mind, 342
 Alcohol and Tobacco, 261
 Alcohol, Fifty Doctors Against, 371
 Alcohol, Prominent Physicians Condemn, 511
 Alcoholic Indulgence, The Sinister Character of, 373
 Alcoholism, 369
 Alcoholism, New Treatment for, 417
 Alcohol or Tobacco Addiction, Remedy for, 229
 Antialcohol Movement, Changing Front of the, 555
 Beer and Wine, Does the Use of, Make for Temperance? 357
 Boy and Cigarette (poem), 264
 Burning Up the Bread, 249
 Chewing the Rag, 266
 Cigarette and Mental and Moral Decadence, 255

- Cigarette Cause of Crime, 254
 Cigarette Habit, Price of, 260
 Coffee as a Stimulant, 135
 Confession, A, Not a Charge, 370
 Drink, The Menace of, 511
 Five-Million-a-Year Corruption Fund, A, 126
 Gorgas, Colonel, and the Liquor Question, 557
 Handwriting on the Wall, The, 370
 Liquor Traffic, American Court Decisions and the, 372
 Narcotics and Mental Disorder, 510
 Narcotics Versus Longevity, 274
 National Prohibition Sentiment, 380
 Norman Kerr Lecture, The, 417
 One Drink Is Dangerous, 558
 Prohibition, Nation-Wide, 365
 Prohibition, Russian, 557
 Real Life Extension, 276
 Rum, Demon, Truth About the, 352
 Sermon, by Experts, on Military Efficiency, 554
 Saloon, Is the, a Social Problem? 179
 Saloon, Back With the, as a "Safety-First" Measure, 361
 Saloon, Verdict Regarding the, 126
 Still It Has Defenders, 380
 Testimony of Psychological Laboratory, 369
 The Evil That Lives After, 378
 Tobacco, 134
 Tobacco and the Blood Vessels, 275
 Tobacco, Cost of, 273
 Tobacco Habit, The, 246
 Tobacco, Mental Effect of, 275
 Transportation Disasters, 377
 Uncle Sam's Navy Dry, 376
 What Was the Distiller's Name? 130
 Why Run the Risk? (Tobacco) 511
 Wine Versus Brandy, 510
TEETH AND MOUTH
 Disease, General, From the Teeth, 177
TOBACCO (See Stimulants and Narcotics)
TREATMENTS (See Diseases, Tuberculosis, Questions and Answers; also Frauds, Medical)
 Abdominal, Supporters, 567
 Amateur Doctoring, Danger of, 6
 Bed Wetting, 518
 Blood Renewer, The Best, 567
 Boils, 91, 520
 Chigoes, 326
 Cold, To Break Up, 90
 Cough in Advanced Tuberculosis, 89
 Diarrheas, 89
 Dietary, Impoverished, Bogy of, 559
 Eczema, 91
 Erysipelas, Buttermilk for, 131
 Faith Without Works, 563
 Felon, 520
 First Aid, 553
 Freckles, 326
 Hiccups, 89, 520
 Joint, Inflamed, 89
 Machine Accidents, 89
 Mail Order Prescriptions, 560
 Malaria, 226
 Nosebleed, 326, 520
 Oil, Mineral, for Laxative Effect, 183
 Ozone Bubble, Bursting of the, 562
 Pellagra, 227
 Picric Acid, The Use of, 418
 Poisoning, 424, 519
 Poisoning, Mineral, 326
 Poisoning, Mushroom, 326
 Pumpkin in Kidney Disease, 562
 Rheumatism, 89, 520
 Right Time to Eat, 560
 Rupture, 567
 Seasickness, 326
 Sleeplessness, 90
 Smallpox, 520
 Toothache, 520
 Warts, 520