

Life & Health

THE NATIONAL HEALTH MAGAZINE



January 1915

10 CENTS A COPY ONE DOLLAR A YEAR

WASHINGTON, D. C.

Washington (D. C.) Sanitarium



An attractive health resort, seven miles from the Capitol. Diseases treated: digestive disorders, rheumatic and gouty conditions, nervous and circulatory disturbances. The methods employed are the most modern and approved. The appliances are up to date. Baths, electricity, and diet are largely depended upon. In the surgical line we are well prepared, having a good operating-room and equipment. Competent physicians and nurses are employed to care for cases.

Send for Prospectus to the

WASHINGTON (D. C.) SANITARIUM

Phone Takoma 127

Takoma Park, WASHINGTON, D. C.

Boulder-Colorado Sanitarium, Boulder, Colorado



Non-Tubercular

One mile above sea level, in one of the most beautiful spots in all Colorado, situated at the foot of the Rocky Mountains in the beautiful city of Boulder, thirty miles from Denver, the Boulder-Colorado Sanitarium offers its patrons an ideal place for rest, recuperation, and health training. This sanitarium is a pleasant, homelike place, splendidly equipped with the most modern and up-to-date appliances known to medical science for the successful treatment of disease. In addition to these advantages we keep constantly in our employ a number of splendidly qualified physicians of both sexes and a corps of well-trained nurses. Our institution is a member of a sisterhood of about eighty sanitariums throughout the world, all of which are conducted upon the same general health principles and employ the same methods of treatment, consisting of all curative agencies which are recognized as a part of rational medicine, including Baths of Every Description, Massage, and Manual Swedish movements, Electricity in Every Form, Classified Dietary, Laboratory of Hygiene for Bacteriological, Chemical, and Microscopical Investigations. Each succeeding year these methods of training the sick back to health by the application of nature's remedies are being more and more recognized, not only by the individual, but by the medical

fraternity, as being scientific and effective in the treatment of all curable diseases. Our institution has this advantage over the ordinary hospital, in that the hospital features are entirely eliminated by a system of segregation, our hospital and surgical ward being conducted in a separate building from our main sanitarium building.

Our sanitarium location is an ideal one, and we enjoy the advantages of a delightful summer and winter climate. Write for large catalogue.

When you write to our advertisers, please say, "I saw your ad. in LIFE AND HEALTH."

OUR GENERAL AGENCIES

Kindly order "Life and Health" or any other publication advertised
in this magazine from our agency nearest you

UNITED STATES

Alabama Tract Society, 316 Lyric Bldg., Birmingham, Ala.
Arkansas Tract Society, cor. Black and Meadow Sts., Fayetteville, Ark.
California Bible House, 537 Twenty-fifth St., Oakland, Cal.
California-Nevada Missionary Society, 341 E. Lodi St., Lodi, Cal.
California Bible House (Central), Box 1304, Fresno, Cal.
California Tract Society (Southern), 417 W. Fifth St., Los Angeles, Cal.
Chesapeake Tract Society, 1611 Ellamont St., Baltimore, Md.
Colorado Tract Society (Eastern), 1112 Kalamath St., Denver, Colo.
Colorado Tract Society (Western), 122 South Eighth St., Grand Junction, Colo.
Connecticut (see New England, Southern).
Cumberland Tract Society (E. Tennessee), Graysville, Tenn.
Delaware (see Chesapeake).
District of Columbia Tract Society, 708 McLachlen Bldg., Washington, D. C.
Florida Tract Society, 19 W. Church St., Orlando, Fla.
Georgia Tract Society, 169 Bryan St., Atlanta, Ga.
Idaho Tract Society, Box 643, Boise, Idaho.
Illinois Tract Society (Northern), 3645 Ogden Ave., Hawthorne Station, Chicago, Ill.
Illinois Tract Society (Southern), 304 West Allen St., Springfield, Ill.
Indiana Tract Society, 521 East Twenty-third St., Indianapolis, Ind.
Iowa Tract Society, Nevada, Iowa.
Kansas Tract Society, 508 Fifth Ave., East, Hutchinson, Kans.
Kentucky Tract Society, Nicholasville, Ky.
Louisiana Tract Society, 810 Jackson Ave., New Orleans, La.
Maine Tract Society, 75 Grant St., Portland, Maryland (see Chesapeake).
Massachusetts Tract Society, South Lancaster, Mass.
Michigan Tract Society (East), 426 Trumbull Ave., Detroit, Mich.
Michigan Tract Society (North), 510 Petoskey St., Petoskey, Mich.
Michigan Tract Society (West), 1214 Madison Ave., Grand Rapids, Mich.
Minnesota Tract Society, 336 East Lake St., Minneapolis, Minn. (Exchange case 45).
Mississippi Tract Society, 932 Union St., Jackson, Miss.
Missouri Tract Society, 407 Orchard St., Clinton, Mo.
Montana Tract Society, 411 Black Ave., S., Bozeman, Mont.
Nebraska Bible Supply House, 905 North California Ave., Hastings, Nebr.
Nevada Mission, 325 W. Fifth St., Reno, Nev.
New England Tract Society (Northern), 136 N. Main St., Concord, N. H.
New England Tract Society (Southern), 51 Whitmore St., Hartford, Conn.
New Hampshire (see N. New England).
New Jersey Tract Society, 200 Columbus Ave., Trenton, N. J.
New Mexico Tract Society, Box 286, Albuquerque, N. Mex.
New York Tract Society (Greater), Room 904, 32 Union Square, New York, N. Y.
New York Tract Society, 317 W. Bloomfield St., Rome, N. Y.
New York Tract Society (Western), 8 East Jefferson St., Salamanca, N. Y.

North Carolina Tract Society, 234 Summit Ave., Greensboro, N. C.
North Dakota Tract Society, Drawer N, Jamestown, N. Dak.
Ohio Tract Society, Box 187, Mt. Vernon.
Oklahoma Tract Society, Box 644, Oklahoma City, Okla.
Oregon Missionary Society (Western), 508 E. Everett St., Portland, Oregon.
Oregon Tract Society (Southern), 1164 Military St., Roseburg.
Pennsylvania Tract Society (Eastern), 4910 Arch St., Philadelphia, Pa.
Pennsylvania Tract Society (Western), 7155 Mt. Vernon St., Pittsburgh, Pa.
Rhode Island (see New England, Southern).
South Carolina Tract Society, 821 Fourth St., Columbia, S. C.
South Dakota Tract Society, Drawer R, Redfield, S. Dak.
Tennessee River Tract Society (Western Tennessee), 511 Cole Building, Nashville, Tenn.
Texas Tract Society, Keene, Tex.
Texas Tract Society (South), Box 392, Austin, Tex.
Texas Tract Society (West), Box 16, Abilene, Tex.
Utah Tract and Bible Society, 776 E. Sixth St., S., Salt Lake City, Utah.
Vermont (see Northern New England).
Virginia Tract Society, 2705 West Main St., Richmond, Va.
Washington Missionary Society (Western), Box 328, Auburn, Wash.
Washington: Upper Columbia Tract Society, College Place, Wash.
West Virginia Tract Society, 124 Marion St., Fairmont, W. Va.
Wisconsin Bible House, Box 57, Grand Rapids, Wis.
Wyoming Tract Society, Crawford, Nebr.

UNITED STATES POSSESSIONS

Hawaiian Tract Society, 767 Kinau St., Honolulu, Hawaii.
Panama Tract Society, Cristobal, C. Z.
Philippine Islands Mission, 613 Nozalea, Manila, Philippine Islands.

CANADIAN AGENCIES

Ontario Tract Society, Box 308, Oshawa, Ont., Canada.
Eastern Canada:
Canadian Pub. Assn., Box 308, Oshawa, Ontario.
Quebec Tract Society, 18 Calumet Ave., Montreal, Quebec, Canada.
Maritime Tract Society, 161 Botsford St., Moncton, N. B.
Newfoundland Tract Society, Box 217, St. John's, Newfoundland.

WESTERN CANADA:

Alberta Tract Society, Lacombe, Alta.
British Columbia Tract Society, 1708 Maple St., Vancouver, B. C., Canada.
Manitoba Tract Society, 290 Bannerman Ave., Winnipeg, Man., Canada.
Saskatchewan Tract Society, Box 244, Regina, Sask., Canada.

FOREIGN AGENCIES

Great Britain: International Tract Society, Stanborough Park, Watford, Herts, England.
India Union Mission: 17 Abbott Road, Lucknow, India.
Mexico: Imprenta de la Verdad, 1420 Avenida 20, Tacubaya, D. F., Mexico.
South Africa: International Tract Society, 56 Roeland St., Cape Town, South Africa.
West Indies: Watchman Press, Riversdale, Jamaica, B. W. I.

LIFE AND HEALTH

WASHINGTON, D. C.

Every sample copy is an invitation to subscribe. If you are receiving this magazine regularly, IT IS PAID FOR!

MY SUBSCRIPTION FREE

Life and Health,
Takoma Park,
Washington, D. C.

GENTLEMEN:—

I desire to take advantage of your special offer to send me your magazine free for one year. Enclosed you will find \$2, for which please enter my name and two others upon your mailing list for one year, as follows:—

First Name

Address

Second Name

Address

My Name

Address

APPLICATION FOR AGENCY

GENTLEMEN:—

I hereby apply for agency for your magazine, LIFE AND HEALTH. I desire to solicit subscriptions, and also to sell a supply regularly each month. Kindly send me your terms to agents, etc. Find enclosed recommendation from vouching for my character and ability properly to represent your magazine.

Name

Street No. or Box

Town

Name and address of my friend who also desires agency

AGENT'S ORDER BLANK

GENTLEMEN:—

Enclosed you will find \$..... for..... copies of LIFE AND HEALTH for the month of....., 191....., which I understand you will send post-paid to me to the following address or addresses:—

..... copies to me at

..... copies to me at

..... copies to me at

..... copies to me at

Name of Agent

Address until will be

IF you find a loose Renewal Blank inclosed, it indicates that YOUR SUBSCRIPTION EXPIRES WITH THE RECEIPT OF THIS NUMBER. Please renew at once.

CONTENTS FOR JANUARY

GENERAL ARTICLES

Making the Hygienic Menu Attractive yet Inexpensive, A Symposium by —

George E. Cornforth	6
Louisa Hansen	9
Dr. Lauretta E. Kress	12
Edythe Stoddard Seymour	14
J. L. Buttner, M. D.	16

FOR THE MOTHER

Uncomfortable Babies — Artificially Fed, Langley Porter, M. D.,	18
The Whims of the Child No Guide — Artificial Foods for Baby — Undiluted Cow's Milk for Infant Feeding — Faulty Feeding in Infancy	19

THE CONSULTATION ROOM

An Attack of Rheumatism, H. W. Miller, M. D.	21
---	----

INDEX FOR 1914

EDITORIAL

The Foot-and-Mouth Disease,	27
-----------------------------------	----

AS WE SEE IT

Drug Intoxicants — Baking Powders — Poisons in Cheese — Prove All Things — Friedmann Treatment Condemned — High Blood Pressure — How Syphilis Is "Cured" — "Chronic Rheumatism" — Prevention of Tuberculosis — Beans to Prevent Pellagra.

CURRENT COMMENT

Chasing a Will-o'-the-Wisp — Play a Lost Art — Compulsory Bad Health — Red and White Meat — The Etiology of Crime — Can Consumption Be Cured? — Eyestrain — For Efficiency — Exercise May Be Overdone.

THE MEDICAL MISSIONARY AT WORK

Medical Missionary Work Among the Porto Ricans, Clarence E. Moon.

QUESTIONS AND ANSWERS

Canned Berries — Wheat Bran — Dietetic Value of Onions — Advertising Specialists — Remedy for Snake Bite — Vibrators — Best Blood Renewer — Book on Food Combinations — Compound Oxygen — Puncture of the Spine — Coca-Cola — Stomach Disinfectant — Feeding the Baby — Is It Eczema? — Constipation in Baby — Wants to Weigh More.

SOME BOOKS

Science and Religion; the Rational and the Superrational — Europe in the Melting Pot

NEWS NOTES

Entered as second-class matter June 24, 1904, at the post office at Washington, D. C., under the Act of Congress of March 3, 1879. Published monthly by Review and Herald Publishing Assn., Washington, D. C.

PRICES, POSTPAID

Yearly subscription	\$1.00	Three years	\$2.00
Six months (subscriptions for less than six months not accepted)50	Five years	3.00
Single copy10	Five copies, one year, to one or more addresses	3.00
Five or more copies, mailed by publishers to five addresses or to one address, postpaid, each05

NO EXTRA CHARGE ON FOREIGN SUBSCRIPTIONS

HOW TO REMIT.—Remittances should be made by Post-office Money Order (payable at Washington, D. C., post office), Express Order, or Draft on New York. Cash should be sent in Registered Letter.

DATE OF EXPIRATION.—Your address on the wrapper shows the date of expiration of your subscription. To avoid missing any numbers, please renew early, for we stop all subscriptions promptly upon expiration.

CHANGE OF ADDRESS.—When a change of address is desired, both the old and the new address must be given. The publishers should be notified six weeks in advance of the desired date of change.

SUBSCRIPTIONS GUARANTEED.—Our authorized agent will present signed credentials from our agency nearest you, also receipt for subscription money. If requested, he will also deliver the first copy to commence your subscription.

TERMS TO AGENTS.—5 to 40 copies, 5 cents a copy; 50 or more copies, 4 cents, postpaid, to one or more addresses. Foreign orders, 5 or more copies, 5 cents a copy, postpaid. Special discount on subscriptions quoted upon application.

ADVERTISEMENTS GUARANTEED.—The reliability of every advertisement found in Life and Health is guaranteed.

YOU WILL NOT BE ASKED TO PAY for this magazine unless you have subscribed for it. Some friend may have subscribed for you. The receipt of a sample copy is merely an invitation to subscribe. So please do not refuse the magazine at your post office for financial reasons.

A. J. S. BOURDEAU, Circulation Manager



ON THE BANK OF THE ZAMBESI, AFRICA

VOL. XXX
No. 1

Life & Health

THE NATIONAL HEALTH MAGAZINE

JANUARY
1915

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

Editor, GEORGE HENRY HEALD, M. D.

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

This Month's Symposium

This symposium was prepared by—

1. A sanitarium chef who, in addition to his experience in the kitchen, has conducted numerous cooking schools, and has written extensively on cooking.

2. A trained nurse who has had special training in the preparation of health foods.

3. A physician who has conducted numerous schools of health and cooking classes in three continents. She is also a mother who has had practical experience in home cooking in various countries.

4. A trained nurse who has added to her experience that of a mother of a growing family. She has written quite extensively on health topics.

5. A physician who believes that the most rational diet is the vegetarian, though he is modest about forcing his ideas upon others. From the directions he has given here, one gathers the idea that he is more of a vegetarian than a hygienist. The two terms are not necessarily synonymous.

The attempt has been not so much to enter into details as to suggest. The verdict might be that none of the articles is complete. This may be due to the space to which they were limited. One has emphasized one phase of the subject; another has seen fit to dwell on some other point. On the whole, the subject has been well covered.

We should remember that extreme economy is not strictly compatible with either attractiveness or healthfulness. For instance, some of the Orientals can keep a family on a few cents a day. Their notion of what might be an attractive and hygienic menu might not appeal to us Westerners. In a sense, the character of the meal depends more on the cook than on the time and material at her disposal.

Of two persons who have approximately the same amount of time and money to expend in the culinary department, one by proper planning and wise economies will prepare a much more healthful and attractive meal than the other. Whatever the time and money at one's disposal, a wise management will give much better results than haphazard work.

Next month's issue will describe the wonderful health features of the great Panama-Pacific Exposition. The usual departments.

MAKING *the* HYGIENIC MENU ATTRACTIVE YET INEXPENSIVE A SYMPOSIUM



HOW TO MAKE THE MENU MORE ATTRACTIVE YET INEXPENSIVE

George E. Cornforth

THE first thing needful is to become more capable in the preparation of wholesome, palatable food—to acquire greater skill in preparing the common dishes so that they will taste better. This skill can be acquired by studying the instruction given in a good cook-book of healthful cookery, and in *LIFE AND HEALTH*, and by practicing according to that instruction, trying every time a dish is prepared to make it better than ever before.

To make meals more wholesome means economy, because it means better health, and better health means greater efficiency for work, less loss of time from work, and less paid out for doctors' bills. "The greatest economy is health."

Meat is the most expensive part of the average bill of fare. More nourishment can be bought for a given sum when buying nonflesh foods than when buying meat. "From one fourth to one half the

money spent for food goes to the butcher, and usually the smaller the income the larger the proportion spent for meat." Therefore the menu may be made less expensive by omitting the meat, and it seems to us who are vegetarians that it

is more attractive, too, not to have a portion of a carcass on the table. And we believe it has been pretty conclusively proved that better health is possible without meat than with it. Therefore to do without meat means economy on that score. Ways of preparing attractive meals which require no meat have been described in *LIFE AND HEALTH*.

Adopting a nonflesh bill of fare will

mean economy also in the expense for fat foods, and the nonflesh foods of this class are more wholesome—economy again from a health standpoint. Butter is an expensive article of diet, especially in cities where the best butter retails for about forty cents a pound, or perhaps more than that. Vegetable cooking oil

Wholesome and acceptable substitutes may be used in place of some of the more expensive foods, as, for instance, meat, butter, and maple sirup.

The "staff of life" is the cheapest of foods. The thrifty housewife will provide a large variety of breads, and will prepare some of the expensive articles in the form of toasts.

The old-fashioned vegetables are economical, and the cook should know a variety of wholesome ways of preparing them.

The use of some of the dried fruits—prunes, raisins, apples, apricots, pears—to replace in part the fresh fruit, may add variety and cut the cost.

Avoid monotony by having a large variety of foods, and preparing them in unaccustomed ways; but do not have a large variety at one meal.

Give attention to the service, the linen, silverware, dishes, flowers. Garnishes. Music.

or salad oil is cheaper than lard, and more wholesome. We have shown in *LIFE AND HEALTH* that when the amount of nourishment which can be purchased for a given sum is considered, nuts are cheaper than meat; and more than half the food value of most nuts is fat, so that if nuts are used in the diet and salads are frequently found on the menu, butter may be eliminated from the diet, if desired.

There are persons who do not consider butter a particularly wholesome article of diet, and therefore recommend its disuse from a health standpoint. A "health butter" can be made as follows: Break one egg into a mixing bowl, and beat it well with an egg beater; then beat into it two level teaspoons of flour; then have some one pour slowly into the mixture a good salad oil, continuing the beating. The oil should be poured in very slowly at first, but can be poured in more rapidly as the process goes on, but care must be taken to thoroughly beat the oil into the mixture as rapidly as it is poured in. When two cups of oil have been used, beat in one teaspoon of lemon juice, then beat in one and one-half cups more of the oil. Lastly add two level teaspoons of salt. When completed, this is of about the consistency of soft butter, and for those who are not too strongly wedded to the flavor of butter, it makes a good substitute. It can also be used in cooking as butter is used for that purpose. I am persuaded that most persons who never had tasted butter would not find it palatable. Its flavor is due to the action of germs, just as the flavor of cheese is due to the same cause. When the action of these germs has produced the desired flavor, the butter is called good. But it takes only a short time for this "good" butter to become poor butter.

"All things considered, the greatest amount of food value for the money may be obtained from bread. Good bread is the most wholesome, most digestible, and, on account of its general availability, the cheapest food there is. It well deserves its title 'staff of life.'" This is

true especially if the bread is made from a wheat meal which contains all the food elements of the wheat. And because this is true, it is economy to get the family to use bread freely. This can be done by making a large variety of breads, including the many kinds of buns, unfermented rolls, crackers, and zwieback. Some expensive articles, such as asparagus and nut foods, may be more economically served on toast. Slightly stale bread may be made into croutons for serving with soups. Older bread may be thoroughly dried and made into crumbs to be used in making scalloped dishes, cutlets, croquettes, or crumb griddle cakes. No scrap of bread of any kind should be lost.

Maple sirup may almost be regarded as a luxury, and many persons use some kind of corn sirup as an agreeable substitute for it. But a sirup which is cheaper than corn sirup or molasses, and which contains mineral elements lacking in corn sirup and granulated sugar, can be made from brown sugar by boiling one cup of the sugar with one-half cup of water and one-fourth teaspoon salt for five minutes, adding one-half teaspoon of vanilla after the sirup has partly cooled.

The old-fashioned vegetables, potatoes, turnips, carrots, onions, parsnips, cabbage, and squash are economical foods, and one would do well to learn a variety of wholesome ways of preparing them.

The dried fruits—prunes, raisins, apples, apricots, and pears—are much less expensive than fresh or canned fruit, and may be used occasionally in a variety of ways to give pleasing variations to the meals.

Making use of a larger variety of foods and preparing them in new and different ways will add to the attractiveness of the bill of fare. There should not be a large variety at one meal, but the meals should vary. Instead of being satisfied to live on the same foods, make use of all the wholesome kinds of food that are in season and reasonable in price. It is a good thing for the digestion to surprise the stomach, and it gives

WITHDRAWN

zest to the appetite to sit down to a new dish or to some familiar article prepared in a new way. The stomach tires of digesting the same thing over and over, and the appetite tires of the monotony.

Another thing which will add to the attractiveness of the meal is attention to the setting of the table and the serving of the food. Have the linen neat, clean, and well laundered, the silverware bright, the table neatly set. A few pretty dishes, a bouquet of flowers, or a dish of fruit adds greatly to the attractiveness of the table. Who has not felt his mouth water at the odor of a dish of apples, which scents the whole room? And this watering indicates that the mouth is getting ready to taste the fragrant food, and the stomach is pouring out its digestive juices so as to be ready to digest it. Food prepared to attract our sense of taste and smell is, as a rule, well digested.

If there is a little place about the house where flowers can be cultivated (and they will grow in any back yard), their cultivation will afford pleasure, besides the charm of their brightness and fragrance when placed upon the table.

The table may be made more attractive by garnishing various dishes with something green, as leaves, or parsley; or flowers may be used to garnish a salad or dessert. Note the attractiveness of the contrast of colors when luscious ripe tomatoes are served on a bed of pretty green lettuce leaves, and a slice of lemon with its yellow rind or a spoonful of salad dressing is added. Slices of beet, slices of hard-cooked eggs, nasturtium leaves and flowers, pansies, celery tops, carrot tops, ferns, autumn leaves, jelly, ripe olives, and nuts can all be used with advantage in garnishing. A little green used in garnishing the substantial dish of the meal will please the eye and invite the appetite.

I might mention one way of adding to

the attractiveness of a meal, while reducing its cost, which scarcely any one would recognize as a means of doing these two things; namely, thoroughly tasting and enjoying the food. Many persons eat so quickly that they do not stop to taste the delicious flavors which nature has put into foods. The French exercise taste not only in the appreciation of music and pictures, but also in the appreciation of vegetables and cheese. I am sure that the careful tasting and enjoying of food would prove a revelation to most persons in the discovery of the delicate flavors which they never have dreamed foods contain. And all who try this find that it leads them to eat less than they have been in the habit of eating.

A number of years ago, soon after Mr. Fletcher published his book "The A. B.-Z. of Our Own Nutrition," an editorial was published in one of the Detroit newspapers, with the title "This Is Good for Thirty-Three and One-Third Per Cent at Any Grocer's." The article said that a well-known physician had made the statement that thorough chewing and tasting of food would lead persons to eat one-third less than would satisfy them in the usual manner of eating. And this thorough mastication and thorough tasting of food lead to better digestion, which is another point to add to economy from a health standpoint.

Music accompanying a meal, by soothing ruffled nerves and bringing a restful frame of mind, adds to the enjoyment of the meal, and is conducive to good digestion. This is something that few of us can have, but "the fond chatter of wife and children is a sweeter accompaniment than music." Therefore I would add as last, but not least, the thought that the humblest fare can be made attractive by the cheerful, loving disposition of the one who prepares and serves it.

WHAT I KNOW ABOUT MAKING THE HYGIENIC MENU ATTRACTIVE YET INEXPENSIVE

Louisa Hansen



PLATABILITY is one of the essentials of a good dietary. The real attractiveness of a menu lies, not in the beauty of its color scheme, not in the euphony of well-sounding terms, but in its appeal to the palate and the natural desires of the appetite. This appeal should be continuous, or lasting; the fare should always satisfy, not cloying the appetite, not dulling it because of insipidity, not tiring it for lack of variety. Notwithstanding the prevalent notion that anything hygienic is tasteless or distasteful, the hygienic menu can be made to comply most admirably with all these requirements.

As for expense, the hygienic menu again holds its own, or does even better. Taking the raw material of foods that are good to begin with, is there any reason why it should cost more to prepare it in a hygienic manner than otherwise? Complex dishes are the more expensive, in both time and material, requiring many things which may have no nutritive value, but which increase their cost rather than their digestibility.

The cost or the quality of the hygienic menu should not be judged by the commercial "health foods." While some of these are good value, others are too expensive to enter largely into the average family bill of fare. Pound for pound and dollar for dollar, the same real food material and the same money can show a

much more economical relation if handled by the intelligent housewife in her own kitchen. Anyway, health foods are not confined to tin cans and paper boxes or fancy names. Any good food, prepared in a wholesome manner, is a health food.

In these days of "Hygienic Beer," "Health Food Cigars," and a hundred and fifty-seven and more varieties of "pure food" condiments, spices, canned meats, and what not, we should remember that it takes more than a label to

make a thing hygienic. Authorities on the operation of the pure food law tell us that there is still considerable room for improvement in having the labels of some products state the truth, the whole truth, and nothing but the truth. One may draw the line quite a way this side of some of the

The hygienic menu may be attractive and inexpensive; but such a menu will not consist largely of commercialized "health foods."

It takes more than a label to make a health food.

The ideal of hygienic cookery is not a series of "mock" substitutes for unhygienic dishes.

Nut foods may be used to supply the protein and fat ordinarily obtained from animal foods, but they should not be used to excess.

The cereals should form the basis of the menu.

The preparation of grains, toasts, vegetables, miscellaneous.

so-called pure food products without being overparticular about his eating. In this lies another strong argument for the intelligent preparation of home products.

Hygienic cookery is not such a complicated art as some may think. One of its strong points is its simplicity. Its ideal is not found in some of the concoctions sailing under false colors, as "mock turkey," "mock veal," mock this and that. Some skill is required in the preparation of such dishes; to give more than a mental satisfaction and have them really healthful; for, be it remembered, a bad mixture of good things may be as unhygienic as a thing that is bad in itself.

The burden of hygienic cooking is not always to provide mock substitutes for things unhygienic. It is better to prepare the original foods in such a way that others are not wanted. If naming a dish makes it more acceptable, name it; but be careful about the making. Emphasize the wholesome and tasteful preparation of grains, nuts, fruits, and vegetables, which afford a wide range for an attractive and healthful menu.

Nuts and nut foods may be utilized as meat substitutes, but caution must be

Cereals

The various grains offer a nice variety of staple food, palatable, nutritious, inexpensive, and, when rightly prepared, easily digested, besides giving the best proportion of food elements. They go nicely with cream or fruit juices, and do not need the amount of sugar sometimes used. In fact, sugar added to grains gives an excess of carbohydrate.

Most grains should be cooked in a double boiler. With the inner boiler placed on the stove, let the water come



VEGETABLES CANNED FOR WINTER

observed not to overdo their use. They contain elements that become harmful when used in excess. These are better combined with grains, fruits, and vegetables, to form a balanced bill of fare. The various legumes, such as peas, different varieties of beans, and lentils, are also good in taking the place of flesh foods. It is important that the food elements supplied in a flesh dietary be furnished when a change is made to a vegetarian diet.

The space limit of this article will not permit recipes. These may be found in cookbooks and in various numbers of this journal. Only a few suggestions can be allowed here.

to the boiling point. See that it does not stop boiling while stirring in the grain. It is here that cooked cereals often lose their flavor. After the grain has ceased to settle to the bottom, put the inner boiler into the outer boiler, and cook the required time. Where package goods are said to be ready cooked, or partially so, make sure that this is true; for uncooked grains do not give the flavor or quality of properly cooked ones, and they are difficult of digestion. Stirring the grain after it has set makes it pasty.

Wheat and oats in various forms are stand-bys for breakfast dishes. Rice is one of the cheapest and best of foods,

and can be prepared in a number of appetizing ways, with no excuse for making it unhygienic. Corn offers itself for a number of nutritious and palatable dishes; and as to expense—well, the high cost of living doesn't affect us here.

A number of the grain preparations are excellent when sliced and browned. First, cook as for thick mush; pour into a dish, and allow to cool overnight; then cut in slices a half inch thick, place in a greased pan, brush over with oil, butter, or cream, and bake.

The list of cereals is too long to give entire.

Toasts

A number of delicious and appetizing toasts help nicely in making up the hygienic menu. The basis for these is toasted bread. Stale bread is best for this, but it should be good bread, and when toasted should be light, crisp, and brittle, not hard. In preparing toast for serving, it should first be dipped quickly into hot water, milk, or cream. It should not be soggy, and should be served hot.

Vegetables

The vegetables available for the hygienic menu make such a long list that we cannot describe their individual preparation. Contrary to the prevalent notion, vegetables require careful thought and consideration in order to develop their flavor and preserve important nutritive ingredients, which are too often boiled away. When to be boiled, they should be put into boiling water and kept boiling. Do not use more water than is necessary to prevent burning. The water from some cooked vegetables is very good for other uses. Potato water

is excellent for making gravy or soup.

The natural flavors of vegetables should not be lost by the addition of strong seasonings. This principle applies in cooking most foods. Some persons really "don't know beans" in their true flavor because of the pork commonly accompanying them.

Baking is a good form of cooking for a number of the vegetables, as well as for several other foods. Who does not know that a baked potato is fine for most invalids? It is just as good for other people, perfectly wholesome, palatable, and inexpensive. Cut off a little from the end when baking, to make the potato mealy.

Miscellaneous

Macaroni lends itself nicely to the better menu, can be served in a variety of attractive ways, and is not costly.

Think of the delicious salads to be had in the hygienic list, running almost the whole alphabet, and a dozen or more salad dressings.

You can have a different soup every week of the year, all good, attractive, and reasonable in cost.

Various tasty breads, delightful sandwiches, nice beverages, together with the full list of fruits, may be added. Even the desserts, with puddings and cake, are susceptible to hygienic preparation, losing none of their real attraction, and adding nothing to the cost.

The possibilities of the hygienic menu cannot be covered, even ever so briefly, in a single article. These can be realized only by practical experience, and will then bear much study and application without being exhausted.



MASHED POTATO BARS AND POTATO CAKES

WHAT I KNOW ABOUT MAKING A MENU ATTRACTIVE AND INEXPENSIVE

Dr. Lauretta E. Kress



ANY families in the large cities who have to live on an income of twelve to fifteen dollars a week, do not know how to economize in buying food. They buy whatever tempts the appetite, regardless of the cost, and thus before another pay day their funds are very low.

It is possible to be well fed and nourished with little expense, even in these days of high cost of living. If the housewife will watch for special sales, she can buy at a great reduction many staple articles which do not depreciate in value. Most of the larger stores have sale days when flour is reduced several cents; and rice, sugar, beans, split peas, and other foods have a corresponding drop in price. Buy then a larger or smaller amount as your means will allow.

Do not throw away anything that can be used. Peelings of peaches or pears may be stewed and turned into a col-

ander. The juice that drains through may be sweetened and bottled for pudding sauces in the winter. Apple peelings make good jelly. Variety may be obtained by coloring with other fruits, and flavoring differently. To flavor with rose geranium leaf, for instance, let the

leaf remain in the boiling jelly for fifteen or twenty minutes. This will give a delicate flavor to your inexpensive jelly. After drawing the juice from stewed crab apples for jelly, save the pulp; put it through a colander, and

make crab apple butter of it for winter.

Every household should have its own homemade bread. It takes only a few pounds of flour to make four or five small loaves of bread. You know then what is in it, and it is certainly much more wholesome than the spongy loaves you buy.

I have prepared a simple, inexpensive menu for four persons. The total cost of raw material is fifty-six cents.

"High cost of living" often due largely to unwise purchasing. Take advantage of special sales.
Follow the example of all successful manufacturers by making use of the by-products.
Home-prepared foods are cheaper than those purchased in cans and cartons. Bake your own bread.
A simple menu, hygienic and inexpensive — with recipes for the same.

Vegetable Soup

Nut Roast Browned Potatoes
Stewed Spinach with Lemon Points
Lettuce and Celery Salad Celery
Homemade Graham Bread
Pulled Zwieback
Rice Mold with Grape Sauce

Vegetable Soup

½ cup split peas
1 cup Lima beans
1 tablespoon salad oil
½ small onion
½ carrot
1 stick celery
1 small turnip
2 medium potatoes
Parsley

After washing the beans and peas in cold water, put them to cook with the salad oil. Cook slowly. There should be a good supply of fluid on the mixture when done. Drain this off, and add to it salt, and vegetables cut fine. Cook altogether until the vegetables are done. Lastly add parsley chopped fine. Serve hot with croutons.

A bunch of soup greens, containing celery, onion, carrot, turnip, and parsley,

can usually be purchased at the grocery store for two cents. The only other vegetable necessary is the potato. A bay leaf and a pinch of sage improve the flavor. If desired, a few of the Lima beans may be left in the soup.

The beans and peas drained from the soup can be used for the roast.

Nut Roast

- 1 cup Lima beans
- $\frac{1}{2}$ cup split peas
- $\frac{1}{2}$ cup chopped walnuts
- Salt
- Sage and onion
- $\frac{1}{2}$ loaf of white bread

The beans and peas are prepared as for the soup, with the exception that when done there should be very little fluid left on them. Press through a colander to remove skins. Mix with chopped walnuts, and salt to taste. Line a baking dish with two thirds of this mixture, and place in the center of the dish a dressing made of the bread moistened with hot water. To this add onion and sage, and a little cream to season. Cover the whole with the remaining third of the bean-and-pea-and-nut mixture, and bake. When done, remove from the baking dish onto a platter. Garnish with sprigs of parsley saved from the soup greens, and serve in slices with a spoonful of apple jelly.

This makes a very tasty and economical substitute for meat.

Browned Potatoes

Prepare a gravy by cutting a quarter of a small onion into a frying pan with a tablespoonful of cooking oil. Fry till it is a golden brown. Add a heaping tablespoonful of flour, and brown. Add salt and water to make a thin gravy. Strain out the onion. Have ready four fair-sized potatoes, peeled, and cut into halves, lengthwise. Lay in a baking dish and turn the gravy over them. Bake in a moderate oven until done, basting occasionally to brown the top of the potatoes.

Stewed Spinach

Wash carefully one pound of spinach. Put to cook with no water except what clings to leaves after washing. Let it cook slowly in its own juices. Before it is done, add a tablespoonful of cooking oil, or a piece of butter if preferred, salt, and cut it fine with a sharp knife. Serve on a platter with lemon points and rings of hard-boiled egg.

Lettuce and Celery Salad

Take one head of lettuce, using the outer leaves for the salad proper and a few of the inner ones for the cups for serving it in. Cut the leaves fine, using equal portions of celery and lettuce, with a very small portion of onion. To this add salt and a dressing of lemon juice, with a little sugar if desired. Serve in cups of lettuce leaves.

In winter this makes a very appetizing and inexpensive salad.

Celery is always an acceptable relish. Select the crisp inner pieces for your celery dish, and use the outer ones for the soup or for your salad. Either slash gently downward all along the stalk, or cut from the bottom upward several long slashes. This causes the celery when placed in cold water to curl. It not only adds to its attractive appearance, but makes it more crisp and tender.

The remaining three fourths of the loaf of bread from which the dressing in the roast was made, can, part of it, be made into croutons for the soup, by cutting into one-half inch cubes, and toasting them in the oven; and the remainder can be made into pulled zwieback, by pulling the bread into pieces about the size of a large walnut, and drying it out thoroughly in the oven, then browning it. Zwieback made in this way is very crisp and toothsome. It can be eaten with the soup or any part of the dinner.

A simple, inexpensive dessert is a —

Rice Mold With Grape Sauce

Wash one-half cup of best rice. Put it to cook in two cups of water. If desired, milk can be used, and a little sugar added. If the rice is cooked in a double boiler, this amount of water will be quite sufficient. If cooked on the stove without the double boiler, more water must be added. When well done, remove from the fire, and pack in small cups or molds, which have been moistened with cold water. Let them stand until cold. Turn out into glass dishes, and serve with grape juice which has been sweetened to taste, and slightly thickened with cornstarch.

The value of such a menu is this:—

1. It is inexpensive.
2. It is quickly prepared.
3. It contains all the elements of nutrition in good proportions.
4. While it contains no meat in its preparation, the soup, roast, and vegetables have a meaty flavor which will satisfy the most fastidious.
5. If taste is used in service, everything being neatly prepared, served hot or cold as was intended, it will certainly be an attractive dinner menu.

WHAT I KNOW ABOUT MAKING THE HYGIENIC MENU ATTRACTIVE YET INEXPENSIVE

Edythe Stoddard Seymour

THE attractiveness of a meal depends as much on the environment as on the knowledge that the food has been prepared in a cleanly manner.¹ It is of prime importance that the dining room and the table cover present a pleasing appearance.

Whether it be of doilies, hemstitched or damask cloth, oilcloth, or the well-scrubbed white wood of the kitchen table, a white table top is almost invariably chosen, and this must be clean in order to look clean. Bright flowers or foliage, shining cutlery, silverware, and as pretty dishes as one can afford, may be utilized in order to brighten the color scheme.

In some cases, the menu will be more conducive to the health of the busy mother if she is not obliged always to care for the table linen. The use of crape table covers and paper napkins, at no great expense, may be the means of economizing her strength. Paper cups for ices or other desserts, made attractive by means of tissue paper covers and flowers, will save some dish washing.

Foods served in cups of hollowed fruits or tomatoes, or in boats of cucumbers or banana skins, have an inviting appearance. Porridge may be molded into cup shape and filled with fruit sauce. Round or square cups, cut from bread and toasted in the oven, may be filled with any food suitable to serve on toast,

such as asparagus tips, creamed vegetables, cheese dishes, tomatoes, or poached eggs. An excellent way to serve eggs is to bake them in cups fashioned from tomatoes.

Mashed potato spooned into cup shape may be filled with peas or with any creamed food. Roast potatoes may have a cross-shaped incision made on one side, through which the snowy interior may be forced, by pressure from below.

Bread dressing, seasoned to taste with butter, onion, and such herbs as sage, thyme, or sweet marjoram, may be

browned in a hot oven and served at dinner as a side dish, with eggplant, baked tomatoes, cabbage, and the like.

Some of the formed dishes mentioned in this article, which might not retain their

shape with ordinary handling, may be taken up by means of a pliable cake turner.

Vegetables to be served whole or sliced should be uniform in size and of good shape and color. Small, imperfect vegetables may be made up into creamed dishes, or stewed; or if they are of firm texture and good color, they may be utilized in salads. Vegetable cutters of various shapes afford means to furnish variety with ordinary material. These cutters will last a lifetime.

Macaroni in the form of letters and in other shapes may be purchased to be used in soups, or creamed for the children's table.

To persons with feeble appetite, food should be served in small amounts, as a

The busy mother of a large family, though in humble circumstances, may have attractive meals.

Novel and attractive ways to prepare food.

Garnishing is the finishing touch of the housewife's art, giving class to an otherwise humble repast.

Serve according to the appetite of your guests.

¹ Note the satisfaction with which patrons of the marble-lined, mirrored lunch rooms take their meals, notwithstanding the warnings they have had that conditions and appearances are entirely different back in the kitchen.—Ed.

generous helping is more likely than not to take away the appetite. Hungry persons, on the other hand, do not feel satisfied with dainty helpings; they eat with more gusto if the supply is liberal. It

taken pains to make the menu appear attractive. Throughout the year, almost, there is something available for this purpose — parsley, celery leaves, red radishes, peppers, beets, carrots, onions, and



BANANA SALAD

should be remembered that food heaped up on a medium-sized dish appears more in quantity than the same amount on a large dish.

Garnishes add much to the appearance of the food. A little garnish will go far, and will indicate that the housewife has

the like — which may be cut into strips or other forms, and arranged around the prepared food. This is the finishing touch of the housewife's art,—a little touch, which, without costing much in time or material, gives class to what might otherwise be a humble repast.



SALADS GARNISHED

WHAT I KNOW ABOUT MAKING THE HYGIENIC MENU ATTRACTIVE YET INEXPENSIVE

J. L. Buttner, M. D.

THE factors that make for a pleasant meal are more numerous than is generally realized. Food reformists have prided themselves in having discovered not only a more healthful and more rational way of living, but also a more economical diet. They frequently proclaim with great emphasis how perfectly nourished one can be with a fare of peanuts and dry bread and water. It is quite true that health can be maintained on such a régime, but it is repellent to those who have no taste for the ascetic life. Many have made the fleshless diet not only acceptable, but pleasant and inexpensive, without removing the sociability of the meals and their regular succession. A little comprehension of what is needed will help greatly in this direction, and to succeed is certainly the most efficient propaganda.

A meal should be made to please not only the taste, but all the senses if possible. High-class restaurants know this very well, since they even provide music and paintings for their patrons. You want on your table a little touch of art, of color, of contrast, and of harmony. Nobody is too poor to have a clean table, white linen, polished plates, and sparkling clear water in immaculate glasses. Add to this a few flowers in season,—two or three flowers are more artistic than a thousand,—a dash of green on the table; the salad bowl; and oranges, apples, and bananas on the sideboard. This is your setting, and it is a beautiful one.

Serve the meals in the conventional way. Whatever has pleased the people of many generations has some fine point in it. A small dish of soup to begin with is a stimulant to the flow of gastric juice. A *hors d'œuvre* is good if you have it—an olive or two, a radish, a piece of celery. Have a vegetable roast or something that takes the place of the meat dish, for the *pièce de résistance*; two vegetables, including salad; nourishing dessert if the other items are light, a light dessert if the meal has been liberal. A dish of gravy adds much to a meal, and

gives it the finishing touch. All this is not necessary, but it pleases and makes the way out of the flesh-pot easy. Fruits, which are always acceptable, may come last or first.¹ They may take the place of soup, or may be served after it. Fruit sauces and ge-

Avoid making a fetish of simplicity. Have the meal, as far as possible, please all the senses.

Avoid fads; serve in the conventional way; the customs of generations have a reason for their existence. Avoid an excess of starchy foods at one meal.

Study well the resources of the seasons and of the markets.

How a French matron will get up a course dinner in an emergency, without previous preparation.

Using the remnants.

lées may be given in place of one vegetable, and thus an almost endless variety is possible. Good bread—whole-wheat, Graham, or rye—and biscuit can be supplied as usual. Cakes and pies should be reserved for special occasions. Nut preparations should come to be standard articles of diet. When they are manufactured in large quantities, they will not be sold at prohibitive prices. Avoid a succession of heavy starchy foods at one meal. Do not, for example, give potato soup, macaroni, sweet potato, squash, and rice pudding all at the same

¹ Experience has shown that in many cases of slow digestion it is not well to eat fruit and vegetables at the same meal.

meal. Let the cooking be simply and carefully done, and let it show the least amount of faddism.

The housewife should know well the resources of the seasons and of the market, and should keep a few toothsome dainties to serve at intervals, to break the monotony, even if such are a little more expensive than the customary fare. With the trading possibilities of the present day, we have within easy access and at fair prices a great number of foods that should help to create the variety that goes a long way toward making each repast a feast.

I can do no better than to give some suggestions as to menus that can illustrate my ideas. A French woman can serve a course dinner without any preparation, and without taking it from cans. She knows the "tricks of the trade." Let us see what she might do in line of our reformed eating.

Suppose she has a visitor when she has absolutely nothing prepared. She might make the soup in the twinkling of an eye—either *soupe à l'oignon* or a bay leaf soup or *eau bouillie*. The first is made by browning in butter some onions in the frying pan, then adding boiling water, and serving with croutons. The other consists in boiling two or three bay leaves in water with salt, and pouring the water over some bread that has been either buttered or smeared with oil and rubbed with a little bit of garlic. You may omit garlic if it offends your senses. An alternative consists in beating a raw egg into the soup before serving. The egg, which must not get cooked, adds to the nourishing value of the soup.

Continuing our imaginary French menu, an omelet would be thought most appropriate. It could be plain or flavored in a number of ways. It is a

somewhat dignified way to prepare eggs for dinner, though other ways are good. Fried potatoes and a salad would be other dishes in this menu. Fried potatoes are always put raw into the frying pan. They may be cooked in deep fat, but more frequently they are fried in a smear of fat. I hear the hygienist object. Not everybody is a dyspeptic, and a person with a sound stomach and living an active life can indulge in a certain amount of fried food, provided he does not make it his regular fare.² I am more and more of the opinion that it is not one particular harmful thing that hurts, but the cumulation of a number of harmful things. A salad with a French dressing is a dish that seems to be always welcome because of its appetizing quality. Fruits and nuts might be the dessert. The whole will have consumed less than an hour in the preparing.

Suppers should consist of the remnants of the dinners,—salads, stewed and raw fruits, cheeses, especially the most digestible varieties, such as cottage and cream. A word about mayonnaise. I presume most persons do not know that mayonnaise is an emulsion of olive oil, and therefore fat in a most digestible condition. The presence of the raw yellow of egg in it increases greatly its food value, as egg yellow contains phosphorus, iron, and other substances most necessary for the building and sustenance of the body. Knowing that, it is painful to hear of families paying hard-earned dollars for some patented emulsions that are not half so good, under the delusion that they cannot procure it in any other way. Mayonnaise is easy to make, requiring only a little knack.

²The editor knows of one person who is likely to have difficulty with potatoes if boiled, but seems to have no trouble whatever with fried potato.



BOTTLE-FED BABIES¹

OCCASIONALLY it seems impracticable to nurse a baby. In such a case, if the artificial feeding has not been well planned, the indigestion and consequent distress may make baby an almost intolerable burden to mother or nurse.

The most frequent errors in artificial feeding, aside from the use of unclean or unwholesome milk, are the use of too much fat and the premature use of cereal food. The belief, once prevalent, that the casein or curd is the most indigestible part of the milk seems to be erroneous, although there are occasional instances where casein seems to be the disturbing element. The most frequent cause of distress is an excess of fat in the food. When this is the trouble, it is best to use whey without any cream for twenty-four hours, then 1 per cent fat the second day, 1½ per cent the third day, and 2 per cent the fourth day. For most infants having uncomfortable digestion, 2 per cent of cream is about the limit of tolerance, though there may be cases where it can be increased to 3 per cent and 3½ per cent.

To obtain a certain percentage of cream, ordinary four-per-cent dairy milk is put into a quart bottle and the cream allowed to rise. The first six ounces removed with a Chapin dipper will contain 16 per cent of fat. One ounce of this added to 15 ounces of whey will make a 1-per-cent-fat mixture; 2 ounces

added to 14 ounces of whey will make a 2-per-cent-fat mixture, etc.

Another cause for distress at this age is excess of starch through the use of a cereal, or of sugar through the use of sweetened condensed milk. Either of these errors will lead to a moderate degree of chronic distress, often accompanied by vomiting of sour watery material, from one to two and one-half hours after a meal. There may also be fermentative stools, with rawness of the buttocks and of the lower end of the intestinal canal; or there may be sufficient irritation of the canal to cause distress without appreciable change in the skin of the buttocks.

When the bottle-fed child is a little older, there may be extreme constipation, the fecal masses being very white, or putty-like, or "marble-like," as described by one mother. When there is a large quantity of fat in the food, as when very rich milk is used, these fecal masses are greasy and crumbly, and have the foul odor of fatty acid.

Children having this form of constipation are restless, cry easily, and sleep poorly. Not infrequently a victim of this trouble will sleep on his knees, with his nose buried in the pillow. Such children are receiving more fat than they can digest properly. The proper treatment is to reduce the amount of fat in the food and substitute carbohydrate, particularly in the form of dextrin, if the child is under ten months old.

After the child is ten months old, it is probably best to use cereal gruels,

¹ Based on article "Uncomfortable Babies," by Langley Porter, M. D., S. F., *California State Journal of Medicine*, July, 1914.

with eggs, fruit pulps, etc., to replace part of the milk. At no age does a child need more than a quart of milk daily; and from the tenth month it should not have more than five meals during the twenty-four hours. When the child requires more nourishment than is supplied by a quart of milk a day, it is high time that it receive part of its nourishment in the form of cereals, zwieback, eggs, etc.

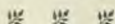
Slight degrees of rickets, with malnutrition, are not at all uncommon with babies of eight months or over. Babies that cry because of bone and muscle tenderness may be suffering from this cause; or more rarely there may be tenderness due to the presence of scurvy. Either of these conditions is an indication of some fault or lack in baby's food. A very large number of infants under two years are troubled more or less with starch indigestion, accompanying diarrhea, or possibly constipation and a bloated abdomen. With this condition there may be an acid state of the system, manifested by restlessness, irritability, broken sleep, loss in weight, or failure to gain weight, and a condition

in general that causes the parents much uneasiness.

Such children suffer from pain about the navel, and are among the most uncomfortable the doctor is called upon to treat; and they make everybody else in the family equally uncomfortable. Surprising as it may seem, there is no class of infants so easy to treat.

Often these children are supposed to be "delicate;" and they are supposed to have appetites so frail that they must be fed whenever they desire to eat. The consequence is that these victims of mistaken kindness are all the time nibbling at some food, and they never experience real hunger, thus missing one important aid to good digestion.

The remedy is restriction to three meals a day with no "piecing" between meals, and the limitation of starch. Whatever starch is given should be in a very digestible form, perhaps partly dextrinized, like zwieback. It may also be an advantage to give a little diastase to help digest the starch. If this régime is carefully followed, these little ones will soon be rugged and rosy, and they will let the old folks have a little peace.



The Whims of the Child No Guide

MANY parents make the mistake of allowing the caprice of the child to influence its diet. We now know the foods that are suitable for children, and, knowing these, the children should be provided with them in suitable amounts, and should be required to eat them, largely independent of choice. The child that learns to eat and digest all wholesome foods, and who is not allowed to cultivate little food antipathies, makes a good start, and avoids one of the worst pitfalls of life with which medical men are very familiar; namely, a meticulous anxiety concerning the effects of various foods, all too likely to develop into a hypochondriacal state. —Dr. Llewellys Barker, in *Child Welfare Magazine*, September, 1912.

This is very good advice, provided the parents really know what foods are best for the child. Otherwise, their meddlesome interference may be worse than the child's natural choice. If man in his childhood has no instinct to tell him the difference between food and near food, he is different from most other animals. Sometimes I think it is the example of the parents, or the oversolicitousness of the parents, that counteracts the natural instincts of the child, which otherwise might be found to be a fairly good guide.

Artificial Foods for Baby

ONE cannot always judge of the value of a food by the plumpness and apparent robustness of baby, for, as the *Journal A. M. A.* says: "Many times the food seems to agree with the child so far as his apparent digestion, nutrition, and increased weight are concerned, but in many cases, if attacked by disease, it does not have the ability to withstand the disease as well as does the milk-fed child. It loses weight more rapidly, and its muscles are more flabby." There is something in mother's milk that makes for health that is not to be found in any artificial food, or even in cow's milk, and mothers should awaken to the significance of this fact.

A child comes into this world with certain inalienable rights, among which is his right to his own mother's milk. There is no food "just as good," no food on which baby will thrive quite so well. Unless the mother is actually infected with some disease that might be transmitted to baby through the milk, she should allow no excuse to keep her from nursing her child. Dr. Jacobi, the president of the American Medical Association, and perhaps the greatest authority on babies in this country, believes that any woman can nurse her baby *if she will*. If she can furnish only part of the food for baby, she

should do that; for her milk will impart to the baby certain resistant qualities against disease that cannot be obtained from any other food. Doctors are coming to appreciate this fact, and more of them are doing what they can to influence mothers to be mothers indeed.

Undiluted Cow's Milk for Infant Feeding

A PHYSICIAN in the *New York State Journal of Medicine* reports that some of the infants he had been called to see had been fed on whole milk, and apparently thrived on it. He finally investigated the matter carefully, and is able to report thirty-five cases nourished on undiluted cow's milk with excellent results. For this reason he is certain that the statement so often made that babies cannot digest whole milk is not true. He asserts as a result of his observations that an average infant is sufficiently nourished on from one and three-quarters to two and one-quarter ounces of undiluted milk per pound weight in twenty-four hours. He argues that if whole milk is good to nourish and bring to health thirty-five sick babies, it must be good for well babies who have good digestive powers. He feeds only when the infant is hungry, and beginning with a small quantity, gradually increases, adding sugar and lime-

water if they seem to be needed. It would, however, be wise to use this undiluted-milk method cautiously, for there must be some reason for the general belief that babies do not thrive on it.

Faulty Feeding in Infancy

FAULTY feeding in infancy and early childhood may lead to such impoverishment of the tissues and such stunting of growth that the ill effects can never be recovered from in later life. A considerable proportion of the intellectual and moral inferiorities among our people is fairly attributable to imperfect nutrition at this early age. Fortunately the public is now being so thoroughly educated to the importance of breast feeding for infants and of liberal and suitable diet during the early years of life, . . . that it is not necessary to dwell at length upon the subject. Plenty of good, simple food, including milk, meat, vegetables, and fruit, with avoidance of coffee, tea, and alcohol, is approved by all authorities.—Dr. Llewellys Barker, in *Child Welfare Magazine*, September, 1912.

This is very good advice, only with some of us it is the experience that the meat should be, for children at least, placed with the tea, coffee, condiments, and alcohol.



MEALTIME

THE CONSULTATION ROOM

A DOCTOR'S CHATS WITH HIS PATIENTS.

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

AN ATTACK OF RHEUMATISM

PATIENT: What do you think brought on this attack of rheumatism?

Doctor: Your sickness, coming on suddenly as it did, with a heavy chill followed by high fever and profuse sweating and pain, and with swelling and tenderness in your right elbow and knee joints, shows that you have an infection. The nature of the organism causing acute rheumatism we as yet know very little about, but it seems to especially inhabit the deep tissues, such as the joints, tonsils, and arteries, and at an opportune time when one's vitality has been lowered by exposure to cold, overwork, or other debilitating causes, as constipation or sedentary life, it springs forth in active manifestations. Have you been troubled with attacks of tonsillitis before this spell of rheumatism?

Patient: O, yes, once or twice every year I have a dreadful time with my tonsils, sometimes laid up a week with them.

Doctor: Let me see them. [Examination shows large overgrown red tonsils protruding from both sides of the pharynx, with rugged torn margins.] You should have those tonsils removed.

Patient: I did have them clipped several years ago, and went for more than a year without an attack; but now I seem troubled more than before. Do you not think that I should be as bad in a year or so as I am now if I had them operated on?

Doctor: Not at all. I think there is only one thing to do with a diseased tonsil, if anything is done, and that is

to remove it, root and branch. While I know it was quite common to clip off a protruding tonsil a few years ago for want of a better technic, we are able today to remove the entire tonsil. What would any one think of doing an operation for appendicitis and leaving half of the diseased appendix? It is even worse to cut through a diseased organ like the tonsil and leave half of it. Only diseased tonsils should be removed; and when diseased, the entire tonsil must come out.

Patient: Would not such an operation be dangerous, and is there not great danger from hemorrhage? I bled furiously before.

Doctor: We do not consider it a dangerous operation, though it requires considerable skill to do the work thoroughly. It is one of the more difficult operations to do properly. The tonsil must be loosened from its attachments and carefully dissected. Sometimes the tonsils lie deeply embedded, and these are often the worse type of tonsils, and can be dealt with only in the way I have described. In reference to the hemorrhage, if there is any persistent bleeding point, it can be ligatured. Oftentimes we can remove tonsils without the loss of a teaspoonful of blood.

Patient: Is it necessary to take a general anesthetic?

Doctor: That depends on the age of the patient and his make-up. In adults we prefer to do it with a local anesthetic where they have a strong will and self-control; but in the highly nervous and in children, we give general anesthetic.

Patient: And do you think that will clear up my rheumatism?

Doctor: I am inclined to believe that in your case the complete removal of the tonsils will result in a cure, barring the destructive change already induced by your previous attack of rheumatism. In several cases I have noticed complete abeyance of the symptoms of acute rheumatic fever after the tonsils were removed.

Patient: Is there anything else that you could suggest?

Doctor: The cause of the trouble is the first thing to be eliminated. Then I would suggest the following: We find that nature always attempts the best thing to eradicate a disease process, and we always do well to take notice of

what nature is endeavoring to do, and assist when we can. The fact that you have the heavy, sour-smelling sweats, indicates to us that if you had more of this same thing it would help; so we would advise a daily Turkish bath or hot blanket pack, cooling off by use of tepid water. You should drink profusely of water, of fruit juice, eat a liquid diet, and I recommend absolute rest, particularly of the affected parts. The use of salicylate of soda in fifteen- or twenty-grain doses three times a day often proves beneficial. The joints should be covered with cotton, wool, or flannel, and the use of hot compresses is of decided value. After the acute symptoms have subsided, massage is excellent.



From New Republic

THE 1914 WET-AND-DRY MAP

The States in white either are under State-wide prohibition or have decided for prohibition at the ballot box this year, States with a single shade are more than 50 per cent prohibition, States in double shade from 25 per cent to 50 per cent, and States entirely in mourning have less than 25 per cent of their population under prohibition.

[The following four pages may be removed, if desired, without injury to this issue, and bound with the December issue.]

INDEX
LIFE AND HEALTH
VOLUME XXIX
1914

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
Head, G. H., 165, 206
Hirschberg, L. K., 294
Hodell, John L., 404
Honeywell, Mrs. N. A., 20
Horton, S. B., 365
Huennergardt, J. F., 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. Neil)
Mann, V. L., 180
Maus, M. 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, Bienisto, 213
Rogers, James Frederick, M. D., 16, 113, 150, 201, 308, 407, 448, 535
Ross, Hal, 401
Selmon, A. C., M. D., 133

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, 331
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
Menns, 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
 Economics, 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
 Eating 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
 Fumigating Books, 88
 Infectious Diseases, 462
 Infectious Diseases, Spread of, 224
 Poisoning, 424
 Poisoning, Mushrooms, 424
- QUESTIONS AND ANSWERS**
 Breathing, Deep, 134, 136
 Farmhouse Sanitation, 471
 Mad Dogs, 40
 Mosquito Prevention, 40
 Sanitary Toilet, 472
 Flies or Bedbugs, 325
 Wants to Be Stout, 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
 Geatin, 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
 Flies, 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
 Chibblains, 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
 Minstrum 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, 552
 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
 Bolls, 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
 Hiccup, 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

EDITORIAL

THE FOOT-AND-MOUTH DISEASE



JUST at present the papers contain a very disquieting account of the prevalence of the foot-and-mouth disease among cattle in various sections of the country, and the disease seems to be spreading. Naturally there is a great amount of anxiety regarding this cattle disease and the possible effect upon human beings who may eat the flesh or drink the milk of infected animals. The Department of Agriculture has just issued a bulletin in which it is stated that the danger of contaminated milk spreading disease is somewhat exaggerated, for the reason that where infection is known to exist, the milk is not permitted to be shipped. It is well to remember, however, that milk is apt to be infected for some time before the infection is recognized, especially in small and unregulated dairies.

The department recommends Pasteurization when there is any suspicion as to the wholesomeness of the milk. But Pasteurization is recommended by the department in all cases where the milk is not known to be strictly high-grade and from tuberculin-tested cows. It has been demonstrated by experiments made in Denmark and Germany that Pasteurization will serve as a safeguard against contagion from the foot-and-mouth disease just as readily as it does against typhoid fever. But the Pasteurization should be thorough. The milk should be heated to 145° F., and held at this temperature for thirty minutes, so says the department bulletin.

But in England there has been careful work done which seems to show that boiling does not injure milk to such an extent as has been supposed in this country; and the writer has seen nothing to convince him that bringing milk to a boil (as is frequently done by the foreign population in this country) is not, for all practical purposes, a safe procedure, which is more apt to be carried out in the family than Pasteurization at a particular temperature for a certain number of minutes. It would seem, in any case, that the danger to human beings from foot-and-mouth disease, in this country at least, is not very great; for there have been few recorded cases of the disease among humans. In 1902 there were a few cases reported in New England; and in 1908 there were eruptions in the mouths of a few children which were believed to be caused by contaminated milk.

Cows having the malignant form of the disease lose practically all their milk, or "dry up," so that to milk them would be unprofitable. In mild cases the decrease may be from one third to one half of their usual yield. The milk becomes thinner, bluish, and poor in fat; and if the disease affects the udder, there may be present coagulated fibrin and blood, forming a considerable sediment, while the cream is thin and of a dirty color.

But the present practice is to slaughter all infected animals before such a stage is reached. In fact, where the epidemic is known to exist there is

rigid control of the animals by the government, and every animal found having the disease is slaughtered and buried. Of course it is possible, in private slaughterhouses not controlled by the government, that infected material may be sold for human consumption. The greatest danger in this case would be from the use of meat insufficiently cooked.

For two reasons human beings should avoid as far as possible contact or close association with diseased animals. In the first place, it is possible to contract the disease, which manifests itself in such symptoms as sore mouth, painful swallowing, fever, and frequent eruptions on the hands and finger tips. Although the disease causes considerable discomfort, it is rarely serious. The second reason is the more important one; that is, that one is apt to transfer the contagion to healthy animals, and thus increase the growth of what threatens to be a very serious economic disaster.



Drug Intoxicants

IN the registration area, according to the Census Bureau, there has been in the last thirty years an increase of more than 100 per cent in deaths from diseases of the kidneys, heart, and blood vessels.

There has been in the same thirty years a remarkable increase in the use of drugs that affect these organs. For instance, in the year 1879 the value of drugs manufactured in the United States increased from 32 cents yearly per capita to \$1.54 yearly per capita—nearly five times as much. The consumption of imported drugs is also increasing. A conservative estimate places the drug consumption of the people of the United States at \$500,000,000, or more than \$5 per capita, \$25 a year for a family of five.

Wilbert, of the Hygienic Laboratory, United States Public Health Service, commenting on the enormous consumption of drugs, says:¹—

"When one considers the potential possibilities for harm inherent in practically all drugs and preparations, it is astonishing that attention has not earlier been directed to the need for careful, systematic study of the possible untoward influences of the several drugs used."

One of the crying needs is a campaign of education which shall convince the people that there are no short cuts to health. It is impossible to purchase an indulgence permitting the transgression of the laws of health. The chances are that the supposed indulgence will itself be a transgression.

The following statement from the same article regarding the possibility of evil action from drugs is sound:—

"All of the important or active medications must of necessity have harmful influences when taken indiscriminately or for a continued length of time. It has been very properly asserted that the activity of drugs may vary to an infinite number of degrees. It may be accepted as fact that whenever the activity is sufficient to produce a decided therapeutic effect in disease, it is also sufficient to produce a deleterious effect when improperly used, either as to time or quantity. In other words, useful drugs are of necessity

¹ *Public Health Reports*, Oct. 16, 1914, article "Drug Intoxication."

poisonous substances which tend to derange normal processes of the human organism, and many of them must of necessity be extremely injurious to the various organs of the body if used at all liberally for any appreciable length of time."

Dr. Wilbert then proceeds to show some of the evil effects that may follow the use of quinine, the coal tar analgesics, the salicylates, the coal tar hypnotics. And these drugs are only representatives of the entire field of drugs, looked upon by the lay public as having some magic healing virtue, but known to the intelligent physician as being two-edged swords, as likely to cut the wrong way as the right.

Baking Powders RECENTLY a query was answered in the Questions and Answers department regarding alum baking powder, in which we stated that we knew of no reason why alum baking powders should be much more injurious than cream of tartar powders. It is true, the cream of tartar people make great claims for their product as against the phosphate and the alum powders; but it would seem that cream of tartar is not altogether innocuous. Some investigators have recently shown that tartaric acid and its salts are capable of causing kidney disease (Bright's disease). The use of large doses of the tartrates causes pronounced changes in the epithelium of the kidneys when administered to animals.

Now this is not theory, but fact; but the doses which proved harmful to animals were equivalent to something more than a quarter of a pound of tartaric acid for an ordinary man, or perhaps about half a pound of baking powder. That such a dose of almost anything would cause kidney disease would not be much of a matter of surprise. The point to consider, however, is, if the large doses are so distinctly harmful, is the constant use of small doses (which must be excreted by the kidney, for the body does not burn up tartaric acid as it does some of the other organic acids) over long periods of time a perfectly

safe procedure? The burden of proof would seem to rest with the people who assert that cream of tartar is harmless in food.

Poisons in Cheese SMALL quantities of the amines are found in the intestinal canal as the result of bacterial action. They are more or less harmful. Probably a considerable portion of the general disturbance following intestinal decomposition may be due to the formation of amines.

The amines are formed not only in the bowel, but in some of our foods. For instance, a certain amount of oxyphenylethylamine was found in small quantities in overripe Emmenthaler cheese. Lately it has been discovered in considerable quantity in fresh Swiss cheese of the finest quality, and in other varieties,—Camembert, Roquefort, etc. Concerning this presence of a toxic basic substance in common foods, the *Journal A. M. A.* says:—

"The demonstration of the regular occurrence in foods of a compound which has a marked blood-pressure-raising potency and is identical with one of the toxic bases which lend a pharmacologic action to ergot, is of more than passing interest. One is reminded anew of the possibilities described in a general way as alimentary toxemia. There can no longer be any doubt that the foods we eat may contain preformed some of the physiologically active products which have hitherto been charged solely to the bacterial transformations initiated in the digestive canal by supposedly abnormal flora."

Is it not possible that much of the high blood pressure, which seems to be the bane of the well-fed, may be due to the presence of this amine?

Prove All Things FROM the *Journal A. M. A.* of July 18, Editorial department, the following very significant statement has been taken:—

"Every newly proposed method of treatment promptly finds interested advocates in the period of early enthusiasm for a new and promising idea. Time, criticism, and accumulated experience usually serve to bring to light various shortcomings, limitations, complete failures, or explanations which may quite upset the fundamental hypothesis."

This statement is entirely in harmony with the observations of the writer. Remedy after remedy has been announced with a blare of trumpets only to be relegated to the scrap heap after a shorter or longer trial; and theories which in the enthusiasm of novelty seemed firmly established have gone the way of all the world.

Among the laity and among the medical profession there is much the same tendency to look to the new and untried for physical salvation. This must necessarily be so for the medical man. Paul's advice, "Prove all things; hold fast that which is good," might well be the slogan of every progressive medical man.

But too often this "Prove all things" is merely a wild chase after a will-o'-the-wisp. Particularly is this so with the laity, many of whom make a practice of using anything and everything that is advertised, in the hope that they will find something that will benefit them.



Friedmann Treatment Condemned THE committee appointed by the U. S. Public Health Service to investigate the Friedmann treatment for tuberculosis, after much careful investigation has made its final report, which appears in full in the Hygienic Laboratory Bulletin No. 99. (It may be obtained by sending ten cents in coin to the Superintendent of Documents, Washington, D. C.) The committee reports as follows:—

"The results of the investigation here reported do not confirm the claims made by Dr. Friedmann. We find, in brief, that the preparation used by him is not strictly devoid of dangerous properties of itself, still less so when injected into tuberculosis subjects; that the favorable influencing of tuberculosis processes by his methods is certainly not the rule, and that if we are to ascribe to the Friedmann treatment the improvement noted in a few cases, we are equally bound to impute to it the serious retrogression observed in other cases; and finally, that the phenomenon of abscess formation has not been avoided by Dr. Friedmann's methods."

They find that the inoculation of ani-

mals with the Friedmann organism caused a formation of abscesses in more than one fourth of the cases, and that treatment of animals with this organism was usually followed by a greater susceptibility to the disease. Inoculation of monkeys did not afford them protection against the disease.



High Blood Pressure RECENTLY there has been much ado about high blood pressure, arteriosclerosis, etc. Every physician who can muster the requisite funds has a blood pressure instrument, and many are the patients who have been frightened out of a year's ease of mind, to say the least, because they had a blood pressure higher than 150.

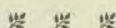
Now the reaction has come. Medical men who think and observe have arrived at the conclusion that high blood pressure is not necessarily accompanied by an early demise. Harlow Brooks, M. D., of New York, read a paper before the Medical Academy of the City of Greater New York, April 6, in which he stated:—

"At first, as usual, the enthusiasts among us probably greatly overestimated the significance of high blood pressure. This spirit is still noticeable in the lay public and press, and accounts for the agony of those patients who appeal to us after the discovery that their blood pressure (systolic) reaches 150 mm. There can be no doubt that the pendulum of professional opinion is on the reactive swing that always follows such enthusiasm as hailed the startling discoveries which succeeded the accurate measurement of blood pressure. We begin to hear good men openly question if the high pressures are really important in prognosis or treatment, and not only question, but definitely advocate that no methods be taken to lower these high pressures, since such means, when successful, are undoubtedly followed in a considerable number of instances by suspended renal secretion, pulmonary edema and cerebral anemia, with their attendant symptoms and sequelæ."

Dr. Brooks denies that arteriosclerosis is necessarily associated with high blood pressure. He finds it in connection with both high and low blood pressure. He sums up his opinion by saying that —

"it is not a cause, but usually a result. It is not a disease, though the evidence of it

It is not pathological, but usually, if not always, physiological in meaning. It tends more to prolong life than to shorten it. Where its causes cannot be removed, it is not to be treated, but maintained."



How Syphilis Is "Cured"

DR. WILLIAM P.

CUNNINGHAM, in the

Medical Record of March 21, in an article entitled "Lues the Incurable," gives instances to show how futile, often, are the best attempts to cure syphilis. Here is one:—

"I can cite the case of a patient who is dying of paralytic dementia in a near-by sanitarium, who contracted syphilis fifteen years ago, and who at once began a vigorous course of treatment which was sustained for three years. During that time his habits were exemplary. He gained in health and strength constantly, until one day in his exuberance of spirits he declared that he was glad he had contracted the disease, as it had weaned him of all his vicious courses and set him on the high road to financial prosperity. This high mark for physical and mental well-being was maintained for twelve years. He married and begot a perfect, healthy child. Without any premonition, without the appearance of a single sign of trouble in the interim, he began to show a change of disposition. He became dull or at times easily excited. He developed a 'religious streak.' He rambled in his speech, and forgot the things with which he was most intimately acquainted. His condition grew so bad that restraint was demanded, and he was transferred to a sanitarium, where after the lapse of a very few months he is slowly dying, with his once splendid brain capable of nothing but automatic function. If there is anything in our medication, why should a case like that go wrong? A case receiving no treatment whatever could hardly have pursued a more disastrous course."

Toward the last of the paper, the doctor says:—

"Not one word has been said upon the moral aspect of sex sin. The whole burden of my argument has been the physical consequence thereof. If these are persistently pictured to the minds of our youth, and if sexual indulgence is shown to be something perfectly controllable when honestly attempted, the work of limiting venereal diseases will have incalculably advanced."

Probably more than a mere casual lecture once a year will be necessary to curb the growing passion which manifests itself about the adolescent age, mildly in some, very strongly in others. There are some who believe that this instinct

will not manifest itself if the children are kept in ignorance of these things. There is no more fallacious notion on this planet; this instinct comes to the lower animal, or to the human animal, if he is shut up by himself, and has been kept entirely free from any knowledge of the subject. Moreover, you cannot keep the young people ignorant of these things. The knowledge of sexual matters spreads like contagion among the young, and those who are wise and wicked above their years are always ready to impart their information or misinformation to their playmates. If the children do not get early instruction from a pure source, they will get their first impressions of sex from a source which will make them mawkish whenever the subject is broached by older persons.

The "conspiracy of silence" which is characteristic of the Anglo-Saxon peoples more than any other, is the worst possible method of dealing with this most momentous question. It gives to the young the opportunity of getting their first impression of the sex question from a vile source, so that their entire afterlives are tainted thereby. Early instruction by the parents, father to son, mother to daughter, would fortify the young minds against the contamination of filthy companions.



"Chronic Rheumatism"

AFFECTIONS of the joints are usually infections,

secondary to infection elsewhere. For instance, a very intractable and persistent form of rheumatism is secondary to a gonococcus infection. Many cases of chronic joint trouble are traceable to an infected mouth, diseased tonsils, pus pockets around the teeth, or decayed pulp; and perhaps it is safe to say that not many cases of chronic rheumatism are to be found where there was not previously a mouth infection. In some cases the mouth trouble is readily apparent; the patient knows that he has had trouble with his teeth and his gums

for a long time. But in other cases there may be no apparent trouble in the mouth; the teeth and gums are apparently in good condition, but the X-ray shows a pus pocket at the base of a tooth. When the joint trouble has not advanced too far, the trouble may be relieved by proper treatment of the offending pus cavity, or perhaps by removing the tooth or teeth involved. The use of a vaccine prepared from the bacteria found in the pus pockets has been found useful in such cases.

But in any case, when there is a tendency to joint involvement, without any other known cause, the mouth as a possible source of the infection should be carefully investigated.

Prevention of Tuberculosis

MAURICE FISHBERG, of New York, expounding some of the newer views regarding tuberculosis, calls attention to the fact, now generally admitted, that practically every person in civilized countries contracts tuberculosis at an early age. If this is a mild affection, he asserts, it acts as a preventive of reinfection. Savages, or those who have never been infected in childhood, when attacked in later life, are apt to succumb quickly. While a small infection in a child serves to build up the resistance of the child against future infection, an overdose is likely to so weaken it that it will have a consumptive tendency later in life.

For this reason, he believes that the prevention of tuberculosis is best directed along the line of prevention of massive infection of children, especially of infants. He believes the "phthisiophobia," or fear of tuberculosis, on the part of adults is entirely groundless, for the reason that all have been infected,

and cannot well be reinfected, as is shown by the rarity of consumption in both husband and wife.

In adults, the prevention of autoinfection from germs harbored within the body is best accomplished by the improvement of hygienic and sanitary conditions. Such is the teaching of Fishberg.

When the pendulum ceases to swing,—if it ever does cease,—it will probably stop somewhere between the extreme view of the active transmission of the disease at all ages and Dr. Fishberg's view.

Peas to Prevent Pellagra

GOLDBERGER, of the U. S. Public Health Service, who published his reasons for believing pellagra to be due to faulty nutrition, particularly the excessive use of carbohydrates and the insufficient use of proteins, has recently been confronted with the query, "Our people cannot afford fresh meat, milk, and eggs the year round; how can we therefore keep pellagra from recurring?" His answer, given in a letter to the *Journal A. M. A.*, is that, tentatively at least, the answer may be summed up in the word beans:—

"The people of the South, especially the poor, must be taught to cook and eat at least as much of the dried (not canned) beans and peas during the winter as they do of the fresh during the summer."

Doubtless the other legumes, peas, lentils, and cowpeas, would answer the same purpose, and would furnish greater variety; but perhaps beans are as a rule more accessible, and cheaper. This statement of Goldberger's is at least an admission, on the part of one who is most earnest in support of the nutrition theory of pellagra, that flesh meat is not essential in the prevention of this disease.



CURRENT COMMENT

Chasing a Will-o'-the-Wisp

THE knowledge of the many previous experiences with arsenic should prevent enthusiastic acceptance of any new form of arsenic therapy until it has been thoroughly tried. Though known and feared as a deadly poison, it has been recommended many times for many different diseases, usually with a great blare of trumpets. At best, even with our present knowledge, it can be classed only as one of the alternative drugs whose effect is so subtle that it can only be characterized as an "alteration in metabolism." There could scarcely be a more generic classification of a drug. It seems probable, however, that the mystery of the manifold usefulness of arsenic is due to its toxic effect on animal parasites. Unfortunately for the enduring success of the arsenical remedies, most of these animal parasites seem, like the human being himself, to acquire a tolerance for it after a time. At least, some sort of immunity against its effects seems to develop that sadly hampers its subsequent therapeutic usefulness.—*The Journal A. M. A.*

Play a Lost Art

WE are truly a weary people, and suffer generally from acute or chronic fatigue. The art of relaxation has not been cultivated. There has been a widespread neglect of the instinct of play, which has thus been stifled, much to our misfortune. The intensity of our present methods of living, the never-ceasing activity in which we all take part, has already led to various manifestations which tell a tale of such significance that he who runs may read.

This strenuousness which we have made a part of our national life is responsible for a condition which many citizens find themselves at a loss to understand. As every psychiatrist knows, neuroses, psychoneuroses, and psychoses are much too frequently caused by the strain and worry which beset so many of us.

The present dancing craze is a manifestation of our innate longing for that play and relaxation which is often denied us in our unceasing rounds of toil and trouble. Lack of relaxation is likewise accountable for frequent physical and moral breakdowns.—*Medical Record*, Oct. 3, 1914.

Compulsory Bad Health

SOME day an action will be brought against some parent who refuses to send his children to school where the environments are a menace to physical and moral health, and then we shall get a supreme court decision that will make for clean, healthful schoolrooms, clean outbuildings, buildings and grounds that are not a physical and moral menace in education. If the State requires the attendance of all chil-

dren between the ages of five and fourteen years at school for five hours a day for five days in the week for ten months in the year, then it should undertake to see that the machinery it provides for the education of those children for the greater part of the time for the nine years of their lives—the formative years—is neither injuring their health nor retarding their full development. A compulsory system of education will never be right until there are compulsory conditions whereby the children are not compelled to pass the formative years of life in environments that vitiate and destroy right education.—*Public Health (Michigan)*, August, 1914.

Red and White Meat

THE irritating action of the extractives of meat during excretion by the kidneys is well known, and has been the basis of a rule of treatment limiting the use of these products and the meats containing them to a minimum in the treatment of parenchymatous and interstitial nephritis [kidney diseases]. Because certain red meats contain a large amount of extractive, the rule to exclude red meats and permit white meats and fish gained currency.

More recently it has been shown that some white meats contain a high percentage of extractives, so that the chemical composition of the two varieties of meat does not differ sufficiently to justify a marked preference for the white meat over the red. On the other hand, there are those who still assert that the objection to red meats as opposed to white is well founded. Thus McCrae in Osler's "Modern Medicine" says, "All kinds of meats contain extractives, and the so-called dark meats to a greater extent than the light meats." . . . The fact is that the color is an insufficient criterion. The objection to extractives as irritating to the kidneys is quite correct, and the important point is to determine for each kind of meat whether it contains a sufficient amount of the extractives to be injurious.—*Journal A. M. A.*, September, 1914.

The Etiology of Crime

CRIME, likewise, is to be attributed neither to natural depravity or degeneracy alone, on the one hand, nor to social and economic influences on the other, but to accidental and preventable combinations of these two half causes. This is especially true of the so-called petty crimes—the very crimes which have the most serious social consequences. It is not treason, murder, arson, and the like that are the serious crimes. On the contrary, the serious crimes are truancy, vagrancy, drunkenness, prostitution, commercialized vice, desertion and neglect of family, thieving, quarreling and disorderly conduct. If we look out for misdemeanors,

felonies will take care of themselves. Penal reforms will help. Better industrial and living conditions, although this is not their motive, will help more. Better homes and schools, although this is not at all their prime function, will help most. Penal reforms are negative, removing the reproach that society actually manufactures criminals in its bungling attempts to punish crime. Economic and social reforms are positive, but external, in that they lessen temptation, occasion, and opportunity; but the radical advances in the conquest of crime are not to be negative or external. They can be made only where habits are formed; where the will is trained; where the permanent foundations of character are laid in infancy, childhood, and adolescence; where motives are differentiated, clarified, and strengthened; where individuals are individualized, and personal difficulties, however exceptional, are discovered and removed.—*Editorial, the Survey.*

Can Consumption Be Cured?

YES, most decidedly *yes*; but this answer needs to be explained to prevent misunderstanding. . . . Many people have become too enthusiastic. . . .

It cannot be stated too emphatically that while in many cases, owing largely to the earliness of the stage in which it has been discovered and proper measures applied, it can be cured; that to reach this result is not by any means an easy task (with comparatively few exceptions), and generally requires a vigorous fight for many months, and often for years, before victory can be won, in which contest certain moral qualities and strength of character play an important part.—*Herbert C. Clapp, M. D., in Medical Record.* [The article explains why many patients fail to be cured—late diagnosis, too brief treatment, overconfidence, poverty, improper occupation after "cure," etc.]

Eyestrain

ACTUAL headaches, and especially frontal or in the eyes, are recognized by most physicians as due to eye defects, and such patients are sent to oculists. It is not recognized, however, that some patients who have no headaches still have reflexes from eyestrain. These reflexes are largely gastric, and vary from flatulence, hyperacidity, and delayed digestion to dizziness, nausea, and

vomiting. These patients may have cold hands and feet, shiverings, feelings of faintness, and often have palpitation attacks and irregular hearts. They may often have cardiac pains.

There are patients who have been treated for neurasthenia for months, or even years; patients who have had their stomach washed out daily for a time, or weekly for a longer time, for supposed stomach trouble; patients who have been treated for heart disease, for hyperacidity, for gastric ulcer, for intestinal indigestion, etc., who have been cured by the proper glasses.—*Journal A. M. A.*

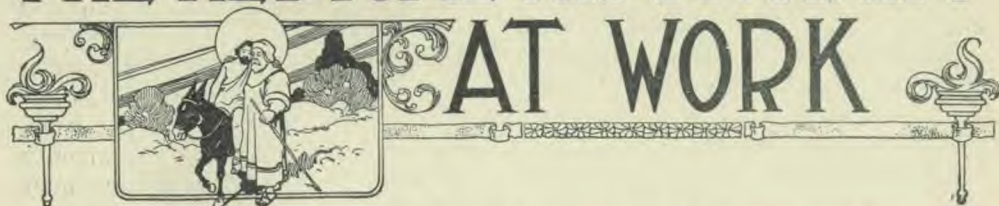
For Efficiency

"TOTAL abstinence from alcoholic stimulants," runs a cable dispatch from London, "will be strictly observed during Sir Ernest Shackleton's trip across the south polar continent. He and his men propose to work long hours, including eight hours' marching every day; but for stimulants they will rely on nothing stronger than tea or cocoa." This is not the freak of an enthusiast, but a common sense decision based on the facts concerning alcohol. For maximum efficiency, the explorer cuts out the booze. The question is, Shall the rest of us be equally efficient in shouldering a share of the world's work?—*Collier's, August 29.*

Exercise May Be Overdone

HEALTH requires very little exercise, far less than people generally imagine. Professional acrobats exercise their stunts only a few minutes a day, rarely more than fifteen. They find that more exhausts them and makes their work dangerous. They live to a good old age if they escape accident, and so do clergymen; but the heavy workers, like stevedores and porters, die prematurely. A number of men of stocky build, notably Theodore Roosevelt, have created the impression that exercise has been the cause and not the result of their physique. There is no question that muscles will enlarge somewhat under training, and the bones adjust themselves to the strain, but a man's physique is what he gets from his ancestors as modified by his early feeding and environment. . . . Athletes generally quit before 35, most of them before 30, because the heart cannot stand it. Even golf, the ideal sport for the mature and aged, can be fatal to a weak heart in the effort of making a long drive.—*American Medicine.*

THE MEDICAL MISSIONARY AT WORK



MEDICAL MISSIONARY WORK AMONG THE PORTO RICANS

Clarence E. Moon

IT has now been five months since we landed on this beautiful little island and began the study of the Spanish language. These months have been full of interesting experiences for newcomers in a foreign country. As most of our time and attention were given to the language, we did very little medical work, but spent some time in visiting and holding cottage meetings. Many came to us for dental work, and this helped us to get acquainted with them and to win their confidence. These people are whole-hearted, and one grows to love them as he gets accustomed to their ways and enters into their joys and cares and becomes one of them.

It seemed to us at first that we never should be able to understand the Spanish language; but little by little our

ears became accustomed to the sound, and we could catch a familiar word now and then, until now it seems quite plain. We made our home in Santurce during our first months of language study. We were fortunate in having a very nice six-room cottage in a very pretty part of the city. We took a special interest in our little church there, and were much impressed with the devotion and self-sacrifice of its members. Most of them are very poor people, the larger share being women whose only income is from washing and ironing, but they raised in cash and pledges \$450 for a new church building. If some of our people in the States could but visit these poor people and see their poverty, they would wonder how it could be possible for a church with such a small membership to raise so much money.



MEDICAL MISSIONARY WORK IN PORTO RICO
Sisters Butler and Moon to the right.

We do not find their homes bedecked with costly furniture or rugs. Everything is very simple. Perhaps a folding canvas cot to sleep on, a charcoal stove for cooking purposes, and a small table are about all the furniture they have. Some of our wealthier members in the States could do no better than to invest their money in mission fields. I have talked with persons at home in the States who have said that they were holding their money until a favorable time to sell their property and give; but could they hear the cry that is ascending to God day and night from thousands of souls out in the dark fields, going down to eternal death without hope and without God in the world, they would surely say that it is time *now* to give of their means. Now is the harvest time. Soon it will be said, "The harvest is past, the summer is ended, and we are not saved."

I was holding a cottage meeting the other day, and one of the women present said, "And will God destroy us because we never knew about him? We *have had no one* to teach us." She said it so earnestly, with tears in her eyes, leaning forward in her eagerness to catch every word. I thought to myself, If people only knew of the poor souls who are perishing without a knowledge of their Saviour, it would stir them to still greater endeavor.

Our work for the past month has been here at Moca, in the hills of Porto Rico. We have been kept busy in meetings, visiting, and in medical work. People call for us by night and day for treatment and medical advice. Mrs. Moon was called out one night to treat a woman living on the mountain side. She rode horseback over a narrow trail made doubly dangerous by recent rains, and had scarcely returned home when we were called out for the rest of the night on another case. There are great possibilities for the medical work, but our main issue is the gospel; so we improve every opportunity to teach the Bible, and at present many in this vicinity are calling for meetings to be held in their homes.

Our meetings have been well attended from the first. Our hall will seat about one hundred, and has been well filled every night, besides many people standing in the streets and at the windows and doors. Last evening a call was made for those who would keep God's commandments, and honor the day set apart by Jehovah for rest. There were fifty or sixty who stood up. It was a blessed occasion to see so many stand for Jesus. But in the face of all difficulties we find that there are those who will be faithful to God, walking in all his commandments.

Moca, Porto Rico.



MISSIONARY WORKERS IN PORTO RICO
Sisters Butler and Moon visiting the natives.

QUESTIONS *and* ANSWERS

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.

Canned Berries.—"Are the canned berries which are put up by canneries wholesome?"

The product of the cannery is usually wholesome.

Wheat Bran.—"Do you think ordinary wheat bran is as good in constipation as the advertised sterilized wheat bran?"

I think the ordinary bran, if it is clean, is as good as the high-priced, highly advertised stuff.

Dietetic Value of Onions.—"Are onions used as a laxative, healthful?"

Some persons use onions with apparent benefit. Others seem very much disturbed when they eat onions. As to their laxative qualities I can give no information, except the fact that they are coarse, and thus act like any other coarse vegetable, and that they are irritant in their action, like mustard and pepper. I do not know that they have any special medicinal action on the intestines. Onions seem in certain cases to have a good effect in the prevention of an on-coming cold.

Advertising Specialists.—"Because I was not warned when I was a child, I am in a desperate condition, with loss of manhood, dizziness, and other troubles. I have tried three doctors (those who advertise themselves as specialists of men's diseases). None of them improved my health, but they got almost all my money. Then I went to a reliable physician, but he seems to be unwilling to have anything to do with me. As he refused to set date, I didn't visit him again. Kindly tell me what I can do to improve my health. Will vibration help me, or treatment with faradic electricity?"

I note that you first tried three advertising specialists, and I am not surprised that none of them did you any good—they never do. I am not surprised that they got almost all your money—they always do that. I am not very much surprised that when you went to the reliable physician, he seemed to be unwilling to have anything to do with you. If you had gone to him while you had money to pay him, he would have been more willing

to do something for you; but naturally a man does not like to do much to help a man who has paid out all his money to rascals.

What you need more than anything else is a right attitude of mind. Reading the advertisements of these fellows and listening to their stories has frightened you so badly that you are practically a nervous wreck. I dare say that if you could have about a month off in the woods and forget about yourself, you would be as well as anybody.

Doubtless there are nervous conditions and perhaps local conditions that could be benefited by proper treatment, but even without these, if you will adopt a hopeful frame of mind, reform your habits, live a clean life, eat and drink right, and especially if you will get the help that can come to you through prayer, there is no reason, I think, why you should not get well.

To disabuse you of the false fears that are haunting you, you should be under the care of a conscientious physician. Such a man could do more for you than any one else. It is a pity you first fell into the hands of a lot of advertising harpies who bled your pocketbook without benefiting you one iota.

Remedy for Snake Bite.—"Kindly give us a remedy for snake bite that does not contain alcohol."

We suggest the following, which is taken from a volume of "Preventative Medicine:"—

"If quick enough to prevent absorption, it is best to cut out or cauterize the bite. Also tie a very tight cord about the bite, so as to cut it off from the heart and the general circulation. Any quickly acting caustic will do, but caustic potash is probably the best. It must be remembered that it takes only a few seconds or a few minutes for the poison to begin to be absorbed, but also that it is likely that a portion of it remains in the wound at the point of entrance for some time. There is no specific for snake bites, except strychnine, which should always be given under a physician's directions, and in either large or frequent doses, and the aromatic spirits of ammonia. Turpentine applied immediately, poured on several times, and the wound left uncovered so that the irritating ingredients of

it may evaporate while the parts are thoroughly soaked in the turpentine, makes a very good application. It will destroy the infection better than anything. If it is not to be had, local applications of spirits of ammonia are highly recommended."

"Shoemaker, while recommending alcohol or whisky for snake bites, admits that there is no scientific evidence whatever to indicate that it does any good. The real truth of the matter is, as Dr. Waugh has well said, that 'to the essential action of venom, alcohol is synergistic;' that is, they both affect the system or the tissues in about the same way."

Vibrators.—"I have been told that vibrators are beneficial in case of bodily ailments, that they are beautifiers, that they will remove excess fat, clear the complexion, etc. Kindly give me your opinion concerning the same."

There is no question but that vibrators are to a certain extent beneficial. They offer a certain amount of mechanical massage, and stir up the tissues, increasing the circulation of the blood. It is possible, also, that they may actually stimulate the cells to increased activity.

I think, however, that the men who are interested in selling vibrators are likely to overestimate their value. This is true in any healing device. The man who has something to sell is going to sell it, and he is likely to say anything that will help him to sell it.

There is a possibility that a vibrator will remove certain local fat deposits. I do not think that in a case of obesity a vibrator would have very much influence.

Best Blood Renewer.—"Kindly advise as to the best blood renewer for a case of tuberculosis."

I know of nothing better for this than the old-fashioned and homely remedy,—good, nourishing food, such as cereals, milk, and eggs. If the case is one of tuberculosis, the patient needs nourishment, sunlight, and fresh air, but not patent medicines. Patent medicine men say a great deal about blood purifiers, but that is because they make money out of the sale of them.

Book on Food Combinations.—"Kindly inform me whether I can get a book on the subject of food combinations—what combinations of food to eat that are beneficial to the mind, the body, and muscle building."

I do not have in mind a book that goes into details regarding food combinations. Our knowledge along this line is rather hazy. This may be owing partially to the fact that we do not know why certain foods are poor combinations, and partially to the fact that what is a good combination for one person is by no means certain to be a good combination for another person.

There is a little on this subject near the end of Mrs. Colcord's little cookbook, "A Friend in the Kitchen," which can be obtained from this office for 25 cents in paper

or 50 cents in cloth. I think most of our ideas on food combinations have come from personal observation rather than from any physiological reason; for instance, none of the reasons so far given for the observed fact that vegetables and fruit often disagree when taken at the same meal, are satisfactory.

A person with a vigorous digestion would probably be unable to state from experience that any combinations disagree. With a weak digestion one is very likely to realize in his own experience that the combination of certain foods is not good for him at least. These observations are of more value to him than anything he could get out of books.

Regarding combinations that are beneficial to mind, body, or special organs, all we can say is that there are no specific foods—foods for mind, foods for nerve, etc. Nourishing foods go to make up good blood, and each organ takes up from the blood what it requires.

Compound Oxygen.—"Kindly inform me as to the merits of compound oxygen."

This is a mixture, I understand, of nitrous oxide and oxygen, or in other words, laughing gas and oxygen. Laughing gas, as you probably know, is an anesthetic which dentists use when extracting teeth. It is not entirely without danger, but is not so dangerous as some other anesthetics. It is slightly intoxicating, producing an exhilarating effect, which has given it the name of laughing gas.

It is because of this exhilarating effect that a person after having taken treatment feels better and stronger, just as one would after having taken a cup of coffee, or perhaps a cup of wine. In other words, it is a stimulant.

Compound oxygen may be comparatively harmless. I am not sure as to that; but I am extremely doubtful as to its producing any permanent, beneficial results. I know quite a number of persons who were enthusiastic over this remedy some time ago, but the enthusiasm seems to have died out.

Puncture of the Spine.—"I have had misery in my spine for six years, and can obtain no relief. A doctor wants to puncture the spine and see if the cause is in the fluid of the spine. Kindly let me know whether this is a safe operation."

This operation is safe if it is properly performed.

Coca-Cola.—"Kindly give me the composition of coca-cola."

This is a sirup prepared for use in soda fountains. The active ingredient is caffeine. The ordinary glass of coca-cola contains about the same amount of caffeine as a cup of coffee. Its effects are practically the same as that of a cup of coffee. At one time there was a small amount of cocaine used in the preparation of coca-cola, but I understand that this substance contains no cocaine at the present time. One drinking a glass of coca-cola is practically taking the stimulation of a cup of coffee.

Stomach Disinfectant.—"Should you recommend peroxide of hydrogen for stomach trouble?"

For "stomach trouble" you may obtain some result from the use of charcoal, but it is possible you will get the best results by drinking freely of hot water. In some cases of temporary indigestion this affords remarkable relief. Peroxide of hydrogen is too liable to contain impurities to make it a remedy to be advised for stomach disinfection.

Feeding the Baby.—"Our baby is eight and one-half months old, weighs seventeen pounds, is in good health, and has been entirely breast-fed, with the exception of orange juice. Should you advise beginning one or more artificial feedings? Baby has been restless at night, and has been given night feedings."

Your baby should have a little thoroughly cooked starch in a dry form, such as zwieback or cracker or one of the manufactured biscuits. The eruption of teeth indicates that it is getting ready for solid food, and the use of solid foods that tend to develop the teeth properly, foods upon which it can exercise the teeth and gums, is an advantage.

It may be well to drop one nursing, and to give instead a feeding of cow's milk. But be sure that the milk is good. See the article "How Bob Was Weaned," in the October, 1914, *LIFE AND HEALTH*, page 455.

In a month or two you might experiment with just a little well-baked potato. I should not experiment with raised bread, except in the form of zwieback, for some little time yet.

When baby is restless at night, try giving it a little water. It will probably go to sleep without further trouble.

Is It Eczema?—"I have eczema on my legs and arms. I have been treated by two doctors, but the disease is still spreading. I am seventy years old. I am outdoors nearly all the time, working in the garden. Do you think that I can be cured?"

You may have pellagra instead of eczema. Be sure to consult a competent physician to learn whether or not you have pellagra. If your trouble is eczema, there ought to be a remedy for it. It is possible, if it is eczema, that there is something in your diet or your method of living that is keeping up the trouble.

Constipation in Baby.—"Kindly suggest a course to follow with a five-months-old baby troubled with constipation. The regular use

of injections and suppositories at the same time does not seem satisfactory. The baby is healthy in every other respect, and is breast-fed. The mother is very regular with her bowels. The use of Castoria has been recommended by several physicians, but as we do not believe in patent medicines, we should like your advice. Would you advise the use of orange juice at her age during the summer months?"

Suppose you try giving the baby olive oil, say, two teaspoonfuls night and morning. If this is insufficient, add to the olive oil one drop of fluid extract of cascara, and then two drops, and so on, up to four, as you find it may be needed. It is probable, however, that the olive oil will be all that will be required. I think you will not need to use Castoria. Orange juice might possibly cause disturbance during the summer.

Wants to Weigh More.—"I should like to gain about twenty pounds in weight; have tried many tonics, etc., but nothing seems to help. I should like you to advise me what I can do and what I should eat to gain flesh. I am employed during the daytime, and this would have to be kept in mind. It is impossible for me to secure a hot lunch, and it might be that this is also a drawback."

I am not surprised that you received no help from tonics. These things are all a delusion and a snare. You might take all the tonics in the market for the rest of your natural life, and the more you would take the worse off you would be. If you have fully convinced yourself of this fact, you have made the first step in the right direction.

Your problem is one of diet, and not of medicine; but as I do not know the exact nature of your trouble, whether you have indigestion, what kind of food you have been eating, and so on, I am unable to make definite suggestions. I should say, however, that it is a problem of digesting and assimilating a sufficient quantity of nourishing food. The food must be such as agrees with you, and must contain sufficient nourishment not only to maintain the body, but also to add to its weight. I should advise you to eat freely of bread and butter, rice with milk or cream, fruits as far as they agree with you, and perhaps potatoes. Unless you have some difficulty in digesting starches, you probably ought to be using more starch than you are getting at the present time, in the form of cereals, potatoes, and the like.



SOME BOOKS

Science and Religion; the Rational and the Superrational. An address delivered May 4, 1914, before the Phi Beta Kappa Alumni in New York, by Cassius J. Keyser, Ph. D., LL. D., Adrian Professor of Mathematics in Columbia University. 75 cents. Yale University Press, New Haven, Conn.

The recent monograph by Dr. Keyser is a very interesting contribution to the subject of the relationship of science and religion. The author first shows that religion is not primarily a question of ideas, but rather a complex of emotions. And while it is almost impossible to analyze an individual emotion, yet this complexity admits of a certain analysis which gives a scientific basis to the study of religion.

He then takes up the contention made by many scientists, that religion is based largely on human ignorance, and consequently as knowledge increases, religion will tend to disappear. But while admitting the fact that there is a vast uncharted area of knowledge, and by the unlimited progress of the race we may sometime reach its growing bounds, he does not accept the conclusion that religion is doomed. Moreover, it does not follow that this unlimited area is humanly knowable in its fullest extent; we as human beings have our limits of sense, being excelled in some respects by certain animals. There may be general limit to the expanse of human understanding, beyond which is the infinite realm of the superman.

But it is then suggested that while there is no doubt a fixed limit to the growth of the human mind, yet that does not oppose the idea of infinite development. In what way can this apparent contradiction be cleared up? The author then shows by means of a square inscribed in a circle which may represent the present sum of human knowledge. The circle represents the limit of human mentality and

the beginning of the unlimited superknowledge. Suppose we continue to multiply the sides of the square till it has become a polygon of a vast number of sides. It will be seen that by continually increasing the number of sides by dividing each side into two, and so on, we shall constantly approach the ideal form of the circle while never attaining to it. So it is with human knowledge. It may ever increase and approach the limiting circle. But what is it that draws us on? It is the feeling and appreciation of the unexplainable ideal of the perfect circle and its vast beyond. This cannot be explained rationally; it can only be felt. So reason, or intellect, continually grows in its realm, inspired and led on by the power of religious emotions which indicate perfection, wisdom, and the unexplainable ultimate reality which lies outside the limiting circle. W. C. JOHN.

Europe in the Melting Pot, the historical background of the great war, printed by the Outlook Company, New York, N. Y.

This little brochure is an evolution. The subject has developed and unfolded from week to week, according to the progress of the war, and all readers of the illuminating war articles in recent issues of the *Outlook* will be gratified to have them bound together in this compact form. One has but to turn back to one of the early articles written before the actual beginning of the war, and read the predictions concerning the probable alignment of the countries, to be convinced from the accurate fulfillment of the predictions, that these articles have been prepared with great care, and with a profound knowledge of the existing conditions and the historical background of the war.

This brochure, we understand, is given only as a premium with subscriptions to the *Outlook*.



NEWS NOTES

Buy a Bale of Cotton.—Southern physicians are heeding the admonition to buy a bale of cotton, probably at about 10 cents. Such purchases are not charity, but investment; for this cotton will be sure to bring a good price later.

Prohibition Gains.—Following Virginia, which went dry in September, four States—Washington, Oregon, Colorado, and Arizona—voted dry in November; and now all parties in Idaho are in favor of submitting a prohibition amendment to the people. Of the six States that had up the prohibition question at the recent election, two—California and Ohio—voted wet.

Treatment of Alcoholism.—In the *New York Medical Journal* of Nov. 7, 1914 (A. R. Elliott Publishing Company, 66 West Broadway, New York, 13 cents) is an article by the editors on the use of belladonna, or atropine, in the treatment of alcoholism, which may be of interest to some of our readers who have to deal with alcoholic cases. The report is, on the whole, unfavorable.

Sudden Death in Silo.—At the Athens (Ohio) State Hospital in September four men entered a silo by the upper door, jumping down one after the other about six feet onto the silage. Within five minutes two other men, on reaching the door, noticed that the four men were apparently dead. The lower door was hastily opened, and the men taken out unconscious. Notwithstanding the immediate attention of the institution physicians, the men could not be restored. Examination of the gas over the silage showed it to contain about 28 per cent of carbon dioxide. Small animals dropped into the silo immediately succumbed.

Belgium Physicians in Dire Straits.—The physicians of Belgium, we are told, are in the direst need. Starvation and cold will soon cause terrific suffering unless steps are at once taken to save them and their dependents. On account of the great urgency of the situation a committee has been organized under the auspices of the journal *American Medicine* to collect a fund for these physicians, and every medical man, every medical journal, and every kind-hearted person in America is urged by this committee to contribute, if only to the amount of 25 cents. Contributions may be sent directly to the fund for Belgium physicians, care of *American Medicine*, 18 East Forty-first St., New York City; or, if preferred, they may be sent to the editor of *LIFE AND HEALTH*. It is urged that contributions, though humble, be sent at the earliest possible moment.

"Better Mothers" Contest.—In the contest held in Buffalo there were five hundred and forty entries. One hundred and forty-five mothers received 95 per cent or more on the ratings of their babies, and were given diplomas of efficient motherhood. The contest, which has aroused the interest of mothers in all stations of life, is to be followed by a general propaganda for better motherhood.

New Orleans Plague-Free.—The New Orleans newspapers announce that in their city bubonic plague was stamped out in shorter time, with fewer cases, and with smaller mortality than in any previous epidemic. By means of an active publicity the cooperation of all the inhabitants was secured. How different from the first outbreak in San Francisco, when some short-sighted business men tried to hide the fact that plague had gained a foothold.

Increasing Demand of Consumers for Clean Milk.—An increasing demand for good, clean milk among consumers is a gratifying indication that there is a more general realization of the importance of this item. This demand has resulted in more stringent regulations concerning the sanitary conditions associated with the milk supply. Compliance with these sanitary rules requires additional care, attention, and extra expense on the part of the producer of the milk; and while this expense may not be large, it is only fair that the consumer should pay his share of the cost of improving the quality of the milk. The consumer cannot expect to purchase a clean, safe milk at the same price as a dirty milk which endangers the health of his family.

Amebic Dysentery.—Amebic dysentery is rapidly increasing in prevalence in the United States. It has been reported in at least seventeen States, all the way from California to Massachusetts, and from Texas to Michigan. As it is a disease readily transmissible in food and drink, there is a grave possibility that the disease may assume more threatening proportions, unless public health measures are devised for the control of its spread. It may be stated to be a disease caused largely, like typhoid, by the contamination of food and drink with fecal matter. The best remedy so far recommended seems to be emetine, given hypodermically, beginning with half-grain doses, three times a day, and increased until the patient is taking three or four grains daily, according to the nature of the case. Public Health Reports, July 31 (may be ordered from the Superintendent of Documents, Washington, D. C. Send five cents in coin, stamps not received), has a good article on the subject.

Borax Prevents Flies.—Specialists of the Department of Agriculture have by experiment proved that by sprinkling daily a little borax on manure, the breeding of the typhoid or house fly may be prevented. It is also said that the same substance applied to garbage, refuse, open toilets, damp floors and crevices in stables, cellars, or markets, will prevent the hatching of fly eggs. The adult fly cannot be killed by borax, nor will the use of it prevent the laying of eggs, but its thorough application will prevent further breeding.

Typhoid From Carrier.—In March, 1914, the city of Hanford, Cal., had an outbreak of typhoid fever, ninety-three cases in all, with three deaths, all traceable to a church dinner. There was a typhoid carrier among those who prepared and served the food, and she did not even suspect that she had ever had the disease. The incubation periods ranged from three to eight days. Investigation showed that the disease was transmitted by a large dish of Spanish spaghetti prepared by the carrier, and baked after she had prepared it; but the temperature had not been sufficient to kill all the germs.

Steel Plant Bars Out Liquor.—The Illinois Steel Company has determined to reduce industrial accidents by employing only sober men. The drinkers, if they will not reform, must go. The management of the company is determined that it will not be under the constant necessity of paying out large sums for indemnity for accidents caused by liquor drinking. In order to help the men to take a manly stand the company has installed in conspicuous places electric signs, such as, "DID BOOZE EVER DO YOU ANY GOOD—HELP YOU GET A BETTER JOB—CONTRIBUTE TO THE HAPPINESS OF YOUR FAMILY?" Milk venders are to make regular trips through the factory, supplying the men with a better beverage than beer. Thus by an educational campaign and by taking away one of the incentives to drinking, it is hoped to reform many of the men. Those who persist in drinking will lose their jobs.

Diseases Dying Out.—A German medical weekly, under date of August 6, mentions certain diseases which appear to die out with advancing civilization, as a result, not of what we call "sanitation," but of improvement in the personal habits of the mass of the people. Typhus fever and recurrent fever are louse-borne diseases; and as civilization brought about the practical elimination of these parasites, it did away with the general prevalence of these diseases. In Tunis, where the people are more tolerant of lice than we are, the spread of typhus fever is prevented by steaming the clothing and applying camphorated oil and soap to the surface of the body. Smallpox, as is generally known, has been largely controlled by the introduction of vaccination. Bubonic plague, once the terror of Europe, became much less formidable when the black house rat was suppressed, in the eighteenth century. Plague is still a serious menace in certain localities, but it is always where there are many rats.

Horse Meat Scandal.—A number of Louisville butchers having been charged with selling horse meat for beef, a movement is on foot to establish a municipal slaughterhouse.

Disease No Respector of Sects.—Smallpox has attacked the Zionists, who do not believe in doctors or in sanitation; and diphtheria has made inroads on the "Holy Rollers" in Gas City, Kans. Instead of calling a doctor, the latter community attempted to treat diphtheria with prayer.

"Professor" Samuels Comes to Grief.—In October this man, who has fattened on the last money of widows and orphans, was found guilty in the federal courts on six counts. The maximum for each count is a fine of \$1,000 and five years in prison. May he get the maximum. Samuels advertised to cure about everything, and the remedy he used was a mixture of sugar, salt, and water.

Scarcity of Drugs.—On account of the fact that many of the important drugs, especially the synthetics, are manufactured in Germany, such drugs have been growing scarcer among the allies. The prices on some drugs have been multiplied by two, three, and even five. Chloral hydrate in England is three times as high as it was before the war. Cocaine costs twice as much. The salicylates are much higher.

The German Army Sober.—Strict orders were issued, it is asserted, at the time of the mobilization of the German army, that no alcoholic drink should be sold or given to soldiers. The result is that the army went to the front sober. It is said that during the Franco-Prussian War as the soldiers passed through Munich they were given large quantities of beer, and that as a consequence there was much disorder in the ranks.

Pellagra Treated With Picric Acid.—W. T. Wilson had good success treating pellagra patients with picric acid. He used a one-half-per-cent solution as a gargle, and gave internally twenty-five drops of a one-per-cent solution three times a day. As a rule, he gave no special diet. Improvement was first noticed in the mucous membrane of mouth, tongue, and throat, about the fourth day. Then the intestinal symptoms improved, and in about seven days the skin began to assume a natural appearance.

Pellagra Described.—Pellagra is usually a chronic disease, extending over a year or more, but sometimes it runs an acute course. It is marked by disturbances of the digestion, represented by an inflammation of the mouth and by diarrhea. A more or less characteristic eruption occurs, notably about the back of the neck and on the backs of the hands and wrists. Nervous and mental disorders are usual and distressing features of the disease. No treatment by hygiene or by drugs can be relied upon to cure, although some patients recover. The treatment generally adopted is that of rest and wholesome living under such conditions as are best calculated to build up the body strength.—*D. C. Health Bulletin.*

Typhoid and Milk.—Two outbreaks of typhoid fever have recently occurred in Ohio towns, one clearly traceable to the milk supply, and the other suspected of being due to contaminated milk.

Hookworm Commission.—In a recent report from Nash County, North Carolina, it is stated that of 1,000 persons who have been examined for hookworm, 260 were found infected. The percentage of the whites was higher than the blacks. As a rule, the people seem anxious to cooperate with the doctors for the elimination of the infection.

Smallpox Patients Not Vaccinated.—During the year ended Aug. 31, 1914, there were 714 cases of smallpox in the Louisville Eruptive Hospital. Only one per cent of this number had been successfully vaccinated. Ninety-nine per cent either had not been vaccinated at all, or the vaccination had not taken so as to produce a typical scar.

German Bullets Humane.—While German shells have killed thousands, many more might have been slain were it not for the nature of the bullets used in the German armies. Unless a German bullet strikes a vital spot, it is not fatal; for as it enters the body, it disinfects the wound made, and this enables the allies to treat their wounded with unprecedented success. The bullets of the allies are considered much more deadly than those of the Germans.

No Typhoid Since Filtration.—Since the inauguration of the filtering plant in Columbus, Ind., a year ago, there has been no case of typhoid fever where the city water was used.

Aid to Families of Soldiers.—The British Medical Association and the Pharmaceutical Society have offered to cooperate with the British government for the providing of treatment and medicine to those dependent upon soldiers serving in the war, and needing relief. With the initiative of the British Medical Association, physicians are taking it upon themselves to care for the practices of physicians who have gone to the front, and to hold these practices for their return.

Cure of Skin Tuberculosis.—In the *Journal A. M. A.* of October 17, Heidingsfeld gives an account of his successful treatment of lupus vulgaris (skin tuberculosis) by the use of a saturated solution of trichloroacetic acid. To make his solution, he adds ten drops of distilled water to an ounce of pure crystals of the acid. A tiny pledget of cotton is carefully wrapped around the end of a small rounded toothpick, by means of which the remedy is applied, as far as practicable, to each congested nodule. The remedy apparently exerts a selective action, attacking the nodules with great promptness and sparing somewhat the intervening and more normal or cicatrized areas. Those interested in the treatment would do well to read the original article, for details.

The best antiseptic for purposes of personal hygiene

LISTERINE

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

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

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

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

OFFICERS

PRESIDENT

Charles C. Glover

VICE PRESIDENTS

Milton E. Ailes

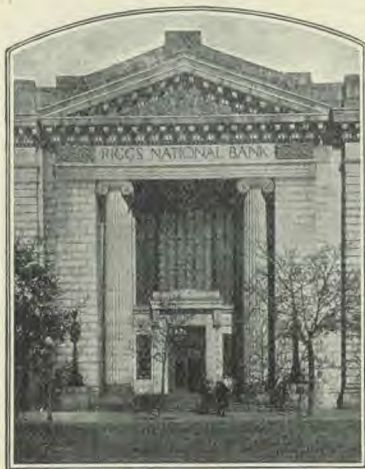
William J. Flather

CASHIER

Henry H. Flather

ASS'T CASHIER

Joshua Evans, Jr.



DIRECTORS

Charles C. Glover

Thomas Hyde

James M. Johnston

William J. Flather

R. Ross Perry

Henry Hurt

John R. McLean

F. A. Vanderlip

Milton E. Ailes

Henry H. Flather

H. Rozier Dulany

Frederic D. McKenney

Frank C. Henry

Willard H. Brownson

Charles I. Corby

Sylvester W. Labrot

Robert C. Wilkins

Joseph Paul

CAPITAL - - - \$1,000,000
SURPLUS - - - 2,000,000

Strength and Conservatism

In a bank are two of the most important things to be considered in selecting a depository for your funds.

¶ The resources of this time-tested institution, amounting to over \$14,000,000, afford ample protection to its depositors.

¶ The conservative policy of its management, backed by years of experience, assures careful attention to all banking matters intrusted to its care.

¶ Dependable connections in all the principal cities of the United States and abroad enable us to handle with expedition collections on any point in the world.

¶ Letters of Credit and Travelers' Checks issued available the world over.

Correspondence Invited

Riggs National Bank

1501 Pennsylvania Avenue

Washington :: :: D. C.

Broadway Central Hotel

Cor. Third Street

IN THE HEART OF NEW YORK

Special attention given
to Ladies unescorted

SPECIAL RATES FOR SUMMER

OUR TABLE is the foundation of our enormous business.

American Plan, \$2.50 upwards
European Plan, \$1.00 upwards

Send for Large Colored Map
and Guide of New York
FREE

TILLY HAYNES, Proprietor
DANIEL C. WEBB, Mgr.,
Formerly of Charleston, S. C.

The Only New York Hotel Featuring
AMERICAN PLAN
Moderate Prices
Excellent Food Good Service



Iowa Sanitarium

A well-equipped Medical and Surgical institution, located thirty-six miles north of Des Moines, at the edge of the village of Nevada. The building stands upon a beautiful grassy hill, surrounded by a large grove of trees. Latest improved apparatus for the treatment of both chronic and acute diseases. Solid brick building, large rooms, elevator, steam heat, electric lights, splendid diet. Lady and gentlemen nurses.

Write for booklet "A." Address—

Iowa Sanitarium, Nevada, Iowa

Don't Throw Away

Your Old "Leaky" "Smeary" Fountain Pen

To relieve you of its discomforts, we will allow you 50 cents for it, in exchange. Send it to us by ordinary mail at our risk, and under separate cover, bank draft or money order for \$2.00 and we will send you the \$2.50 pen described below, a pen that will be a source of never ending usefulness and pleasure to you, that will do your bidding if you but guide it aright over the writing sheet.

LAUGHLIN AUTOMATIC—NON-LEAKABLE SELF STARTING FILLING PEN

TEN DAYS' FREE TRIAL

You don't have to fuss and shake a Laughlin to start the ink—It's a Self-Start.

You don't have to fill the Laughlin, it's a Self-Filler.

You don't have to clean the Laughlin, it's a Self-Cleaner.

You don't have to monkey with dangerous, awkward, or unsightly locks, extensions, or so-called safety devices—There are none.

You can't forget to seal a Laughlin against leaking, it seals itself air-tight Automatically.

You can't lose your cap from a Laughlin—it secures itself Automatically.

You can't break your cap or holder on a Laughlin—They are non-breakable.

Holder and cap of scientific, reinforced construction throughout. (See illustration.)

You don't have to wait until a Laughlin is ready. It is ready to write when you are; the air-tight, leak-proof construction keeps pen and feed

"primed," insuring a free uniform flow of ink instantly—even though not previously used for a year. It performs

these functions with no more hindrance or interruption to your thoughts or writing inspiration than your breathing.

These results—or your money back.

These features are peculiar only to this patented construction.

By Insured mail, Prepaid to any address

\$2.50

If you have no old back number dropper filler pen to send us in exchange, just enclose \$2.50 with this coupon containing your name and address, we will send the pen by return mail. Delivery guaranteed.

FILL OUT AND MAIL TODAY.

=====

LIFE AND HEALTH

Takoma Park Sta., Washington, D. C.

GENTLEMEN—Here is \$2.50. Send me the pen described in this advertisement. If pen is not satisfactory, you refund the money.

Name

City State

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



See in the next issue (February) of
LIFE AND HEALTH

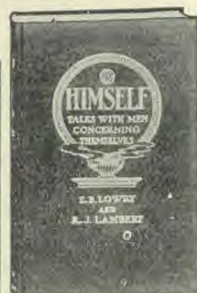
Health Conservation at the Panama-Pacific

Why Alcohol Is Not Wanted in the Navy
The Doctor Who Would Not Pray
Abraham Lincoln the Athlete
Breakfast Dishes

When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."

THE STANDARD BOOKS ON SEX EDUCATION

By DR. E. B. LOWRY



HERSELF

Talks With Women Concerning Themselves

This book contains full, precise, and trustworthy information on every question of importance to women concerning their physical nature.

"Herself" is superior to all books on its subject.— *The Independent, New York.*

Confidences

Talks With a Young Girl Concerning Herself

This book explains for young girls the origin and development of life in chaste, clear language. Critics and parents unite in declaring that the author's treatment of a difficult subject is wonderfully successful.

Carefully written and should be given to every young girl.— *American Motherhood.*

Publishers' price for the large books ("Himself" or "Herself"), postpaid, is \$1.10; for the small books ("Confidences," "Truths," "False Modesty") is 55 cents.

Truths

Talks With a Boy Concerning Himself

A book containing the simple truths of life development and sex which should be told to every boy approaching manhood. His future welfare requires that he receive the instruction adequately given in this book.

All boys should read this book.— *Indianapolis Medical Journal.*

HIMSELF

Talks With Men Concerning Themselves

The best book on sexual hygiene for men. It gives clearly and completely the knowledge essential to every man's health and success.

Every man ought to read this excellent, reliable book.— *Philadelphia Telegraph.*

False Modesty

That Protects Vice by Ignorance

This book makes the most thorough and convincing appeal ever made for the proper education of the young in matters pertaining to sexual hygiene.

Dr. Lowry's books are excellent.— *Pres. Chas. W. Eliot.*

All parents and teachers should read this very important book.— *Boston Globe.*

Note Our Remarkable Premium Offer

For subscriptions accompanied by cash at the regular rates (\$1.00 a year, 50 cents for six months), on orders amounting to \$2.00 or more, we will send one or more of the above-described books postpaid, to any address designated.

For subscription orders amounting to \$2.00 we will send one of the large books, or two of the small books, value\$1.10

For subscription orders amounting to \$3.00 we will send one large and one small book, or three small books, value\$1.65

For subscription orders amounting to \$4.00 we will send two large books or one large and two small books, value\$2.20

For subscription orders amounting to \$5.00 we will send two large and one small book, or one large and three small books, value\$2.75

For subscription orders amounting to \$6.00 we will send two large and two small books, value\$3.30

For subscription orders amounting to \$7.00 we will send the entire set, value\$3.85

LIFE AND HEALTH (Premium Dept.) Takoma Park, Washington, D. C.

**THE
PROTESTANT
MAGAZINE**

ADVOCATING
PRIMITIVE
CHRISTIANITY

PROTESTING
AGAINST
APOSTASY

**The Truths Reaffirmed
in the Great Reformation**

THE Reformation is nothing but a reaffirmation of two great and vital truths of Christianity: that no soul can live before God without the garment of Christ's righteousness, and that the faith that is needed for justification is given by the supernatural power of the Divine Word, that is, and always remains, the only source of the spiritual life of Christianity. — *Rev. John C. Mattes*

PER YEAR \$1.00 PER COPY 10¢
WASHINGTON, D. C.

JANUARY, 1915

"Keeping Faith With Heretics"

Is But One of the Thrilling Features of
the January Number, Now Ready

DURING 1915 this scholarly magazine will be **BETTER** and **STRONGER** than EVER! Among the subjects that will be calmly discussed are: "Romanism in Bible Prophecy," "Make America Catholic," "Striking Features of the Protestant Reformation," "Jezebel, Babylon, and Rome," "Is Romanism Christianity?" and "Current Events That Show the Romeward Drift."

The Minnesota Tract Society, Minneapolis, Minn., has just wired for 1,500 copies of the November number.

Rev. J. F. Phillips, pastor Glendale M. E. Church, Everett, Mass., writes: "Your 'Protestant Magazine' is great, and I want our people to see it. Inclosed find \$1.00 for which please send 20 copies of the November number as soon as possible."

UNTIL JANUARY 25, 1915

those who send \$1.00 for 1915 subscription, will receive the October, November, and December, 1914, numbers **FREE**—15 months for \$1.00.

Send this magazine to five friends for a half year for only \$1.50—regular price, \$2.50. A bundle of 50 copies will cost you only \$2.00, or 20 copies, \$1.00. Sells easily to honest Romanists as well as to Protestants.

PROTESTANT MAGAZINE Washington, D. C.

P. S. Send \$1.70 for the "Protestant Magazine" and "Life and Health" one year. *Save the 30 cents.*

READ THE LIVE ARTICLES IN

THE JANUARY WATCHMAN

ON THE WAR SITUATION AND CURRENT HAPPENINGS

Four Stirring Articles for January Are:

Enter the Turk, Exit the Turk, *P. T. Magan*; Winter in the War Zone, *L. A. Smith*;
A Wonderful Age, *J. L. Shuler*; A Bright Outlook, *Editorial*.

Striking cover design in three colors, picturing the Turk leaving Europe. Well illustrated with selected illustrations. Send 10 cents for a sample copy. Yearly subscription, \$1.00. Give it a year's trial.

A composing room foreman of a large city newspaper in the West writes:—

"I have followed the political situation somewhat in the popular reviews, and I have been pleased to see a clear interpretation of events in the **WATCHMAN**. It is a pleasure to read it."

"THE WATCHMAN KEEPS ABREAST OF THE TIMES"

SOUTHERN PUBLISHING ASSOCIATION

2123 24th Ave. North

Nashville, Tennessee

P. S. Send \$1.70 for "The Watchman" and "Life and Health" one year. *Save the 30 cents.*

When you write to our advertisers, please say, "I saw your 'ad.' in **LIFE AND HEALTH**."

LIBERTY

A Magazine of Religious Freedom



PUBLISHED QUARTERLY
Ten Cents a Copy, Thirty-five Cents a Year
WASHINGTON, D.C.

"Lincoln," "Armageddon," and "Church and State" Number

Stephen A. Douglas, the bitter political enemy of Abraham Lincoln, once made this frank admission: "Lincoln is the honestest man I ever knew."

John Hay, Lincoln's private secretary, and later Secretary of State, said: "As, in spite of some rudeness, republicanism is the sole hope of a sick world, so Lincoln, with all his foibles, is the greatest character since Christ."

Read in this number what Lincoln said about civil and religious liberty. Also "Is It Armageddon?" "Dangers Threatening American Liberties," "Story of 'The Star-Spangled Banner,'" "Practical Working of State Religion," "Prohibition, and Personal Liberty," etc.

ONE YEAR, 35 CENTS; SAMPLE COPY, 10 CENTS

To five different addresses, one year, only \$1.00. 20 copies to one address, \$1.00; 50 copies, \$2.00.

Liberty Magazine, Washington, D. C.



A Lady Said To One of Our Agents:

"That is the finest paper that I have ever read. It tells things before they happen more accurately than other papers tell things after they have transpired."

She referred to the "Signs of the Times Magazine." It specializes on the Bible prophecies which refer to the present time. Those who know the magazine best forget the subscription price of \$1.00 when they think of the value received.

Order of our depository in your State, or of—

Signs of the Times Magazine, Mountain View, Cal.

When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."

Southern
California's

SANITARIA

Medical and
Surgical

ETHICAL

SCIENTIFIC

PROGRESSIVE



COMPRISING the LOMA LINDA, GLENDALE, and PARADISE VALLEY SANITARIUMS, covering the entire field of rational medicine and scientific surgery. These up-to-date, homelike Institutions of Health have helped to make Southern California the great Mecca for the tourist and health seeker.



These Sanitariums have qualified regular Physicians, skillful Surgeons, trained Attendants, graduate Nurses, and thoroughly equipped Laboratories. Their institutional apartments are models of convenience for the scientific administration of every modern **Physiological Therapeutic** treatment. The **basic principle** of their system of treating disease has been in constant successful employment for more than thirty-five years, and includes every modern **curative measure known to medical and surgical research.**

The professional staff of each of these Institutions gives special attention to **classified dietetics**, and the bills of fare are based on a complete return to **nature's first principles**, and to her **food products**, which are largely produced on the institutional estates and by their own food factories.

Besides the complete acquired facilities of scientific medical and surgical research, these modern "Homes of Health" offer to the traveler seeking rest, recreation, and health, under new scenes, the attractions of a **matchless climate**, both summer and winter. It is never too hot nor too cold for outdoor exercise and enjoyment. The very words "Southern California" bring to mind a smiling summer-land rich with tropical vegetation and heavy with the perfume of flowers. The mountain air mingled with the salt-sea breezes forms a live, invigorating atmosphere for those seeking health restoration.

Each institution has its own peculiar points of excellence to offer its patients and guests.

Address for "Illustrated Prospectus "

THE LOMA LINDA SANITARIUM

Loma Linda California

THE GLENDALE SANITARIUM

Glendale, California

THE PARADISE VALLEY SANITARIUM

National City, California

Or the City office of these Institutions, 417 W. Fifth Street, Los Angeles, California

When you write to our advertisers, please say, "I saw your 'ad.' in LIFE AND HEALTH."

ST. HELENA SANITARIUM



Portion of Main Building



Hospital



Lucene Cottage

Nestled among scenic foothills, on the sunny slopes of Howell Mountain, like some great, white jewel, in a setting of wonderful landscape, is one of the most beautiful, and at the same time one of the most scientifically conducted, institutions in all California.

THE ST. HELENA SANITARIUM is a refuge, a haven, a veritable Paradise for the sick, the invalid, and those who need rest and recuperation. Its hospitable doors are open to all who are sick, and everywhere is the environment of kindness and good cheer. The sanitarium is the retreat of the cultured and refined, affording the advantages of a thoroughly scientific institution, where Nature, the physicians, and the surgeons work hand in hand for the alleviation of human ills.

Located sixty-five miles north of San Francisco, in a little hamlet all its own, it is so peaceful, so placid, so serene, that it seems as though it were in a world apart. The main building and cottages wholly lack the depressing atmosphere of a hospital.

Apply for beautifully illustrated booklet "E."

Address

THE ST. HELENA
SANITARIUM

Napa County

Sanitarium - California
