



# Life & Health

THE NATIONAL HEALTH MAGAZINE

*February, 1915*

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LIFE AND HEALTH

WASHINGTON, D. C.

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# LIFE AND HEALTH

FEBRUARY, 1915

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EAST PORTAL OF MINES AND METALLURGY BUILDING  
A feature of the Panama-Pacific International Exposition, San Francisco, Cal.,  
February to December, 1915.

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No. 2

# Life & Health

THE NATIONAL HEALTH MAGAZINE

FEBRUARY  
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

## THE NEXT ISSUE

The December issue gave directions for growing old gracefully by comparatively young writers who had not gone through the experience, and who could write only from observation and the experience of others, and yet we must admit that they said some very good things. The next issue (March) will give the experiences of a number of persons who have arrived at an attractive and enjoyable old age, and who believe that their method of living had much to do with their preservation.

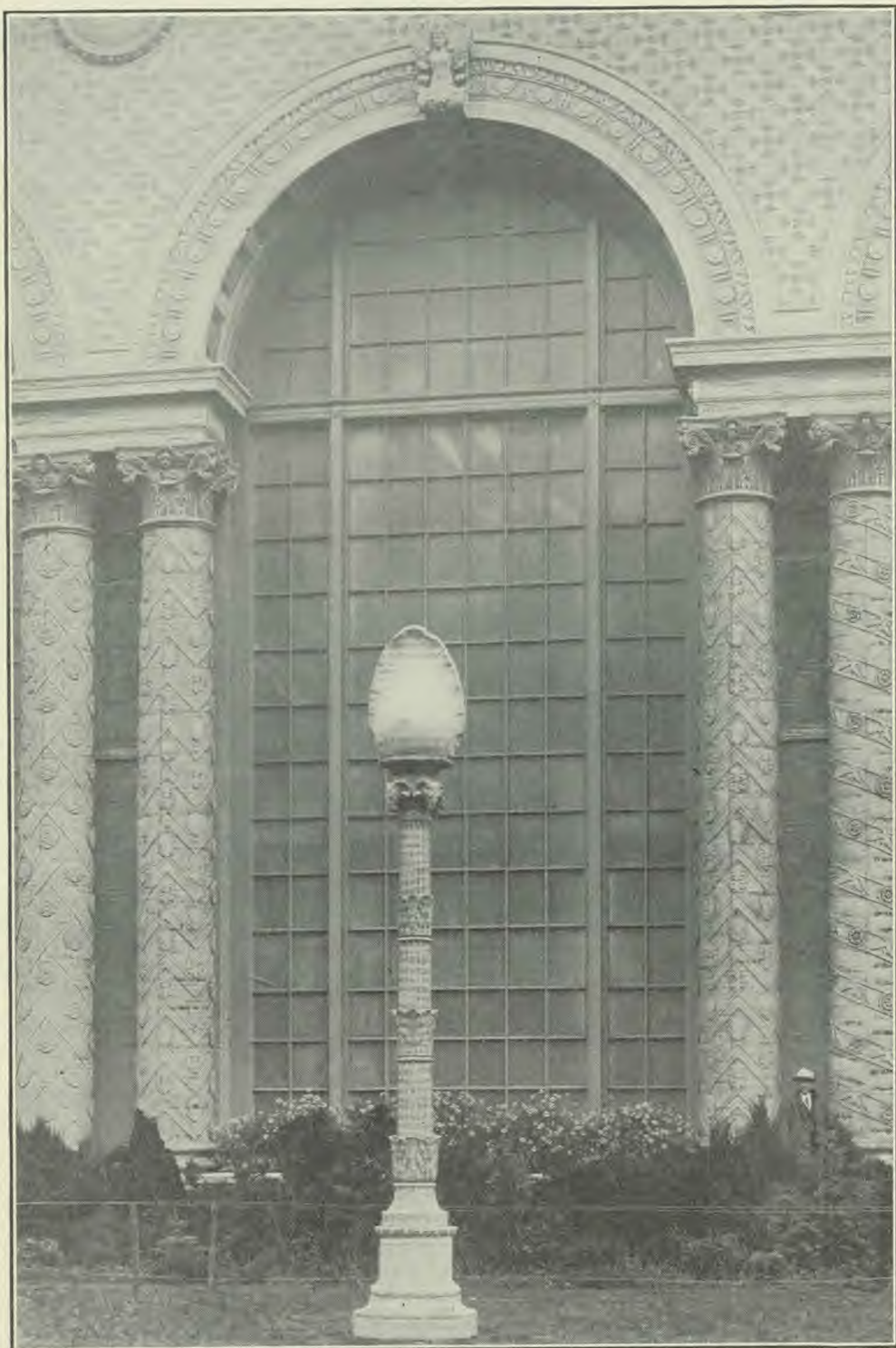
Some of the other features in the March issue will be:—

An article by George E. Cornforth, the veteran chef of the New England Sanitarium, "Is the Making of Desserts a Waste of Time and Effort?" including instruction in the making of wholesome desserts.

An article by Dr. James Frederick Rogers, "Fighting Disease With Its Own Weapons."

An article by a scientist having an important position in the government, "Why Three Meals?"

The usual Current Comment, Questions and Answers, and other departments.



ARC LIGHT STANDARD  
In the Venetian Court, Panama-Pacific International Exposition.



# HEALTH CONSERVATION AT THE PANAMA-PACIFIC EXPOSITION



**E**ACH of the great world's expositions has had its ethical or scientific phase. For example, at Chicago it was the World's Parliament of Religions; at St. Louis great stress was laid on a World's Congress of Arts and Science. The Panama-Pacific Exposition will find its basic idea in Service,—social, industrial, educational, hygienic, fraternal, economic.

The problems of human welfare furnish the basis of a large proportion of the exhibits which fill the sixty-five acres of the eleven vast exhibit palaces, and of laboratory and platform work of most of the national and international congresses and conventions which will make San Francisco their headquarters in 1915. More than three hundred great gatherings have voted to hold sessions there. In some instances a single one of these world congresses will bring from 10,000 to 40,000 delegates and mem-

bers from twenty to thirty-five nations.

Health—physical, moral, and mental—is the topic which in greater or less degree will engage the attention of scores of these great gatherings, and which will dominate acres of exhibits not only in the five-acre Palace of Social Economy and Education, but throughout the exposition generally. In the great building devoted to social economy will be most of the exhibits made by the various foreign and State governments. These will be chiefly working displays and automatic wax and blown glass models, designed to popularize hygiene, physiology, sanitation, factory regulation, and the like. These models, for the United States government and for some of the largest business and philanthropic corporations in the country, will be created on an elaborate scale never before attempted, by the celebrated Dr. Philip Rauer, and a corps of trained specialists



PALACE OF VARIED INDUSTRIES

Facing south on the Avenue of Palms, Panama-Pacific Exposition.



DOORWAY, PALACE OF LIBERAL ARTS, SHOWING TOWERS

who in April of last year came over from Stuttgart, Germany, at the invitation of the Rockefeller Foundation and of the Panama-Pacific Exposition, to take charge of such work. Rauer is the man who created the greatest series of models ever seen, called "Der Mensch" (The Human Being), for the Dresden exposition, and it is intended that these shall be shown at San Francisco. He will install a still greater lot of models for the United States health exhibit, on which a considerable part of the \$500,000 appropriation will be expended. This governmental exhibit, occupying an area of one and one-half acres, will be shown in the completed Palace of Liberal Arts, and in a permanent federal building to be erected on the exposition grounds by Uncle Sam at an additional cost of half a million dollars, favorable action having been taken by Congress in April of last year. In the national display the cause and prevention of each of the more prev-

alent diseases will be visualized by means of models, relief maps, and stereomoto-graph pictures in combination with the phonograph and moving pictures.

The hygienic displays made by individual States will be so selected as to avoid duplication. Forty-four States and Territories will participate. Dr. Rupert Blue, surgeon-general of the United States Bureau of Public Health, held a conference in Washington in June, with the members of all the State boards of health and with the principal municipal boards. At this conference details as to the character and scope of the hygienic exhibit of each State and city were threshed out, so that each will display its specialty, no two showing the same thing at the exposition. This insures an invaluable and varied series of exhibits of an educational nature. It is claimed that this is the first time in the history of expositions that the "no duplication" system has been adopted. It is not con-



COURT OF THE FOUR SEASONS

fined to any one department, but it is the watchword in all the great palaces of exhibit.

This greatest of world expositions commemorates the completion of the Panama Canal, and this, the greatest engineering feat of modern times, was made possible only by the achievements

an elaborate hygienic exhibit that will occupy one of the most prominent places in the Palace of Social Economy, facing the Western Portal, and will include model hospital equipment, a model of a fever mosquito as large as an ostrich, and automatic models made by Rauer to show at a glance how to combat tropic

---

WE have drilled ourselves into the belief that an attack of sickness is the precursor of other attacks, or the preliminary to a complication. Such a mental attitude retards restoration to health.

---

of medical science, the foundation of the whole project being the sanitation of the Canal Zone. This great work will be exploited with great thoroughness in various exhibits and by learned and scientific bodies.

Cuba, which claims credit for doing the pioneer work in tropic city sanitation in the eradication of yellow fever and plague, thus making the later canal work possible, will come to the exposition with

diseases. Cuba's appropriation is a quarter of a million dollars. Argentina, with the enormous appropriation of over three million pesos (\$1,700,000), will have a very modern welfare and health exhibit; and Japan, France, Italy, Holland, the Philippines, and over thirty other countries will be well represented with elaborate exhibits.

In addition to the governmental and State exhibits, there will be unexampled



COLONNADE

Between the Court of the Four Seasons and the Venetian Court, Panama-Pacific Exposition.

health and human welfare displays assembled by such organizations as the American Steel Corporation, which has expended \$150,000 on its exhibits now being displayed, seventy-five carloads of exhibits from this one company; the National Cash Register Company and the General Electric Company, which also will show their appliances for conserving the health of factory employees; the various life and accident insurance companies; the International Health Commission of the Rockefeller Foundation, which will concentrate on the measures

taken to eradicate the hookworm; the Carnegie Institution; and the Social Survey. All health and social economy displays made by commercial firms will be housed in the five-acre Mines Building, along with an exhibit by the federal government covering work done for the health and safety of miners, the Palace of Social Economy being filled with displays by noncommercial organizations.

"Infectious Diseases and General Sanitation" will be shown by the United States Public Health Service, and germ-bearing animals and insects will be pre-

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### THE FRONT COVER

Is from a photograph of the main portal of the Palace of Varied Industries at the Panama-Pacific International Exposition. One may obtain some idea of the vast proportions of this beautiful doorway when the fact is borne in mind that the figures with which it is decorated are of life size or heroic. The doorway is an exact reproduction of the portal of the Salamanca Cathedral, in Spain, the tympanum surmounting it, which is the original work of Mr. Ralph Stackpole, a pupil of Mercie, being the only deviation. This reproduction, the costliest on the exposition grounds, has been accomplished at an expense of \$15,000, and it is planned to give a permanent setting to the work at the close of the exposition, that San Francisco may have it to admire for all time.



EMERGENCY HOSPITAL WARD

Dr. R. M. Woodward, of the United States Public Health Service, has been given charge of this feature of the exposition.

sented in wax models that move automatically.

The Bureaus of Mines, Plant Industry, and Animal Industry of the United States Department of Agriculture will illustrate the subject "Sanitation, Welfare, and the Rearing of More Perfect Children."

Our army and navy will display "Military Hygiene;" "Sex Hygiene" will be dealt with by the American Social Hy-

"Alcohol and Other Habit-forming Drugs" will find sponsors in the W. C. T. U. and the Anti-Saloon League; "Quarantine" goes to Massachusetts; and "Disposal of the Dead" to the Cremation Association of America.

"Hygiene" and "Watering Places," as well as "Housing of Working People," will be presented by the cities of Germany.

England's part will be in the "Model

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**To induce healthy thought and feeling in others is to increase the store that we already possess. No man lives to himself.**

---

giene Association; and "School Hygiene" by the State of Pennsylvania.

"Mental Hygiene" and "Psychiatry" have been allotted to the New York State Hospital Commission and the National Committee for Mental Hygiene; "Dental Hygiene" will be the subject for display by the National Mouth Association;

Block Workmen's Sanitary Homes," "Garbage Destruction," and "Sewage Disposal."

Never have so many practical exhibits of welfare been assembled for the study of the human race as will be offered at the 1915 exposition. The exhibits will not be the only means for the preserva-



OPERATING ROOM

Emergency hospital, Panama-Pacific Exposition. The last word in medical science is represented in this equipment.

tion of health and the promulgation of the doctrines of hygiene; for a completely equipped hospital has been in operation on the grounds of the exposition for several months.

The hospital is modern in every detail. Its ambulances are the 1915 models of one of the finest makes in the automobile line. The library has nine hundred volumes that are the very latest published in every line of medicine and surgery. There is not a book in the library published before 1914. The operating room has the latest equipment and appliances, from the means of lighting, to the table, instruments, and ventilation.

There is not a modern aid to human conservation that is not represented, and the pulmotors and electric magnets for removing steel from the eye are examples.

Dr. J. R. Hurley, of the United States Public Health Service, is superintendent

of the exposition's hygiene and sanitation exhibits. All the exhibits will be accompanied and enhanced by the wax and other models that have been brought to such a high state of perfection. The greater number of these exhibits will have the models prepared by Dr. Philip Rauer, of Stuttgart, Germany, who is recognized as the master hand in such work.

The grounds of the Panama-Pacific International Exposition will be a delight to the eye of the modern hygienist. Placed between the hills of San Francisco, the newest city in the world, and the waters of the Golden Gate, there is a combination of sun, pure air, and horticultural wonders that gives invigoration. Ten thousand specimens of the hygienic "fever tree," the towering eucalyptus of Australia and California, have been used to decorate the square mile of grounds.

Underneath the asphalt pavements with the high pressure water system, the high pressure gas system, the conduits for electric and telephone wires, is a sewer system that would be a credit to the most advanced city.

The live stock area is almost at the extreme western end of the ground, and among other innovations are those for the proper care of the animals and the maintaining of clean stalls. The barns are arranged in the form of a quadrangle, with the excellent show ring in

the center. The barns aid in forming an auditorium for 3,000 persons. Every stall is placed at an angle of forty-five degrees, so that the visitor may see every line of the animal's body and head.

In addition to the flushing and cleaning of the barns, special incinerators have been built.

There will be a department for the care of dairy cattle, and here the sanitary care of cattle and the proper handling of the milk and its products will be shown.



X-RAY OPERATING ROOM

At the emergency hospital of the Panama-Pacific Exposition. The latest equipment has been installed throughout.

# THE NEW ERA JUST DAWNING

CHARLES THEO CUTTING, M.D.

[Dr. Cutting's extended experience in life insurance work in various capacities, and particularly his work in connection with the Life Extension Institute, has fitted him for the work that makes the greatest appeal to him—the prevention of disease. Dr. Cutting believes that a little intelligent effort applied to the conservation of health is worth more than a much greater effort to regain health once lost.—Ed.]

**T**O the teacher's query, "What is more priceless than rubies?" the unexpected reply came, "A good stomach," shouted by a twentieth-century schoolboy, whose mother had forbidden him to eat candy because, as she said, he had "a bad stomach." The boy was merely voicing what we are all slowly but surely learning,—that to have prosperity, to be a success, to be useful, happy, and loved, one must have not only a "good stomach," but a sound mind and a healthy body.

We have been backward in learning this great lesson; and even now we hesitate to apply the principles of a natural and moral life which must ever be the foundation for health, both mental and physical, when these principles conflict with our selfish desires, our appetites, and our good times.

All health and life conservationists and sociologists realize that environment has much to do with one's mental vision, with the bodily habits, and with the length of time it takes to wear out the human body. We can truly liken this delicate work of the Almighty to a finely adjusted machine which derives its energy and power from the proper relationship of its different parts, the good care taken of them, the quantity and quality of the fuel used. Overspeeding means disaster; improper care and poor fuel mean decreased power and lost energy. To a very great extent the perfection of the body machine and the length of time it will last depend upon the view we have of life, the orderly manner in which we conduct it, plus the environment in which we live.

The modern tendency is to work the body machine to its greatest capacity, al-

lowing it little rest, and a poor quality of fuel, and using it in an ignorant and wasteful manner, with the intent and purpose to pile up the dollars, and to reach the goal of financial prosperity just a little in advance of the other fellow.

When this strenuous career is halted by one of nature's warnings, one is apt to give at least a few minutes of serious thought to bodily health and habits of life. The thoughts may then turn to the Pacific Coast. It is known that the California climate is not a panacea for the ills of mankind, that in the treatment of tuberculosis other climates are to be preferred. California is a country for the strong, the robust, who are filled with energy, but who value their right to live and enjoy the allotted years of man; above all, it is a land for those who are not afraid to work and who love to commune with nature and their fellow men. Self-study and an unnatural and narrow existence make for sickness, while nature study and thought for others make for health and longevity. Again, it is for those who have struggled successfully with adverse conditions, and now, before it is too late, desire to get back to nature in the true sense. For such, California is a veritable harbor from the storms of life, and their "life expectancy" is materially increased by such a change of conditions.

Not long ago I visited with the good, hospitable people of California (if you have never been to this glorious State you do not know what real, genuine California hospitality means). I walked in and out among them, studied the problem of health and longevity, saw them breathe the invigorating ozone of the great Pacific, saw them play on the sands or rest



in the shade of that grand old "sheltering palm," saw the children, sunburned, healthy, and muscular, with bright eyes and good appetites, working and playing by day and sleeping under light blankets at night, or in many instances on porches instead of in hot, close bedrooms. I saw God's blue sky everywhere above. I saw the fertile valleys and snow-capped mountains, the orchards, the vineyards, the farms, the cattle, and everywhere found contentment and an absorbing passion for the outdoor life, for nature and her productiveness, for nature in her radiance. And then (I must admit unwillingly) I traveled back over the mountains to the great congested cities of the East, where (for it was summer) I found gasping babies, sweltering, overworked mothers, impatient and brain-fagged fathers, huddled together, pushing and shoving one against the other, with few chances to look up into the great blue sky or to cast the eye on the smiling countenances of nature, except perchance on Sunday, when, along with countless others, still pushing and shoving, they dragged themselves and their children to some overcrowded beach or two-acre park, having hung on to a strap in a foul-smelling trolley car. Then I said, "Why do our boys and girls gravitate toward these great overgrown cities, only to toil and sweat and become imbued with a sordid idea of life, depleting their physical and mental forces, when the great Pacific Coast country is crying out to be populated?"

And then once more, and this without regret, I was wafted back over the stern and gray Rockies, and found myself in the great Northwest country, and there beheld mile after mile of virgin forest, of rich uncultivated soil, and a great expanse of blue water, all beckoning to the Eastern brother cooped up in his four-by-six office, working his poor brain hour after hour and day after day for the purpose of filling the pockets of somebody else; stooped of shoulder, pale, and flabby; and I wondered again why the boys and girls remain away from such a country as this when the very smell

of the West indicates growth and expansion and everything that is worth while in life. My queries are easily answered. It is the love of excitement, love of the whirl of things, of the dollar to be extracted from the pocket of some one not quite so clever; a love of selfish pleasure with little or no thought of the "human machine" or of the fiddler that has to be paid, or of the stunted ones who come after.

We are glad, however, that gradually the youth and the man and woman in the prime of life are realizing that to live where the elements, the atmosphere, and the work all conduce to health and happiness, is something to be desired "far above rubies."

We who read the few useful and many useless monthly magazines, have heard much about "vacations," the necessity for them, and the impossibility of more than a favored few getting them. What we need is not the vacation, but a change in our living system, a broadening of our economic vision, and a habit of communing with nature. This nature communion produces relaxation, momentary perhaps, but sufficient to give the "human machine" a chance to catch up.

You of the West note that the rancher, as he finishes his day's work, stops and mentally absorbs the glorious sunset. A picture is produced which makes an impression on his mentality that will come to him again and again giving him inspiration during the busy hours of his day and relaxation in the stillness of his night. Again, in the morning as he goes forth to his work, watch him keep step with the songs of the birds. He knows the language of each bird, and each note has a hidden meaning. Compare such a life with that of the man who jumps up in the morning to look at great stone walls, to rush for a strap in some underground railway, amidst the din of terrific noise. He reaches his small, airless office, where he must keep his brain at the ninety per cent mark all through the long day, only to drag himself home after work is over, with never a sight of the sky or the sound of a bird,—a tired,

brain-weary, body-exhausted being, under a continual grind, day in and day out, week in and week out.

Yes, truly this man needs a vacation, or his days are surely numbered; but the best vacation is the perpetual one, which does not mean idling or selfish pleasure, but a suitable proportion of work and play, an equalizing of the vital forces expended; and this is the ideal of the people of the Pacific Coast; hence they have an environment conducive to health, happiness, success, and prosperity.

A great tidal wave has struck this our country. The day of great personal wealth at the expense of noble thoughts, blighted aspirations, and damaged human machines has passed. Instead of living to extract the dollars from a competitor, for the moment off his guard, we are studying the real productive things of life, with the idea well fixed that care

of the body, appreciation of its powers, and conservation of its energies, represent the basis upon which all else must stand; and to this end we are in the true sense "getting back to the soil," to the contemplation of the wonderful resources of nature, and obtaining our material profits from supplying the other fellow with something he needs, and asking him to supply us. This is a fitting preparation for the race that is to come, and means a higher mental plane for our children, a more perfect physical development, and a longer and happier life for every man, woman, and child; and the Pacific Coast and the Pacific Northwest are furnishing the seed and the soil where those who have been awakened by the sound of the "new era" are finding peace and contentment, health and prosperity, and learning the great lesson of true productiveness.



AN ORANGE GROVE, BANANA PLANT TO LEFT OF HOUSE

# COLD WEATHER CARE OF CHILDREN

EDYTHE STODDARD SEYMOUR



**V**IGOROUS children do not shun the cold; they enjoy their outside play as thoroughly on cool and even cold days as at times when the weather is more mild. All the outdoor sports are healthful, and girls should be allowed to become strong beside their boy playmates, indulging in the fun of coasting, skating, and similar recreations. There is practically no immoral influences among groups indulging in these sports, at least I have never known of such, so the principal caution should be about selecting localities free from danger of crossing car tracks or of thin ice, and any unusual risks to life or limb.

It is a sensible idea not to put on the children's heaviest garments during moderate weather, but to reserve them for extremely severe weather. As to woolen underwear, my children do not wear it at all now. Though I thought it necessary with the older ones, I have come to the conclusion, after careful study of the effects upon them and other over-bundled persons, that those who wear the heaviest woolens and wraps are the ones that feel the cold most and take cold the easiest. I had a personal experience of the kind myself, being subject to severe sore throat each winter, until an aunt persuaded me at the age of fifteen to stop wrapping my throat in a scarf when I went out. Although I tried it with foreboding, no inflammation resulted from the exposure, and seldom have I had any return of the trouble. A sensitive throat can be hardened by bathing the neck daily with cold water, and fin-

ishing up with friction with a rough towel until the skin is red. If that leaves the skin smarting, a little olive oil or cold cream can be rubbed in.

During the winter more starchy foods—rice, potatoes, white bread, and desserts containing such materials as corn-starch, sago, tapioca, etc.—can be used with benefit; just one of the starchy foods to a meal, and always combined with a fresh vegetable or fruit. Butter, olive oil, peanut oil, and other oils help to keep up the resistance of the body to cold. Canned vegetables may be used to make a variety, but the fresh material should be principally served; as soon as prices permit, fresh lettuce, spinach, and tomatoes should be used at least daily, for by the time these come into general use, the root vegetables are becoming shriveled and without full food value. Corn meal can be served in many ways, and is a valuable addition to the winter dietary. Apples, cooked or raw, eaten freely daily instead of less wholesome foods, will save doctor bills. The juice of oranges is perhaps even better, and can be given the little baby by the teaspoonful between feedings, care being taken to allow no shreds of pulp in the juice.

The living rooms should be kept ventilated and not too warm. A sheltered porch, or at least a sunny room where several windows can be opened, should be arranged for the baby's naps in the air, and used at other hours on stormy days for the older children's play room; if fitted out with a punching bag, swings, rocking-horse, jumping rope, or similar

means for exercise, the children will be quite contented; and city children who have no playgrounds except the street, will be much benefited by having such a fresh-air play room.

If a child gets its feet wet, the extremities should be warmed in a hot bath; if the feet or hands are aching from the cold, they should be dipped in very cold water until the pain ceases, then warmed up with hot water and well rubbed. The clothes, if damp, should be changed. If the child seems to be actually coming down with a cold, give him a bath as hot as comfortable, to which has been added a teaspoonful of ground mustard to each bucketful of water; then dry the skin with a rough towel, roll the little patient in a blanket, and put him to bed. Drinks of hot lemonade, or hot seasoned water if no lemons are handy, will help bring out the perspiration, after which some of the covers may be gradually removed if the child is uncomfortably warm and wakeful. If there is mucus in the bronchial tubes, the chest may be rubbed well with goose oil, which is very penetrating, or a teaspoonful of turpen-

tine heated in a tablespoonful of lard, or camphor ice, or oil of amber, which is excellent for this purpose. In case of a croupy cough, keep cloths wrung from hot water, constantly over the throat until relief is obtained, then cover the moist skin with a flannel. To cure the child of a tendency to coughs, keep him outside during the sunny hours of the day, and have the living rooms and sleeping rooms well ventilated. I cured one of my first babies of a croupy cough which came on every night, by putting him out in his coach for his daytime nap; even though it was winter when I started this, he was entirely cured in a month. The mother or nurse will soon learn how many covers are needed for certain days by feeling the child's hands, which should be "warm as toast," but not perspiring.

Another item that favors winter health is that the children can be put to bed earlier than during the heated evenings of summer, and the added hours of rest brighten the eyes and plump the cheeks. The fresh-air life gives rosy cheeks, and hardens the children to resist contagious diseases and the following trying season.



WINTER SPORTS FOR THE LITTLE ONES



# LINCOLN THE ATHLETE

JAMES FREDERICK ROGERS, M.D.

Gentlemen, we must pledge our mutual healths in the most healthy beverage which God has given to man—it is the only beverage I have ever used or allowed in my family, and I cannot conscientiously depart from it on the present occasion—it is pure Adam's ale from the spring.—Abraham Lincoln, on the occasion of the formal notification of his nomination for the Presidency.

**T**HE two most athletic figures in the history of our country, if not of all history, were those of Washington and Lincoln.

In appearance Lincoln was as homely and awkward as Washington was handsome and full of grace; but in physical prowess they were well matched, and the accounts of their feats of strength read very much alike. Probably many of these stories have become exaggerated in the telling, but it is only of a Hercules that Herculean tales are told. While both excelled in athletic sports, both preferred mental accomplishments to physical feats; both were surveyors; both took part in Indian wars; finally, both became President in the most trying times the nation has seen. Here the likeness of their experiences ends; for Washington was born and bred in comparative comfort and culture, and sought the primitive life of the wilderness temporarily, and rather from pleasure than from necessity. Lincoln, until he was of age, knew only

poverty, toil, and the rudest society, and only by mighty efforts dragged himself into less crude surroundings. The homely lines of his countenance, which appeal to us more than the statuesque repose of his great predecessor, were carved deep by his trying experiences and the sympathies they developed.

Lincoln came of a line of vigorous pioneers. His father is described as five feet ten inches high; he weighed one hundred and eighty pounds, and "was sinewy and brave." His mother was

of medium stature, slender and symmetrical, good-looking, if not beautiful, as a girl, but early bent and worn by her hard life.

The home which first sheltered Lincoln was a rude, one-room cabin, nearly bare of furniture or furnishings of any sort; and the other conditions by which he was surrounded were so rude and primitive that only a sturdy child could have survived.

As he grew up, he lived the open-air life. He "ran the woods" with the older boys,



STATUE OF LINCOLN

hunting woodchucks and treeing coons. He was early set to work "bringing tools, carrying water, picking berries, planting seed," and the like.

The removal of the family to Indiana was a change from the woods to the backwoods, from the frying pan into the fire, as far as conditions of living were concerned. Their new dwelling place, which Abraham helped to build, was a "half-faced camp" fourteen feet square, merely a shed with three sides, open to the weather on the fourth side—a shelter "less snug than the winter cave of a bear." After the first season, this abode was exchanged for what was little improvement, a floorless, windowless cabin, without even a deerskin to close the doorway. Abraham had for his bed a heap of dry leaves and old clothes, with skins for covering, in a corner of the loft, to which he climbed by means of pegs driven in the wall.

There was plenty of food, but corn bread, baked in a Dutch oven, was the chief item on the bill of fare. Potatoes, which were the only plentiful vegetable, were often served raw, as we would serve apples. There was abundance of deer and bear meat, pheasants, wild turkeys, ducks, squirrels, fish, and wild fruits.

Young Abraham's scanty shirt and trousers were of coarse, homemade material, and he was crowned by a coon-skin cap.

His attendance of a few months at the district school did not detract from his vigor. The curriculum was not crowded in those days; there were no problems of ventilation; and about the only physical disaster that came to any pupil was a sound whipping from the master.

The boy was large and remarkably strong for his years, and already he was given plenty of hard work to do. He said of himself that when he was about eight years old, his father "placed an ax in his hand, and till within his twenty-third year he was almost constantly handling that most useful instrument." He cleared land, split firewood and fence

rails, plowed, reaped with a sickle, threshed with a flail, and did some carpentering. When not working for his father, he was hired out to the neighbors for any and all work.

During the noon recess and after work hours he enjoyed swimming, jumping, running, and wrestling—enjoyed them the more because he excelled in these sports. Unlike Washington, he cared little for dancing. He had no liking for hunting, after shooting his first wild turkey, at the age of eight: he had too much feeling for the wild life. He hated fishing, but went many times with a district-school teacher who was fond of the sport. Lincoln went with him to catch the schoolmaster's talk and to learn from him of Shakespeare and Burns.

He frequently walked fifteen or twenty miles to secure books, to hear speeches, or to attend debates. For a few months he ran a ferryboat, and when nineteen years of age he worked the bow oars on a boat bound for New Orleans. He is described at this time as "a long, thin, gawky boy, dried up and shriveled."

In 1830 the family was on the move again, this time for Illinois. Here young Lincoln helped his father build another rude cabin, split rails to fence ten acres of land, and raised a crop of corn.

On coming of age, he was without sufficient money to purchase a much-needed pair of new trousers, and for these he "split four hundred rails for each yard of the material used. The trousers were secured more quickly than they would have been by most young men, for Lincoln was a famous chopper; as his cousin says, "If you heard him felling trees in the clearing, you would say there were three men at work by the way the trees fell."

Many tales are told of the muscular strength displayed by Lincoln in his early manhood. One neighbor declared he was as strong as three ordinary men, and used to tell of how he had picked up and walked off with a "chicken house made of poles pinned together, that weighed at least six hundred pounds." Possibly the

hencoop grew somewhat heavier with each telling of the tale.

After the Black Hawk War, in which Lincoln was a volunteer, he thought of making use of his strength as a blacksmith, but instead became a storekeeper.

Partly because of his great physical powers he was the recognized peacemaker in the rude and lawless community in which he lived; and as candidate for political office his physique and physical prowess helped him not a little in winning the hearts of the rougher classes.

Finally, this sinewy giant was chosen to wrestle with all his combined powers of body and mind with the gravest problems of a nation, and to bear on his shoulders the burden of sorrow and trial of a great people.

The picture of Lincoln, with its expression of quiet humor or of gentle sadness, is a familiar one. It was a homely face, with a high, broad forehead overhung with stiff black hair; with dark-gray eyes, clear and very expressive; high cheek bones and large mouth. He was six feet four inches tall, and weighed about one hundred and eighty pounds. He was "thin through the chest, narrow across the shoulders, and stooped slightly as he walked. His complexion was very dark, his skin yellow and shriveled." His limbs were long, and he had large hands and feet. "There was no grace in his movement,

but an expression of awkwardness combined with force and vigor."

Like most great men, Lincoln was exceedingly temperate and simple in his habits. Though his table at Springfield was famed for the excellence of its Kentucky dishes, he was a moderate eater. He used neither tobacco nor intoxicating drinks, and he was a strong advocate of total abstinence. While a lawyer he kept a horse and a cow, and took care of both with his own hands; and he chopped all the firewood for the house.

In the stress of affairs in Washington he often became indifferent not only as to the character of his meals, but as to the time they were served. "It seemed some weeks as if he neither ate nor slept." He was never sick; but during the war, "the anxiety, responsibility, care, thought, disasters, defeats, and the injustice of his friends, wore upon his giant frame, and his nerves of steel became at times irritable." He walked and rode about the capital; but when others fled its heat and dust, he remained at his post.

The physical history of this wonderful man may be summed up in the remark of his friend, Nat Grigsby, "He had an excellent constitution and took care of it." It served him and his country nobly until shattered by the bullet of the assassin.



# HOME COOKING SCHOOL



## BREAKFAST DISHES

George E. Cornforth

**A** GOOD start is half the race, but probably few persons realize how much the success of a day may depend upon a good breakfast, and scarcely a wife or mother realizes that she may contribute to the success or failure of the members of her family by the breakfast she prepares. But the articles commonly used for breakfast are the hardest of all foods to digest—ham and eggs, liver and bacon, fried eggs, salt fish, fried potatoes, doughnuts and coffee; and these dishes are far from being ideal breakfast dishes. The digestion of such foods robs the eater of some of the vigor which he needs for the work of the day. In the morning soon after rising, when one's vital powers have not yet been aroused, the stomach is least equal to the digestion of such foods, and instead of them the breakfast should consist of easily digested food, but it should be nutritious and capable of sustaining labor. The mistake is often made of gauging the sustaining power of a food by the length of time it requires for digestion, and one which "stands by" is supposed to furnish more nutrition than one which is digested more quickly. But the very fact that a food is difficult of digestion may be a reason why the body cannot get as much nourishment and sustaining power from it. The breakfast should consist of wholesome foods which will nourish the body with small tax upon the vital powers.

Fruits stand at the head of desirable foods for breakfast. They are cleansing, refreshing, and easily digested.

Next to fruits may stand cereals, which, when properly prepared and prop-

erly eaten, are easily digested and nutritious. If used in the form of mush, cereals should be thoroughly cooked; fifteen or twenty minutes is not long enough to cook cereals. They should be cooked in a double boiler, and no cereal should be cooked less than one hour. Rolled oats, rolled wheat, cracked wheat, whole wheat, pearl barley, and hominy should be cooked from four to six hours; possibly whole wheat and coarse hominy may require more than six hours' cooking. These cereals may be cooked the afternoon before and reheated in the morning, or they may be cooked overnight in a fireless cooker.

Then, after they have been properly cooked, cereals must be properly eaten if they are to digest well. This means that they should be well chewed. To overcome the difficulty of chewing mush some hard food, such as zwieback, crackers, beaten biscuit, or nuts may be eaten with it. Cereals should be served with cream only. No sugar is needed on them any more than it is needed on potato or in bread and milk. Much of the digestive trouble which mushes have been supposed to cause has probably been due to the sugar used with them. The fact that they compel more thorough mastication makes zwieback, crackers, and unfermented rolls and sticks better breakfast foods than mushes.

Eggs are quite generally used for breakfast, and they make a very good breakfast dish when properly cooked. They should neither be boiled nor fried, but may be jellied, dropped, scrambled, steamed, shirred (soft), or made into omelet.





A WHOLESOME BREAKFAST

Corn flakes with cream, egg timbale, baked sweet potato, breakfast gems, and sliced peaches.

Hot or cold milk and buttermilk are also good for breakfast.

For the buckwheat cakes and other griddle cakes which are so commonly used for breakfast, but which tax the digestive powers severely because they are insufficiently cooked and on account of the fat which is cooked into them in the frying, wholesome crumb griddle cakes may be substituted. These, being composed almost entirely of zwieback crumbs, and being cooked on a griddle which is oiled only enough to prevent the cakes from sticking to it, are free from the above-mentioned objections. Following is a recipe:—

#### Hot Cakes

- 1 cup zwieback crumbs
- $\frac{1}{4}$  cup flour
- $\frac{1}{4}$  teaspoon salt
- About 2 cups milk
- 1 egg

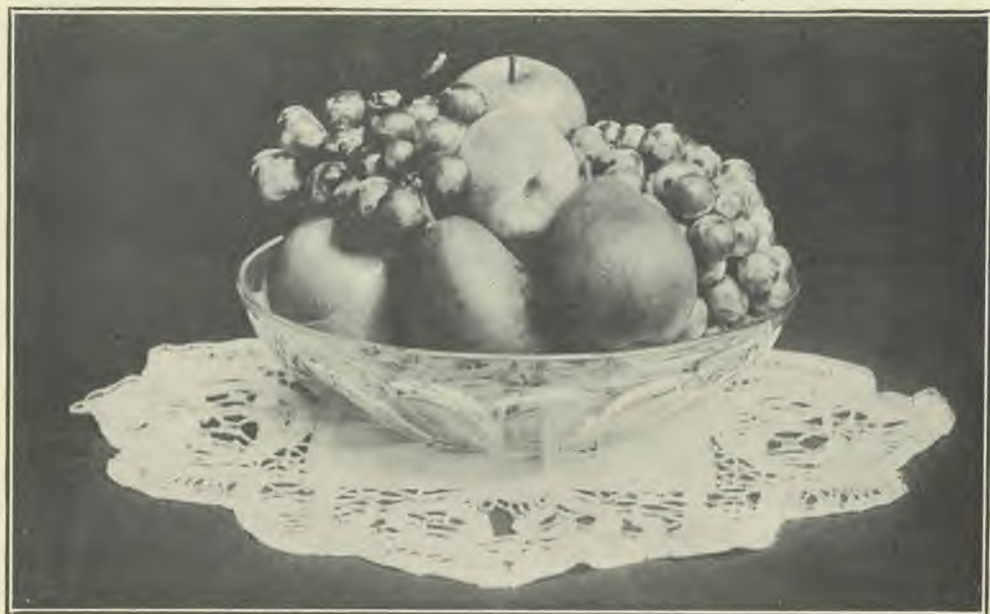
Mix the zwieback crumbs, flour, and salt. Heat the milk, not to boiling, but a little hotter than the hand can be borne in, and pour enough of the hot milk over the zwieback crumbs and flour to make a batter of about the same consistency as is used for ordinary griddle cakes. Separate the white from the yolk of the egg. Add the yolk to the batter and beat well. Beat the white of the egg till stiff and dry, and carefully fold it into the batter. Cook in spoonfuls on a slightly oiled griddle, allowing the cakes to cook on one side till nicely browned, then turning them and browning the other side. Serve with sirup or honey.

Potatoes for breakfast are best baked, but there are many wholesome ways of

warming up potatoes, recipes for which have been given in *LIFE AND HEALTH* in the articles on the cooking of vegetables. The frying pan ought to be banished from our shores. In many homes the breakfast is almost entirely prepared in the frying pan because in that way food can be quickly made hot, and it is to be feared that many who get such breakfasts would not know how to get a breakfast without its use. But such ignorance or such methods of saving time are very costly when the health is considered.

Hot soda or baking powder biscuit are a very common but improper breakfast dish. Besides containing chemicals, they are often insufficiently baked, and, being eaten hot, readily form a sticky ball in the mouth, which is swallowed with scarcely any mastication. Instead of these, we recommend zwieback, beaten biscuit, unfermented rolls or puffs, for which recipes have been given in *LIFE AND HEALTH*.

Toasts of various kinds are excellent breakfast dishes, but we cannot recommend the hot buttered toast which is so universally enjoyed. When a slice of bread is quickly browned, or perhaps scorched, on each side, the center of the slice is warmed enough so that it resembles a slice of fresh bread, which no one would recommend as being wholesome. Then, when butter is melted into this slice of hot toast, the butter greases



NATURE'S BREAKFAST FOODS

it so as further to interfere with its digestion. Instead of such toast we suggest the use of zwieback as a foundation for a variety of wholesome and palatable breakfast toasts. The thorough toasting of the zwieback, slightly browning it throughout the slice, so changes the nature of the starch that, though the slice may be moistened or soaked in liquid, it never becomes sticky or soggy as does the quickly prepared slice of toast when wet.

The zwieback may be reheated in the oven and served hot and dry. It has a delicious nutty taste, and compels mastication, which aids in the digestion of the other food eaten. Hot cream may be poured over the zwieback to make cream toast.

Cream gravy or milk gravy may be poured over the zwieback after moistening it in hot water, to make gravy toast. Nut gravy or tomato gravy may be used.

For egg on toast, moisten the zwieback in hot cream or hot water, and place a nicely poached egg on it.

For asparagus on toast, moisten the zwieback in the water in which the asparagus was cooked. Lay the asparagus

on the toast, and pour cream sauce over the tips.

Fruit toasts are nice prepared from the sweeter kinds of fruit, such as blueberries and other berries, pears, apples, peaches, grapes, prunes, figs, dates. The more acid fruits do not make such palatable toasts. To prepare fruit toasts the zwieback should be moistened in hot cream or hot water, and the hot fruit sauce poured over it. To prepare the fruit sauce rub the stewed fruit through a colander, which, in the case of raspberries, blackberries, and grapes, should be fine enough to remove the seeds. Sweeten the pulp to taste, heat it to boiling, and, if it is berries or grapes, add to it sufficient cornstarch which has been stirred smooth with a little cold water, to thicken it slightly. Stewed cherries may simply be stoned and heated and thickened. Chopped nuts may be sprinkled over any of the toasts, then there will be in this one dish the ideal combination of fruits, grains, and nuts.

Fresh strawberry toast may be made by placing crushed and sweetened fresh strawberries on top of slices of zwieback moistened in hot cream, and putting

whipped cream on top of the strawberries. Fresh raspberries, blueberries, peaches, or mashed bananas may be used in the same way.

In moistening the zwieback for any kind of toast, care should be taken not to get it too soft. It should retain some of its hardness so there will be something to chew.

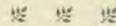
For prune toast, hot prune marmalade is used; for fig toast, hot fig marmalade; and for date toast, hot date marmalade. The stiffly beaten white of an egg may be beaten into prune marmalade to make

prune whip toast. Fig toast and date toast are nice with coconut sauce poured over them. Following is a recipe for the —

#### Coconut Sauce

1 cup milk  
1 level tablespoon sugar  
½ cup shredded coconut  
1 level tablespoon cornstarch  
A few grains salt

Heat the milk and coconut together in a double boiler for one-half hour. Strain out the coconut, pressing it well to get all the milk out of it. Put the milk back into the double boiler, add the sugar to it, heat to boiling, and add to it the cornstarch, which has been stirred smooth with a little cold milk. Allow it to cook five minutes. Add the salt.



## BUY A BARREL OF APPLES

**T**HE slogan "Buy a bale of cotton" has been matched by another, "Buy a barrel of apples."

Apples are plentiful and cheap. So many have planted apple orchards that the supply is now larger than the demand, and in some places the orchardists are not attempting to gather the crop. This is a pity, for there is no more healthful food grown; and if a portion of the money spent for ice cream and soft drinks were used to purchase fresh fruits,—if we used more of nature's foods and less of the artificial ticklers of the palate,—we should be a healthier people.

The International Apple Shippers' Association, an organization for the popularization of the apple, is in a good work. In order to popularize the use of apples, this association has issued for free distribution a "Housekeepers' Apple Book," which gives 197 apple recipes. We give in this connection a few of these recipes, hoping that they will encourage our readers to make more free use of fresh fruits, especially the apple. Some of the recipes are not so simple as they might be, and this notice is not intended as an indorsement of the recipes as a whole. To obtain a copy of this booklet, send a request by postal to the International Apple Shippers' Association, 218 Light St., Baltimore, Md.

#### Shaker Apple Pie

Pare, core, and cut into eighths sour apples, put into a lower crust, and add half a pint of seeded raisins. Put on the upper crust, being careful not to let it stick to the lower crust. Bake in a slow oven until the apples are thoroughly cooked and the crust is nicely browned; this will require about forty minutes. While the pie is hot take off the top crust and lay it aside, then with a wooden or silver knife stir the apples and remove any hard pieces that may be left. Add sugar, nutmeg, and a small piece of butter, and replace the top crust.

#### Apple Pie No. 1

Line a plate with good paste. Fill with thin slices of good cooking apples, sprinkle with one-half cup of sugar which has been mixed with a heaping teaspoon of flour and a pinch of salt; cover with an upper crust, and bake in a moderate oven for half an hour.

#### Apple Pie No. 2

Line a deep pie plate with good paste; pare, core, and chop enough tart apples to make one quart; stir through the apples one cup of granulated sugar which has been mixed with one tablespoon of dry flour and a pinch of salt. Squeeze the juice from half a lemon evenly through the apple mixture, and fill the pie plate; dot with small pieces of butter. Lay one-half-inch strips of paste across the top, crossing them in diamond-shape. Bake in a moderate oven.

#### Apple Pudding

Pare and slice two quarts of tart apples, add one cup of water, and cook slowly until soft. Rub through a sieve. Sweeten to taste, and when cool add one tablespoon of lemon juice and the yolks of four well-beaten eggs. Turn into a buttered dish, and bake for one-half hour in a hot oven. Let cool for a few minutes, then cover with a meringue made of

the whites of four eggs and four tablespoons of powdered sugar and one teaspoon of lemon juice. Dust with sugar and brown. Serve either hot or cold.

#### Steamed Apple Pudding

Line a mold with slices of buttered bread, put in a layer of stewed apples, a layer of buttered bread, continue until the mold is filled. Add one pint of milk to two beaten eggs; pour over the apples and bread, and steam for one hour. Serve with cream or pudding sauce or with liquid sauce.

#### Sago Apple Pudding

Soak one cupful of sago in a quart of water for one hour; core and pare eight apples and place in an agate baking pan. Boil the sago until clear, add one teaspoon of salt, thin with hot water until about as thick as heavy cream, and pour over the apples; bake for one hour, and serve with cream and sugar.

#### Sliced Apples Baked in Cream

Pare, core, and slice several apples, put into a baking dish, and cover with cream. Bake for twenty minutes. Another good breakfast dish is made by covering apples with well-cooked oatmeal and baking for twenty minutes. Serve with cream.

#### Apples and Rice

Pare and core apples, place in a baking dish, and fill the holes in the apples with chopped raisins and sugar; fill the spaces between the apples with rice that has been boiled for fifteen minutes. Cover and bake for fifteen minutes, remove cover, and bake for fifteen minutes longer. Serve hot with cream.

#### Baked Sweet Apples

Wipe and core eight sweet apples. Put in a baking dish and fill cavities with sugar, allowing one third of a cup. Add two thirds of a cup of boiling water and cover; bake for three hours in a slow oven, adding more water if necessary.

#### Apples in Rice Cups

Boil rice in salted water until tender. Half fill coffee cups and let stand until cold. Stand in a pan of hot water until they will slip from the cup easily. Scoop out a small place and lay a quarter of an apple that has been cooked in a rich sirup in the cavity. Serve with the apple sirup or cream.

#### Apple Sherbet

Boil one quart of apples in a pint of water until soft. Mash through a sieve. Add the juice of one orange and one lemon, half a pound of sugar, and a quart of water. Beat well and freeze. When it becomes like slush, add the well-beaten white of one egg and finish freezing.

#### Apple Whip

Pare, quarter, and core four sour apples, steam until tender, and rub through a sieve; there should be three fourths of a cup of pulp. Beat on a platter the whites of three eggs, gradually add the apple pulp, sweetened to taste, and continue beating. Pile lightly on a serving dish and chill. Serve with cream or soft custard.

#### Baked Apples

Peel and core tart apples; fill the holes with shredded citron, raisins, sugar, and a little lemon peel. Place in a baking dish, pour over them one-half cup of water, and dust with granulated sugar. Bake in a slow oven until perfectly tender, sprinkle with soft bread crumbs and sugar; bake for ten minutes, and serve hot with cream or pudding sauce.

#### Panned Baked Apples

Core and cut apples into eighths. Put a layer in a baking dish, sprinkle with two tablespoons of sugar, add another layer of apples, and continue until the dish is full. Add to each quart of apples a half pint of water; cover the dish and bake in a quick oven until soft. The skin, which is left on, gives a fine flavor. Serve hot in the dish in which they were baked.



# EDITORIAL

## THE DISREGARDED ESSENTIALS OF OUR NUTRITION

**F**OR many years it was supposed that the essentials of diet were the so-called organic constituents — the proteins, carbohydrates, and fats; and comparatively little attention was given to the elements contained in the inorganic salts. But evidence has been accumulating in favor of the belief that these, though some of them occur only in the minutest quantities in ordinary foods, are just as essential to the health as are the organic foodstuffs. There must be an abundance of lime or calcium, and there must be chlorine, iron, iodine, and a number of others. If any one of these necessary elements is entirely wanting in the food for a considerable period, the body will show in some way the results of malnutrition.

Beriberi is a disease affecting certain inhabitants of the tropics who are undernourished, though it is not by any means confined to the tropics. It manifests itself in those who have been on a dietary restricted almost entirely to polished rice. Where unpolished rice is used or where the polishings from the rice are added to the food, the disease does not occur.

In Labrador, where the inhabitants live during the long winter almost entirely on white flour bread, a condition very similar to beriberi prevails, which is not the case when these same people use bread made of whole meal.

Rickets and scurvy seem to be caused by the use of food that is lacking in some element which is essential to proper nutrition; and there are authorities who believe that pellagra is a disease of the same nature, a disease dependent on faulty nutrition.

I think it was Mendel who showed that if animals are fed on a diet consisting of the right proportion of protein, carbohydrates, and fat, but having none of the mineral salts, they suffer from malnutrition. But if to this diet a small proportion of the various mineral salts found in the ordinary foods is added, the animals thrive, even though the diet is monotonous. As all foods do not have the mineral elements in like proportion, and some foods entirely lack certain elements necessary to the health of the body, it is probable that the evils of a monotonous and restricted diet may be due to the lack of certain of the mineral elements. Some of these elements are used in the body in exceedingly minute amounts; and yet if that minimal amount is not present in the food, the body suffers, even though there may be an abundance of everything else.

But it is not only in the inorganic elements that the food may be lacking. There may be an abundance of the mineral elements, and a liberal supply of protein, fat, and carbohydrate, and yet the body be poorly nourished. Experiments have shown that young animals which receive their protein entirely in the form of zein, a protein obtained from Indian corn, remain healthy, but cease to grow, even though the other parts of the dietary are liberal. There are other single proteins which, if fed to the young animal in place of the zein, will permit

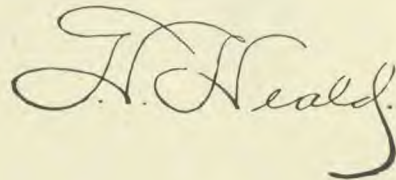
normal growth of the young animal; or if an animal fed on zein has ceased to grow, it will, if the zein is replaced by one of the more complete proteins during the normal growing period of the animal, develop as an ordinary animal.

In the laboratory, the proteins have been broken down into simpler substances, known popularly as "building stones." These building stones are not all present in some of the proteins, and they occur in different proportions in the different proteins. It has been found that an important building stone is wanting in zein — one that has the property of stimulating growth in young animals. Animals fed entirely on proteins lacking this building stone will necessarily be stunted in growth.

We now know that the body breaks the proteins down into their separate building stones, and from these builds up proteins such as it needs. A man buys a piano box, knocks it to pieces, and uses the lumber to make a chicken house. But the piano box lacks one thing needed for the chicken coop — the glass for the window. It must be obtained elsewhere. Now the body has no means of making the building stone that is lacking in zein, and if it has no other protein in the food but the zein, it is unable to build up perfect body proteins, and the body suffers in consequence. From this fact, Graham Lusk has drawn the very broad conclusion that vegetable proteins are not sufficient for the nutrition of man. I think his conclusion is not warranted by the facts; for there are other proteins in the vegetable kingdom that furnish all the building stones needed in the construction of animal proteins. But there seems to be a function of certain animal foods not present in plant foods.

It has been shown that there is in the fat of milk and of eggs some stimulant to growth which is not present in such fats as lard and olive oil. The nature of this stimulant is unknown. It would seem also that there is in milk and eggs a minute quantity of the internal secretions of the mother, particularly the thyroid secretion, which seems to be influential in retarding old age. For this reason, milk and eggs have been recommended as ideal foods for those past middle age.

So we have learned that there are in the foods certain substances of too subtle a nature to be detected by our present laboratory methods, but which have much to do with the health and efficiency of the body. It is wise to provide some variety of proteins in the diet, and to keep in mind that some of the animal proteins seem to have properties lacking in the vegetable proteins.

A handwritten signature in cursive script, reading "J. H. Kealy". The signature is written in dark ink and is positioned in the lower right quadrant of the page.



### An Obsessed Professor

FOR a layman to accuse a professor of being guilty of stupidity in the latter's own specialty is somewhat audacious, but that is what one is inclined to do with a statement attributed to Prof. Graham Lusk. Recently it has been determined that proteins are not taken into the blood current as such, but that they must be broken up into their component units, or "building stones," as they are sometimes called. Not all proteins are composed of the same building stones. If one or more of the building stones needed in the tissue building are lacking in the food, there will be starvation for those particular elements, though there may be an abundance of everything else needed in the body; and for the lack of these the body will suffer malnutrition. On this point I think there is not the least question.

Professor Lusk is credited with saying that the plant proteins are incapable of adequately nourishing the body, and that adequate proteins must be built up by the animals, and he adds: "There can be no doubt in view of the results of experiment that meat, fish, milk, and egg proteins possess a superior value to vegetable proteins."

But how does he suppose the ox builds its tissues containing all the proteins we need, from the vegetable? There is such a thing as even a professor so obsessed with an idea that he cannot see the ridiculousness of his position.

Discussing Lusk's position, the *Journal A. M. A.*, admitting that certain vegetable proteins, like gluten and zein, are deficient of some building stones, and that the animal organism is incapable of synthesizing some of the amino acids, adds:—

"Nevertheless one cannot refrain from inquiring whether any sweeping condemnation of the plant proteins in the sense here discussed is really justified. Whence do the animals that furnish us with beef and milk and eggs derive some of these essential units, if not from plant sources? Until evidence to the contrary is forthcoming, we must assume that the herbivorous animals are quite as incompetent to synthesize certain of the units needed for their body proteins as is man."

The *Journal* then goes on with a hint regarding the work now being prosecuted to determine whether man may not by fine comminution be enabled to use tissues of plants now impossible of utilization, and continues:—

"We are not advocating vegetarianism, but we believe it is too early to foresee what a more extensive investigation in the domain of plant protein chemistry may disclose. With the growing scarcity and increasing cost of animal products, it behooves us to study exhaustively every scientific means by which the necessity of securing the essential nutritive units through the expensive intermediation of the plant-eating animals, may be obviated."

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### Twilight Sleep

THIS much-advertised method of avoiding the pains of childbirth is the subject of a symposium in the *New York Medical Times* of December. A number of physicians have written in favor of the remedy, and some against it. The following expressions are typical.

First, Dr. E. Gustav Zinke explains why American physicians have so generally opposed the new method:—

"The resentment shown this treatment by many of the obstetricians of this country was caused by the offensive, almost nauseating manner in which it appeared in the lay press. It was stated that women delivered in this manner gave birth to healthier babies—that the children were better-looking, grew faster, and were much stronger. What nonsense! Personally I regard such publication as far beneath the dignity of a German—or an American—professor."

Dr. John Osborn Polak, professor of obstetrics and gynecology in Long Island College Hospital, says:—

"Scopolamine-morphine analgesia has a definite field in hospital obstetrics. In our experience at Long Island College Hospital we have found that the method is safe when each patient is individualized and the dosage is small. It is the morphine or narcophin which produces oligopnea and asphyxia. The patient may be kept for hours in 'twilight' in the proper surroundings with very small doses of scopolamine, that is, one four hundredths of a grain every three or four hours. The babies are not cyanosed unless repeated doses of morphine or narcophin are given."

Dr. Joseph B. de Lee, professor of obstetrics in Northwestern University, obstetrician to the Chicago Lying-in Hospital, etc., says:—

"The drugs used in producing the twilight sleep carry inherent dangers which have not been completely eliminated, even in Freiburg. The general reemployment of the method—discarded ten years ago and again seven years ago—will result in the repetition of the bad experience of those times. Practiced by specialistically trained obstetricians, in a specially equipped maternity hospital, with an abundance of trained assistants and nurses, the dangers to mother and child may be reduced to bring them to a point where one may well consider the advantages and disadvantages to more nearly balance each other. Even under these circumstances one will have to reckon with a certain toll of infants' deaths and injured mothers. For general use—especially in the home—the drugs are contraindicated."

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**Newspapers, Poisons, and Suicides** THE newspapers a few months ago were much inclined to give sensational prominence to deaths caused by mercuric chloride, otherwise known as bichloride, or corrosive sublimate. The sublimate phase of journalism that swept through the country owed its inception to the dramatic death of a prominent banker who swallowed a bichloride tablet. The reporters took delight in writing in all its details the story of this man, who lingered between life and death for several days; and they were observant enough to note that the story was a savory dish appreciated by the reading public. As a result, bichloride poisoning became a favorite theme for the reporter. It made good copy.

The bichloride agitation afforded an

opportunity for that class of lawmakers who have a reputation to make, and who believe that it is to be made by the introduction of bizarre legislation in harmony with the screams of the loudest of the dailies; and naturally there was a host of bills introduced looking toward the regulation or the suppression of the sale of bichloride.

But the fact is that bichloride is not an important cause of death as compared with some other poisons. In England and Wales in 1912, of 771 deaths by poisoning, there were 105 deaths by carbolic acid, 100 by opium and its products, 94 by hydrochloric acid, 82 by prussic acid and one of its salts, 29 by ammonia, 15 by strychnine, 14 by phosphorus, and 13 by bichloride.

In some American cities in 1914, deaths by bichloride were greatly increased. For instance, in St. Louis there were in three years, 1911, 1912, 1913, eight deaths from bichloride taken with suicidal intent, and this probably represents about the average suicide rate from this poison in that city. But in 1914 there were twelve suicide deaths from bichloride, more than four and one-half times the average; and this was just when the newspapers were giving publicity to every death by bichloride. Whether they knew it or not, the newspaper men were, by this very publicity, suggesting to unstable persons a method of suicide. It mattered not that death by bichloride is slow and painful; when the compelling idea implanted in the susceptible mind by the sensational articles was fully formed, it was only a question of time and the most convenient opportunity for the victim to destroy himself.

There is no question that if the laws regulating the sale of poisons were rigidly enforced, there would be fewer poisonings, accidental and suicidal. Self-destruction is often attempted during seasons of temporary depression. If the means is not convenient, the depression may be tided over and the person returned to a useful career. If a poison bottle is handy, and particularly if the



newspapers have been giving dramatic accounts of deaths caused by that particular poison, the temptation is overwhelming to take the fatal step. Two circumstances which favor suicide are newspaper notoriety and convenience of suicide means.

But we should not become hysterical over the matter. The number of persons who die by poisoning is almost infinitesimal as compared with the deaths from tuberculosis and other so-called preventable diseases. And there are a few who would probably commit suicide sooner or later notwithstanding the most rigid precautions.

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#### The Ounce of Prevention

"MOBILE has no plague and does not propose to have any," is the slogan under which the city government and the property holders in Mobile have united to clean up the city so that plague can gain no foothold.

When plague was discovered in New Orleans, the people of Mobile were farsighted enough to perceive that they were in grave danger; and so they sent an S. O. S. to the United States Public Health Service, and then went to work themselves. When the Health Service men arrived on the scene, they found a corps of rat catchers doing effective work. The laboratory of the medical college was examining the captured rats for plague. Steps were being taken to rat proof the danger zones, and to prevent the entrance of rats from vessels.

There were of course some in the city who tried to hush the agitation, on the plea that it would "hurt business," not realizing that "business" has no handicap so potent as the standpatters who believe that the best way to dispose of an evil is to hide it.

But these conservatives had to give way to the cry for a clean city. In order to carry the work to a successful completion it has been necessary to keep the matter before the public through the newspapers, some of which were a great help. Liberal contributions have been made by clubs and individuals. The city health department has been strengthened and given power to act.

Rat proofing has been enforced along the wharves and in the down-town section, and now Mobile smiles with a conscious self-respect, knowing that aside from the eradication of plague danger, the clean-up has been a great benefit healthwise and commercially.

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#### Some Causes of Insanity

COMMENTING on the action of the specialists in mental and nervous diseases at their last annual meeting in Chicago, the *Long Island Medical Journal*, September, 1914, says, editorially:—

"They place themselves firmly on record in ascribing to alcoholism, habit-producing drugs, venereal diseases, work in unsanitary and unhygienic surroundings, and hereditary influence, the causation of a large proportion of the cases of insanity. The moral backing of their unqualified pronouncement upon alcoholism will doubtless be most welcome to those thoughtful people who have so long been striving to check the use of alcohol as a beverage, and, coming upon the heels of the late action of the Secretary of the Navy, will help to reconcile many who have doubted the wisdom of Secretary Daniels's ukase.

"While physicians may be divided in their estimate of the degree of toxic power exerted by alcohol, they are as one in condemning its habitual use, and should be ready to subscribe to the proposition that at best its use does little good except as an occasional stimulant, and that the economic waste resulting from the purchase of alcoholic beverages should at least be kept within bounds by restrictive legislation. Such legislation to be effective must be backed by public opinion, and public opinion will be largely formed by the general condemnation of alcohol on the part of the medical profession."

# FOOD AND DRUG FRAUDS

## OXYFAKER COMES TO GRIEF

**I**N the March, 1911, issue, we published an article by Dr. Arthur J. Cramp, exposing the gas pipe frauds, of which there is a full litter, the spawn of the electro-poise, but usually operating under a name compounded from *Oxy*. For some reason the energetic exponents of this method of abstracting the dollars of the credulous conceived the idea that oxygen would have a stronger pulling power on the imagination of their prospective customers than electricity. Among the candidates for popular favor have been the oxydonor, the oxygenor, the oxygenator, the oxypathor, the oxytonor, and the oxybon—possibly some more, for they spring up like mushrooms.

They are all worthy sisters built upon one model, a section of gas pipe with a string tied to it; having exactly the same therapeutic efficiency as would the gas pipe, *nil*; making the same claim, to cure about everything; depending on the same element for success, the credulity of the common people; using the same or similar methods in working up patronage, including the *testimonial*, that valuable asset of every nostrum that has ever been imposed upon the people. Some Münsterberg ought to write for us the psychology of the testimonial, giving an explanation of that temporary aberration which permits a person, ordinarily competent and responsible, to write in good faith a testimonial for the most abominable frauds. For no matter how palpable a fraud, some persons who exercise intelligence in ordinary matters will be found to indorse it.

Probably there was never a fraud put out of business by the government that

—if it had been in operation long enough—could not show a mass of genuine testimonials from persons who supposed they had been benefited by it. When the government shut down a certain supposed radium cure which had no radium in it, there were persons who protested against the action of the government on the ground that the supposed cure was benefiting them. So long as there are persons who declare that they receive benefit from a potato or a rabbit's foot carried in the pocket, or from some trinket hung around the neck, we may not be surprised that the oxyfakers succeed in gathering an imposing array of testimonials; and if the testimonials are not worded just to suit them, a mere detail of editing is all that is required.

It is now more than three years since Dr. Cramp exposed in the columns of *LIFE AND HEALTH* these very active and very busy pilferers of the pockets of the poor. Some of the concerns, having waxed fat on their unworthy gains, have grown bold, and occasionally they have threatened to prosecute periodicals that dared to expose their tricks. But the common people can be trusted to arrive at the truth if they have time enough. "You cannot fool all the people all the time," said Lincoln. The time has come when a jury of plain men can see through the oxyfrauds.

The United States government has successfully prosecuted E. L. Moses, of Buffalo, N. Y., general manager of the oxypathor concern. In a trial lasting a week or more, held in Rutland, Vt., Moses was found guilty of using the mails to defraud. This may give the oxyfakers

(Concluded on page 86)

# THE MEDICAL MISSIONARY AT WORK



## THE DOCTOR WHO WOULD NOT PRAY

L. A. Hansen

WE were discussing the importance of a religious influence in the work of the physician. My friend was a practicing physician, and one who believed in the wider sphere of helpfulness open to the medical man than the mere care of the physical being. Running over the names of the instructors in the four medical colleges of the city, he called attention to the very few men who made a profession of religion. Pointing out the name of one man, then the dean of a medical school that rates high, he told me the following:—

"This man, as you know, is a skilled surgeon. Well, he was called not long ago to a town some distance away to perform an emergency operation. The patient was a godly woman, the mother of a family of several children. After the surgeon had got everything ready and was about to begin the operation, the patient asked:—

"'Doctor, aren't you going to have prayer first?'

"He straightened himself, replying, 'Madam, if you want prayer, you will have to send for a preacher.'

"'Why! don't you pray?'

"'No, madam, I'm not a preacher. I am a surgeon.'

"'But don't you pray?'

"'No.'

"'Well, then, you can't operate on me;' and, with that, he had to pack up his instruments and return to the city without doing the operation; and I'll dare say that, with such faith, that woman got well if a blacksmith operated on her.

"The surgeon told the incident as a great joke the next day to his school of medical students, and they had a good laugh over it."

There is a sequel: Two Christian nurses were at work in the city where this nonpraying doctor lived. They came in contact with one of his patients, who, after a time, suggested to him that she visit a certain sanitarium. He did not favor this, and made some quite uncomplimentary remarks about the sanitarium and the persons conducting it.

In the course of their work these nurses met the doctor. His attitude was far from friendly. Later, near relatives of his were patients of the lady nurse. A very friendly relationship sprang up, leading to personal talks on religion, and in time the doctor evidently learned of it.

Again his patient proposed a visit to the aforementioned sanitarium. This time he favored it.

"To tell you the truth," he said, "I believe it is the best place for you. One reason why people get well there is that the doctor prays for his patients."

"But, Doctor, don't you pray for your patients?" she asked.

"No. I am too busy," he replied. Then he added, "These two nurses here in the city are doing good because they are praying people."

The nurses in question heard what the physician had said, and, knowing of his former attitude, felt more than repaid for any unpleasant experience, in the knowledge that the power of a religious influence had made itself felt on the heart of this man.



## “TWILIGHT SLEEP”

By the Editor

**I**N the June, 1914, *McClure's Magazine* there was a somewhat sensational article on an alleged new method of relieving the pains of childbirth, by the use of the drugs scopolamine and morphine. The writers evidently were not medically educated, and some of their statements appear ridiculous to those who have a knowledge of medicine. It is probable, however, that the motive of the writers was to bring to the knowledge of their American sisters what they considered one of the most important of medical discoveries,—a means by which women might be freed from the curse pronounced upon Eve,—which is being exploited in Germany by two physicians, Krönig and Gauss.

The *Ladies' Home Journal* in September published a similar article, but in connection with it gave the opinions of a number of America's leading specialists in this line; and unanimously these men bore testimony against the new method.

Most of our readers have a lively remembrance of the Friedmann tuberculosis “cure,” which was brought over here with such a blare of trumpets, and which proved to be worthless; and not only so, but the promoter of the cure showed himself to be plainly after American dollars. The method was repudiated in Germany and America, and has gone to the medical scrap heap.

There seems to be a strong analogy between this once much exploited and now exploded Friedmann treatment and the twilight sleep. Both were “made in Germany.” Both were pushed by men who seemed to crave limelight publicity. Both give suspicion of a commercial purpose. We may do our twilight sleep friends an injustice in comparing them with Friedmann; but certainly their methods of publicity do not comport with an American ideal of professional modesty.

The use of scopolamine and morphine in labor is not a new thing. Physicians have been experimenting along this line for about twelve years. In general, the method has been abandoned as too dangerous, especially to the baby.

But in Germany, Krönig and Gauss revived the method with some modification. They use only one initial dose of morphine, and give the scopolamine cautiously until it produces a weakening of the memory, the object of the treatment being to eliminate the memory of the pain. It is asserted that by using only one dose of morphine, and guarding carefully the use of the scopolamine, the danger can be obviated. But as the *Journal A. M. A.* says:—

“Scopolamine also has its own dangers. Small doses sometimes produce very serious results. There may be great disturbances of the nervous system or of the heart and lungs. It is impossible to predict when these results may follow its administration, and they cannot be guarded against.”

The newer method as recommended by Krönig and Gauss, has been given a trial in various maternity hospitals in America, and from the reports of the physicians, the results, as stated in the *Ladies' Home Journal*, were disappointing.

The method was tried in two separate series of cases in the maternity wards of the Johns Hopkins Hospital, Baltimore. Dr. Williams, the obstetrician, reports:—

"In neither case were the results satisfactory, nor did they in any way approach the claims made for the treatment."

Dr. Charles M. Green, professor of obstetrics and gynecology in Harvard University, was favorably impressed with the method in 1903, but after some experience he abandoned it. He gives as his reasons:—

"First, because it has apparently been the cause, occasionally, of fetal asphyxia.

"Second, because the effect of the drug on the mother is often uncertain, and unless used with great care may cause unfavorable or dangerous results.

"Moreover, we have other and safer measures for the relief of pain in labor. So I have given up teaching the use of scopolamine in my lectures."

Dr. Barton Cooke Hirst, professor of obstetrics in the University of Pennsylvania, had opportunity, while in Europe, to investigate the twilight sleep method of rendering delivery painless. He found the doctors using a very small quantity of the drugs—evidently on account of the danger from hemorrhage and asphyxia. He testifies:—

"My conclusion from this observation and from my own experience was that the quantity of the two drugs being insufficient to abolish pain, the results secured in this clinic were partly psychological; that is, the patients were assured beforehand that there would be no suffering; were delivered in a quiet, dark room; were given one moderate dose of morphine and came temporarily under its effect; and being told afterward that they had had no pain, probably left the institution impressed with that belief."

Dr. Joseph B. de Lee, professor of obstetrics, Northwestern University

Medical School, spent four weeks in Freiburg, observing ten cases of child-birth in Professor Krönig's clinic. He says:—

"The impressions received and opinions formed were decidedly unfavorable to the method of twilight sleep.

"In all the ten cases the birth pains were weakened and labor was prolonged, in two of the women for almost two days. In three cases, pituitrin had to be given to save the child from imminent asphyxia.

"In five of the cases instruments had to be used. In my opinion two of these were directly rendered necessary by the paralyzing effects of the drugs scopolamine and morphine. Extensive lacerations resulted.

"Several of the women became delirious and so unruly that ether had to be administered in addition to the scopolamine and morphine, the result being that the infants were born narcotized and asphyxiated to a degree. One had convulsions for several days.

"All these occurrences confirmed my own experience with the drugs. I had used them when first proposed twelve years ago. At that time they were extensively employed in Europe and America, but were soon discontinued because they were found impractical and dangerous."

Dr. de Lee visited the famous maternities of Berlin, Vienna, Munich, and Heidelberg, and found that at all of them this method had been discarded.

It should be remembered in this connection that hyoscine is identical with scopolamine, and that proprietary preparations containing morphine and hyoscine are open to all the objections made to the above method, with the additional objection that the dose of morphine is not restricted.

In the *Medical Record* of November 7 is a report on one hundred and fifty cases of twilight sleep. Dr. Jacob Heller, of Brooklyn, N. Y., having seen the article in *McClure's Magazine*, obtained the privilege of the hospital authorities to make a trial of twilight sleep in the wards of the Jewish Maternity Hospital. He had the advantage of having with him a physician who had worked with Krönig and Gauss in Germany. From his report, which on the whole is quite favorable, I take the following:—

"It is not until after the third injection that her memory is entirely lost. . . . This state continues until the birth of the child, when she falls into a quiet and natural sleep, lasting in our patients about three hours. She awakens cheerful, and free from any shock or sign of exhaustion, no matter how long the labor lasted. Often the patient asks the nurse when she will be through with her confinement, and it has been hard to convince her that she is all through, without showing her child to her, and inviting her to feel her reduced abdomen. . . . Many were permitted to get out on the second or third day."

Of the one hundred and fifty babies born there were none stillborn. Three died within a short time, but apparently from causes not connected with the anesthetic. Dr. Heller continues:—

"Our small series, then, proves that judiciously used and with proper precaution, the method is capable of relieving pain in 90 per cent of the cases, and that it is free from any danger to the life or health of the mother or child."

It should be said in this connection that one hospital in New York City, according to the daily papers, reports three cases of insanity in mothers, which they attribute to the use of the anesthetic scopolamine; so that while the twilight sleep may possibly possess advantages, it is well to be cautious regarding its general introduction for the present.

## Oxyfaker Comes to Grief

*(Concluded from page 82)*

a temporary backset; but it is too much to believe that these fellows, with an instinctive knowledge of the simplicity of the common people, a masterly grasp of the psychology of successful advertising, and a conscience that has undergone the tanning process until it is bomb proof, will give up so easily. If they are deprived of one source of revenue, it will

not be long before they appear with some new appeal for the public patronage. When the public, profiting by the lessons of the past, adopts the maxim, "EVERY ADVERTISED CURE IS A FRAUD," and ceases to patronize the advertisers a long step will have been taken toward the elimination of this most heartless species of deception.



# WHAT TO DO FIRST



## To Disinfect Stools

ADD one-fourth volume of quicklime, and after pouring over it hot water, set aside for two hours.

## Remedy for Chronic Boils

IT is said that calcium sulphide given to the point of saturation is an excellent remedy for this unfortunate condition.

## Stubborn Constipation in Infants

THIS condition is sometimes relieved by the administration of olive oil, given regularly twice a day. In some cases it may be necessary to add to this a few drops (up to four) of fluid extract of cascara.

## Dandruff

THE following has been recommended, and is worth a trial: Precipitated sulphur, one dram; salicylic acid, one-half dram; rose-water ointment, one ounce. Rub a small quantity into the scalp, avoiding the hair as much as possible. Once in two weeks shampoo the head, using Castile soap.

## Ether Dressings

ETHER, because of its volatility, is an ideal antiseptic, and a splendid application for wounds in which tissues are mangled, the ether fumes penetrating where other antiseptics might not reach. Among wounds favorable for ether dressing are burns, felons, erysipelas, boils, compound fractures, fissures. Because of its nontoxicity under such conditions, it can be applied to extensive surfaces without danger.

Because of its extreme volatility, ether should be rapidly applied (the region having been first carefully cleaned) so as to extend well beyond the affected area. The ether-moistened dressings should be made to conform to the surface of the wound, and should be covered with nonabsorbent cotton, and the whole protected with an impermeable covering, such as oiled silk or oiled muslin, and held in place with a bandage, which should effectually prevent evaporation of the ether. A dressing of this kind removed at the end of five or six days will show a wound well cleaned and healing nicely.

## Felon

A REMEDY which seems to have done excellent service in this condition is lemon juice, or rather the whole lemon. No matter what the stage, it affords relief. If the terminal joint or the one next it is affected, the end of the lemon should be cut off and the finger thrust into it. If the third joint is affected, both ends of the lemon should be cut off and the finger thrust through. The object is to make a lemon poultice which will completely surround the affected joint.

## A Safe Antiseptic Dressing

THE following dressing has proved excellent in old wounds, infected wounds, boils, erysipelas, and other conditions. In fact, it is a good general disinfectant for wounds, and obviates the danger of bichloride. The formula is:—

Sodium citrate .....	0.5
Sodium chloride .....	3.0
Distilled water .....	100.0

This should be applied to the wound on sterilized gauze thoroughly saturated, and the gauze should be renewed at somewhat frequent intervals.


## Iodine as an Antiseptic Agent

TINCTURE of iodine has found a wonderfully effective use as an application to wounds, both before and after infection. It is known that the commendable success of the Japanese surgeons in the treatment of wounds during the Russian war was owing to the use of the tincture of iodine, both as a preventive and as a cure for infected wounds on the battle fields and in the hospitals.

Not only this, but by painting the skin with this preparation the surface will become thoroughly aseptic in a few minutes, thus obviating the necessity of using other means that require time, and that may be of impossible use on the spur of the moment, or under certain exigencies of the case.

The full-strength tincture is caustic, and should not be used except under certain conditions; but it should be diluted with alcohol, and not water, since the alcoholic solution is the most penetrating, and it does not spread so rapidly over the adjoining parts.—*Medical Summary, August, 1912.*

# 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.

**Shoulder Braces.**—"Are shoulder braces, such as 'Newlife,' good for one's health?"

I do not know that such shoulder braces are either good or bad for the health, or that they have any material influence either way. You are perhaps aware that any braces that remove the necessity for the use of certain muscles will eventually cause those muscles to atrophy, or waste away. Placing the back in a sling is very similar to placing the arm in a sling. Muscles are not developed in that way.

**Coffee.**—"What is the effect of coffee on the eyes and the general health?"

So far as I know, coffee has no material effect on the eyes. A small quantity of coffee will cause susceptible persons to be more nervous and sleepless. Many persons seem to take a moderate amount of coffee without any apparent evil effect. The great danger from coffee is the temptation to use it in order to whip oneself up to greater work; and when this is done, a person is always bound to suffer a reaction afterwards. Then he will need a larger dose of coffee, and so the matter goes from bad to worse.

**Thyroid Insufficiency.**—"Since my last baby was born, three years ago, I fleshed up until now I weigh nearly two hundred pounds. I am also very sleepy. Even while eating I go to sleep. Though fond of reading, I can get no sense out of anything now. It seems as if I could sleep all the time. I have to wear a corset to support my back."

Your symptoms may be due to deficiency of thyroid secretion. When the thyroid gland fails to act properly, it produces various symptoms, among them those that you mention. Some of the other symptoms which may occur are nutritive changes in the hair, in the eyebrows, the eyelashes, the teeth and the gums; habitual chilliness, tendency to asthmatic attacks, depression, and weariness of life.

These may not all be present in the same

person, but when there are a number of them we may suspect thyroid insufficiency.

The present method of treatment is to administer thyroid extract, which is put up in the form of tablets. These can probably be obtained at your drug store. But it would be unwise for you to attempt treatment for thyroid deficiency without knowing definitely that this is your trouble. It would be best for you to consult a physician.

**Inflamed Eyes.**—"Kindly give me some directions about the general care of inflamed eyes. I am scarcely able to read or sew. In the past I have done much sewing by lamp-light."

It is possible that your trouble is entirely due to the use of your eyes at close work without glasses or with wrongly fitted glasses. Eyestrain will sometimes cause inflamed eyes. If a person does not have glasses properly adjusted to his eyes, there is likely to be a condition of inflammation such as you have, with inability to use the eyes for close work. Have your eyes examined, and if necessary properly fitted with glasses.

There are many opticians who do good work in ordinary cases, but many of these men know nothing about the eye, and their glasses are worse than useless in serious cases. This is especially so with eye departments in connection with jewelry stores.

If your eyes are red and painful, you may obtain some relief by the use of saturated solution of boric acid. Any druggist will prepare this for you. It should be applied by means of a clean medicine dropper. Throw the head back, pull down the lower lid, and cause a drop of the solution to fall from the dropper on the eyeball.

It is possible that you have some very serious condition causing the inflammation, such as granulated lids. If this is the case, it is necessary that you have careful attention from an oculist, otherwise you may allow a very serious condition to progress until it is too late to remedy it.





# CURRENT COMMENT

## Movies Once More

At this moment, so far as children can be vulgarized through the eye, American children are in the process of vulgarization. In too many moving picture theaters many of the scenes which they are invited to look at rob life of its dignity, refinement, and sentiment. The love-making which is seen on a thousand stages is not actually indecent, but it is grossly vulgar; and no boy can look at these pictures without thinking more cheaply of women. It is perhaps not too much to say that most of the moving pictures representing love scenes turn love into broad and cheap farce. Many of these pictures, however [moreover(?)], are highly offensive because they familiarize children with scenes of cruelty.—*The Outlook*, Oct. 28, 1914.

## Survival of Barbarous Instincts

Now it is certainly true that there are among our twentieth-century men a good many individuals from whom no help in the upward movement of the race can be expected, and whose fondness for hunting undoubtedly is based upon the survival in them of the paleolithic liking to kill. They prefer to hunt rabbits rather than shoot at a mark, because a target cannot shed blood. . . . It is possible that this sort of man, if he were not allowed to amuse himself by tormenting animals, might react from the humane régime of his time by committing deeds of violence against human beings.—Article "The Gentleman Sportsman," in the *Unpopular Magazine*, October-December, 1914.

## Who Hesitates Is Lost

Does the old saying that the woman who hesitates is lost, apply to indulgence in the hesitation waltz? The question is suggested by the assertion of Dr. Frank C. Richardson, professor of nervous diseases in the Boston University, that "the modern dance is a social ulcer and a potent factor in the production of crime." He declares that modern dances have caused the moral downfall of large numbers of wives and mothers, that the maxixe, tango, and one step are nurseries of the divorce court and graduating schools of infamy. He condemns the existing fashions in women's dress as roundly as the prevailing dances. "These fashions," he says, "profane civilization and are an assault upon common sense. There seems to be a rivalry among women as to how far the female form may be disclosed without infringing the laws of indecent exposure." He lays down the dictum that "woman's discretion must preserve the race from fatal excess."—*Banker and Lawyer*, October, 1914.

## Alcoholics May Save Money

START a saloon in your house. Be the only customer. You will have no license to pay. Go to your wife and give her two dollars to buy a gallon of whisky—and remember there are sixty-nine drinks in one gallon. Buy your drinks from no one but your wife, and by the time the first gallon is gone she will have eight dollars to put in the bank, and two dollars to start business again. Should you live ten years and continue to buy booze from her, and then die with snakes in your boots, she will have enough to bury you decently, educate your children, buy a house and lot, marry a decent man, and quit thinking about you.—*Eagle*.

## Nursing Versus Artificial Feeding

If one tithe of the human ingenuity which has of recent years been lavished on the artificial method had been bestowed on studying improvements in the feeding of infants, I believe that comparatively few of the breast babies would even now in these so-called degenerate days be relegated to the bottle. . . .

It is quite impossible to determine at first whether a young mother—and more particularly a primipara [a mother with her first child]—will eventually prove a good nurse or not. I have known many most unpromising cases turn out complete successes after a few weeks of patient effort.—*Eric Pritchard*, M. A., M. D., M. R. C. P., in *American Medicine*, May, 1914, article "The Establishment of Lactation."

## Radium and Publicity

DURING recent months, columns in the newspapers have been devoted to the value and efficacy of radium in the treatment of cancer. False hopes have been created, recriminations encouraged, and wasteful expenditures bespoken through the unfortunate publication of ill-advised statements regarding the therapeutic effects of precious radium. . . .

Expectation of cure is arising in the minds of countless patients whose growths have reached such proportions as to make them inoperable. Families are gathering their paltry dollars to pay tribute to the majestic therapeutic touch. The public must be undecieved; the profession must be warned: radium is not a cancer panacea. For superficial lesions it possesses some value; for deep-seated cancers it appears to be valueless; for large growths, even though superficially located, surgical treatment is of primary importance, and the treatment by radium of secondary importance. . . .

Thus far radium has accomplished little, and what its future is no one knows.—*Medical Review of Reviews*.

# SOME BOOKS



**Beauty for Ashes**, by Albion Fellows Bacon. Cloth, \$1.50 net. Published by Dodd, Mead & Co., New York.

Mrs. Bacon, living a sheltered life in a well-appointed home, suddenly awakened to the painful fact that all around her there was wretchedness, disease, destitution. The social problem presented itself to her, not as a topic for academic discussion, but as a call to action. "Beauty for Ashes" is a description of the condition she found, and of what she and other devoted persons did, through private effort and through influencing legislation, to bring about an amelioration of the slum conditions in her State, Indiana, which now is a model State for housing legislation.

The story first appeared as a serial in the *Survey*. It is here given more complete, and is well illustrated. It is a statement of the social problem and its solution. Both for its inspirational value and for its insight into facts and methods it is a valuable book for all who desire to know more of our social problem.

**Worry and Nervousness, or the Science of Self-Mastery**, by William S. Sadler, M. D. Illustrated, 535 pages, \$1.50 net. A. C. McClurg & Co., Publishers, Chicago.

For a popular book written for the common, unscientific, unmedical person, on the cause, nature, and treatment of worry and nervousness, Dr. Sadler's book is perhaps the most comprehensive and most sane that the writer of this review has had the pleasure of examining.

Dr. Sadler has evidently made a fairly exhaustive study of all the great systems of psychotherapy, and has added to this information the results of his personal practice.

His attitude toward the ultrasexual school of psychoanalysts is to be commended. The various healing cults are frankly and fairly considered.

Believing that nervous patients should read, reread, and study the book, Dr. Sadler has included a brief summary for review at the close of each chapter—an excellent device.

Doubtless the book will be the means of helping many persons who are stranded nervously, to regain self-control.

**Liberty and the Great Libertarians**, a handbook of freedom, edited by Charles T. Sbrading. Published for the author, Los Angeles, Cal.

"The history of civilized man is the history of the incessant conflict between liberty and authority. Each victory for liberty

marked a new step in the world's progress; so we can measure the advance of civilization by the amount of freedom acquired by human institutions."

This compilation is made up of quotations from the great champions of liberty of whatever party or persuasion, together with brief biographies. There are Republicans, Democrats, Socialists, Single Taxers, Anarchists, and Suffragists,—master minds, who, while they differ in many beliefs, are in perfect accord on the subject of liberty.

Among those quoted are John Stuart Mill, Emerson, Garrison, Wendell Phillips, Thoreau, Herbert Spencer, Abraham Lincoln, Henry George, Tolstoi, and Maria Montessori.

In comparatively small space is given the cream of the literature of liberty.

**The Tobacco Habit**, by Bruce Funk, Ph. D., Professor of Botany, Miami University. Pamphlet, 77 pages. Published by Miami University, Oxford, Ohio.

The author, having made with rather limited knowledge a public statement against the use of tobacco, felt called upon to make a systematic and rather exhaustive study of the subject. The result, given in this excellent little pamphlet, is thus summed up by himself:—

"We have noted the deplorable effects on boys and young men; have found the expert evidence to be overwhelmingly against the habit; have carefully considered the cigarette habit; have examined the relation of tobacco to delinquency and degeneracy; have looked into the opinion and the practice of business with respect to the tobacco habit; have studied statistics on the enormous and sinful waste of money on a worse than useless habit; have touched upon the tobacco habit among men; have shown how women can aid in keeping men and boys from forming the habit; and have considered some of the best means of combating the tobacco evil."

Not the least important part of the pamphlet is an annotated bibliography of the literature of tobacco.

**Proceedings of the Meeting of Alienists and Neurologists** for the Discussion of Mental Diseases in Their Various Phases, under the auspices of the Chicago Medical Society, Issued as the October number of the *Illinois Medical Journal*, Chicago, \$2.

This number is a splendid summary of modern views regarding mental diseases, their nature and causes also.



# NEWS NOTES

**Thirty Days to Meditate.**—A colored man in Raleigh, N. C., obstructed the work of a city physician who was attempting to vaccinate a sister of the colored man. He was given a sentence of thirty days in the chain gang.

**Vaccination Compulsory.**—The New York State Commissioner of Education has notified the officers of all schools—public, parochial, and private—that they must not admit any pupils who have not been satisfactorily vaccinated. The matter being referred to the attorney-general, this gentleman gave it as his opinion that the law should be enforced in parochial as well as in public schools.

**Prohibition in France.**—Not only has the sale of absinth in drinking places been prohibited, but similar drinks have been placed under the ban. This measure is operative throughout France. In addition, some of the military commanders have closed the drinking saloons and prohibited the sale of alcohol within certain areas. It is said these measures have already had a good effect on the habits, behavior, and health of the population. And France is a wine country!

**Prohibition States.**—The States in which the law provides for State-wide prohibition are Arizona, Colorado, Georgia, Kansas, Maine, Mississippi, North Carolina, North Dakota, Oklahoma, Oregon, Tennessee, Virginia, Washington, and West Virginia. In some of these the law will not take effect for some time. A number of States are dry, all except the larger towns, and a number of others have large sections of dry territory. New Jersey, the State of the President, enjoys the distinction of being emphatically a State with the lid off. There is, I believe, no prohibition of liquor within its borders.

**New Way of Gulling the Gullible.**—In the offices of certain California quacks there were found copies of Parke, Davis & Co.'s price list, which the enterprising quacks had skillfully interleaved. The inserted leaves following closely the style of the genuine leaves, contain such items as the following: "Lymph Compound; Absolute Specific for Sexual Neurasthenia, Nervous Collapse, Debilitated Condition, and Disorders," with prices ranging from \$5.25 for 2,000 units up to \$43 for 10,000 units. Serum, tubes 1, 2, 3, is offered for the very modest prices of \$20.45, \$21.60, and \$26.40, respectively. Other remarkable bargain counter prices are given. In bold type it is stated that these are "sold to physicians only." Doubtless the quacks magnanimously gave their dupes the "confidential wholesale price," and netted several thousand per cent on each sale of their worse than useless stuff.

**Osler an Army Surgeon.**—Sir William Osler, best known to the laity in this country, perhaps, because of certain statements about old age which have been attributed to him, was at one time dean of the Johns Hopkins Medical Hospital, and is now *regius* professor of medicine at Oxford. Though he is well beyond the age of forty, I think well beyond sixty, he has been appointed colonel of the medical corps of the British army, and placed in charge of hospital service at the front.

**Workmen's Lunch Room.**—The Commonwealth Steel Company of Granite City, Ill., wishing to establish pleasant cooperation between the company and its men, has converted its old pattern shop into a lunch room, at a cost of \$12,000. The company feels that there is a safety first and efficiency value in the furnishing of good, wholesome food to workmen. The company has prepared a short illustrated paper in regard to its plant lunch room, which contains valuable data regarding costs of food, methods of operation, and maintenance.—*American Journal of Public Health.*

**United States Chamber of Commerce to Study Food and Drug Questions.**—The Chamber of Commerce of the United States of America, composed of representatives from about six hundred local boards distributed throughout the United States, has appointed a special committee to study the subject of uniform drug regulation. The committee hopes, in its studies, to consider the position of the wholesaler, the retailer, the consumer, the manufacturer, the official, and all others concerned in the production, handling, and consumption of food and drugs, but only the broad, general questions which are of national character.

**What Causes Pellagra?**—The cause and mode of spread of pellagra are unknown. By some the disease has been attributed to the eating of unsound or diseased corn, but the trend of opinion is now against this hypothesis. There is a growing belief that the disease is communicable, but just how it is transmitted from one person to another, if it is transmitted, is unknown. Recently efforts have been made to show that it is carried by insects, but facts to support this view have been insufficient to convince the majority of observers. Why, under any of these hypotheses, it should have sprung suddenly into prominence among the causes of illness and death in this country has not even been made the basis of rational speculation. Pending developments, the wise course is to preserve an open mind, and for prevention rely upon the ordinary principles of wholesome living.—*D. C. Health Bulletin.*

**Relation of Food to Infection.**—Thomas, as a result of experiment with laboratory animals, found their resistance to tuberculosis to be greater when they were fed with a relatively large proportion of protein.

**Foot-and-Mouth Disease in Chicago.**—In attempting to check the ravages of the foot-and-mouth disease, the Chicago stockyards were closed for ten days, November 5-15, by the Illinois Live Stock Commission.

**The Duck and Malaria.**—The duck has been proved to be a most efficient enemy of mosquito larvæ. Where ducks have access to standing water, few if any larvæ have opportunity to hatch. They are more efficient than goldfish, it seems.

**Smallpox in the Middle West.**—Because of the refusal to treat smallpox rationally, the Dowieites, Zion City, Ill., had a smallpox epidemic of fifty cases on their hands, and all surrounding towns were quarantined against the city. It was with considerable protest that the city manager finally permitted a health officer to take charge of the epidemic.

**Second-Class Meat.**—In Philadelphia the law requires that when slaughtered animals are diseased, the parts not affected by the disease may be sold only after a process of sterilization, cooking, and canning, the meat being labeled "second-class meat, sterilized." In many places such "second-class" meat is put on the market without sterilization and without such designation.

**Foot-and-Mouth Disease.**—This disease has been known to exist in Europe for at least one hundred and fifty years. At intervals it spreads over all the countries of Europe, and subsides after about four years. The resulting economic loss is enormous. The disease reached Canada in 1870, and from there spread over the eastern part of the United States. In 1902 there was a serious outbreak in New England.

**The Blue Cross.**—Associations have been formed in England and France for the purpose of collecting on the battle field wounded horses which seem capable of restoration to usefulness, and which if left on the field would die of their wounds and hunger. Many horses have thus been rescued, and some have been returned to their regiments. It is to be hoped that such horses as are too badly wounded for recovery are painlessly killed.

**A Limit to the Skyscraper.**—Minneapolis has adopted an ordinance limiting the height of buildings to 170 feet or twelve stories. The Civic Commerce Association advocated a 140-foot limit, but on account of the pressure by interested parties, the limit was raised until it is said to be above the height of every building but one in the city. Chicago has a limit of 200 feet. The attempt was made to raise this limit in favor of a proposed hotel on Michigan Avenue, but without success.

**Hookworm Infection on the Isthmus.**—The Rockefeller Hookworm Commission has established a station on the Isthmus of Panama. It would seem that hookworm disease prevails there to a greater extent than has been suspected. Of the first thousand persons examined, more than seven hundred were found to be infected with the hookworm.

**Oxyfaker Comes to Grief.**—It is reported that the United States government has successfully prosecuted, at Rutland, Vt., the general manager of the oxypathic concern, for using the mails to defraud. It was shown at the trial that the oxyfake costs \$1.23, and is sold for \$35. As a means of treatment it is about as useful as an empty can with a string tied to it. If it does have an apparent beneficial effect on some cases, it must be attributed to suggestion.

**The Lesson of Salem.**—Salem, Mass., having learned by bitter experience the folly of having a closely built city of tinder boxes, proposed, instead of the old-time wooden three-deckers, to have smaller dwellings more openly spaced. At least the far-seeing members of the rebuilding commission were working in that direction. But the property holders do not favor any plan which will necessitate the destruction of the old foundations, and so the ideal of those who were hoping for a better Salem are being compromised.

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**Making the Canal Dry.**—Colonel Goethals, governor of the Canal Zone, has ordered that all persons operating on the canal under a marine license be required to abstain absolutely from liquors. This prohibition applies to pilots, tugboat captains, mates, and others.

**Human Versus Cow's Milk for Babies.**—In a large series of observations made at the Children's Memorial Hospital, Chicago, it has been determined definitely that babies that are ill, if they are given at least one-half breast milk, are more likely to recover than if they receive a smaller proportion of breast milk, or subsist entirely on cow's milk. However, it is to be remarked that breast milk is not a panacea for all the troubles of babyhood; for there is a considerable mortality among babies fed entirely at the breast.

**New Hookworm Remedy.**—As the European war has cut short the supply of thymol, it has been necessary to seek for some efficient substitute. The oil of chenopodium, or American wormseed oil, is asserted by some to be even superior to thymol as a hookworm remedy. Moreover, it is used to best advantage in connection with castor oil, which must be avoided when giving thymol. The dosage varies from eight drops in one dose to sixteen drops every two hours, for three doses, followed by a cathartic. Untoward symptoms, if any, are met by withholding the drug, active purgation, and the administration of strong coffee.

**Incentive to Clean Dairying.**—The larger milk companies selling milk in New York City have, for one or two years, been paying dairymen for the milk delivered, on the basis of the score cards giving the dairy rating. For a score above sixty-eight, they gave an additional ten cents per hundred weight of milk.

**Bottling Pasteurized Milk While Still Hot.**—Investigators in the United States Department of Agriculture have found that the process of bottling Pasteurized milk while still hot has several advantages which make it seem probable that this method would prove both economical and efficacious when practiced on a commercial scale. In an article printed by permission of the Secretary of Agriculture in the *Journal of Infectious Diseases*, the authors declare that this method results in bacterial reductions as great as, or even greater than, by Pasteurization in bottles.

**Pasteurized Milk for Babies.**—An experiment has been performed with 110 babies, for the purpose of determining whether Pasteurization impairs the digestibility of the milk. For a time they were fed with raw milk, and then again with Pasteurized milk. It was found that they actually made greater gain on the Pasteurized than on the raw milk. This, the experimenter believed, furnished conclusive and corroborative evidence that no injury to the properties of milk takes place as a result of modern scientific Pasteurization, and that even the best supplies of raw milk may at times be improved by such a process.

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# LISTERINE

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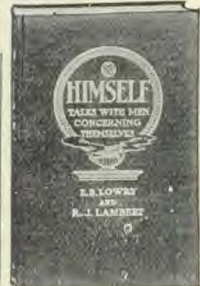
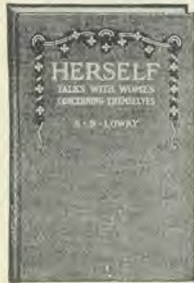
It is not possible with the brush and either paste or powder to cleanse the interstitial surfaces of the teeth; here the use of dental floss is imperative, and after meals, or in any event before retiring at night, it should be employed to dislodge the remaining shreds of food substance wedged between 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 anti septic influence.

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

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

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*Talks With a Boy Concerning Himself*

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

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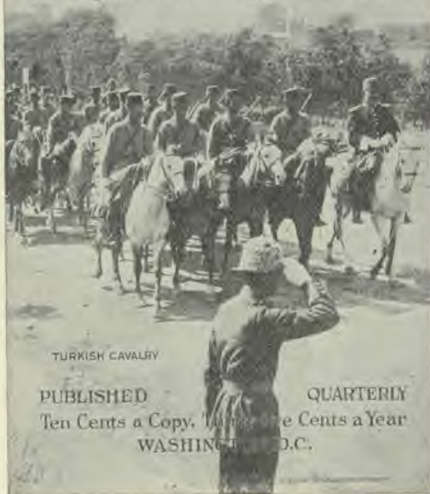
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