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THE NATIONAL HEALTH MAGAZINE

March

1915

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WASHINGTON, D. C.

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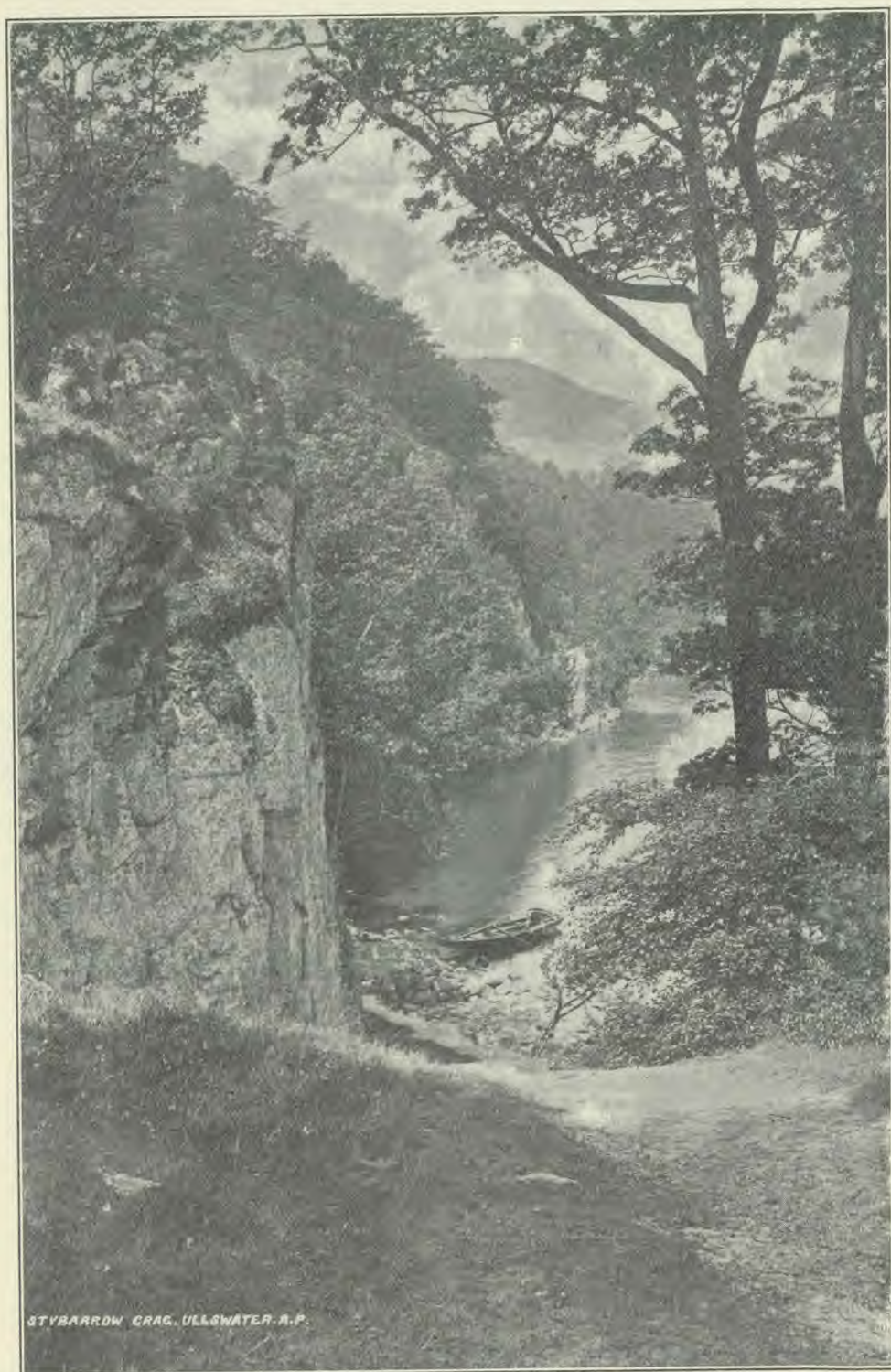
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Life & Health

THE NATIONAL HEALTH MAGAZINE

MARCH
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

A VIGOROUS OLD AGE

THE men who have furnished the principal articles for this issue have earned a rest, for they have already done their full share of the world's work; but for sheer love of it they continue at their work. Having begun at a comparatively early age the practice of health principles, these men testify, as many others might, of the advantages which have accrued to them through rational living. Their lives should be to the younger generation a stimulus and an inspiration to live in such a manner that they will not be winded on the home stretch.

The editorial pages are given to the discussion of two books on old age, one of which is based on the experiences of many lives, the other being written from the successful experience of the author.

In the departments are a number of particularly valuable articles — Dr. Miller's talk on kidney trouble; "Feeding the Children," by Dr. Carl G. Leo-Wolf; "Diet in Health and Disease," by Dr. Charles Clyde Cutter; "The Making of Desserts," by George E. Cornforth; and others.



A BEAUTIFUL OLD AGE

J. O. CORLISS.



Pastor J. O. Corliss, born in Bath, Maine, had at a tender age his first lessons in hard work on a rocky farm. At sixteen he went to sea. During the Civil War he was in the volunteer service for two years. Until his entry into the ministry, his life was one of toil. Naturally an early riser, he at one period arose at three regularly, in order to have more time for study. His usual rising hour is five o'clock; and to this practice of early rising, he attributes in part his mental and physical vigor. He states that at his advanced age, he is entirely free from pain, has an excellent appetite, and sleeps like a child. After nearly half a century of active labor, he is still able to do his share of ministerial work.



N eminent specialist has said that the training of a child should begin prior to its birth.

It is doubtless true that prenatal influence has much to do with mental organization, by which one's active life is regulated. One Scripture citation is an illustration in point. The house of Israel had so far become degenerate that every one became a law unto himself, and did only that which was pleasing to himself. A strong prophetic guide was needed, and one specially trained for that position must be found. He was sought in the family of one Elkanah, who was the husband of two wives. One of these, Peninnah by name, bore to the household several sons and daughters, a boon which was denied to Hannah, the other wife.

The situation of Hannah was particularly trying because she was made the object of torment by the more fortunate wife. On this account the

childless woman wept in extreme sorrow, and pleaded before God for relief. A vow was registered by her that if the Lord would give her a son, she would take every precaution to present him to God as a proper child. Her petition was granted, and as soon as the child was weaned he was taken to the sanctuary in Shiloh, and there dedicated to the service of the Most High.

As early as about the fifth year of the child's life, in the seclusion of his holy asylum, God began instructing him in prophetic duties, until he became the

wisest and strongest spiritual leader that nation ever had, and one whose name ever after stood at the head of the prophetic list. This was the man Samuel, the agent in God's hand to turn the people of Israel from their waywardness to the true service of Heaven. There can be no question but that the prenatal influence of a godly mother did, in this case, prepare a mind for the execution



PASTOR J. O. CORLISS

of its future high and responsible work.

The writer believes likewise that to grow old gracefully (that is, becomingly gentle, with proper elegance and ease), there must in every case be a previous training for the ordeal. Such an eminence is not attained by a single bound, but must be reached by constant development toward the end desired in advanced age. It has been amply demonstrated in human experience that one is easily changed into the image of that which his mind dwells upon. This is often effected by repeated attempts to copy the ways and habits of some admired person.

But even if one does not actually try

Another fact has been well established: In the process of mind development one can scarcely hide from associates the character of his general training. As in the ecstasy of Christ's transfiguration his face was made to reflect heaven's glory, so the delights or discontents in the lives of men will declare themselves in undisguised countenances. They who live amid habitual family turmoil must reveal the inward sadness of such experience, while those whose environment is that of wholesome gratification will be always welcome in society for the exuberant joy carried in every lineament of their faces.

Eat fruit every day. Canned fruits are good. Cooked fruit is often better than dubious fresh fruit, but some fresh fruit is essential. Eat fresh green vegetables whenever you can get them. Thoroughly wash all raw foods. Eat some of bulky vegetables of low food value, like carrots, parsnips, spinach, turnip, squash, and cabbage, to stimulate the bowels and give flavor to the diet and prevent overnourishment. Eat slowly and taste your food well, and it will slide down at the proper time. Do not nibble your food timorously; eat it boldly and confidently. A glass or two of water at meals is not harmful if you do not wash your food down with it.—“*A Sensible Diet for the Average Man and Woman,*” Eugene Lyman Fisk, M. D., New York, Director of Hygiene, Life Extension Institute, in *New York Medical Journal*.

to copy the idiosyncrasies of others, there is a power of influence in association which, though indeed silently, tends to shape one's bent of mind, either for buoyancy or for depression. He who has been long submitted to knotty complications, especially where lack of friendly sympathy has been clearly manifest, can scarcely fail to develop a murmuring spirit, which in time becomes so strongly intrenched as to defy, and for the most part repel, any approach of gentler association. On the other hand, he who has been so fortunate as to have had early and continued union with those of sweet, affectionate dispositions surely unfolds in afterlife a like spirit.

These are some of the considerations to be taken into account in the training for graceful old age. But there is yet another important matter which should be reckoned with as a factor in the building of dignified maturity. Force of habit in relation to diet has done and is yet doing much toward regulating thought usage. The use of gross foods, especially flesh meats, together with stimulating drink, and narcotic weeds, like tobacco, tends to becloud the mind, and so produces unrefined, and even indelicate thoughts, which in turn become the spring of indiscretion and disgrace. On the contrary, light, pure foods, such as well-made bread in variety, and vegetable

produce, including fruits and nuts, with occasional eggs and milk, make one stronger, lighter, and happier, as well as better tempered, and manifestly healthier. This accomplished, one finds the old saying true that "a merry [good] heart maketh a cheerful countenance."

It has been asserted without successful contradiction, by such authorities as Sir Henry Thompson, that more than half the chronic diseases of advancing years, which tend to embitter the latter part of life among upper classes of society, are due to avoidable errors in diet. Moreover, these diseases which render

embedded in the past. One of the important injunctions of the Most High to Israel was, "Thou shalt remember *all the way* which the Lord thy God led thee."

Memory is indeed a distinctively conscious agent, testifying to the reality and permanence of one's own existence. It was therefore desirable that Israel should have pleasant memories of the past—of the keeping power of God which saved them from their many follies. It is still true that every personal event leaves some ingredient behind. Its retention may be unconscious, but unexpectedly it

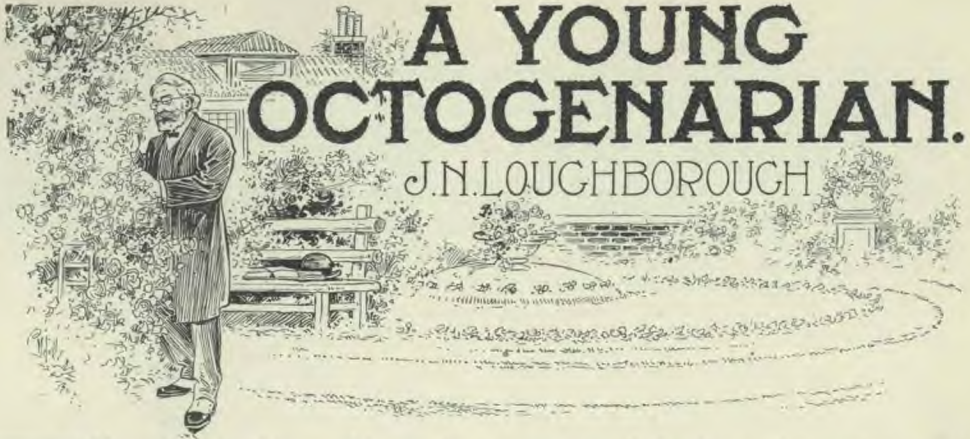
Milk is a food which contains scarcely any extractives. In consequence it is an ideal food for the kidneys, through which it passes without causing the least injury to these vital organs, which cannot be said of meat, with its various extractive substances. Milk contains very little salt, which qualifies it as a most excellent food for the kidneys.—"*Old Age Deferrea*."

old age in many so disappointing, unhappy, and profitless, also materially shorten lives which ought to be long seasons of quiet comfort.

It has been truly remarked that the faculty of retrospect, which is the superior attribute of the mind, is one of the highest employments of the memory. Then, too, the highest efficiency depends largely on experience. Eminent statesmen have acted for their country's interest in the light of what has been. Judges are largely governed in their court decisions by precedent. In fact, the very roots of the present lie deeply

forges to the front for recognition, to become food for sober thought. Happy is he who at such a time is able to say of his life work, as was engraved on the sundial seen by Hazlitt in Italy, "I make record of only the sunny hours." Such a person can then bask in the sunshine of latest days, by dwelling upon early memories. In this sweet frame of mind, his intercourse with associates will be so distinctly uplifting that his virtues will be rehearsed by all within the range of his influence. After this manner one may indeed grow old gracefully, and find a hoary head to be a crown of glory.





A YOUNG OCTOGENARIAN.

J. N. LOUGHBOROUGH



MY arrival in this world was in the days when physicians bled, and used calomel freely. When

I was seven years of age, my father died; and for nine years my lot was on a farm. In the family of my grandfather, the annual meat consumption was three fat hogs and a beef creature. This, with the products of the farm and garden, provided for our physical wants. As appetizers we had black and red pepper, sharp pickles, horse-radish, mustard, and similar delicacies. These, with tea and coffee, made an ordinary menu for those days.

were out of the house, he, seeing a pail of fresh water in the kitchen, got out of his bed, crept to the bucket, drank a quart dipperful of water, and crept back again to bed in a profuse sweat. Having learned what the patient had done, the nurse said, "Norton, you will die." He did not die, but his fever was broken. Water will put out fire even in the human body.

Living the early part of my life under such conditions, at the age of thirty-one, in 1863, I was in what was called "the first stage of consumption." I was engaged in ministerial labor in New Eng-

We find many more instances of neurasthenia and hysteria among eaters of much meat than among vegetarians; and in the treatment of many nervous disorders far better results are obtained after excluding meat from the diet.—*Lorand, "Old Age Deferred."*

It was not unusual to have a "poor spell in the spring." My grandmother had one. The physician, declaring, "I must reduce the patient before I can bring her up," took a bowlful of blood from her arm, and then for three weeks made his daily visits before he had her "brought up" again to where she was strong enough to sit up.

In case of fever, if calomel had been given, the patient was not permitted to drink water. An uncle who had a burning fever disobeyed orders. When all

land. In September of that year, Elder James White, who had made a careful study of the health question, met me in Manchester, N. H. Seeing my first hour in the morning spent in clearing my lungs and throat by coughing, he said to me, "If you do not stop that coughing, you will soon have to be looking for your coffin." He placed in my hands Dr. James Jackson's book on consumption, which contained useful information on diet and hygiene. I at once began to follow instruction on ventilation, bathing,

exercise, diet, and rest. In one month's time the coughing had ceased. From that beginning I came gradually to a diet of fruits, grains, nuts, and garden products, with milk and eggs occasionally. It is now twenty-nine years since I have eaten any flesh meat. In childhood I heard, "Eat the crusts, it will give exercise to your gums, and preserve your teeth." Having followed this advice, now in my eighty-third year I have a full set of the original lower teeth, and in the upper jaw but two vacant tooth spaces bridged over. There is nothing like the natural mill to give the food its final grinding before it enters the stomach.

In 1908, when I decided to go to

travel. In crossing from Australia to Africa the passengers predicted that this "old man would have a hard time of it." But when they saw me taking my regular walks, and coming regularly to my meals, one woman said to me, "You are a wonder." At the table opposite me was a German woman, who said to me, "You do not eat meat!" I replied, "No, madam, I have not eaten a particle of meat in twenty-four years." With a gasp of astonishment, she said, "And you are alive yet!" I replied, "Yes, madam, I am very much alive." They had a chance during the entire voyage to verify this statement.

On Nov. 12, 1909, I arrived home, having gained ten pounds during my

Do not let any one bring a grouch to the dinner table; it will upset all the food values. First, last, and all the time, be moderate; avoid overnourishment and overweight. Restrict your fuel foods, and burn up your own fat if you are tending toward stoutness.—"*A Sensible Diet for the Average Man and Woman*," Eugene Lyman Fisk, M. D., New York, Director of Hygiene, Life Extension Institute, in *New York Medical Journal*.

Australia, people said to me, "You will die on the way, as you will have to eat meat on the ships." I replied, "If I tell the stewards what I want, I shall get it." And so I did. I went not only to Australia, but to Africa, and to Switzerland and France on the Continent of Europe; on to England, Scotland, Wales, and back to America, and across to California. I was away exactly sixteen months, 488 days. Of those days I spent 177 in taking eleven sea voyages of 30,000 miles, and 17,500 miles of land travel, a total of 47,500 miles. On the 313 days for labor, I attended 572 meetings, and preached in 359 of those meetings.

In some of the sea voyages there were sick persons all around me, while I took deck walks with not a sensation of seasickness in the whole 30,000 miles of sea

journey. I have not yet failed in health, as some of my friends expected; for just before my eighty-second birthday I completed pruning a two-acre vineyard. When I met an old friend recently, he said: "What ails you? You look as well as you did twenty years ago." I replied, "I suppose I am reaping the benefits of healthful living." He said, "I should think it was about time." I replied, "What better time than in old age?" A late diagnosis of my condition, from a competent physician, reads as follows: "Temperature normal, pulse 72 per minute, blood pressure 112 mm., arteries of a youth."

With thanks to God for his blessing upon healthful living, I still follow his original diet given to man in Eden. Gen. 1: 29.

CONSERVATION of LIFE

H. A. ST JOHN.



I AM *seventy-three* years old,¹ and a fraction over; and *seventy-three* inches tall, and a fraction over. Weight, about 116 pounds net. My boyhood days, from about five years old to twenty-one, were spent in a new, wet, and malarious country in northwestern Ohio. Mosquitoes abounded and malaria prevailed. I suffered more or less every year for sixteen years with the prevailing malarial diseases, such as shaking ague and chill fever. Being thus thoroughly poisoned for so long a time during my period of development, I was left a slender, frail, half invalid for life. For many years I suffered much from catarrhal troubles and asthma, the latter leaving me entirely

yet with all these unfavorable conditions for health, the Lord has preserved me, and prolonged my days far beyond what my friends of many years ago predicted.

Now I desire to say that more than fifty years ago I began to study what to eat, how to eat, how often to eat, and how much to eat, in order best to conserve my physical health. I have never used tobacco in any form, have never used intoxicating drinks, even ceasing to use tea and coffee, and abstaining from all drinks at meals. Flesh meats of all kinds were abandoned many years ago, and two meals a day were adopted. I have diligently sought to learn the rational treatment of the ills of life, without drugs. By so doing I feel confident that I have

Everything points to the fact that through sleep we are getting rid of toxic products; and sleep is thus a function, the regularity of which is of the utmost importance for our prospects for a prolonged youth and healthy old age.—*Lorand, "Old Age Deferred."*

only about five years ago, and that without any drug medication. Indeed, for many years I have been freer from suffering than when in the prime of life.

Eleven years of my earlier life were occupied in teaching public school. I then entered the gospel ministry, my vocation still. Until the last few years I traveled most of the time, holding many series of public meetings in houses, tents etc., visiting much, and preaching from four to eight times a week. I still preach frequently, visit, and hold cottage meetings as the opportunity offers. I walk about comfortably without a cane, am comparatively free from suffering, and sleep well. My life has been one of constant change of diet, beds, and locality;

often escaped affliction and suffering; and when illness has come, I have been enabled to gain the victory without serious loss of either time or vitality, and have made a quick and substantial recovery. For years I have given almost daily attention to deep breathing and a system of physical exercises.

I have ever believed that the gospel of Christ, as taught and practiced by its Author, is of a twofold character, embracing both physical and spiritual health. "Who forgiveth all thine iniquities; who healeth all thy diseases," says the Word. And these two features should never have been divorced. The great gospel commission embraces both. And when the blessed Lord shall have saved his people to the uttermost, there will be no more suffering or death, but every one

¹ Written in January, 1914.

will be in perfect health, morally, spiritually, and physically,—internally, externally, and eternally.

And now, last of all, comes the important question, How may we grow old gracefully? It will be a pleasure to me to state briefly my views of this great question. These views I have cherished for many years, and they grow more weighty and precious continually. I have ever taught, both publicly and from house to house, that the blessed Jesus is the King of grace, and that his life on earth is the only perfect example of the entire constellation of heavenly graces. Indeed, it is said of him when on earth, that he was "full of grace and truth." In his glorious gospel he makes it plain that it is possible for the lowest of graceless sinners to become partakers of divine grace, and by beholding him and following in

his footsteps, they may grow up into him, and become like him. By his blessed spiritual presence he will abide in us; and wherever he abides, all true graces will be more and more manifest. And when this experience begins, whether in early life, middle life, or old age, from the time of beginning till the end of mortal life it will be a continual growing older gracefully. And then, the best of all is that when this brief mortal life of growing older in grace is ended, we have the sure promise that when the King of grace shall come in great glory, we shall be called to an endless life of grace swallowed up in glory. Then we shall grow eternally in everything that is beautiful and glorious, but never grow old. O, it gladdens my heart with joy to think of that home where we shall *never* grow old!

The Fake Gallstone Trick

The "gallstone fake" consists in giving a large dose of bland oil (peanut, cotton-seed, olive, etc.), followed by a saline purge. This makes the victim pass soapy lumps or concretions, which he mistakes for gallstones. The trick used to be a favorite with traveling quacks; now the "patent medicine" faker is employing it. **G. MAYR'S WONDERFUL STOMACH REMEDY** is a fraud of this class.

One of Mayr's Advertisements



MAYR'S WONDERFUL STOMACH REMEDY
OLIVE OIL
ROCHELLE SALTS
AMERICAN MEDICAL ASSOCIATION LABORATORY



THIS carton is no longer used by Mayr as it would make him liable to prosecution under the Food and Drug Act ("Pure Food Law"). He now confines such lying statements to window displays and other advertising not subject to the control of the "Pure Food Law."

Photographic reproduction (enlarged) of some soapy concretions passed after taking Mayr's nostrum. The victim thought they were gallstones!



© Registered Label by Dr. Jackson Hubert Lumbard



A BRITISH CENTENARIAN.

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

THROUGH long habit man has come to look upon death from disease as a more or less natural occurrence, and only death from accident as something preventable and that ought not to happen. But this is an altogether mistaken notion; for within recent years we have learned that disease, like accident, is preventable, and therefore ought to be prevented. Every year thousands and tens of thousands of lives which might easily be saved are sacrificed. Some persons dig their graves with their teeth, as the old saying goes, while others worry themselves into an asylum or into a coffin, and still others shorten their lives by using alcohol, opium, or cocaine, or by acquiring some other drug habit; and vast numbers meet their death through their lack of cleanliness. Dirty water, which is simply plain English for contaminated water; dirty food; dirty hands; and dirty habits of all kinds spell infection, which produces an invasion of death-dealing germs, and the patient is said to have died from typhoid fever or dysentery or some other infectious disease. Let us not forget that disease kills as surely as bombs and bullets, and that in the late South African war two men died of disease for every man that died from violence.

A few months ago the writer visited an old woman in the north of London, Mrs. Rebecca Clark, who had just celebrated her one hundred and tenth birthday. She was born on the ninth of June, 1804, and the records and evidence obtainable were ample in every way to bear out the truthfulness of this state-

ment. On her last birthday she was busily occupied from morning until ten at night receiving guests and visitors' congratulations, and in the evening she sang one of her favorite songs.

She was a woman of average height and build, and had a pleasant, motherly face, light-gray hair, but not white, and she possessed all her faculties without exception. She had good eyesight, although since January she read but little except coarse print, and preferred to look at pictures. She also had good hearing. Indeed, she had every appearance of being so sound and so wonderfully preserved that there seemed no reason why she should not enjoy the king's bounty in the form of the old age pension for years to come. And she doubtless would had she not been stricken down with disease a few weeks later.

As one might naturally suppose, Mrs. Clark all her life was accustomed to simple, plain fare. She was very fond of fruit, and at the time of the interview was enjoying a luscious, juicy orange. Her daughter said that she "simply loved fruit and puddings," and they had been her main fare for many years. Mrs. Clark gave every evidence of being well nourished and in good flesh. Until Christmas, 1913, she walked about everywhere by herself, but since then preferred to take the arm of one of her children. She was out in the garden a day or two before her death, and had no difficulty in walking up and down the stairs with the assistance of her daughter.

Her daughter, Mrs. Smith, told the writer that her mother had been a hard

worker, a plain liver, and contented with the plainest fare. Throughout her lifetime she suffered from very little illness. Indeed, she used to say that she had not time to be sick, for she was extremely industrious and always actively engaged in her duties. At the age of twenty-five she was married to Charles Clark, who was one year her senior. He, too, was a hardy, sturdy, strong man, and were it not for an accident which happened to him in his eighty-fourth year, he might still be living. A broken ankle left a running sore which it seems became infected, and he died in the year 1887, probably of blood poisoning, as far as the writer could gather.

It was not until Mrs. Clark reached the age of seventy-five that she gave

and refused point-blank to take it. The doctor then said that her life was in a very precarious state, that she must have the brandy, and that if she did not take it he would not be responsible for her. He said that if she did not take the brandy, she would surely die.

To this strong and urgent demand on the part of the doctor, Mrs. Clark said that she should rather die than take brandy or any other alcoholic stimulant. Repeatedly the doctor called her attention to the bottle of brandy, and asked her if she would not take the medicine. "No," said the old lady, "it's there standing on the dressing table, and I look at it occasionally, and then think how well off I am without it," and not a drop of the brandy did

"Let us not forget that disease kills as surely as bombs and bullets."

up the habit of taking a glass or two of beer daily and became a total abstainer. It is worth noting that she became a teetotaler, not on account of any perceptible ill effects that she noticed in herself,—and her daughter bore out this statement,—but solely in order to set a good example to her daughter-in-law, who had a weakness for drink. She took the step on principle, and would not allow herself to exert in any degree a wrong influence upon another. She was very strict in her abstinence, and absolutely refused all forms of alcoholic beverages, even including its medicinal use.

A few years ago Mrs. Clark had one of her few serious illnesses, and the attending physician prescribed brandy for her. He told her that she required its stimulating and strengthening effects, but she would have none of the spirit,

she take, for she had her suspicions aroused about the doctor, and even refused to take any medicinal draft for fear it might contain alcohol.

A Lover of the Outdoors

Whenever Mrs. Clark felt weary or worn, she always resorted to the outdoors and fresh air for rest and recreation. Once at the age of ninety-nine, when living in a countryside village in Wales, she complained of not feeling well. But instead of going to bed and sending for the doctor, as most persons would have done, she said to her daughter, "I will put on my hat and go into the fields for the day;" and so she did, and the bracing, pure air and the beauties of nature calmed her weary spirit, and her physical forces were once more renewed, and she came back refreshed.

THE CONSULTATION ROOM

A DOCTOR'S CHATS WITH HIS PATIENTS.



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

IS IT KIDNEY TROUBLE?

PATIENT: Doctor, I should like to know whether I have kidney disorder or not.

Doctor: What has led you to believe you have kidney disorder?

Patient: Well, I have had a backache, and do not pass a great deal of water, and feel all the time so stupid and tired. Then I read in the newspaper the other day about a remedy for weak kidneys, and the condition the remedy was for seemed to be exactly like what I have been troubled with.

Doctor: Madam, I could easily name half a dozen conditions in which people

Patient: No.

Doctor: Then we shall have you save a twenty-four-hour specimen in a clean fruit jar. We shall then measure it, and see if it is deficient. An adult ought to pass a quart to a quart and a half every twenty-four hours. We shall make a chemical and a microscopical test of it, and notice if it contains any evidence of functional derangement or structural breakdown of the kidney or other urinary organs. We may find the amount too small but otherwise quite normal. How much water do you drink in a day?

Patient: Now, Doctor, that is one of

The most valuable aid in the treatment of mental depression is religion, for this gives what nothing else can give in equal degree — hope. Hope, without which we should always exist in continual gloom! — *Lorand, "Old Age Deferred."*

have a tired and languid feeling, backache, and other pains. Nearly all advertised symptoms are such as are common to most physical derangements. Have you been under a physician's care?

Patient: No, not for this trouble. Since having tried out two or three remedies for female trouble I thought I would get your advice in regard to taking treatment for my kidneys.

Doctor: Now, my advice is that we get at the bottom of your trouble, if that is possible, and find out if you have a diseased organ or tissue, and what that disease is. Symptoms help us in finding disease, but are not to be treated instead of the disease. Do you know how much urine you pass in twenty-four hours?

my faults, I suppose. I scarcely ever drink water. I usually have a cup of coffee for breakfast and supper, and that is about all I care for.

Doctor: Of course every one gets some liquids in soup, desserts, and other foods, but you need to reform in the matter of drinking. You ought to drink a glass of cold or hot water the first thing in the morning. It serves to bathe and refresh the lining membrane of the stomach as cold water tones the skin of the face, thus preparing the stomach for the meal in one-half or one hour's time. Besides, three or four more glasses of water should be used during the daytime. You may have to have it prescribed, and follow the prescription for a few weeks un-

til you get the drink habit. Water serves three fundamental purposes in the body: First, as a solvent for mineral salts and food materials, so they can be conveyed to the tissues to replenish them, and as a solvent of poisons and waste material in the tissues, so they can be carried off to the eliminative organs, such as the kidneys, liver, lungs, skin, and intestines; second, as a chemical component of the tissues, being an element necessary for chemical changes; third, as a means of regulating the temperature of the body. I very much doubt your having kidney disease. How long have you been feeling so poorly? Do you have headaches?

Patient: I have not felt well for years, though I think I am constantly getting worse. I occasionally have a headache, but am more inclined to be drowsy and am constantly tired.

Doctor: It may be you have eyestrain,

which condition constantly harasses the central nervous system. Have you had your eyes examined by an oculist?

Patient: No.

Doctor: Well, I am going to send you to a good oculist, not a merchant of spectacles, but one who has made a careful study of refraction of the eye and is acquainted with all other disorders of the eye. Have you constipation?

Patient: Yes, Doctor, I do not know why I forgot to tell you, but I have great trouble that way. Sometimes I go three or four days, and I feel so weak across my abdomen.


Doctor: I shall have to make a physical examination. We may find your trouble to be primarily constipation, which I suspect it is. If so, we shall want to know the cause of the constipation, and direct our treatment toward its relief.



Gladys (two years), Una (four years), Doris (five years)

THREE DAUGHTERS OF SOUTH AFRICA

The father (Arthur A. Pitt) writes: "My wife and I have for the past four years been strict nonflesh eaters, and can testify to the great advantage over meat eating that it gives. Our little girls have never tasted meat, having been brought up on a strict health reform diet. We have never had a doctor attend any of our children, healthful foods and simple treatments proving adequate."



STIMULANTS and NARCOTICS

WHY ALCOHOL IS NOT WANTED IN OUR NAVY

KT was formerly a practice to hand out to the men, both in the merchant marine and in the navy, a daily serving of "grog," or liquor. This custom was abolished. Next a restriction was placed on the use of liquor by enlisted men when on duty. Now the prohibition extends to the officers. The order of Naval Secretary Daniels has been the subject of much comment, some of it unfavorable. Why should the navy be subject to the "blue laws"? Why should these officers be considered incompetent to care for their

They have been repeatedly tried in hundreds of cases, in series of experiments extending over years. Kraepelin gives the following summary of the results of his investigations:¹—

"The most positive result in nearly all of the experiments is that alcohol in amounts of from thirty to forty-five grams (one quart of beer, one half a bottle of wine, two glasses sherry) rendered in some degree more difficult all the mental processes investigated. With doses of sixty grams the hindrance is very considerable, for from one to two hours; with smaller doses it passes away in from forty to fifty minutes. In contrast to the detriment to perception and its effect upon the intellect, alcohol facilitates, at least

What about alcohol? This lecture is about foods, not about narcotics; so we will place alcohol where it belongs — on the drug shelf. You can get the equivalent of its vaunted energy and so-called food value without any of its poison value out of a little sugar and water.—"A Sensible Diet for the Average Man and Woman," Eugene Lyman Fisk, M. D., New York, Director of Hygiene, Life Extension Institute, in *New York Medical Journal*.

own health without the necessity of having their habits prescribed?

Secretary Daniels, after careful study, believed that he had ample reason for ordering the navy dry. In brief, investigators, of whom Kraepelin was the pioneer, have been carefully examining into the effect of alcohol in moderate doses, and have reached the remarkable conclusion that even when taken in moderate amounts, so that the drinker feels that he is more efficient, the real effects, when measured by instruments of precision in the laboratory, show that he is less efficient. The experiments were tried not in one case, nor a score, nor a hundred.

in the beginning, the impulse to motion. But here it is only the speed that is influenced; the output of strength is benefited only temporarily, with small doses and with persons of small susceptibility toward alcohol, and the increase soon gives place to a considerable diminution.

"Such is the quantitative outcome; but qualitatively, work done under the influence of alcohol undergoes certain changes. We observe, all through, the conversion of a sensible connection into a mechanical one, and loss of the inner objective in favor of a purely external, accidental connection."

The investigations of Lieutenant Bengt. Boy, related in the *Swedish Rifles Magazine*, 1903, are also significant.

¹ Quoted from *Scientific Temperance Journal*, October, 1913.

Boy undertook by means of practical experiments carried out on a large scale, to determine the influence of alcoholic drinks on marksmanship. We quote again from the *Scientific Temperance Journal* regarding these experiments:—

"The exercises, all at a distance of three hundred meters, consisted of a precision exercise of five shots, a quick-firing exercise lasting one-half minute, volley firing of four shots, and a duration experiment of five shots.

"Many of the various series were performed first without alcohol, then with alcohol, then again without alcohol, and all the shooting was done under exact control. In the experiments of short duration, precision, quick firing, and volley shooting, from thirty-four to forty-four grams of alcohol in the form of brandy (two and one-half glasses) were taken from twenty to thirty minutes before the beginning of the exercise, and besides the same amount of alcohol in the form of punch on the evening before the experiment day. In the endurance test only twenty-seven grams of alcohol, equivalent to two thirds of a quart of beer, were taken.

"The result of the experiments was, with-

out exception, a loss of precision under the influence of alcohol. In the quick-firing exercises in the nonalcohol tests there were only sixteen failures to one hundred in the alcohol tests.

"In sharp contrast to these objective results of the experiments were the subjective impressions of the participants. In the quick-firing experiments, especially, the men were certain after taking alcohol that they had done exceptionally well. One remarked after discharging his shots that he thought one could shoot better after taking alcohol."

Considering such well-established facts, is it any wonder that military and naval leaders are coming to realize that the units which make up the national defense must be abstinent men?

Is it any wonder that certain of the great railway corporations—subject so often to heavy losses through railway accidents caused by the temporary failure of some employee—are making strenuous efforts to have none but abstainers in their employ?

— THE LAW — AS AN AID TO VERACITY

When the Food and Drugs Act ("Pure Food Law") went into effect, "Kilmer's Indian Cough Cure," being neither "Indian" nor a "Cure," became "Kilmer's Cough Remedy."

BRITISH LABEL

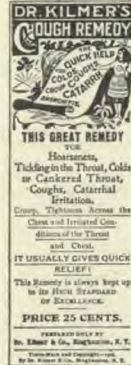


But it was still sold in Great Britain under the *same old lies!*

Study these two labels! Compare the unblushing falsehoods told to English purchasers with the more conservative statements made to American customers.

The direct lies on the American labels were dropped when lying on the label became *illegal* as well as *immoral*—not before! The direct lies were retained on the labels in England, because the British law didn't prohibit them!

AMERICAN LABEL



The American Label is the Standard National Remedy.



FEEDING THE CHILDREN

Dr. Carl G. Leo-Wolf

Dr. Carl G. Leo-Wolf, in July, 1914, read a paper before the Lake Keuka Medical and Surgical Association, on "The Dietetic Treatment of Children During the Second Period of Life" (from the end of the first year to the end of the seventh year), which is in marked contrast to some of the modern teaching, but it more nearly represents the diet for which LIFE AND HEALTH stands. The paper was prepared for physicians, and contains much that would not be of interest or intelligible to the lay reader. We give in substance that part which is of interest to mothers. Parts in brackets [] are comments by the Editor.—Ed.

CHILDREN after they are weaned are often overfed. Scarcely a mother knows how much the child is getting at the breast, and when she weans the little one she attributes every crying spell to hunger, and adds to her mistake by giving more food. This explains a large number of the cases of digestive disturbance at this period.

The child lives almost exclusively on fat and carbohydrate. It reserves the protein for growth, and is able to get along on small amounts of nitrogenous food. The demand ranges from $7\frac{1}{2}$ to 20 grains per pound of weight, or an average of $13\frac{1}{2}$ grains. Not more than one tenth of the total calories should be supplied by protein, and less than half of these should be supplied from animals. [There is little need to resort to the animal foods for protein provided the child receives a liberal amount of cereals, and especially if the dietary includes a small amount of legumes.]

Of the 90 per cent of carbonaceous food, the child at the beginning of the second year should receive 40 per cent of carbohydrates and 50 per cent of fats; and as the child grows, the proportion of carbohydrates should increase. In any

case, there should not be more than six or seven parts of carbohydrate by weight to one of fat.

As soon as possible we should get down to three meals a day, a half of the daily food being given at the noon meal, and a quarter at breakfast and at supper. Some children seem to need meals more frequently; but children of two and three years of age often do better and have better appetite on three square meals a day than on more frequent meals.

We must get away from the idea that the child must be fed largely on milk. The development of the teeth is an indication of the food best adapted to the child. Many a set of teeth originally perfect have been spoiled by lack of use at this early age, and by continued feeding with liquid and semiliquid food. The solidity of the food should be determined by the stage of eruption and the number of the teeth. Milk constitutes a valuable addition to the dietary of the child, but it should not be the principal food. With advancing years it is best to banish it from the dinner menu.

During the second year, when milk is still given in considerable quantities, it will supply most of the protein, some of

which will always be furnished by the cereals. The salts will be supplied by the tender young vegetables and fruits. Of the vegetables, the best for this age are spinach, carrots, lettuce, potatoes, and Spanish chestnuts. Of the fruits, the best are apples, pears, oranges, and bananas, the latter cooked, either as vegetable or fruit. I also favor the use of the legumes — dried beans, peas, lentils, and soy bean flour.

As the vegetables are given principally for the salts they contain, it is important not to throw away the water in which they have been boiled, as this water contains a large part of the salts. [This water may be used in making soups, broths, and the like.]

For the teeth nothing is better than to give the child dry toast made in the oven (not the soggy kind), zwieback, Holland rusk, crackers, and Graham wafers.

During the next two years we may give occasionally, but by no means regularly, an egg or some minced meat. [This seems to be a concession on the part of the doctor, for the proportion of protein he thinks necessary for the welfare of the child is easily obtained without the use of either egg or meat.] We can also allow the coarse vegetables, such as the different kinds of cabbage, cauliflower, parsnips, turnips, and asparagus, and the fruits with pits, and the berries, the seeds having first been strained out. The child may now eat bread, ordinary toast, and rolls.

After the age of four, the child may eat at the family table, and may be allowed all kinds of vegetables. The daily allowance of milk may be still further cut down, though this may not be necessary, as many children at this age refuse to drink milk.

[There will follow in the next issue a synopsis of Dr. Leo-Wolf's instructions for the feeding of sick children.]

The Confidences of Quacks

Write "*in all confidence*," says the quack! And then? These "confidential" letters are sold to "letter brokers" who, in turn, sell or rent them to other quacks!

"Mrs. Harriet M. Richards" is the name under which a mail-order medical concern advertises. It professes to cure "female trouble."

The Guild Company offered for rent 143,000 letters written to Harriet M. Richards! Confidential, indeed!

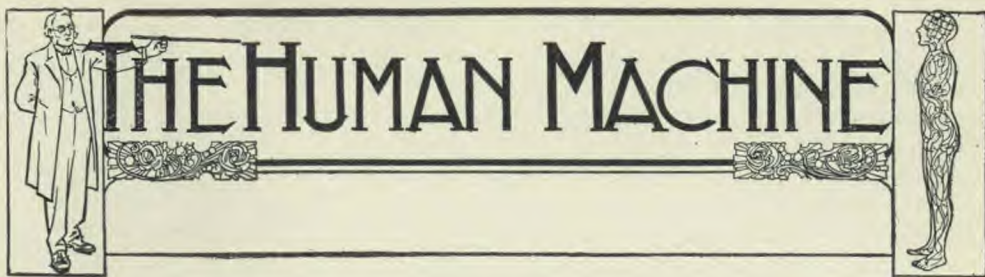
Here is part of one of "Mrs. Richards' advertisements.



Here is one bundle containing 500 letters written "in con-

fidence" to "Mrs. Richards." The Guild Company would sell or rent 286 of these bundles!





DIET IN HEALTH AND DISEASE

Charles Clyde Cutter, M. D.

The following is based on a paper read by Dr. Charles Clyde Cutter at the meeting of the Medical Association of Central New York, at Auburn, Oct. 10, 1913. It contains information of so much interest to the lay reader that the substance of it is well worth reproducing. Parts in brackets [] are comments by the Editor.—Ep.



FN the maintenance of perfect health the different kinds of food — proteins, carbohydrates, fats, and mineral salts — must be present in their right proportion. [This is what is meant by a “balanced dietary.”] For the maintenance of the normal weight the amount of food must be sufficient to replace tissue waste. Any amount below this maintenance weight will be manifested by loss in weight. The amount eaten in excess of the demand will be stored in the individual [as fat].

The amount of food required varies according to conditions. The adult requires more than the child [but less in proportion to the weight, for the child must grow], a man at work more than one at rest, one in a cold climate more than one in a warm climate. An invalid requires food different in quality and quantity from that required by a person in health.

Disease may be caused by taking too little or too much food, by a combination that does not contain the right proportions of the different kinds of foods, and by the entrance into the body of poisons and germs with the food and drink.

Food by producing irritation in the alimentary tract may cause acute indigestion, diarrhea, and the like. Food assimilated in excess may be deposited as fat and cause obesity, or may by overworking the organs of excretion cause disease of

the kidneys, heart, liver, or of the nervous system. In those predisposed, epileptic or gouty attacks may be brought on by a too generous diet. Overeating is probably as prolific a source of disease as overdrinking.

Chronic excessive intestinal putrefaction is often caused by the entrance with the food of putrefactive bacteria, by the use of improperly cooked food, by improper mastication, and the consumption of excessive quantities of food, particularly meat, poultry, and fish. The use of an excessive quantity of meat frequently goes hand in hand with imperfect mastication. The result is that many masses of muscle fiber find their way through the small intestine into the lower ileum and large intestine, where they are attacked by the putrefactive bacteria. The poisons produced by intestinal putrefaction, if they pass out of the intestinal canal into the blood stream, may cause various types of disorder.

The most prevalent disease of today is constipation. This condition has been brought about by our sedentary life, and by the substitution of a cellulose-free diet for the diet of our grandparents. The outer layers of the wheat kernel found in the coarse flours, the coarsely rolled oats, the coarse corn meal, the dried fruit with the skins on, all supplied bulky cellulose. The pan of apples which was brought from the cellar eve-

nings, the nuts and pop corn, too, which were always in store for an evening's refreshment, were abundant sources of cellulose. In their place today we find chocolates [ice cream] or food which is completely digestible, leaving no residue and supplying an excess of sugar. Because we are amply nourished on a diet of meat and sweets, we thoughtlessly leave out another essential, the bulky, fibrous, and watery vegetables and fruits, which not only supply bulk in the digestive tract, but stimulate the lining membrane of the tract and cause peristalsis.

In addition the vegetables supply the salts necessary for the organs and tissues to function properly. Sodium chloride is necessary for the production of hydrochloric acid in the gastric juice. Without calcium our bones would become too soft and our heartbeat would be too slow. The most common foods in our diet — white bread and potatoes — are deficient in calcium. And the hemoglobin of red blood is most plentiful, not in red meat, but in spinach.

Senility is a relative term. A person may be old and not senile, or he may be middle-aged and senile. The presence of the senile process is an indication for certain lines of management and treatment, regardless of the age. The diet should be regulated so as to keep up the nutrition and the proper muscular strength. Fermentative and putrefactive changes in the intestinal tract must be prevented, and irritants that circulate in the blood and cause a rise in blood pressure, inflammation of the heart, and irritation of the kidneys, must be forbidden.

But when patients are advised to restrict their diet in certain directions in order to keep arteriosclerosis under control, they are likely to go to extremes. In consequence they suffer from inanition and from the lack of certain necessary elements in their food.

The evils of dietetic abuse are particularly serious in patients with high blood pressure and neurasthenia. The diet should be regulated, modified, and

changed to suit the individual patient and existing conditions at different periods.

The diet must be rigidly outlined for patients with premonitory symptoms of cardiovascular-renal disease [disease of the heart, blood vessels, and kidneys]. Meats should be restricted to once a day; [Why any meat?] vegetables should be selected that do not cause flatulence; as much milk and cream may be given as the patient is able to take without gastrointestinal disturbance, and such fruits as agree with him best. Such patients should be carefully watched to note that their weight and strength are not reduced and that indigestion is not caused.

High blood pressure should be controlled by dietetic and general hygienic measures. It has been shown that one of the products of the putrefaction of meat has the property of producing, when it gets into the blood current, a very high degree of blood pressure. As it is known that when large quantities of meat are eaten, a portion is very apt to reach that part of the intestine where putrefaction is likely to occur, a connection is apparent between high living and high blood pressure.

In organic disease of the heart the meals must be simple, well cooked, and small. More should never be given than the patient can easily digest. Five small meals are better than three large meals. Highly seasoned foods and condiments should be omitted from the diet, as they tend to stimulate the appetite, and may tempt the patient to take more food than is best. The principal meal should be at midday, and the last meal at least three hours before bedtime. The diet should contain an abundance of stewed fruit for its laxative effect. If dropsy is present, salt should be restricted.

The salt-free or salt-poor diet is also most efficacious in kidney disease accompanied with dropsy. But the restriction of salt should not be kept up for a long time, or more harm than good will result. The strictly salt-free diet should not be kept up for more than a week at a time,

preferably not more than three or four days. Some patients tolerate salt much better than others, and in these cases it is not so necessary to restrict the salt in the diet to very small amounts.

Almost as important as the regulation of the carbohydrates in diabetes is the restriction of proteins in kidney disease, in order that the kidneys will not have to do unnecessary work. [The fact that the ordinary "mixed" dietary, including a fairly liberal amount of flesh, fish, or fowl, always contains more protein than the body requires, should be seriously considered by all persons with damaged kidneys.] In both diabetes and kidney disease it is necessary not only to reduce the carbohydrates or the protein, as the case may be, but also to make sure that the patient is getting a diet that is sufficiently nutritious to supply the energy and tissue needs of the body. The loss from the limitation of the protein must be made up by an increase in the fats and carbohydrates.

The fallacy of giving an exclusive milk diet for kidney disease has been pointed out. In order to obtain sufficient nutriment with milk it is necessary to take an excess of protein, thus increasing the work of the kidneys.

The treatment of obesity is a matter of diet regulation. In all attempts to reduce flesh by diet it is of extreme importance to make the diet list fit the patient, and not have the patient use a ready-made diet list. A careful physical examination should always precede the formulation of the diet list. The physician must keep the patient continually under observation, and must watch for loss of strength, especially in complicated cases. On a prop-

erly regulated diet the patient will become stronger under the treatment, rather than weaker. If weakness results, it is because of mistakes in prescribing or taking the treatment. In advanced obesity of elderly persons, however, reduction cures almost without exception accelerate decay, and lead to a more rapid loss of strength and functional powers.

In tuberculosis the question of diet is of great importance. The healing of a tuberculous process is dependent largely on the state of nutrition. Because of the capricious appetite the patient naturally experiences a desire for less food than he could digest and utilize. Such patients must be induced to eat liberally, but not so much as to make them obese. They do better when their diet is ample and well balanced, but not excessive.

In both gout and rheumatism, cutting down the protein seems to be advantageous; and in gout a careful regulation of the foods that contain purine bodies [for example, tea, coffee, flesh] can best be secured by a quantitative regulation of the diet.

In the seriously ill the appetite should be fostered and nothing done that may in any way disturb it. No food or dishes should be allowed to stand about the room either before or after using. Food should be made as attractive as possible.

Milk should be sipped slowly, not swallowed quickly in large quantities. Variety in the diet from day to day may be secured by the substitution of different articles of food which have approximately the same nutritive value and composition. [For instance, one cereal may be substituted for another, or peas and lentils for beans.]



HOME COOKING SCHOOL



IS THE MAKING OF DESSERTS A WASTE OF TIME AND EFFORT?

George E. Cornforth

IT might be said that in a sense it is a waste, because we could get along without them, and could use nuts and fruits, fresh, dried, or stewed, for dessert. But the same thing might be said about the making of soups, we could get along without them; or about the making of salads, we could get along without them, and eat the ingredients of the salad separately; or about the preparation of vegetables in any but the plainest way, simply boiled; or about the preparing of the hearty part of the meal, because we could get along with nuts, milk, eggs, and plain boiled legumes. But no one questions the propriety of spending a reasonable amount of time in preparing these other foods in a variety of wholesome ways. Then why should any one question the propriety of making desserts that are simple and wholesome, that harmonize with the rest of the meal, and that may be eaten to supply a needed part of the meal, without which, indeed, the meal would be unbalanced? I said "desserts that are simple and wholesome." The thought will come to the minds of some that no desserts are so simple and wholesome as fruit and nuts; but it might also be said that no way of preparing vegetables, for instance, is so simple and wholesome as simply boiling them. But the appetite, and the digestion, too, tires of monotony, and I see as much reason for making desserts that are not altogether too complicated, rich, and unwholesome, as for preparing the other parts of the meal in a variety of ways. The zest given to the appetite by the change and variety, and by the surprise which it receives, will make up for the theoretically less whole-

some nature of the dessert. Just how far we shall go in the preparation of other than the most wholesome and simple desserts must be left for each one who has the work to do to decide. For instance, some persons may feel that desserts that are mixtures of milk and sugar should never be made. It is true that "large quantities of milk and sugar eaten together are injurious," and that "sugar, when largely used, is more injurious than meat." Others may feel that if a milk-and-sugar dessert is made with very little sugar, it will be comparatively wholesome; while to still others such a dessert would taste so insipid that they would rather have no dessert, and would feel that if they are going to have a milk-and-sugar dessert they want it sweet enough to be palatable, and would think best to have such a dessert only occasionally, and when they do have it eat sparingly of it. This would not be eating large quantities of milk and sugar together. In the recipes accompanying the "Menus for a Week" published last year, small quantities of sugar were given in recipes for milk desserts, and those desserts may have been found unpalatable to some who tried them. In this article I am using sufficient sugar to make the dessert palatable (not so much as the recipes for such desserts in many cookbooks call for), and would advise that such desserts be not too frequently used nor too freely partaken of.

Desserts might be classified as follows: milk desserts without eggs, custard desserts, fruit desserts, gelatin desserts, sago and tapioca desserts, steamed puddings, pies, frozen desserts.

Milk desserts without eggs would in-



HARLEQUIN BLANCMANGE

clude blancmanges and creams, such as the following:—

Harlequin Blancmange

For the white part and the yellow part use —

- 2 cups milk
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ cup cornstarch
- A few grains salt

Stir the cornstarch smooth with a little of the milk. Heat the remainder of the milk with the sugar and the salt to boiling in a double boiler, and stir into it the cornstarch mixture. Allow to cook ten minutes. Take out half of the mixture and beat into it the yolk of one egg. To the white part add $\frac{1}{4}$ teaspoon vanilla, and to the yellow part add the grated yellow rind of one half a lemon or one-fourth teaspoon lemon flavoring.

For the red part—

- 1 cup strawberry juice, sweetened to taste
- 2 level tablespoons cornstarch
- A few grains salt

Stir the cornstarch smooth with a little of the juice. Heat the remainder of the juice to boiling, and stir into it the cornstarch. Allow to cook gently for a few minutes. Add the salt.

Wet a mold, or an earthenware dish that will hold one and one-half quarts, with cold water. Pour into the mold the yellow part. On top of this pour the red part, and on top of the red part pour the white part. When cold it may be turned out of the mold, cut

into pieces, and served with cream or whipped cream.

This dessert may be molded in layers in individual cups, which is really the nicest way.

Banana Cream

- 1 quart milk
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ cup Fould's Wheat Meal, or Wheatlet, or Toasted Wheat
- $\frac{1}{4}$ level teaspoon salt

Heat the milk with the sugar and salt in a double boiler. When boiling hot stir in the cereal, and continue to stir till it does not settle. Allow it to cook one hour, then put it into a pan or the dish in which it is to be served, in layers with slices of very ripe bananas. Serve plain or with cream.

Caramel Blancmange

Use the recipe for Irish moss blancmange given in the January, 1914, LIFE AND HEALTH, adding to the mixture, just before pouring it into molds, sufficient caramel to give it a delicate brown color and a slight caramel flavor. Serve with cream. The recipe for making caramel was given in the April, 1914, LIFE AND HEALTH.

Caramel Rice Pudding

To the creamy rice pudding, a recipe for which was given in LIFE AND HEALTH

for April, 1914, add sufficient caramel to flavor it before putting it into the oven to bake.

Custard Desserts

Custard desserts are those in which eggs and milk are used. Success in making custard desserts depends very largely on the care taken in the cooking of them. Too long cooking or too high a temperature will make them watery, of a rough texture and tough consistency, while they should be jelly-like, tender, smooth, and velvety. They must be carefully watched during the cooking process, and removed from the heat at just the right moment. To determine when a baked custard is done, dip a clean silver knife into hot water, then run it into the custard. If the knife comes out clean, the custard is done; but if some of the custard clings to the knife, the custard should be baked a little longer. To determine when a boiled custard is done, dip a clean silver spoon into it. If the custard coats or masks the spoon, it is done.

Much better success will result and a smaller proportion of eggs will be required in making baked custards if they are baked in cups. And a cup custard looks much more dainty and attractive when served than a serving dipped with a spoon from a dish of custard. The cups or the dish in which the custard is baked should always be set into a pan of hot water while baking.

In the making of custard desserts, whenever it is necessary to add eggs to a hot mixture or liquid, the precaution should always be observed of beating the eggs and stirring some of the hot mixture into the beaten eggs before stirring them into the hot liquid, otherwise the eggs will form dumplings in the mixture instead of being equally and smoothly distributed throughout.

A richer and more tender custard is made by using only the yolks of the eggs, using the proportion of three egg yolks to two and one-half cups of milk. The egg whites may then be saved for making angel cake or snow pudding. In this

way both custard and cake can be made out of about the same number of eggs that one would use for custard alone when one uses the whole egg.

I always heat the milk while preparing the other ingredients when making baked custards; this shortens the length of time it must be kept in mind and watched during the baking. But the milk should not be heated too hot or it will cook the eggs when it is added to them, and the eggs should not cook till after the custard is put into the oven.

A few recipes are given for custards.

Maple Cup Custard (Baked)

- 2 cups milk
- $\frac{1}{2}$ cup maple sirup
- 2 drops maple flavoring
- 3 egg yolks
- $\frac{1}{4}$ teaspoon vanilla
- A few grains salt

Warm the milk. Beat the egg yolks; beat into the yolks the sirup, flavoring, and salt; then stir into them the heated milk and beat well together. Pour into cups; set the cups into a pan of hot water, and bake till the custard is just set.

Coconut Custard (Boiled)

- $2\frac{1}{2}$ cups milk
- $\frac{1}{2}$ cup shredded coconut
- $\frac{1}{4}$ cup sugar
- 3 egg yolks
- A few grains salt

Steep the coconut in the milk in a double boiler twenty minutes. Strain the coconut out of the hot milk, pressing it well to extract all the milk and flavor. Beat the egg yolks, then beat into them the sugar and salt. Stir the hot milk into the egg-and-sugar mixture; put it into the double boiler and cook it, stirring and watching it constantly, till it just begins to thicken a little, or till it just coats a spoon dipped into it. Do not expect it to set or to get as thick as baked custard; for just before it gets as thick as you expect it to, it will get thin. It will seem too thin when it is cooked sufficiently, but it will be thicker after it gets cold. A little practice is required to enable one to know when to remove a boiled custard from the fire. As soon as the custard is sufficiently cooked, set the inner cup of the double boiler which contains the custard into cold water, and stir the custard till it cools slightly. Then pour into cups or into the dish in which it is to be served, and set away to get cold.

Apple Custard

Into a pudding pan put one and one-half quarts of pared, quartered, and cored apples. Sprinkle over them three-fourths cup of sugar

(Concluded on page 144)

EDITORIAL

THE SECRETS OF VIGOROUS OLD AGE

QN another page is given a brief review of Dr. Lorand's "Old Age Deferred." This book gives evidence of conscientious work. Dr. Lorand has evidently made a painstaking study of the somewhat extensive writings of others on the subject, and has supplemented his study with experiences from his own practice. With our high esteem for this book, we desire to record a few criticisms.

As the doctor is doing pioneer work, blazing a new trail, much of his reasoning is inferential, and his conclusions will have to be checked up in detail by later workers. Some of his opinions seem to be based on his own personal experience, or upon evidence which seems to me to be inadequate.

One is tempted to query whether an attempt to observe all the instruction given in this book would not tend to make one introspective and hypochondriacal. Our author gives examples of persons who have lived to be considerably more than a hundred years old, and then advises his readers to do things which we may be sure that these centenarians never observed. For instance, he advises a daily bath. Now while a bath may be an excellent thing esthetically, there is grave doubt that it can be shown to have been an important factor in the lives of those who have lived to a great age. I might say the same of a large number of other things suggested by the author, and I cannot resist the temptation to quote again the poem which appeared in the December issue. (See page 129.)

Some of the arguments are unconvincing. For instance, in speaking against strict vegetarianism, he says that our teeth are neither the teeth of carnivorous nor of herbivorous animals, but of omnivorous animals, such as the dog and the pig. Evidently he has never made a close comparison of the teeth of man, dog, pig, and ape, or he would know better than to make such a statement. The dog cannot move his lower jaw sidewise and masticate. Moreover, both the dog and the pig have lengthened canine teeth. It is the frugivorous ape that most nearly approaches man in the arrangement of his teeth and digestive apparatus.

A rearrangement of the book, with condensation and elimination of duplicated material, would be an advantage.

But notwithstanding these minor matters, Dr. Lorand has given us a well-written and intensely interesting book. The fact that since 1910 it has been reprinted seven times is proof that it is already recognized as an authority.



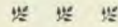
In sharp contrast with Lorand is Bennett's "Old Age; Its Causes and Prevention." Bennett is not a physician, and he has little use for internal remedies or drug doctors. He does not attempt to give a long series of hygienic rules which probably were never followed by those who lived to a great age, but tells what he found beneficial in his own case. His logic is, I have done thus and so, and

have thereby renewed my youth; if you do the same, you will doubtless renew your youth.

He has certainly been remarkably successful if we may judge from two photographs, one taken when he was fifty and the other when he was seventy-two. In the former he is a worn, wrinkled, somewhat bent man, showing evidences of brain fag; in the latter he looks like a well-preserved man of forty-five. I doubt that he looked so well when he was thirty-five or forty. As he is a well-known and prominent man in San Francisco, he could not well use deception in the matter of his photographs.

"Old Age" is not devoted to dietetics and other measures of personal hygiene. Bennett says that he eats what he wants and as much as his enormous appetite calls for, though he takes a fast once in a while. His system consists of a series of thirty muscular exercises to be taken in bed, without apparatus and without the need of a special teacher. He has accomplished his rejuvenation, he says, by persistently practicing these exercises.

If Lorand has given a host of prescriptions for attaining long life, few if any of which can be absolutely essential to longevity, Bennett has given one way which, from his experience, he considers the only way to renew youth. Possibly, like all blazers of a new trail, he is a little too optimistic as to the worth of his method. I have no doubt whatever that it has done for him just what he claims; but in the words of the great food advertiser, "There's a reason."



All methods of restoring health have one element in common—Faith. As Stackpole, not a believer in Christianity, says: "Faith is a very wonderful thing, call it what you please. There is in faith a wonderful dynamic energy the origin of which, analyze it as I will, leaves me truly baffled and bewildered." Every one who has made a success of regaining health, whatever his physical, mechanical, electrical, or chemic methods, has had a strong measure of faith,—faith in himself, in his new system, in his eventual restoration to health.

Bennett, who is a believer in suggestion and Christian Science as healing powers, seems to recognize the importance of faith in practicing his system; for he says, on page 210:—

"If the theories presented are correct, then the reasons why and how Christian Science cures, and why the knowledge of this psychological law is a factor in the prolongation of human life [may be clearer]. It will also explain the necessity of will concentration in the muscle-tension exercises I have devised and described in this book, for by that concentration of the higher will power upon any set of muscles exercised, a current of the vital principle is there directed; hence, improvement and growth."

Will concentration is merely autosuggestion, and has often proved efficacious without any bodily movements. The movements, of course, assist in the concentration. I do not mean to deny the efficacy of bodily movements; but I think Bennett's remarkable success was due to the personality he brought to his task. I am not sure but he might have succeeded had he accepted chewing as the cure-all, and Fletcherized for twenty-two years.

Fletcher, owing to an accidental circumstance, hit upon chewing as the great

cure-all, and he worked it with such enthusiasm and faith that he changed himself from a condition where he had been rejected as a bad life insurance risk, to a condition where his athletic feats, at his somewhat advanced age, astonished the physical directors and the athletes at Yale. I have not heard of any others who have had sufficient faith in Fletcher's idea to accomplish the same result. With the originator it is a sort of inspiration that leads him on to success; but he has few who follow him to success. Fletcher has enriched the vocabulary with the word *Fletcherize* and its derivatives, and possibly some day we may speak of the new method as "Bennettizing" the muscles. When a man is thoroughly Fletcherized, and Deweyized, and Sinclairized, and Bennettized, why should he not be a fit candidate for membership in the Select Order of Immortal Youths?

According to Rule

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

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

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

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

— *Selected.*



The Panama-Pacific and National Health

THE Panama-Pacific Exposition—a great achievement—was

made possible by the much greater achievement which it commemorates,—the construction of the Panama Canal. And great as was this colossal engineering feat, the canal was made possible by a still greater,—I say this, carefully weighing my words,—the sanitation of the Canal Zone. In fact, the Panama-Pacific Exposition signally commemorates man's greatest and most significant victory for generations,—the victory over the terrors of the tropics.

And this was a victory, not of a cult, not of a sect worshipping at the shrine of one man, and limited to some peculiar theories of disease and methods of treatment; it was a victory of scientific medicine accomplished by medical men who utilized the combined discoveries of the great biologists, chemists, physiologists, and bacteriologists. To quote from an editorial article in the *Southern Medical Journal* of September, 1914:—

“The greatest triumphs of medicine in the knowledge of men have been the elimination of yellow fever and the practical eradication of malaria from Havana and the Canal Zone, thus proving that those life-destroying and energy-sapping diseases, the most dreaded enemies to man in tropical and subtropical countries, can and will be conquered everywhere. These triumphs mean that millions will live in health, happiness, and unbounded prosperity in regions that are now sparsely inhabited and undeveloped because of the presence of these tropical diseases. Nothing in history is more inspiring than Gorgas's conquest over disease, and the good that he has done will rest like a benediction upon the inhabitants of temperate and tropical countries throughout the world, when wars and warriors and ‘the fearful ruin they have wrought’ have been forgotten.”

It is fitting that the Panama-Pacific Exposition should specialize on hygiene

and sanitation. It was the practical application of sanitary principles on the isthmus that made the exposition possible.

It is to be hoped that from this exposition will arise an impetus for improved sanitation that will make for better conditions all over this country. We must acknowledge with shame, that because they did not seem to interfere with “business” we have tolerated conditions that were and still are disgraceful,—conditions that would not have been tolerated in the Canal Zone. To quote again from the same journal:—

“It is estimated that several million people in the United States have malaria every year, and the annual economic loss from that disease is considered to be not less than \$100,000,000. Yet if the same practical methods of malarial prevention which were successfully carried out in Havana and the Canal Zone were put into effect and continued for five years in our own country, malaria would become a rare disease in the United States.”

And malaria is only one of a number of diseases which should be banished just as we have banished yellow fever and plague.

Should we have a United States Public Health Department? The idea has been repeatedly suggested, and has been systematically opposed by a persistent party which from the amount of money it has to spend in defeating legislation is evidently backed by some wealthy interested class—none other than the patent medicine and nostrum concerns, banded together in a powerful and wealthy association, whose interests are entirely opposed to intelligent sanitation and the instruction of people along the lines of prevention of disease.

Why should not Gorgas, whose success on the isthmus was followed by a call for his services on the part of Ecuador and

England, be honored with a Cabinet position in which his splendid ability might be displayed in the elimination of disease-producing conditions in this country? Why should the Canal Zone have all the advantages of the most advanced knowledge regarding the prevention of disease?

Importance of Personal Cleanliness IN the December *Public Health Reports* is a report by Surgeon W. W. King of the United States Public Health Service, on "Trachoma in the Schools of Porto Rico." On this island there is a very serious infection, about one sixth of the children examined having the disease. In this country there are sections where the disease is very prevalent. The following quotation from Dr. King's report is worthy of the serious attention of all parents:—

"The proverb, 'An ounce of prevention is worth a pound of cure,' is truly applicable to trachoma. Once contracted and developed, it is very difficult to cure. Treatment is painful, tedious, and wearing upon the endurance of both physician and patient; hence he is too often abandoned before complete cure is attained.

"Protection against it is more a matter of individual personal hygiene than of general measures. A person may live under the best hygienic surroundings and still be very negligent in his personal habits, due to ignorance or carelessness. Children are naturally careless and thoughtless, and unless taught personal hygiene, will grow up in ignorance of some of its more essential features. The time for beginning this instruction is infancy. It can hardly be said that any age is too early.

"The individual towel and individual handkerchief are as essential as, if not more than, the individual toothbrush, the necessity of which every one recognizes. This exclusiveness in such things should be cultivated to the point of seeming absurdity. It is safer to be overscrupulous rather than underscrupulous in these matters. Young children learn first by imitation, later by precept as well; and before the mother or nurse realizes, the child will notice that certain articles are reserved for its exclusive use and will want them.

"As the careless and indifferent age is reached, constant admonition and example should keep these hygienic observances before the mind of the child until they become habits. Habits formed in childhood endure with remarkable tenacity. Lapses will occur; but in proportion to the attention given personal hygiene, the danger of infection will decrease."

Liquor and War THE following quotation from a London letter to the *Medical Record* (New York) indicates how the present war is forcing abstinence on the people of Europe. Incidentally it is a war against rum:—

"The earlier closure of public houses has been carried out. The licensing authority on the 15th inst. (October), with the support of the government, ventured to order all licensed houses to close at 10 P. M. The temperance party are rejoicing over the victory they have long fought for; but the authorities, though sympathizing, had not the courage to decree. This is a war item. . . . Lord Kitchener has appealed to the public not to treat soldiers with drink (a common practice), but rather to assist them to resist temptations to which they are so much exposed. Where soldiers are stationed, Lord Kitchener suggests committees might be formed to advocate [mold?] public opinion on the importance of our defenders being in the highest state of efficiency, and this of course implies strict temperance."

Business Honesty FOR some time a few of the high-class magazines have refused to accept patent medicine and other fraudulent advertising. Recently the *New York Tribune* has adopted the same policy of protection to its readers. The *Tribune* places itself upon record in the following language:—

"Out of our armory of defenses goes the comfortable old doctrine of *caveat emptor*, that favorite refuge of the newspaper whose hands are full of not overclean advertising revenue. *Caveat emptor* is the strict letter of the law, but we shall never retreat behind it. In practice it means that the reader takes care while the newspaper takes the money. Under our system he does not have to take care. We will do the taking care for him."

Commenting on this advanced attitude, the *Journal A. M. A.* says editorially:—

"Should newspapers over the country, generally, take this stand, it would sound the death knell of the fraudulent 'patent medicine' industry. Imagine, if possible, a newspaper guaranteeing its readers against loss from taking 'Pulmonol' or 'Echman's Alterative for consumption'; from taking 'Swamp Root' or 'Doan's Kidney Pills' for Bright's disease; from taking 'Wine of Cardui' or 'Lydia Pinkham's' for 'female trouble'; from taking Countant's alleged cure for deafness; from using Plapao Pads for rupture; from taking any of the thousand and one wickedly exploited cures for cancer,—imagine a newspaper that guaranteed its read-

ers against 'loss or dissatisfaction,' carrying such advertisement.

"It isn't conceivable that any paper that had the interest of its readers sufficiently at heart to take the stand the *Tribune* has, could, in the nature of the case, accept advertisements from fraudulent 'patent medicine' concerns and quacks. Yet, as a moral principle, the new standard set by the New York *Tribune*, while so far in advance of the procession, is merely one of simple, elemental honesty. It is the stand that is taken by every honest man in business."

The periodicals which, through conviction of duty, dare begin a course that will cut off an important source of revenue and antagonize a powerful element in the business world, should have the hearty support of every person who believes that clean business is better than the other kind.

**An Excellent
Anticigarette
Document**

MR. HENRY FORD, the head of the great automobile factory of Detroit, Mich., in an interview went squarely on record as opposed to the use of cigarettes. This called for an impassioned reply from Mr. Hill, the president of the American Tobacco Company, who wrote:—

"Slander of the cigarette by parties of less prominence than yourself attracts no attention, certainly from us. Since your prominence and fame give your words greater weight than the words of men of no importance, there is imposed upon you a corresponding responsibility to make no statement reflecting on a product—and one million of users of such product—without investigation and the certainty that comes from investigation."

Mr. Hill, claiming in his defense that "scientific facts are all in favor of the cigarette," inclosed extracts from various journals, and made some of the stock arguments in favor of the harmlessness of the cigarette, and finished by saying that Mr. Ford should either prove his contention or enable the tobacco manufacturers to disprove it. Mr. Ford's reply was the booklet "The Case Against the Little White Slave," in which he gives scientific facts against the cigarette from various authorities. There appear some pages of quotations from employees in great factories, such as the Cadillac Mo-

tor Company, the Larkin Company, the Buffalo Adding Machine Company, Marshall Field & Co., John Wanamaker & Co., stating either that nonsmokers are given the preference or that cigarette smokers are not employed.

The story at the end of the book, "The Way of the Transgressor," is one that ought to grip any boy who is tampering with tobacco.

Altogether, this is one of the crispest and most convincing documents that has appeared on the evils of cigarette smoking.

In quantity this book will be mailed at five cents a copy, which is less than the cost of production.

Individuals desiring a single copy will probably receive a copy free upon application.

**Administrative
Prohibition**

LAST summer Secretary Daniels wrote his order abolishing alcohol from the navy. Goethals has practically abolished it on the canal, for every one licensed to operate on the canal is forbidden to indulge in liquor.

Now Surgeon-General Gorgas in his annual report says that the army is drier than at any time for thirty-five years. The rate of alcoholism in the army was lower the last fiscal year than at any time since 1870. This, he says, strengthens the contention of those who disapprove of the restoration of the canteen. "Near beer," supposed to contain not more than two per cent alcohol, is still sold at some posts, according to Gorgas, but he believes that even this will not be in demand much longer. He declares:—

"It is believed that the army will be well rid of any system of supplying alcoholic drinks. There really appears to be no more reason why they should be sold on government reservations to soldiers than there appears to be any reason for the regulation issue of grog of former days."

Another reason given for the decrease in alcoholism is "the effect produced by the Act of Congress stopping the pay of officers and enlisted men when incapacitated for duty on account of sickness due

to drug addiction, alcoholism, or other misconduct."

Thus as a matter of expediency, to get better service and to make more efficient men, a large proportion of Uncle Sam's employees have been placed, if not directly under the effect of a prohibitory law, at least in such a position that the drinking of liquor is very much diminished.

Crusade Against Disease Carriers A REVOLUTION in our ideas regarding disease transmission is in process. Gradually sanitarians are learning that our old methods of preventing disease transmission are in many cases absolutely useless; and yet, so long as the laws remain as they are, it is necessary for health officers to continue in these old and useless methods.

As a rule health laws run from a decade to a generation behind the most advanced knowledge in the profession. This is natural. A legislative body will not change such laws until the knowledge of the need of a change has filtered through the entire medical profession and a large part of the laity.

Dr. Alvah H. Doty, the veteran sanitarian of New York, asserts in the *New York Medical Record* of October 17 that in the "contagious" group of diseases more or less close contact is necessary for the transfer of infection from the carrier to the healthy person. The disease germs producing these diseases die so readily outside the human body that they do not survive on the surface of rooms, furniture, clothing, etc. Even library books are not important means of transmitting disease.

Dr. Doty believes that nothing is gained by disinfecting the room after a case of measles, diphtheria, or scarlet fever. Of course the family physician will not, in the present state of opinion, omit to do so; for if there were a second case of the disease in the family, he would be blamed for it because of neglecting what is so generally supposed to

be a valuable means in the prevention.

These diseases are probably, in nearly all cases, transmitted by means of saliva from one person's mouth to another. This may be by means of spoons, forks, drinking glasses, or cups, the things which the ordinary person is likely to consider harmless.

Dr. Doty emphasizes the fact that there is no proof that the scales in scarlet fever and measles are infectious. Even in smallpox he is satisfied that it is not the clothing and other articles that have to do with the transmission of the disease.

Of course until we are sure on all these points, we should not neglect to disinfect rooms and clothing, but we should pay much more care to articles that go into the mouth than we do to the disinfecting of articles that do not touch the mouth.

Bedbugs and Pellagra

THE November copy of the *Health Bulletin* published by the North Carolina State Board of Health, has an article on "The Pellagra Problem in North Carolina." As our readers probably know, North Carolina is seriously infected with this disease, and there has been much careful work done there to determine the nature and the cause of the disease. This article contains the following surmise as to the probable cause:—

"A number of careful observers (among whom is one of the members of the pellagra commission of this board) have for a long time had the bedbug under suspicion. It would appear that this theory comes much nearer answering all requirements than any hitherto suggested. The incidence of pellagra and the bedbug much more nearly coincide. It is a fact that both pellagra and bedbugs decrease in the same proportion as we ascend the scale of social conditions. It is still possible to account by this theory for those cases in the best social conditions; and it should be specially noted that when pellagra appears in such surroundings, it does not spread. This is well illustrated in the case of the James Walker Memorial Hospital in Wilmington, which has been admitting these cases since 1905, without any isolation, into the open wards."

THE MEDICAL MISSIONARY CAT WORK



A QUEER COMBINATION FOR CHRISTIAN HELP WORK

By a Nurse

WE were conducting treatment rooms in one part of the city, and a rescue mission in another part. The work of the mission increased to a point where it became rather heavy to carry in a financial way, so we decided to solicit help from the business men. Our solicitors were constantly met with the statement: "We do all our work of that kind through the city relief society. See the secretary."

The relief society secretary was visited, and although it was clearly explained that our mission relief work was done for all classes, regardless of religious connections, the answer was an emphatic refusal to give it any consideration. "We do not need you at all," the secretary said, and added some statements that were not complimentary to our work.

The next winter was a most severe one, and the coal dealers being unprepared for it, there came a coal famine. Much suffering resulted, especially among the poor. Some froze to death, and many became desperate. Should a car be placed on the railroad siding, it would soon be in possession of a crowd of men, women, and children, with bags, baskets, carts, and wheelbarrows, and before long the car would be empty. That was the year two vacant houses were stolen, and neither property nor thieves could be found; for the houses were torn down piece by piece and carried off by many persons for fuel.

Demands on our own supply of coal soon exhausted it, and we were compelled to close down our treatment rooms, as were many other establishments. A physician friend, who was close to the president of one of the railroads, managed in some way to get a carload of coal and donated it to us and to the city relief society, to be used between us for the cases of the most needy. The car remained in close care of the railroad company to save it from like fortune of other cars.

This brought the aforementioned secretary and me together to plan for the distribution of coal. The meeting might have been a cold one, socially, but for the fact that I readily offered to help in every way possible, and proposed that the secretary designate those to receive help, while I would look after the work of distributing the coal.

A large brewery of the city was compelled to shut down, leaving a number of teams idle. We secured the use of these, and in a little while we had a very busy relief movement by the cooperation of a brewer, an unfriendly official, and a Seventh-day Adventist nurse.

This experience brought the secretary close to us, and in subsequent relations made us a most valuable friend. Later, when suffering physically, the secretary came to us for personal help, although any number of physicians were readily available. "I come to you, brother, be-

cause I know you are a Christian," was the statement. At another time the visiting nurse of the city relief society was brought to us, seriously ill, the secretary leaving with the remark, "Have no fear now, you are in the hands of Christians."

Thus did we see the influence of medical missionary work in breaking down a feeling of prejudice based on religious grounds. It is a fundamental of this kind of work that it will surmount barriers of unfriendly prejudice.

SANITARIUM WORK AND WORKERS

THE New England Sanitarium, at Melrose, Mass., reports a well-filled house, some rooms being occupied by two persons. Good literature, good workers, and good service are causes, judging from what we hear and see.

The Boulder-Colorado Sanitarium is finding a growing interest in its health educational work. Calls come for lectures in outside places. Incidentally, or consequently, more patients are coming.

The Florida Sanitarium, at Orlando, Fla., had a good year for 1914. Its added improvements will help to make the future better. A new sun parlor, better treatment rooms, and improvements in general surroundings are noted.

L. C. Christofferson, who has a long time served as business manager of the Kansas Sanitarium, at Wichita, Kans., has resigned that position to take a much needed rest. R. L. Carson succeeds him, coming with the business experience that gives assurance of his filling the place suitably. Mr. Christofferson's withdrawal from active sanitarium work is regretted by his friends. The new man is wished success.

A new health periodical enters the field, entitled the *Sanitarium Exponent*. It is a quarterly, printed by the Washington (D. C.) Sanitarium, giving medical topics and news of special interest to the friends of the Washington Sanitarium. A low price on club rates will make it available for liberal distribution.

The Graysville Sanitarium, at Graysville, Tenn., has again secured Dr. M. M. Martinson, who was closely associated with the institution when it was first established. The doctor aims to make it one of the best institutions in the South.

Dr. C. C. Patch, recently of Memphis, Tenn., has connected with the Madison Sanitarium, at Madison, Wis., as house physician. He finds a welcome, although the departure of Dr. A. I. Lovell is regretted.

Dr. G. E. Klingerman is medical superintendent of the St. Helena Sanitarium, at Sanitarium, Cal. Having been connected with the institution for some time, he is well prepared to assume his present responsibilities.

Dr. Floyd B. Jones is now connected with the St. Helena Sanitarium, at Sanitarium, Cal. He is finding a number of new friends, and finds an active field of work.

Dr. Roxetta Runck has recovered from an

illness that caused her an enforced rest from active sanitarium work for a time. She expects to take up duties at an early date.

Dr. A. J. Sanderson, of the El Reposo Sanitarium, at Berkeley, Cal., who recently took a trip East, and visited friends en route, has enlarged and refitted his sanitarium so that he is better able than ever before to care for his guests.

Miss Etta Reeder, recently of the Washington (D. C.) Sanitarium, is now in charge of the nurses' training school of the Oakwood Sanitarium, at Huntsville, Ala. Both she and the sanitarium people seem pleased.

Miss Florence V. Dufur, graduate of Melrose (Mass.) Sanitarium Training School, 1904, has taken the work of head nurse at the Madison (Wis.) Sanitarium for a time. Miss Dufur has carried heavy responsibilities in hospital work for some time, and brings to her present position an experience of wide range.

A medical convention was held at College View, Nebr., January 20-22, with an attendance of superintendents, business managers, and head nurses from the sanitariums at Nevada, Iowa; College View and Hastings, Nebr.; Wichita, Kans.; and Boulder, Colo. This will be followed by a convention at Washington for the sanitariums farther east, and one at Loma Linda, Cal., for the western institutions.

The Washington Sanitarium Branch has moved from Iowa Circle, and is now located at 1713 I St. N. W. The new quarters are nicely equipped, and the facilities in general are very good for giving the best service. An excellent class of patrons give the institution a gratifying support. Dr. Margaret Evans-Stewart, in charge, is more than pleased with present conditions and with the prospects of a good future.

Dr. David Paulson, of the Hinsdale (Ill.) Sanitarium, reports a number of encouraging features in connection with the work of the institution. The medical evangelistic class, a new thing in the nurses' training school line, is more than meeting expectations.

A number of treatment rooms give the best kind of reports of their work. These health enterprises number forty-seven. Some of them do a volume of work equal to a small sanitarium. Last year about twenty thousand treatments were given.

L. A. H.

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.

Goiter.—"What are the symptoms and treatment of goiter?"

Goiter is a chronic hypertrophy or enlargement of the thyroid gland and manifests itself by an abnormal enlargement of the neck under the chin. One is likely to notice first that it is difficult to button the collar. There is no pain, and often the only evil effect is the annoyance from the disfigurement of the neck. Unless there is a breaking down of the growth, in simple goiter there may be little if any effect on the general health. In some cases the growth becomes pendulous and large enough to cause serious discomfort. There is a possibility that the growth may encroach on some of the nerves of the neck and by pressure cause death.

Treatment is generally unsatisfactory. It is said that in districts where goiter is prevalent it is an advantage to drink only boiled water.

Atomizer Formula.—"Please give me a good formula to use in an atomizer for catarrh of the throat."

Menthol $\frac{1}{2}$ dr.
Oil of eucalyptus $\frac{1}{2}$ dr.
Camphor $\frac{1}{2}$ dr.
Liquid albolene, enough to make two ounces.

Or you may receive more benefit from a benzoin solution, as follows:—

Menthol $\frac{1}{2}$ dr.
Oil of eucalyptus $\frac{1}{2}$ dr.
Oil of tar 1 dr.
Compound tincture of benzoin, enough to make four ounces.

The latter is best used in a nebulizer which divides the medicament into a fine fog instead of a spray.

Thyroid Treatment for Stunted Children.—"Is there a thyroid treatment for stunted children?"

Some children are stunted because of lack of thyroid secretion. This is the case with cretins in Switzerland. Where this is the trouble, it is proper to administer thyroid extract. This is obtained from any drug store, but it is not wise to give it except under the

direction of a physician. There is a possibility that the stunted growth is due to something else. If you were in the South, the first thing to think of would be the hookworm.

Dizziness.—"For two years, at intervals of about three months, I have had spells of dizziness. The dizziness is more intense when arising in the morning or when retiring. After getting up I seem to be filled with gas that gives a desire to vomit, and is most disagreeable. When I bend my head back while looking aloft, it seems to stop the circulation and brings on faintness. The periods when this condition is manifest extend over two or three weeks, during which time I am endeavoring to have the liver brought into more active operation, using a tablet called 'Bliss's Native Herbs,' and using Seidlitz powders to throw off the gas. The sensation of faintness is so intense at times that it makes me fearful that that will be the last time. Kindly give me counsel as to what I should do."

Your case requires a thorough examination and careful study. I will make one or two suggestions that may be a help to you; but at best what I can give in this way is only a guess.

It is possible you may do better on a diet consisting largely of cereals and milk, avoiding the use of all fruits. This may relieve the flatulence and help in other ways.

Regarding the tablets, "Bliss's Native Herbs," I am rather doubtful as to their advantage. I am not acquainted with this particular remedy, but from what I know of patent medicines in general I should hazard the opinion that this remedy consists of minerals rather than herbs.

Pyorrhea.—"Will you kindly give me a prescription for pyorrhea, for my teeth are beginning to get loose. I want to treat them at home. I could apply that medicine just as well as the dentist, if I knew what to get at the drug store."

If you had a watch you valued highly, you probably would not attempt to tinker with it,

but would take it to a skillful watchmaker. Even though you might think you could remove the dirt, there would be danger, in doing this, of injuring some delicate part. So I am not certain that it is wise to do away with the work of the dentist.

You might, if you had the right solution, apply it to the teeth; but the dentists do more than that. They carefully examine the mouth, and from this decide just what solution is needed. They may have to scale some of the teeth, that is, remove the tartar.

I could not tell you what medicine your dentist is using. The following is a very simple preparation, which you might try: Get an ounce of tincture of iodine; add five drops of this to a half cup of warm water; brush the teeth and gums with this, and also rinse the mouth out thoroughly with it before every meal and on retiring. This may prevent further trouble with your gums. But I think you would be wise to visit the dentist occasionally.

Sodium Phosphate.—"Is there anything objectionable in the use of sodium phosphate for constipation?"

Sodium phosphate may not be so harmful as some other substances, but it is much better, if possible, to obtain the same results from the use of laxative foods, with perhaps some bulky substance, such as agar. A little bran in a glass of water in the morning, an apple or an orange before breakfast, and other things of this kind are preferable to the use of any drug.

Nebulizer Versus Salve.—"One man who seemed successful in the treatment of catarrh, had a salve which was put on the end of a feather, and this was run up into the nostrils, and down the throat. Would a nebulizer reach these points as well?"

A nebulizer would reach the various parts of the air passages much better than a feather.

Accumulation in Ear.—"I have a baby boy five months old. He seems perfectly well except something is the matter with one ear. It seems more waxy than it should. A dry wax accumulates on the outside. He rubs it frequently. He never cries, and is not fretful."

It is possible that you have a case of suppuration, and that the dried substance is dried pus and not wax. You might observe the effect of dilute peroxide of hydrogen on it, using one part to three or four of warm

water. If it foams, it is probably pus, and I would suggest a gentle syringing with dilute peroxide daily. The fact that the baby is so healthy and has no pain is against its being suppuration.

If it is earwax, it is best removed by gentle syringing with warm water to which baking soda has been added in the proportion of a teaspoonful to the pint of water. This should be done by an ear specialist; but if you are where you cannot see a specialist, you may attempt it with a small rubber syringe, remembering that the drum membrane of the child is extremely delicate, and anything but the gentlest pressure of the stream of water may cause deafness. The water before it is put into the syringe should be a trifle warmer than would be comfortable for the baby, as the syringe will cool it.

Goldenseal.—"Could you give me the proportion of carbolic acid and goldenseal for a salve that I might use with vaseline for the treatment of catarrh?"

I have had no experience in the use of goldenseal. Catarrh is a very flexible term, and means almost anything. The treatment for one condition might be quite harmful for another. It is always well, however, to use a cleansing solution, of which the simplest is a teaspoonful of salt or baking soda to a pint of warm water, sprayed or snuffed gently up the nose. In case there is a dryness and a tendency to bleed, a little vaseline is often useful.

Internal Treatment for Catarrh.—"Is there any pill or other drug a person might use as a blood purifier to aid in treating catarrh?"

Most of the pills used as blood purifiers are cathartic in their action. Medical men generally have little faith in blood purifiers. The best blood purifier is an abundance of water, fresh air, and foods that do not rot in the intestines. If there is any trouble with the blood, it is very likely because of some intestinal disturbance.

Internal Use of Sulphur.—"Would it be dangerous to take a little sulphur in the wintertime in a solution?"

I do not know that a little sulphur would be dangerous. On the other hand, I am not sure that it would do very much good. The fact is, I have very little faith in anything of this kind taken inwardly.



EVOLUTION



IN ITS



INFANCY



SOME BOOKS

Old Age Deferred; the Causes of Old Age, and Its Postponement by Hygienic and Therapeutic Measures, by Arnold Lorand, M. D. Fourth edition, translated by the author from the third German edition. Price, \$2.50 net. Published by F. A. Davis Company, Philadelphia.

While it is impossible to create a young man, it is quite within the range of possibility to prolong the term of youthfulness by ten or twenty years. It is not necessary to grow old at forty or fifty. One may live to the age of ninety or one hundred instead of dying at sixty or seventy. This is Dr. Lorand's message, and his book is devoted to an explanation in plain language of the influences which hasten old age and of the means by which it may be avoided.

Dr. Lorand believes that people as a rule eat too much meat, drink too much liquor, tea, and coffee, and smoke too much tobacco. But he also has much to say regarding diet, clothing, sleep, exercise, hygiene of the mind, hygiene of married life, etc. In fact, there is no phase of life that he does not treat carefully.

Especially fascinating is his treatment of the internal secretions, their functions, and their relation to old age. See editorial comment in this issue.

Old Age; Its Cause and Prevention, by Sanford Bennett. Published by Physical Culture Publishing Company, New York.

Mr. Bennett, a well-known San Francisco man, claims to have done the unusual in that he has, by a series of exercises devised by himself, transformed himself from an old man at fifty to a young man at seventy-two. He asserts that his method consists solely in a series of thirty muscular exercises, which can be taken in bed without any apparatus and without any other instruction than is given in his book; and he believes that any one who faithfully follows his instructions, will obtain the same results that he did. He highly recommends deep breathing, fresh air, cleanliness, and an occasional fast, though it is on his exercises that he lays the greatest emphasis.

If we may judge from his photographs, he has certainly made himself appear years younger and more vigorous at seventy-two than he was at fifty. His success is a challenge to others to do the same. See editorial comment in this issue.

A Nurse for Every Home, by M. G. Overlock, M. D. Price, \$2 net. Overlock Associates for the Protection of Health Publishers. Massachusetts Health Book Publishing Company, Worcester, Mass.

The purpose of this little book is to place before the public the principles of home nursing in a condensed form for ready reference. It gives valuable aid in nursing, caring for and cooking for the sick and convalescing. It shows at a glance the most common diseases, with their causes and symptoms. Particular attention has been given to emergencies and what to do when they arise, to infectious and contagious diseases, and to disinfectants and their uses in preventing the spread of the same.

Shall I Drink? by Joseph Henry Crooker. Price, \$1 net. Pilgrim Press, Boston, Mass.

A calm but convincing discussion of the drink problem from the personal viewpoint. The problem discussed is not, How shall I vote? nor, What should be the attitude of the government to the drink problem? The question narrows down with the author to one question: How shall I in my personal habits relate myself to the drink problem?

The author has given us, not a series of unbacked assertions, but a marshaling of the authoritative statements, the statistics, the experiments, the experiences which go to prove that "wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise."

Not the least important is the alphabetical index of the authorities quoted. This makes the book at once a compendium of striking statements of scientists, physicians, and others who have expressed themselves on the liquor question.

Principles and Practice of Hydrotherapy for Students and Practitioners of Medicine, by George Knapp Abbott, A. B., M. D. Second edition, revised and enlarged, with 128 illustrations. The College Press, Loma Linda, Cal.

It is to be regretted that hydrotherapy is not in more general use. There are a number of reasons why this is so. It is not adequately taught in the medical schools. It requires more careful supervision and trained assistants than the administering of drugs. It is connected in the minds of many physicians with the unscientific "water cures" of a generation ago.

There has been great need of a practical textbook on the subject, which gives adequate information, and yet is not cyclopedic and cumbersome. Dr. Abbott, in his excellent book, seems to have met that need admirably.

This second edition contains much new matter, including a chapter on "Insanity and Drug Addictions;" a section on "Prescription Writing and Treatment Combinations," and

one on "Hydrotherapeutic Apparatus and Treatment Rooms."

The writer of this review knows of no textbook which is quite equal in all respects to this work by Dr. Abbott.

Dr. Abbott also has a smaller book on hydrotherapy, intended especially for the instruction of nurses. This is published by the Review and Herald Publishing Association, Takoma Park, Washington, D. C.

Leviathan, by Jeanette Marks. Price, \$1.35 net. George H. Doran Company, Publishers, New York.

This is a story illustrating what threatens to be America's greatest peril—the narcotic habit.

Miss Marks has given us a graphic account of a gifted man who became a slave to the drug habit. She not only pictures the terrific struggles of this victim with his habit,—his lower self,—but shows how in persons who desire restoration a cure may be effected.

If all the things regarding narcotic drugs which she asserts through some of her characters, are true, we are certainly honeycombed with a vice more terrible, if not more preva-

lent, than the liquor evil. But being a solitary rather than a social vice, it is less observed than the liquor evil.

There is much excellent counsel; for instance, "The only thing to be said about this whole question of drugs and stimulants of any kind, even tea and coffee, is, 'Don't take them.' Let doctors say what they will, nevertheless don't. Some physicians have about as much principle as a crocodile."

Here is another statement: "Yes, there are literally hundreds of thousands of babies all over the land who have the drug habit. And mothers and nurses give them soothing sirup containing dope. When the effect wears off, they awaken and cry for more. They have the habit. You can imagine how the future is mortgaged by these sirups, colic cures, children's anodynes, infants' friends, teething concoctions, and the like. The mother looks at the circular and sees, 'Contains nothing injurious to the youngest babe,' and believes it."

Miss Marks then refers to the Farmers' Bulletin No. 393 of the Department of Agriculture, which gives a large list of such preparations. Some of her statements are astounding, but so far as I've been able to check them up they seem to be within the truth.

TESTIMONIALS ARE WORTHLESS!

Here are five testimonials for a fraudulent "Consumption Cure"
 —NATURE'S CREATION. The individuals who wrote them
 ALL DIED OF CONSUMPTION

<p>DEAN W. COOK</p>  <p>When I was 21 years old I was afflicted with consumption and I was told by the doctor that I would never get well. I tried many different remedies but nothing helped me. I was told by a friend that I should try Nature's Creation. I bought a bottle and took it for a few days and I felt better. I continued to take it and in a few weeks I was able to get on my feet. I was told by the doctor that I would never get well. I tried many different remedies but nothing helped me. I was told by a friend that I should try Nature's Creation. I bought a bottle and took it for a few days and I felt better. I continued to take it and in a few weeks I was able to get on my feet.</p> <p><i>Dean W. Cook</i></p> <p>1234 Main Street, New York, N. Y.</p>	<p>LEWIS SPAIN</p>  <p>I was afflicted with consumption and I was told by the doctor that I would never get well. I tried many different remedies but nothing helped me. I was told by a friend that I should try Nature's Creation. I bought a bottle and took it for a few days and I felt better. I continued to take it and in a few weeks I was able to get on my feet. I was told by the doctor that I would never get well. I tried many different remedies but nothing helped me. I was told by a friend that I should try Nature's Creation. I bought a bottle and took it for a few days and I felt better. I continued to take it and in a few weeks I was able to get on my feet.</p> <p><i>Lewis Spain</i></p> <p>567 Broadway, New York, N. Y.</p>	<p>MR. GEO. S. BOWEN</p>  <p>I was afflicted with consumption and I was told by the doctor that I would never get well. I tried many different remedies but nothing helped me. I was told by a friend that I should try Nature's Creation. I bought a bottle and took it for a few days and I felt better. I continued to take it and in a few weeks I was able to get on my feet. I was told by the doctor that I would never get well. I tried many different remedies but nothing helped me. I was told by a friend that I should try Nature's Creation. I bought a bottle and took it for a few days and I felt better. I continued to take it and in a few weeks I was able to get on my feet.</p> <p><i>Geo. S. Bowen</i></p> <p>123 Main Street, New York, N. Y.</p>	<p>MRS. J. W. HARRIS</p>  <p>I was afflicted with consumption and I was told by the doctor that I would never get well. I tried many different remedies but nothing helped me. I was told by a friend that I should try Nature's Creation. I bought a bottle and took it for a few days and I felt better. I continued to take it and in a few weeks I was able to get on my feet. I was told by the doctor that I would never get well. I tried many different remedies but nothing helped me. I was told by a friend that I should try Nature's Creation. I bought a bottle and took it for a few days and I felt better. I continued to take it and in a few weeks I was able to get on my feet.</p> <p><i>Mrs. J. W. Harris</i></p> <p>456 Broadway, New York, N. Y.</p>	<p>MRS. T. W. HARRIS</p>  <p>I was afflicted with consumption and I was told by the doctor that I would never get well. I tried many different remedies but nothing helped me. I was told by a friend that I should try Nature's Creation. I bought a bottle and took it for a few days and I felt better. I continued to take it and in a few weeks I was able to get on my feet. I was told by the doctor that I would never get well. I tried many different remedies but nothing helped me. I was told by a friend that I should try Nature's Creation. I bought a bottle and took it for a few days and I felt better. I continued to take it and in a few weeks I was able to get on my feet.</p> <p><i>Mrs. T. W. Harris</i></p> <p>789 Broadway, New York, N. Y.</p>
<p>DIED, DEC. 23, 1909</p>	<p>DIED, APRIL 2, 1910</p>	<p>DIED, OCT. 19, 1910</p>	<p>DIED, DEC. 3, 1910</p>	<p>DIED, MARCH 17, 1911</p>

Ⓐ These testimonials were honestly given. Ⓑ They illustrate the worthlessness of testimony of this kind. Ⓒ The consumptive, in the first flush of optimism over a new "treatment," always believes he has been benefited. Ⓓ At that time the testimonial is secured. Ⓔ The victim dies, but his testimonial lives on!

See Circular 1234 to the American Public, Consumptive.

CURRENT COMMENT



Less Meat for Americans

It seems safe to predict a time when we shall cease to export meat, because we shall consume it all ourselves. Indeed, we are beginning to import, as we have repeatedly mentioned. Meat as a steady diet is already out of reach of the poorest, and will become an occasional food, as it has been in parts of Europe for a long time. We shall get our nitrogen in other ways. Perhaps this will be a benefit, for we were the greatest meat eaters in the world, and have perhaps been overgorging ourselves, as not a few physiologists assert.—*American Medicine, November, 1914.*

The Abuse of Quinine

QUININE is usually looked upon as a harmless drug. So common a household remedy is it that the laity take it *ad libitum* for colds and nearly everything else. The use of quinine in large doses, and especially for a continued length of time, disturbs the auditory mechanism, and often produces marked deafness; it also upsets the nervous system and affects unfavorably the corpuscular elements of the blood. Its tendency to produce hemorrhage is well recognized. Aside from malaria and just a few conditions bordering on sepsis, we see no special indications for quinine. The majority of colds and acute conditions for which quinine is taken are aggravated, the secretions perverted, the stomach and nervous system deranged. Quinine is valuable as a tonic only when administered in small or medium doses.—*The Medical Summary, December, 1914.*

Prohibition Tendencies

It is estimated that student drinking has fallen off in Ann Arbor at the rate of twenty-five per cent each year, as compared with the preceding year, for the last undergraduate generation. The tendency would seem to be more than in direct ratio to the decrease of intemperance throughout the country. For the most part, it has been the result of a wholesome change in attitude, although such agencies as the Y. M. C. A. and the faculty supervision have undoubtedly had their effect. Perhaps the culmination of the movement

toward absolute prohibition has just been reached, in the action of a representative group of varsity athletes who have organized to suppress drinking, among other evils. Four years ago such a step would have met with ridicule on the campus. Today it is received seriously and thoughtfully, and it is predicted that its exemplary results will be far-reaching.—*University Bulletin (Ann Arbor, Mich.)*

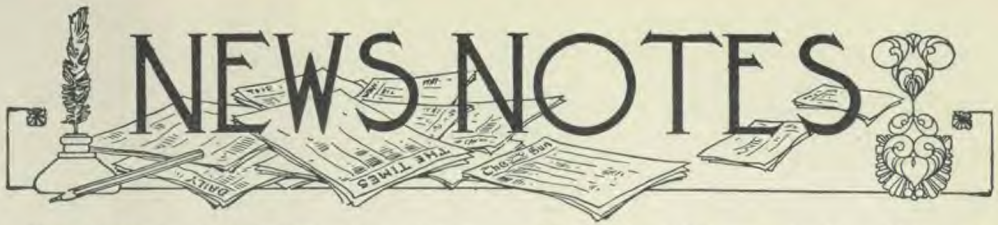
Prevention of Cancer

THERE is much about cancer that is obscure. We do not know why the rebellious tissue cells grow wild and destroy their host. We may never know. Neither do we know the cause of gravitation or chemical affinity. These are ultimate facts about nature that are inaccessible to solution, but this ignorance does not prevent us from making considerable use of gravity and chemistry. What we do know about cancer are the conditions leading up to it, and the proper use of this knowledge by the individual will very largely protect him. This knowledge is a very small part of the subject, but it is sufficient for the present to accomplish great results.

The fact of the greatest practical importance in our present knowledge of cancer is that the disease in its early stages is purely local, and can be successfully removed from the system by surgical means. In the second place, we know that irritation in many different ways plays a most important part in the development of the various forms of cancer. This knowledge gives an important direction of efforts toward prevention and cure. The sources of constant irritation to any part of the body should be removed.

In external cancer there is something to be seen or felt, such as a wart, a mole, a lump or scab, or an unhealed wound or sore. Pain is rarely present. Cancer inside the body is often recognized by symptoms before a lump can be seen or felt. Continuing indigestion, with loss of weight and change of color, is especially suspicious. Persistent abnormal discharge should arouse suspicion of cancer, particularly if the discharge is bloody. The early and hopeful stages of cancer are usually painless.—*Bulletin Kansas State Board of Health.*





NEWS NOTES

The Spread of Pellagra.—New Hampshire has recently reported seven deaths from this disease, and several cases under treatment. In Mississippi eight hundred and twenty-four new cases were reported during October. These items will show how rapidly this disease is spreading geographically and numerically.

Skin Disease in Breast-Fed Infants.—One observer states that eczema and psoriasis in infants are due to certain poisons in the mother's diet. According to him, these conditions are often cured by putting the patient on a strictly vegetarian diet. Probably he meant that he put the mother on a vegetarian diet. It will be remembered that Bulkley, of New York, has cured many cases of psoriasis by confining the patient to a rigid vegetarian diet. Some of his patients who returned to a mixed diet would have a relapse, which would not yield until they had returned to the simple diet.

Food for the Armies.—It is difficult for one to realize the vastness of the military operations in Europe. To feed one million men a day requires 1,200 tons of food, enough to fill fifty-six cars—twenty tons each. That is, for every million men on the field—and altogether there must be several times a million men facing each other on the battle field—there must be brought up two trainloads of food daily; for whether or not a country feeds its men generously in times of peace, it does so in time of war, knowing that an undernourished soldier is not so reliable as one who is well fed. Occasionally there are half-starved soldiers at the front, but it is because rapid movements have interfered with the arrangements for getting food to the men.

Another Painless Method Proved Harmful.—Following the sensational articles in *McClure's* on the "twilight sleep" method of painless childbirth, the *Cosmopolitan* magazine has published an article in which it is claimed that a newly discovered drug—"detoxicated morphine"—has been found to be devoid of the slightest danger to mother or child, and to make painless childbirth a scientific certainty. It was asserted that the French Academy of Medicine had approved the new remedy. Now it appears that the supposed new remedy is nothing in the world but morphine hydrochloride, having the same poisonous and habit-forming power as ordinary morphine. Moreover, the new remedy has never been approved by the French Academy. So much for sensational magazine articles written at so much per, by irresponsible men who have made a reputation as writers of fiction. Fiction is not wanted in such a matter as this.

Mice Carry Plague.—In New Orleans it has been shown that mice may be infected with plague, and hence through the flea may be the means of transmitting plague to man. Plague-infected mice have been found in New Orleans.

Campaign Against Narcotics.—The campaign against the illicit sale of habit-forming drugs is being vigorously prosecuted in New York City. Officials seized, December 21, on the lower East Side, the largest supply of narcotics taken for years. It consisted of one hundred and fifty thousand pills and thirty-seven boxes of powder, and was valued at \$10,000. Other sources supplying large quantities of narcotics are being located. It was learned that certain steamships from Liverpool were bringing in large quantities of these drugs. These supplies are being seized as they reach this country, and persons found guilty of handling narcotics illicitly are being prosecuted.

Cheaper Radium.—The director of the United States Bureau of Mines says that employees in his bureau have perfected a method by which radium can be extracted from ores for one third of the price paid for the present method of extraction. Radium, which is now valued at \$120,000 a gram, or \$8,000 a grain (gold is worth about four cents a grain), will then be sold for about \$40,000 a gram, and many of the smaller hospitals will be enabled to purchase a supply. Perhaps not an unmixed benefit. When radium becomes cheaper, one important factor in its healing power will be gone. The principal efficiency in the chloride of gold cure of drunkenness was due to the fact that its expensiveness impressed the patient that something valuable was being done for him.

Antinarcotic Bill Passed by Congress.—Dec. 10, 1914, the House of Representatives passed the Harrison Bill to regulate the interstate sale of opium and cocaine preparations. The bill has been before Congress for two years. It has been found difficult to word it so that it will be effectual in preventing illicit use of the drugs without working a hardship on physicians. The bill as finally passed exempts the dispensing or distributing by physicians of drugs containing opium or coca leaves or any of their derivatives, provided the physician keeps a record of all such drugs dispensed or distributed, stating the amount dispensed, the date, the name and address of patient. This act can become effective only where there is adequate State legislation; in fact, it was intended largely to do away with some of the difficulties which faced those who were attempting to enforce the State laws.

New York's New Sanitary Code.—March 1 the new sanitary code of the State of New York, having the same force as a legislative enactment, with every violation punishable as a misdemeanor, went into effect. Among other things forbidden by the new code are the common drinking cup, the common towel, the unclean barber cup and hair brush, and the practice of spitting on the streets and in public buildings.

Disinfectants Unreliable.—The Interborough Rapid Transit Company of New York City, after a series of investigations, arrived at the conclusion previously reached by the officials of the health department that the use of disinfectants in cars for cleaning purposes is an inefficient and useless method, and have planned to discontinue the use of disinfectants for this purpose, and to do more thorough mechanical cleaning and airing of the cars.

Hookworm in Canal Zone.—In an investigation conducted in the Canal Zone under the auspices of the health commission of the Rockefeller Foundation, there were discovered seven hundred cases of hookworm infection out of one thousand persons examined—a very high percentage of infection. An effort is being made to induce all inhabitants of three of the towns to submit to examination. Treatment is given free to those who will accept it.

Artificial Fertilizers and the Eye.—Some experiments have recently been performed upon rabbits in order to test the supposed injurious effects of artificial fertilizer on the eye. Superphosphates produced a slight inflammation, with a transient cloudiness of the cornea; Thomas slag caused a more marked inflammation, with cloudy cornea and permanent scars of the cornea; calcium cyanamide caused a very marked inflammation of both conjunctiva and cornea.

The Plague in Europe.—Strickland, in the *Lancet* (London), shows that it was the black rat that transmitted the epidemics of bubonic plague which devastated Europe in past centuries. The black rat, which was essentially a house rat and congregated as near to man as possible, has been largely superseded by the brown rat, which gets as far as possible from man, leaving the cities in the summer for the open country. This may partially explain why Europe has not been visited by epidemics recently.

A Wise Conclusion.—A medical contemporary states that in Wisconsin the death rate for July, August, and September was 9.7 per thousand of the population, the lowest for that season since the adoption of the new law for the registration of deaths. Then comes the illuminating statement: "It is said that the low rate of mortality is due almost entirely to the marked decline in the number of deaths from preventable diseases." Most certainly it would not have been likely to be due to a decline in unpreventable diseases!

Against Vaccination.—The commissioners of Washington County, Maryland, have recommended that the health officer discontinue the rigorous enforcement of the vaccination law.

Vaccine Establishment Starts Epidemic.—According to the 1908 Report of the Bureau of Animal Industry, page 390, it would seem that the outbreak of foot-and-mouth disease of that year started in Detroit, Mich., at the laboratories of a firm engaged in the manufacture of smallpox vaccine. The disease was found in twenty-one heifers previously used for the preparation of antismallpox vaccine.

A Cure of Speeditis.—In Portland, Oregon, they have discovered a sure cure for the fatal disease (fatal to the innocent bystander) speeditis, to which chauffeurs are so susceptible. When they find a man afflicted with a tendency to exceed speed limits, they give him a few days of exercise, air, and sunshine—on the rock pile. The cure is speedy and permanent. With streets full of motor cars, Portland has not had an auto accident for nine months. (Magazines devoted to the motor car, cycle car, and motor cycle, please copy.)

Lightning Rod Vindicated.—Two Canadian investigators have carefully collated information regarding the correlation between the presence of lightning rods on buildings and the immunity of these buildings to damage from lightning. The question they attempted to solve was, Do lightning rods afford a protection against lightning? From their report the protection amounts to considerably more than ninety-nine per cent. In Michigan they found for every \$1 loss on protected buildings, \$1,168 loss on unprotected buildings. In view of the fact that often the rods have been hurriedly put up by irresponsible agents, it is reasonable to infer that if the rods are put up properly, the protection is absolute.

Painless Maternity.—Dr. M. W. Knapp in the *Medical Record* of November 14, describes a method of obviating the pain of parturition which he has used successfully for three years. The method requires no trained assistants, and can be used as well in the humblest home as in the most completely appointed maternity hospital. He gives one-half grain of heroin hydrochloride hypodermically, and within twenty minutes the patient is drowsy and no longer feels the pains. He explains to the patient the need of bearing down. Between pains the patient often falls into a light sleep. The effect of one full dose usually lasts three hours. Sometimes in a severe labor it is necessary to give another full dose, but more commonly one half or one third of a dose is all that is necessary. He aims never to give more than half a grain at one time. This dose inhibits sensation, but does not affect the motor nerves. He has employed this method in about one hundred cases, all in private practice, and has observed no injurious effect upon the child.

Poisoning From String Beans.—Wilbur and Ophüls, in the *Archives of Internal Medicine*, October, 1914, reported twelve cases of food poisoning which followed the eating of "home-made" canned string beans, served without preliminary heating.

Iodine for Wounds.—Owing to the fact that many of the wounds in the present war are infected, it has been found that the method of aseptic treatment is not sufficient to prevent infection, and there has been a return to the antiseptic method. Each soldier is given a small quantity of tincture of iodine to use as a first-aid application to fresh wounds.

Borderland of Disease.—A physician, in the *British Medical Journal*, calls attention to the fact that most of the medical teaching is based on observations in the clinics, where well-advanced cases, rare conditions, anomalies, etc., are shown to students to the neglect of minor, everyday ailments which would form the greater proportion of their actual practice.

Medicine Sampling Forbidden.—In December last the Chicago chief of police gave orders for the arrest of all persons distributing samples of medicines. This is a wholesome order. Too many children have been fatally poisoned from taking the contents of a sample of "headache tablets" or some other nostrum, left in the front yard or on the steps by a sample distributor.

Concrete Roads.—In 1914 there was laid enough concrete road, if in one stretch, to make a road twelve feet wide, and reaching two thousand seven hundred miles, or from the Atlantic almost to the Pacific. There was fifty times as much concrete road built in 1914 as in 1909.

A National Leprosarium.—Dr. Rupert Blue, Surgeon-General United States Public Health Service, has recommended to Congress the establishment of a national leprosarium under control of the Public Health Service. There are now 146 recorded cases of leprosy in the United States.

Schools for Little Mothers.—The Philadelphia Board of Education has established, in the seventh and eighth grades of the public schools, a course of instruction for "little mothers," in the care of babies. Many of these children have to act as mother to their younger brothers and sisters, while the mother of the family goes out to earn part or all of the family living.

Tonsillitis in Babies.—Fischer, in the *Medical Record* (New York), says that tonsillitis and gastric fever follow a deranged stomach in the infant as well as in the older child. It is important to examine the throat of every child when it refuses to eat. Fischer advises for tonsillitis, in such cases, an alkaline laxative, such as compound jalap powder, with free water drinking, but no food.

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The Making of Desserts

(Concluded from page 126)

and one-fourth teaspoon salt. Bake till tender. While the apples are baking, prepare a custard from the following ingredients:—

- $\frac{3}{4}$ quart milk
- $\frac{1}{2}$ cup sugar
- 2 whole eggs and two yolks
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{2}$ level teaspoon salt

Warm the milk. Beat the eggs and yolks together, then beat the sugar into them. Stir into them the hot milk, vanilla, and salt, and beat well together. This should be ready when the apples are done. Pour this custard over the hot apples, and return to the oven to bake just long enough for the custard to set. A meringue may then be put on the pudding, if desired, by beating the two egg whites and folding into them three level tablespoons of sugar, spreading this on the pudding, and setting it on the grate of the oven long enough to color the meringue a light brown.

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Sitting together, at the restaurant,

I chanced to speak of hunting. And I told,
With primitive man pride, how once a gaunt
And savage wolf, by hunger's pangs made bold,
Had tested all my courage in the strife.

I saw her sweet face sadden; then she cried:
"How could you, O, how could you take the life
Of any creature? God's earth is so wide,
Is there not room for all things? Is there not
Pleasure enough beneath the glorious sun
For man to find diversion in his lot
Without the aid of cruel hook or gun?"

She was a thing of beauty to the eyes.
Silent I sat and noted all her grace:

Decked with a slaughtered bird of paradise
Her small fair head, and lovely girlish face
Rose from a snowy mass of priceless fur;
Headed and tailed, a muff lay in her lap;
Young kids had died to clothe the hands of her;
A score of skins made lining for her wrap.

She breathed destruction of dumb living things
From her small hide-cased foot to feathered hair;
A splendid bird had given life and wings
And harmless beasts their blood to make her fair.
I passed the menu, asking for her choice.
There were a hundred dainties to beguile.
She glanced them over; then in silvery voice,
Fish, fowl, and flesh she ordered with a smile.

—*Ella Wheeler Wilcox.*

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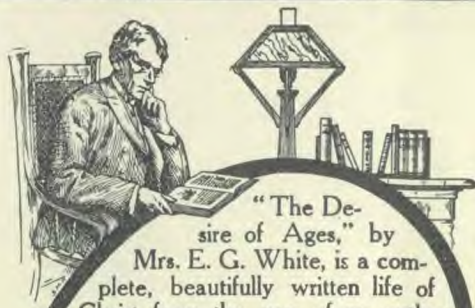
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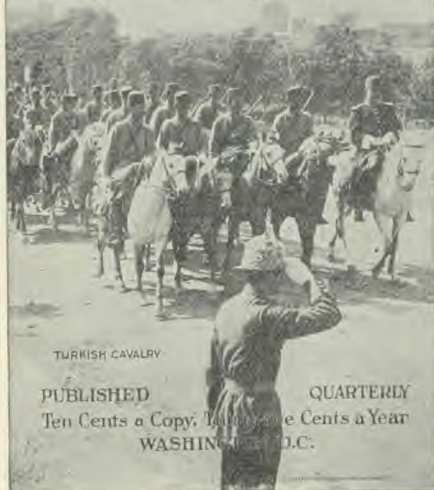
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