

# Life & Health

THE NATIONAL HEALTH MAGAZINE

---



*April 1915*

10 CENTS A COPY      ONE DOLLAR A YEAR  
WASHINGTON, D. C.



# Washington (D. C.) Sanitarium



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

Send for Prospectus to the

## WASHINGTON (D. C.) SANITARIUM

Phone Takoma 127

Takoma Park, WASHINGTON, D. C.

# Boulder-Colorado Sanitarium, Boulder, Colorado

## Non-Tubercular



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

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

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

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



## OUR GENERAL AGENCIES

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

Alabama Tract Society, 316 Lyric Bldg., Birmingham, Ala.  
Arkansas Tract Society, 37 South St., Fayetteville, Ark.  
California Bible House, 537 Twenty-fifth St., Oakland, Cal.  
California-Nevada Missionary Society, 341 E. Lodi St., Lodi, Cal.  
California Bible House (Central), Box 1304, Fresno, Cal.  
California Tract Society (Southern), 417 W. Fifth St., Los Angeles, Cal.  
Chesapeake Tract Society, 1611 Ellamont St., Baltimore, Md.  
Colorado Tract Society (Eastern), 1112 Kalamath St., Denver, Colo.  
Colorado Tract Society (Western), 122 South Eighth St., Grand Junction, Colo.  
Connecticut (see New England, Southern).  
Cumberland Tract Society, (E. Tennessee), Graysville, Tenn.  
Delaware (see Chesapeake).  
District of Columbia Tract Society, 708 McLachlen Bldg., Washington, D. C.  
Florida Tract Society, 19 W. Church St., Orlando, Fla.  
Georgia Tract Society, 169 Bryan St., Atlanta, Ga.  
Idaho Tract Society, Box 643, Boise, Idaho.  
Illinois Tract Society (Northern), 3645 Ogden Ave., Hawthorne Station, Chicago, Ill.  
Illinois Tract Society (Southern), 304 West Allen St., Springfield, Ill.  
Indiana Tract Society, 521 East Twenty-third St., Indianapolis, Ind.  
Iowa Tract Society, Nevada, Iowa.  
Kansas Tract Society, Rooms 614-615, Butts Bldg., Wichita, Kans.  
Kentucky Tract Society, Nicholasville, Ky.  
Louisiana Tract Society, 810 Jackson Ave., New Orleans, La.  
Maine Tract Society, 75 Grant St., Portland, Maryland (see Chesapeake).  
Massachusetts Tract Society, Room 608 Tremont Temple, Boston, Mass.  
Michigan Tract Society (East), 426 Trumbull Ave., Detroit, Mich.  
Michigan Tract Society (North), 510 Petoskey St., Petoskey, Mich.  
Michigan Tract Society (West), 1214 Madison Ave., Grand Rapids, Mich.  
Minnesota Tract Society, 336 East Lake St., Minneapolis, Minn. (Exchange rate 45c).  
Mississippi Tract Society, 332 Union St., Jackson, Miss.  
Missouri Tract Society, 407 Orchard St., Clinton, Mo.  
Montana Tract Society, 411 Black Ave., S., Bozeman, Mont.  
Nebraska Bible Supply House, 905 North California Ave., Hastings, Nebr.  
Nevada Mission, 325 W. Fifth St., Reno, Nev.  
New England Tract Society (Northern), 136 N. Main St., Concord, N. H.  
New England Tract Society (Southern), 51 Whitmore St., Hartford, Conn.  
New Hampshire (see N. New England).  
New Jersey Tract Society, 200 Columbus Ave., Trenton, N. J.  
New Mexico Tract Society, Box 286, Albuquerque, N. Mex.  
New York Tract Society (Greater), Room 904, 32 Union Square, New York, N. Y.  
New York Tract Society, 317 W. Bloomfield St., Rome, N. Y.  
New York Tract Society (Western), 527 Garson Ave., Rochester, N. Y.  
North Carolina Tract Society, 234 Summit Ave., Greensboro, N. C.

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

### UNITED STATES POSSESSIONS

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

### CANADIAN AGENCIES

Ontario Tract Society, Box 308, Oshawa, Ont., Canada.  
Eastern Canada:  
Canadian Pub. Assn., Box 308, Oshawa, Ontario.  
Quebec Tract Society, 18 Calumet Ave., Montreal, Quebec, Canada.  
Maritime Tract Society, 161 Botsford St., Moncton, N. B.  
Newfoundland Tract Society, Box 217, St. John's, Newfoundland.  
Western Canada:  
Alberta Tract Society, Lacombe, Alta.  
British Columbia Tract Society, 1708 Maple St., Vancouver, B. C., Canada.  
Manitoba Tract Society, 290 Bannerman Ave., Winnipeg, Man., Canada.  
Saskatchewan Tract Society, Box 244, Regina, Sask., Canada.

### FOREIGN AGENCIES

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

LIFE AND HEALTH

WASHINGTON, D. C.



## MY SUBSCRIPTION FREE

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

GENTLEMEN:—

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

First Name .....

Address .....

Second Name .....

Address .....

My Name .....

Address .....

## APPLICATION FOR AGENCY

GENTLEMEN:—

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

Name .....

Street No. or Box .....

Town .....

Name and address of my friend who also desires agency .....

## AGENT'S ORDER BLANK

GENTLEMEN:—

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

..... copies to me at .....

..... copies to me at .....

..... copies to me at .....

..... copies to me at .....

Name of Agent .....

Address until ..... will be .....

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

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



# LIFE AND HEALTH

APRIL, 1915

## CONTENTS

<b>GENERAL ARTICLES</b>	
Corsets Old and New, James Frederick Rogers, M. D.	156
Caffeinism, D. H. Kress, M. D.	159
Medicine and the Doctor, Dr. H. J. Achard	161
Why Disinfect? C. V. Chapin, M. D.	166
Why Three Meals? Philos	169
<b>STIMULANTS AND NARCOTICS</b> 171	
Alcohol, Narcotics, and Crime, Edward Wallace Lee, M. D.	
<b>THE CONSULTATION ROOM</b> 173	
Constipation.	
<b>FOR THE MOTHER</b>	
The Feeding of Sick Children, Dr. Carl G. Leo-Wolf	176
Helpful Suggestions for the Busy Housewife	177
<b>HOME COOKING SCHOOL</b> 178	
Are Desserts Superfluous? George E. Cornforth.	
<b>EDITORIAL</b>	
The Staff of Life	181
Meat and the Disposition	182
<b>AS WE SEE IT</b> 183	
Prohibition in Russia—The Harrison Antinarcotic Act—Sore Throat and Milk—Baking Powders.	
<b>THE MEDICAL MISSIONARY AT WORK</b> 186	
Medical Missionary Work in China, A. C. Selmon, M. D.	
<b>QUESTIONS AND ANSWERS</b> 188	
Colic—Bronchial Cough—Piles and Constipation—Weaning Baby—Constipation and Laxatives—Exclusive Milk Diet—Hygiene of Painting Trade—Hair Turning White.	
<b>CURRENT COMMENT</b> 190	
Is Pasteurization Essential?—Our Weakness for Medicine—Uncle Sam Tries to Make Fat Women Lean—The Decline in Drinking.	
<b>SOME BOOKS</b> 191	
Practical Hormone Therapy—Health and Longevity Through Rational Diet—Wealth From the Soil.	
<b>NEWS NOTES</b> 192	

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

### PRICES, POSTPAID

Yearly subscription	\$1.00	Three years (or 3 subscriptions, 1 year)	\$2.00
Six months	.50	Four years (or 4 subscriptions, 1 year)	2.50
No subscriptions for less than six months		Five years (or 5 subscriptions, 1 year)	3.00
Two years (or 2 subscriptions, 1 year)	1.75	Five copies, six months, to five addresses	1.50
Five or more copies, mailed by publishers to five addresses or to one address, postpaid, each	.05		

### NO EXTRA CHARGE ON FOREIGN SUBSCRIPTIONS

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

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

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

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

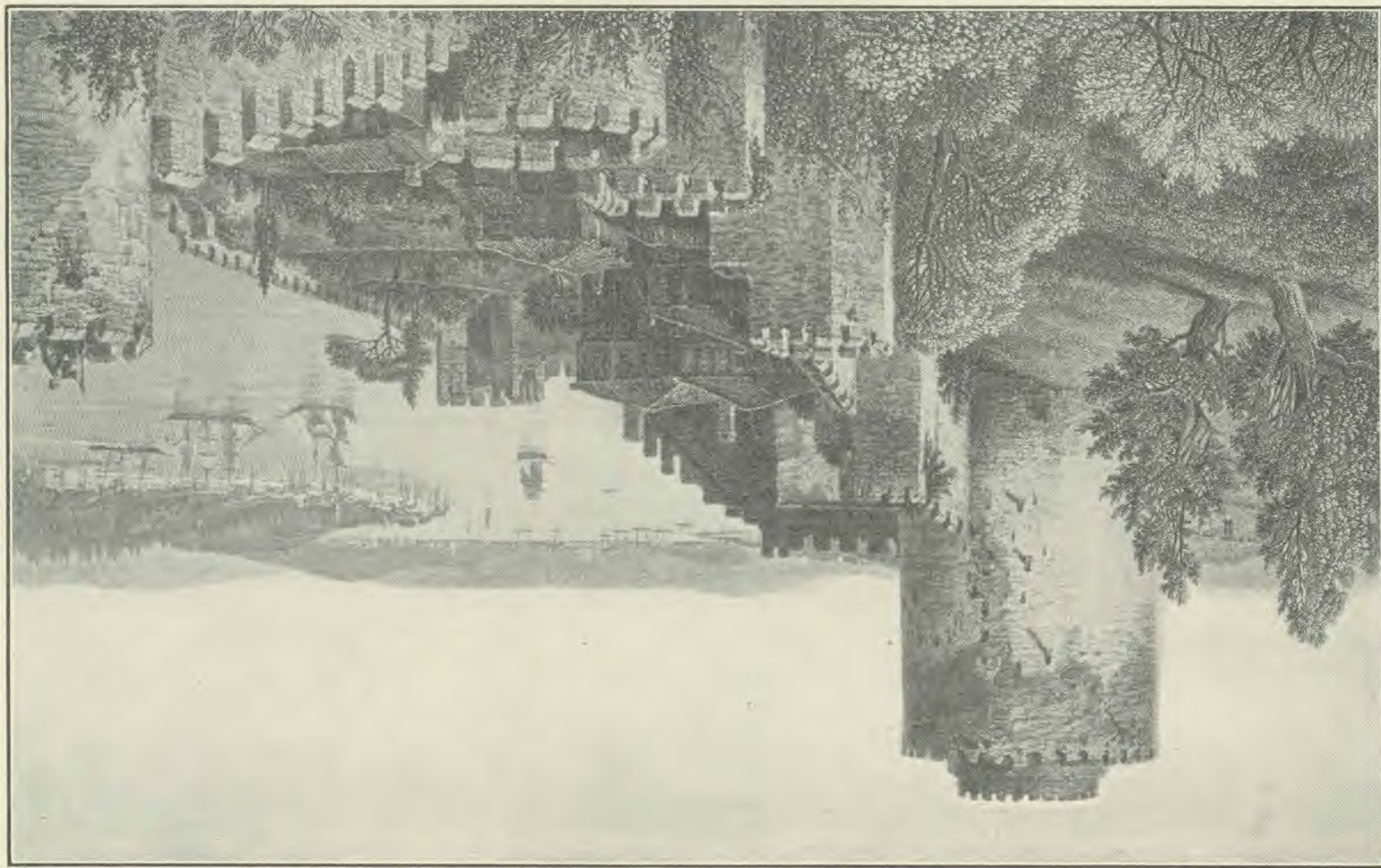
**ADVERTISEMENTS GUARANTEED.**—The reliability of every advertisement found in **Life and Health** is guaranteed.

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

A. J. S. BOURDEAU, Circulation Manager



THE ROSPORTS, CONSTANTINOPLE





VOL. XXX  
No. 4

# Life & Health

## THE NATIONAL HEALTH MAGAZINE

APRIL  
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

## Health and Temperance

WE trust that old friends will not be disappointed to learn that with the June issue, this magazine will appear under the name HEALTH AND TEMPERANCE. This change in name is suggestive of a change in editorial policy. The new name indicates a relationship not always appreciated; namely, that the highest ideal of health is possible to those only whose lives are governed by the principles of true temperance. The meaning of temperance in its broader sense, is moderation in the use of that which is wholesome, and abstinence from the unwholesome, including alcoholic beverages, stimulant foods and beverages, narcotic drugs, and uncleanness in thought or act.

It shall be the aim to make the magazine aggressive as to principles, and yet a teacher of practical lessons, patiently giving "precept upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little." The tendency of teachers is to take too much for granted. We prefer to take nothing for granted, but to deal with methods in a simple manner that may be understood by all.

Among the new departments to be added to the magazine are: "The School of Health," dealing with home treatment of the sick, diet, dress, general hygiene, etc.; and "Christian Temperance," dealing with the various stimulants and narcotics, including tobacco, tea, and coffee.



# CORSETS OLD *and* NEW

JAMES FREDERICK ROGERS, M.D.

**T**HE members of the medical profession and the lay teachers of health have decried the use of corsets from their very entry into the fashionable world. Yet if one looks into the pages of any medical journal of the last few years, he will see advertisements of these very same pieces of apparel, and will even find articles by physicians recommending their use as of benefit to the wearer.

Does this invasion or admission of the corsetier with his wares into the very inner sanctum of the medical world indicate that the profession has discovered that it has made a mistake all these years

The use of the corset has at least antiquity in its favor, for it dates from very early times. Strange to say, a corset of some sort was a part of the apparel of the early Grecian ladies, and, if we can trust their portraits, they drew its lacings as tightly as any woman of more modern times ever dared.

The fair damsels of the Middle Ages wore stays, and the good and courteous knight accepted the lady of the waspish waist without remonstrance—possibly because there was no other kind to accept.

The fashion seemed to appeal to the poets, or at least they found their bread buttered by tuning their harps to the

Milk is our most valuable food, and there is no other which affords greater service in maintaining the health of mankind. That this is the case is best proved by the fact that among those who not only attain the age of one hundred years, but even exceed it, we find many who live solely upon milk, or in whose diet milk occupies a very prominent place.—*Lorand, in "Rational Diet."*

in preaching against stays, and been at last persuaded that it was in error in its notions, and that the women were right?—So it would seem. But there are corsets and corsets, and as a matter of fact the antagonism of the physician to the use of the ordinary corset is stronger today than ever before. The corsets advertised and prescribed by the physician for his patients, are of special design, and are often for the purpose of helping to repair the damage done by the previous use of the ordinary corset. Corsets have been used by Dame Fashion for more than one end, but it remained for the physician to invent one to remedy the disastrous results produced by those of Dame Fashion's contriving. It was a case of fire fight fire, in which the physician had no choice of weapons.

Dunbar, referring to a company of damsels, sings, "Their middles were as small as wands." Even those of humbler origin must have adopted the fashion; for we read in Chaucer of how the waist of the carpenter's wife was as "gentyll and small as a weasel."

There were prosy folk, however, who were not pleased with these "whalebone prisons." Bulwer, writing in 1653, speaks of "another foolish affectation there is in young virgins, though grown big enough to be wiser; but they are led blindfold by a custom to a fashion pernicious beyond imagination, who, thinking a slender waist a great beauty, strive all they can by straitlacing themselves to attain unto a wandlike smallness of waist, never thinking themselves fine enough till they can span the waist. By which deadly artifice, while they ig-



norantly effect an august or narrow breast, and to that end by strong compulsion shut up their waists in a whale-bone prison, they open a door to consumption."

A writer of 1731 makes this ambiguous remark: "Even this female armor is changing mode continually and favors or distresses the enemy continually according to the humor of the wearer."

As the last-quoted critic remarks, the corset has changed greatly in some respects from age to age. For a time it was used to accentuate the bust, and at another to minimize this feature. It has usually compressed the waist, though the degree of constriction has varied greatly. Just at present it has traveled low down and exerts its pressure over the hips and lower abdomen, the least harmful position in which such constriction could

body is accompanied by internal deformity of a more serious nature. In order to carry on the functions of the body we must have a certain amount of liver substance, a certain capacity of stomach and of intestine. The pressure of the corset comes especially on the liver, the stomach, and the intestines. These cannot shrink in size without diminishing the total activity of the body; so the next best thing is for them to shift their position and find room elsewhere. Usually the only room possible is lower down in the abdomen, and they make the best of a bad matter by moving into this region.

Those who have examined the bodies of tight-lacing women at autopsy have long noted deformities of the liver brought about from this cause, but only recently have the more disastrous effect upon the stomach and intestines been dis-

---

After milk, there is probably no other article of food which is so valuable for mankind as the egg, and scarcely any other food substance possesses so many useful properties.—*Lorand, in "Rational Diet."*

---

possibly be used. Unfortunately, judging from past vagaries of fashion, the corset which allows an ample waist will not long remain in style, and even at present it is not generally adopted.

The body has a wonderful way of accommodating itself to circumstances, even adverse circumstances; and for this reason tight lacing of the waist has not produced the disastrous effects which would naturally be expected from so abnormal a condition. This does not mean, however, that the effects are not bad. Because the person does not die an early death is no sign that a deformity is not a bad thing, or that she might not have lived longer and have been in better health.

Ordinary corsets produce deformity, there is no question about that, and in fact this is what the tight lacer is aiming at. But the deformity of the lines of the

covered. These organs are held in place normally by strong fibrous bands; but by the continual pressure of the waist constriction, these bands become stretched, and the organs slowly descend toward the pelvis. They are forced out of shape and have their openings misplaced, and in their new positions they cannot, for mechanical reasons alone, do their work so well as they did before, while the effect on the nervous system of their dragging downward from their relaxed bands is also disastrous. With the deformity of the constricted waist always goes the second and compensatory deformity of an enlarged and protruding abdomen, because these organs have been pushed downward to a new location. The deformity is added to by the fact that on account of the pressure upon the waist, the fat that would have naturally accumulated at the waist line is deposited



farther down, in the abdomen, and especially about the hips.

One other bad effect of the corset is that it takes the place of the muscles of the back and abdomen which form the natural support, and these become weak and flabby, allowing more abdominal deformity and more displaced accumulation of fat, and fail to sustain the abdominal contents.

The best cure for the bad effects of the corset is prevention. In fact, this is the only cure for drooping organs

Once in a while an individual is born without the proper suspending ligaments for the abdominal organs. For these an artificial support of this kind is about the only help, save that of strengthening the abdominal muscles. These cases are rare, so that the use of the corset as an abdominal support is often the result of the previous use of the ordinary corset.

For the normal person there is no good use for corsets. The clothes can as well be hung from the shoulders, as they were

---

No other foodstuff used by man is more satisfying than bread when taken in combination with other articles of diet, and many of the latter gain thereby in nutritive value and power of assimilation; as, for instance, milk. The feeling of satiety is more particularly felt when dark bread is eaten; the latter also seems to have more taste. Most people find a fine white bread less to their taste. When we ask for bread, we do not care for a "flour food," but want a true bread, that is to say, a dark bread.—*Lorand, in "Rational Diet."*

---

and abnormal deposits of fat. However, the damage being done, as a means of reducing the deformity and of lifting and holding the displaced organs more nearly in their normal position, physicians have recently invented the use of the elastic abdominal belt, or of corsets so shaped that they afford strong pressure on the lower part of the abdomen and little at the waist line. The corset itself holds up the falling organs, thus relieving to some extent the digestive troubles and the abnormal fatigue and other symptoms from which these patients suffer.

before corsets were invented. Young women would better be dressed as are the children of Sir Frederick Treves, so that they can at any time kick as high as their heads, if they like.

If the corset is worn at all, it should be made to come down over the hips, and its constricting effect should begin far down, at the pelvis and the very lowest part of the abdomen, and decrease from there to the waist line. Nature's corset of strong elastic muscles is best in every respect, not only for health, but for the production of good looks.







# CAFFEINISM

*D. H. KRESS, M. D.*



HE drug most frequently consumed in America is not alcohol nor tobacco, but caffeine.

The use of alcohol and tobacco is confined largely to adult males, while old and young of both sexes use caffeine. This drug is dispensed at our tables in the form of tea and coffee; and cocoa and chocolate contain the similar drug, theobromine. The drug stores furnish caffeine in coca-cola and other soft drinks, and the confectionery stores dispose of immense quantities of chocolate candies.

More coffee per capita is consumed in America than in any other nation in the world. One half of the world's coffee crop comes to America. It is said that an average of fourteen pounds of coffee for each man, woman, and child is consumed per annum.

[This seems a very high estimate.—*Ed.*] Each cup of coffee contains from two to four grains of caffeine.

In England less alcohol is consumed per capita than ten years ago, but with this decline there has been a corresponding increase in the consumption of tea, coffee, and cocoa. During the past year about seven pounds for each person has been the average consumption.

In Ireland concern is felt regarding the prevalent use of these bever-

ages. In a report of the inspectors of the national schools of Ireland, Mr. J. P. Dalton says: "Of the many abuses that require correction, one in particular must be vigorously combated if the race is to be preserved from deterioration. The use of tea is now carried to such a dangerous excess that it ranks before alcohol as an enemy of the public health."

Caffeine is termed a heart stimulant. Perhaps a better term would be heart irritant. It increases the heart action and raises the blood pressure. In very large doses the contractions of the heart may become so rapid that the ventricles do not have time to fill. Special care must be exercised in its use in heart disease.

Caffeine is a brain irritant. In small doses it increases mental activity and less-

ens the feeling of fatigue. In larger doses it causes wakefulness and a feeling of fear, and perhaps extreme nervousness.

Small amounts of caffeine increase temporarily the irritability and working power of the muscles. In very large doses it may bring on a condition of continuous contraction or rigor.

Dr. Harvey W. Wiley says, "This country is full of tea and coffee drunkards." He further says, "Caffeine has a direct tendency to create Bright's dis-



D. H. KRESS, M. D., NEW ENGLAND  
SANITARIUM, MELROSE, MASS.



ease. Caffeine is the essential alkaloid of coffee, as theine is of tea. Both are dangerous and detrimental drugs."

These drugs are taken for relief of fatigue. They do not produce energy. They merely deaden the sense of fatigue, and enable the one resorting to their use to squeeze out a few extra granules stored up in the already nearly depleted nerve cells. Fatigue is nature's signal of danger, indicating the need of rest and recuperation. Caffeine pulls down the signals nature erects when in danger, but it does not remove the danger. It allows

rate from kidney troubles of over one hundred and sixty per cent; and a like condition probably holds good in other large cities.

The cerebral congestion, high blood pressure, headache, and other unfavorable symptoms arising from the free consumption of these things call for a drug having the opposite influence. This demand is satisfied by certain of the coal-tar products, as acetanilide, phenacetin, and antipyrine, which are dangerous heart depressants. To whip up a tired horse and hold him up by the bit is a

---

Caffeine does not increase the functions of the normal brain under the best conditions for mental work, that is, after sound and refreshing sleep and sufficient rest with freedom from worry; but when small doses are used after severe physical or mental effort, it causes fatigue to disappear, and the perception of sensory stimuli and the association of ideas are stimulated. A good illustration of the inability of caffeine, or other drug, to improve the best of normal conditions is afforded by the experience of athletes who find that caffeine tends to lessen, rather than increase, their performances.—*Journal A. M. A., Jan. 30, 1915.*

---

its victim to go unwarned, but not unharmed.

It is impossible to take into the human organism day after day and year after year large doses of such a poison as caffeine without in time damaging the living cells and bringing about degenerative changes; and the additional burden thrown on the kidneys may wear them out prematurely.

It is possible that the rapid increase in mortality from kidney diseases, especially in our large cities, is attributable to the prevalent and increasing use of tea, coffee, cocoa, and meats. In Chicago during the past thirty years there has been an increase in the mortality

foolish procedure; but no more so than is the resort to these depressant drugs to counteract the stimulating effects of caffeine.

There is no doubt in my mind that the free use of tea, coffee, and meats leads to the use of tobacco. Of the thousands who have applied to me for aid in getting rid of the tobacco habit, not one was free from the use of meats or coffee or both; and in the treatment of these cases, I have found it necessary to put the patient on a fleshless and coffeeless régime. In every case where this régime was followed, the desire for tobacco lessened and eventually disappeared.



# MEDICINE AND THE DOCTOR



DR. H. J. ACHARD



Some time ago Dr. Achard wrote for publication in a medical journal an article on the indiscriminate use of drugs and patent medicines, which was so good that he was requested to write a similar article for publication in *LIFE AND HEALTH*. While we do not share the confidence he seems to have in drugs, the article is so excellent as regards the pernicious customs of patent medicine taking, counter prescribing, refilling of prescriptions, and the like that we are pleased to have the privilege of presenting it to our readers.—Ed.

**I**N the oldest civilization of which we have knowledge, the priest exercised also the functions of the physician. This appears perfectly logical if we remember that disease was usually supposed to be due to some supernatural agency, and that, for its removal or cure, some god had to be propitiated. In consequence, disease was often treated by incantation. Even during the Hippocratic era the sick who flocked to the temples of Apollo, of Æsculapius, etc., were directed by the priests to sleep within the precincts of the temple in order that the god might indicate the suitable remedy to them in visions or dreams.

In the northern countries, of which the Eddas and the Nibelungenlied report, the healing art was practiced by "wise women," or herb women, usually quite ancient dames; but the wives and daughters of the nobles were likewise instructed in the preparation and proper administration of simples; although, at least in the early Middle Ages, the care of the art lay mainly with the clergy, more especially the monks. Later the Arabs, and their pupils the Jews, numbered among them the most famous physicians.

Following in the wake of the old-time incantations and mystic formulas for driving away disease, the custom obtained all through the Middle Ages, and prevails even now to a certain extent, of conjuring disease, and of gathering certain herbs only at certain phases of the moon or under certain and definite constellations of the zodiac. With the rise of the Humanists, the establishment of the Reformation, and the other factors

which ushered in the modern period, there was an attempt on the part of physicians to free themselves from the shackles of mysticism, and to place their profession upon a basis of deliberate and dispassionate research, which should form the foundation for the rational treatment of disease. But they kept the laity in their old superstitions, and surrounded the practice of their art with much mysticism and symbolism, which only the most recent times have been able to break through. Fortunately the veil shrouding the practices of physicians is being torn down, and the laity are being taught a sane and common sense view of diseases and of the possibilities as well as the limitations of drugs and of other means for their treatment.

Diseases are still looked upon by many persons as definite entities or conditions which are sharply defined, and for which certain remedies are applicable, while others are harmful. According to this view, the various diseases and their indicated remedies are supposed to be definitely labeled in the doctor's brain, and an opinion seems to be prevalent that disastrous results must accrue if the two groups get mixed. People will tell in horrified accents that little John or Susie had measles, and that Dr. Pill "doctored" the child for scarlet fever, and it's a wonder that it did not die! Nothing of the sort, my dear sir or madam! Barring a few secondary symptoms, the treatment of these two, and of a good many other diseases, is essentially the same, because they are produced by essentially similar causal factors.

A disease is never a definite, settled



condition which requires a certain remedy to which it yields and to no other. Nor does the complex of symptoms, of which a patient complains, constitute the disease; rather is the disease the underlying cause of the symptoms. We speak of disease when any organ or organs of the body do not function normally, and when, in consequence, the well-being of the affected person is disturbed. The causal treatment of disease must be directed toward the regulation of the abnormal functions and toward the removal of the causative factors, while the symptomatic treatment tends to relieve the distressing symptoms, such as pain, which are the outward signs of disease.

Unfortunately the relief of pain or of

of the drug worn off, than the headache returns like a jack-in-the-box the lid of which has become unfastened. Of all the powders and mixtures and nasty concoctions that are sold for "rheumatism," for "kidney trouble," for "blood disease," not one can do what is expected of it, and what is promised for it by the lying label. The only benefit which they produce accrues to the money till of the druggist and to the bank account of the manufacturer, especially the latter. Strange as it may seem to the lay reader, "rheumatism" as a definite disease does not exist. The many affections which have, for the sake of convenience, been included under that ancient but unmeaning term, have the most varied causal

---

The ability to work is maintained through combustion of the carbohydrates; and the vegetarians are able, as we shall later explain more fully, to continue certain kinds of work — marching, rowing, etc.—much longer than meat eaters, without being so fatigued, even after a very long period of activity. We shall also relate almost incredible feats performed by the Kongo Negroes and other vegetarian tribes.—*Lorand, in "Rational Diet."*

---

the most aggressive symptoms present, is all too often considered as identical with a cure; yet nothing could be more absurd. It is easy to relieve the pain of a headache, of a toothache, or of a colic; but until the constipation, the indigestion, or the eyestrain which caused the headache, is remedied; until the carious tooth has been treated and filled; until the irritating load of the intestines, responsible for the colic, is cleaned out, the pain will return again and again. It is therefore foolish to buy, for instance, any of the innumerable headache powders and tablets sold over the druggist's counter, in the hope that they will "cure" the headache, as is promised so brazenly on the label. This pain may be suppressed by the anodyne action of the drug, which usually also depresses the nervous system and the circulation alike; but no sooner has the depressing effect

factors, among which "cold" is the least important one, while a considerable number of bacteria or disease germs have been indicted and convicted as guilty of causing various forms of "rheumatism." The "kidney troubles" of every description, for all of which the label, the circulars, the testimonials accompanying the bottle, promise a prompt cure so glibly, cannot be remedied by any one "medicine" or combination of drugs any more than it would be possible to mend or "cure" a tear in a silk dress with a bit of court-plaster. Kidney troubles, so-called, may not even be due to definite disease in the kidneys, but may be only symptoms of disease elsewhere, in the course of which the eliminating function of the kidneys is disturbed and deranged. What is usually called dyspepsia or indigestion is not a disease in itself, but a train of symptoms that may



have their cause and seat in a perverted function of the stomach and intestines, or may have their causation in entirely different organs. I need only mention, as an instance, that vomiting is a frequent early symptom of many diseases. The same may be said of "brain fever" or meningitis. I have already cited various conditions of which headache may be a symptom, and these do not nearly complete the list; nor is any "headache medicine," sold as such, able to cure the disease that has given rise to this distressing symptom. The long list of "female troubles," "weak back," "sinking feeling," etc., on which cormorants, like the Lydia Pinkham Company and others of that ilk, have fattened their bank accounts for years, are not of such a nature that patent medicines or similar mixtures could possibly cure them. The only troubles for which this kind of medicine can really give relief are those that exist only in the imagination of the "sufferer," and, in these, disease and cure are alike imaginary.

Enough has been said to show that the treatment of disease means more than the prescribing and taking of a few doses of medicine. And yet people are always ready to recommend things to their sick friends, and these are equally ready to take any imaginable stuff because "it helped So-and-so who had exactly the same trouble." How do you know that So-and-so did have exactly the same trouble as your friend or your son or your daughter, your sister or your brother, with whose health you are so ready to take liberties? How do you know that Old Dr. Soakem's Nerve Tonic did help him or her or them? There is nothing more deceiving than a comparison, by laymen, of symptoms in two different persons, one of whom may be "cured," or dead for that matter. That sort of thing always reminds me of the woman who knows all about bringing up children; didn't she bury ten of them? Seems to me she knew more about killing than rearing them. However foolish it may seem to a sensible

person, there are few who will not bear pain and distress for days, who will not take home remedies and old wives' dope and druggists' patent stuff, to the sad distress and disturbance of their digestive apparatus, before they consult a physician whose business it is to *know* about these very things, while others guess about them. For every important form of work, experts and specialists are demanded. You would not let your wife's seamstress make a new suit for you, sir; nor would you expect the hired girl to build a party dress for your wife. Yet you tinker, and you allow any Dick, Tom, or Harry, any Susie, Mary, or Ann, to tinker with the best thing you have, your health; or you think the drug clerk has smelled so many smells of drugs that he ought to know all about them, and you trustingly pay for what he chooses to hand you haphazard or because it pays the biggest profit, or, in the best case, because Dr. Pill prescribed it for Mr. Peevish, who had just exactly the same thing. And you swallow the stuff in the naïve belief that it will cure you; and all this in order to avoid paying a fee to the physician who, after all, is the only man in the community trained to do the work which you need done just now, the only man whose business it is to study disease and to treat the diseased organism. Truly, Mr. Barnum was right! No, not even your pastor, who dearly loves to quack it a little on the side with those pretty little homeopathic granules, knows anything about diagnosing and treating disease; the inheritance of the old priest physicians has not come down to him in its entirety; nor does the trained nurse, who is boarding in the same house, know — she only guesses when she recommends medicine.

If you finally consult a physician, there are some queer, cobwebby notions in your brain about this performance, which need correction. "Good morning, Doctor. I have dyspepsia [or kidney trouble or rheumatism]. Please do something for me." And then you expect the doctor to feel your pulse (he always does that



in the moving picture shows, does he not?) and to look at your tongue; then he is to write a prescription — teaspoonful three times a day after meals. "One dollar. Thank you. Good-by." What a farce! Do you really impute to the doctor such omniscience or occult power that he can divine from your pulse and tongue what is the cause of all these pains and disturbances that have been playing havoc with your comfort and with your temper and your working capacity? I wonder whether there exists any man who would dare to lend himself to such a cheap deceit and to call himself a physician!

A noted German physician once said that going to consult a doctor involves

apparently not involved at all. Nevertheless the skilled physician is well aware of the fact that the various organs of the body are not independent of one another, but that they are closely connected and dependent one upon the other for their proper functioning power and for their well-being. Therefore he will investigate the state and working ability of each of them, and will venture a diagnosis only when he is satisfied that he knows as much about his patient as there is to be known.

To the thinking and sensible patient this careful, painstaking search for any possible cause of disease will appeal; he will appreciate it and will gladly pay a suitable fee for the time spent in the in-

---

Another advantage of a diet largely vegetarian lies in the fact that nervousness is, in general, less prevalent among people living upon such food than in those who are meat eaters. In this respect there exists a certain inferiority in the meat-eating European, as compared with the Orientals and other vegetarian nations, who look down upon the Europeans on this account, and have but little consideration for them.—*Lorand, in "Rational Diet."*

---

some sort of a mystic ceremony. There is usually a little uncomfortable anticipation, not unmixed with awe even, while you sit in the reception room, and justly so, for the doctor deals with things and problems that are hidden to you. His questions and directions often bring out things which you hardly acknowledged to yourself, and you are astonished how he could guess. But never mind that. When you go to a doctor who is a physician, do not expect that your experience will be such cheap claptrap as the scene just described. He will let you tell your story, true; he will even accept, apparently, the name on which you have decided as being best suited to your particular ailment. But his questions will search out and probe into things and into functions which have apparently no connection with your trouble; and his examination will extend to organs that are

investigation and for the knowledge that is required to make the examination and to render it of value for the proper treatment. He will even be willing to pay this fee if he gets only advice and detailed directions concerning his mode of living, his habits, his diet, and if the doctor decides that medicine is not necessary to bring about a cure. True there are many foolish persons who believe themselves cheated if they do not get a prescription for at least one kind of medicine as a tangible evidence that the doctor has given them something for their money, and more than one such person has refused to pay a fee because the doctor had decided and was honest enough to insist that no medicine was required.

If a certain group of symptoms, or the underlying cause, the disease, renders medicine advisable, the patient should



understand that it is prescribed for the relief of actually existing conditions and with a definite purpose, and that it should not be taken any longer than the doctor directs, should not be renewed without his express order, and should, on no account, be passed on to others who may seemingly have exactly the same trouble.

The adage, "One man's meat is another man's poison," is never more true than in regard to medicines, and it is even possible that what today is indicated and helpful, because of existing abnormal conditions and disturbances, may be harmful to the same person a week or three days from now, when these disturbances have been relieved. It is a truism that drugs which are potent for good are so only under certain conditions, and that, under other conditions, they are just as potent for harm. On the other hand, bland, that is, absolutely harmless, drugs cannot usually be depended upon for any good effect in case of need.

It is evident, therefore, that amateur prescribing by friends or by the drug clerk means taking very long chances, and that even the most long-suffering constitution may ultimately be injured by patent and quack medicines, which, in the most favorable case, are inert, but which are usually harmful. This was shown some years ago by Mr. Adams in his remarkable series of articles on "The Great American Fraud," in *Collier's*, and since then by the *Journal of the American Medical Association*. It is shown in these writings that the Americans are the most inveterate drug takers in the world, and that they spend their money most readily for "medicines" which their common sense should

tell them cannot possibly do what is claimed for them.

The manufacturers of patent and of quack medicines trade on this notorious and unbelievable credulity of the people in this one respect, which is the more strange as in other things Americans are shrewd and careful enough not to take chances foolishly. If it were not for the fear of being misunderstood, I should like to paraphrase the ancient injunction so as to let it say: "Put not your trust in physic," with the qualification, however, that physic sold over the counter or recommended by friends is to be looked upon with suspicion. For the right remedy administered at the right time and in the right manner I have the highest respect, for I know it will work. Of any other I am afraid.

Medicines are usually not the only things that are needed in case of sickness. A careful physician will regulate his patient's habits, his eating and drinking, his work, his rest and recreation, and he will see to it that the so-called general directions are carried out as faithfully as are those for taking medicine. This is as it should be; for the daily habits and occupations, the daily grind and stress, necessarily influence the well-being of the body fully as much as a few doses of medicine, and usually more.

I would by no means be understood as undervaluing drugs. Sometimes, indeed very often, they are necessary, indispensable even, and their giving or withholding may turn the balance of life in one or another direction. But while drugs are useful and necessary in their place, it is as foolish to overestimate their powers and to expect them to do the impossible as it is to undervalue them and to deny them all virtue.





# WHY DISINFECT?

C. V. CHAPIN, M.D.



Dr. Chapin, health officer of Providence, R. I., believes that until we realize that it is not walls, bedding, clothing, or toys that carry disease, we shall never give sufficient attention to the real danger, the *living carrier*. In the *American Journal of Public Health* for December, 1914, is given his answer, before the Massachusetts Association of Boards of Health, to the question, "Of what value is house fumigation after infectious disease?"

**F**OR a dozen or fifteen years previous to 1900 I tried to disinfect houses in the best possible manner. We were the first city to use a steam sterilizer. We abandoned sulphur and used formaldehyde about as soon as any one, and continued this up to about 1900. Then I began to ask the questions which have been propounded today: What good is disinfection? Why do we disinfect? I was led to ask these questions largely because we had begun to learn two things: one, that germs die pretty quickly after they leave the body; and the other, that the

It seemed to me that the best way to find out was to give up disinfection, and see what happened. So we abandoned disinfection after diphtheria, in Providence, in 1904. We have had no more recurrences of the disease since then than before. Both before and after giving up disinfection we found recurrences after the termination of isolation in between one and two per cent of the cases. I became so well satisfied that disinfection, so-called, is of no use that later we gave up disinfection after scarlet fever. The result was the same. The number of recurrences after we

Large doses of caffeine interfere with the proper association of ideas; for example, students are unable to study so effectively after large doses as without them. With very large amounts there is actual confusion of thought, with ringing in the ears, flashes of light, and other signs of mental disturbance.—*Journal A. M. A.*, Jan. 30, 1915.

unrecognized cases and carriers are the chief cause of the spread of infectious disease. After considering the question for some time, I made up my mind that there were two reasons why we disinfect. One reason is the same reason that we sew buttons on our coat sleeves—because our ancestors have done so for several hundred years. The only other reason offered is this: that one occasionally finds a physician, a health officer, or an old woman who says that little Johnny caught the scarlet fever because he played with a toy belonging to some other child who died of scarlet fever a year or two before. No one that I know of ever offered any real proof of the value of disinfection.

gave it up was practically the same as before.

You might perhaps say that our method of disinfection in Providence was not good, and that I am simply comparing a period of poor disinfection with one of no disinfection. But the city of Baltimore has been very careful about disinfection, and tests by means of cultures; and if it [the disinfection] is not efficient, they send the man back to do it again. There recurrences are about the same as ours.

Another way to test the value of disinfection is this: We send away many children from diphtheria and scarlet fever houses, when the disease is recognized and the house placarded, and we



keep them away until the period of isolation has terminated, and then let them come back. Now if the house is very infectious, they ought to contract the disease. About eight tenths of one per cent of several hundred children brought back to diphtheria houses while we practiced disinfection, contracted the disease. After we gave up disinfecting it was only five tenths of one per cent. About the same thing happens in scarlet fever.

Now it is worth while to consider what happens when children, as soon as the disease is recognized, are taken

in the house. It certainly is the child who comes from the hospital that does the harm.

If in such cases it is the child and not the house that causes the infection, have we any ground for assuming that it is the house which causes the infection when the disease recurs after home isolation? I think we can believe that the house and the things in it are negligible factors in the recurrence that takes place after the termination of isolation.

You may argue that the recurrences mean little because most of the suscep-

---

When it is desired to absorb a large amount of vegetable albumin, it is best to rely especially on the leguminous varieties. These are so rich in albumin as to be unsurpassed in this respect by any other vegetable or even animal food. The difference between the albumin contained in animal tissues and that of leguminous vegetable foods lies in the fact that meat albumin is well assimilated, whereas this is not the case with that contained in legumes, when prepared in the usual way, even if they have been cooked for a considerable time. When used in the form of a puree, they are more digestible and are better assimilated, so that no great amount is passed out unused by the intestine.—*Lorand, in "Rational Diet."*

---

to a hospital, in both scarlet fever and diphtheria, and particularly in the latter disease. After they return home from the hospital, they at times cause infection in the family.

They are sent home at about the same period of the disease at which isolation would have terminated if they had stayed at home. Coming back at this time, there are always a certain number of reinfections or recurrences in the same family. In such cases it is almost certain that the child from the hospital is the cause, and not infection remaining

tible children of the family have been affected before the disease is recognized, or within a few days thereafter. But we have still another way of learning whether disinfection does any good. Does disease increase in the community when it is omitted? It did not in Providence; for a few months after we gave up disinfection for diphtheria there was a time when we did not have a case in the city. There have been no more scarlet fever and diphtheria in Providence since we gave up disinfection than there have been in other New England cities.





SMALLPOX VERSUS VACCINATION

Photograph taken twelfth day of rash, and eleventh day of vaccination. There were 1,745 pustules on face of father, 1 mark on arm of child. Expense of the smallpox attack, \$325; of the vaccination, \$1. The man had never been vaccinated, because he thought it was "not worth while." He was anxious that his photograph be given public display, in order, as he expressed it, that others "would have sense enough to get vaccinated." Note the fact that the vaccination was a perfect protection to the child, so that it could come into direct contact with the father without danger.





# WHY THREE MEALS?

## PHILOS

The writer of this essay and of other similar ones which may appear in subsequent numbers is a scientist in one of the government bureaus in Washington.



HENEVER I see any one suffering from mistakes in diet, I feel unhappy, but at the same time eager to assist him.

There are two different ways to give persons advice. The one, used extensively by patent medicine sellers, is to make dogmatic statements and direct commands. The other is to explain the reasons for all recommendations and statements made. Many health articles are written from the first point of view; but as I want what I write to appeal to intelligent, thinking persons, I intend to give as far as possible the reasons for what is said in the course of these articles.

The theme for the present essay has been suggested to me by a brief but excellent paragraph entitled "Right Time to Eat," in the December *LIFE AND HEALTH*. The question is essentially whether the heaviest meal should be eaten at the beginning, middle, or end of the day. Each of these plans has been favored by various writers. In my opinion there should be no heaviest meal at all, but the amount of food necessary to keep up the bodily activities for the day should be divided as closely as possible into three equal parts, which should be consumed, in so far as the occupation of the individual permits, at approximately equal intervals.

There are two principal reasons for this conclusion. The first, which may be called a historical one, consists in the consideration of the evolution of man's food habits. In the most primitive condition of mankind it was no doubt the custom, as it still is with many wild animals, particularly with the monkey, to take food in small amounts at frequent intervals throughout the day.

Believers in the recapitulation theory of our development will find evidence of this in the continual desire for food shown by children. Later on, as man's intellectual faculties became more prominent, he evidently found it more convenient to abstain from food during the activities of the day, and then consume the whole daily requirement at its close. At the dawn of history this was the practice of many of the tribes. From that time to the present many different plans have been developed and discarded, but in America at the present day human activities have been so timed that three meals a day is the most convenient arrangement.

The main reason for these various changes is evidently the following: Finding that the taking of the amount of food required for the day in one portion, or even in two, taxed the digestive organs unduly, causing an otherwise undesirable cessation of activity for some time after meals, mankind unconsciously reacted in the direction of still further subdividing the daily ration into three portions, with the result that a minimum of inactivity is demanded during digestion, and the maximum output of work or play attained.

From this point of view it would seem that by making any one meal notably heavier than the others we are really retrograding toward the conditions of lower efficiency of the times of our forefathers.

The second way of approaching the question may be called a physiologic one. I do not base my views so much on the results of experimental studies of human subjects as on observations of the people all around me who are unconscious of being studied. The conflicting



results obtained by various investigators in the study of the effect of preservatives on health, show quite conclusively that the minds of participants in such experiments may exercise so much influence as to render those results of questionable value. From such experiments it has been claimed that a given food calls forth only enough acid to digest it; but this, if true at all, is true only of persons in extraordinarily good health, whereas I am appealing to the average person. And the observations I have been able to make on persons troubled with excess of acid in their stomachs, indicate that the stomach tends to secrete about the same quantity of acid at each meal, over considerable periods; and if one meal includes a much

smaller amount than another of foods capable of neutralizing this acid, then after such a deficient meal the acid left over is likely to cause trouble, or in other words, dyspepsia.

It therefore seems to me that, as far as possible, the daily food should be divided into three approximately equal amounts for the three meals which our modern civilization renders most appropriate, by any one desirous of reducing to a minimum the discomforts, disorders, and diseases due to diet.<sup>1</sup>

<sup>1</sup> Only a comparatively few persons secrete an excess of hydrochloric acid. Some persons digest food so slowly that it is difficult to give the stomach any rest on a three-meal system. The three-meal system is therefore not best for all.—ED.

## Another Obesity Cure Fraud

The Texas Guinan Obesity Cure was a mail-order swindle operated by one W. C. Cunningham, who has conducted many fraudulent schemes—and "served time" in jail for some of them.

The victims received a series of heart-to-heart letters, signed "Texas Guinan"—but which Texas Guinan never saw!

The actress was paid \$500 down and \$50 a week for the use of her name.

Pictures of Texas Guinan in different varieties of stage dress and undress—fat, lean and medium—formed part of the Cunningham swindle.

A TYPICAL TEXAS GUINAN ADVERTISEMENT

**ANSWER ME!**  
Every Stout Woman in America Answer Me Today!  
You Want to Be Made Girlishly Slender Again—ABSOLUTELY FREE!

**The Greatest Mystery**



SOME OTHER FRAUDULENT MAIL-ORDER ENTERPRISES OF W. C. CUNNINGHAM

**NORTH AMERICAN LAND CO.**  
Fraudulent Real Estate.  
**EVELYN BURLINGAME!**  
Beauty Treatment.  
**EVELYN CUNNINGHAM!**  
Great Developer and Winkles Eraser.  
**HELLA CARSON!**  
Great Developer and Winkles Eraser.  
**MARJORIE HAMILTON!**  
Fac. Wrinkles.  
**PRINCESS TOXIC!**  
Beauty Treatment.

### TEXAS GUINAN'S OBESITY CURE

Alum  
Alcohol  
Water

PRICE ASKED \$20.00  
COST OF MATERIALS .30

PART OF ONE OF MANY LEAFLETS SENT OUT BY CUNNINGHAM. THIS IS SUPPOSED TO SHOW TEXAS GUINAN "BEFORE TAKING" THE OBESITY CURE.




"THIS IS A SCHEME FOR OBTAINING MONEY THROUGH THE MAILED BY MEANS OF FALSE AND FRAUDULENT PRETENSES, REPRESENTATIONS AND PROMISES..."

Assistant Attorney-General to Postmaster-General

Has Obtained Notice to His Name (Not Registered)





# STIMULANTS *and* NARCOTICS

## ALCOHOL, NARCOTICS, AND CRIME

Edward Wallace Lee, M. D.

In October, 1914, Dr. Lee read a paper before the Medical Association of the Greater City of New York, on "Physical Defects a Factor in the Cause of Crime," which was afterwards published in the *New York Medical Journal* of December 26. It was not a temperance lecture, but a scientific paper, presented by a physician to a company of discriminating physicians. The extracts given below are therefore particularly significant.—Ep.

**T**HE abuse of drugs enters largely into the cause of crime, and there is no strong argument against the crusade that is being made to wipe out the pernicious drug habit. But certainly it does seem somewhat inconsistent to make such an emphatic war on drugs while alcohol is being dispensed *ad libitum*. The con-

terest or knowledge to diagnose properly and treat scientifically.

I believe it has been absolutely proved that alcohol is not a food. Taken internally, it is nothing but a narcotic. The recent order issued by our Secretary of the Navy regarding alcohol should place him as one of the greatest benefactors of the human race.

---

Experience shows that, almost quicker than any other physical agency, alcohol breaks down a man's power of self-control. But the physical evils of intemperance, great as they are, are light compared with the moral injury it produces. It is not simply that vices and crimes almost inevitably follow the loss of rational self-control, which is the invariable accompaniment of intoxication; manhood is lowered and finally lost by the sensual tyranny of appetite. The drunken man has given up the reins to a fool or a fiend, and he is driven fast to base or utterly foolish ends.—O. S. Marden, in "*The Making of a Man*."

---

trol should be more equally divided. As a factor in the cause of crime I think that the proportion of drugs to alcohol is not more than two per cent.

The vicious drug takers are to be found mostly in our cities; in rural districts one seldom finds a vicious drug taker, the habitués in rural districts being generally the victims of physicians who have used morphine and cocaine indiscriminately to quiet pain and relieve suffering, without having the in-

The great European war lords, realizing its harmful effects, have forbidden its use in their armies. Biological investigation demonstrates the fact that it has a definite degenerative effect on the cell and germ life. The most typical and commonest example of blastophthoria, meaning deterioration of the germ, is that of alcoholic degeneration which the spermatozoa of alcoholics suffer, like the other tissues, from its toxic action on the proto-



plasm. The result of the intoxication of the germs may be that the children resulting from the conjugation become idiots, epileptics, dwarfs, and feeble-minded. A man who is an imbecile or epileptic as a result of the insobriety of his father, preserves the tendency to transmit his mental weakness or his epilepsy to his descendants, even when he himself abstains completely from alcoholic drinks; thus proving, as I believe, that it is not the craving for alcohol that is inherited, but a degenerate physical condition due to blastophthoria, which causes degeneration and deterioration of mental and physical stamina.

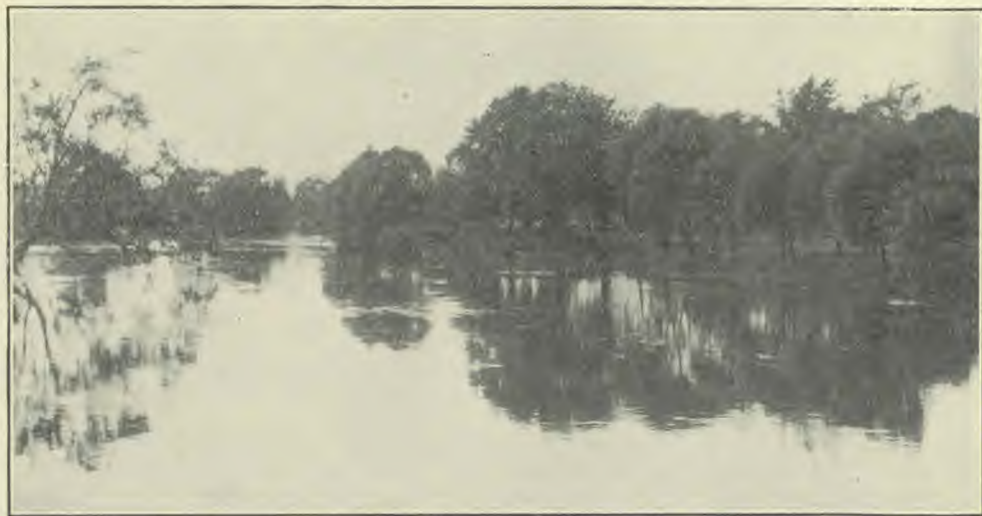
According to the statistics of Forel, about 75 per cent of venereal disease are contracted by men under the influence of alcohol—chiefly by persons who are slightly intoxicated and rendered more lively thereby.

The production of the majority of sexual crimes . . . may also be attributed to its use. The most important statistics prove that 75 per cent of criminal assaults are committed under its influence; indecent exposure, etc., is due to alcohol in 80 per cent.

I desire to draw attention here to the evil influence of saloons and bars. The drink habit corrupts the whole sexual life. It is the origin of the most hideous prostitution and proxenetism, and leads to the seduction of girls.

Drink makes men and women not only gross and sensual, but also negligent, imprudent, and irreflective. The saloon takes many from their homes, while drink directly diminishes population. Other things being equal, it is found that the nations which abstain from alcohol, or those which are moderate consumers, are more prolific than those addicted to drink.

We find the economic feature of the first order, to which the majority of economists are blind, to be the short-sighted policy of rating the alcohol industry as a source of wealth and welfare of nations. What an amount of labor, human power, and valuable land is employed in producing this mischievous substance which, although useful in pharmacy and other industries, neither nourishes nor strengthens, but deteriorates the organism and leads to degeneration of the race.



SCENE ON KALAMAZOO RIVER



# 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.

### CONSTIPATION

PATIENT: You will remember, Doctor, that the last time I called upon you you were of the opinion that my case was one of constipation, rather than kidney disorder.

Doctor: Yes. I shall want to give a little more detailed attention to your case this morning. What is your occupation?

Patient: I am a lawyer.

Doctor: Do you take your meals at home? and do you find it necessary to cut short your time for eating because of late rising or of interruptions by visitors or telephone messages?

Patient: In late years competition in my town has been so great that my business has been on my mind constantly. I find myself sometimes even forgetting that I have a certain meal. I have not been able for the last two years to get away for recreation, and as I live in the suburbs it is of necessity that I must eat luncheon at a restaurant.

Doctor: Then you have practically no exercise, I judge, and the present condition of your muscles evidence by their flabby and atonic condition that you have grown very weak for a man of your physical and inherited constitution. Further, I notice that your abdomen is becoming pendulous, and I should like to ask you whether you have a great deal of gas on your bowels, and bloating at times?

Patient: Indeed this is very distressing. I am often kept awake during the night belching gas, and my abdomen stretches as tight as a drum. It seems to press upon my heart until I can scarcely breathe.

Doctor: I suppose your heaviest meal is the evening meal, and that you arise frequently in the morning with a bad taste in your mouth, a foul breath, and a bursting headache.

Patient: Yes, I believe I mentioned before to you the trouble I have had in the last year with these awful headaches. I thought they were due to liver trouble, but nothing that I do has ever seemed to give me any relief. Do you think my liver is diseased, Doctor?

Doctor: I cannot believe that any of your organs are being utilized to their fullest or greatest capacity, because you have allowed your tissues to be constantly burdened with poisons absorbed from the intestinal tract, which are irritating to some tissues, paralyzing to others, and have put double the normal amount of work on the abdominal organs, such as the liver and kidneys.

By external methods of examination I detect in you no organic disease, though when I say organic disease I mean one that is preceptible to us; but with your circulation so sluggish, and your general muscular tissue so flabby, your liver must necessarily be in a somewhat inactive, torpid state.

Patient: What do you think is the cause of my obstinate constipation?

Doctor: First, I should say your habits of eating. The food swallowed without mastication, goes into the stomach untouched by the saliva. A good appetite, which is a very great essential to good action of the digestive juices, is wanting; and this poorly prepared mixture of food materials thrown into the stomach must



now depend for digestion upon an organ weak in muscularity as a result of your neglect of exercise. The food lying there unchanged finds plenty of microorganisms to develop within it and produce gases. These gases pass rapidly along through the small intestines, causing marked distention, which results in retarded peristalsis or weakness. Some of the most obstinate cases of constipation I have ever seen followed a period of indigestion and dyspepsia, not marked by pain, but indicated by a tremendous distention of the bowels with gas. This gaseous distention prevents contraction of the thin walls of the intestines, and the intestines become chronically too large in diameter. They thus retain food instead of passing it on, and the delay

the formation of gas, and are not able to pass it rapidly through the bowels by a strong and vigorous peristaltic action. Many do not realize how disastrous are the results of neglecting to exercise, until they find their bodies the subjects of disease.

Patient: Now, Doctor, I should like to have you put me on a program that will enable me to regain my strength and to overcome, if possible, this obstinate constipation.

Doctor: My part will be an easy one compared with yours. I find constantly in my practice that the things most necessary to do are the hardest to persuade my patients to do. I sometimes have to tell them to quit their business temporarily, but they insist that I cure them

---

Caffeine and theine are taken for the relief of fatigue. They do not produce energy. They merely deaden the sense of fatigue, and enable the one resorting to their use to squeeze out a few extra granules stored up in the already depleted nerve cells. Fatigue is nature's signal of danger, indicating the need of rest and recuperation. Caffeine pulls down the signals nature erects when in danger, but it does not remove the danger. It allows its victims to go unwarned, but not unharmed.— *Dr. D. H. Kress.*

---

causes a large amount of fermentation and putrefaction. The resulting poisons, absorbed by the intestinal lining membrane, enter the circulation of the blood and cause a toxic state, indicated by a general tiredness, lassitude, headache, mental hebetude, and drowsiness.

Another important cause of your constipation is the neglect of exercise. The strength of the heart, the strength of the walls of the intestines and stomach, and in fact of all involuntary muscles, is in proportion to the strength of voluntary muscles. The presence of a flabby muscular system means that the muscles of the lining of the heart are similarly flabby and weak, and the muscles of the lining of the stomach are also thin and weak. Thus the intestinal walls do not have a natural rigid resistance against

while they go on with their old habits, which I freely confess I cannot do. The most that any patient can do to assist the physician to bring about his recovery is to follow instructions, regardless of any sacrifice that he has to make. You have sacrificed your health for other attainments; why not now sacrifice some of your prospective attainments for the good of your health? This you will have to do in order to accomplish anything now toward definite recovery.

First of all, I want to improve your digestion. I want the work to start right in the mouth by the thorough chewing of your food, after a careful selection of a diet rich in fruits and the cellulose type of vegetables, such as asparagus, spinach, and cauliflower. Then I wish, since I have determined that your digestion is



slow because the secretion is delayed, to stimulate secretion by the external application of hot fomentations over your stomach after meals. For a time we are not going to permit these gases to play upon the walls of your intestines as they have been doing, but upon the first appearance of distention by gas we shall give special abdominal massage and high cleansing enemas. Through this treatment we hope to bring the intestinal walls back to their normal tone, and somewhat near their normal size.

Then I am going to put you on a course of special exercises, such as lying on your back, raising your legs, and lifting your head, to strengthen the muscles of your abdomen; for it is upon these muscles that you depend for the support of peristalsis, and for the expulsion through defecation of the intestinal contents.

We shall also at first use an oily lubricant, such as white mineral oil, and it may be at times advisable to use a saline cathartic.

We must, with the amount of exercise that we are now prescribing, provide for an ample quantity of rest at night, and see that conditions are favorable for early retirement. Your business affairs will have to be temporarily arranged, as you must give from ten weeks to three months of your time to the recovery of your health.

There are many other details that will have to be supervised in your case from day to day as necessity arises, but this is sufficient to warn you of the danger you are in, and the early necessity to attend to the most important problem you have ever faced—the rebuilding of a constitution which is now on the verge of wreckage.



HOLY STREET MILL, DARTMOOR, CHAGFORD, ENGLAND



# FOR THE MOTHER



## THE FEEDING OF SICK CHILDREN

Dr. Carl G. Leo-Wolf

In the last issue there was an article on "Feeding the Children," which contained the substance of the instruction given for the feeding of healthy children for the period following weaning, that is, from the end of the first to the end of the seventh year. This instruction was taken from a paper read by Dr. Leo-Wolf before the Lake Keuka Medical and Surgical Association, July, 1914. In that article and the one which follows, we have given that part of Dr. Leo-Wolf's remarks of most interest to mothers.—Ed.



ANY a child which is quite well at the age of six months, is pasty at the beginning of the second year. The cause is anemia, or poverty of the blood, due to the fact that the child has been too exclusively on a milk diet, and cow's milk is very poor in iron. This anemia will yield, and a good color will be restored, by the use of green vegetables [especially spinach]. It is to prevent this anemia that we recommend the administration

At first it may be best to feed a strictly vegetarian régime, then after a week or two, milk may be added cautiously.

In those conditions manifested by swelling of the lymph "glands," eczematous condition of the skin, and frequent catarrhs,—a condition which is very frequent and "runs in families,"—relief is afforded by dietetic treatment if the case is taken early. The asthma of the adult is due to the same cause which produces the thick crusts on the eczematous

---

Every mother who appreciates the dangers to which her boy may be subjected through the saloon, will be ready to do all in her power to crush the liquor traffic.

---

of fruit juices and vegetables during the second half of the first year.

In rickets the remedy is dietetic. Plenty of fresh fruit and vegetables will accomplish more than overfeeding with milk.

Infantile scurvy, where medicaments fail, will yield to fresh fruits and vegetables, in connection with milk.

A tendency to spasms and nervous excitability may be corrected by attention to the diet, using milk and vegetable proteins only,<sup>1</sup> as the animal proteins seem to cause these nervous conditions.

baby, and gives the frequent attacks of "cold."

Give the child the smallest possible amount of food, especially of the animal proteins, even if its weight is a little below normal. We may be able to prevent asthma and bronchitis in the adult by changing the diet of the young child. Formerly we have treated these cases with medicine,—the so-called symptom-

---

<sup>1</sup> To secure the vegetable proteins adaptable to the digestion of a child, one may use gluten foods, purée of peas, beans, or lentils, or macaroni, and other paste foods.—Ed.



atic treatment,—which is really a poor excuse for not finding out what is the matter with the patient; and if we changed the diet, it was to order a "strengthening diet" with plenty of milk at meals and between meals, and meat with eggs, etc. What was the result?

—Constipation or stubborn diarrhea, a yellowish complexion, eczematous skin, poor sleep, neurotic symptoms, and the like. Now we put these children on a diet almost exclusively vegetarian, with the result that the children remain thin but well.

## HELPFUL SUGGESTIONS FOR THE BUSY HOUSEWIFE

The following suggestions were contributed by some of the members of the Ladies' Home Missionary Society (Takoma Park) at a recent meeting:—

### To Brighten Silver

A teaspoonful of ammonia in the water in which silver is washed will keep the silver bright.  
MRS. R. E. SEELY.

### A Convenient Tool

A painter's putty knife, having a square end, is a convenient scraper and cake turner.  
MRS. G. H. HEALD.

### To Remove Ink From White Goods

Squeeze on some lemon juice and cover with salt. Allow to stand, and then wash with warm water and ivory soap.  
MRS. CARRIE KELLEY.

### An X-Ray Piece Bag

A piece bag made of mosquito netting enables one to see the contents of the bag without emptying it out.  
MRS. W. T. KNOX.

### To Bleach White Garments

Use a tablespoonful of borax in a gallon of water. Wet the clothes, dry in the sun, and repeat if necessary.  
MRS. C. S. LONGACRE.

### To Keep Lemons

Put lemons into cold water sufficient to cover them, and change the water every day. The lemons will keep for a long time.  
MRS. R. E. SEELY.

### For Wash Day

A large handful of salt in half a gallon of starch prevents the clothes' freezing to the line, and makes them iron more easily.  
MRS. W. B. WALTERS.

### To Polish the Gas Stove

Wash the stove, and when it is dry, rub it with a clean felt blackboard eraser which has been dampened with kerosene. With an occasional treatment of this kind, the stove will continue to look like new, and will not require blacking.  
MRS. E. C. WOOD.

### Hand Lotion

Place an ounce of gum tragacanth in a pint of soft water (rain water is best) and let it stand three days. Then add one ounce of glycerin, one ounce of alcohol, and one ounce of witch-hazel. Applied to the hands after dish washing, scrubbing, etc., this lotion will prevent chapping and will keep the skin in good condition.  
MRS. N. D. STAUGHTON.

### Cleansing Mixture

A mixture of equal parts of Dutch cleanser and gold dust makes a much more effectual cleanser than either taken separately. (Any other washing powder and cleanser could be used in the same way.) A little of this mixture applied with a stiff brush once a day keeps the bathroom fixtures in good condition, and the sink and drain boards white and clean.  
MRS. E. R. PALMER.

### To Mend Kid Gloves

With small sharp scissors remove all ragged edges. Buttonhole firmly both edges to be mended, using cotton thread and a fine needle. (Never use silk thread, as it cuts.) Then bring the edges together and buttonhole. A glove mended in this way cannot pull out or rip, and will stand the hardest kind of wear thereafter.  
MRS. LEO LONGSTREETH.





# HOME COOKING SCHOOL



## ARE DESSERTS SUPERFLUOUS?

George E. Cornforth

**T**HAT depends. If the meal is complete without the dessert, then, of course, the dessert is superfluous. But if the meal is so planned that the dessert is a necessary part of a well-balanced menu, harmonizing with and supplying food constituents lacking in the rest of the meal, then the dessert is not superfluous. Care should be taken in the selection of the dessert that it may not be out of harmony with the rest of the meal. A fruit dessert should not be added to a dinner of coarse vegetables, because fruit and vegetables do not digest well together; neither should it be a heavy, rich dessert when the rest of the meal consists of rich, nourishing food; nor should a dessert lacking in nourishment, though pleasing to the taste, be served with a meal of the less nutritious foods.

In this article I shall consider fruit desserts and gelatin desserts.

Fruit desserts include such desserts as pressed fruit pudding, brown Betty, fruit whips, and other fruit mixtures, recipes for which have been given. Here are three other simple fruit desserts:—

### Mixed Fruit Dessert

- 1 cup stoned and quartered California grapes (or stoned cherries may be used)
- 1 cup diced apple
- 1 cup diced pineapple
- $\frac{1}{2}$  cup diced figs
- $\frac{1}{2}$  cup pineapple juice or strawberry juice
- $\frac{1}{4}$  cup lemon juice

Either canned or fresh pineapple may be used. The pineapple or strawberry juice may be that which is drained from canned fruit.

The apples should be mixed with the lemon juice as soon as they are cut into dice, to preserve their white color. Carefully mix with

them the other ingredients, and place the mixture in the refrigerator for two hours to allow the flavors to blend. At serving time put the fruit into chilled sherbet glasses, and place on top of each a spoonful of whipped cream which has been slightly sweetened and flavored with vanilla. Or the cream may be piped in the shape of a rosette with a pastry tube.

### Fruit Mold

- 3 cups raspberry, strawberry, blackberry, or cherry juice
- Sufficient sugar to sweeten to taste
- $\frac{1}{4}$  level teaspoon salt
- $\frac{1}{2}$  cup wheat meal or cream of wheat

The juice which is drained from canned fruit may be used for this. In this case probably no extra sugar will be needed.

Heat the fruit juice to boiling in the inner cup of a double boiler placed directly over the stove. Whip in the meal, stir till the juice is thickened, and then set into the outer cup of the double boiler, which contains boiling water, and continue cooking for one hour. Then pour into molds wet with cold water, and cool.

When thoroughly chilled, turn from the molds, and serve with cream or whipped cream or—

### Foamy Sauce

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

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 in the cornstarch. Allow to cook a few minutes, then whip the hot sauce into the stiffly beaten egg white, and return the sauce to the double boiler long enough to cook the white of the egg, stirring constantly. This will cause the egg white to become incorporated with the sauce so that it will not rise to the top after the sauce cools.

### Raisin and Nut Fluff

- $\frac{1}{2}$  pound raisins
- $\frac{1}{2}$  cup walnuts
- 1 egg white
- $\frac{1}{2}$  cup heavy cream
- 1 level tablespoon sugar
- $\frac{1}{4}$  teaspoon vanilla



One method of preparation: Wash the raisins and let them soak in cold water for twelve hours. Drain off the water. Rub the raisins through a colander. Grind the nuts through a food chopper with the finest cutter. Mix the nuts with the raisin pulp. Beat the egg white very stiff and fold the raisin and nut mixture into it. Whip the cream, with the sugar and vanilla, and serve a spoonful of cream with each portion of the fluff. The water in which the raisins soaked makes a splendid drink, or it may be mixed with other fruit juices.

Another method of preparation: After washing the raisins grind them through a food chopper, using the finest cutter. Mix with them about one-half cup of cold water; the amount will vary according to the freshness of the raisins. Then mix the chopped nuts with the marmalade, and fold in the beaten egg white.

### Gelatin Desserts

We do not recommend the use of animal gelatin, not only because it is an animal product, but because it is made from hoofs and horns, and, we are told by persons who ought to know, eyes, and other organs and parts of the animal which cannot be used for anything else.

A most satisfactory substitute for animal gelatin is agar-agar, a seaweed that grows in the Japan Sea, also farther south along the eastern coast of Asia, and, to some extent, along the western coast of America. In Japan the raising of seaweeds for food is an important industry, some of the people leasing from the government portions of the seacoast where the water is shallow, and making it their business to plant, cultivate, and harvest these water plants. A large amount of agar-agar is exported from Japan each year. It is used in bacteriological laboratories for making cultures in which to grow germs.

Agar-agar is really not gelatin, though the name vegetable gelatin has been given it because it can be used as a substitute for animal gelatin in making desserts. Agar-agar is cellulose and has no nutritive value. The nutritive value of desserts made with agar-agar is due to the sugar and fruit juice used in them. It might be stated here also that animal gelatin has slight nutritive value. The body does not use it in forming tissue.

Besides making a good substitute for

animal gelatin, agar-agar is valuable for the relief of constipation. To prepare it for use for this purpose, soak about one-half ounce of the agar-agar in about four quarts of hot, but not boiling, water for one-half hour. Turn into a colander to drain off the water. Then put the agar-agar into a second quantity of hot water for fifteen minutes. Drain, and soak the third time. Then drain well. This successive soaking in hot water and draining is to remove the spongy smell and taste which the agar-agar has.

As a help in the relief of constipation a sauce dish of this soaked agar-agar should be eaten at each meal, with little attempt to masticate it. Cream, or cream and sugar, may be eaten with it to add some palatability to the dish. The gelatin itself not being digested and having absorbed considerable water, helps to retain moisture in the contents of the digestive tract, and cellulose of any kind in the food eaten stimulates the digestive tract to pass the food along.

Used as gelatin, one ounce of agar-agar solidifies three quarts of liquid, while one ounce of animal gelatin solidifies two quarts of liquid. Vegetable gelatin costs less per ounce than animal gelatin, therefore it is more economical to use.

To use as gelatin, the agar-agar should be prepared by soaking and draining as was prescribed for preparing it for eating.

### Grapefruit Jelly

- $\frac{1}{2}$  cup grapefruit juice
- $1\frac{1}{4}$  cups water
- 1 cup sugar
- 2 tablespoons lemon juice
- $\frac{1}{4}$  level teaspoon salt
- $\frac{1}{2}$  oz. vegetable gelatin
- 1 cup water in which to dissolve the gelatin

While the gelatin is receiving its preliminary preparation of soaking and draining, mix together the grapefruit juice, water, sugar, lemon juice, and salt. Use a lemon drill to obtain the grapefruit juice. Both the grapefruit juice and the lemon juice should be strained before using. After draining the last time, boil the gelatin in the one cup of water till dissolved, then strain it into the remaining ingredients. Mix well, and pour into a mold or cups wet with cold water. When cold, unmold, and serve with cream, whipped cream, vanilla sauce, or lemon custard sauce.



**Apricots in Jelly**

- 1½ cups dried apricots
- 1 cup sugar
- 1 tablespoon lemon juice
- ¼ level teaspoon salt
- ¼ oz. vegetable gelatin
- 1 cup water in which to dissolve the gelatin

Wash the apricots, and let them soak in three cups of cold water overnight. In the morning stew them till tender in the water in which they soaked, which should require only about ten minutes' cooking. Drain off the juice and measure it. There should be two cups. Add water, if necessary, to make that amount. Put the apricots back into the juice; add the sugar and lemon juice and salt. After preparing the gelatin by soaking and draining, boil it in the one cup of water till it dissolves, then strain it into the apricots. Put into molds wet with cold water. When cold unmold and serve with whipped cream.

**Orange Snow Pudding**

- 2 tablespoons lemon juice (juice of 1 large lemon)
- ½ cup orange juice
- 1 cup sugar
- ¼ oz. vegetable gelatin

- ¾ cup water in which to dissolve the gelatin
- 3 egg whites
- 1 teaspoon salt

Prepare the gelatin by soaking and draining three times. After draining the last time, boil it in the two-thirds cup of water till dissolved. Strain it into the lemon juice, orange juice, sugar, and salt, which have been mixed together. Cool till nearly ready to set, then beat it into the stiffly beaten egg whites, and continue to beat till nearly ready to set again. Then quickly pour it into cups wet with cold water. When cold, unmold, and serve with a custard sauce in which the yolks of the eggs are used. This is so tender that in unmolding the desserts great care must be taken not to break them.

**Custard Sauce**

- 2 cups milk
- ¼ cup sugar
- 3 egg yolks
- ½ teaspoon vanilla
- A few grains salt

Prepare according to directions for making boiled custard, taking great care not to cook too long.



ORANGE SNOW PUDDING AND A BUNCH OF AGAR-AGAR, OR VEGETABLE GELATIN



# EDITORIAL

## THE STAFF OF LIFE



N January, when the price of wheat was soaring and many feared a bread famine, an editorial article appeared in the *Washington Times* of January 19, intended to allay unnecessary fears.

Having called attention to the fact that bread is not now so much in demand as formerly, being replaced by other foods, the editor explains how one may still have a nutritious, healthful bread at a moderate price:—

“But if the high price of wheat and flour would open the eyes of a few hundred housewives in this country to the fact that we are throwing the best part of the wheat to cattle, hogs, and horses, the present market condition might work a lot of good. If the shorts and bran were turned into biscuits, muffins, and light bread, the danger of a bread famine would be even more remote than at present.”

This does not take into account the effect an increased demand would have on the price of bran and shorts. He continues:—

“The whole-wheat kernel is more digestible, more nutritious, and certainly more palatable than is the starchy portion of the grain which sifts through the cloth in the bolting process. White flour is a fashion taken up by an unthinking public, and retained for the same reason that notches in collars, buttons on coat sleeves, are retained—which is for no reason at all.”

This statement is, on the whole, true; but, like many newspaper editorials, it is just near enough to the truth to be interesting. No physiologist of any reputation would contend that whole-wheat bread is more digestible than white bread. The editor may mean that it is more laxative,—less constipating,—which to a newspaper editor might be equivalent to being more digestible. It is more laxative because it is more indigestible. Food that is completely digested, leaving no residue, such as milk and cheese, is apt to be constipating. For laxative effect we often eat foods containing a large amount of indigestible residue, such as coarse vegetables, and figs. For a similar purpose we sometimes take bran and water in the morning. Agar, or vegetable gelatin, is laxative because it is absolutely indigestible. The superiority of Russian mineral oil to olive oil as a laxative, is that it is indigestible. The virtue of whole-meal bread or bran bread is in its indigestible content which stimulates the often too sluggish bowel to action.

The outer part of the wheat contains phosphorus, protein, and other substances needed by the body; but we should not be blind to the fact that a large proportion of this is not absorbed, but passes off as waste. There is no doubt, however, that where a people is confined to a few articles of food, as in Labrador, whole-wheat or Graham flour is in every way superior to white flour. In this country most persons probably obtain the elements lacking in white flour from other foods.

On a fairly liberal diet where one does not tend to constipation or tends to looseness, there can be little objection to white flour. Where there is a tendency



to constipation, the use of the coarser bread will help overcome the difficulty. The remainder of the *Times* article is interesting:—

“When the bolting process was first invented, only the well-to-do could afford white bread. For the sake of being exclusive and indulging a more or less snobbish desire, they were willing to put a tax on their digestive apparatus. With this example set them, it was not hard for the near rich to persuade themselves that the new flour tasted better than the old, and before long the new fashion had even crowded into the humblest kitchens. The result was that the mills almost stopped turning out whole-wheat flour.

“Fortunately the pendulum of fashion seems now to be swinging the other way, and no hostess hesitates to offer her guests the good brown bread with all the nutrition of the wheat in it. White flour will always be in demand for pastry and for certain other culinary purposes, of course, but as the ‘staff of life’ it is a poor sort of stick.”



## MEAT AND THE DISPOSITION



HAVE read with considerable interest Lorand's books on old age deferred and diet. He points out frequently the dangers of a liberal meat diet, and also of a strictly vegetarian diet. Some of his arguments against vegetarianism, however, do not appeal to me. For instance:—

“We maintain that the truth of the matter is that there are few animals of the nobler kind to be found among those existing on herbs. We find the monarchs of the animals among the carnivorous class; and if we take them as our example, the courage and valor of the lion will appeal to us far more forcibly than the cowardice and helplessness of the sheep.”

The noblest, the most docile animal is the horse, though it is not to be questioned that sometimes the dog seems to be more devoted.

The point, however, I wish to make is that the lion is a poor example of nobility. Its nobility is that of brute strength, quickness, and treachery. It springs before the victim is aware of its presence.

What follows I trust will not be taken as an attempt to enter into the merits of the present war. It is merely given as an illustration of the effect of dietetics, and is given in connection with Lorand's citation of the lion as an example of nobility. Lorand, by the way, is an Austrian, and probably a German by race.

When trouble arose between Germany and Japan, all the Japanese—students and others—in Germany were immediately cast into prison and treated with considerable indignity, if the reports are true, and it required much diplomatic work on the part of our ambassador to secure their freedom.

Notwithstanding that this was known in Japan, the Japanese treated the Germans in that country with the utmost courtesy. The Germans are flesh eaters. The Japanese are largely vegetarians. The Germans have the lion as the ideal of nobility; the Japanese, while no less efficient, have another ideal. It would look as if the professed religion of the two countries had less influence on their method of treating enemies than their diet. The pagan vegetarian nation showed a spirit of forbearance and courtesy, without weakness, which any of the Christian meat-eating nations might follow with profit.



I am of the opinion that those who take the lion for an example of nobility, and who eat to develop the qualities of the lion, are not eating for the development of a higher civilization.

I am fully aware that the Germans do not eat more meat than the English, or Australians, or Americans. But I think any of these countries could take lessons from Japan in courtesy and self-control.



#### Prohibition in Russia

THOSE who are acquainted with George Kennan's writings accept his statements at full face value, especially when he writes on Russia. In the *Outlook* of February 17 is an article by Mr. Kennan, "Light and Shade of Russian Prohibition," which should be very encouraging to those who are working for prohibition in this country. The changes that have taken place in the empire of the czar as a result of prohibition are certainly marvelous.

For three months after the general prohibition of vodka, the sale of beer and wine was permitted. Evidently the prohibition of the sale of vodka was not all that was necessary to stop the drunkenness, for in October a resolution followed authorizing city and town councils to forbid at their discretion the sale of beer and wine. Then began the struggle in all the municipalities between the prohibitionists and the compromisers, the latter asserting that complete prohibition would result in illicit manufacture and sale of inferior spirits. In many of the cities and towns the prohibitionists carried the day. Late in December Moscow and Petrograd prohibited the sale of all intoxicants, as did also many other cities and towns, both in European Russia and in Siberia, notwithstanding the fact that this prohibition meant a marked decrease in the city revenues. It is esti-

mated that the city of Petrograd will lose 500,000 rubles (about \$250,000) a year in wine and beer licenses alone, and the losses in all the empire will be immense; but evidently the Russians have come to realize that the loss from a drunken populace is greater.

It would seem that in the large towns there is still some drunkenness, the confirmed inebriates using wood alcohol, denatured alcohol, and other substitutes for their accustomed drinks. But in the country — the peasant villages — drinking has almost wholly ceased. The peasant women are said to talk more about prohibition than about the war, and little children ask their mothers, "Will papa always be as he is now?" The peasant population is better fed and better dressed than ever before, and crime and disorder are reduced to a minimum.

Mr. Kennan translates an article from a Petrograd paper, "The Regeneration of the Russian Village," from which I quote: —

"The spiritual uplift caused by the war and the change from drunkenness to sobriety which accompanied it are bringing about before our eyes a profound change in the psychology, the life, and the economic status of our people. Evidences of this change are everywhere manifest, but they are particularly noticeable in the peasant villages. The Russian village has become so completely transformed that it is unrecognizable."

The following statements, coming from persons in different parts of one of the



provinces and quoted in the same article, are illuminating:—

"The whole population is now peaceful and quiet. We don't need policemen to maintain order. Every citizen is himself a preserver of order."

"At the present time, our people are cheerful and hopeful. They are taking newspapers, and on holidays these papers are read aloud to crowds, in which you will see not a few men who were formerly drunkards."

"Life is beginning to show evidences of rebirth, and now we need more schools. It would be well to make high schools out of the distilleries."

"The poorer people are now saving tens of rubles, and the well-to-do hundreds. Our settlement alone has saved more than a thousand."

Any one wishing to know what prohibition, honestly carried out, will do for a country, should read Mr. Kennan's article and his translation in the *Outlook* of February 17.

\*\*\*

#### The Harrison Antinarcotic Act

ANY physician who violates, knowingly or unknowingly, any of the provisions of the Harrison Antinarcotic Act, which went into effect March 1, may incur a penalty of a fine of two thousand dollars, or an imprisonment for five years, or both.

By the provision of the law, every physician who sells, gives away, or has in his possession any opium or coca leaves or any compound, manufacture, salt, derivation, or preparation thereof, shall register his name and office address with the collector of internal revenue of his district, and shall pay said collector an annual tax of one dollar.

A registered physician may prescribe any of these drugs, but such prescriptions must be signed and dated by him, and must bear the name of the person for whom the drug is prescribed. He may also dispense or give to a patient any of these drugs, but must keep a record showing the amount of such dispensed or given away and the name of the person to whom they are given. The law makes exception in the case of patients on whom the physician personally tends.

To purchase the drugs it is necessary to make a duplicate order on a form furnished by the collector. This order must be kept by the seller and a duplicate by the buyer for a period of two years, and must be shown on demand to any officer, agent, or employee of the Treasury Department, or to any municipal or State officer charged with the enforcement of laws regulating the sale or prescribing of drugs.

There is an inclination on the part of some of the medical journals to look in an unfriendly way on the act, as interfering too much with the prerogatives of physicians; but it should be remembered that doctors are responsible for considerably more than half the drug addiction; and if the laws intended to lessen this addiction appear to be a little severe on the doctors, they are themselves to blame. A right attitude of the entire medical profession toward the dangerous habit-forming drugs would do much to lessen the evils of drug addiction. Probably the majority of physicians are on the right side of this question, but there are enough black sheep in the profession—men who are themselves addicts, and who are constantly making addicts of their patients—to make a drastic law necessary. Even the present law, by allowing some latitude to physicians prescribing for patients whom they personally tend, leaves a loophole for illicit dealing in drugs.

Before the national law went into effect, the *Washington Herald* began a campaign to prosecute doctors dealing illicitly in drugs, and is giving publicity to its work in such a way as to bring the offenders into unenviable notoriety. The first victim was a relative of a United States Senator, with offices in the most fashionable part of the city, a man who had been sentenced to imprisonment in the federal prison for offering to do a criminal operation on a woman, but who, possibly through political pull, had obtained a commutation of the sentence to a fine.

Doubtless newspapers in other cities



will take up a similar work. Some of the State laws thus far are defective, in that the burden of proof lies with the prosecution; and unless it can be proved that an actual sale was made, the dealer goes free, though it may be generally known that he is violating the law. The law should make possession of the drugs, unless authorized, a punishable offense.

\*\*\*

#### Sore Throat and Milk

THERE have been a number of epidemics of sore throat of a severe character, with not a few fatalities, which have been traced to milk supplies, in some cases from dairies supposed to be conducted under ideal conditions. In Boston there were fourteen hundred victims in such an epidemic, in Chicago about ten thousand, in Baltimore about one thousand. In these epidemics, a germ of the streptococcus type appeared to be the cause of the disease. The source of the infection was traced variously to milkers, to other persons handling the milk, and to diseased condition of the cows' udders in some cases.

It is only recently that such epidemics of sore throat confined to the patrons of some particular milk supply have been noted. It is not at all impossible that there have been in the past similar epidemics due to the milk supply, but dismissed with the easy-going diagnosis "grip."

In these epidemics, it would seem that in practically all cases the tonsil is the point of attack. When the disease is transmitted experimentally to animals, it always produces arthritis (inflammation of the joints, or rheumatism), with more or less resulting deformity of the joint.

Whether one enjoys the taste of Pasteurized milk or not, whether one believes it "agrees" as well as raw milk or not, it must be admitted that with the

chance of such severe epidemics, easily prevented by Pasteurization, it is the part of prudence to Pasteurize all milk intended for human consumption. Pasteurization prevents the transmission through the milk not only of sore throat, but also of typhoid fever, tuberculosis, and other infectious diseases.

The United States Public Health Service has pronounced unqualifiedly in favor of Pasteurization, and in England, after careful investigation, a commission appointed to report on the subject reported in favor of boiled milk as being superior to raw milk in the feeding of infants. Certainly, to bring milk to the boiling-point on the stove interferes very little with its digestibility or nutritive qualities, and destroys most, if not all, of the disease germs present.

\*\*\*

#### Baking Powders

THERE has been much mud throwing or ink throwing between the manufacturers of the various baking powders, each claiming that his is a sanitary product and that the others are damaging. There is a question, however, whether any of the baking powders are harmless. As Dr. Wiley, in *May Good Housekeeping*, says:—

"According to my own personal view, the continual ingestion of bread containing excessive quantities of mineral ingredients of any kind mentioned above is not desirable. Of the three kinds of salts which are left in the bread, there is little choice between those produced by the cream of tartar and the phosphoric acid breads. The residue of the alum baking powders I believe to be more objectionable than that of the others. I class the baking powders in the following order: Cream of tartar powders, phosphoric acid powders, alum powders. . . .

"My advice to housekeepers is to use as little baking powder as possible. Serve unleavened bread, or that which is leavened with yeast. The man who will invent a pure carbon dioxide in a compressed form which can be liberated in bread without leaving any residue will be a benefactor to the race."



# THE MEDICAL MISSIONARY AT WORK



## MEDICAL MISSIONARY WORK IN CHINA

A. C. Selmon, M. D.

**I**N the treating of diseases peculiar to women there is, in China, certainly a unique opportunity presented to the woman medical missionary. China has a superabundance of quack doctors, but fortunately for the women, they are all men; and Chinese custom does not allow them to do more than feel the pulse of a sick woman and make out a prescription. The result is that there is no one who even professes to be able to cure the women, and so they do not even dream that there is any help for them, but suffer patiently year after year with conditions that can easily and quickly be relieved by modern methods of treatment. The condition of many of the Chinese women who come to the dispensary shows that they are sufferers probably beyond the women of any other land, with the possible exception of India.

The widespread prevalence of disease in China should not lead to the conclusion that the climate is especially unfavorable for health, for, taking the country as a whole, climatic conditions are as good as will be found in any other nation of this size. But the people, old and young, high and low, are ignorant, and densely so, of the simplest principles of hygiene and the nature and treatment of disease. No thought has been taken in the past by the government for the physical welfare of this countless number of human beings. Very recently there has arisen more or less agitation along this line among the leaders of new China, but the task can be accomplished

only by the education of the masses.

The principal diseases met with are affections of the eye, parasitic skin diseases, malaria, infections and abscesses, female pelvic diseases, tuberculosis, ear troubles, leg ulcers, intestinal parasites, digestive disturbances, syphilis, bronchitis. The order of frequency of some of these classes of cases would of course vary greatly, depending upon the locality and the season of the year. There are numerous cases of tumors, stone in the bladder, and heart lesions; and, in fact, most of the ordinary cases met with in a general dispensary are included in the list, together with several of the diseases peculiar to the tropics, such as beriberi, kala azar, elephantiasis, and certain parasitic skin diseases.

Of two hundred and fifty-nine persons examined thirty were afflicted with conditions that required a major surgical operation. Many of these pleaded with us to operate. Having neither place nor proper equipment, we were compelled to advise them to go to a Presbyterian hospital, eighty miles to the east of Ying-shang. It is safe to say that at most not more than two of the thirty were able to go.

In the estimation of results accruing from such a work as is mentioned above, it should be stated at the outset that the most fruitful medical work, judged from the number who are led in a short time to accept the gospel, is that carried on in a hospital. In a hospital the patients are resident for some time, and cannot but see and hear the gospel daily. Many



of them, having been helped physically after they had given up all hope, are ready to learn more of the doctrine that leads persons to do for others what the doctors and nurses have done for them. Moreover, any line of efficient medical missionary work results in a kindly feeling on the part of the general populace toward the missionary and his work. They come to look upon the medical missionary as one who helps people. The influence on some individuals of the help they have received from a visit to the dispensary is sometimes very marked. Many seeking for relief from physical suffering, will come into a gospel hall to see the doctor, who have publicly vowed they would die rather than enter a *Yesu tang* (Jesus hall). In some cases those of other missions who have heard nothing but evil reports of us and our work are, through coming to our dispensary, brought into contact with us and get a glimpse of the spirit of our work. And as we can personally testify from past experiences, their call at the dispensary marks the beginning of an acquaintance with us and our work which finally leads them to study and accept the present truth.

The work to be done in this field is a proposition that we can grapple with in but one way, and that is by the training of an army of Chinese young men

and women who will give the message. Viewed from this standpoint, all medical missionary work should be training work, — the training of Chinese young men and women in the fundamentals of hygiene and in the recognition and treatment of the common maladies. The need of this training work is surely not less than the need of such training for our young people in the homelands. To the one who has been in the mission fields the need for such training seems many, many times more imperative than is the need in the homelands. We find that the majority of our present staff of Chinese evangelists and Bible women earnestly desire to secure some training along this line. Any missionary who has ever been in the interior of China can testify to the fact that the Chinese people look upon the missionary as one who can help the sick; and being besieged day after day by the sick has led more than one missionary without a medical training to leave his work for the time being, and enter school for a preparation that would enable him to treat the sick. Our native evangelists in the interior meet the same experience, the sick coming to them for help. And why should it be thought strange for the sick to come for help to the man or woman who holds up Jesus and the work he did as the perfect example?





# 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.

**Colic.**—"What remedy do you advise me to use to relieve my three-weeks-old baby of colic? He cries from two to four hours every night. We have tried such measures as giving him a few sips of real warm water, warming his feet thoroughly, placing warm flannels across his abdomen; and still he screams. . . . What is your opinion of paregoric and asafetida as remedies for colic?"

The only thing I can suggest is that possibly the fruit you are eating may cause the trouble. I notice that you eat fruit and also potatoes. In some cases sweet potatoes have a very bad effect on a baby. I am not certain that white potatoes would; but by omitting the fruit awhile, and if that does not help, then omitting the potatoes, you might get the relief you desire.

Regarding paregoric, I must say that as an opiate, a form of opium, it has the effect of a narcotic. Asafetida is, so far as I know, harmless. At least it is not a narcotic drug. Whether it would relieve the colic or not, I do not know.

Are you sure that the baby's feet do not get cold toward evening? Many mothers let the baby's feet get cold about four o'clock in the afternoon, and they are pretty sure to have trouble.

**Bronchial Cough.**—"It will be three years in April since I began to cough. I was troubled a number of years with catarrh in the head. I was taken ill with bronchitis which left me with a cough. I have taken a number of cough remedies, but nothing has ever helped me. I raise a good deal in the morning, and some through the day. I sleep well, and have a fairly good appetite. My age is over eighty."

The first thing in your case would be to determine whether you have tuberculosis. A cough that hangs on the way yours does is very likely to be of a tubercular nature. This you can determine only by having a physician make an examination.

There is one remedy I have found quite effective in many cases of beginning tuberculosis. It is the free use of acid milk prepared as follows:—

Have the druggist give you in a half-pint bottle, one ounce of chemically pure hydrochloric acid. Then fill the bottle with pure water. A teaspoonful of this dilute hydrochloric acid is put into a cup, and the cup is filled with milk, preferably unboiled milk. The milk may curdle a little. If you care to add a little cream to the milk, it will taste like a good quality of buttermilk. You should take a cup of this milk four or five times a day. If you tire of it, you might stop for a week and then begin again. Always rinse your mouth out after using the milk, for the acid might corrode the teeth.

I feel no hesitation in suggesting this remedy, for it is the acid normally formed in the stomach, and is not likely to do you any harm if it does no good. After a week's course with the acid milk, it is well to leave it off for a day or so and then begin again. This treatment should not be made to take the place of other dietetic, hygienic, and treatment measures.

**Piles and Constipation.**—"Can internal piles cause pressure at the base of the brain, and constipation? In what way or by what symptoms can one tell whether internal piles are causing such trouble? I did not suspect that I had piles until a doctor examined me, and said I did. Another doctor said they were not bad enough to cause any trouble. I have to take something for my bowels all the time."

Internal piles are more likely to be the result of constipation than the cause of constipation. Constipation might cause piles, and pressure at the base of the brain. I doubt whether you need pay any further attention to these piles unless they give you trouble.

For your constipation take regularly some agar. This number of LIFE AND HEALTH gives, in the article on desserts, page 178, a recipe for the preparation of agar as a dessert so that it may be taken with the meals in an attractive manner. As it ordinarily comes, agar is not very agreeable to take. It is perfectly harmless, and can be taken indefinitely with excellent results. Using agar in this way, you would not need to take a cathartic.



**Weaning Baby.**—"What is the best thing to give a baby when weaning it?"

In weaning a baby I think there is nothing better than cow's milk, using perhaps with it bread or some other solid food for one or two feedings, and then finally all the meals. The milk, of course, should be pure. See the article "How Bob Was Weaned," in the October, 1914, *LIFE AND HEALTH*.

**Constipation and Laxatives.**—"Is olive oil as good a laxative as white Russian mineral oil? I read in an article that Russian oil would cause cancer of the hands or face if it were not washed off or sterilized in some way. I have heard that olive oil would make one put on flesh, and would also serve as a laxative. Is it as much of a laxative as Russian oil? It is much cheaper. Can constipation cause neurasthenia, and a sensation of pressure at the base of the brain and the back of the head?"

Russian mineral oil is a good laxative because it is not absorbed in the intestinal tract. Olive oil is absorbed in the small intestines, and beyond that point cannot act as a laxative.

I do not know of any way in which one would know that Russian oil would cause cancer. No one knows what causes cancer. The irritation of a part, whether by cigar or by any other means, under favorable conditions will cause cancer; but what those favorable conditions are we do not know. Olive oil will certainly put on more flesh than the Russian oil, as the Russian oil is not a food in any sense.

As to dosage, that depends entirely on the individual. You will have to use more or less as your experience indicates. What would be a good dose for one would not be for another.

Constipation may cause neurasthenia and a sense of pressure at the base of the brain. On the other hand, neurasthenia may be the cause of constipation. These conditions work in a circle.

**Exclusive Milk Diet.**—"I am writing for advice regarding an exclusive diet. I am suffering from stomach trouble of long standing, and a friend insists on my taking the milk cure. Is it possible to absorb six quarts of milk daily?"

An exclusive diet of one article of food, milk, buttermilk, or grapes, has been successful in the cure of various disorders. It may be beneficial in your case. I am inclined to

think, however, that more than a week of this exclusive diet at one time is likely to be followed with unfavorable conditions.

Four quarts of milk ought to be absorbed in twenty-four hours, and any less than four quarts is hardly sufficient for the daily need.

Without knowing more about your case, I cannot state intelligently whether or not the milk cure would be a benefit to you. It would have to be a matter of experiment on your part.

**Hygiene of Painting Trade.**—"I should like information on the painter's trade from the standpoint of health. Do the smelling of and working with painting materials, especially white lead, linseed oil, turpentine, varnish, benzine, and creosote, harm the health seriously? We do practically most of our work in country districts, and about one third indoors."

The vapor of turpentine does have a certain effect on the kidneys, and in some persons a very serious effect. It is possible that benzine and wood alcohol, if you use them enough to get the odors very much, would also have a very bad effect. Lead, I understand, injures only when it comes in contact with the body, in which case it is absorbed and may cause lead poisoning, the principal symptom of which is wrist drop (paralysis of the muscle which controls the wrist). I suppose this is partly because these muscles are used more than any others in painting.

With good ventilation and care not to soil the body with the paint, and not to inhale the odors any more than is necessary, the painter's trade is reasonably healthful.

**Hair Turning White.**—"At the age of twenty-seven years my hair is beginning to turn white. It was a very dark brown. Kindly inform me what I should do to prevent its turning. I am in good health at present, but underwent an operation two years ago for appendicitis."

I regret very much that I know of no preventive for the whitening of the hair. Many attempt to hide the fact that their hair is turning white by dyeing it. Most observant people can detect the sham, and perhaps think less of the person for it.

It seems natural for the hair of some persons to turn white at a very early age, and I think a head of white hair is beautiful. It perhaps does give the suggestion that one is aging; but if one takes care of his health in other ways, he can still appear young if his hair is white.







# CURRENT COMMENT



## Is Pasteurization Essential?

THE chief advantage claimed for the Pasteurization of milk is that it is a dependable safeguard, particularly against the contraction of tuberculosis. Perhaps it may be said that the whole matter hinges on the point of the danger of tuberculosis to the human species. The evidence with regard to this is still of a confusing nature. Many authorities are of the opinion that the danger from this source is a negligible quantity, and others think that tuberculous milk is a serious menace to the human race. Statistics differ widely regarding this important phase of the question. . . .

There are many obvious drawbacks to Pasteurization, and it is not, as a few of its most enthusiastic advocates would have us believe, an ideal method. It may be a fact that properly Pasteurized milk is the most valuable makeshift or temporary substitute for mother's milk or for fresh cow's milk that has yet been devised. This is the best that can be said for it. . . . Recent investigations have shown conclusively that an animal to thrive at its best should be fed for some considerable time after its birth with milk derived from one of its own species. As compared with this conclusion, it is of quite minor importance whether an infant is brought up on Pasteurized or un-Pasteurized cow's milk. "Back to the breast" might well be suggested as a suitable slogan in the present campaign for healthier babies.—*American Medicine*.

## Our Weakness for Medicine

It is a fact, and an undisputable one, too, that we Americans dote on taking medicine. Despite what has recently been written to the contrary, the actual state is almost as bad as it was some decades ago—possibly with this difference, that, whereas formerly we gulped down patent medicines with a courage that made the beatific joys of the early Christian martyrs pale into insignificance, we are today following the same tactics with drugs that are "recognized." Directly a man feels out of sorts his first thought is the drug store; that is, if he is a strictly moral man, or the saloon if he is inclined toward the immoral belief in the efficacy of whisky to drive away the blues. But let us imagine we are dealing with an individual of the highest morality, with one who has a weakness for burning incense on the altar of a drug store. With what glee he enters the store, with what confidence he takes the near-patent medicine or the regular medicine prescribed by the druggist! No matter which it is, what he covets has been granted; some sort of medicine to put him in a happy frame of mind again by alleviating the general nervousness that oppresses him. And in case he is too scientific to take what the druggist wishes to give him,

and resorts instead to his family doctor, is the latter more chary of drugs?—No, indeed; the usual formula is prescribed, the patient is admonished not to fail to return in a week or so, and again is presented the delightful spectacle of credulity magnifying the very ordinary qualities of a drug into the exalted virtues of a panacea.—*Editorial, Interstate Medical Journal, February, 1915.*

## Uncle Sam Tries to Make Fat Women Lean

UNCLE SAM has been trying some of the "antifat" cures on his employees in Washington who wanted to lose flesh and yet not lose their health. One of the most widely advertised remedies to reduce fat was given to a department girl. In two weeks it had to be stopped because of the injurious effect on the girl, and, instead of losing flesh, she gained two pounds and three quarters. Two other girls were experimented upon with exactly the same results. Another remedy, which it is advertised must be accompanied with hot baths, was tried, only the hot baths were omitted, and the girl gained flesh. Then the remedy was stopped, and the hot baths only were tried, and of course she lost flesh. Another girl at the end of three months was exactly where she was in weight when she started. Uncle Sam then looked into some of these antifat cures to see what was in them, and in one he found nothing but soap; and when he got through with the whole mess, he came to the conclusion that in nearly every instance the remedies "are absolutely worthless," in some cases "harmful," and in all cases "humbugs." When will women stop being deliberately swindled by these and other quack nostrums? is the natural query.—*The Ladies' Home Journal, March, 1915.*

## The Decline in Drinking

FOR eight years prior to 1907 there was a steady increase in the number of United States soldiers admitted to the hospitals for alcoholism. This rate then began to decline, and in the year 1913 reached the figure of 14.24 per mille, which is the lowest rate since 1870. As pointed out in the Annual Report of the Surgeon-General of the United States Army the statistics rather strengthen the contention of those who disapprove of the restoration of the canteen. It must be borne in mind, however, that there has been a decided growth of antagonism in public opinion to the use of alcoholic drinks generally. There was a sudden drop in the rate of admission in 1913, which is attributable, in part at least, to the act of Congress stopping the pay of officers and enlisted men who may be incapacitated for duty on account of sickness due to drug addiction, alcoholism, or other misconduct.—*Editorial, New York Medical Journal.*



# SOME BOOKS

**Practical Hormone Therapy, A Manual of Organotherapy for General Practitioners,** by Henry R. Harrower, M. D. Price, \$4.50, postpaid. Published by H. R. Harrower, 880 West 180th St., New York.

The introduction into therapeutics of preparations containing the active principles of the internal secretions is doubtless one of the greatest achievements of modern medicine.

In the blood there are countless substances of the nature of hormones, related to one another and performing innumerable functions. We have but to think of such phenomena as the production of digestive fluids, the regulation of the nervous system, the change from puberty to manhood or womanhood, the menopause, the gradual onset of senility, and many other well-known phenomena, to understand why the blood should carry within it countless "chemical messengers," each with a specific object. The fundamental principle of hormone therapeutics, and certainly a most reasonable one, is to supply the body a certain hormone or combination of hormones which through disease has been diminished or lost.

As has been the case with practically every new discovery of import, there is still a tendency to look askance upon the use of animal extracts in the treatment of disease. A few are becoming generally used, but as yet only a few.

There is still widespread tendency (on the part of some medical men, at least among those in general practice) to consider that the functions of various organs are controlled principally by the nervous system; and when disorganization of these functions is found, to treat it with remedies and methods calculated to influence them through nervous channels. Our ideas need broadening, and the study of the hormones and their diverse activities will effect this very quickly.

The author is to be commended for the conservative spirit with which he has handled the entire subject.

Any one who has not been following the literature of internal secretions will find Dr. Harrower's book both an excellent introduction and a stimulus to further study.

The fact is that the investigations into the work of the internal secretions have opened up one of the most fascinating fields in the domains of physiology, biochemistry, and therapeutics, and the work has only begun.

**Health and Longevity Through Rational Diet,** by Dr. Arnold Lorand, of Carlsbad. Price, \$2.50 net. F. A. Davis Company, Publishers, Philadelphia.

Perhaps no one is better prepared to write on this subject than Dr. Lorand, who has had an extensive practical experience in the diet-

etic treatment of many disorders at Carlsbad the greatest and oldest health resort.

The following statement from Dr. Lorand's preface shows his forceful style:—

"Every housewife knows that her dog or cat will thrive splendidly when plentifully fed upon proper food, but in the case of her children she often overlooks this point. Every farmer, too, is aware of the fact that horses require altogether different kinds of food, according as they are to be used as draft, riding, or carriage horses, and that a dog to be used in the hunt, as a watchdog, or to draw carts, needs a different diet in each case. It is only in man that we observe the contrary condition; namely, that persons following most diverse occupations, be they laborers or brain workers, scholars, merchants, officials, officers, clergymen, physicians, traveling salesmen, factory hands, or field workers,—all of them, with their dependents, take the same or at least very similar foods."

The author believes in moderation rather than abstinence. For instance, he believes in the use of a small quantity of alcohol, meat, tea, coffee, etc., and argues that while they are harmful if used freely, they are beneficial in small quantity.

While we could not agree with the doctor on some of these points, we recommend the book on the whole as an excellent guide to a rational dietetic régime. Dr. Lorand takes his readers into his confidence and talks to them freely, entering into details just as he has done times innumerable with his patients at Carlsbad. The reader, in fact, has the carefully considered advice that this experienced clinician has been giving to his patients for many years.

A number of strong quotations from his book are given in large type in this issue.

**Wealth From the Soil,** by C. C. Bowsfield. 320 pages. Price, \$1. Forbes & Co., Publishers, Chicago.

This book was written to serve as a stimulus to the agricultural interests of America, but more particularly as an aid to city people who wish to become farmers.

The author's farm book, "Making the Farm Pay," had a phenomenal sale, and townspeople purchased it freely. Some months after its publication, officials of the New York public library asserted that it was among the six most called-for nonfiction books. This indicates that there is a strong desire among city people to return to the land. It was on this account that the author prepared the present book, adapted more especially to the needs of townspeople. To quote the author's first paragraph:—

(Concluded on page 193)



# NEWS NOTES

**So-Called Chestnut-Blight Poisoning.**—A number of cases of illness and some deaths have been reported as caused by the eating of chestnuts from blighted trees. In the Connecticut State Station Report, G. P. Clinton gives a report of an investigation which he has conducted. In this report he states his belief that in some of the cases illness may have been caused by eating too many chestnuts or by eating immature chestnuts, but his experiments with chestnuts from blighted trees failed to produce any disease in white rats when fed to them. Mr. Clinton himself took some of the cultures made from the blighted trees without injurious effect. He conceives that the blight might cause illness by producing a greater proportion of imperfectly matured nuts, but does not think it probable.

**Unsuspected Disease.**—Charles B. Slade, of the New York City Department of Health, in the January 23 issue of the *New York Medical Journal*, states that a careful examination of the employees of the health department revealed the startling fact that 44 per cent of them had some diseased condition of which they were unaware, and which, if untreated, would result in shortening the life. This body of employees, with an average age of thirty-three years and with habits averaging perhaps better than the common citizen, certainly does not make a very good showing. Are we to assume that more than two out of every five persons in every walk of life are carrying around unconsciously the seeds of an early death? Because of these and similar findings, some believe that the government should provide for periodical examination of all persons.

**Vitamins.**—By vitamins is meant certain substances in the food, too minute for analysis, which are necessary to nutrition and growth. Leonard Hill, in the *Lancet* (London), gives some conclusions in which he says that in the processes of milling or canning, these are often destroyed or removed, as when rice is polished, or in the preparation of white flour. When foods are stewed and the liquids thrown away, vitamins, being soluble, may be lost. Boiling diminishes the rice vitamins, but those in whole-wheat flour are not destroyed by baking. The vitamins which prevent scurvy are not destroyed by boiling. The addition of a very little milk, either cooked or raw, to white bread gives the necessary vitamins. This shows that the vitamins of milk are not destroyed by boiling. When one gets an abundance of milk, eggs, etc., white bread is a nutritious food, but the poor reared on white bread, oleomargarine, and tea fare badly, and are undernourished.

**Arizona Now Dry.**—January 1 the prohibition law of Arizona went into effect. The Southern Pacific Railway has issued orders that no liquor destined for Arizona shall be accepted for shipment, thus placing itself in harmony with the provisions of the Webb-Kenyon Interstate Liquor Act, which forbids the shipment of liquor into prohibition States.

**Results of Antityphoid Inoculation.**—Among the 19,314 soldiers in the British army, the typhoid rate among the inoculated was 5.39 per 1,000. Among the inoculated it was 30.4 per 1,000. In 1911 in the United States Army 30,000 men were inoculated. There were, in all, three cases of typhoid and no deaths. Among 5,500 Canadian Pacific employees protected by inoculation, there were two cases of typhoid, while there were 220 cases among 4,500 employees not so protected.

**Hygienic Lighting.**—The October, 1914, *Journal of State Medicine* says: "It has recently been shown that the infra-red rays may be harmful as well as the ultra-violet. Thin plates of marble for screening electric light are now being used; they are about one eighth to four fifths of an inch thick, and after being polished they are impregnated with oil under pressure at a high temperature. The marble is stated to be so translucent that it will absorb only one fifth of the light from an electric lamp placed behind it, whereas ordinary milk glass cuts off about twice as much. Marble light is practically devoid of the infra-red rays, and it has been found that light so produced is very white and agreeable for working conditions."

**Children at Work in Gardens.**—At the annual convention of the American Civic Association in Washington, in December, 1914, Mrs. John T. D. Blackburn, of Albany, N. Y., told a most interesting story of "Children at Work in Gardens" in her home city, where, during the past two or three years, thousands of children have been interested to develop flower and vegetable gardens about their homes. At the close of each summer session a garden exhibit is held, where are displayed the best selections of flowers and vegetables, plants grown in pots from seeds, and plants grown in window boxes. Awards are made to the children for the best efforts. Concerning this kind of activity for children, Mrs. Blackburn said: "Gardening gave increased health and knowledge of nature, and furnished a continuous interest through the summer, giving a purpose to life. It kept the children at home and off the streets, promoted a common interest in the family, and reduced the cost of living."



**When Is an Egg Fresh?**—An investigator (*Experiment Station Record*, December, 1914) has concluded, as a result of examining a large variety of commercial eggs, that the following would be a good classification for trade purposes: "Fresh eggs," up to ten days old; "eggs," not over four weeks old; "cooking eggs," any offered for sale which are not spoiled.

**Guinea Pigs for Food.**—A German medical society has suggested that the Germans breed guinea pigs on a large scale for food purposes. The meat, they say, is delicate and tasty; and as the animals are very prolific, it is thought that a large amount of food could be produced at small cost. Why not rats and mice also? They are prolific and exceedingly hardy, and can eat almost anything.

**Phosphates and Wheat Bran.**—P. Charles (as abstracted in *Experiment Station Record*, December, 1914), in a discussion of the relative value of mineral and animal phosphates and wheat bran, regards the mineral phosphates as worthless for food; while animal phosphates, such as dried and powdered bone, show a marked beneficial effect upon animals; but he finds wheat bran superior to animal phosphates because of its stability and good keeping quality. And as eaters of white bread we generously give the wheat bran to the animals, and deprive ourselves of the phosphates.

**Czar Prohibits All Intoxicants.**—The war measure prohibited the sale of vodka throughout the empire. The new order, promulgated the last of December, forbids the sale of all alcoholic drinks, including beer. The order applies even to the clubs and high-grade restaurants.

**Easy Mayor Ousted.**—At a special election held in Salem, Mass., Mayor John F. Hurley, who had served four terms, was recalled for the reason that he was charged with not enforcing the liquor laws. This is the first recall recorded for New England, and it means that some of the people there are determined that the laws against booze shall be properly enforced. It is expected that the new mayor, Matthias J. O'Keefe, will give more attention to violations of the liquor laws.

(Concluded from page 191)

"City men can make farming pay, and they should heed the call of the soil. In view of the social and economic questions involved, a shift of population from town to country is greatly to be desired. The rising tide of sentiment observed in all cities in favor of land ownership deserves encouragement. It has its beginning in both national and individual necessity."

The author in every chapter gives helpful suggestions, and avoids extravagant claims such as might mislead the amateur.

## Efficient and Trustworthy



As an efficient, nontoxic antiseptic of known definite power, Listerine is unsurpassed. It is prepared in a convenient form for immediate use.

### LISTERINE

is a saturated solution of boric acid, reenforced by the antiseptic properties of ozoniferous oils. It causes no irritation, even when applied to the most delicate tissues, nor does it coagulate serous albumen.

It is generally accepted as the standard antiseptic for use where a poisonous or corrosive solution cannot be safely applied. Listerine may be freely and continuously used without prejudicial effect, either by injection or spray, in all the natural cavities of the body.

Listerine is advertised to the laity for the promotion of personal hygiene, and in case of accidents as "the best first aid until the doctor comes"—not as a specific, but as a prophylactic.

The circular around the bottle warns against self-treatment of disease—even with Listerine.

There is no possibility of poisonous effect through the absorption of Listerine.

Manufactured only by

**Lambert Pharmacal Company, St. Louis, U. S. A.**

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



# MICHIGAN STEEL BOATS



A PICNIC IN GERMANY "BEFORE THE WAR"



MONEY IN BOAT LIVERIES



A FLEET OF MICHIGAN STEEL BOATS ON THE MISSISSIPPI



GIVE THE "KIDS" A CHANCE TO ENJOY LIFE



OFF FOR A DAY'S PICNIC WITH THE FAMILY

**CANNOT LEAK OR SINK**

*Need no boat-house - Always ready  
Economical in fuel consumption*

**A CHILD CAN RUN IT**

## Money in Michigan Steel Boats Used for Livery. Need No Repair

Send for our NEW BIG FREE CATALOGUE. Send for it TODAY

Be ready with your boat when the warm spring days come — have your outfit ready to use, to enjoy the lake or river, the cool breezes on the "hottest" days, to enjoy the comfort of only your own chosen companions, to "picnic" on the most isolated and unexplored islands and banks, to get away from the jammed steamers and crowded excursion boats, to choose your own time and pleasure and company, to have a boat that is speedy and safe and costs you nothing for repairs and is always ready to use — all this for many years can be had in a Michigan Steel Boat equipped with a

## Detroit Five-Year Guaranteed Marine Engine

all ready to use. Starts without cranking. Has only three moving parts: piston, connecting rod, and crank shaft. Can be understood and operated by a boy ten years old. Has economical fuel consumption, and is subject to thorough test before shipment.

## Every Boat Subject to Rigid Test Before Shipment

Crating no charge. Boats in stock ready for immediate shipment or orders entered now reserved for later shipment without extra charge.

All Michigan Steel Boats are made according to our patent process with our lock seam acting as a steel girder and making it practically impossible for Michigan Steel Boats to leak or come apart. All boats fitted with air-tight compartments, making them non-sinkable. Send for unsolicited testimonial booklet and for story of "How a Michigan Steel Boat Went Through the Grand Canyons of Colorado and Arizona," copied from one of the national magazines.

## Investigate Now

Launches, \$96 and up. Rowboats, \$20 and up. Want to introduce everywhere. Send for low prices to first users. Complete line of accessories also carried.

## Michigan Steel Boat Company

1395 Jefferson Avenue  
Detroit, Mich.  
U.S.A.





# THE STANDARD BOOKS ON SEX EDUCATION

By DR. E. B. LOWRY



## HERSELF

*Talks With Women Concerning Themselves*

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

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

## Confidences

*Talks With a Young Girl Concerning Herself*

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

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

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

## HIMSELF

*Talks With Men Concerning Themselves*

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

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

## Truths

*Talks With a Boy Concerning Himself*

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

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

## False Modesty

*That Protects Vice by Ignorance*

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

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

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

## Note Our Remarkable Premium Offer

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

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

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

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

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

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

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

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





## Don't Throw Away

Your Old "Leaky" - "Smeary" Fountain Pen

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

## LAUGHLIN

**AUTOMATIC—NON-LEAKABLE  
SELF FILLING PEN  
TEN DAYS' FREE TRIAL**

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

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

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

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

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

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

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

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

You don't have to wait until a Laughlin is ready. It is ready to write when you are; the air-tight, leak-proof construction keeps pen and feed "primed," insuring a free uniform flow of ink instantly—even though not previously used for a year. It performs these functions with no more hindrance or interruption to your thoughts or writing inspiration than your breathing. These results—or your money back.

These features are peculiar only to this patented construction.

**\$2.50** By Insured mail,  
Prepaid to any address

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

**FILL OUT AND MAIL TODAY.**

### LIFE AND HEALTH

Takoma Park Sta., Washington, D. C.

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

Name.....

City..... State.....

## THIS BOOK IS WORTH YOUR EVENING HOURS



"The Desire of Ages," by Mrs. E. G. White, is a complete, beautifully written life of Christ from the pen of an author whose writings are highly prized in hundreds of thousands of homes throughout the world. Once the reader becomes acquainted with this work,

no study of the life of Christ is complete without it. Contains 900 pages and nearly 400 illustrations. In cloth, \$3. Full morocco, \$6.

Review and Herald Pub. Assn., Washington, D. C.



## American Open-Air School Journal

Devoted to the purpose of vitalizing school children by means of fresh-air classrooms and open-air schools. Official organ of the American Open-Air School Association, a national society for the extension of fresh-air schools. Beautifully printed and profusely illustrated; contains reports of practical work in all parts of the United States and Canada. Interests thoughtful parents, health officials, educators, school medical inspectors, whole communities. Not a juvenile publication, but a Big Man's Journal. Issued monthly at \$1.00 per year; each number worth ten times its cost. 1140 Real Estate Trust Building, Philadelphia, Pa., U. S. A. Subscribe for it today.—Adv.

## PERFECTIONSLEEPING BAG

### With Pneumatic Mattress

an insurance of comfortable sleep anywhere. A soft resting place for every tired muscle—no furrows, holes, nor bumps. Sleep on air out in the air.

### Healthful Outdoor Sleeping

can be enjoyed perfectly with a Perfection mattress. Rolls up easily in small 10-pound bundle. Lasts indefinitely. Protects from dampness—it's nonabsorbent. Catalogue showing many uses of mattress and sleeping bag sent on request. Write for it To-day.

**PNEUMATIC MFG. CO.**  
548 17th St., Brooklyn, N. Y.



## RIDE a RANGER

bicycle and know you have the best. Buy a machine you can prove before accepting.

**DELIVERED FREE ON APPROVAL and 30 days' trial.** No expense to you if you do not wish to keep it.

**LOW FACTORY COST,** great improvements and values never before equaled in our 1915 models.

**WRITE TODAY** for our big catalog showing our complete line of 1915 bicycles, TIRES, sundries and parts, and learn the wonderful new offers and terms we will give you. Auto and Motorcycle Supplies at factory to user prices. Do not buy until you know what we can do for you.

**MEAD CYCLE CO. DEPT. L-232 CHICAGO**



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





## That Protestant Catechism

*Series Is Already Attracting Attention. It Will Help You to Answer Papal Arguments*

This March number is just the one you have been looking for. Read it and pass it on to your friends — Romanists or Protestants.

### A FEW FEATURES

A Protestant Catechism  
The Pope and the War  
Rome, America, and Mexico  
Useful Material for Writers and Speakers — *One page each month for your scrapbook.*  
Latest News Concerning Romanism and Protestantism

### ACQUAINT FIVE FRIENDS

with this fearless yet dignified magazine. Send it to five addresses for six months for only \$1.50; regular price, \$2.50. A bundle of 50 copies will cost you only \$2.00, or \$1.00 will pay for 20. Ten cents in postage stamps will bring you a sample copy. Apply for agency today.

Protestant Magazine, Washington, D. C.

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

## SOME INTERESTING ARTICLES IN THE MARCH WATCHMAN

### WILL THE WAR CLOUD CROSS THE ATLANTIC ?

*Is the United States in Danger? An Editorial. (Illustrated by Cover Design)*

### WORLD FEDERATION

*How Will Peace Be Made? Who Will Act as Judge? by Carlyle B. Haynes.*

### THE TIME OF THE END

*Is the End of All Things Near? What Do the Prophecies Say? by I. H. Evans.*

### SECRETARY BRYAN AND THE PEACE PLOWSHARES

*The Significance, by S. B. Horton.*

Attractive Cover

Well Illustrated

Are you interested in the events of the day and their relations to the prophecies? If so, read

## THE WATCHMAN

TEN CENTS A COPY

ONE DOLLAR A YEAR

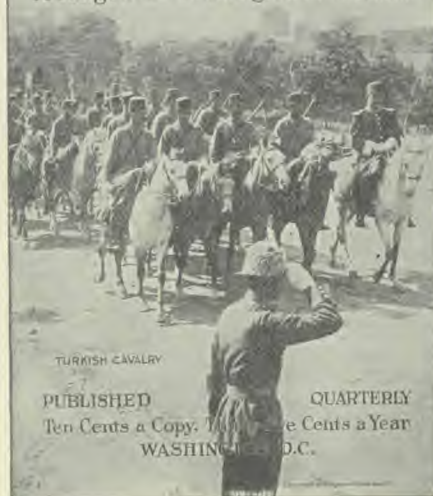
2119 24th Ave. North

Nashville, Tennessee



# LIBERTY

A Magazine of Religious Freedom



Artistic cover in two colors  
Send \$1.00 for 20 or \$2.00 for 50 copies

## "War," "Peace Movement," and "Sunday Laws" Number

Great World Problems Are Discussed in This Number. Read How Mr. Bryan Is Fulfilling a Wonderful Bible Prediction. Also "Meaning of the European War."

If you think there is no need for such a magazine as this, read the following received by the editor, from Rev. —, pastor First Presbyterian Church, —, Wash.: "Having two Sabbaths a week will not hurt you nor yours. As you are the MINORITY, why not submit to the MAJORITY without a grumble? Sabbath laws are enforced for the good of the MAJORITY. GET OUT OF A REPUBLIC IF YOU DON'T LIKE IT. Form one of your own cult, if you will." Are we living in the "Dark Ages" or in the "Twentieth Century"?"

### "DOING A NOBLE WORK," SAYS JUDGE

"Please send me the club rates of your 'Liberty Magazine.' I will endeavor to make up an order for the next number. It is doing a noble work, and I am heartily in sympathy with it." —Judge Cyrus Simmons, Knoxville, Tenn.

Send this magazine to five friends for one year for only \$1.00 — full price, \$1.75. Or send in YOUR name and those of FOUR OTHERS. Ten cents in stamps pays for a sample copy.

LIBERTY MAGAZINE :: Washington, D. C.

P. S. Send \$1.10 for "Liberty Magazine" and "Life and Health" for one year. Regular price, \$1.35. Save the quarter.

## Signs of the Times Magazine



## A Lady Said To One of Our Agents:

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

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

Order of our depository in your State, or of —

Signs of the Times Magazine, Mountain View, Cal.

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



Southern  
California's

# SANITARIA

Medical and  
Surgical

ETHICAL

SCIENTIFIC

PROGRESSIVE



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



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

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

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

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

Address for "Illustrated Prospectus"

THE LOMA LINDA SANITARIUM	. . . .	Loma Linda California
THE GLENDALE SANITARIUM	. . . .	Glendale, California
THE PARADISE VALLEY SANITARIUM	. . . .	National City, California

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

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



# ST. HELENA SANITARIUM

---



*Portion of Main Building*



*Hospital*



*Lucene Cottage*

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

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

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

Apply for beautifully illustrated booklet "E."

---

Address

THE ST. HELENA  
SANITARIUM

Napa County

Sanitarium - California

---