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THE NATIONAL
HEALTH MAGAZINE

June 1915

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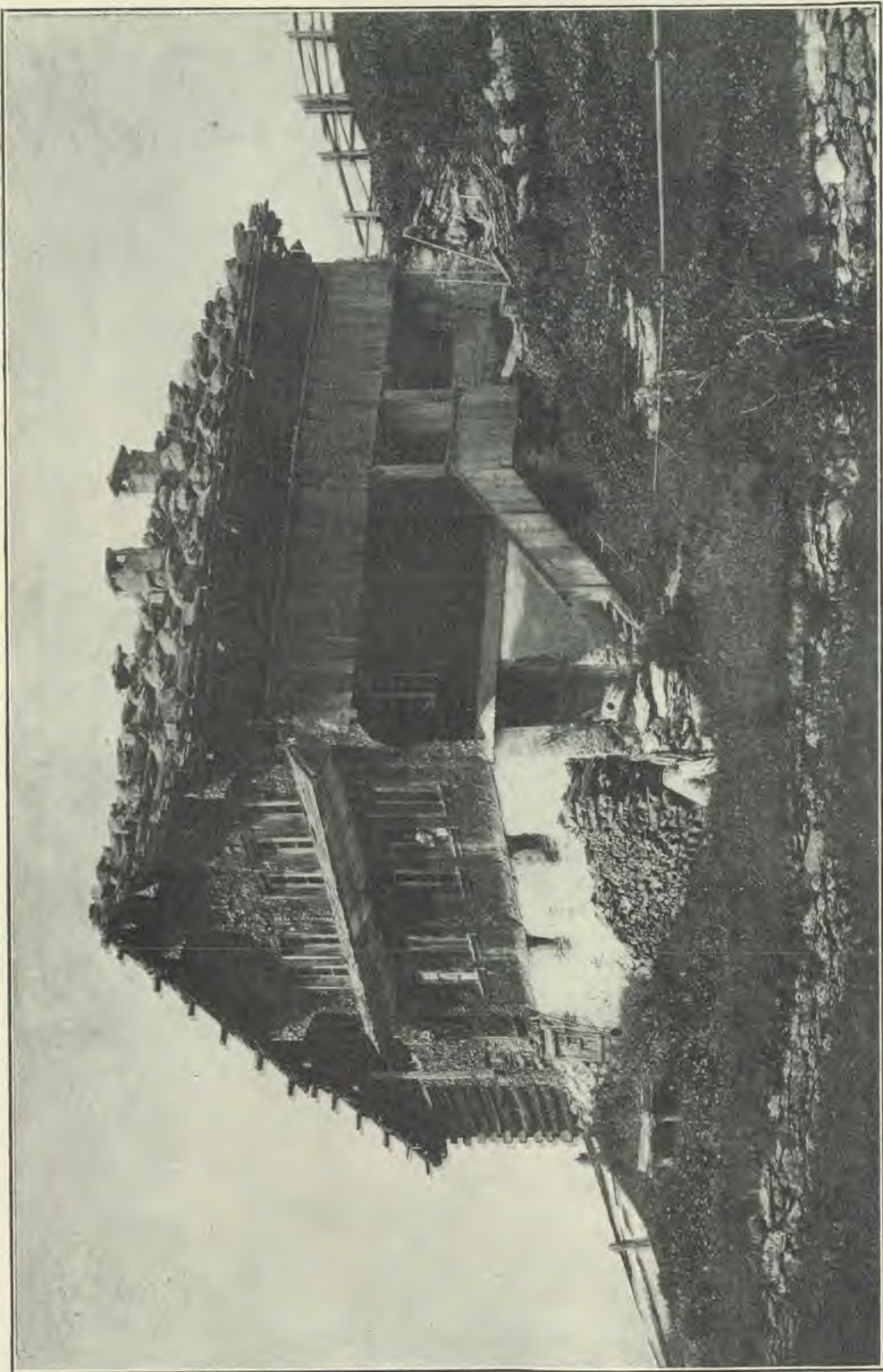
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HEALTH AND TEMPERANCE

WASHINGTON, D. C.



MOUNTAIN ARCHITECTURE

HEALTH AND TEMPERANCE

June, 1915

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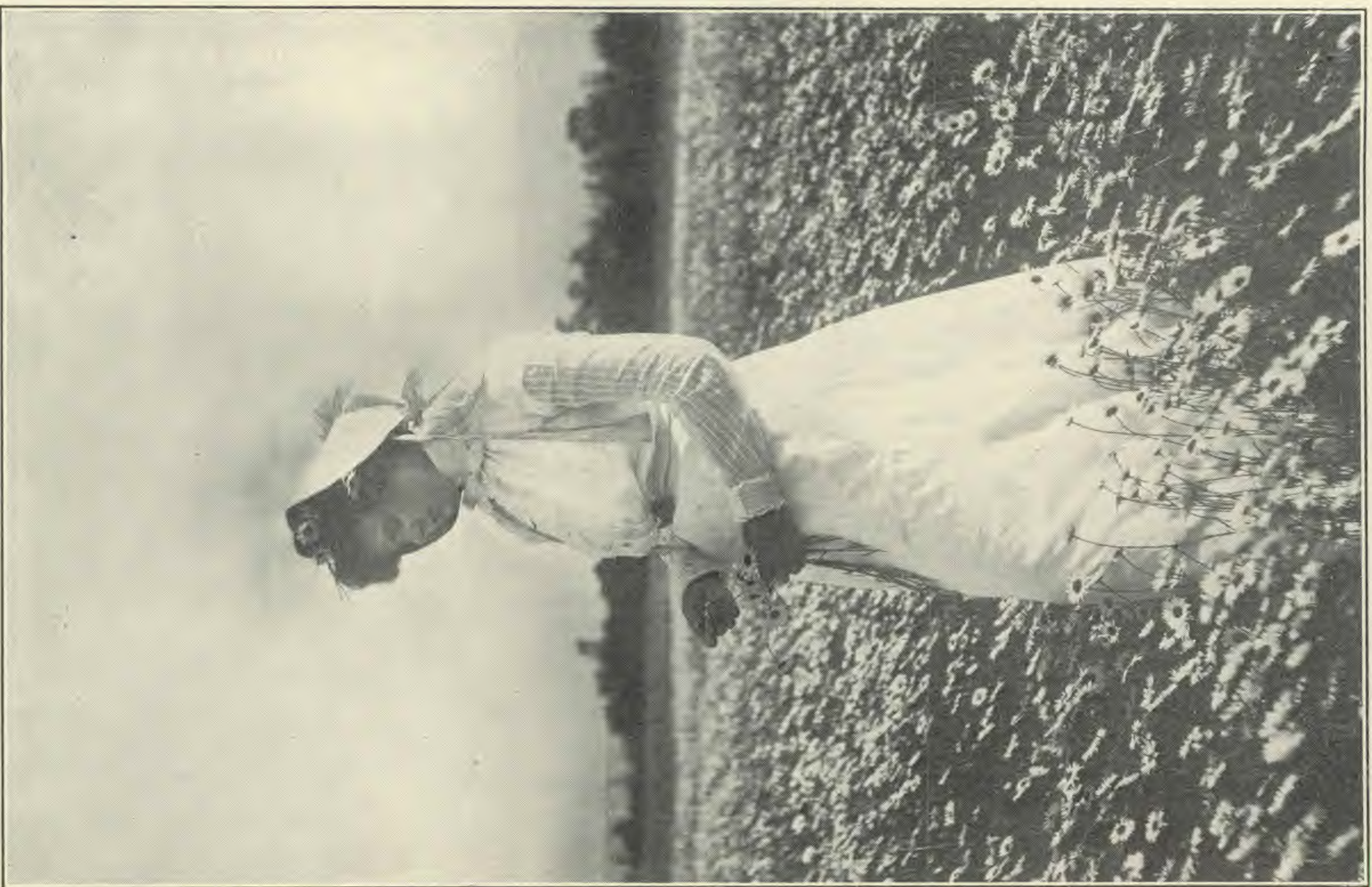
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No. 6

HEALTH & TEMPERANCE

THE NATIONAL HEALTH MAGAZINE.

JUNE
1915

Continuing LIFE AND HEALTH

G. H. HEALD, M. D., Editor

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

Dear Reader: —

Rechristened, and with several departments added, we come to you, we trust, with nothing omitted which you valued in "Life and Health," and with much additional matter which we hope you will value as highly.

"Health and Temperance" aims, first of all, to be of real service in the prevention of disease and the promotion of health in the home. But it also aims to have part, on the right side, in the great struggle between the forces which make for better homes and a better country and the forces which for sordid gain are willing to ruin young lives, wreck homes, increase insanity, disease, and crime, debase politics, and destroy national wealth.

"Health and Temperance" is opposed to all forms of capitalized greed, whether it be in the liquor business, the patent medicine business, or capitalized vice in any form. It stands for the principle that while the government may not interfere with a man's private life so long as he is not acting detrimentally to others, it is in duty bound to forbid the employment of capital in enterprises which tend to corrupt the people. This principle is universally recognized in this country in so far as it applies to lottery and gambling enterprises, prize fights, the sale of narcotics, and the like, and it is destined to be as universally recognized as regards the manufacture and sale of intoxicants, and the organized traffic in vice.

To the extent that you, dear reader, support this magazine by aiding in the increase of its circulation, you are helping in the great warfare against the evil, not only of intemperance, but also of capitalized vice.

PUBLISHERS "HEALTH AND TEMPERANCE."

“WHAT’S IN A NAME?”

THIS magazine has returned to its old name. It was started June, 1885, with the name of *Pacific Health Journal and Temperance Advocate*. Now the name is abbreviated to *Health and Temperance*. On this page is shown a facsimile of the first head, the magazine then being without cover. It was published by the Rural Health Retreat, near St. Helena, Cal., the second sanitarium started by the Seventh-day Adventist denomination.

The first editor was Elder J. H. Wag-

ness, useful in every household, and useful in every department. Rules for the preservation of health are of the first importance, and will receive due attention. Very much of the sickness of every age is unnecessary; correct habits of living would prevent most of it. And where it unfortunately exists, we shall give the best advice that we can command to guide to the recovery of health.

“Our range of subjects will include temperance, in its broadest and best sense—temperance in all things; diet, as related to the best food, and the best methods of preparing it, and the most suitable seasons for receiving it; rest, exercise, ventilation; the care of the sick; the use of water, etc.

“We shall treat all subjects as resting on a moral basis. Our highest relations come

PACIFIC Health Journal AND TEMPERANCE ADVOCATE.

VOLUME 1.

AUGUST, 1885.

NUMBER 2.

goner. The following is taken from the announcement which appeared in the first issue:—

“PACIFIC HEALTH JOURNAL AND TEMPERANCE ADVOCATE

“This name was chosen because health and temperance are so closely allied; temperance is the handmaid of health. Intemperance—that is, the use of intoxicating liquors—is the cause of more crime than all other causes combined; and intemperance, in its broader sense including all wrong habits or intemperance in drinking, eating, etc., is the cause of more diseases and premature deaths than all other causes combined. Indeed, we think it may be safely said that all diseases may be traced to this cause.

“It will be our aim to make this a useful family journal; useful in health, useful in sick-

within the province of morals; these, of course, should have a governing influence on all others. To be healthy is not merely a privilege, a pleasure, but also a duty. Without health we cannot properly fulfill the responsibilities of life; therefore he who wantonly or carelessly ruins his health and weakens his frame, is responsible to his Maker and Governor, who has a right to the best and fullest service of all his powers.”

Later the name was changed to *Pacific Health Journal*. In 1904 the magazine was transferred to Washington, and the name was changed to *Life and Health*. Beginning with the July issue as *Life and Health*, it has completed eleven years, lacking one month.

HYSTERIA

CAUSES, SYMPTOMS AND TREATMENT

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

HYSTERIA is a nervous disorder characterized by lack of self-control, chronic irritability, and the development of a long train of most varied symptoms, many of which simulate more or less other diseases, and especially epilepsy, paralysis, and diseases of the sensory organs. It is most common among young women, but women of any age are liable to attack; also children, and, more rarely, men.

Causes

Hysteria is rare among the uncivilized. In from ten to thirty per cent of the cases the parents or the grandparents give a history of alcoholism, "nerves," hysteria, epilepsy, insanity, or some form of nerve or brain degeneration. Alcoholism and toxemias, including auto-intoxication, are important causes of hysteria. Too much luxury and idleness, reading sentimental novels, perverted habits of thought, secret vice, and sexual excess are contributory and sometimes direct causes of hysteria, especially in susceptible individuals. Shock, and especially sudden shock, whether physical, emotional, or moral, may bring on an attack. Unwise education and training, and especially too much petting and coddling in childhood and youth, may lead to hysteria; and worry, anxiety, nerve strain, grief, disappointment, and especially disappointment in love, may provoke an attack in those who are susceptible. Most hysterical patients lack energy and suffer from lowered vitality. Thoroughly healthy persons never suffer from hysteria.

Symptoms

The chief trouble is in the mental outlook and the irritable state of the nerves. Although the patient is suffering from ills and aches that are more or less im-

aginary, these are real to the patient. This is particularly true of the chronic cases where many of the aches, pains, and nervous disturbances have become more or less deeply fixed through habit, and therefore still more real and genuine to the patient. There are few maladies that are not imitated by the hysteric, who hears or reads of symptoms, and imagines she has them all.

The symptoms of hysteria are usually classified under three headings—psychic, sensory, and motor.

Psychic Symptoms

The most striking sign of hysteria is the loss of will power and nerve control. The patient is whimsical, emotional, impressionable, and excitable. Laughter or crying, gladness or sadness, smiles or tears, are readily forthcoming. The typical hysteric is fond of sympathy and loves to be petted, coddled, and coaxed. Her fondness for attention and caressing often cause her to feign symptoms that she does not have. The patient is self-centered, is given to introspection, and is supremely selfish and egotistic. She thinks that no one suffers as she does, and that her complaint is unique and incurable. Lonely and unappreciated, sad and sorrowful, she imagines that the whole world is unsympathetic, and even her relatives and friends have forsaken her.

Irritability, more or less constant and chronic, with quick temper and a marked tendency to sulk when disappointed or crossed, are cardinal symptoms of hysteria. The patient is constantly dissatisfied with almost everything, and is very peevish. She is quick to imagine slights or personal affronts when none were intended. It is difficult to please a hysterical patient, and she never thinks that she receives sufficient attention. Hallu-

cinations are rarely absent. Hysterical patients are also subject to stupor or delirium, and may go into fits of ecstasy or catalepsy or a trance.

Sensory Symptoms

Most of the senses of the body are perverted. The senses of touch, temperature, and pain are often dulled, or may be completely absent. The partial or complete loss of the senses is usually transient, and takes place sometimes in one part of the body, sometimes in another. These symptoms are often described as a more or less pronounced numbness or stiffness, as if a part were partially or completely dead.

An exaggerated sensitiveness of the sensory organs is equally common, so that the patient complains of creepy sensations, tingling, stinging, pricking, cutting, stabbing, burning, and various other pains and aches either general or local. Peculiar sensitiveness to heat, cold, light, darkness, and certain sounds, not to mention noises, is almost characteristic of the hysteric. The breasts may be sore and tender, and there is often a marked tenderness of the stomach, and the abdomen may become so sensitive and painful as to make one suspect peritonitis. A localized sharp pain of the head as if a nail were driven through the skull is one of the typical symptoms. Another cardinal symptom is a sensation as if a ball were rising in the throat. This symptom is usually associated with some form of indigestion. The joints become not only exceedingly tender and painful, but there may also be swelling, with stiffness and limitation of movement.

Motor Symptoms

Tremors, usually of the vibratory kind, are common, and are sometimes obstinate. There are contractures and deformities and also numerous forms of paralysis, such as paralysis of one side or of the entire body, or local paralysees such as loss of voice, inability to swallow, and retention of urine.

Fits that closely resemble epilepsy are common. But the patient contrives to

fall conveniently and comfortably, preferably upon a couch or upon some pillows or upon the carpet, and rarely suffers injury. The screams, cries, and violent movements are obviously on purpose.

The Treatment

In dealing with hysterical patients it is always well to treat both body and mind. The first step is to secure the complete confidence of the patient, without which little can be done. Consummate tact is required, with firmness mingled with gentleness and kindness. Make it clear that the symptoms are not serious, and lay stress upon the fact that the disease is curable, and that, with the hearty cooperation of the patient, successful recovery is sure to ensue.

The patient wants change of scene and association, and almost invariably gets on better away from relatives and friends. The Weir-Mitchell rest cure, combined with gentle tonic baths, electricity, daily massage, and a nourishing but nonstimulating diet, with an abundance of fresh air, are the best measures to adopt. The various procedures of hydrotherapy; phototherapy, including radiant heat baths, high frequency for the anesthesia of the skin, diathermy for invigorating the patient with warmth, medical gymnastics carefully regulated according to the strength and condition of the patient and under the direction of a physician who is familiar with this treatment, are valuable agencies in dealing with hysteria. Brief tepid or cool sitz baths, neutral full baths (92° to 98° Fahr.), salt glows, tepid or cold wet-hand rubs, mitten frictions, cold sprays and douches, are all useful measures for restoring nerve tone.

The Diet

While the diet should be made ample and nourishing, it is a mistake to think that these patients are benefited by the "feeding up" system. The majority of hysterical patients are already overfed, and would benefit from a reasonable restriction of their food allowance. Some patients who feign going without food

and take very little or scarcely anything at mealtimes, supply themselves in abundance between meals.

Stimulants and narcotics, including alcoholic beverages, tea, coffee, and cocoa, should be cut off from the dietary. Tea is bad for the nerves, and this is especially true of neurotic patients. Hysterical patients do better on a nonflesh diet. Butcher's meat, more or less rich in various organic extractives, has a somewhat exciting and irritating influence upon the nerves, and is capable of causing autointoxication by the absorption of poisonous wastes from the alimentary canal, and it encourages constipation.

A fruitarian diet, on the other hand, possesses all the advantages that nervous patients require. It is nourishing, and when properly selected, combined, and prepared, is easy of digestion. Almost all fruits have a gentle, laxative effect upon the bowels and serve to regulate them. A fruitarian diet also has a distinctly soothing and quieting effect upon the nerves, and the change of diet alone is often productive of good results. Fruit, both fresh and stewed, may be used freely, and salads prepared with lemon juice instead of vinegar, will be found most valuable. Nuts and nut preparations, vegetables, cereal foods, milk, cream, butter, and eggs are also to be recommended for hysterical patients. The food should be well cooked, and but a small variety served at one meal. Three meals a day are ample, and the practice of taking food between meals should not be encouraged.

Sweets, candies, jams, marmalades, preserved fruit, cakes, pastries, and all rich and highly seasoned dishes should be avoided. The plainer and simpler the fare the better. Rich and tempting dishes increase the work of the digestive organs and lead to some form of dyspepsia. Condiments, with the exception of the sparing use of salt, should find no place in the preparation of food, nor on the table.

Medicine and Drugs

Hysterical patients soon develop a marvelous capacity for taking drugs and medicines, and are liable to do themselves incalculable mischief. They are seldom content with what the doctor prescribes, and are inclined to supplement his prescription with various proprietary and patent medicines which they find advertised in the public press. The habit of drug taking is soon formed and they imagine that the various pills and drafts are doing them good, and that they cannot get along without them. Such patients are extremely susceptible to the use of habit drugs, such as alcohol, morphine, opium, heroine, codeine, cocaine, chloral, veronal, and bromides. As these drugs produce their effects by paralyzing the nerves and rendering them still more irritable and excitable, their use should be strictly forbidden. So-called tonics are of little if any value, and it is far better not to rely on them at all. What I have said about drugs applies with particular force to all advertised preparations, and grave warning should be given of the disastrous results that these are likely to produce. Liver pills, stomach tonics, blood purifiers, and so-called nerve and brain foods are all humbugs and delusions. No possible benefit can come from their use, but much harm.

To Relieve Sleeplessness

Most victims of hysteria suffer from sleeplessness, or imagine that they do. They often complain of a "faintness" or "all gone" feeling in the night, and they are accustomed to take food and food drinks at all times of the night. Eating at night is one of the surest ways to disturb sleep and cause unpleasant dreams or even nightmare.

A warm bath or a neutral bath for ten to thirty minutes immediately before retiring will often soothe the nerves and bring on sleep. In other cases a tepid or cool sponge with equal parts of alcohol and water will prove refreshing and help to encourage sleep. Some are benefited

by a hot foot bath, which has the effect of drawing the blood away from the congested head, thus equalizing the circulation. Hot fomentations to the spine in some cases, or to the stomach when there is indigestion, also relieve congestion of the head. Sometimes the application of a cold compress to the forehead or the nape of the neck will be more effectual in relieving congestion of the head than hot applications to the extremities. It is important to see that the feet are warm, and that the bed is dry and warm, but not overheated.

A gentle massage of the spine or the head or the limbs after retiring rarely fails to bring about a restful condition favoring sleep. A mild electric current, either galvanic, faradic, or sinusoidal, has proved successful when other measures failed, and is worth trying in all obstinate cases of sleeplessness.

The bedroom must be well ventilated and supplied with an abundance of fresh air. Sufficient covers, which should be as light as possible, should be furnished, to insure the necessary warmth. If good ventilation can also be combined with quietness, especially from noises within the house, the chances for sleep are greatly improved. As a rule, external noises are less annoying than house noises, although they should be minimized as far as possible.

Sleepless patients should be careful to avoid all narcotic drinks, including tea, coffee, and cocoa, as well as alcohol. Tobacco, too, should be strictly tabooed by persons suffering from insomnia. Sleeping drafts should never be resorted to. All sleeping drafts are dangerous. The very fact that they possess the power of paralyzing the brain cells and inducing an artificial sleep ought to be sufficient evidence of the great danger that lurks in these drugs.

When the patient is able to be up,

she should be encouraged to go out of doors daily, for walks, drives, cycle rides, or games, such as golf, lawn tennis, and croquet. An active outdoor life is one of the best means of insuring sleep.

Dealing With the Fit

Give little attention to the fit, and explain that it is a matter of minor importance. In many cases it is wise to state emphatically that the fits can be controlled; but one will have to use a great deal of tact and diplomacy in dealing with the patient. When a patient is taken with a fit, all bands should be loosened about the neck and waist, and an abundance of fresh air should be provided.

A liberal dash of cold water over the face and chest is an excellent procedure, and can be safely applied in the majority of cases. The fits are not dangerous, and the patient takes care not to get hurt, so that it is rarely necessary to do anything more. If the patient falls on the floor, put a pillow under her head, cover her with a blanket to protect her from catching cold, and then leave her for an hour or two. Afterwards assure her that the attack was a mild one and did not amount to anything. If the water is used wisely and freely and the fits are ignored as a trivial thing, it not infrequently happens that they are speedily abandoned as being too uncomfortable and not worth while.

After the patient has been away for a rest cure or other treatment she should, on her return home, be placed in as bright and cheerful an atmosphere as possible, and provided with a reasonable amount of pleasant and wholesome diversion. Later on, suitable occupation is necessary, for useful employment free from worry and anxiety is one of the best preventives of a future attack. It is not work, but rather the want of something to do, that brings on hysteria.

A PLEA FOR NATIONAL PROHIBITION

F. W. Fitzpatrick

For years prohibition has been looked upon by business men as something entirely outside of their province, essentially a subject for the women folk, the emotional, the busybodies to deal with. Drink was accepted as a more or less necessary evil, something indigenuous to all lands, something that it was utter folly and a waste of time to try to abolish. Besides, under our very Constitution it was a sacred privilege and a right one had, to exercise his personal liberty in the matter of one's personal habits!

Only recently have the aforesaid business men awakened to the realization of the terrible curse of drink, how it is sapping at the very foundations of national life and health and wealth, blighting commerce and home, sowing seeds of evil, whose bitter fruit will last for years.

Let us glance at a few facts, looking at things as they really are, their relation to our national life, and we must needs be impressed with the immediate and pressing need there is for prompt and businesslike action, nation-wide in its scope and thorough in its efficiency, to lop off an evil that, unchecked, spells ultimate ruin.

HERE'S a prison; let us step in and get some facts first-hand. I know the warden, and he will facilitate our quest. Four murderers are awaiting execution. We may talk to them, and we diplomatically touch upon the subject of rum. Even a murderer has feelings that any decent man will not wantonly hurt, but we talk generalities and leave it to them to come

are made as to his antecedents. His father was a drunkard, and when drunk was subject to frightful, murderous fits of anger. These were passed on to the son; the rum appetite will probably pass on to the next generation, and, alas, there are four poor children who may be its victims! Inherited traits! Is that murderer solely responsible for his crime? Is the State justified in taking his life?

An awful war is raging, we have grave economic questions at home, the whole commercial world is about to be changed, reorganized; but nothing now going on is of anywhere near the vital and immediate importance to us as a nation that the proposed enactment is which prohibits the making, importing, selling, or using of intoxicating liquors in the United States, and nothing deserves closer and more earnest attention by our national legislators.

to our point. Three voluntarily and with surprising alacrity do come to the point. Whisky brought them there. The tales are commonplace, sordid. No use reciting them here, the main point is that whisky did it, and two of them preached, though unconsciously, rather good temperance sermons. The fourth said he never drank a drop of liquor in his life. He had killed a woman—jealousy the cause—in a fit of anger, which he sincerely repented. No rum there! Surprising to one who believes it the root of nearly all evil, isn't it? Some inquiries

Big questions, but not to be discussed here. But what we can safely establish is that indirectly, but surely, rum was at the bottom of that murder, too.

How about the other prisoners there for other crimes and high misdemeanors? The warden has no figures, never thought of preparing any data on that subject, though he has volumes of statistics on very nearly everything else one could ask about his charges. So we take twenty-five men at random in one of the shops where we happen to be. More diplomacy is required, and some reluc-

tance is manifested on the part of the prisoners. They happen to be rather a noncommunicative twenty-five. Perhaps the warden is a deterrent. We get him interested elsewhere, and finally corkscrew it out of nineteen that rum did the trick. Two were there for financial depredations, never drank to excess, and did not think rum had anything to do with their troubles; and three others admitted that though not excessive drinkers they had enjoyed a "good time," and their especial brand of devilry had been hatched up in barrooms. The other would have nothing to say to us, but appearances and his record left no doubt as to rum's playing a rather important part in his present trouble. He was an old, haggard, besotted, rum-soaked-looking wretch, a fourth-time offender, and now there for his part in a cutting affray, a barroom brawl.

hospitals, prisons, or other institutions where they may be tagged and statistified, but whose conditions may be very directly traced to rum, and you'll not be surprised when we, who for years have kept some tab on the conditions, say that *undoubtedly 85 per cent, at the lowest estimate, of all the aforesaid crime and poverty and disease in this country and in England* (the only two countries in which certain agencies that I know about and depend upon have collected data) *is the direct and well-recognized offspring of intemperance — rum.*

Thousands of alcoholic children grow up to become charges upon the community — defectives, epileptics, insane, and what not, all of which classes are increasing amazingly. Think of it, we have one million such in our charitable institutions for the blind, the insane, etc., a terrible charge upon the people, just one hun-

Alcohol hits hard not only the health of the generation of today, but of the generations which are to follow.— *Sir Thomas Oliver.*

A rather comprehensive plan of gathering statistics on this point from other prisons has been evolved, but is not far enough along to justify the giving of any official figures or results. Remember that the prison population today is over 118,000, and it is somewhat of a task to get at the necessary information anent this all-too-large number. But soon there will be data from every State, and just recently the federal authorities have promised to gather interestingly illuminating and impressive figures on that subject from all the federal penal and correctional institutions. Soon, therefore, we shall have convincing and authoritative figures. But even now, from what we do have, we can safely forecast that they'll show that *at least 83 per cent of those now in prison are there directly and indubitably on account of rum.*

Then think of all the crime and trouble and disease whose victims are not in

dredth of our population! Not a pleasant thought, is it? And eight out of ten of those unfortunates are there directly or indirectly on account of drink.

Medical reports and death certificates are sometimes a bit vague, but it has been pretty well established that 440 of every 1,000 deaths in the United States are directly attributable to alcohol. That means 725,000 deaths each year, or about 2,000 a day. Of 220 recorded suicides in one district, 172 were due to alcohol. There are 48,000 divorces a year in this country; we know that in 340 cases 212 were attributable to drink. May not the proportion be applied to the whole number?

The highest penological authorities in the land agree that three fourths of the crimes of today are *preventable*, and that not over one fifth of one per cent of our people are born with moral defects impossible to eradicate. The one great

thing to do with these, as well as those who fall from other than inherent causes, is to eliminate the occasion for wrongdoing. Now, since liquor plays so important a part in crime, and has been proved absolutely useless, and indeed a very great detriment, to humans as a beverage, and of little if any good medicinally, to eradicate it is to lop off a big proportion of crime-impelling influence.

Some years ago I had a great deal to do with fire prevention. At first we fussed around increasing the fire departments, fought for and got better water services, begged the people to be more careful; but the terrible losses of life and property went merrily on. Those were ineffective, halfway measures, and they were combated at every step by the people we were trying to benefit. Finally we grew bolder, gathered some strength, and went after the cities on another line.

used to be deemed necessary evils, the will of God! Our speed mania is a serious disorder. The average man with a car soon develops it. You can fine him, you can paste signs all over your roads, and place policemen at every corner, but the owner of a sixty-mile-an-hour car is going to hit it up occasionally, and the chances are that he'll kill some one some time or other, too. There is just one thing to do—go to the fountainhead of the trouble, *prevent* the manufacture of cars capable of such speed, or let the cities put some kind of lock or automatic device on every car that will release the brakes or otherwise cut down the speed if a fellow races his engine up a bit. You cannot leave it to the individual, you've got to actually and forcibly *prevent* anything you really want to stop.

So with intemperance, the liquor traf-

Alcohol kills family life and it destroys thrift. There can be no saving in a workingman's home where a large part of the wages goes in drink. Alcohol is therefore the enemy of the savings bank.—*Sir Thomas Oliver.*

No more little, timid steps, but one great jump! "Make it so there is less to burn," we said. There was a well-directed clamor for real *prevention*, not merely cure. Fire-resisting construction was advocated, and today the cities are few and far between that permit, at least in the congested quarters, anything but first-class construction. The States themselves have taken hold, and ten of them have already passed State laws on *fire prevention*.

Oh, there are hopeful signs all about, sane movements toward the betterment of all kinds of deplorable conditions that

fic. What's the use of temporizing with it? Cutting down the number of bar-rooms may do a little good, prohibition in this and that State helps a bit, education is beneficial; true, but the one great thing to do,—our experience in other lines has proved it the right thing,—the one effective expedient, the only real stopper, is absolute and complete national prohibition, elimination. *Let all the States combine, through federal authority, to stop the manufacture of intoxicants in this country and their importation from other countries,* and you have the situation right in hand.



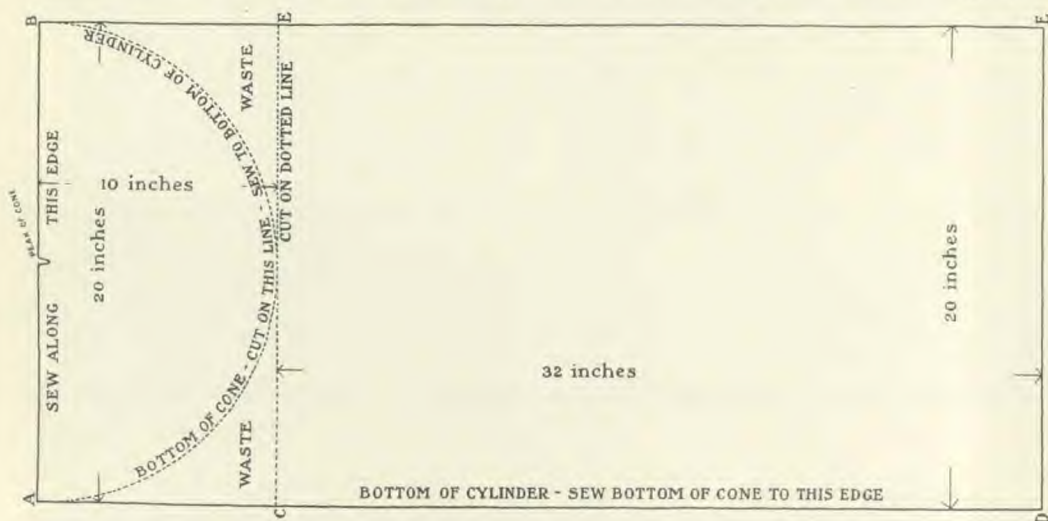
THE SIMPLEX FLYTRAP

THE house fly is so generally recognized as a menace to health that careful homekeepers strive to do away with garbage heaps and all refuse that may become breeding places for the dangerous insects. But notwithstanding the most scrupulous care in this regard, the keen scent of the early fly detects some overlooked mass of trash, not very much of it, but enough for her purpose; and in a few days she has a fine family of thousands of flies hatching

Construction

From a piece of wire netting or screen, 42 x 20 inches, cut off a piece 10 x 20. From this make a cone as follows: cut a semicircle (using a pair of old shears) from A to B. Bring A and B together, and, with a strand of wire from the netting, sew up to the peak of the cone. Cut a small opening in the peak of the cone.

Take the large piece of netting and make it into a cylinder by bringing corners C and D together, and sewing up



from her incubator, and the neighborhood wonders where all the flies are coming from.

Of course window and door screens answer their purpose, and fly paper and fly poison have their use; but with all these there is need sometimes for a serviceable and reliable flytrap. We take pleasure in giving directions and illustrations which have been furnished by E. A. Brown, of Oskaloosa, Iowa, for the construction of a flytrap at a cost not to exceed fifteen cents for the material.

Materials

A piece of wire netting or screen 42 x 20 inches.

Four clothespins.

A piece of dark paper, about 4 x 32 inches.

to E. Put the cone inside the cylinder, and sew the bottom of the cone to the bottom of the cylinder.

Fold over the top of the cylinder to make a closed top. This can be unfolded for the purpose of emptying out the dead flies after they have been drowned.

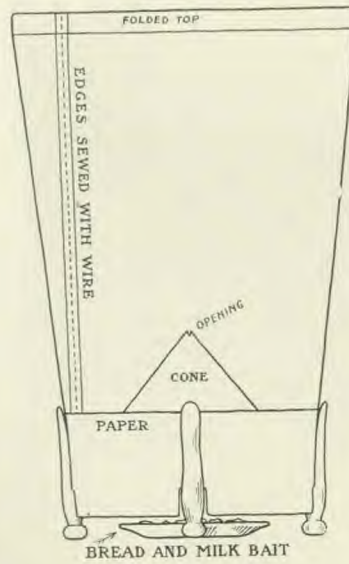
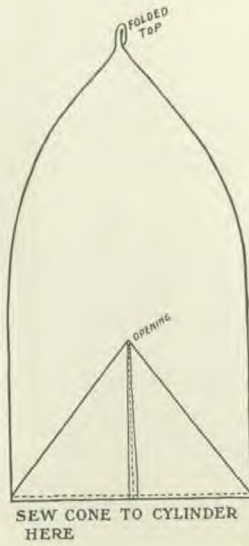
Fold the strip of dark paper outside and around the bottom of the trap, and slip the clothespins over the paper and the bottom of the trap, as shown in Fig. 3. Notch into the paper enough to allow it to reach within three fourths of an inch of the floor, for the purpose of darkening, so that the flies will eat the bait, which should be bread and milk, and then fly upward toward the light and pass through the small opening in the top of the cone. An old banana peel is

good, but nothing is better than bread and milk for the bait, and it should be replenished frequently, as flies do not care for dry food.

One gallon of flies has been estimated to be 75,000, and one of these simplex traps will catch an average of a quart a day, according to the number of flies

within smelling distance of the bait.

We would again suggest that the first and most important step in the warfare against the fly is the destruction of all breeding places; the second is the use of efficient screens; the third is the use of various fly destroyers, the flytrap being an important one.



SCHOOL OF HEALTH

DIET, DRESS, GENERAL HYGIENE,
HOME TREATMENT, NURSING, ETC.



THE FULL DINNER PAIL

ORDINARILY we think of a country where food is cheap and abundant as being particularly fortunate, but such a condition has its drawbacks. Where there is an abundance and a great variety of food, there is a tendency to indulge in the pleasures of the table at the expense of the health.

The habit of overeating, formed often in early childhood, grows until it is almost second nature to overeat. The stomach dilates, or at least becomes so tolerant of large amounts of food that it

especially should the person of sedentary habits—the office clerk, the stenographer, the bookkeeper, whose occupation is indoors, and mental rather than physical—practice light eating.

To eat too little would, of course, be a graver mistake than to overeat. The system can take care of a little surplus food, but if insufficient is furnished, especially of the tissue-forming materials, injuries may occur which will permanently affect the health. But according to modern research the average person could reduce his allowance of food from

The aim, then, to be sought in the prophylaxis [prevention] of cancer is to secure the most perfect blood stream possible, which is accomplished by simple living, perfect mastication, and the avoidance of excesses, especially along the lines of protein, tea and coffee, alcohol, etc., with the maintenance of healthy habits of life, especially in regard to bowel action.—*L. Duncan Bulkley, M. D., in "Cancer; Its Cause and Treatment."*

does not give warning in time. For this reason many persons would be better off to make a practice of leaving the table just a little hungry. As William Penn wisely said, "If we always leave the table with an appetite, we will never come to the table without an appetite." And a good appetite is half of digestion. Especially has it been shown that there is a tendency to eat too much flesh-forming foods. This is almost sure to be the case when one uses animal foods freely. Those who live to a great age are always simple in their dietetic habits, and usually very abstemious.

Many a laboring man would be better off on a slightly smaller allowance; but

one third to one half and still have enough for bodily requirements. Hundreds of persons have adopted this lessened dietary, especially as regards the amount of tissue-forming foods, with great improvement of health.

What is the harm of overeating? some one may ask. In the first place, if the digestive organs are weakened, some of the food remains partly undigested, and bacteria working on it produce poisons to be absorbed into the blood current. These poisons may cause headache, neuralgias, migraine, mental confusion, drowsiness, and a host of other symptoms of semi-invalidism. And yet the victim may believe that there is nothing

the matter with his digestion. Many persons who formerly considered themselves chronic invalids have been surprised at their improved health on a lighter and simpler dietary.

Second, if the food is digested in excess of the needs of the body, it may also be in excess of the burning power of the body. Foods are burned in the body in order to produce heat and energy. The breath is the draft, furnishing the oxygen. If a coal oil lamp is turned up too high it smokes because the oil is fed faster than the air can get to it to burn it. Something similar occurs with many who habitually overeat. The oxygen cannot burn up all the food. That which is most easily burned is consumed, leaving the rest to be stored as fat, or in the form of gouty deposits, or to be eliminated at the expense of overworked liver and kidneys. While young, one may, perhaps, continue for a time this process with comparative impunity, but as age advances, the practice becomes dangerous; and if the overeating habit has been fixed for years, it will be extremely difficult to adopt a more abstemious regimen. To avoid overeating the following suggestions will be helpful:—

Eat simply. One is not likely to overeat on one or two dishes.

Masticate the food slowly and thor-

oughly. Almost invariably, large eaters are hasty eaters.

Avoid drinking freely with meals. The practice of washing the food down with drink favors overeating. It is better to eat the food fairly dry so as to necessitate mastication.

Avoid the use of desserts, sweets, pastries, and other foods that are made to tempt the appetite, after the so-called "hearty" foods are eaten. If such foods are eaten at all, it would be well to eat them at the beginning of the meal, and they would not then lead to excessive eating.

Those who have accustomed themselves to a dietary more in keeping with the physiological needs of the body, testify that they would not for anything return to the old method of eating. Here are some of the things which are gained by the practice of self-control in eating:—

Greater efficiency in work, mental and physical; greater enjoyment of life; absence of spells of depression and despondency, the result of auto-intoxication; clearer complexion; freedom from colds and other disorders; longer life; greater economy.

Is not this emancipated life worth all the effort that is necessary to attain it?

Why not try it?



POCKET HANDKERCHIEF DEAFNESS

THE *Interstate Medical Journal* of October, 1914, contains a paper by Dr. Harold Hays on the "Symptoms and Treatment of Pocket Handkerchief Deafness." The parts of his article of special interest to lay readers are given below in substance:—

For years specialists on diseases of the ear and throat have made a practice of inflating the ears of patients suffering with catarrhal deafness. Either they have forced air into the middle ear by means of a Politzer's bag, or they have directed the patient to swallow

while the cheeks are inflated and the nose held (the Valsalva method). If the physician found difficulty in forcing air into the middle ear on account of a partial closure of the Eustachian tube, he used more force. Such treatment in many cases resulted in a condition worse than the original; for in place of a slight stiffening of the parts, there was now a relaxed eardrum, which was practically useless as a transmitter of sound, and which under ordinary circumstances could not be made to resume its proper tension.

Dr. Hays believes that most cases of

progressive deafness occur in this way. The process goes on for years. There is an inflammatory condition of the nose and throat, which by extension causes the closure of the Eustachian tubes. The patient notices at first merely a stuffiness and fullness of the ears. It is at this stage, when proper treatment might easily bring about a cure, that most harm is done by the process of inflation, sometimes administered or directed by the physician, or perhaps the patient has discovered that by forcibly blowing his nose he can cause air to enter the middle ear, and thus relieve the feeling of tension. But in that case more force is constantly required, until finally it is impossible to inflate the ear in that way. The use of extreme force at this time, by either the patient or the physician,

fever and pain. Some serum would escape through the eardrum. Within a few days the discharge would stop, and the hearing of the patient would be remarkably improved, but the improvement was temporary.

About this time Dr. Hays received a pamphlet from Mr. Heath, of London, describing his success along a similar line. As a result of the method used by Mr. Heath, there is no impairment in the hearing, but an improvement beyond anything that might be expected.

Mr. Heath's treatment consists essentially in daily application of irritant fluids to the eardrum, so that the drum remains inflamed over an extended period of time. A thickening takes place, drawing on both the circular and the straight fibers of the drum, and the mem-

The consensus of opinion among medical men in Egypt is that cancer is never found, either in male or female, among the black races of that country. These include the Berberines and the Sudanese, who are all Mussulmans, and live almost entirely upon vegetable diet.—*Dr. Madden, of Cairo, quoted by Dr. Bulkeley in "Cancer; Its Cause and Treatment."*

makes matters worse, and in some cases causes total deafness.

Dr. Hays noticed that in many of these cases the eardrum was relaxed. It is this class of patients who are usually able to hear better in a noisy room than in a quiet room. This peculiarity, which has puzzled ear specialists in the past, he believes to be due to the fact that the noise increases the tension on the relaxed parts, and thus enables them to conduct sound better.

After some study Dr. Hays began the injection of irritants through the Eustachian tube in order to set up in the middle ear an inflammation, with the object of breaking up adhesions and increasing the tension. The treatment often resulted in dizziness and sometimes nausea, followed perhaps in a few hours by severe inflammatory reaction, the patient being laid up in bed for a few days with

brane is caused to assume a more normal position. This tightening is noticeable around the circumference of the drum and its attachment to the annular ligament. Through the chain of bones the ligament of the oval window of the ear is made more tense. It is usually necessary, in order to accomplish this result, to treat the patient daily for a period of from four to six weeks. Then the treatment must be repeated at the end of two or three months, and kept up at intervals for one and one-half or two years.

This treatment is adapted to those cases with relaxed eardrum and closed Eustachian tubes. It is not applicable to cases with retracted eardrum or to cases with open Eustachian tubes.

Dr. Hays, who has had good success with the Heath method, believes that ear specialists should not continue to give treatment in the old way, satisfied with

a "microscopic" improvement in the hearing.

He believes that an improvement not apparent to the patient is not worth consideration. So he warns against the Valsalva method of inflating the ear, and against improper use of the pocket handkerchief.

More Sleep

ADVANCE in knowledge makes it more easy to understand the far-reaching injury that follows lack of sleep, says the *Medical Record*. It is not so much a matter of life and death, but of efficient living. Proper coordination of the nervous system underlies every other essential thing in body, mind, and spirit, and its vigor is of preeminent importance, and this is dependent very largely on adequate sleep. Perhaps a chief cause of our failing to get the most out of life is a lack of sleep, a deficiency which accumulates year by year.

Civilized man has lost his natural stimulus for sleep; namely, abundant muscular exercise unaccompanied by nerve fatigue. In cities multitudes do not know what "muscle fatigue" is, nor of the deep sleep that follows a day of purely muscular work.

A second cause for lack of sleep is the general use of coffee, tea, cocoa, and alcohol. Many persons are firmly convinced, because they have slept shortly after taking one of these, that they are not kept awake by such beverages; but as a rule they are. The physiological hour for sleep is ignored by an artificial hour dictated by drugs.

A third reason for lessened sleep is the evening entertainment habit despite the necessity for early rising. The theater, opera, bridge party, etc., unduly waste the sleep time.

A last reason for lack of sleep is nerve cell exhaustion, among the causes of which in our cities may be named the almost continual light stimulation (rhythmic electric signs, etc.) and sound stimulation (milkmen, elevated cars, auto horns, etc.).

Let the Nose Decide

ONE picks up an article by Woods Hutchinson just as he does the electrodes of a faradic battery — for the sensation of getting a shock. The current may be mild or it may be strong, but there is always "current" in his articles. And incidentally, he says some very good things. For instance, in the *Saturday Evening Post*, some time ago, there appeared an article by the learned doctor with some bizarre illustrations intended to punctuate what he said. Here is one of the very good things he said: —

"If, therefore, you would avoid biliousness, first and foremost submit to the challenge of that matchless and incorruptible sentinel at the outer wicket of the gate of the body fortress — the nose — every piece of food that you eat, and refuse to take into your mouth anything that smells tainted or 'fishy,' or musty or flat, or disagreeable in any way, or to swallow it if it tastes unpleasant. This will result in barring out not only those spoiled foods which nobody likes, but also those half-spoiled food-stuffs and drinks which most of us have carefully trained ourselves to like in defiance of our instincts; such as alcohol, tobacco, sauerkraut, Limburger, and 'hot stuff' generally. Though we should lose something in amusement, we should lose nothing in point of nutrition and gain much in the way of health by so doing."





THE BEST FOOD FOR BABY

THE best food for the young baby is mother's milk. There is nothing "just as good" or "about as good." The baby that must be deprived of mother's milk, for *any cause whatever*, is unfortunate. If the cause is indifference on the part of the mother, her physician has a duty to perform.

In any case where mother's milk cannot be provided, the next best food is clean milk from a healthy cow, fed from a clean bottle with clean nipple. There are so many ways in which milk may be contaminated that unless the dairyman and his assistants have had special instruction in cleanliness and are scrupulously conscientious, the chances are one hundred to one that the milk is not clean, but *dirty*. Dirty milk is the ordinary milk, and is not fit for babies. More babies die from dirty milk than from any other one cause.

Even with milk from a model dairy, there are many chances for contamina-

tion after the milk reaches the family. It should be kept in the original bottle until it is to be used, then poured into a feeding bottle that has been thoroughly washed in scalding water and fitted with a nipple that has been washed and scalded. The fingers should not touch the part that enters the baby's mouth. Do not allow the baby to use any milk that has been left over from a former feeding.

As a mother values the life of her baby, she should avoid all soothing sirups and quieting mixtures; and if a girl is employed to take care of the child, the mother should be sure that the girl does not give it some dope to keep it quiet so that she can have an easier time. It is unfortunate when a mother has to give the care of her baby over to another. The mother's highest and most sacred function is to develop her babies physically, mentally, and spiritually, *not by proxy*, but personally.

TRAINING IN EFFICIENCY

THERE is no greater mistake made by parents than to think that they do a kindness to their children by allowing them to grow up more accustomed to the piano and the tennis court than to the sewing machine and the broom.

Many of us have realized the error of making a tender child help to earn the income of the family before he has been developed, and before he has received sufficient elementary instruction to enable

him to rise to a position of usefulness. Some of us have read of children of fourteen, twelve, or younger who work long hours in the sweatshops or factories, and have determined that "our children shall not have their young lives blasted by the treadmill; they shall have more of a chance;" and the fond mother, in order to spare her child, perhaps slaves over the washtub or sews late into the night, in order that Felicia may have her

time to devote to studies, to music, or to painting.

And what is the gratitude in such cases? Invariably the daughter comes to look down on the mother as a kind of drudge, a back number, fit only for such menial work, and not capable of understanding the superior attainments of the daughter.

Think you this is overdrawn? If so, just follow seriously the history of one girl who has been given such treatment until she is grown up.

As Professor McKeever, a keen student of family life, says, the effort of the middle classes or the "newly rich" to give their children the benefit of ease and luxury, illy fits the growing generation for the stern realities of life; and many of them realize, when it is too late, that they are in every way unfitted to cope with life and its problems. The result is degeneracy. Such children drop

back in efficiency below the level of their parents; and not having been taught how to be useful, they are in no way capable of teaching their own children.

In the place of so much attempt at "high living," and complaining at the "high cost of living," there needs to be brought into each family more of that spirit of conservation, or economy, that we are trying to adopt in our national affairs.

There is scarcely a family but could solve the "high cost of living" problems if it were to adopt business methods of managing the household affairs. And this includes a proper training of the children in usefulness.

We would recommend to any mother the little pamphlet by Professor McKeever, "Training the Girl to Help in the Home," which can be obtained by sending a two-cent stamp to William A. McKeever, Manhattan, Kans.

Constipation in Infants

CONSTIPATION in infants is not only a present danger but a menace for the future. It is injuriously prejudicial to the health of the infant, and the establishment of a habit of constipation augurs badly for the health of the child in the years to come. While the causes of constipation are almost the same as those of adults, in the case of older individuals, however, the question of volition and determination enter into the situation. . . .

Constipation is not infrequently the result of the neglect of properly training infants to evacuate regularly. Sometimes it occurs as the outcome of the administration of purgative doses of castor oil, that clears out the meconium which is designed to lubricate the mucous surface, and to offer a convenient medium to the peristaltic movements. In the first

ten days or so of life, it is not advisable to give aperient or purgative drugs. . . .

In the treatment of constipation in infants, the most simple measures should be employed; especially is the administration of purgative contraindicated, and this is why the use of petroleum oil is recommended. It is harmless, and its action is usually effective. The greatest remedy for the cure of constipation in infants is by careful and systematic training to establish regularity of habit. Mothers and nurses are apt to be neglectful of the fact, generally through ignorance of its importance, that regular habits of evacuation should be enforced in infancy. It should be carefully impressed upon those who have the care of infants that by persistent endeavor these habits can be firmly established, and that in the interests of the individual and the race, the results will fully justify the trouble taken.—*Pediatrics*.



HOME COOKING SCHOOL



DESSERTS — PORKLESS AND SPICELESS PIES

George E. Cornforth

PIES are generally classed among those articles of diet which are most difficult of digestion and to be avoided by all except persons with vigorous digestive powers, and perhaps the too frequent indulgence in pie would be supposed to ruin even a vigorous digestion. I think this is probably true when the pies are made with lard; for pork and pork products are proverbially difficult of digestion and unwholesome. The Bible prohibits the use of animal fat as food, but recommends vegetable oil for the making of foods. And I am not quite sure but that pies whose crust is made of a wholesome, easily digested vegetable fat, and in which too much sugar is not used, may be comparatively wholesome. They are at least as much more wholesome than pies made with lard as vegetable fat is more wholesome than lard. Everybody knows that olive oil is considered very wholesome, even medicinal. It is sometimes prescribed by physicians. And some kinds of salad oil are considered to be almost, if not quite, equal to olive oil in beneficial properties.

Even the most wholesome pies, however, can hardly be recommended to be eaten as freely as bread and sauce, because the large proportion of fat cooked with the flour makes the crust so rich that it retards digestion somewhat, and the filling of a pie is not palatable if not made a little more sweet than stewed fruit is generally made. I am only saying that pies made of foods which are recognized as preeminently wholesome and not made *too* sweet, may be much

more wholesome than the pies in common use.

Of course the most wholesome kind of pie crust is that made with cream. Very nice crust can be made by the use of cold, rich cream, but it is not quite so tender as crust made with a free fat, because it does not contain so large a proportion of fat. To a cream crust I see no objection from the standpoint of wholesomeness and digestibility if the cream used is free from any objections.

Pastry or winter wheat flour, which contains a larger proportion of water, should always be used.

The water used in mixing the pastry should be ice-cold or the coldest obtainable.

The pastry should be got together with as little mixing as possible, and should never be kneaded.

Pie crust made with oil should be mixed with a spoon, not with the hands.

General Statements and Points to Be Remembered

Pastry made with oil must be softer than that made with a hard fat, so soft that it cannot be handled in the same way that the latter can be handled. More flour must be used on the board and more sprinkled on top of the dough when rolling it out.

No attempt should be made to turn the crust over or to move it. Continue to roll it without changing its position until it is of the desired shape and thickness.

Take half the dough and put it in the flour on the board; sprinkle flour over the dough, pat it into a ball, then begin to roll it with the rolling pin. At first

allow the pin to rest only lightly on the dough, and roll always toward the edge of the dough, lifting the pin up after each motion from the center toward the edge, never rolling from the edge toward the center. Keep the edge rolled thinner than the center, and make the strokes on such parts of the dough as will keep the dough in as nearly a circular form as possible. The crust which is trimmed off after the dough is put on the plate may be pressed into a ball with the rest of the dough, to be rolled out for the top crust.

The thinner the crust is rolled, the nicer the pie. No one likes a pie in which the crust is the most prominent part. The filling should be the prominent part, with something thin, crisp, and dainty—scarcely noticeable in any other way—to inclose it.

To get the crust on the pie plate after it is rolled, run a spatula or limber-bladed knife under the crust to loosen it from the board; double it over; lay it over one half of the plate, and then unfold it. Press it close to the plate in the angle between the side and the bottom of the plate. If it is to be a one-crust pie, like a custard pie, cut the crust about one-half inch beyond the edge of the plate, and with floured thumbs and fingers, double and pinch up this portion to make a built-up edge. Then, if desired, with the thumb and forefinger of the right hand and the forefinger of the left, scallop the edge.

If the pie is to have two crusts, cut the bottom crust off even with the edge of the pie tin. Put the filling into the crust. Roll out the rest of the pastry for the top, and cut small holes through this crust; these holes may be in the shape of some fancy figure. With a small brush wet the edge of the bottom crust with cold water; run a spatula under the crust on the board; double it over, and lay it over one half of the pie; unfold it. Press down the edge firmly all around the plate, then cut off the crust even with the edge of the plate.

To bake the crust of a one-crust pie before putting in the filling, lay the crust

over the *bottom* of an inverted pie tin, cut the edge off even with the edge of the plate, prick holes in the crust, and set in the oven to bake. After the crust is baked, remove it from the bottom and set it in the plate.

It is not necessary to oil pie tins. Pies will not stick to the plate unless the filling runs under the crust; and if that occurs, oiling the tin will not prevent the sticking.

To make the top of the upper crust flaky, after rolling the crust out brush it with oil, using a small paint brush; sift a little flour over the oil, and roll once with the rolling pin; cut holes in the crust, and put it on the pie; then, just before putting the pie in the oven, run cold water over the top crust. After the pie is baked, that top layer of flour will appear as flakes on the top of the crust.

No spice is needed in pies. This disguises the real flavor of the filling.

Left-over pastry may be cut into strips or squares and baked and used as crackers.

Pie Crust No. 1. Very Tender

$2\frac{1}{2}$ cups sifted pastry flour
 $\frac{1}{2}$ level teaspoon salt
 $\frac{1}{2}$ cup oil
 $\frac{1}{4}$ cup cold water

Flour should always be sifted before measuring, and then dipped lightly into the cup with a spoon.

Put the flour into a mixing bowl; mix the salt with it; turn the oil in all at once, and stir with a spoon till the oil and flour are about *half* mixed, not till a dough is formed. Then pour in the water, all at once, and stir till the dough is just stuck together. Much mixing makes pie crust tough. Then proceed according to directions for rolling out the crust.

Pie Crust No. 2. A Little Less Tender, but Good

2 cups sifted pastry flour
 $\frac{1}{2}$ level teaspoon salt
 $\frac{1}{2}$ cup oil
 $\frac{1}{4}$ cup cold water

Put together in the same manner as crust No. 1.

Notice that the proportion of ingredients in crust No. 1 is one fifth as much oil as flour and one half as much water as oil.

In crust No. 2 the proportion is one sixth as much oil as flour and one eighth as much water as flour.

The following are the proportions of fruit, sugar, and flour in fruit pies:—

Apple— $\frac{3}{4}$ quart sliced tart apples, $\frac{1}{8}$ level teaspoon salt, $\frac{1}{2}$ cup sugar, 2 tablespoons water. Some persons add a little flour to apple pies. I prefer to omit the flour.

Blueberry— $\frac{3}{4}$ quart blueberries, $\frac{1}{8}$ level teaspoon salt, $\frac{1}{2}$ cup sugar, 3 level tablespoons flour.

Cherry— $\frac{3}{4}$ quart stoned cherries, $\frac{1}{8}$ level teaspoon salt, $\frac{1}{2}$ to 2-3 cup sugar, 3 level tablespoons flour.

Green Currant— $\frac{3}{4}$ quart currants, $\frac{1}{8}$ teaspoon salt, 1 cup sugar, 3 level tablespoons flour. Use currants that are just beginning to turn red.

Gooseberry— $\frac{3}{4}$ quart gooseberries, $\frac{1}{8}$ teaspoon salt, 1 cup sugar, $\frac{1}{4}$ cup flour.

Peach— $\frac{3}{4}$ quart sliced fresh peaches, $\frac{1}{8}$ teaspoon salt, $\frac{1}{2}$ cup sugar, 2 level tablespoons flour.

Raspberry— $\frac{3}{4}$ quart raspberries, $\frac{1}{8}$ teaspoon salt, 2-3 cup sugar, 3 level tablespoons flour.

Rhubarb— $\frac{3}{4}$ quart thinly sliced rhubarb, $\frac{1}{8}$ teaspoon salt, 1 cup sugar, 1-3 cup flour. Do not peel the rhubarb.

Strawberry— $\frac{3}{4}$ quart strawberries, $\frac{1}{8}$ teaspoon salt, 2-3 cup sugar, 3 level tablespoons flour.

Green Tomato— $\frac{3}{4}$ quart sliced tomatoes, $\frac{1}{8}$ teaspoon salt, $\frac{3}{4}$ cup sugar, 2 level tablespoons flour. Use tomatoes that are just beginning to turn.

The secret of having apple pies and green tomato pies taste good without any spice is to bake them slowly for one hour or longer.

The juice will not run out of fruit pies so badly if the sugar, flour, and salt are mixed together, then mixed with the fruit before putting it into the crust, and the juice will be less apt to boil out if the pies are baked slowly from three quarters to one hour. Fruit pies should be made in deep pie tins for the same reason.

The quantities of fruit given are for a medium-sized pie tin. For a very large pie tin one quart of fruit will be required, and for a smaller one one pint, with the same proportions of other ingredients. Another precaution which may be observed in order that the juice may not run out is not to fill the pie tin too full, perhaps using one pint of fruit for a medium-sized tin. But pies with a generous quantity of filling are usually preferred. Bakers' pies are thin, and therefore bakers have little trouble with the juice running out. Or instead of a whole top crust, put three-fourths-inch strips of crust lattice-fashion on top of the pie. Juice will not run out of a pie made in this way, because the steam can readily escape.

Other kinds of pie, recipes for which have not been previously given in LIFE AND HEALTH:—

Apple Cream Pie

Line a pie tin with crust, building up a scalloped edge. Fill crust with pared, quartered, and cored apples, arranging a row around the plate at the edge, then working toward the center till the crust is covered; then arrange a few more quarters on top of this layer. Sprinkle over the apples two-thirds cup sugar with which two and one-half level tablespoons flour has been mixed. Cover with rich cream, and bake till the apples are tender.

Apple and Date Pie

Line a deep pie plate with crust; put into it a layer of sliced tart apples; cover with a layer of washed, stoned, and sliced dates. Pour over all one-third cup sugar and one-eighth teaspoon salt, mixed. Cover with top crust, and bake slowly three-fourths to one hour. Serve with cream.

Cream Pie

Perhaps this pie may be considered somewhat extravagant, but it is unusually good and may be used for special occasions:—

4 egg yolks
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ cup flour
 2 tablespoons oil
 A few grains salt
 1 teaspoon vanilla
 1 pint milk

Mix flour, sugar, and salt; beat the eggs and stir them and the oil and vanilla into the flour and sugar. Heat the milk to boiling and

(Concluded on page 281)

CHRISTIAN TEMPERANCE



OUR REASONABLE SERVICE

Mrs. E. G. White

WE meet intemperance everywhere. We see it on the cars, the steamboats, and wherever we go; and we should ask ourselves what we are doing to rescue souls from the tempter's grasp. Satan is constantly on the alert to bring the race fully under his control. His strongest hold on man is through the appetite, and this he seeks to stimulate in every possible way. All unnatural excitants are harmful, and they cultivate the desire for liquor. How can we enlighten the people and prevent the terrible evils that result from the use of these things? Have we done all that we can do in this direction?

Some will say that it is impossible to reclaim the drunkard, that efforts in this direction have failed again and again. But although we cannot reclaim all who have gone so far, we may do something to check the growth of the evil. I appeal to you, parents, to begin with your children, and give them a right education. Seek to bring them up so that they will have moral stamina to resist the evil that surrounds them. The lesson of self-control must begin with the child in its mother's arms. It must learn to restrain passionate temper, to bring its will into subjection, and to deny unhealthful cravings.

Teach your children to abhor stimulants. How many are ignorantly fostering in them an appetite for these things! In Europe I have seen nurses putting the glass of wine or beer to the lips of the innocent little ones, thus cultivating in them a taste for stimulants. As they grow older they learn to depend more and more on these things, till little by

little they are overcome, drift beyond the reach of help, and at last fill drunkards' graves.

But it is not thus alone that the appetite is perverted and made a snare. The food is often such as to excite a desire for stimulating drinks. Luxurious dishes are placed before the children,—spiced foods, rich gravies, cakes, and pastries. This highly seasoned food irritates the stomach, and causes a craving for still stronger stimulants. Not only is the appetite tempted with unsuitable food, of which the children are allowed to eat freely at their meals, but they are permitted to eat between meals, and by the time they are twelve or fourteen years of age they are often confirmed dyspeptics.

The use of tobacco is an inconvenient, expensive, uncleanly habit. The teachings of Christ, pointing to purity, self-denial, and temperance, all rebuke this defiling practice. Is it for the glory of God for men to enfeeble the physical powers, confuse the brain, and yield the will to this narcotic poison? What right have they to mar the image of God? What says the apostle? "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."

Intemperance is on the increase, in spite of the efforts made to control it. We cannot be too earnest in seeking to hinder its progress, to raise the fallen, and shield the weak from temptation. With our feeble human hands we can do but little, but we have an unfailing Helper. We must not forget that the

arm of Christ can reach to the very depths of human woe and degradation. He can give us help to conquer even this terrible demon of intemperance.

But it is in the home that the real work must begin. The greatest burden rests upon those who have the responsibility of educating the youth, of forming their character. Here is a work for mothers, in helping their children to form correct

habits and pure tastes, to develop moral stamina, true moral worth. Teach them that they are not to be swayed by others, that they are not to yield to wrong influences, but to influence others for good, to ennoble and elevate those with whom they associate. Teach them that if they connect themselves with God, they will have strength from him to resist the fiercest temptations.



INHERITED DEFECTS ATTRIBUTABLE TO ALCOHOL

THE influence of alcohol as a detrimental factor in inheritance is one which has not readily lent itself to convincing experimental proof in the past. During the last four years Professor Stockard of the Cornell University Medical School in New York City, has been engaged in a study of the effects of alcohol in heredity. He has demonstrated conclusively that the germ cells of males can be so injured by allowing the individuals to inhale the fumes of alcohol that they give rise to defective offspring although mated with vigorous, untreated females.

The extension of these unique investigations, in which the offspring from the treated animals which reach maturity are usually nervous and slightly undersized, has further shown that the effect of the injury of the germ cells is not only exhibited by the immediate offspring of alcoholized animals, but is conveyed through their descendants for at least three generations. There are many instances of matings followed by nega-

tive results, or early abortions, stillborn young, or defectives. An instructive illustration was afforded in a case in which two of four young were completely eyeless, the eyeballs, optic nerves, and chiasma being absent. Such defects result, according to Stockard, from the injury originally inflicted on the germ cells by the experimental treatment. Yet this injury may have been received by earlier generations only. Thus the parents of the anophthalmic guinea pigs just mentioned were untreated, their four grandparents were also untreated, but their great-grandfathers were all alcoholized and their great-grandmothers were all normal animals. The defective eyes of descendants are due to impaired development, not to the direct action of alcohol. Plainly the spermatozoon is actually weakened, if not disabled, by the alcohol treatment, and all individuals arising from combinations involving such a germ cell are likely to be below normal. There is food for reflection in these facts.—*The Journal A. M. A., Oct. 14, 1914.*



The TEMPERANCE MOVEMENT

CASH VALUE OF SOBRIETY

The *Interstate Medical Journal* in its January issue, in an article entitled "Drink," quotes from the *New Statesman* (London) some interesting paragraphs on the liquor question, from which we appropriate the following:—

THE truth is, in the matter of drinking, the world of work has won the day. Drinking in the old style was possible only in a world of leisure. As one after another we are swept into the clutches of the professions and trades, there is no room left for the drinker; he is merely an interesting survival. Sobriety has now a cash value; it is more in demand than the latest patent medicine.

There was very nearly an industrial civil war a year or two ago over the question whether an engine driver has the right to get drunk even when off duty. The question was unfortunately left unsettled owing to the discovery that the particular engine driver in regard to whom the trouble had arisen had all the time been sober. Even so, however, each of us knows in his heart that the right to get drunk is to all intents and purposes dead. We are so largely a population in charge of dangerous machines that our neighbors will not

allow us to risk their necks for the sake of an extra glass of whisky. The rich man, it is true, can still depend on the brotherly sympathy of some magistrates when he is accused of driving his motor at fantastic speed or in fantastic curves under the influence of liquor. But for the poor man in the same condition the rights of man, as interpreted by enthusiasts, have ceased to exist. . . .

The modern public house reveals to us every ugliness that a Zola, a Gorki, or a Gissing could have imagined. It is a sty, a kennel, a slum; and if drink were not sold in it, no human being could voluntarily remain five minutes in it. It is, of course, a bright slum compared to the funereal slums in which we allow millions of our fellow beings to live and eat and bring children into the world; but the one kind of slum increases the hideousness of the other. Whether it is possible in better circumstances to have drinking without drunkenness is a doubtful matter.



From a *Denver Daily*

"THERE'S A REASON"

EXCITING TIMES FOR THE SALOON BUSINESS



—From Des Moines Register

ALL SET FOR THE FINISHING TOUCHES.



—Portland Oregonian.

THE saloon business sees hostile forces on every side. On account of the extension of prohibition, local and State-wide, distillers and brewers find their territory shrinking. It is true that they continue to ship into dry territory in defiance of law, but the size and the number of shipments are greatly reduced, and such shipment is becoming more hazardous.

The illustration from the Nashville *Tennessean* has reference to the fact that after a trial of prohibition the State returned to the free and easy times of the open saloon. But the conditions under license were so decidedly worse than under prohibition that the people soon insistently demanded a return to prohibition. The second prohibitory law, passed by a large majority of both houses, went so far as to provide for the exclusion from the State of newspapers carrying liquor advertisements.

NOBODY LOVES ME!



—Spokane Spokesman Review.

"ET TU, BRUTE!"



—Nashville Tennessean

Declares for Prohibition.—Eugene Foss, former governor of Massachusetts, declared, in an address given to a large audience in Franklin Union, that purely as an economic measure we must come to national prohibition.

Saskatchewan Going Dry.—Hon. Walter Scott, premier, has ordered that beginning April 1 all bars and liquor stores throughout the province of Saskatchewan shall close at seven o'clock in the evening; and if the coming legislature stands with the premier, the bar and club licenses will be canceled July 1.

Minnesota Towns Vote Dry.—In the recent elections the number of dry towns in Minnesota was increased by thirty-seven. Before the election there were 80 dry and 120 wet towns in the State. Of these, 78 dry and 90 wet remained as they were, two dry towns returned to license, and 39 wet towns voted no license, so that now there are 117 dry towns and 92 wet ones.

Will Not Insure Saloons.—The fire insurance companies which do business in Colorado have agreed among themselves not to continue the insurance on saloon property, for the reason that when prohibition goes into effect many of the saloon keepers might be tempted to burn their saloons in order to get the insurance money. Perhaps it would be no worse to get something for nothing from the insurance companies than to get something for what is worse than nothing from their patrons.

Excise Board Denounced.—The excise board appointed by President Wilson to administer the new excise laws in the District of Columbia has been shown to have made a practice of granting licenses to saloons in cases of doubt, and in some cases in which the law was clearly against the issuance of licenses. Because of the agitation against the unwarranted methods of the board, there was a Congressional investigation, which placed the excise board in a very unenviable light, so much so that some of the Washington City newspapers have been loudly calling upon the board to resign.

"Bucket of Blood" Goes Out of Business.—A notorious "hotel," the "Grand Hotel," almost under the shadow of the United States Treasury, and rented to the former occupants by the United States government, seems to have received its death blow. This "hotel," popularly known as the "Bucket of Blood," notwithstanding the protests of some who knew the notorious character of the place, and in spite of an unfavorable report from the police department as to the low morals of the place and the presence of women of ill repute, was granted a saloon license by the excise board of the District. Following a Congressional investigation which exposed the disreputable character of the place, the officials of the Treasury were finally compelled, through the pressure of public opinion and an avalanche of protests, to order the place vacated.

Refuses Liquor Advertisements.—*Scribner's Magazine* has joined the ranks of the periodicals which refuse to receive liquor advertisements.

Liquor and Crime.—The warden of the Minnesota penitentiary asserts that between sixty and seventy per cent of all the prisoners in penal institutions come there as a result of the liquor traffic.

Prohibition Good for Lansing.—According to the report of the chief of police of Lansing, Mich., who has been in service during both wet and dry periods, the city is better off without the saloons.

Made the Arkansas River "Wet."—The sheriffs of Pine Bluff, Ark., dumped about three thousand dollars' worth of liquor into the Arkansas River on March 22, in the presence of five hundred witnesses. The work occupied several hours. Judge Elliott instructed all saloon keepers and liquor agents to remove every drop of liquor from the county by April 1.

Manufacturers Ban Saloon.—Three Philadelphia manufacturers who employ thousands of men protested against the granting of a license to operate a saloon in the vicinity of their plants, on the ground that thousands of their employes are engaged in hazardous occupations, and that it is necessary for them to work with clear heads and in control of all their faculties. The judges approved their protest, and gave assurances that the license would not be granted.

Liquor Dealers Aroused.—It is evident from the resolutions adopted recently by the New York State Wholesale Liquor Dealers' Association that they realize the necessity of earnest effort to combat the progress of prohibition. The report of the convention acknowledges that "the events of the last twelve months have created a situation more grave than has ever before confronted our trade." Hence their unprecedented activity in the effort to make people believe that "prohibition does not prohibit."

Colorado Town Will Desiccate.—Ramona, a "wet" suburb of Colorado City, will go out of existence Jan. 1, 1916, when the State prohibition amendment goes into effect. Four years ago Colorado City voted dry. When the lemon was squeezed, some of the juice clung to the outside of the rind; in other words, some of the disreputable places voted out by the decent people of the city, located just outside of the city limits, and organized the new town with a regular corps of officers who were, of course, saloon keepers, for the new town of Ramona consisted of saloons. At the time for the spring election, no election was held in Ramona, the old officials holding over, for the town will cease to exist with the close of this year. Meantime, doubtless, the men of Ramona are consoling themselves and their customers with the ancient and much-quoted adage, "Prohibition does not prohibit."



BIBLE HYGIENE



SOWING AND REAPING

THE accompanying quotation is not made with the purpose of preaching or writing a sermon.

Let us rather, for the purpose of this article, consider this scripture, not as a fiat of the Almighty, but as a statement of natural law. Jesus stated practically the same thing when he said that men do not gather figs of thistles.

No observing person would be disposed to deny that this law is writ large over the entire face of nature. Farmers, whether or not they are familiar with this quotation, and whether they are Christians or agnostics, recognize such a law and utilize it in their work. Every farmer who wants a crop of wheat plants wheat. No one but an idiot would plant

that plants evil thoughts reaps evil words and deeds; the sower of evil words and deeds gathers a harvest of evil habits; and the planter of bad habits harvests a deformed character. Criminals and incorrigibles constitute part of the crop resulting from bad planting. One does not have to plant weed seeds in order to harvest a crop of weeds. The weeds sow themselves and thrive beautifully on neglect. The human thistle is the result of careless husbandry. It may have been the part of parents or other ancestors; but whenever it was, there was something sown in the soil which has resulted in the undesirable and unfavorable crop.

* * *

There has been so much careless plant-

“Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. For he that soweth to the flesh shall of the flesh reap corruption.”

corn and expect wheat to come up. Not only does the farmer plant wheat in order to raise wheat, but if he wants a certain quality of wheat, with, say a high percentage of gluten, or if he wants a wheat that will mature very early, he selects his seed accordingly. The most casual observation of the phenomena of nature will convince any one that this law of the seed and the harvest is of universal application.

The same law is written in our bodies. The reaping is sure to be like the planting. Many a soul garden is so full of noxious weeds that good seed is almost certain to be choked out. Whence the weeds? They are the result of evil or careless sowing. The sower of “wild oats” is sure to reap a wild crop. He

ing that some assert that it is impossible for a healthy young man to remain pure. It is certainly well-nigh impossible under the dietary and other influences in many homes. The tendency of a diet rich in animal food, meat, eggs, etc., especially if to this is added coffee or tea, or some alcoholic drink like wine or beer, is to stimulate the early development and growth of the sexual glands, so that long before the time for marriage the youth experiences emotions that make it exceedingly difficult if not impossible to remain pure. If with this rich diet there come into the life of the young person companions with evil suggestions, we may safely predict a sowing of “wild oats” and a harvest of like kind. With the young a free use of animal food is

likely to result in a sowing to the flesh.

Again: irrespective of the diet, a young person merging on manhood or womanhood experiences certain sensations and emotions, the result of development. Sex thoughts, especially those of a carnal nature, intrude on the mind. One who has some purpose in life higher than the gratification of the animal nature may spurn these thoughts and turn the mind into a more useful channel; this is the more easy if the diet is simple.

But if such thoughts are entertained and dwelt on, if the mental pictures of a lewd nature are permitted to occupy the mind, the brain soon takes this mold, and the animal and sexual instincts are strengthened. This is the beginning of a weedy garden that it will take much earnest work to get into shape later. Too often the weeds grow more and more rank until the plot is abandoned as worthless.

The reaping is like the sowing; he who sows the wind reaps the whirlwind.

Desserts

(Concluded from page 274)

stir it into the egg mixture. Pour into a crust which has a built-up edge, and bake till set. Add a few grains salt to the whites of the eggs and beat them stiff; fold into them one-fourth cup sugar; spread this on top of the pie, and set on the oven grate to brown delicately.

Custard Pie

Custard pie requires a larger proportion of eggs than cup custard.

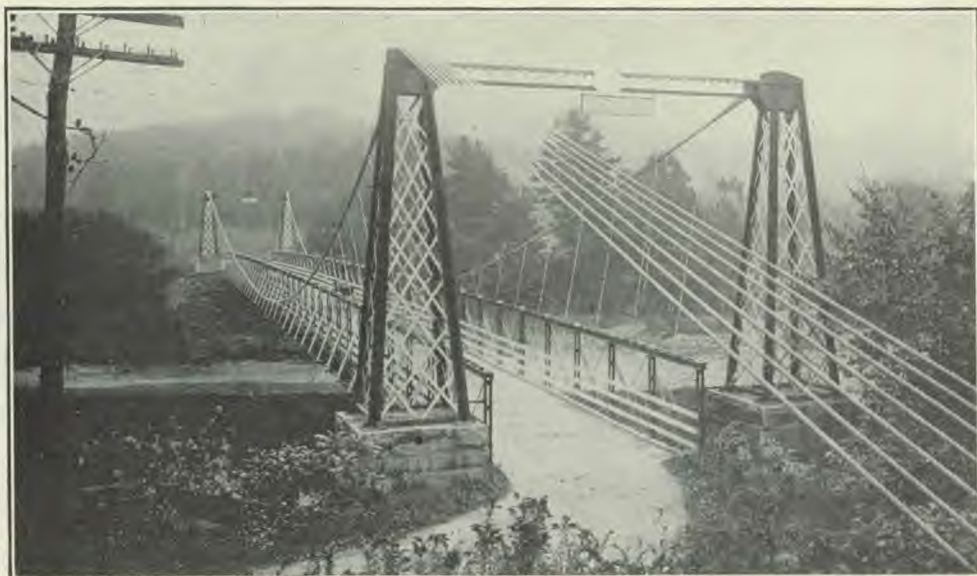
- 1½ cups milk
- 2 eggs or three yolks
- ¼ teaspoon salt
- 3 level tablespoons sugar
- Grated yellow rind of one lemon

Beat the eggs and mix with them the sugar, salt, and lemon rind. Heat the milk, not to boiling, and stir it in. Pour into a crust with a built-up edge, and bake in a hot oven at first to cook the crust, afterwards decrease the heat, because a custard will separate, or whey, if subjected to too high a temperature. Remove from the oven when just set.

Raisin Cream Pie

- 1 pint milk
- 1½ cups raisins, ground through food chopper with finest cutter, measured after grinding
- 3 level tablespoons sugar
- 2 eggs, beaten
- ½ teaspoon vanilla
- ½ teaspoon salt

Heat the milk; mix together the remaining ingredients; stir in the hot milk; bake in a crust which has a built-up, scalloped edge.



BRIDGE ACROSS CONNECTICUT RIVER, NORTHFIELD, MASS.



EDITORIAL

THE MAN WHOM THE DRINKER SET UP IN BUSINESS

DOWN in Ohio somewhere there is a publishing concern which is solicitous about American liberties, particularly about the liberty to deal out poisons and narcotics to one's neighbors. Recently the concern mailed broadcast an attractive pamphlet in leatherette binding, containing what purports to be authoritative matter relating to the working of the prohibitory laws in Maine and Kansas. As a sample of the mental pabulum furnished in this literature, I quote the following:—

“I have stated that Maine is a temperance State. She is. And her longest strides in this direction were in the old days when the Washingtonian movement, the Sons of Temperance, the Good Templars, the Prohibition party, and the Woman's Christian Temperance Union were directing their efforts toward the drinker and his habits, as against the present legal method of legislating against the man whom the drinker himself has set up in business.”

A national antinarcotic law has recently been enacted. The law was a necessity. Thousands were being swept off their feet because, having an unstable nature, they resorted, in time of temptation, pain, or discouragement, to some convenient and readily obtained narcotic. Since the enactment of the antinarcotic law, even though it is as yet imperfectly enforced, young men, realizing that it will be exceedingly difficult for them to get their favorite drug hereafter, are appealing to the hospitals to cure them of the drug habit.

The antidrug law has done with the narcotic opium and coca what this writer says prohibition has done with the narcotic alcohol,—it has *legislated against the man whom the drug fiend has set up in business*,—and for a very good reason. It is the function of the dispenser of drugs to increase his business by making new customers; that is, by making new drug fiends. The illicit purveyor of narcotic drugs and the liquor seller are antisocial in their activities. Their success means the degradation and degeneration of society. Whatever their intentions may be, they are enemies to the race, and their business must be eliminated for the benefit of the race.

We are not so simple as to think that elimination of the manufacture and sale of all narcotic drugs, except for medicinal purposes, will reform mankind. In connection with or alongside of the work of removing temptation there must be a social work directed to the end of helping men to be masters of themselves. But such a social work carried on while the machinery of the narcotic-making and narcotic-distributing business, backed by powerful capitalistic interests, is running full blast, is like the attempt to sweep back the tide with a broom.

The liquor interests look back with longing to the good old days when the State of Maine was a temperance State by virtue of the temperance societies. Their profits were much greater under the old régime.

We are fully aware that "the average man can no more be made an abstainer by law than he can be made religious by law;" but we can begin back of the man with a fixed habit. We can forbid the erection of a trap calculated to encourage the boys to form drinking habits. We can make liquor so scarce that the next generation will grow up abstainers.

But why did not the writer of the article under discussion carry his logic a little farther, and say, The average man can no more be made honest by law than he can be made religious by law? This may be granted, and yet laws against embezzlement, burglary, robbing, and the like, though they are broken every day, are a measure of protection, and we could not well get along without them. So even if prohibitory laws, like the laws against theft and murder, are often broken, we still recognize the need of continuing them in force. The very vehement cry of the liquor interests against prohibition laws is a strong evidence that the laws diminish the sale of liquor.



RURAL HEALTH RETREAT, NOW ST. HELENA SANITARIUM

From a woodcut used in the early issues of the *Pacific Health Journal*.



Communicability of Tuberculosis IN *Public Health Reports*, January 8, is a "report on the spread of infection in certain tuberculosis families in five counties in Minnesota," by H. G. Lamson, M. D., of the Minnesota Department of Health. As a result of the painstaking investigation we have the following conclusions:—

"1. A very large percentage, 79 per cent, of the individuals fully exposed for a long period of time to open cases of tuberculosis became infected.

"2. A much smaller percentage, 28 per cent, of those partially exposed or exposed for a short period of time, became infected.

"3. The percentage of infections from casual exposure, such as every one encounters, was small—8 per cent.

"4. The more frequent infection of children may be explained, at least in part, by their more intimate contact with the patient.

"5. At all ages the intimacy and length of exposure are the determining factors in infection with tuberculosis."

Fuel and Cancer A LARGE number of observations in France and Scotland seem to indicate that the prevalence of cancer in a community is related in some direct way to the character of the fuel burned in the neighborhood. Where wood is burned, there is practically no cancer; where part wood and part coal are burned, the cancer incidence is higher; and where the fuel is largely coal, the cancer rate is highest.

Where peat is the principal fuel, the cancer rate is small if there is no sulphur in the peat, and large if the peat contains sulphur. In one place where coal is used and the cancer rate is low, it was found that the coal is free from sulphur; while the coal where the cancer rate is high contains a considerable amount of sulphur.

These facts would seem to indicate

that it is the sulphur fumes that have to do with the incidence of cancer. But while such testimony is interesting, it is not at all final, and all we can say is that sulphur in the fuel is one of the things that *may* in some way be responsible for the presence of cancer.

Beer, Sweets, and Metabolism IN the *New York Medical Journal* of April 3, where Dr. William P. Cunningham is describing the effects of various disease states on the finger nails, the following illuminating expression appears:—

"Rheumatism and gout, two metabolic derangements confounded of old and certainly possessing many common characteristics, produce the peculiar brittleness of the nails that is so much in evidence, and is known as onychorrhexis. Those whose nails split on every thread had better beware of fugitive pains about the joints, and endeavor to forestall the insidious advance of disabling arthritis. Owing to increasing metabolic disturbances, largely attributable to the immense consumption of beer and sweets among our people, and to faulty hereditary tendencies transmitted in a necessarily advancing ratio, this dyscrasia is manifestly growing fast."

Patent Medicines SEARS, ROEBUCK & Dropped From List Co., in leaving patent medicines out of their latest catalogue, give as their reason for so doing, the following, which, by the way, is as terse a summing up of the patent medicine evil as one is likely to find anywhere. It is well worth reprinting:—

"We find that valueless and even dangerous medicines are offered to the public through the medium of advertising that is extravagant, misleading, and deceptive,—advertising calculated to deceive the well into belief that they are sick, and to induce the sick to pin their faith to ineffectual means for recovery.

"That patent medicines are more than likely to be disappointing as well as dangerous is apparent when we consider the fact that the all-important as well as the most difficult thing in the treatment of disease is that of finding the real underlying cause of the trouble, and the further fact that the person least able to form a safe judgment in this matter is the patient himself.

"The person who falls a victim to the advertisement that attaches a grave meaning to every little ache or pain, when in reality nothing ails him that forgetting would not cure, is at least defrauded.

"The person who depends on an advertised nostrum to cure a serious ailment, which to be successfully treated must have only the most prompt and skillful attention, is throwing away valuable time. The most dangerous medicine, especially in the case of the lingering diseases that drugs alone cannot cure, is that which, containing a stimulant or an opiate, causes its victim to feel better for a while. Being thus encouraged in a vain hope, though all this time the lurking disease is steadily progressing, he often turns too late, if he turns at all, to rational means for recovery."

Prohibition by the People

IN view of the persistent assertion, by the disinterested and wholly beneficent and truthful apologists of the liquor business, that there is no real prohibition of the liquor traffic in Russia, it may be interesting and profitable to read what George Kennan has to say on the subject in an article in the *Outlook* of March 31. Mr. Kennan wrote the article in order to correct the prevailing notion that "in our meaning of the term, there is no public opinion among the czar's subjects." As a proof of the existence of a very decided interest in public affairs on the part of the people of Russia, Mr. Kennan adduces, among other facts, the attitude of that people to the liquor question.

"But perhaps the extraordinary temperance movement in Russia, which is a more recent phenomenon, may have more convincing force. The Russian government never meant, or expected, to extend the prohibition of the sale of vodka beyond the period of mobilization. It was a purely military measure, intended to prevent the recurrence of the disorder which accompanied the mobilization of the troops at the outbreak of the war with Japan. The people, however, without distinction of rank or class, virtually took the vodka question out of the hands of the authorities and

settled it themselves. Between the first and the twentieth of August, 1914, the ministry of finance and the ministry of the interior were almost literally inundated with petitions and appeals from *zemstvos*, town councils, village communes, newspapers, cooperative associations, consumers' leagues, and social organizations of all sorts, begging them not to reopen the vodka shops. Of course the government might have disregarded these innumerable expressions of public opinion, and might have resumed the sale when the emergency had passed; but it did not think it expedient to do so, for the reason that, on the eve of a great war, it wanted to have the popular support that it did not have in the war with Japan; and it saw clearly enough, from the flood of petitions, that resumption of the sale of vodka would cause intense popular dissatisfaction. Never, I think, in any country has there been a more striking manifestation of public opinion."

It may be true that confirmed alcoholics still manage to get liquor in Russia, as they do in the driest sections of this country; but there is a growing sentiment in this country and in Russia that is making such evasion of the law disreputable. In the popular mind the liquor business is gradually assuming the position of an outlaw, and the people are becoming less tolerant of its presence.

Lloyd-George on Booze

MR. LLOYD-GEORGE, chancellor of the British exchequer, was recently in Paris, it will be remembered, to meet with the heads of finance in the French and Russian governments, in order to plan together for the financing of the war. Returning to England, the chancellor made a speech in Bangor in which he is reported to have said:—

"Drink is doing more damage to this country than all the German submarines put together."

In his conversations with the Russian and French leaders, he had evidently learned how much prohibition had already done for those countries, for he said to his audience:—

"Russia has stopped drink. M. Bark, the Russian minister of finance, with whom I conferred in Paris, told me that the output of Russian workmen had increased from thirty to fifty per cent since the sale of vodka had

been prohibited. He admitted that he had lost \$280,000,000 in yearly revenue, which he certainly could not afford, but he added that if he proposed to revert to the old conditions there would be a revolution in Russia. The stoppage of the sale of drink in Russia had been due entirely to the czar, and it was one of the most heroic things of the war.

"France abolished the sale of absinth by a 100 to 1 majority in a single afternoon. This shows how these great countries are facing their responsibilities."

"Prohibition Does Not Prohibit"

OF course not! Why enact such useless laws? Why not listen

to the advice of the benevolent brewers who have been telling us for so long that it is no use to try to change man's convivial habits by legislation? And then consider some of the awful catastrophes that are coming on us as a result of prohibition. From Memphis, Tenn., March 5, came the following:—

"Enforcement of the prohibition laws of Tennessee caused a loss of \$21,837.67 in federal government revenues at Memphis for the month of February, according to a report made public at the office of the collector of internal revenue."

Looks as if there was a marked falling off in the consumption of liquor, doesn't it? Perhaps there is some mistake, though, for the benevolent brewers have told us that prohibition does not prohibit, and surely they would have no motive to misrepresent the facts! But here is another from Pittsburgh, Pa., dated March 6:—

"Closing of the German National Bank by order of the comptroller of currency was followed by a run on the East End Savings and Trust Company in East Liberty. The officers and directors of the German National are closely connected with the Pittsburgh Brewing Company, whose securities have fallen in value recently because of prohibition in West

Virginia and the extension of local option in eastern Ohio."

Does it not look as if the brewers were afraid that prohibition might prohibit? At least they seem to be doing all in their power to prevent the passage of prohibitory laws.

The Tide of Prohibition

EVIDENTLY the distillers are not regard-

ing the temperance movement as a wave destined to recede in a short time, but as an oncoming tide. As whisky must be aged for several years before it is sold, distillers are making whisky one year for consumption several years in the future. In order not to have an oversupply an estimate must be made of the possible future consumption. The remarkable falling off in production this year would indicate that the liquor men are expecting a continuance of prohibition.

According to the *Wall Street Journal* there has been a marked falling off in the production of whisky this year in Kentucky, Pennsylvania, and Maryland. Following are comparative figures for January, 1914, and January, 1915:—

	January, 1914	January, 1915	Per Cent Decrease
Kentucky	\$6,102,452	\$1,908,000	about 67
Pennsylvania	1,552,445	1,073,808	about 30
Maryland	918,582	506,919	about 45
Totals	\$8,573,479	\$3,560,727	about 58

Another indication that prohibition is now causing a decrease in the consumption of liquors is the decrease in treasury receipts from liquor revenue—more than \$2,000,000 a year. Assistant Secretary Peters of the Treasury says that the decrease is unquestionably due to the spread of the temperance movement.



OUR WORK AND WORKERS

THE SANITARIUM SYSTEM

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

PHYSIOLOGIC remedies versus empirical medication is the keynote of sanitarium treatment. A well-organized sanitarium has a staff of doctors and nurses who for years have made a careful study of what we may call natural remedies, such as hydrotherapy or water treatment, phototherapy, electrotherapy, massage, various manual and mechanical movements, diet, and similar measures.

Healing Forces of the Body

It is well to bear in mind that the human body is richly endowed with healing forces, and under favorable circumstances is capable to a very large extent of warding off disease and resisting the invasion of germs. The whole trend and activity of the body is in the direction of health; and we must never forget that nature is constantly at work, in sickness as well as in health, doing her best under all circumstances to avoid and get rid of disease and to grow health. Even a fever may be looked upon as a natural process whereby accumulated wastes, more or less poisonous and harmful to the body, are consumed and eliminated; but the great danger is that the healthy tissues are also liable to damage by the internal fires, and therefore a fever is rightly looked upon as a disaster. The physician should look to the body and its vital forces as his greatest ally, and his obvious duty should be to smooth the way of these natural physical forces, and give the patient the best chance possible of throwing off the disease and of growing health once more. This is the object of sanitarium treatment, and this explains why so much attention is paid at these institutions to the healing virtues of fresh air, sunlight, and in its absence

electric light,— which has been aptly described as resuscitated sunlight,— pure water, wholesome food, good cheer, hope, a bright and happy atmosphere, together with baths of every description, manual movements of various kinds, including massage and the use of varied forms of electricity.

Hydrotherapy

The sheet anchor of the sanitarium doctor is hydrotherapy, often described as the water cure. From time immemorial water in one form or another has been used not only for the mere cleansing of the external skin, but equally for the maintenance and promotion of health and the cure of disease. A bath is always refreshing; but it is also a potent agent for the building up of health, and for the relief of many complaints and ailments, both physical and mental. The fomentation has long been recognized as the natural panacea for pain and ache, and it has this great advantage over medicinal anodynes, that it leaves no unpleasant aftereffects and never starts a craving.

The hot foot bath is a household remedy for colds, catarrhs, headaches, and similar minor disorders. Soaking the feet in very hot water for ten or fifteen minutes will bring great relief to a congested head in the early stages of a cold. The free perspiration that follows reduces the fever, and after a tepid or cold sponge and a vigorous rubdown and a good night's rest in bed, most colds are aborted, or "broken up."

Water is equally valuable when used internally, and that this is recognized is witnessed by the large number of spas and watering places in this country and in Europe. But do not think that we are

referring to the sulphur and other minerals which are found in these waters, and for which so much is claimed. We agree with Dr. Woods Hutchinson that it is the "wetness" that counts rather than the salts, whatever they may be. If people were willing to drink the pure water they have at home and adopt the same plain fare of most of these Continental spas, we believe they would derive equal benefit, especially if baths were included. Water is a cleansing agent internally as well as externally, and most diseases are ameliorated by the free drinking of water.

Phototherapy

Only in recent years have we realized the great benefit to be derived from phototherapy, or light treatment. Now cabinet baths are widely distributed throughout the civilized world; and when the electric current is still further cheapened, the electric light cabinet will be considered a necessary adjunct to an ordinary bathroom in the homes of the well-to-do. The great virtues of the sun bath are unrecognized in this country, and heliotherapy is known only by name. But we have every reason to believe that electric light possesses practically the identical virtues of the sun bath; and when its great advantages are better known, its healing properties will be recognized, and it will be used far more widely than at the present time. Scientists have demonstrated that plants can be grown in the presence of electric light quite as successfully as in the presence of sunlight, and this shows that the effects are identical. The electric light may be used locally, to some joint or organ, or in the form of a cabinet bath, when the entire person, except the head, is bathed with the light and warmth. Both incandescent and arc lamps are utilized, as well as blue and red lamps.

Kinesitherapy

Massage in one form or another is probably as old as hydrotherapy. We read of the Chinese using it three thousand years ago or more. The Persians,

the Egyptians, the Greeks, and the Romans were all acquainted with the medicinal value of massage, and utilized it in one form or another. We read that Cæsar had himself pinched daily for the amelioration of neuralgia. It seems that during the Dark Ages massage as well as hydrotherapy was lost sight of in Europe, but about one hundred years ago the Swedes began to give attention to this important remedy, and the best massage today is the Swedish massage. The Swedes have also developed an excellent system of manual and mechanical movements for the purpose of dealing with disease, especially chronic disorders; and these movements are used freely in the sanitarium.

The Diet

One of the unique features of the sanitarium system is the diet, which always receives most careful attention. The sanitarium doctor is a diet specialist, and has given close study to the problems connected with nutrition. As a matter of fact, it must be recognized by all that nutrition is of fundamental importance in the maintenance of health and the healing of disease, and the average doctor gives far too little consideration to the feeding of his patients. Wholesome, nourishing, and tasty food, but only food which is digestible and free from injurious ingredients, is placed on the sanitarium table. Far more attention is given to fruits, nuts, and cereals than in the ordinary hydropathic or hospital. It is needless to say that alcoholic beverages are tabooed, and that tea and coffee are not supplied in the sanitarium fare, and their use is discouraged. The reason is that both tea and coffee contain an alkaloidal poison which is distinctly harmful in its effects upon the human system, especially when used freely.

Furthermore, animal flesh is avoided, including fish and fowl. According to the famous Danish scientist, Dr. Hindhede, "That luxurious habits, especially overindulgence in meat, can give rise to various stomach, kidney, and arthritical complaints is supported by manifold

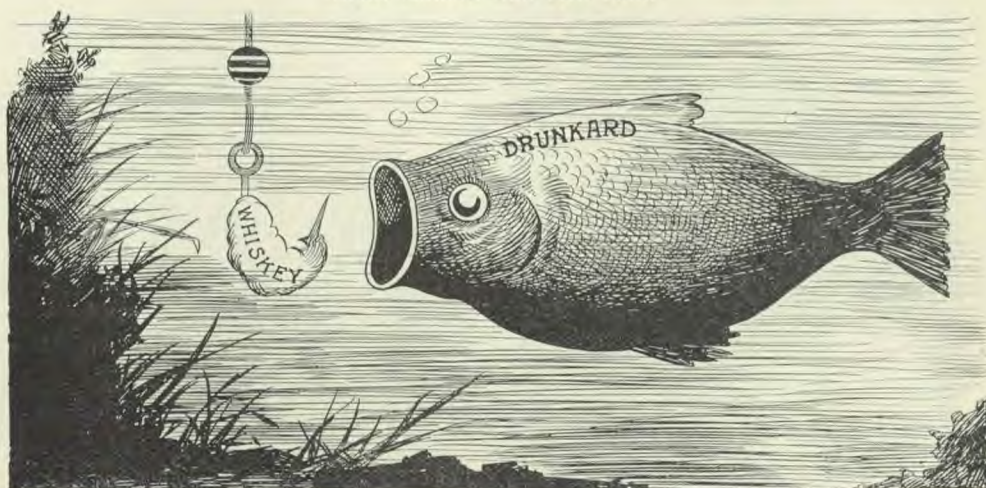
experience." Furthermore, the doctor writes: "He who 'eats well,' often 'drinks well;' and which of the two is the culprit—the alcohol or the protein? It is most probable that these boon companions share the responsibility between them; and on this point nearly all doctors are in agreement."

Training for Health

A well-equipped sanitarium may be properly described as a training school for health. The hearty cooperation of the patient with his doctor in carrying out the various treatments necessary is a great asset, and sometimes means half the battle. At the sanitarium the patient

is taken into the confidence of the doctor, and whatever is required with regard to the restoration of health is explained to the patient as far as necessary, and thus his intelligent cooperation and assistance are secured. Nauseous drafts and drugs, all of which are poisons, are conspicuous by their absence, and their place is taken by simple, wholesome dishes which are attractive both to the eye and to the palate, and do not overtax the digestive organs. The outdoor life is encouraged, and when the weather permits, the patients go for walks or lie out on cots and reclining chairs, breathing in the fresh air while they are bathed with the sunlight.

OPEN SEASON ALL THE YEAR



From New Republic

FISHING ACCORDING TO LICENSE LAWS

In the license, or "wet," districts there is no closed season, and according to the fishers "the fishing is fine;" the more they catch the more fish there seem to be ready to be caught.



CURRENT COMMENT

The Responsibility of Parenthood

No other event in the life of a man or a woman approaches in solemnity and awe the birth of a son or a daughter. . . . Here is a human being, endowed with the divine spark of life, which he has been instrumental in bringing into this world, a world of struggle, a cruel world, a world full of sin, a world where suffering is the rule and happiness the exception, a world full of temptation, where all manner of wickedness is rampant, and where any individual's escape from damnation is narrow indeed. The child is his, and it rests largely with him whether it is going to be made or marred.

If there be a hell, what punishment can approach in torment that of seeing the soul of one's own child ruined, which ruin has been brought on by one's own acts, either of commission or of omission? These thoughts should occupy the mind of any parent when his parenthood first begins, and his attitude should be that of humility and prayerfulness. . . .

Parents all assume that the presence of children, in all places and at all times, is a continual and unalloyed delight to all persons within sight and hearing, and that a noise or an uncouth or disgusting act is purged of all its unpleasant properties when committed by them. Woe to the unfortunate being who differs with them! . . .

Whenever a person remarks about some particularly offensive act on the part of some child, he is immediately withered with a look of "daggers" from the parent, and the following awful words are hissed between the clinched teeth and tightly drawn lips: "You were a child yourself once!" . . .

According to parents, this sentence, quoted with the proper emphasis and accompanied by the appropriate gestures of scorn, provides a plenary justification for any acts of savagery or vandalism which their children may commit. . . .

Parents allow children to come into the world, employing much less intelligence and reason than if they were breeding Angora cats. They never stop to think whether they are fitted in any respect to rear and train children. In nine hundred and ninety-nine cases out of a thousand they do not want them; do not even know they are on the way until too late to stop their coming. . . .

No uninformed person would undertake to run a locomotive or navigate a ship, but almost every one has no hesitation whatever in assuming control over the development of a human mind, in comparison to which a locomotive is as simple as a washboard. The same vanity which moves people to feel that the world is in need of small editions of themselves allows them to assume that they are, all of them, expert child trainers. They all be-

lieve this. Here is how they go about it:—

They begin by selfish considerations of their *own* comfort, putting these ahead of everything else. It annoys them to hear the child cry, so they employ every means their ingenuity can devise to keep it quiet, completely disregarding whether the means they use are harmful to it or not. From their actions one would suppose that their thoughts ran something like this: Never mind what happens, if it will only stay quiet. If he wants to be picked up, pick him up; if he wants a piece of mince pie at the age of six months, give it to him; if he wants to be carried up and down the room all night, carry him. . . .

It is a fact that not one parent in a thousand is fitted, either physically, mentally, or morally, to take full charge of a child between the ages of one and seven, for fourteen or more hours a day, month in and month out, without any let up.—*Philip Embury, M. D., in Critic and Guide.*

Liquor Defeats Good Government

THE Illinois State Senate passed almost unanimously a resolution providing for a State constitutional convention. The house was pledged to pass it almost without dissent; but at the last hour a cog slipped, and it was handily defeated, seventeen men positively pledged to it voting against it.

Just a little investigation developed the reason. The liquor interest, which between the manufacturing and the retailing organizations is very powerful in Illinois, had got panicky and ordered its legislators to kill the convention. They didn't know just why, but guessed it would be wise to prevent anything that contained the possibility of progress. The State greatly needs a new constitution, expected to get it, and was confidently assuming that the pledges in its favor settled the matter. Nobody was worrying or fussing about it. But the liquor crowd got panicky over the possibility that a new constitution might give additional power to the women voters in some fashion, and killed the whole project.

That's just the sort of politics the liquor crowd can't afford to play in times like the present. Intelligent people reading the latest returns from Russia, England, France, Germany, our own State legislatures, and even Mexico, will be impressed that this is in fact an exceedingly bad time for the liquor interest to make itself a nuisance.

Precisely as a bad administration of the excise law involves the greatest present danger of Washington's going dry, so now it is discovered that the assassination of the constitutional convention plan by the liquor interest has opened up a bigger chance than ever of Illinois's going dry. Some people simply will not learn.—*Washington Times, April 4, 1915.*

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.

Typhoid Fever.—"What is the cause of typhoid fever, and how may it be prevented?"

Typhoid fever is caused by a microorganism or germ—the Eberth bacillus—which is taken with the food or drink. Many streams and wells are polluted with the discharges of typhoid patients. Milk utensils washed in water from a typhoid well may carry the disease. Or if the milker is a typhoid carrier, he may transmit some of the germs to the milk. If all food and drink were subjected to heat till near the boiling point before use, it is safe to say that typhoid fever would be much diminished. Still there may be cooks and bakers, and also deliverymen on bread wagons, who are typhoid carriers. Or the man who sells you a few apples may be a carrier. There are many ways for the typhoid germs to get from the hands of the unclean typhoid carrier to the mouth of a susceptible person. Moreover, we must not forget that flies have a nasty habit of going from the privy to the dining room, so that food, even after it has been cooked, may be contaminated. In short, it may be said that every case of typhoid fever is a case of fecal contamination. When we can avoid getting somebody else's feces in our food, we can avoid typhoid fever.

Is Exercise Good?—"Please tell me whether exercise is good. I do quite a lot of it. Is it dangerous when the joints crack?"

If you have been reading this magazine attentively, you will know that we believe exercise is good. But one can get too much of a good thing. Water is good, but too much may drown a person. Bread is good, but too much would cause indigestion and other troubles. There is a possibility of taking too much exercise, but I suspect that very few persons err in that direction. There is a natural laziness, common to humankind, that takes care of that. One is likely to eat too much, but not often will one work too much. In the excitement of play, one may take too violent exercise. Any excess of exercise would be harmful.

One who fears that he may take too much exercise is not in danger in that direction. He

only is in danger who becomes so interested in what he is doing that he forgets that he is overworking. One who fears that he may overexercise is so constituted that any overexertion would be absolutely impossible.

One whose joints crack when he exercises is suffering from a lack of tone in the joint tissues, due probably to a chronic lack of exercise. Perhaps it would not do for such a one to begin serious exercise too suddenly. But by gradually increasing the amount and severity of the work, he may accustom himself to hard work.

The Best Dentifrice.—"What is the best to clean the teeth with?"

It is not the function of this magazine to recommend proprietary preparations. There are several good dentifrices on the market, some in the form of paste in a collapsible tube, which is the handiest, some in the form of powder, and some in the form of a liquid. If one begins early and attends to the toilet of the mouth regularly, little will be needed in addition to the brush, with pure water, and dental floss, obtainable in almost any drug store, to reach the spaces between the teeth.

Every person, whether he knows of any defects in his teeth or not, should visit the dentist occasionally. If one waits until a tooth begins to ache before having it attended to, he loses valuable time, and permits infectious matter to go down with his food and cause indigestion, and perhaps prepare for a future attack of appendicitis. The evidence is accumulating that much of our trouble in later life is the result of neglected teeth in early life. It is the best kind of economy to have a good dentist, and to make regular trips to his office.

Electric Belt Fake.—"Is Dr. —'s electric body battery good to wear?"

"Dr." —'s body battery, and in fact every advertised electric belt or body battery, is a fake, pure and simple. It is true that some of them give off a feeble galvanic current, but it is not true that any of them do any

good whatever in the way of curing disease. They are often advertised to "weak men" or to men who are supposed to have lost their "manhood" by "youthful indiscretions." This pitiable class, reading the trash sent out by the fakers, become convinced that they are lost if they do not obtain relief from their deplorable condition, and that the only thing that will cure them is some of these fake remedies or appliances; and the fakers reap a rich harvest, for the poor dupes do not dare to report the matter if they find that the so-called "cure" is valueless.

If a young man is in trouble, the best person he can go to is his own family physician. He will be treated fairly, and can be sure that the doctor will not whisper a word of it to other members of the family or to any one else. When a "confidential letter" is sent to a faker, he sells it to some one else, and so the letter is passed from one to another of the fakers. He who answers the advertisement of one of them, will eventually receive the advertising matter of a dozen others who have been given his name.

Appendicitis.—"Please give the symptoms and cause of appendicitis. How can it be prevented? Is an operation always necessary for cure? Can you give some simple home remedies? Is olive oil valuable for appendicitis?"

The characteristic symptoms are pain in the lower part of the abdomen on the right side, radiating perhaps toward the navel,—the pain is apt to be increased by movement, and is

relieved when the right knee is drawn upward,—tenderness on pressure, especially at a point midway between the navel and the right groin. There may also be some swelling. There may be nausea, vomiting, and other symptoms of indigestion. In fact, what seems to be "stomach trouble" may be merely a low grade of appendicitis, which will not yield to diet or any other treatment except operation.

Appendicitis is caused by the action of bacteria, or "germs," the vitality of the intestinal wall having likely been previously impaired. There is more than a suspicion that bad mouth conditions, such as neglected teeth, cavities, loose teeth, diseased tonsils, may be the precursors of an attack of appendicitis.

As to whether an operation is always necessary, it would be impossible for me to say. Doubtless many cases of appendicitis remain latent for years, without causing more serious trouble than indigestion; but every appendicitis case is like a volcano—one does not know when it may burst forth.

One with appendicitis should be under the personal care of a physician or of a surgeon. It is possible that by careful dieting, with avoidance of constipation, one may keep a mild appendicitis latent, but one cannot be sure that it is cured; and if the patient is under observation by a skilled diagnostician, he should get advice that will be worth more to him than any attempt at home treatment not under observation.

I have never known olive oil to have high credit as a preventive or cure of appendicitis.



Cancer; Its Cause and Treatment, by L. Duncan Bulkley, M. D., Senior Physician of the New York Skin and Cancer Hospital. Price, \$1.50 net. Paul B. Hoeber, publisher, New York.

Though assertions have been made from time to time that the disease is constitutional, depending largely on diet and mode of life, relatively little attention has been paid by the vast majority of medical men to the dietetic and medical aspects of cancer.

The present work is the result of the author's study of the literature of cancer and

of his experience in its dietetic and medical treatment.

Dr. Bulkley has become convinced after years of observation that cancer is very largely the result of faulty living, particularly in the matter of dietetics; and he is firmly convinced that the large consumption of flesh, tea, coffee, alcohol, and tobacco has much to do with the incidence of the disease.

In view of the steady increase in the prevalence of cancer, with an average of over one hundred and fifty cancer deaths a day in this country, it would be well to give careful heed to Dr. Bulkley's thesis.



NEWS NOTES

Physicians Petition for Local Option.—The physicians of Philadelphia are petitioning the legislature to pass the county option bill in the interest of health, morals, and the protection of the present and future citizens of the commonwealth.

War Method of Removing Foreign Bodies.—It has been found that foreign bodies, as pieces of bone, clothing, etc., can be removed from wounds by pouring in peroxide of hydrogen. The foaming of the peroxide forces the foreign matter out of the wound.

Comparison of Liquid Paraffins.—An investigation was recently made of the comparative merits of various mineral oils used for laxative effect. Of the three, light Russian liquid petrolatum, heavy Russian liquid petrolatum, and American liquid petrolatum, the differences are too slight to be of importance. It would seem that ordinarily one may be just as good as the other. There has been a great deal said in favor of Russian mineral oil, but from this report it would seem that the American oil is fully as good.

Antinarcotic Laws.—In the *Public Health Reports* of March 26 is a history of the State and federal antinarcotic legislation, which, on account of the recent passage of the Harrison antinarcotic law, is of special interest at the present time. The article states that the drug habit has assumed large proportions in the United States, and is becoming a great menace. A synopsis of the antinarcotic laws of each State is given.

Cause and Treatment of Pellagra.—Dr. W. B. Page, a North Carolina health officer, believes he has discovered the cause of pellagra to be a certain bacillus, or "germ" found in the intestinal contents of patients. He finds it present in all cases of the disease, and not in cases where the disease is not present. He has had success in the cure of the disease in a number of instances, by the administration of ichthyol. He found that one or two five-grain pills three or four times a day for three weeks would cure the average case, and most of the patients considered themselves cured at the end of ten days.

LISTERINE

LISTERINE has received the highest professional commendation as the most suitable antiseptic for daily employment in the care of the teeth.

Clean teeth and sound mouth tissues are essential to the maintenance of good physical health.

Disorders of digestion and grave forms of systematic disease, frequently arise from a septic condition of the gums.

The daily use of insoluble, alkaline powder and paste dentifrices harmfully affects the teeth and gums.

The effect of the slightly stimulating boracic acid acidity of Listerine is antagonistic to microbic proliferation, and exerts a beneficial effect upon the fluids of the mouth.

LISTERINE is very agreeable to use in matters of personal hygiene, and affords a ready method of exercising antiseptic precaution against infection in accidental wounds, scratches, and abrasions.

A pamphlet descriptive of the antiseptic solution, Listerine, containing numerous suggestions for using it, may be had upon request.

Lambert Pharmacal Company
21st and Locust Streets, St. Louis, Mo.

Canadian Recruits Must Be Vaccinated.—The order has been issued that all recruits must be revaccinated if it is thought necessary by the medical examiners. Those who refuse vaccination are to be rejected.

Vaccination Bill Signed.—The governor of New York has signed the bill making vaccination compulsory in cities of the first and second class in both public and parochial schools. In cities of the third class and in rural communities the school authorities are required to bar all unvaccinated pupils when there is an outbreak of smallpox.

Malaria Prevention.—Last year 3,000 gallons of oil were used on the streams and pools near Roanoke Rapids, N. C., at a cost of \$300, for the purpose of preventing the propagation of mosquitoes. So marked was the effect in the elimination of malaria in the community, that the mill owners are repeating the procedure this season.

Caffeine and the Eye.—Casey Wood reports in the March *Ophthalmic Record* a case of polyneuritis following intoxication by coffee, in which amblyopia (failure of the eyesight) was one of the symptoms. Rest with abstinence from coffee, and the administration of strychnine, cured the trouble. Others have suggested that coffee may be the cause of blindness. Two other workers assert that tea drinking may produce similar symptoms, perhaps more frequently than coffee. Excessive coffee drinking has also resulted in color blindness.

To Prevent Infant Blindness.—The Illinois State Board of Health furnishes silver nitrate solution free to all persons entitled to attend births, the only requirement being that the name and address of the person receiving the solution be given. Perhaps most of our readers know that most infantile blindness is caused by gonorrhoea in the mother, of which she may not be aware, and that it can be absolutely prevented by the use of a proper solution of silver nitrate in the eyes of the baby soon after birth. For the welfare of the future generation it is important that in all cases of childbirth this simple precaution be not neglected.

Dehydrated Vegetables.—The quartermaster general of the United States Army has been experimenting with dehydrated vegetables for use of the troops. These are not desiccated or dried vegetables in the ordinary sense. The water is removed from the green fresh vegetables by a special process; and when they are soaked and cooked, they closely resemble the fresh vegetables in taste and quality. Among the vegetables that are dehydrated are beans, beets, carrots, corn, onions, potatoes, tomatoes, and turnips. As one pound of the dehydrated vegetables is the equivalent of from six to twelve pounds of green vegetables, they will be a decided advantage for use in the army. They ought to be valuable, also, for domestic use in regions where fresh vegetables are not raised.

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Vaccination Law Upheld.—In reply to an inquiry as to whether there were exceptions to the compulsory vaccination law of 1911, Attorney-General Webb of California held that exception existed in the case of pupils whose parents had conscientious scruples against vaccination, but that the State law requires dismissal from school of all unvaccinated persons whenever a case of smallpox is reported in a school. The law has also been upheld in the case of a student who was excluded from the State University because he refused to be vaccinated.

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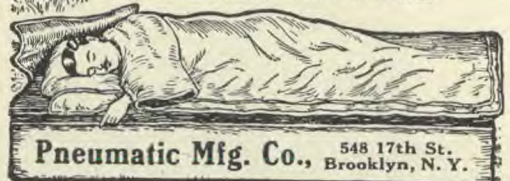
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Bad Mouth Conditions.—Dr. McKisack, in the *British Medical Journal*, says that though a septic or diseased mouth may be tolerated for years, yet it is always a source of danger, and may cause disease in stomach or intestines, or in more remote parts of the body; and bad mouth conditions may aid and increase the disease of other parts. We know that it is practically impossible to remedy digestive disturbances while the mouth remains in bad condition, which includes cavities in teeth, loose teeth, and diseased tonsils. Even though there are none of these conditions present, if the mouth is unclean from neglect it is a source of danger.

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