

# HEALTH & TEMPERANCE

THE NATIONAL HEALTH MAGAZINE



*July 1915*

10 CENTS A COPY

ONE DOLLAR A YEAR

WASHINGTON, D. C.



# These Sanitariums

Have qualified, regular Physicians, skilled Surgeons, trained Attendants, graduate Nurses, and thoroughly equipped Laboratories.

Their Institutional Apartments are models of convenience for the scientific administration of every modern Physiological Therapeutic treatment.

They are conducted in harmony with medical ethics, and physicians who may desire to send their patients to these institutions for special attention and treatment, can do so, knowing that their own instructions and prescriptions will be carefully administered in each case.

All Europe is War! War! War! Come to the Peaceful Pacific and visit the world's fair exposition at San Francisco and San Diego.

While touring Los Angeles and vicinity, rest at the Glendale Sanitarium. When in the Riverside and Redlands district, stop at the Loma Linda Sanitarium, and when visiting the San Diego fair, accept an invitation to the Paradise Valley Sanitarium at National City.

Each of these Health Resorts has its own peculiar points of excellence to offer its patients and guests.

Address for Illustrated Souvenir

THE LOMA LINDA SANITARIUM - - - LOMA LINDA, CAL.  
 THE GLENDALE SANITARIUM - - - GLENDALE, CAL.  
 THE PARADISE VALLEY SANITARIUM - - - NATIONAL CITY, CAL.

*Or the City Office, No. 417 West Fifth Street, Los Angeles, Cal.*

*Southern California's*  
**MEDICAL AND SURGICAL**  
**SANITARIA**  
 COMPRISING  
**LOMA LINDA**  
**THE GLENDALE**  
**AND PARADISE VALLEY**  
**INSTITUTIONS OF HEALTH**

Conducted by the Originators and Promoters of the famous Battle Creek methods of Physiological Therapeutics Ethical Scientific Progressive

LOMA LINDA  
 GLENDALE  
 PARADISE VALLEY  
 NATIONAL CITY



## OUR GENERAL AGENCIES

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

- |   |  |
|---|--|
| <p>Arizona Tract Society, 417 W. Fifth St., Los Angeles, Cal.</p> <p>Alabama Tract Society, 316 Lyric Bldg., Birmingham, Ala.</p> <p>Arkansas Tract Society, 37 South St., Fayetteville, Ark.</p> <p>California Bible House, 537 Twenty-fifth St., Oakland, Cal.</p> <p>California-Nevada Missionary Society, 341 E. Lodi St., Lodi, Cal.</p> <p>California Bible House (Central), Box 1304, Fresno, Cal.</p> <p>California Tract Society (Northwestern), 537 Twenty-fifth St., Oakland, Cal.</p> <p>California Tract Society (Southeastern), 417 W. Fifth St., Los Angeles, Cal.</p> <p>California Tract Society (Southern), 417 W. Fifth St., Los Angeles, Cal.</p> <p>Chesapeake Tract Society, 1611 Tenth St., Baltimore, Md.</p> <p>Colorado Tract Society (Eastern), 1112 Kalamath St., Denver, Colo.</p> <p>Colorado Tract Society (Western), 122 South Eighth St., Grand Junction, Colo.</p> <p>Connecticut (see New England, Southern).</p> <p>Cumberland Tract Society, (E. Tennessee), Graysville, Tenn.</p> <p>Delaware (see Chesapeake).</p> <p>District of Columbia Tract Society, 708 McLachlen Bldg., Washington, D. C.</p> <p>Florida Tract Society, 19 W. Church St., Orlando, Fla.</p> <p>Georgia Tract Society, 169 Bryan St., Atlanta, Ga.</p> <p>Idaho Tract Society, Box 643, Boise, Idaho.</p> <p>Illinois Tract Society (Northern), 3645 Ogden Ave., Hawthorne Station, Chicago, Ill.</p> <p>Illinois Tract Society (Southern), 304 West Allen St., Springfield, Ill.</p> <p>Indiana Tract Society, 521 East Twenty-third St., Indianapolis, Ind.</p> <p>Iowa Tract Society, Nevada, Iowa.</p> <p>Kansas Tract Society, Rooms 614-615, Butts Bldg., Wichita, Kans.</p> <p>Kentucky Tract Society, Nicholasville, Ky.</p> <p>Louisiana Tract Society, 810 Jackson Ave., New Orleans, La.</p> <p>Maine Tract Society, 75 Grant St., Portland, Maryland (see Chesapeake).</p> <p>Massachusetts Tract Society, Room 608 Tremont Temple, Boston, Mass.</p> <p>Michigan Tract Society (East), 426 Trumbull Ave., Detroit, Mich.</p> <p>Michigan Tract Society (North), 510 Petoskey St., Petoskey, Mich.</p> <p>Michigan Tract Society (West), 1214 Madison Ave., Grand Rapids, Mich.</p> <p>Minnesota Tract Society, 336 East Lake St., Minneapolis, Minn. (Exchange case 45.)</p> <p>Mississippi Tract Society, 932 Union St., Jackson, Miss.</p> <p>Missouri Tract Society, 407 Orchard St., Clinton, Mo.</p> <p>Montana Tract Society, 411 Black Ave., S., Bozeman, Mont.</p> <p>Nebraska Bible Supply House, 905 North California Ave., Hastings, Nebr.</p> <p>Nevada Mission, 325 W. Fifth St., Reno, Nev.</p> <p>New England Tract Society (Northern), 136 N. Main St., Concord, N. H.</p> <p>New England Tract Society (Southern), 51 Whitmore St., Hartford, Conn.</p> <p>New Hampshire (see N. New England).</p> <p>New Jersey Tract Society, 200 Columbus Ave., Trenton, N. J.</p> <p>New Mexico Tract Society, Box 286, Albuquerque, N. Mex.</p> <p>New York Tract Society (Greater), Room 904, 32 Union Square, New York, N. Y.</p> | <p>New York Tract Society, 317 W. Bloomfield St., Rome, N. Y.</p> <p>New York Tract Society (Western), 527 Garson Ave., Rochester, N. Y.</p> <p>North Carolina Tract Society, 234 Summit Ave., Greensboro, N. C.</p> <p>North Dakota Tract Society, Drawer N, Jamestown, N. Dak.</p> <p>Ohio Tract Society, Box 187, Mt. Vernon.</p> <p>Oklahoma Tract Society, Box 644, Oklahoma City, Okla.</p> <p>Oregon Missionary Society (Western), 508 E. Everett St., Portland, Oregon.</p> <p>Oregon Tract Society (Southern), 1164 Military St., Roseburg.</p> <p>Pennsylvania Tract Society (Eastern), 4910 Arch St., Philadelphia, Pa.</p> <p>Pennsylvania Tract Society (Western), 7155 Mt. Vernon St., Pittsburgh, Pa.</p> <p>Rhode Island (see New England, Southern).</p> <p>South Carolina Tract Society, 821 Fourth St., Columbia, S. C.</p> <p>South Dakota Tract Society, Drawer R, Redfield, S. Dak.</p> <p>Tennessee River Tract Society (Western Tennessee), 511 Cole Building, Nashville, Tenn.</p> <p>Texas Tract Society, Keene, Tex.</p> <p>Texas Tract Society (South), Box 755, San Antonio, Tex.</p> <p>Texas Tract Society (West), Box 46, Amarillo, Tex.</p> <p>Utah Tract and Bible Society, 776 E. Sixth St., S., Salt Lake City, Utah.</p> <p>Vermont (see Northern New England).</p> <p>Virginia Tract Society, 2705 West Main St., Richmond, Va.</p> <p>Washington Missionary Society (Western), Box 328, Auburn, Wash.</p> <p>Washington: Upper Columbia Tract Society, College Place, Wash.</p> <p>West Virginia Tract Society, 124 Marion St., Fairmont, W. Va.</p> <p>Wisconsin Bible House, Box 57, Grand Rapids, Wis.</p> <p>Wyoming Tract Society, Crawford, Nebr.</p> |
|---|--|
- 
- |   |  |
|---|--|
| <p><b>UNITED STATES POSSESSIONS</b></p>   |  |
| <p>Hawaiian Tract Society, 767 Kinau St., Honolulu, Hawaii.</p> <p>Panama Tract Society, Cristobal, C. Z.</p> <p>Philippine Islands Mission, 613 Nozaleda, Manila, Philippine Islands.</p>  |  |
| <p><b>CANADIAN AGENCIES</b></p>   |  |
| <p><b>Eastern Canada:</b></p> <p>Canadian Pub. Assn., Box 308, Oshawa, Ontario.</p> <p>Newfoundland Tract Society, Box 217, St. John's, Newfoundland.</p> <p><b>Western Canada:</b></p> <p>Alberta Tract Society, Lacombe, Alta.</p> <p>British Columbia Tract Society, 1708 Maple St., Vancouver, B. C., Canada.</p> <p>Manitoba Tract Society, 290 Bannerman Ave., Winnipeg, Man., Canada.</p> <p>Saskatchewan Tract Society, Box 244, Regina, Sask., Canada.</p> |  |
| <p><b>FOREIGN AGENCIES</b></p>  |  |
| <p>Great Britain: International Tract Society, Stanborough Park, Watford, Herts, England.</p> <p>India Union Mission: 17 Abbott Road, Lucknow, India.</p> <p>Mexico: Imprenta de la Verdad, 1420 Avenida 20, Tacubaya, D. F., Mexico.</p> <p>South Africa: International Tract Society, 56 Roeland St., Cape Town, South Africa.</p> <p>West Indies: Watchman Press, Riversdale, Jamaica, B. W. I.</p>  |  |

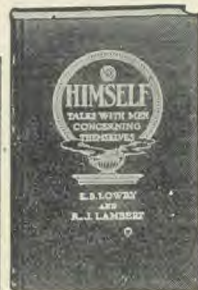
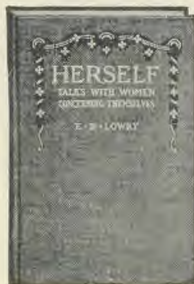
**HEALTH AND TEMPERANCE**

**WASHINGTON, D. C.**



# THE STANDARD BOOKS ON SEX EDUCATION

By DR. E. B. LOWRY



## HERSELF

*Talks With Women Concerning Themselves*

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

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

## Confidences

*Talks With a Young Girl Concerning Herself*

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

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

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

## Truths

*Talks With a Boy Concerning Himself*

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

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

## HIMSELF

*Talks With Men Concerning Themselves*

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

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

## False Modesty

*That Protects Vice by Ignorance*

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

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

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

## Note Our Remarkable Premium Offer

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

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

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

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

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

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

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

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



# HEALTH AND TEMPERANCE

July, 1915

## CONTENTS

<b>GENERAL ARTICLES</b>	
More Precious Than Diamonds, James Frederick Rogers, M. D. ....	306
Getting the Most Out of Your Vacation, Anne Gullbert Mahon .....	308
Just a Boy, Edythe Stoddard Seymour .....	309
Are Dietary Rules Necessary? Philos .....	310
<b>SCHOOL OF HEALTH</b>	
Typhus Fever, G. H. Heald, M. D. ....	312
Tennessee Treatment for a Cold, Mrs. Harriet Langdon .....	313
Heat Prostration .....	314
<b>HOME COOKING SCHOOL</b>	
Frozen Desserts, George E. Cornforth .....	315
<b>FOR THE MOTHER</b>	
Treatment of Summer Diarrhea, Dr. Edward Childs Carpenter .....	318
Responsibility and Privilege of Parents, H. Addington Bruce .....	319
Health of Children Under School Age .....	320
<b>HEALTHFUL DRESS</b>	
Wherewithal Shall We Be Clothed? Helen Fermor .....	322
<b>CHRISTIAN TEMPERANCE</b>	
Effects of Stimulants, Mrs. E. G. White .....	326
<b>THE TEMPERANCE MOVEMENT</b>	
Life Insurance Testimony Regarding Alcohol .....	328
The Prohibition Procession .....	330
As Viewed by the Cartoonist .....	331
Current Comment on the Temperance Movement .....	332
Straws .....	333
<b>BIBLE HYGIENE</b>	
Righteousness and Health .....	334
<b>EDITORIAL</b>	
Has the Cause of Epilepsy Been Discovered? .....	336
<b>AS WE SEE IT</b>	
Baldness Cured — Scoury Vitamine — Terminal Fumigation — Care of the Voice .....	338
<b>OUR WORK AND WORKERS</b>	
An Incident in Gospel Mission Work, L. A. Hansen .....	340
Turkey's Prospects After the War, William E. Strong .....	341
Sanitarium News Notes .....	342
<b>QUESTIONS AND ANSWERS</b>	
Paralysis — Waterbrash — Flatulence — Weaning Baby — Constipation, Baby — Buttermilk — The Teeth and the Health — Obstinate Constipation, Backache, Headache .....	343
<b>SOME BOOKS</b>	
Psychology and Parenthood .....	344
<b>CURRENT COMMENT</b>	
The Effects of War on a Nation — Vacation Traumatism — Health in Old Age a Question of Cutting Out — A Victim of Bad Advice .....	345
<b>NEWS NOTES</b>	
.....	346

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

### PRICES, POSTPAID

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

### NO EXTRA CHARGE ON FOREIGN SUBSCRIPTIONS

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

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

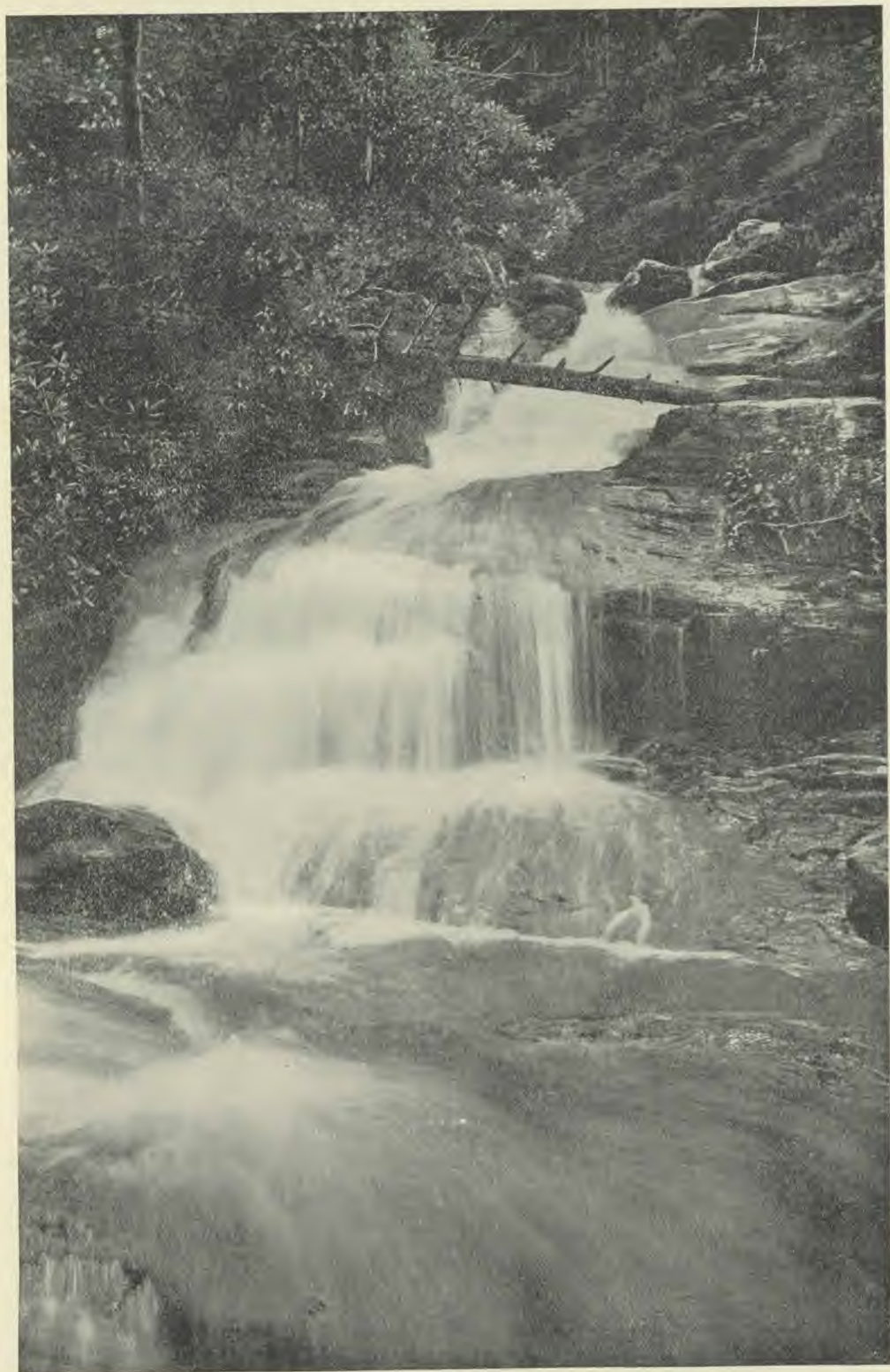
**CHANGE OF ADDRESS.**—When a change of address is desired, both the old and the new address must be given. The publishers should be notified six weeks in advance of the desired date of change.

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

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

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





WATER IS NATURE'S BEVERAGE



VOL. XXX  
No. 7

# HEALTH & TEMPERANCE

THE NATIONAL HEALTH MAGAZINE.

JULY  
1915

Continuing LIFE AND HEALTH

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

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

## EFFICIENCY

**E**XTENSIVE mercantile and manufacturing establishments employ efficiency experts whose business it is to show how small leaks may be stopped, how the books may be kept so as to show the weak and strong features of the institution, how by-products may be better utilized, how the outlay for labor may be minimized by short cuts, better methods, and increased efficiency of employees, and how the output of the establishment may be increased.

A New York efficiency expert, who has had long experience in systematizing business houses in this manner, has conceived the idea of giving efficiency instruction to individuals; and now there has been established a regular correspondence school, which for \$27 gives a course in efficiency, which is, in effect, a re-forming of habits, or a forming of right habits.

One of the prime requisites to efficiency is vigorous health, not merely an absence from pain or actual disease, but an overflowing of life that will enable one to work smoothly, easily, and without strain. Health is also the prime requisite to happiness. Is not the expenditure of a dollar a year for the monthly visits of a health mentor a wise investment?

Any issue of HEALTH AND TEMPERANCE may have an article that is worth to the reader many times the price of a year's subscription. Some hint that enables one to avoid an attack of disease or that points to its cure may have more than a mere money value.

If you are not already a subscriber, will you not look over the good things in this number, and before you forget it, sit down and inclose a dollar bill for a year's subscription? You will not regret doing so.



## MORE PRECIOUS THAN DIAMONDS

James Frederick Rogers, M. D.

**T**HE accompanying quotation was written by the sage Cervantes three hundred years ago, and contains in concentrated eloquence the gist of all our recent health teaching on the subject. But teeth were highly valued long before the time of the writer of *Don Quixote*, for there have been dentists for at least twenty-five hundred years. Even before that time the Egyptians and Hindus attempted, for looks or for practical purposes, to replace lost teeth by substitutes of wood or ivory, which they fastened to adjacent teeth, and it was for a while believed that in even earlier times the Egyptians used gold fillings; but more careful examination of mummies has revealed that the people valued gold more highly than Cervantes valued a tooth, and used the metal

necessary for a tooth to cry out to the rest of the members for aid. For a time the whole body is upset, and the operations of the mind are sadly twisted and deranged. More than this, and what is more difficult to realize, abnormal conditions of the body as a whole, the presence of poisons productive of disease or produced by disease, affect the teeth, and they must share the consequences of our physical sins of omission and commission.

Teeth are made for use, and they suffer from lack of use just as a muscle or other organ wastes from the same cause. A structure which does not work does not receive much pay in the way of blood supply. This is a rule of economy practiced by the human body in all its departments. Indolence receives its just reward. The teeth are abundantly sup-

---

A mouth without teeth is like a mill without a stone, and a diamond is not so precious as a tooth.—*Cervantes*.

---

as a covering to add beauty to the mouth. Quite possibly the metal was used to hide from view discolored, decayed, or ill-placed teeth, in which case the Egyptians did not differ much from ourselves in their ideas of the esthetic.

Cervantes's words leave us in little doubt as to whether he considered the tooth more valuable than a diamond from the standpoint of looks or of use. It is its use as a millstone that he has most in mind; but beauty and usefulness in this case go together, for a tooth which is in best shape for masticating food is also in best condition for rendering the mouth worth looking at.

The teeth are not mere stony elevations set in the jaws, but they are more or less living organs most intimately connected by the blood vessels and telegraphic nerve machinery with every part of the body. We realize this to our sorrow when something goes wrong and it becomes

plied with tubes to carry blood to them; but if they are not much used, the amount of blood sent to them is cut to a minimum.

Cervantes, speaking of the stomach, called it "the laboratory of the whole body," and he was keenly aware that the rough work of preparing the food for that laboratory should be done in its ante-room, the mouth. If the teeth are not used and we live on other than a fluid diet, the work of grinding is thrown upon the stomach, which was never made for that purpose, and which suffers accordingly. But the trouble does not end here; for since the stomach cannot do this work, it must pass it on to the intestine, which is still less able to handle food in chunks. An eminent surgeon tells us that the vermiform appendix, which lies, by the way the food travels if not as the crow flies, twenty feet from the teeth, is often irritated and becomes diseased on



account of bolted food. He says, moreover, that these attacks of appendicitis may sometimes be got rid of by having the teeth put in order, by inducing the person to choose his food with discretion, by eating carefully and with regularity, and by eating slowly — all largely a matter of having and using the teeth.

There can be no doubt as to the value of teeth from the standpoint of health and comfort, if from no other. The question is that of getting this set of thirty-two diamonds and of keeping them.

To have the best — the real thing — and not a sort of paste diamond which so many of us get in the lottery of life, we should have to order them some generations in advance, and the best we can do in this line is to make up for our lack by trying to give the next generation something better. This will depend on our general health, on the kind of food we put into the mill of our mouths, and the condition in which that food passes from the mill to the chemical laboratories beyond. It will also depend on the food received by the next generation, both before and after birth. It must certainly contain abundant mineral matter for making teeth.

No matter what kind of diamonds we get, whether yellow or white, shapely or unshapely, enduring or crumbling, we can do our best to keep them as good as they can be kept. They can be used in thoroughly grinding food which is not too soft in character — not raw foods, but foods which will give them plenty of work.

It is needless to say that the food itself must be of such character and quantity as will render us in best health generally, which we can readily detect by our feeling of fitness and power for work after eating it. The general health must be preserved by sensible living otherwise, if we wish to preserve our teeth. Then the teeth must be kept clean. The saliva is nature's cleansing agent, and it works

beautifully in the animal world, and is often sufficient for man where the general health is good and the food of the proper amount and character, thoroughly chewed, and not taken at all hours of the day. Most of us cannot risk nature's dental lotion, but must use smooth tooth-picks and a toothbrush, with perhaps a little soft powder, twice or thrice a day. It is easy to form the habit and to keep it up.

The presence of cavities in the teeth is of vastly more consequence — evil consequence — than we commonly think, for they offer great caves for the housing, protection, and breeding of millions of microbes of a dangerous sort. And these mammoth caverns, for so they must seem to a microscopic bacterium, unfortunately have passageways leading to the roots of the teeth and to the blood channels therein. It is easy sailing for Mr. Microbe to pass from this protected hiding place into the blood, and thence to any part of the body he may choose. Decayed teeth, especially in children, are a serious source of bodily infection with all manner of germs. We can best prevent the formation of these cavities by keeping the outer walls of the teeth clean and smooth.

If the teeth are already bad or get bad despite our best efforts, the next best thing is to visit the dentist, and the dentist these days can do wonders in the way of aligning, straightening, filling, and replacing. He may have to call to his assistance a surgeon to remove adenoids or otherwise treat the nose in order to get the diamonds into their best setting, for looks and utility.

We can well be proud if we have a beautiful set of these priceless gems, and still more so if they flash from coral gums and ruby lips of health. If we have not this pride, we can be thankful indeed if we have a set which are in thorough condition for their more practical purpose.



## DO YOU KNOW HOW TO GET THE MOST OUT OF YOUR VACATION?

Anne Guilbert Mahon



VACATION should mean not only relaxation and enjoyment, but it should be a positive reviver of worn-out energies, a source of new strength and vigor, a preparation for the whole year of toil to follow.

Does your vacation mean all this to you? Does it do all this for you?

No two persons are alike, having the same needs and desires, and no general description will fit all cases, but you should study it out for yourself, and if the past vacations have not come up to this standard, you should seek the cause and rectify it, thus making your vacation the source of pleasure and real benefit it should be.

So many fail to get the utmost from a vacation. They look forward to it, they plan for it, they spend, perhaps, a large amount of money on it, yet it is a disappointment, a failure. The place chosen may be undesirable. The people in the hotel may not be congenial. The table may not be satisfactory or the rooms comfortable. There may be too much noise and excitement, or the environment may be too lonesome. There are any number of causes for a spoiled vacation. Some, of course, are unavoidable; but if you try to make the utmost of the holiday, plan for it intelligently and undertake it sensibly, resolving to make the best of inevitable discomforts, your vacation is almost sure to be a success.

To avoid disappointment, especially in going to an out-of-the-way country place, you should never engage board for any length of time unless you have seen the place personally, or know some one who has been there and whose opinion is known to be worth relying upon. Endless disappointments could be avoided if this rule were always followed, and trouble both to the boarder and to the proprietor would be averted. Places chosen at random, and board engaged solely

after consulting attractive advertisements, sometimes prove unsatisfactory, and sometimes anything but what they were pictured. This is often the cause of a spoiled vacation. If your vacation is to be a brief or a long one, you should know absolutely where you are going, and just what you may expect to find there.

If possible, try to secure a complete change of atmosphere and environment. If you live in a hilly country, seek the seashore, with its wide stretch of sandy beach and its ocean breezes. If you reside at sea level or near the salt water, you should go to the mountains. The shut-in city dweller should go into the free, open country, with its quiet, care-free life and its opportunities for outdoor living. The greater the change of atmosphere and environment, the more good will you derive from your vacation.

Leave all care and anxious thought behind when you go away for your holiday. Only thus can real rest and recuperation be obtained. The cares of the office, of the household, should be locked in their respective places; and you should try, as far as possible, to live the happy, care-free life of the little child. There should be no worry over unfinished work, no vexing problems allowed to annoy, if they can possibly be avoided. Your mind should be quite free to receive new and pleasant impressions, to rest, to enjoy.

Endeavor to get as much from the new surroundings as you can. If, while taking a walk through the woods, instead of noticing the soft green of the foliage, the beauties of the wild flowers, the songs of the birds, the thousand and one sights which should delight and refresh the weary worker, you are thinking of some vexing business problem, some unpleasant, worrying subject, which makes you walk through all the beautiful sur-

*(Concluded on page 317)*





## JUST A BOY

Edythe Stoddard Seymour

**I**T is doubtless true that boys are little savages who need an abundance of room and air for their activities; but younger boys should be kept off the streets after dark, even in their own home neighborhood, for the reason that street loitering furnishes the greatest opportunity and temptation to learn the use of tobacco, and to become acquainted with the vulgar street lore concerning the origin of human life, together with initiation into practices that may result in more or less complete paralysis of the physical, mental, and moral powers. The boy's first knowledge of sex should be acquired from parents, physician, or other person qualified to give such teaching properly and in a proper setting.

By a little sacrifice nearly every home can spare a place for play room for the boy, where he can have simple furniture, a table, seats, and heat for severe weather. Here he can have his books, games, trapeze, etc. A cement cellar, an attic, a room in the barn, will do nicely if none

of the house rooms can be spared; and to this the boy should be allowed to bring all his friends freely, provided they are of good character; and, of course, he should not be allowed to choose any others for friends.

Occasionally some simple fruit or other refreshment should be furnished in order to show the boys that they can have a good time without resorting to the coarser outside amusements. It is helpful to have a rule allowing one night a week to call on a friend or to attend some good entertainment, and a little explanation will soon convince the boy that restrictions as to his going out are for his good, if he finds his parents are interested to have him get a sufficiency of the right kind of entertainment.

A parent who shirks duty in this respect is responsible for many of the slips of the young man. The belief that because he is a boy the street will not hurt him is erroneous, as observation and inquiry will quickly prove. The effort to

*(Concluded on page 311)*



## ARE DIETARY RULES NECESSARY?

Philos

**T**HE theme for this article was suggested by a principle which seems to permeate a dozen or more recent health articles in popular magazines, in insurance company health bulletins, and even in United States Department of Agriculture reports. I will not quote, for quotations removed from their context often fail to express the writer's real meaning, and, besides, their use makes it appear as if the quoter had difficulty in expressing himself; but the ideas may be summed up as follows: No rules for diet should be made, for a man's senses will tell him what is good for him to eat and drink; and almost every one knows what will and what will not agree with him, and he should be guided by that knowledge rather than by any rules.

I wish to protest emphatically against the unqualified acceptance of any such principle. I believe that a man's senses do not always tell him what is good for him to eat and drink, and my experience has shown that by no means every one knows what will and what will not "agree" with him.

We frequently read of persons taking poisons by mistake; of children eating poisonous berries, or eating strychnia tablets or drinking household ammonia or whisky, which is accidentally left within their reach; of adults mistaking carbolic acid for cough sirup, or corrosive sublimate tablets for liver pills; and of cases of ptomaine poisoning caused by the consumption of decomposed foods. If our senses of taste and smell were really telling us what is good for us to eat and protecting us from what is not, it seems to me that these occurrences would be impossible.

We have, furthermore, indirect evidence of the incorrectness of the view that our senses are protecting us adequately, in the increasing prevalence of diseases due to diet — the various forms of indigestion and malnutrition, and the

serious organic disorders, like hardening of the arteries, cancer, and Bright's disease, to which wrong diet may be at least a contributory cause. One or two writers of the articles under consideration deny the increase of these diseases, calmly proclaiming that they are optimists! If they are, it is of the kind referred to in the Irishman's definition: "Sure, an optimist is a man who doesn't care what happens so long as it doesn't happen to him;" but blindness is not optimism; and just as no battle is ever won by underestimating the strength of the other side, so failure to recognize existing conditions is not the way to improve them.

The idea that persons, after a certain number of years of experience and self-observation, know what will and what will not agree with them sounds plausible, yet in actual practice does not necessarily always hold good. Apparently we are guided too much by tradition or ignorance to interpret our observations correctly. Remnants of the superstitions of our ancestors as to the desirability of certain foods are often handed down in families or spread through communities. Thus, several persons of my acquaintance will not eat tomatoes because of a lurking fear that they are poisonous, or at least sure to "disagree," in spite of the fact that the nonpoisonous character of this vegetable has now been completely demonstrated by years of experience. Again, I know a family that has a theory that anything green, like spinach, lettuce, or dandelion, is unwholesome; and whenever any illness overtakes a member, it is at once attributed to some thoughtless consumption of "greens." In view of the well-known value of these green vegetables as a part of man's diet, this idea can hardly be characterized as anything but a silly superstition. Finally, I have met some who are subject to violent headaches or attacks of neuritis, and yet they will eat such things as oysters and crabs, and never notice the casual con-



nection between the diet and the diseases.

A method of determining whether a food agrees or not, which is quite common, is the noting whether it will "taste" in gas rising from the stomach immediately after eating it; if it does taste, it is assumed to be "fermenting," and therefore as not agreeing with the individual. From a chemist's point of view this is absurd; for even if bacteria capable of producing fermentation could live in the hydrochloric acid of the stomach, it would take several hours for the process to reach the stage where gas could be developed! Apparently what happens is that air unconsciously swallowed with the food, or carbon dioxide given off by the stomach walls, rises in bubbles through the stomach contents, and escapes through the throat. If in the course of its ascent it happens to encoun-

ter a fragment of food possessing a marked flavor, this flavor will be imparted to the bubbles, and that particular food will be tasted. This is the reason that it is always bananas, cabbage, or onions that are branded as "indigestible," while the less highly flavored foods, like milk, eggs, and fish, though capable of ultimately producing much more serious disturbance, are rarely suspected of being the cause of any digestive troubles.

For such reasons as these I cannot agree to the propositions put forward in the several articles. Instead, it seems to me that the dictates of our senses should be critically reviewed, and our actions, if necessary, guided by dietary rules devised as the result of the most thorough, specialized, and scientific study of the question possible.

\*\*\*

## JUST A BOY

(Concluded from page 309)

keep the boy at home without providing him any kind of amusement will bring about practically the same results, for most boys resent the injustice of such a rule, and get their amusement on the sly; and in such a case it is more likely than not of a questionable nature.

The sturdy boy who tears his clothes and flings them down in the handiest place should be carefully taught, and made to understand that if he is to look well when he goes out, he must place his clothes carefully on hangers, spread them out to dry if wet, brush out the dust, etc.; that neat habits should be learned while he is young; and that he should be thoughtful of the person who keeps the home in order, by attending to his own belongings, having a place for everything and everything in its place.

It is very convenient for a boy to know how to repair a rent or to sew on a button in an emergency, and such tasks can be done at home occasionally when mother is particularly busy. Mending tissue and bachelor buttons simplify this work. The boy should be trained to

be a good home man as well as given a vocational training. While the sister is learning domestic science and how to care for the baby, the boy might learn a useful lesson caring for younger children at times when mother needs rest or an outing. He can take care of the ashes and kindling wood, so that mother can keep her hands in good condition for cooking. In fact, a boy should know how to make a bed, sweep, prepare a simple meal, or clean up after the meal. While it might not be best for him to be expected to do these regularly, he should not sit in idleness while the women folk are overworking. It is possible to train a boy to have the spirit of the golden rule, so that he will see when he is needed and take pleasure in being helpful. What he learns in this way will form a most useful part of his education, and the girl he gets for a wife will be fortunate indeed.

One should not shirk duty toward the boy because he is "just a boy," and "will make his way somehow," but should help him to *know how*.



# SCHOOL OF HEALTH

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



## TYPHUS FEVER

G. H. Heald, M. D.

**I**N view of the fact that typhus fever is devastating southeastern Europe, especially Serbia, and that it may gain a foothold in America, it is well to study the disease with a view to its early recognition and the prevention of its spread.

Typhus is initiated by a series of chills or by a very severe chill, with dizziness, ringing in the ears, headache, muscular pains, prostration, and fever reaching 104 or 105 degrees on the second or third day. The pulse is rapid and full. There may be cough, loss of appetite, thirst, coated tongue, and vomiting.

Between the third and the fifth day an eruption appears on the chest and abdomen and extends gradually over the body, but often spares the face. The nervous and mental disturbance is severe.

Between the fourteenth and seventeenth days, in favorable cases, the temperature makes a somewhat rapid drop to normal, and the stupor suddenly gives way to a clear mind. The mortality of the disease may vary from ten to twenty per cent.

The period of incubation is twelve days on the average, the range being from five to twenty-five days. An attack usually confers immunity, and second attacks are uncommon.

A germ has recently been isolated from the blood of typhus cases, which is probably the cause of the disease, and it is possible that a vaccine will be elaborated that will confer immunity. The disease is transmitted by means of the body louse, the insect evidently taking in the disease germs with the blood of its host, and later inoculating another host

with the germs. The blood of the diseased person seems capable of transmitting the infection during the entire febrile period, and apparently for a time after. The nature of the disease transmission explains why the disease is most frequent in insanitary and vermin-infected quarters.

The most effectual preventive of typhus fever is the destruction of lice. When a case is discovered, the patient should be removed to a vermin-free room,—in a hospital if possible,—and his clothing should be treated with boiling water or some reliable insecticide, as a one-to-five-hundred solution of bichloride. The hair should be clipped on the head and other parts of the body, and the parts wrapped with a bandage dipped in a tea made of quassia chips. The room or rooms formerly occupied by the patient should be thoroughly fumigated and kept sealed for twelve hours, and bedding should be subjected to treatment that will insure the destruction of all vermin.

There is danger that doctors, attendants, and nurses may be infected. To lessen the danger, it is important to have sleeves rolled up above the elbows, and trousers rolled up above the shoe tops. Nurses should have short skirts, and should avoid contact of the clothing with floor or furniture; and it is well to change the clothing occasionally. A bite by a typhus-infected louse is almost as dangerous as a bite by a rattlesnake.

Typhus fever has been known by its present name since 1759. It has ravaged parts of Europe, particularly Russia and Ireland. It formerly did more to



reduce armies than the missiles of the enemy. At present it is creating havoc in the Serbian armies.

Until 1829 typhus and typhoid fevers were not discriminated. Then Gerhard showed that there were two diseases; and the less prevalent, because it resembled typhus, was called typhoid. With better sanitation and the practical elimination of vermin, typhus fever has become less common, and typhoid fever has been the prevailing disease. For many years it was supposed that typhus fever occurred in the United States only in rare epidemics. Now it is known to have a foothold in some of our cities, in a mild form, but it is becoming more prevalent. A few years ago Brill, of New York, described a disease which, after him, was called Brill's disease. Later it was discovered that Brill's disease is a mild form of typhus fever, and that it has a permanent foothold in New York and other cities. From what has already been said, it will be understood that the disease can gain a foothold only where the louse is tolerated; but, of course, physicians and nurses run great

risk when they tend a case of the disease, for it is not always easy to avoid the vermin.

In 1909 there were eight hundred and thirty-six cases of typhus in Tunis. In 1912 a war was waged in that city against the louse; and as a result there were only twenty-two cases of typhus during the year. This is a good showing in a city which had heretofore been infested with lice, and which had been a sort of distributing center for typhus.

The *Journal A. M. A.* in a recent issue suggests four preventive measures:—

1. Reduction of lice infestation among the population in general.
2. The destruction of lice and their eggs found on the bodies, clothing, bedding, and surroundings of all cases of typhus, typhus suspects, and contacts.
3. The adoption of measures, by persons in the vicinity of typhus, to reduce or prevent the possibility of their being bitten by lice.
4. Inoculation with the mild type of the disease (Brill's disease) by persons contemplating entering localities where typhus is present.



## TENNESSEE TREATMENT FOR A COLD

Mrs. Harriet Langdon

**H**AVE you caught a cold? Is your head "as big as a barrel," with eyes and nose smarting and running? If so, do not give in to what seems to be the inevitable, but set to work immediately to rout out the offender; and if you follow directions carefully, you will succeed.

Bend over a tub, and have some obliging friend turn cold water over the back of your neck until it aches with cold. If you can obtain ice water, a pint will do the work; if the water is lukewarm, it may take a gallon. Then give a vigorous friction with a coarse towel. This will relieve the breathing almost instantly; and if the cold has not had time to take firm hold, it will leave at once.

But if it has been neglected for several hours, you will need several applications at half-hour intervals before relief comes; possibly it might be best to continue the applications all day. The treatment, when successful, relieves the difficult breathing, the smarting, and the irritating discharge.

If a cold threatens the chest as well as the head, use the cold pour on the neck, dash cold water on the chest, rub hard with a coarse towel, and wear a square of flannel temporarily over the chest. This method works very effectively on persons possessing a good reaction. After I had overcome several colds in this manner, I seemed to develop a sort of immunity from colds. A feeble



person may not be able to take so radical a treatment, and for such I should recommend a cold wash on the back of the neck and chest, followed by friction until the chest is dry and red.

[If the foregoing treatment does not seem to work outside of the State of Tennessee, or if treatment has been delayed too long, the following may do the work:—

When breathing is freed by means of the cold pour, relief from the irritating secretions may be secured by the use of a solution of baking soda in the proportion of a teaspoonful of soda to a pint of water as warm as can be borne with comfort. This solution may be sniffed up from the palm, but a better method is to *drink with the nose*. To do this, take a cup or other vessel (a tomato can serves very well) full of the liquid, place the edge in con-

tact with the angle where the nose joins the lip, then bend the head forward till the nostrils are in the fluid. By drawing the breath *very gently*, the water is drawn up through the nasal passages, falls into the throat, and can be ejected from the mouth. A pint of the solution used in this way will make a wonderful change in the condition and feeling of the nose. One can thus cleanse the nose several times a day, or as often as the irritating discharges cause discomfort. Avoid blowing the nose with force after this operation, otherwise infectious matter may be forced into the ear passage and cause deafness.

After the neck pour and the nasal irrigation, or nose wash, take a hot foot bath or hot leg bath and go to bed, having taken some purgative—a dose of castor oil, for instance. If the cold has not obtained too strong a hold, this ought to break it up. For *fresh* colds, the neck pour, or "Tennessee treatment," is sufficient.]

\*\*\*

## HEAT PROSTRATION

**I**N seasons of excessive heat we read of six prostrations in one city, two deaths in another city, and eight or ten prostrations with three deaths in another. Only a few out of thousands are killed or seriously injured, though many may be depressed, by the heat. Why does the heat single out these few?

If these cases of sunstroke and heat are studied, it will be noted that the victims' manner of living has predisposed him to an attack of heat stroke.

The Cincinnati Board of Health has given some directions which, if observed, will obviate the danger from the heated season:—

"Prolonged heat, loss of sleep, errors in diet, dissipation, and overindulgence in alcoholics, lower resistance and may act as a factor in producing sunstroke.

"To avoid sunstroke we should secure at least eight hours of sleep out of the twenty-four, in as cool and airy a place as can be used for sleeping purposes. Porches and verandas, or tents pitched in yards, make ideal places.

"Cool baths give temporary relief, and aid one in bridging over emergencies. In addition, they remove poisonous materials excreted by the skin. The digestive organs should not be overtaxed even by the best food. Confronted by stale fruits, vegetables, or meats, they are almost sure to enter a vigorous protest in the way of an acute indigestion.

"*The delay in digestion and in the elimination of waste products, and lowered resistance caused by alcohol, render users of it particularly liable to sunstroke* [italics supplied].

"Infants should receive special attention. Many are overdressed, and quite a few are tortured by having woolen clothing next to the body. A single thin garment is enough. Protected from flies and kept in a cool, airy place out of the sun, they should go through the summer without harm. Frequent sponge baths and plenty of drinking water will contribute to their comfort."

\*\*\*

### Heat Prostration

USE ice or cold applications to the head. If the face is flushed and skin red and hot, and the pulse bounding, the entire body should be rubbed with ice, or bathed with cold water. Give cold drinks. After the surface is cool, use warm applications, mustard to the feet, and hot drinks internally.—*Medical Summary.*





# HOME COOKING SCHOOL



## FROZEN DESSERTS

George E. Cornforth

**T**HE subject of desserts brings to mind the fact that one who desires to eat for health finds the custom of serving meals in courses very perplexing, because, not knowing the nature of the following courses, he does not know how freely to partake of the course before him. If, for instance, the dessert is mince pie, one needs to know it, because "an ordinary piece of mince pie is equal in food value to a piece of roast beef, a medium-sized potato, and a slice of bread, with a liberal amount of butter;" so if one has already partaken of nearly a sufficient amount of nourishment, it would be an outrage on the digestive organs to load this upon them in addition; while, if the dessert is such a one as strawberry whip, "which," I once heard a minister say, "you might as well open your mouth and run on a foggy morning as to eat," one needs to know that, too, so as to partake of a sufficient amount of nourishing food before coming to the dessert. Moreover, to add to the perplexity of the situation, "it is considered bad taste when dining to show the least concern in regard to the courses following the one being served." How much better it would be for the eater if all the food were before him at once so that he could intelligently choose a well-balanced meal!

This month, directions are given for making frozen desserts.

There is no need of my giving recipes for ice cream, because I can give no recipes that are any better or any more wholesome than those which will be found in many cookbooks.

The fact that large quantities of sugar

and milk together make a bad combination,\* was stated in a previous article. One-half cup of sugar to one quart of milk is as much sugar as is required for sweetening milk desserts; but, because the cold has a paralyzing effect upon the nerves of taste, one cup of sugar to a quart of milk and cream is required for sweetening ice cream, so that, in respect to the amount of sugar, ice cream is twice as bad as milk-and-sugar puddings.

Recipes for a few sherbets are given, which have been pronounced nearly, if not quite, equal to ice cream in palatability. Sherbets are frozen mixtures of fruit juice and sugar to which has been added a small quantity of gelatin or beaten egg white or whole egg; or both the gelatin and the egg may be used. This is free from the objection to milk-and-sugar mixtures.

### Directions for Freezing

The freezing is caused by the melting of the ice. Heat is required to melt ice. Salt is very thirsty for water, and melts ice in order to get it. That is why the salt is used; and the heat absorbed in the change from ice to water must come from somewhere, and it is taken from the mixture in the can. Ice alone will not cause freezing, because it does not melt rapidly enough. Therefore salt is added to hasten the melting and produce cold more rapidly.

Break the ice fine by putting it into a burlap bag and pounding it with a mallet or the broad side of an ax. Set the ice cream freezer in the sink or in a tub to catch the water which runs out. Place the can containing the mixture to be



frozen in its proper position in the tub of the freezer; put in the dasher; put the cover on the can and adjust the top of the freezer, turning the crank to be sure the cogs fit together properly and that the whole top and can are properly adjusted. Fill the space around the can with a mixture of three parts of ice to one of coarse salt, packing it down with the ax handle, a stick, or a piece of board. The ice and salt should come to the top of the can unless only a small quantity is to be frozen; then the ice and salt need come only a little higher than the mixture in the can. The can should never be more than two thirds full, because the mixture swells in freezing.

Pour in on to the ice and salt as much cold water as you think will come about halfway to the top of the tub, to start the melting of the ice, and therefore the freezing of the sherbet. Then turn the crank. This stirs the mixture and brings a continually changing part of it in contact with the cold sides of the can and hastens freezing. Add more ice and salt as may be necessary to keep it to the top of the can.

After the mixture is frozen, draw off the water by tipping the freezer. Unfasten the top of the freezer and take it off. Scrape the ice and salt away from the top of the can so that no salt can get into the can when the cover is removed. Take out the dasher, and with a spoon pack down the sherbet. Replace the cover and put a cork in the hole in it. Then pack a mixture of four parts of ice to one of salt around and on top of the can. Cover with the burlap bag.

When the sherbet is to be served, take out the ice and salt to an inch or more below the top of the can, and wipe the cover carefully to be sure that no salt will get into the sherbet when the cover is taken off.

The dishes in which the sherbet is served should be ice-cold.

Recipes have been given for almond cream ice and coconut cream ice, which are very nice, and in which no milk is used.

### Banana Sherbet

1 dozen bananas  
2 cups sugar  
Juice of 2 oranges  
 $\frac{1}{4}$  ounce gelatin  
1 cup water in which to dissolve the gelatin  
Water to make one quart of the dissolved gelatin  
1 egg white

Prepare the gelatin by soaking it in three successive changes of hot water, allowing it to stand about one-half hour in each. Peel the bananas and rub them through a colander; add the orange juice to them; boil the sugar in one-half cup of water to 240° F., or till it threads, then beat this sirup into the stiffly beaten egg white. While the sugar is boiling, dissolve the gelatin after being drained the last time, by boiling it in the one cup of water. Strain it and add to it sufficient water to make one quart, then stir it into the bananas and orange juice. Lastly, fold in the egg white into which the sirup was beaten. Turn into the freezer can, and freeze.

This is very nice with strawberry sauce served over it, or with chopped nuts sprinkled over each helping.

### Cranberry Sherbet

1 quart cranberries  
 $1\frac{1}{2}$  cups water  
 $2\frac{3}{4}$  cups cold water  
 $1\frac{1}{4}$  cups sugar  
1 egg white  
2 teaspoons vanilla, if desired

Boil the cranberries in the one and two-thirds cups of water, and rub them through a fine strainer. Add to them the two and two-thirds cups of cold water. Boil the sugar in one-half cup of water till it threads, and beat this sirup into the stiffly beaten egg white, then fold this into the cranberry mixture. Add the vanilla, and freeze.

This is nice served with a raisin sauce, in which case the vanilla should be put into the sauce instead of into the sherbet.

### Nut Sherbet

$\frac{1}{2}$  cup lemon juice  
 $1\frac{1}{2}$  cups sugar  
 $1\frac{1}{2}$  quarts water  
3 level tablespoons cornstarch  
2 eggs  
 $\frac{1}{2}$  teaspoon vanilla  
 $\frac{1}{2}$  to 1 cup chopped walnuts

Heat the water and the sugar to boiling. Stir into it the cornstarch, which has been stirred smooth with a little cold water. Beat the eggs, and stir some of the hot mixture into them, then stir them into the hot mixture. Add the lemon juice and vanilla, and partly freeze; then stir in the chopped nuts, and finish freezing.



**Orange Sherbet**

- ¼ cup lemon juice
- 2 cups orange juice
- 3 cups water
- 1½ cups sugar
- 2 eggs
- 3 level tablespoons cornstarch

Heat the water and sugar to boiling. Stir into it the cornstarch, stirred smooth with a little cold water. Beat the eggs, and stir them into the hot mixture after stirring a little of the hot mixture into them. Add the lemon juice and the orange juice, and freeze.

**Orange and Pineapple Sherbet**

- 1½ cups pineapple juice
- 2½ cups orange juice
- 2 cups water
- 3 level teaspoons cornstarch
- 1½ cups sugar
- 2 eggs

Put together like orange sherbet.

**Peach Sherbet**

- 1 quart peach pulp
- 1½ cups orange juice
- 1 cup water
- ¼ cup lemon juice
- 1 tablespoon vanilla, if desired
- 1½ cups sugar
- 2 egg whites, unbeaten

To make the peach pulp, wash, divide, stone, and pare peaches, and rub them through a colander. Mix with the pulp the remaining ingredients, and freeze. Using the egg white unbeaten makes the sherbet more creamy and less fluffy.

**Fresh Raspberry Sherbet**

- ¾ quart raspberry pulp
- 1½ cups brown sugar
- ¾ quart water
- 3 level tablespoons cornstarch
- 2 eggs

To obtain the raspberry pulp, look over and wash the raspberries, and rub them

through a strainer fine enough to remove the seeds.

Put together like orange sherbet.

**Strawberry Sherbet**

- 1 quart strawberry pulp
- 2 cups sugar
- ¾ quart water
- 3 level tablespoons cornstarch
- 2 eggs
- 1½ tablespoons vanilla, if desired

Sherbets made with the whole egg according to these recipes more nearly resemble ice cream in consistency than when the beaten egg white is used.

Serve strawberry sherbet in cantaloupe halves sometimes.

**Strawberry Sherbet (With Gelatin)**

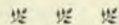
- 1 quart strawberry pulp
- ½ cup lemon juice (or this may be omitted)
- ¾ quart water
- ½ ounce vegetable gelatin
- 1¼ cups water in which to dissolve the gelatin
- 2½ cups sugar
- 4 egg whites, unbeaten
- 1½ tablespoons vanilla

After soaking the gelatin in three changes of hot water, boil it till dissolved in the one and one-quarter cups of water, then strain it into the remaining ingredients, which have been mixed together, and freeze.

Or, if preferred, boil the sugar to a sirup with three-fourths cup of water, beat it into the stiffly beaten egg whites, and fold this into the remaining ingredients.

**Tutti-Frutti Ice**

Peel and chop one quart of fruit—bananas and oranges, or bananas alone, or peaches, or stewed apples, or stewed prunes, or stewed dates or figs, or a mixture of any two or three of these—and add one cup of cold water and one cup of sugar and the unbeaten whites of four eggs. Mix and freeze.



## DO YOU KNOW HOW TO GET THE MOST OUT OF YOUR VACATION?

(Concluded from page 308)

roundings with unseeing eyes, what good will your ramble do you? You might almost as well be back in the office, at your desk, shut in between city walls.

To make the most, therefore, of your vacation you must choose intelligently and carefully the location where it is to be spent, arrange for the greatest change and benefit possible, the most healthful surroundings, leave all care and worry

behind, and give yourself up completely to the new environment, the peculiar pleasures and advantages of the locality. Rest, play, enjoy, live outdoors. Make every moment of your vacation count for added refreshment, joy, strength, and recuperation. If you spend your vacation in this way, you will never complain that it is not a success, or that you do not get the most out of your holiday.





## TREATMENT OF SUMMER DIARRHEA

The following is the substance of an article by Dr. Edward Childs Carpenter, in the *Therapeutic Gazette*, of July 15, 1914. It is well worth the study of every mother of a small child.

**F**IRST, give enough castor oil to empty the intestinal tract, and follow this by an enema. Give no food of any kind for twenty-four hours, nothing but plain boiled water. If the mother is timid or forgets and gives food to the baby, it should have another dose of castor oil. These directions apply to both breast-fed and bottle-fed babies. If there is vomiting, withhold even water.

Summer diarrhea in breast-fed babies is due probably to "tastes" of table food given to the child. It is common for mothers to think a little taste of food from the table is harmless. The baby may cry during this twenty-four hours, and the mother may think it is because it is hungry. It is more apt to be thirsty. At any rate, it should have nothing but water. And any water it should receive should have been previously boiled. During baby's fast the breasts should be emptied, if necessary, with a breast pump. After twenty-four hours' fast, feed the baby once in four hours, beginning first with very short feedings. Allow it to drink all the water it will, and then give it the breast for two minutes. This may be gradually increased until at the end of the week it is nursing fifteen minutes every four hours. The mother should be very careful concerning personal hygiene, taking walks in the open.

With the bottle-fed baby do not return to milk until the fever is entirely gone

and the stools are normal. This will be at least three days, and possibly a week. At the end of twenty-four hours baby may be given barley water, as much as it will take, every three hours. To prepare barley water, take two tablespoonfuls of washed pearl barley to a quart of water. Boil for three hours, adding water from time to time so that at the end of the three hours there will be a quart. Strain and put on ice. It should be made fresh daily. If the child tires of barley water, rice water may be made in the same way, or arrowroot gruel. Egg water may be given, but must be prepared for use from very fresh eggs. The least staleness, which might not be noticed by an older person, would bring on a return of the trouble in the baby. There are some who recommend the use of whey in this condition.

In returning to a milk diet be very sure that the milk supply is above suspicion. It should be uniform in fat, perfectly clean, and from healthy cows. If possible, it should be obtained from a certified dairy. The milk should be put immediately on ice and never left open. If there is the least suspicion as to the purity of the milk, it should be Pasteurized. [In the opinion of the editor, milk brought just to a boil is not injurious to infants. It is true there is a great prejudice among physicians in this country against boiled milk, but the fact is foreigners nearly always boil their milk, and they get along better with their babies than Americans



of the same class. In England a series of experiments has demonstrated that boiled milk is not particularly injurious to children. The bottles of milk may be placed in a pot of water with a piepan on the bottom, and the water brought to a boil.]

Begin by giving the baby skim milk diluted with water, and gradually increase the strength until it is taking whole milk.

Do not overclothe the baby. The only clothing baby needs in summer, even when it is quite young, is the diaper and a little slip of light material. Babies do not die from cold in summer, but from

overclothing and overheating. Baby should have a bath twice a day, temperature to be about ninety-five degrees. An immersion in a cool bath for five minutes is much more soothing than a sponge bath. This bathing is especially important when it is suffering from summer diarrhea. It should be kept in a cool room, and should be out in the shade every day, if possible.

An important measure for the mother is the use of single-service diapers, to be used once and destroyed. They may be of absorbent paper, gauze, or cotton. Diapers should be changed immediately when soiled.

\*\*\*

## RESPONSIBILITY AND PRIVILEGE OF PARENTS

H. Addington Bruce

The chapter "Suggestion in Education," in H. Addington Bruce's latest book, "Psychology of Parenthood,"<sup>1</sup> is so replete with sensible, timely, and much-needed advice that we have secured the kind permission of the publishers to reproduce a portion of it. A review of the book is given on page 344 of this issue.

**I**N view, then, of the extreme suggestibility of childhood, and in view of the fact that under ordinary circumstances the impressions most forcibly impinging on a child's mind are those emanating from his parents, a good parental example is the first essential in utilizing the power of suggestion as an aid in education. This may sound trite, but how many parents appreciate all that it involves?

It means the regulation of the whole family life with the special purpose of creating for the child a ceaseless flow of suggestions which, being subconsciously absorbed by him, will give a desirable "set" to his mind. Not merely in their dealings with the child but in their intercourse with one another, with all other members of the family, even with casual visitors, the father and mother will have to be constantly on the alert to manifest only those traits which they desire to see

dominant in their little one. If they wish him to be courteous, they themselves must be courteous; if they wish him to grow up industrious, they must be models of enthusiastic industry; if they wish to develop in him sentiments of unselfishness, they must banish selfishness from their hearts.

In a word, they must think and behave as they desire him to think and behave, and, so far as is humanly possible, they must thus behave all the time. This of course necessitates considerable self-restraint and self-training on the parents' part; but it is absolutely indispensable. The child's eyes and ears are always wide open; his suggestibility is such that he is prone to absorb and react to any inconsistency of parental speech or behavior, no matter how occasional or seemingly insignificant it may be. If the father, in a moment of irritation, eases his feelings by a vigorous expletive, the mother may be horrified next day when her little boy utters a strange-sounding word. If the mother, to avoid a tiresome caller, tells

<sup>1</sup> Copyright 1915, by Dodd, Mead & Co., New York.

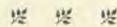


a "white lie" through the maidservant who answers the caller's ring, neither father nor mother need be astonished if their little girl unexpectedly displays a tendency to untruthfulness; it is not a manifestation of "innate depravity," it is only another illustration of the power of suggestion to affect the growing child.

Even such a "small matter" as the discussion of the news of the day may become a potent factor for evil in the development of the child. There are not a few parents who, entirely unmindful of their children's presence, retail to each other the petty chitchat, the scandals, the deeds of violence and crime, which so many of our newspapers injudiciously "feature." At the time the child may seem to be paying no heed to the parental discussion; but, if only because it is a discussion between his parents, it is certain to make a profound impression upon him, perhaps to the extent of prompting him to imitate the deeds in question. Hence, in his games, he plays pirate, bandit, train robber; and sometimes runs away from home and "starts West," to play bandit and train robber in earnest. In this way, to the sorrowing parents' amazement, seeds often are unwittingly sown to grow into poisonous plants.

No less mischievous is the discussion, in the child's hearing, of such frequent subjects of conversation as the latest musical comedy or "problem play," the "novel of the hour," the fluctuations of the stock market, the new fashions in gowns, the fortunes of the local professional baseball team. Parents whose interests are thus lamentably limited, or who choose to talk about little else, need not be surprised if their child manifests a colossal indifference to things really worth while. For his sake, if not for their own, they should cultivate an intelligent interest in good books, good music, good art. Discussing these, they will just as surely enlarge his mental and moral horizon as by discussing inferior themes they will limit it.

And—another point of prime importance—whatever they talk about, they should make it a practice to use only clear, correct language, and should insist on their child's doing the same. Above all, they should not converse with him in "baby talk," or permit any linguistic errors he may make to go uncorrected. They should not do this for several reasons, chief among which is the fact that an incorrect diction is itself a great obstacle to correct thinking.



## HEALTH OF CHILDREN UNDER SCHOOL AGE

**B**EFORE the London Conference on Infant Mortality in 1914, Dr. David Forsyth published the results of the investigations of the City of Westminster Health Society to the effect that diseases and defects gradually increase in frequency in children as the age advances from one to five years, so that at school age there are few children who have not contracted one or more diseased conditions capable of stunting growth, impairing efficiency, and shortening life.

The investigators found the impairment to consist principally in enlarged tonsils, adenoids, decayed teeth, and rickets—conditions entirely preventable by

right methods of living. Dr. Forsyth believes that few mothers apply these simple facts in practice, or even know them. The widespread deterioration is thus due, not to unavoidable causes, but to maternal ignorance. He suggests, as a remedy, that children from birth to school age be subjected to continuous medical supervision. He would also have girls, before leaving school, instructed in the care of babies.

Dr. Harold Hays, of New York, is also concerned about the health of young children. In the *New York Medical Times* of April, 1915, he says, in part:—

"Does the average mother realize what it means for her child to be running around



with a slight mucous cough, with enlarged glands underneath the jaw? Does she attempt to analyze what these things may mean, and that a cold in the head may lead to pneumonia, and the thick, muffled voice may indicate some throat obstruction of serious consequences; that the mucous cough may mean a serious bronchitis, and the enlarged glands underneath the jaw may indicate a tuberculous infection? I think not. It is a common custom for mothers to watch over the bedside of their little ones while they are very ill, and to spend many a sleepless night in worrying until they recover, but it is seldom that they think of warding off these serious illnesses by exercising caution at a time when a little care would mean so much.

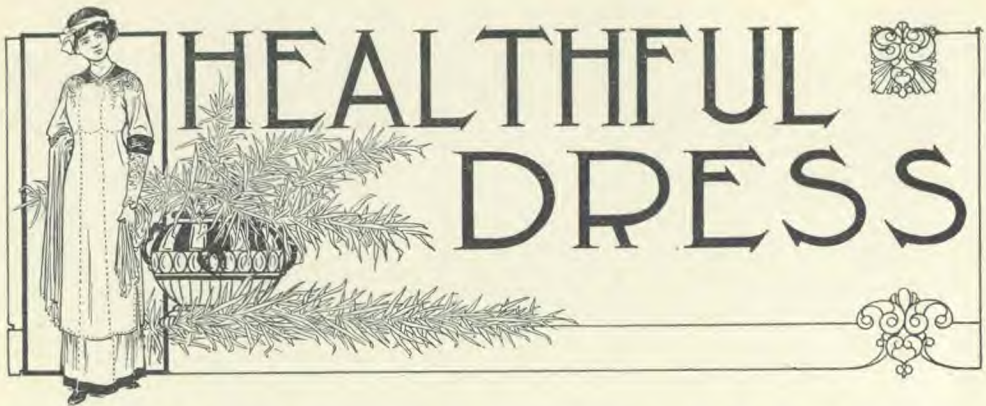
"Perhaps enough has been said within recent years about the advisability of removing tonsils or adenoids, or both, but many times the parents are inclined to think more of their own feelings than they are of the welfare of their child. It frequently happens that advice is given for the removal of tonsils and adenoids, and the mother leaves the physician's

office stating that she will 'talk the matter over' when she gets home, with the result that these serious obstructions, which are continually a menace to the child's health, are allowed to remain there month after month simply because the parents cannot stand the agony of having their dear one operated upon. . . .

"The mother's neglect of a child's ears is another important matter. If the child happens to cry because of earache, or run a high temperature, she will often be worried enough to call in a physician; but I refer particularly to the deafness that starts in early childhood, due no doubt to repeated colds in the head or to lack of proper cleaning of the ear canals. Such conditions demand proper attention, and I cannot too strenuously insist upon parents' watching the hearing of their children at stated intervals. When one sees so many cases of progressive deafness later on in life which arises from neglected ears in childhood, he is inclined to feel that the average mother does not appreciate that nature is ever giving warnings which are only too easy to heed."







# HEALTHFUL DRESS

## WHEREWITHAL SHALL WE BE CLOTHED?

Helen Fermor

This article, abbreviated from the original, which appeared in the *Housewives' League Magazine*, October, 1914, is well worth the attention of mothers and others to whom the changing fashions in dress are a source of perplexity.

**N**O intelligent woman can submit without protest to the burdens laid upon her by fashion. American women have uttered many rebellious words against this form of bondage, and have been wont to attribute a large part of their sufferings to the commercialism of Paris dressmakers. Paris dressmakers, on the other hand, declare they have been harassed almost beyond the limit of endurance by the perpetual demand of American buyers for something new and startling.

Now that the war seems likely to compel a complete readjustment in matters of dress, American women have a chance to prove that they can create for themselves garments which are beautiful, original, attractively varied, and which, at the same time, are no impediment to the active lives they have chosen to live, and cause no undue drain on their pecuniary resources.

### A Way of Escape

Even if it is true that French commercialism is responsible for the maddening vagaries of fashion, it is also true that it is equally for the interest of American

commercialism that the style of our clothes should change as frequently as possible, and that the various styles should be of such a nature that they will cause disagreeable comment as soon as they are in the least out of date. For this reason the woman who wishes to go untrammelled by the dictates of fashion, and yet give pleasure and not pain to

those who must look at her, can best achieve her end by learning to design and make her own clothes. She can then bend the cruel tyrant to her will, making it serve her whenever she sees that it can do so, and ignoring it if it cannot.

The saving effected by designing and making one's clothes, or by having them made under one's superintendence, is by





no means confined to the difference in the cost of the work. The durability and suitability of the home products are really more important considerations. Ready-made garments are often veritable marvels of impracticability.

Few have escaped the feelings of apprehension experienced by the woman who knows that no umbrella can prevent her new tailored costume from being reduced to a mass of puckers the first time she happens to be out in a shower, and also that these puckers, should it be possible to bring them once more to something like a state of order, will reappear

which may be combined in one model is less easily dealt with. Lace is peculiarly liable to shrinkage, and after it has been washed the stretching necessary to make it fit the fabric to which it is attached often destroys entirely the effectiveness of its pattern.

The sewing together of washable and unwashable materials in one garment is another of the manufacturers' sins. No one can question the desirability of having something washable at the throat and wrists, but it should be easily detachable. If the manufacturer can find no way of making it so, then let the ingenious



with even a suggestion of moisture. Such tragedies can be prevented by shrinking all materials to be used in making suits. The shrinking is a little troublesome, it is true, but not so much so that the precaution need be neglected in the making of even moderately priced costumes.

#### An Unpardonable Sin

The omission of the shrinking process, though perhaps more serious in the case of the tailor-made than elsewhere, is the cause of an incalculable amount of exasperation in washable garments. One can provide for a general reduction of size in the first laundering, by buying things always a little too big, but the unequal shrinkage of the different materials

amateur, grapple with the problem.

Let the woman who has original ideas also exercise her mind in discovering ways of adding desired touches of color to her white gowns without sewing them into it. Every summer has its periods of extreme heat when a white gown seems to be the only thing one can wear with any regard for one's own feelings or those of others. The expense of laundering the gown may be largely compensated for by its original inexpensiveness, and the fact that so long as it holds together and is immaculately fresh and clean it will make its owner look well dressed. Yet the manufacturer will not scruple to impair its usefulness by stitching in bits of color which at their worst



make the gown shabby after a single washing, and at their best seldom retain their smartness after the trips to the washtub have been repeated a few times.

Though the imperfections of ready-made garments which have been described may seem comparatively trifling, they are really the reason for the discarding of many an article of apparel before it has given even a small part of the service of which it should have been capable.

#### A Fascinating Occupation

Possibly to some the mention of home dressmaking will suggest a household in confusion, with certain of its members plying their needles or operating a machine for long, wearisome days and weeks at a time. It should rather be regarded a fascinating occupation for the mind. The more effectively the mind works, the less will be the real drudgery of sewing.

One of the first things the woman should do who desires to undertake this service for her family, is to study materials, so she may know which ones are the most useful for any particular purpose, and be able to distinguish between the different grades of each. She must never use a material which will not repay her for the work she puts on it.

Then may follow the study of color. The effectiveness of the different tints of complexion, hair, and eyes for which she is to provide the settings, will depend quite as much upon these settings as on their actual individual characters.

#### Avoid Fruitless Toil

In choosing the design for a costume, it should be remembered that every com-

plication of construction will add to the work of making, and none should be admitted if there is any doubt that it will produce a commensurate artistic gain. The selection of a two-tiered skirt, for instance, instead of one which has an unbroken line from waist to hem, will involve the cutting of two entire sets of pieces, where one might have sufficed, and the finishing of two lower edges. Laying the question of conformity with the prevailing fashion aside, the advantage of the two-tiered model will be conspicuous only in the case of the woman

who is too slender for her height. To her something of the kind is a necessity, and she must not try to avoid a little extra work by doing without it. The woman of perfect proportions can wear the simplest of gowns, and always loses by wearing anything which contradicts the lines of her figure.

The matter of detail may well be left until the gown, settled as to its principal

materials and colors and with its general outlines fixed, has become a reality. In the finishing as in the beginning of the gown, good judgment may prevent unnecessary labor.

Overelaboration is one of the defects of ready-made garments, for when many copies of one model are produced with the help of modern machinery, there is little reason, aside from that of good taste, for setting any limit to the amount of decoration used. Much of the prestige of handmade wearing apparel is due to the fact that the decorations, not being possible without a considerable expenditure of labor, are applied only where they are really effective. A few little hand-embroidered sprays set in the right places





may be infinitely attractive; very similar sprays in a machine-made banding which has been recklessly inserted in a garment, yard upon yard, are an entirely different thing.

Remembering that it is not the quantity, but the quality of the elaborations and their fitness to the whole that count, the home dressmaker should assure herself beyond reasonable doubt, before she begins to carry out any proposed decorative scheme, that there is nothing simpler which would be just as pleasing.

Due attention having been given to all the points mentioned in the production of a gown, the result must be a garment which will give its owner several seasons of service. If it does not attract too much notice, but is merely the setting which shows to the greatest advantage the endowment of form and color with which nature has favored her, why should she or her friends tire of it?

And of course she is not going to wear one gown all the time. Different occasions and different seasons make change imperative, and the woman who gets the utmost possible service from each of her costumes will be the better able to meet this demand.

#### Do Not Ignore Fashion

Many attempts at dress reform have been made in the past, and any one studying the history of the various movements will find a good deal of monotony in the models which have been proposed as substitutes for conventional dress, even though they may be beautiful. No woman who is not herself a genius can afford to do without the inventive originality which has been developed by the makers of fashion, and not even the gen-

ius may wish to make herself extremely conspicuous. Therefore the home designer of costumes must not put herself too much at variance with the mandates of fashion authorities.

Yet there is no reason why any woman should accept a model just as it comes to her. Even the one who is making her first timid attempt at building a frock for herself is likely to be equal to such daring acts of originality as rounding the corners of the collar and cuffs which in the pattern she is using are pointed. Confidence will grow with experience, and she will soon find that she can best get what she wants by combining the bodice from one pattern with the sleeves of another, and a collar and other accessories from a third. The skirts that please her most may be evolved by skillfully mixing the different gores of two or three patterns.

By degrees the pattern will become less and less important, and she will be

working out for herself suggestions that come to her from all sorts of sources. The shawl or scarf she throws carelessly about her shoulders may happen to fall into folds which she can successfully reproduce in a gown or wrap, and even an absent-minded mistake in cutting her materials may result in something much better than had been planned, if she only discovers her good fortune before she recklessly corrects the blunder.

#### This Way Freedom Lies

Knowledge of the art of dress gives faith in one's own judgment, and with this comes freedom. The dominance of Paris has been due almost entirely to the want of just this knowledge and this faith in the average American woman. Want-

*(Concluded on page 327)*





# CHRISTIAN TEMPERANCE



## EFFECTS OF STIMULANTS

Mrs. E. G. White

**R**IGHT physical habits promote mental superiority. Intellectual power, physical strength, and longevity depend upon immutable laws. There is no happen so, no chance, about this matter. Nature's God will not interfere to preserve men from the consequences of violating nature's laws. There is much sterling truth in the adage, "Every man is the architect of his own fortune." While parents are responsible for the stamp of character, as well as for the education and training, of their sons and daughters, it is still true that our position and usefulness in the world depend, to a great degree, upon our own course of action. Daniel and his companions enjoyed the benefits of correct training and education in early life, but these advantages alone would not have made them what they were. The time came when they must act for themselves — when their future depended upon their own course. Then they decided to be true to the lessons given them in childhood. The fear of God, which is the beginning of wisdom, was the foundation of their greatness. His Spirit strengthened every true purpose, every noble resolution.

Intemperance has cursed the world almost from its infancy. Noah's son was so debased by the excessive use of wine that he lost all sense of propriety, and the curse which followed his sin has never been lifted from his descendants.

Notwithstanding thousands of years of experience and progress, the same dark blot which stained the first pages of history remains to disfigure our modern civilization. Drunkenness, with all its woes,

is found everywhere we go. In spite of the noble efforts of temperance workers, the evil has gained ground. License laws have been enacted, but legal regulation has not stayed its progress, except in comparatively limited territory. Efforts have been made to establish institutions where the victims of intemperance might receive help to overcome their terrible appetite. This is a noble work, but how much wiser, how much more effective, would have been the removal of the cause of all this woe! Considering only the financial aspect of this question, what folly it is to tolerate a business that is making paupers by the thousand! The laws of the land legalize the trade of making drunkards, and then at great expense provide institutions for converting them again to sober men! Can our legislators furnish no better solution of the liquor question?

We witness great struggles in our country to put down intemperance; but it is a hard matter to overcome and chain a full-grown lion. If half the efforts that have been put forth to stay this giant evil had been directed toward enlightening parents in regard to their responsibility in forming the habits and character of their children, a thousandfold more good might have resulted. The unnatural appetite for spirituous liquors is often created at home, in many cases at the tables of the very ones who are most zealous to lead out in the temperance work. We bid all workers Godspeed; but we invite them to look more deeply into the cause of the evil they war against, and to be more thorough and consistent in reform.

Through the intemperance begun at



home, the digestive organs first become weakened, and soon ordinary food does not satisfy the appetite. Unhealthful conditions are established, and there is a craving for more stimulating food. Tea and coffee produce an immediate effect. Under the influence of these poisons the nervous system is excited, and in some cases, for the time being, the intellect seems to be invigorated, the imagination more vivid. Because these stimulants produce such agreeable results, many conclude that they really need them; but there is always a reaction. The nervous system has borrowed power from its future resources for present use, and all this temporary invigoration is followed by a corresponding depression. The suddenness of the relief obtained from tea and coffee is an evidence that what seems to be strength is only nervous excitement, and consequently must be an injury to the system.

The appetite thus educated to crave continually something stronger, demands an increase of the agreeable excitement. Its demands become more frequent, and more difficult to control. The more debilitated the system and the less able to do without unnatural stimulus, the more the desire for these things increases, until the will is overborne, and there seems to be no power to deny the unnatural craving.

When there has been a departure from

the right path, it is difficult to return. Barriers have been broken down, safeguards removed. One step in the wrong direction prepares the way for another. The least deviation from right principles will lead to separation from God, and may end in destruction. What we do once we more readily do again; and to go forward in a certain path, be it right or wrong, is more easy than to start. To corrupt our ways before God requires no effort; but to ingraft habits of righteousness and truth upon the character takes time and patient endeavor.

I have often heard people say, "O, this is only sweet cider! It is perfectly harmless, and even healthful." Several quarts, perhaps gallons, are carried home. For a few days it is sweet; then fermentation begins. The sharp taste makes it all the more acceptable to many palates, and the lover of sweet wine and cider is loath to admit that his favorite beverage ever becomes hard and sour.

Intoxication is just as really produced by wine and cider as by stronger drinks, and it is the worst kind of inebriation. The passions are more perverse; the transformation of character is greater, more determined and obstinate. A few quarts of cider or wine may awaken a taste for stronger drinks, and in many cases those who have become confirmed drunkards have thus laid the foundation of the drinking habit.



## WHEREWITHAL SHALL WE BE CLOTHED?

*(Concluded from page 325)*

ing the best but having no clear conception of what the best was, she has been guided by popular opinion in her selections. Popular opinion, in dress as in art, has declared that nothing is good

unless it has been produced abroad, or has received the approval of foreign authorities. When she learns to judge a gown or a fabric on its merits, American manufacturers will give it to her.



# The TEMPERANCE MOVEMENT

## LIFE INSURANCE TESTIMONY REGARDING ALCOHOL

Not from any preconceived or moral considerations do life insurance men consider the effects of drink habits. With them it is purely scientific study of the effects of certain habits and conditions on the length of life, and their combined statistics constitute the most complete material accessible for such a study. For this reason the words of a life insurance medical officer are worthy of most careful attention.

At the eighth annual meeting of the Association of Life Insurance Presidents held in New York, Dec. 10, 1914, Arthur Hunter, chairman of the Central Bureau Medico-Actuarial Mortality Investigation, read a paper, "Can Insurance Experience Be Applied to Lengthen Life?" from which the following quotations are taken.

### Habits as to Alcoholic Beverages

**N**OTHING has been more conclusively proved than that a steady, free use of alcoholic beverages, or occasional excesses, are detrimental to the individual. In my judgment, it has also been proved beyond peradventure of doubt that total abstinence from alcohol is of value to humanity; it is certain that abstainers live longer than persons who use alcoholic beverages. The low mortality among abstainers may not be due solely to abstinence from alcohol, but to abstinence from tobacco, and to a careful regard for one's physical well-being.

Among the men who admitted that they had taken alcohol occasionally to excess in the past, but whose habits were considered satisfactory when they were insured, there were 289 deaths, while there would have been only 190 deaths had this group been made up of insured lives in general. The extra mortality was, therefore, over fifty per cent, which was equivalent to a reduction of over four years in the average life of these men. If this meant that four years would be cut off the end of the average normal lifetime of each man, there are many who would consider that "the game was worth the candle;" but it means that in each year a number of men will die at an earlier age than they should. For example, at age thirty-five, the expectation of life is thirty-two years: in the first year after that age, instead of, say, nine persons dying, there would probably be

twelve deaths; that is, three men would each lose thirty-two years of life; in the next year probably four men would each lose thirty-one years of life, etc. As a matter of fact, many immoderate drinkers would live longer than thirty-two years, but not nearly so many as would live if they had been moderate drinkers, and far fewer than if they had been total abstainers from alcohol.

With regard to men who had used alcoholic beverages daily but not to excess, the experience of the companies was divided into two groups: (a) men who took two glasses of beer or a glass of whisky, or their equivalent, a day; (b) men who took more than the foregoing amount, but were not considered by the companies to drink to excess. The mortality in the second group was found to be fully fifty per cent greater than in the first—an excellent argument for moderation in the use of alcoholic beverages. The foregoing result does not mean that the large excess mortality in class (b) was due to their drinking a little more each day than those in class (a). It is probable that among those who were very moderate users of alcoholic beverages there were comparatively few who eventually used liquor immoderately; but among those who took more than a glass of whisky or its equivalent a day there were probably a goodly number who increased their daily consumption after having applied for insurance, and who eventually drank to an immoderate extent. Part of the hazard from alcoholic



beverages lies in the user's losing the power to limit himself to a moderate consumption.

Among the men whose habits were formerly intemperate but who had reformed for at least two years prior to their acceptance by the insurance companies, the extra mortality was fully thirty per cent; that is, their average lifetime was reduced by about three years. This excess mortality is partly due to the effect of previous intemperate habits in undermining the system, and partly to a proportion of the persons relapsing into their old habits.

In the foregoing classes men who were in the liquor business, or in any other occupation involving hazard, were excluded.

The Committee of the Medico-Actuarial Mortality Investigation did not make a report on the mortality among total abstainers, but sufficient statistics have been published by individual companies to justify the statement that persons who have always been total abstainers have a mortality during the working years of life of about one half of that among those who use alcohol to the extent of at least two glasses of whisky a day. In view of this, the effect of prohibition of the manufacture and sale of alcoholic beverages in Russia must be very great. If the government of Russia carries out its present intention to abolish permanently all forms of alcoholic beverages, the saving in human life will be enormous. **It is not too much to say that the loss of 500,000 men as the result of the present warfare could be made good in less than ten years through complete abstinence from alcoholic beverages by all the inhabitants of Russia.** In the *New York Times* of November 19 a former member of the Duma, who has worked for prohibition in Russia for many years, Michael Demitrovitch Tehelishoff, states that already the results of the abstinence from vodka are seen in the peasants; "they are beginning to look like a different race." He states that in the factories the efficiency of the worker has greatly

increased, that women and children who suffered from violence of the husband and father through his addiction to vodka "suddenly found themselves in an undreamed-of paradise. There were no blows, no insults, and no rough treatment. There was bread on the table, milk for the babies, and a fire in the kitchen."

#### Liquor Business

There is a general impression that saloon keepers do not live so long as persons in non-hazardous occupations, but it is not generally known that most cases which are connected with either the manufacture or sale of liquor have a high mortality. Among saloon proprietors, whether they attended the bar or not, there was an extra mortality of seventy per cent; and the causes of death indicated that a free use of alcoholic beverages had caused many of the deaths. The hotel proprietors who attended the bar either occasionally or regularly had as high a mortality as the saloon keeper; that is, the lifetime was reduced about six years on the average on account of their occupation. The mortality among those connected with breweries was about one third above the normal. The large class of proprietors of wholesale liquor houses had an extra mortality of about one fifth. In the fourteen divisions of the trades connected with the manufacture or sale of alcohol, there was only one class which had a normal mortality, and that was the distillery proprietors. The facts regarding the adverse effect on longevity of engaging in the liquor trade are such that, if they were generally known, young men who are easily tempted would be deterred from entering this business.

The high mortality in some of the occupations to which reference has been made must not be ascribed to the men having other defects, such as a tubercular family history. Where there was any defect in the physical condition, in the family record, in the habits of life, etc., the insured was not included in the in-



vestigation of the mortality of men in the occupation. In the same way, in investigating the mortality of insured with

a defect in family record or personal condition, no men in hazardous occupations were included in the groups investigated.



## THE PROHIBITION PROCESSION

THERE is no longer any assurance, when a wet-and-dry map is made, that it will not be out of date before the magazine reaches the readers. State after State is falling into line so rapidly that it is almost impossible to keep up with the procession. The accompanying table shows some of the changes that have taken place in the map since the beginning of the European war.

On account of the great falling off in sales in dry territory, brewery and distillery stocks and securities are depreciating, and some breweries are already

going out of business, or into the hands of the receiver. The only thing that can prevent great loss on the capital invested in the manufacture of intoxicants, will be to adapt the plants to the manufacture of industrial alcohol, or some commodity that may be a blessing and not a curse to the community.

There is a vast capital invested in the manufacture of the great degenerator of the human race. This capital now faces the alternative of entering productive industries or of being deluged in the oncoming tide.

State	Date of Enactment	Date of Popular Vote	Effective
<b>State-Wide Constitutional Prohibition by Popular Vote</b>			
Virginia		Sept. 22, 1914	Nov. 1, 1916
Colorado		Nov. 3, 1914	Jan. 1, 1916
Arizona		Nov. 3, 1914	Jan. 1, 1915
Oregon		Nov. 3, 1914	Jan. 1, 1916
Washington		Nov. 3, 1914	Jan. 1, 1916
<b>State-Wide Prohibition by Legislative Enactment</b>			
Alabama	Jan. 21, 1915		July 1, 1915
Arkansas	Feb. 5, 1915		July 1, 1915
Idaho	February, 1915		Jan. 1, 1916
<b>Legislature Provides to Submit Question of Constitutional Prohibition to Popular Vote</b>			
Idaho	February, 1915	November, 1916	Jan. 1, 1917
South Dakota	March 2, 1915	November, 1916	Jan. 1, 1917
Utah *	March 1, 1915	1916	Jan. 1, 1917
Iowa **	February, 1915	1917	Jan. 1, 1918
Montana	February, 1915	November, 1916	Dec. 31, 1918
South Carolina	February, 1915	Sept. 9, 1915	Dec. 31, 1915
Vermont	1915	March 7, 1916	May 1, 1916
Alaska	April 9, 1915	Nov. 16, 1915	July 1, 1918

\* Vetoed by the governor.

\*\* Subject to ratification by legislature of 1917. Iowa also repealed Mulct law, thereby making the State dry by statute after Jan. 1, 1916.

A tabulation of some of the work against the liquor evil in the United States, since the beginning of the war. The anti-rum campaign in Europe has been even more drastic.



## AS VIEWED BY THE CARTOONIST

CARTOONISTS, the world over, have found in the temperance wave now sweeping over two continents a rich theme for illustration. There have been numerous cartoons illustrating the effect



of the war on the consumption of liquor. Two such cartoons appear on this page.

The warring nations, though divided into two hostile camps, are one in their warfare against liquor, for the reason that it has been determined beyond peradventure that nothing is so disastrous to the efficiency of an army as is a free

"I AGREE WITH SHERMAN!"

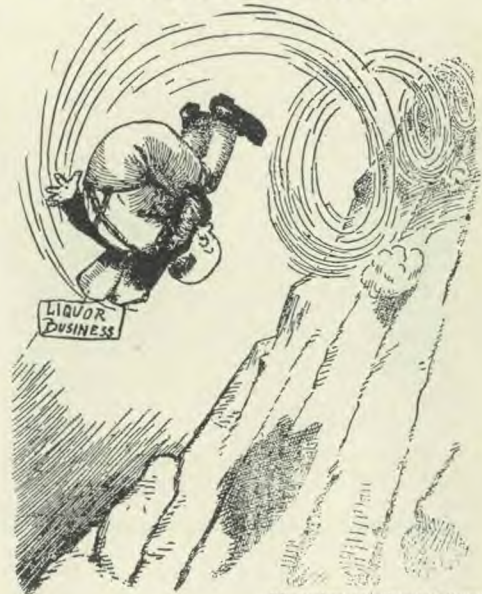
(Philadelphia Ledger.)



consumption of liquor. The Russian government was so convinced of the demoralizing effect of drink that it was willing to forfeit its immense liquor revenue in order to have a sober nation during the war. France, for a similar reason, put a ban on absinthe and restricted the use of other liquors. England has been facing the problem of cutting out

liquor for efficiency's sake; and though the liquor interests for the present seem too powerful to be defeated, the king, and the war lord, Kitchener, have set an example of abstinence by banishing alcoholic drinks from their households. The kaiser has thrown his influence on the side of a lessened consumption of alcoholic drinks, including beer. This attitude of the European governments is well

## NEARLY THERE



—Wholesalers' and Retailers' Review.

LIQUOR BUSINESS.—"I don't know where I'm going, but I must be nearly there."

shown in the illustration showing Rum before the firing squad.

The effect of the war upon the consumption of liquor might well cause the liquor interests to think of war somewhat in the same terms as did General Sherman, whose comparison of war with that populous hypertropical region seldom mentioned in polite society, has passed into a proverb. In view of the fact that the European attitude toward liquor is having a strong educational influence in the United States, it may well be believed that the saloon keepers here are willing to subscribe to Sherman's "War is hell."

It is no figment of the imagination  
(Concluded on page 335)



# Current Comment on the Temperance Movement

## The War and Alcohol

ONE of the most extraordinary features of the present devastating war is the effect it has had on the consumption of alcohol. For many years temperance reformers have been inveighing vociferously against the evils wrought by the use of alcoholic beverages, and recommending that some form of prohibition be instituted. However, as a rule, these indictments of drink have been as the voices of those crying in the wilderness. The war has changed all this, and in some of the European countries the past nine months have witnessed greater progress in temperance reform than would have been thought possible from eight years of vigorous campaigning. Russia, which in many respects and certainly as regards its peasant class, was the most drunken country on the face of the earth, by one stroke of the pen has been rendered the most sober. Absinthe, one of the most deadly spirits and one of the most harmful in its effects on the nervous system, has been abolished from France. In Germany the liquor traffic is strictly controlled, and in Great Britain strong efforts are being put forth to check the sale of alcoholic beverages. It will be more difficult to prevent the excessive consumption of alcohol in Great Britain than in any other country.—*American Medicine, April, 1915.*

## Opium and Habit-Forming Drugs

For seven years, through three administrations, and in the face of much indifference, not to say opposition, our Department of State has carried on a campaign against the use of demoralizing drugs throughout the world.

Today the work stands complete. During the last of the seven years three striking events have marked it:—

First, the announcement in the British Parliament that the Indo-Chinese opium traffic had been brought to an end.

Second, the signing of the final protocol at The Hague, which puts an international agreement into effect over a vast field. When the remaining signatures are affixed, the use of vicious drugs will be regulated from one end of the globe to the other. It was appropriate that this freeing from bondage should have taken place on the birthday of a man—Lincoln—who freed from bondage an entire race. The final protocol was the outcome of the international conference which had recently met at The Hague, and which, like the other conferences there, aimed at the uplifting of humanity through peaceful channels. It was the last conference to meet at The Hague before the present war broke out.

Third, the passage of a bill in Congress to regulate the inter-State traffic in habit-forming drugs. The bill became law on the first of March last. It was the fourth of the bills outlined by Dr. Hamilton Wright, who, as delegate to the Shanghai Commission in 1909 and to the later Hague Conference, has had the

opium campaign in charge for the State Department. The first bill prohibited the import of opium except for medicinal purposes. The second and third bills prohibited its import and export. The final legislation limits its interstate transportation. . . .

The friends of the act prophesied great benefit to the country in general from it, and to the "dope fiend" in particular. But there were others who predicted that to the habitual users of drugs it would work harm not offset by counterbalancing good.

What has been the record? In the first place, the act has thoroughly scared and greatly diminished those habitual users. Secondly, the act has brought a greater sense of responsibility to those who prescribe and particularly to those who sell drugs. . . .

On the other hand, those who ought to know claim that the rise in price of opium, due to the difficulty in obtaining it, has enormously increased drug smuggling into this country, especially across the Mexican border. . . .

Again: there has been an increase in the number of "catarrh cures," "cough mixtures," and other preparations coming under the exemptions above mentioned. . . .

The law's administration leaves much to be desired. Officials have not been prompt and businesslike enough in furnishing physicians with necessary credentials, and the prison care of drug victims has often been brutal, because such persons, instead of being segregated and handled as a group, have had to mingle with other prisoners, and have been treated in the same general manner.

But with all these drawbacks the two months' experience of the new law shows that it marks a notable change in the direction of greater national control of what has come to be a crying national evil.—*The Outlook, May 5.*

## Is Uncle Sam a Partner?

IN *Wine and Spirit Bulletin* appears this innocent little news item:—

"On March 22 an auction sale of 249 barrels of January, 1914, whisky was held on the floor of the chamber of commerce, the whisky in bond bringing twenty-seven cents. M. Durner & Co. sold it to the Buckeye Distilling Company."

The item appeared under Cincinnati news. In other words, the manufacturer gets twenty-seven cents per gallon for the poison "in bond," which means in Uncle Sam's custody.

But before the purchaser actually gets the whisky, he must pay the government \$1.10 per gallon as its share of the proceeds. As the silent partner of the dirty transaction, Uncle Sam gets a little more than four times as much of the money as does the manufacturer.

And, besides, the manufacturer must pay all the expenses for labor and materials out of his one fourth,



You may say that Uncle Sam needs the money? Perhaps he does.

What is the ethical difference between this transaction and that of the man who barter his daughter's chastity for money to help "pay the rent"?

Dirty money is dirty money, no matter in whose pockets it is found.—*New Republic*.

### Straws

**Big Prohibition Meet at Atlantic City.**—There will be held in Atlantic City, N. J., July 6-9, the largest and most important prohibition convention ever held.

**No Liquor for Irish Troops.**—Brigadier General Hill, in command of the troops in the Dublin District, has forbidden the sale of liquors to soldiers and sailors.

**Brewers to Boycott Prohibitionists.**—A prominent brewer has proposed to other brewers that they boycott men who are prominent in the temperance movement.

**Florida Senate Defeats Prohibition.**—The Florida Lower House passed a resolution submitting to popular vote a prohibition amendment. The resolution was defeated in the senate.

**No Use for Jail.**—The town of East Tilton, N. H., being dry, has made no arrests for two years, and has sold the jail at auction, having no further use for it. It is to be converted into a hen house.

**Prohibition for Kentucky.**—Senator Beckham and former-Justice O'Rear are to stump the State of Kentucky, urging that a State-wide prohibition amendment to the constitution be submitted to the people.

**Victories for Prohibition in South Dakota.**—The April elections increased the dry cities by fifteen. There are now four hundred and fifteen dry cities and towns in the State, and there is prospect for State-wide prohibition next year.

**Dry Town to Diminish Tax Levy.**—Contrary to the prediction of the wets, the town of Mason City, Iowa, now dry, will have a smaller tax levy next year because dry conditions have materially reduced the expenses of the town.

**Alaska Going Dry.**—There is a bill before the legislature of Alaska, which has already passed the lower house, submitting the question of prohibition to the voters at the election on Nov. 4, 1916. The proposed amendment sets Jan. 1, 1918, as the date for Alaska to go dry.

**Which Shall We Believe?**—Wet sympathizers have been reporting that Prohibition in Russia is a dead letter. Now some are reporting that prohibition in Russia has brought ruin, poverty, and other evils in its wake. The query arises, How could a law which is not enforced have such momentous effects? The wets should be certain that their stories coincide, else they may act as a boom-crang.

**Saloons Closed, Wife Beating Ceases.**—According to statistics compiled by the secretary of the Iowa Humane Society, there are fewer wife beaters and wife deserters in Des Moines since the saloons have been closed.

**Local Option in Michigan.**—At recent elections, ten more counties in Michigan went dry, and four that were dry continued dry. This makes forty-four dry counties in the State. The same elections made thirteen cities dry, putting nearly five hundred saloons out of business.

**Ambassador Page an Abstainer.**—Following the example of King George, Ambassador Walter H. Page has ordered that no liquor be served in his household. For a time the guests wondered at the absence of wine on the ambassador's table. We are not informed whether grape juice was served.

**Liquor Against Woman Suffrage.**—The liquor interests of New Jersey have publicly announced their intention to defeat the woman suffrage amendment in that State. The liquor combine, which is the strongest foe the suffragists will encounter in the State, is said to have a capital of \$75,000,000, and it proposes to use money freely to prevent the advent of women into the political arena.

**Admiral Jellicoe Urges Prohibition.**—The commander of the home fleets, Vice Admiral Sir John Jellicoe, owing to the fact that liquor is having a demoralizing effect upon the men on whom the efficiency of the British naval program depends, has been urging prohibition during the war period. If this war is responsible for a terrific loss of life, for the great increase in disaster, depravity, degradation, and dirty devilry, it has to its credit that it has opened the eyes of rulers to the fact that alcohol is even a worse enemy to the race than war.

**Out of the Frying Pan.**—It would seem that the wets in the Michigan Legislature overdid the matter when they so loaded with amendments the bill for statutory prohibition as to make it useless as a prohibition measure; for the friends of prohibition defeated the bill, and petitions are now being circulated to initiate a constitutional amendment to be submitted to the people in the November election, 1916. From the way the local elections have gone, it is nearly a foregone conclusion that if the amendment is submitted to the people, it will be passed.

**Sunday Drinks Are Free in Chicago.**—Chicago has a Sunday-closing ordinance, but not all the saloons comply with the law. Recently two men were arrested for refusing to pay for drinks served to them on Sunday. Judge Gemmill of the municipal court discharged the prisoners, saying: "You will not have to pay for drinks you get in saloons in Chicago on Sunday. If the saloons are open, they are open in defiance of the law." Must have surprised Mr. Saloon Keeper to learn that the law would not uphold him in carrying on his illegal business!

(Concluded on page 335)





# BIBLE HYGIENE



## RIGHTEOUSNESS AND HEALTH

1. IN Old Testament times was cleansing from sin associated with cleansing from disease?

*"Who forgiveth all thine iniquities; who healeth all thy diseases." Ps. 103:3.*

2. Give an example of such association in the work of the Saviour.

*"When Jesus saw their faith, he said unto the sick of the palsy, Son, thy sins be forgiven thee." "I say unto thee, Arise, and take up thy bed, and go thy way into thine house." Mark 2:5, 11. Read verses 1-12.*

3. Did God make any condition with the children of Israel upon which he would give them physical health?

*"And said, If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee." Ex. 15:26. See also Ex. 23:25.*

4. How were the gospel of salvation and the gospel of health united in the work of Jesus?

*"And Jesus went about all Galilee, teaching in their synagogues, and preaching the gospel of the kingdom, and healing all manner of sickness and all manner of disease among the people." Matt. 4:23.*

5. How were health and salvation united in his commission to his disciples?

*"And as ye go, preach, saying, The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give." Matt. 10:7, 8. See also Luke 9:10.*

NOTE.—Throughout the life of Jesus, the preaching of the gospel of the kingdom was closely associated with the healing of the sick; and in his commissions to the disciples, he always closely associated healing and preaching, a sure indication that the gospel of health is an integral part of the gospel of the kingdom. In healing the sick in answer to their faith, it was also his custom to remit their sins, for in his sight a man was not whole unless he was both physically and spiritually whole. And sometimes he admonished the one healed (as in John 5:14), "Sin no more, lest a worse thing come unto thee." It is also certain that the apostles made a close connection between healing and salvation, for in Acts 4:9 Peter speaks of the impotent man as being "made whole," and in the original, the word for "whole" is exactly the same word as the last word in the twelfth verse, translated "saved," and is the same root word as the word translated "salvation" in the same verse. In other words, he spoke of the impotent man as having been saved. Evidently as he was healed, he had come to a saving knowledge of Jesus, whose name had been so potent in his healing.

6. Do we find this relation between righteousness and health carried over into the new earth?

*"Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city." "In the midst of the street of it, and on either side of the river, was there the tree of life, which bare twelve manner of fruit, and yielded her fruit every month: and the leaves of the tree were for the healing of the nations." Rev. 22:14, 2.*

NOTE.—Righteousness gives a right to the tree of life, and the leaves of this tree have healing power. It would seem from this that part of the physical restoration of man would take place in the new life.

### Transgression and Disease

1. Is there a relation between transgression and disease?

*"Fools because of their transgression, and because of their iniquities, are afflicted. Their soul abhorreth all manner of meat; and they draw near unto the gates of death. Then they cry unto the*



*Lord in their trouble, and he saveth them out of their distresses. He sent his word, and healed them, and delivered them from their destructions." Ps. 107: 17-20.*

2. What was David's testimony in this respect?

*"There is no soundness in my flesh because of thine anger; neither is there any rest in my bones because of my sin." Ps. 38: 3.*

3. What is the law of sowing and reaping?

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

*but he that soweth to the Spirit shall of the Spirit reap life everlasting." Gal. 6: 7.*

4. Does the man who is devoted to the pleasures of sense, the pleasures of the flesh, have a hope of life?

*"For if ye live after the flesh, ye shall die; but if ye through the Spirit do mortify the deeds of the body, ye shall live." Rom. 8: 13.*

5. What is the admonition to the evil-doer?

*"Be not wise in thine own eyes: fear the Lord, and depart from evil. It shall be health to thy navel, and marrow to thy bones." Prov. 3: 7, 8.*

(Concluded from page 333)

**Way to the Scrap Heap.**— The *New Republic*, having stated that Jack Johnson, the colored pugilist, was defeated by liquor, as were also John L. Sullivan, Jeffries, and others, comments: "If you want to go the same direction, start off. The licensed saloon is established to provide you with the necessary facilities." Overdrawn? Not a bit of it! The saloon has been the cause of the downfall not only of pugilists, but of physicians, ministers, statesmen, judges. Some of the most brilliant intellects in all nations and in all times have fallen before the power of strong drink. "Wine is a mocker; strong drink is raging; and whosoever is deceived thereby is not wise."

**A Closing Law Enforced in Chicago.**— On the application of creditors, the affairs of the Ernest Tosetti Brewing Company were placed in the hands of a receiver in January. It was found that the brewery was operating twenty-seven saloons, and that these were being run on Sunday in disregard to the Sunday-closing ordinance. Judge Landis, who appointed the receiver, remarking that he would not run the risk of being indicted for violating the State law, ordered that these saloons be closed on Sunday, and that in other ways they be operated in strict conformity with the law. It is worthy of note that the treasurer of the brewery company made the prohibition wave which is sweeping over the country the excuse for the final involvement of the company. If the brewery and distillery people could only convince the bulk of the citizens of this country that prohibition does not prohibit, and get them to return to the time-honored methods of saving the drunkards and taking care of the widows and orphans!

**Effects of Prohibition in Russia.**— Liquor interests have been quoting supposed reports from Russia that prohibition there is a failure. Now comes a report from United States Consul Snodgrass at Moscow to the government, in which he relates that one of the Russian papers, after making inquiries, found that the consumption of vodka had been reduced in August to about three per cent of what it was in August, 1913, and in September to less than one per cent of what it was in September, 1913. It has been observed, this Russian paper asserts, that labor has become more productive than before. Formerly many men failed to appear for work at the mills on Monday, because of Sunday excesses, or else were unfit for duty. This is no longer the case.

(Concluded from page 331)

that the liquor men look with much concern on the prohibition wave. To the public they continue to howl, "Prohibition does not prohibit;" but they know too well that it does prohibit, and that slowly but surely their opportunity to demoralize the country with their intoxicants is being diminished. The cartoon "Nearly There," first published by a liquor dealers' periodical, indicates that the liquor men realize the seriousness, from their viewpoint, of the present prohibition activity.





# EDITORIAL

## HAS THE CAUSE OF EPILEPSY BEEN DISCOVERED?

**I**N the *Journal A. M. A.* of March 27 is a notable paper by Dr. Charles A. L. Reed, of Cincinnati, which gives evidence of such careful study and conservative reasoning that it carries conviction. I shall attempt to give briefly and in popular language the principal facts gleaned from this paper which have led Dr. Reed to the belief that he has probably discovered the specific cause of epilepsy.

The doctor first noted that all the epileptics coming under his observation were constipated. Second, he observed that permanent cure of the constipation caused immediate cessation of the epileptic attacks. But constipation of itself cannot be the cause of epilepsy, for much the larger proportion of persons who suffer from constipation are free from epileptic symptoms.

Five epileptic patients, having been relieved of their constipation by surgical means (attaching the large intestine so as to eliminate kinks and restrictions), were free from epileptic attacks for periods varying from seven months to three years. This led Dr. Reed to the opinion that the cause of the epilepsy was bacterial poisons absorbed from the large intestine, and that the restoration of regular evacuations had provided for the removal of the poisons.

In two cases the large intestine was removed, followed immediately by the cessation of epileptic attacks. One of these patients during the next six months had two slight attacks; the other continued for two weeks without an attack, and then suddenly developed an extremely severe attack, from which she died. As in these cases there was no large intestine, the doctor concluded that the poison, though it may ordinarily be absorbed from the large intestine, must be formed in the small intestine.

Later he tried the "short circuit" operation on some epileptics. This operation consists essentially in connecting the lower end of the small intestine to the lower end of the large intestine, so that the bowel contents do not pass through the large intestine. This operation was immediately followed by cessation of epileptic attacks; but in some cases, after a lapse of time, the epilepsy would return with unusual severity; and in these cases it was found that the bowel contents had backed up the large intestine from the point where the small intestine had been joined to it. This stagnant, fermenting mass, sometimes several pounds, probably containing some of the bacterial poison causing epilepsy, was evidently the cause of the return of the attacks.

In some such cases, where operation was inadvisable, the doctor had a vaccine made from certain bacteria isolated from the feces and the blood of the patient. Inoculation of the patient with this vaccine caused the attacks to cease. This is fairly adequate proof that the attacks are caused by the activity of a certain germ; in other words, that epilepsy is a germ disease.

In his investigation, Dr. Reed noted an absence of any hereditary factor in the epilepsy cases. Usually there was only one case of epilepsy in the family.



Noting the fact that a diet rich in proteins (such as meat, eggs, etc.) is likely to cause an increase in the frequency and the severity of the attacks, Dr. Reed explains that bacteria grow more luxuriantly and are more likely to produce toxins when in a media rich in protein.

Dr. Tom A. Williams, of Washington, D. C., has an article in the *Interstate Medical Journal* for April, in which he asserts that the general assumption that the cause of epilepsy is cerebral defect only, is contradicted by the occurrence of convulsions in uremia and puerperal eclampsia, in both of which conditions the seizures cease when the poison is removed. As not every injury to the brain and not every new growth in the brain produces epilepsy, Dr. Williams believes that when epilepsy occurs in connection with one of these conditions, there must be a toxic factor in addition.

The doctor considers the practice of narcotizing the cerebral irritability [by the use of bromides, etc.] to be reprehensible, as it only deceives the doctor and does not cure the disease. He does not believe that the methods of elimination (purgation, etc.) are adequate, as they do not get at the cause of the trouble, and purgation may still further disturb the nitrogenous metabolism.

His method is to limit the amount of protein in the dietary, to give most of this at midday so that it may be metabolized before sleep, to facilitate osmosis by giving abundantly of the salts of the alkalies in the form of fruits and vegetables, to supply the requisite calories by means of fatty and carbohydrate foods, to prevent constipation by means of an adequate bulk of nonputrescible pabulum. He embodies these principles in what he calls a "model diet," which must be quite largely vegetarian.<sup>1</sup>

Although he has not had a large number of cases on which he has had time to make extended observations, he has had remarkable success in the cases reported.

He believes that his experience with these cases demonstrates that emotion plays purely a secondary rôle in the production of epilepsy.

Another recent writer is certain that epilepsy has an emotional origin, and that it is to be cured by the methods of psychanalysis.

<sup>1</sup>This "model diet" will appear in the August issue.







### Baldness Cured

RICHARD W. MÜLLER, of New York, reports in the *Medical Record* of May 8 a new treatment for baldness, which consists in treating the scalp with light from an electric arc in mercury vapor in a translucent quartz burner. Dr. Nagelschmidt, the originator, reports two hundred cases of different kinds of baldness in six years, nearly all of which were cured or greatly benefited. Fifty-three persons having alopecia seborrhoica were cured. The itching, pain, and scales disappeared. The hair was renovated and renewed. Of one hundred and thirty-two having alopecia areata, 80 per cent were cured; two thirds of the remainder, 14 per cent, were improved; 6 per cent were unimproved. Of twenty-two persons who were entirely bald, all were cured except six, some of whom failed to return for treatment.

This is certainly a remarkable result, considering the little that has been done heretofore for baldness. But as the apparatus is expensive, and the treatment tedious and necessarily expensive, it is not likely that many will avail themselves of its advantages.

\*\*\*

### Scurvy Vitamine

FOLLOWING the theory of Funk, that beriberi is caused by the absence of a vitamine from the food, other observers have postulated the scurvy vitamine, which they suppose is not resistant to heat or drying, and that, owing to the loss of this vitamine in foods formerly carried in ships, scurvy attacked persons on long voyages. According to this theory it is the drying or heat that destroys the vitamins in the food; so that in the course of time, when the supply of these

in the body is exhausted, the sailors, or others who are deprived of the vitamins contract scurvy.

Pellagra has, by some observers, been added to the list of diseases supposed to be caused by the absence of vitamins. It is thought that the vitamins are lost in some way in the preparation of the food. Rickets and tetany are placed in the same list of diseases due to a lack of vitamins. It is supposed that rickets is caused by the use of sterilized milk, the vitamins being destroyed by means of the heat. In diabetes the value of oatmeal is supposed to be due to the vitamins which are present.

While this is all interesting, it should be remembered that most of it is inferential, and that theories built on analogy require some other confirmation before they are accepted at face value.

\*\*\*

### Terminal Fumigation

To fumigate or not to fumigate, that is the question before the health boards. The newer theory, backed by much clear evidence, is that terminal fumigation is useless, or worse than useless.

The New York Department of Health has put the matter to test on a large scale. Up to and including 1914, the entire city was under fumigation; that is, in every case of diphtheria, measles, scarlet fever, etc., it was the duty of some health department officials to see that the place was properly fumigated.

In 1915 the borough of Manhattan used no fumigation in this way, and as a trial the borough of Brooklyn was continued under the fumigation régime. The following was the result as regards measles: —



March, 1914

Manhattan — 1,608 cases; 53 deaths

Brooklyn — 1,413 cases

March, 1915

Manhattan — 1,357 cases; 15 deaths

Brooklyn — 1,652 cases

Certainly the result in Manhattan without fumigation compares favorably with Brooklyn with fumigation.

\*\*\*

#### Care of the Voice

IN a thesis presented and accepted for admission into the American Laryngological, Rhinological, and Otological Society, February, 1915, Dr. Irving Wilson Voorhees describes some of the voice troubles of singers.

Among preventive measures he mentions care of the mouth for, as he says, "the absence of a front tooth, an ill-fitting set of false teeth, Riggs's disease, a short frenum, etc., all affect the enunciation." He advises that oral hygiene — that is, the use of the toothbrush, etc. — be practiced after each meal.

He warns against contracting colds in

the head, and acute rheumatism; and hence advises to avoid exposures to draft, dampness of the feet, irritating fumes, and dust.

He prefers linen mesh undergarments to silk, woolen, or cotton.

He advises against the use of too strong salt solution in cleansing the nose. The proper strength is six-tenths per cent.

He advises that the collar be low and large, and that a cold douche for the neck and chest be taken upon rising, to protect against the chills of a changeable climate. He also advises the use of massage, general and local, physical exercise, breathing exercises, rowing, and swimming, though he thinks bicycling and automobiling may be harmful on account of the dust.

Singers should learn to save the voice as much as possible, he says; and yelling, loud talking, rasping, and scraping are injurious. Upon the slightest tendency to hoarseness, the whisper alone should be used.



IN TAKOMA PARK



# OUR WORK AND WORKERS

## AN INCIDENT IN GOSPEL MISSION WORK

L. A. Hansen

**A**S nurses we were conducting successful treatment rooms and doing well in house-to-house work, having for patrons many of the leading people of the city. We decided to open a gospel mission for the poorer class, combining rescue work, a reading room, and a little treatment room, with gospel services and neighborhood visiting.

A certain storeroom was selected as offering the most favorable location. It was in a business block, the entire upper floor of which was occupied by the most notorious house of ill repute in the city. The neighborhood had gone from a once respectable business section to disreputable "Hell's Half Acre." It certainly stood in need of gospel rescue work, and presented a large enough undertaking.

We called on the owner of the desired vacant storeroom, and were received with apparent friendliness. Yes, he should be glad to see such work done in that section. He realized it was greatly needed. As to letting us have the storeroom, even on regular rental terms, well, he feared that the man next door would object to a mission. We offered to see this man, to get his consent, which we did, and learned that he would welcome our effort.

Returning to our proprietor, who by the way was a highly esteemed business man, prominent in civic and social circles, we told him of our successful errand. Another objection was offered,—the tenants upstairs would object to a gospel mission underneath. This we did not question; but we suggested that a successful mission effort would be a benefit to the neighborhood, to his own property, and would probably enable him to secure a better class of tenants. He was

unwilling to risk the effort, and refused to let us have the storeroom. He made an offer, however, that if we would secure another room near by, and give promise in six months of doing successful work, he would let us have his room with one year's free rental.

The mission was duly opened in a building a few doors from the one especially desired. The results of the work were good. Several persons were converted, accepting in full the Bible truths given them. Many others were helped in various ways. The community was friendly to us. We felt encouraged to believe we should earn our year's free rent and the support of the influential owner of the near-by property.

One of our neighborhood workers made several calls at the door of the place of ill fame in an effort to secure an interview with the mistress; but she was repeatedly told that Madame — was not in, was sick, or for some other reason could not be seen. One day a message came from the madame for one of our workers to call on her, and the way was finally opened for personal work with her.

Developments showed that the woman had not known of the efforts to call on her, but that the girls had been instructed to refuse admittance to any of the mission workers. The good owner of the property had given the instruction. The woman had been attracted by our open-air song service in front of the mission, and had sat at her window night after night listening to it, until she was impressed to send for our worker.

After a while Madame — became converted, and decided to close her wicked business. Then came our real struggle. The owner of the property



tried to persuade her to remain, but she would not. Then he threatened, and finally used legal compulsion. He held a mortgage on the elegant furnishings, massive plate glass mirrors, and everything else. Having disposed of some cast-off articles, the woman faced prosecution for disposing of mortgaged property. She remained firm, however, and with our help in various ways went through the ordeal. The place was

closed, and sixteen or more inmates were scattered.

With treatment for the morphine habit and help in getting a new hold on life, Madame — was a fine example of what can be accomplished in such rescue work, by saving Power which helps the heart, the will, and the body. The experience also demonstrated the effective power of gospel work against the power of wealth and evil plotting.



## TURKEY'S PROSPECTS AFTER THE WAR

William E. Strong

**W**ITH the Allies working through the Dardanelles on one side and the Russians pushing across the Caucasus on the other, questions as to Turkey's future seem pertinent. What will happen when the fighting is over? Many are asking this.

A rich and fertile country, at the cross-roads of East and West, having a sober, industrious population, is likely to be set free from an age-long bondage of race prejudices and religious oppression. There will be a chance to introduce Turkey to modern ideals of sanitation, education, and just government. In these future developments Americans are likely to have a hand. They have shown, in the Canal Zone, Porto Rico, and the Philippines, what can be done by modern science in reclaiming tropical swamps, in making insanitary cities wholesome places of residence, and in encouraging native industries. And they are at work in Turkey.

In twenty-four Turkish cities Americans are carrying on schools, hospitals, farms, and industrial plants under the American Board. They maintain four hundred and fifty schools of various grades. They have seven colleges. The doctors and nurses of their nine hospitals have the confidence and affection of the people.

One of the younger of these Americans, Dr. Alden R. Hoover, of the International Hospital in Talas, Cæsarea, is in

America on his first furlough. He is a great believer in Turkey's future. He has studied her prospects and needs, and sums up his conclusions as follows:—

"Turkey, geographically, commercially, agriculturally, is a rich country. It is undeveloped and bankrupt because its people have been kept ignorant, untrained, and servile. Insanitary and unhygienic conditions are but a natural consequence. A terrible waste of human life results.

"The ravages of epidemic and endemic disease are a disgrace to modern medicine, and a menace to Western countries through immigration. An opportunity here presents itself for modern medicine to regenerate a country. More specifically the opportunities before our medical missionary are,—

"To help in securing sanitary cities and villages;

"To prevent ever-recurring epidemics of Asiatic cholera, typhoid fever, typhus fever, and the like;

"To lessen the terribly high infant mortality;

"To provide an educated midwifery and trained nurses;

"To organize child welfare and lessen the ravages of infectious diseases of early childhood, make homes more sanitary, and stimulate domestic and personal hygiene;

"To help in a solution of the social evil."



## Sanitarium News Notes

THE College View Health Food Company has erected near the sanitarium a nice new building to take care of its growing business.

The Kansas Sanitarium, of Wichita, Kans., has recently seen its most prosperous time. The writer visited the institution not long ago, when, in one day, five applicants for accommodations were turned away, every room being taken. Increase of capacity seems urgent, and will probably be provided before long.

The Glendale (Cal.) Sanitarium has been having its usual good patronage. Recent improvements add to the attractiveness of the institution. Dr. D. D. Comstock and Dr. Belle Wood Comstock find plenty of work to keep them busy. Dr. Geo. Thomason is also connected with the institution as surgeon.

The Paradise Valley Sanitarium, at National City, Cal., offers strong attraction to visitors to Southern California. Its good management and excellent service are building for the institution a substantial constituency. The San Diego expositions will probably help to give this institution some well-merited publicity.

At College View, Nebr., the Nebraska Sanitarium, one of our largest, has also had a house nearly full. The local support of the institution is favorable. A vegetarian banquet given to the business men and other leading citizens of Lincoln was greatly enjoyed by the guests, and was pronounced an unequalled success. Mr. E. G. Fulton, of Los Angeles, Cal., an experienced caterer, had charge of the affair.

The Washington (D. C.) Sanitarium, at Takoma Park, has recently had a crowded patronage, for a time taxing the capacity of the institution. As is usual, among the guests here are to be found persons prominent in public affairs, the national capital giving a good share of patronage. Dr. H. W. Miller, the superintendent, has frequent professional calls to other cities, indicating that the Sanitarium is developing its field of activity.

Judging from the increasing patronage seen in most of our sanitariums, the principles of rational therapy for which they stand are making a marked growth. While the fast-multiplying number of medical institutions known as sanitariums and supposed to be conducted on lines of original sanitarium methods, is drawing many patients, a strong support is shown our own institutions, and the distinct field which they occupy is a widening one.

The Nebraska Sanitarium, at Hastings, Nebr., is enjoying a healthy growth in its business. Local physicians and surgeons affiliate with the institution. The superintendent, Dr. E. D. Haysmer, is making many friends.

At Long Beach, Cal., Dr. Abbie Winegar Simpson and Mr. W. Ray Simpson are conducting the Long Beach Sanitarium. It is nicely located and well equipped. The electrical work done at the institution is worthy of special mention.

Recent word from the New England Sanitarium, at Melrose, Mass., states that the present patronage is the largest for this time of year that that institution has known, and that the prospect for the summer is excellent. Those acquainted with this sanitarium and its beautiful surroundings, will not be surprised to learn that probably sixty per cent of the patronage consists of former patients who return and of persons coming on their recommendation.

At Loma Linda, Cal., another medical convention was held, at which there were present many sanitarium workers from the Pacific Coast. This "Hill Beautiful" presented a scene of great activity. The sanitarium was crowded with patients and guests. The College of Medical Evangelists and associated work add to the interest of the place, making the whole plant a unique center of medical missionary interest. The visiting delegates to the convention were greatly interested in visiting the various departments of the medical college, and were pleased to note the high character of the work done.

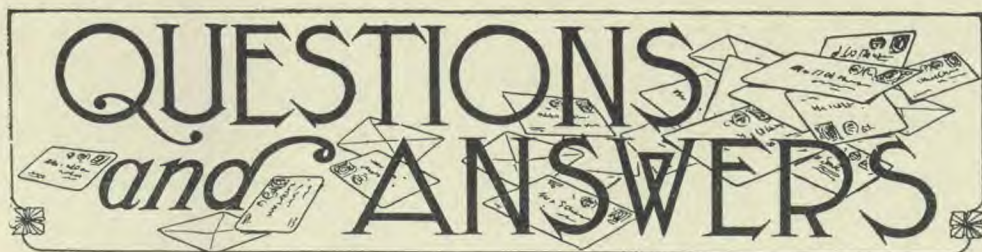
The Boulder-Colorado Sanitarium recently entertained the superintendents and business managers of a number of sanitariums in the Central West, besides other medical workers gathered in a three days' medical convention. The visitors greatly appreciated the opportunity of spending a few days in this delightful health resort. They felt that the institution fully deserves the splendid support that it is receiving from the public, and that if the advantages of the Boulder Sanitarium were more fully known, the institution would face the question of how to care for the patients who would come to it. With a beautiful location, excellent equipment, a large corps of well-trained attendants, and a capable medical staff, this institution should appeal to many health seekers.

L. A. H.





# QUESTIONS and ANSWERS



Questions accompanied by return postage will receive prompt reply by mail.

It should be remembered, however, that it is impossible to diagnose or to treat disease at a distance or by mail. All serious conditions require the care of a physician who can examine the case in person.

Such questions as are considered of general interest will be answered in this column; but as, in any case, reply in this column will be delayed, and as the query may not be considered appropriate for this column, correspondents should always inclose postage for reply.

**Paralysis.**—"A gentleman is losing the use of the fingers of his left hand, and also the sensation in the fingers. What is the cause and cure?"

This is a local paralysis. In order to determine what structures are involved in the paralysis, and the cause, it would be necessary to make a careful personal examination of the patient. Without knowing the cause, it would be useless to suggest a cure. The patient should be under the care of a doctor.

**Waterbrash.**—"What is the cause and cure of waterbrash?"

Waterbrash is not a disease, but a symptom. True pyrosis, or waterbrash, is the eructation, not of a sour liquid, but of a tasteless liquid, after a period of pain. It is not a frequent condition. It is most likely to occur in women of middle age. The use of an irritating, simple diet, with avoidance of exhausting work and of conditions which induce mental strain, will probably cause the disappearance of the symptom.

**Flatulence.**—"Kindly explain what I can do to overcome flatulence, or gas on the bowels."

The remedy for your trouble is probably dietetic. Just what food or foods may offend in your case I could not tell without a careful study of the case. You may have to avoid the use of all fruits, and possibly of all sweets. These are more likely than other things to produce flatulence. You should observe the effect of different foods until you learn which are the offenders, and then let them alone.

You may find that some particular fruit, as the apple, is the offender; and possibly you will find that cooked apples are better borne than raw apples, and pared apples than unpared ones. This is merely a suggestion. You will have to make the observation yourself.

You may find it advantageous to use freely of milk, and especially of milk soured by the addition of a sour-milk tablet. There are several on the market.

When it is necessary to obtain prompt relief, as when you must go out into company, it may be accomplished by the use of a full enema, perhaps a soapsuds enema followed by

one of water. Energetic massage of the abdominal wall, either by kneading or by the use of a six-pound cannon ball, may give relief. To use the ball, lie on the back, and roll the ball in a circle around the abdomen in the same direction as the hands of the clock, thus following the direction of the colon. Kneading movements should be in the same direction.

**Weaning Baby.**—"When would you advise me to begin to feed food to my eight-months-old baby, and what kind? Would baked potato be harmful? She has been partly bottle-fed."

I suppose you refer to solid food, for you have been feeding her cow's milk, I understand. As soon as teeth appear, it is a sign that preparation is being made for the digestion of solid food. Baked potato might be easily digested, but it is better to give some food that will slowly dissolve in the mouth, as Graham cracker or zwieback. The latter you can prepare in your own oven. It should be dried out thoroughly, but not browned very much. Aside from these cereals, you would best rely largely on the milk, I think. If baby is constipated, it is better to make the zwieback out of Graham bread.

**Constipation, Baby.**—"Baby, eight months old, is constipated. The feces are not hard, but there seems to be a lack of muscular power in the lower bowel. I have tried white Russian oil, olive oil, cream, orange juice, and the like. Glycerin suppositories work, but I fear that this will form a bad habit. Would agar, as mentioned in the April LIFE AND HEALTH, be all right to feed her?"

Before giving her the regular milk meal, allow her, for ten or fifteen minutes, to chew or suck on an unsweetened Graham cracker, or Graham zwieback, or on one of the proprietary biscuits made of whole wheat by the shredded process. I have had no experience with agar in such cases, but it might be feasible to add say a teaspoonful of the finely powdered agar to half a cup of milk, and allow her to drink it. I think, however, that a similar quantity of well-cleaned wheat bran would work as well.



**Buttermilk.**—"Please give a recipe for home-made buttermilk."

The old-fashioned recipe is to save the cream until there is a sufficient quantity for a churning. Churn as if you were making butter, and after removing the butter, what is left is buttermilk. Though it may not be ideal according to modern standards, the old-fashioned buttermilk has often served a useful purpose when ordinary milk caused disturbance. Ordinarily such milk will be found to contain almost a pure culture of lactic acid germs—provided the milk was reasonably clean in the first place. The lactic acid germs usually thrive much better on milk than do other germs, and inhibit their growth.

To make an artificial buttermilk, it is necessary to have a starter, preferably one of the proprietary "buttermilk" or lactic acid bacteria tablets, of which there are a number on the market. Usually there are directions with the tablets. With some of the tablets, it is difficult, if not impossible, to get good results with anything but raw milk. For some of the proprietary tablets it is claimed that they are cultures of the Bulgarian bacillus, supposed to be much more efficient than the ordinary lactic acid germs. Possibly they are, but the evidence is not conclusive.

**The Teeth and the Health.**—"Is it true that bad teeth can cause rheumatism, neuralgia, and other diseases in remote parts of the body?"

In case of chronic involvement of the joints, the first thing in importance is to make an examination of the teeth, for in all probability the mouth conditions will be found to be bad. There are persons with mouths so bad that they would be infinitely better off healthwise if they had every tooth removed. In some cases of chronic invalidism the patients have made wonderful improvement in health after having all the teeth removed. Every tooth cavity and every pus pocket about the roots of the teeth is a breeding place for disease germs, which by the millions are sent down the intestinal tract, disturbing the digestion and increasing the

danger of appendicitis; and many may be taken into the blood current through the eroded and lacerated tissues of the mouth. Many pus pockets, the starting place for bodily infection and chronic invalidism, can be detected only by means of the X-ray. If such condition of infection is present in the mouth, it is safe to say that no permanent benefit will come from treating the secondary condition until the cause is removed. It would be better to remove every tooth and wear plates than to continue with a mouth full of pus pockets or cavities which are constantly reinfesting the body.

**Obstinate Constipation, Backache, Headache.**—"I am troubled with backache and headache, coming on after a few days' constipation. I have tried cathartic pills, castor oil, Russian paraffin oil, etc., but find more lasting effect from the use of coarse bread and other coarse foods. Can you give any helpful suggestions?"

Continue the use of the coarse foods, and in addition take before breakfast a tablespoonful of bran in a cup of water. Eat freely of fruits and vegetables, but not at the same meal. A pudding made of bran and molasses, cooked just sufficiently to hold it together, and cut into small squares to be taken as needed, has been helpful to some. Avoid the use of white flour, pastries, rich foods, cheese, meat, and concentrated foods generally.

In case you do not succeed in having a movement within a reasonable time, it would be better to have a high colon lavage or enema, and thus avoid the headache. If plain water enemas fail, the soapsuds enema may be effectual.

You seem to have neglected your bowel functions until your condition has become serious. By abdominal exercises, the use of coarse foods, and by waiting at stool regularly every day at an appointed time, preferably after breakfast, you should attempt to form a habit of regularity. It is possible, of course, that there is an obstruction that will yield only to a surgical operation. This you could determine only by having a medical examination.



**Psychology and Parenthood**, by H. Addington Bruce. 293 pages. Cloth, \$1.25 net. Dodd, Mead & Co., publishers, New York.

Believing that the vast discoveries in child nature which modern psychologists, doctors, and educators have made bring to light many defects in present methods of training children, the author presents in this volume the gist of these discoveries in plain language, in the hope that with this instruction parents can give their children much better training than they do now, and develop a generation of superior men and women.

In recent years so much emphasis has been placed on the influence of heredity on offspring that it has almost seemed at times as if heredity were everything. The present author has certainly marshaled his facts well in support of the contention that environmental influences, education, training, etc., are of the utmost importance in determining the character of the individual.

With consent of the publishers, we give, in the department For the Mother, in this issue, selections from the chapter "Suggestion in Education."





# CURRENT COMMENT

## The Effects of War on a Nation

THE cause of war is to be found in three great social sins—race prejudice, patriotism, and commercial greed for the profits of trade. Race prejudice is based on an inhumane ignorance of our fellow men. Patriotism is fealty to the ruling political machinery of one's country, the function of which is to protect a privileged, property-owning class, and to prevent an exploited working class from securing social justice. Between the two is the enlarged egotism which claims that our social duties are limited to family and country. The quest for the profits of trade in ever-widening markets is a necessary outcome of the economic system prevalent in all the great war-like countries, because the wages paid to the producing class are not enough to permit them to buy back the products which they create; much of their product must, therefore, go to foreign markets if profits are to be produced for those who do not work.

These are the causes of war; and the effects of war are to approve, confirm, and strengthen these three social sins.

As race prejudice, patriotism, and competitive struggle for profits brutalize a nation; so does war brutalize a nation. The purposeful killing and maiming of one's fellow men has only a degrading effect. The statement, often made, that war engenders the nobler qualities of self-sacrifice and bravery is false, and at variance with the fundamental principles of human virtue.

The soldier is apt to be a coward, who lacks the bravery and moral courage to stand up for his own liberty and a higher principle, and who falls a weak victim to a mob impulse. He takes in his hand his instrument of death, and goes forth to kill fathers, sons, and husbands, hoping to come off himself alive. This is not a noble impulse. He resigns himself to be led like a sheep; and it is most fitting that he should be clothed in the skin of that docile creature. He loses the feelings of the man in the soldier.—*James Peter Warbasse, M. D., in the Medical Times of May, 1915.*

## Vacation Traumatism

WHAT might be called vacation traumatism is now in merry process of infliction. Typhoid is being eagerly acquired, and hearts already damaged are being further impaired through ill-advised exertions in the water and elsewhere. If we could match the physical conservation that comes to some against the physical injury that is the lot of others, how would the balance lie? The holocausts occasioned by the automobile must here be reckoned with. How about the consumption of liquor and tobacco at the summer resorts? Do most men overdo these things on their outings? If so, they must be added to the summer traumatism.

Upon the whole, it is not probable that certain of our traditions concerning vacations are

mere superstitions? Somehow or other, we think, the outing must benefit, yet we have no really scientific data upon which to base such a belief. The belief may well be unfounded.

An honest man wrote a letter to the *New York Sun* the other day in which he confessed that he was enamored of the noises of the city. This confession elicited others. But we have a tradition that noises ought to harass us, and most people are so faithful in their adherence to every social superstition that few would affirm contrary experience. Perhaps the very silence of the rural districts is a traumatism to many folks who don't know it, wouldn't entertain such a theory, and are convinced that city noises are to be escaped from by any hook or crook, which last may be a mere obsession.—*The Medical Times.*

## Health in Old Age a Question of Cutting Out

It seems to me that health in old age is a question of cutting out this and that, and thus reducing the work of the different bodily organs. I have had to cut out coffee and tea and iced drinks, and all alcoholic beverages, and raw apples and pastry and new bread. I was a mild coffee drinker for more than thirty years,—one cup daily for breakfast,—but I got to the point where, if I did not get my coffee at the usual hour in the morning, I was done up with a throbbing headache for the rest of the day. So I cut out the coffee, and it settled the account against me by a dull tapering-off headache of two weeks' duration. Now I sniff the coffee and get the exhilaration in a cup of hot water.—*John Burroughs (aged 77), in Ladies' Home Journal, April, 1915.*

## A Victim of Bad Advice

LOUIS ROTH, the Palo Alto tailor who fasted two months in order to cure himself of "chronic indigestion," is dead. He will no longer be troubled by the failure of his digestive organs to do their work. Sometime ago he read a book, "Vitality, Fasting, and Nutrition," written by Hereward Carington, and determined to try the virtues of a prolonged fast. When urged to take food, on the ground that he was endangering his life, he refused, saying he should eat when his appetite returned. Of course, his appetite did not return.

Professor Swain, of Stanford University, who watched Roth during the long fast, says that death was not unexpected; that the insidious sophistry of the book he had read had wormed itself into his imagination, and that the book is dangerous. It must be said that Professor Swain's language is very temperate. It is still true that the lawyer who takes his own case, generally has a fool for a client, and that the man who undertakes to repair his internal machinery has a fool for a patient. That is especially true of a person who goes into a long fast with the idea that it will be time enough to eat when his appetite returns.—*San Francisco Star.*





# NEWS NOTES

**Preventive Inoculations.**—It is reported by the German medical periodicals that the inoculation of troops against typhoid fever and cholera has been effectual. No epidemic of either of these diseases has occurred.

**Deported for Causing Death With Wood Alcohol.**—Nicolas Carolis was deported to Greece in April because ainsette, manufactured by him from wood alcohol, had caused the death of three men and blinded two others.

**Held for Misuse of Mails.**—Charged with conducting wholesale medical swindles through the mail, two New York physicians, trapped by postal inspectors, were arrested and held in \$2,500 bail each. They advertised to diagnose and treat disease by mail, requiring payment in advance.

**Plague Rat Found in Shipping Box.**—On opening a large box of plants from Yokohama, the State horticulturist of Washington found a rat in the dirt in the bottom of the box, which, being sent to the laboratory of the Public Health Service, proved to be infected with plague.

**To Keep Drugs From Prisoners.**—The construction of the Tombs, the New York City prison, is to be changed so that the visitors will be kept separate from the prisoners by a thick iron netting. It is hoped that this change will prevent the smuggling of drugs and the aiding of prisoners to escape.

**Drug Victims Seeking Relief.**—On account of the State and federal drug laws, many drug users, being unable to obtain their accustomed narcotics, are applying to the hospitals for relief. The Metropolitan Hospital of New York City, for instance, receives an average of thirty applications a day for treatment for drug addiction.

**Improving the Quarantine Service.**—Owing to the greatly increased danger that typhus or other epidemic diseases from the war zone may be brought into this country, the government is increasing its vigilance at the immigration ports, and steps are being taken to place all the immigration stations in the hands of the federal Public Health Service.

**Work of Rockefeller Foundation in China.**—The Rockefeller Foundation has determined to undertake the improvement of medical and hospital conditions in China, the work being placed under the China Medical Board, organized for this purpose. Aid will be given to the medical schools, which at present are poorly equipped for their work, and the staffs will be strengthened in the hospitals. Chinese medical students will also be helped to continue their studies in other countries.

**No Consumption Cures.**—After careful investigation of many so-called consumption "cures," the Department of Agriculture reports that it has been unable to find a single case that can in any sense be considered a cure from any of these advertised remedies. There are some that relieve distressing symptoms, usually by the use of some narcotic, but that is all that the remedies accomplish.

**Serbia Lacking Physicians.**—Serbia has sent an urgent call to the Allies to send physicians to help control the epidemics of typhus fever, smallpox, and relapsing fever now raging in the Serbian armies and among the civilian population. There have been many thousands of victims of typhus fever. The American Red Cross and the Rockefeller Foundation have organized a sanitary commission to aid in the control of the Serbian epidemics.

**Control of Typhus Fever.**—The Germans have prevented the spread of typhus fever by the strict segregation and isolation of the Russian troops, though several of the German doctors who were in attendance on the Russian troops have contracted the disease and died. The railway cars which come over the border from Russia are thoroughly disinfected and *dis-insect-ed* before they are used, as it is known that typhus is transmitted by means of the louse.

**The Antituberculosis Campaign.**—A movement is to be inaugurated by the Association for the Study and Prevention of Tuberculosis to secure better cooperation from physicians and nurses. The effort has been made to have introduced in the medical colleges and nurses' training schools a course of clinical instruction on tuberculosis. It is desired to have physicians make earlier and more accurate diagnosis of tuberculosis, and to show nurses how they may be of service in consumptive cases. The medical colleges and nurses' training schools have expressed hearty approval of the plan.

**No More Overcrowded Cars.**—What the public service commission failed to do, the department of health of the city of New York has done so effectively that it has not ceased to be a source of amazement to New Yorkers, if we may believe the *New York World*. The railway companies have accepted the regulations against crowding; and though they do not empower employees to force passengers off the cars, they have ordered that cars loaded in excess of the regulations shall not be moved until the number is properly reduced. It is left for the traffic police to decide who shall get off the cars. The regulation permits only one half as many passengers standing as are seated.



**Prize for Social Hygiene Article.**—A prize of one thousand dollars, provided by the Metropolitan Life Insurance Company, is being offered by the American Social Hygiene Association, 105 West Fortieth Street, New York, for the best manuscript for a social hygiene pamphlet for adolescents. The winning manuscript is to become the property of the Metropolitan Life Insurance Company. The contest closes July 31, 1915, at midnight. Any manuscript received later will not be considered. Any one desiring further particulars regarding the contest should address the association as above.

**Food in War Time.**—Dr. Robert Hutchison, speaking on the subject of economy in the matter of diet during the war, said that there are a hundred ways of nourishing the human body, and that all might be right. He did not think that as a rule the people of England overeat. On the contrary, many of them are underfed. He did not believe that it is necessary to advise people to eat less, as would be necessary in a besieged city; but a saving might be made by not buying the more expensive kinds of food. The most expensive part of the diet is the protein which is consumed largely as meat. Among the cheaper sources of protein Dr. Hutchison suggested fish, cheese, milk, peas, and beans. Even to the rich, he would say, "Eat less meat." Certainly it had been shown that for a number of months people had done very well without much meat.

**Turpentine Kills Lice and Other Vermin.**—A German authority says that an experience of seventeen years has demonstrated that purified turpentine oil in spray kills lice and their eggs and all kinds of vermin. Purified turpentine does not stain the clothing nor irritate the skin, and is not toxic to man if there is sufficient ventilation. It is cheap, and is not so inflammable as benzine. It may be sprayed over the hair, after which a flannel cloth dipped in turpentine may be tied over the head with a towel. In the morning there will be no live vermin. An ointment may be made containing from fifty to sixty-five per cent of turpentine, and may also be used to advantage as a vermin destroyer.

**Sulphur Repels Vermin.**—It had long been observed that workers in the sulphur mines in Italy did not contract malaria, though the disease was rampant in the vicinity. Later it was observed that the reason for this immunity was that the sulphur fumes drove away the mosquitoes. Advantage has been taken of this fact by dusting the underclothing of soldiers with precipitated sulphur. In contact with the perspiration, this forms minute quantities of sulphureted hydrogen, which seems to have the property of driving off all vermin. Sulphur, by driving off mosquitoes, fleas, and lice, should be a reliable protection against three dread diseases—malaria, bubonic plague, and typhus fever. It requires a period of twenty-four hours for the sulphur to develop sufficient sulphureted hydrogen to be effective.

# 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.



**Editorial Honor.**—The Oskaloosa (Iowa) *Times* has determined to adopt a policy by which all advertising for patent medicines shall be refused. No more contracts for patent medicine advertising are to be entered into, and as rapidly as possible those now carried are to be discontinued. In explaining itself, the *Times* says: "The *Times* hasn't time to investigate all medicines that offer their advertising, and determine their value. The best way and most effective is to refuse space to them all." This is simply business honesty. It means that the publishers do not intend hereafter to accept money and in return give the advertisers the privilege of deceiving the subscribers and patrons of the paper.

**New Medical Practice Act.**—Tennessee has heretofore had no requirement that physicians should be graduates in medicine, but now an act has been passed providing that applicants for medical license shall be graduates from reputable medical colleges; and those graduated in 1919 and thereafter must have had at least one year's preparatory college work. Colorado and Massachusetts are now the only States not requiring that applicants for medical license shall be graduates in medicine, and the Colorado State Board of Examiners has such stiff examinations that undergraduates rarely pass. Massachusetts, the center of learning in America and the home of the Harvard Medical School, would seem to be in need of some revision of its medical practice laws.

## Amerika Esperantisto

*A Monthly Magazine of*

THE INTERNATIONAL  
LANGUAGE, ESPERANTO

\$1.00 YEARLY

*Send 10 cents for sample copy and receive*

**FREE**

"A Glimpse of Esperanto" with  
interesting information concern-  
ing this world movement

THE AMERICAN ESPERANTIST CO.,  
[Incorporated]  
Sta. H, West Newton, Mass., Usono

# Washington (D. C.) Sanitarium



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

Send for Prospectus to the

**WASHINGTON (D. C.) SANITARIUM**

Phone Takoma 127

Takoma Park, WASHINGTON, D. C.





**The Partition of Poland** was one of the greatest tragedies in History. It was accomplished by the three monarchies, Russia, Austria and Prussia, represented in this illustration by the three crowned eagles. Poland is shown by the fallen soldier, the flag of his country trailing in the dust. The Goddess of Liberty is defending the soldier, trying to beat back the crowned powers. The burning fire brands, the battered walls, the broken cannon, the burning cities in the distance, all serve to illustrate this event. This illustration from Ridpath's History is only one of 2,000 in the complete work and illustrates but one event of all the thousands in the world-famed publication,

# Ridpath's History <sup>OF</sup> THE World

WE will name our special low price and easy terms of payment only in direct letters. A coupon for your convenience is printed on the lower corner of this advertisement. Tear off the coupon, write your name and address plainly and mail. We do not publish our special low price for the reason Dr. Ridpath's widow derives her support from the royalty on this History, and to print our low price broadcast would cause injury to the sale of future editions.

## Six Thousand Years of History

RIDPATH takes you back to the dawn of history long before the Pyramids of Egypt were built; down through the romantic troubled times of Chaldea's grandeur and Assyria's magnificence; of Babylonia's wealth and luxury; of Greek and Roman splendor; of Mohammedan culture and refinement; of French elegance and British power, to the dawn of yesterday. He covers every race, every nation, every time and holds you spellbound by its wonderful eloquence.

## 46 Page Booklet FREE

WE will mail our beautiful forty-six page free booklet without any obligation on your part to buy. It will show Ridpath's wonderfully beautiful style. He pictures the great historical events as though they were happening before your eyes; he carries you with him to see the battles of old; to meet kings and queens and warriors; to sit in the Roman Senate; to march against Saladin and his dark-skinned followers; to sail the southern seas with Drake; to circumnavigate the globe with Magellan. He combines absorbing interest with supreme reliability, and makes the heroes of history real living men and women, and about them he weaves the rise and fall of empires in such a fascinating style that history becomes as absorbingly interesting as the greatest of fiction.

**USE THIS COUPON** →



**FOLD HERE, TEAR OUT, SIGN AND MAIL.**

2  
14  
**FREE COUPON**

Western Newspaper Association  
H.E. SEVER, Pres.  
140 So. Dearborn St.,  
CHICAGO, ILL.

Please mail, free, 46-page sample booklet of Ridpath's History of the World, containing photogravures of Napoleon, Queen Elizabeth, Socrates, Caesar and Shakespeare, diagram of Panama Canal, etc., and write me full particulars of your special offer to Health and Temperance readers.

NAME .....

ADDRESS .....

**Health and Temperance**

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



# ST. HELENA SANITARIUM

---

---



*Portion of Main Building*



*Hospital*



*Lucene Cottage*

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

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

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

Apply for beautifully illustrated booklet "E."

---

---

Address

**THE ST. HELENA  
SANITARIUM**

Napa County

Sanitarium - California

---

---