

HEALTH & TEMPERANCE

THE NATIONAL HEALTH MAGAZINE



August

1915

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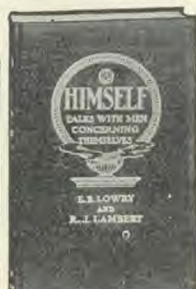
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MISS ANNE MORGAN

The daughter of the late J. P. Morgan has recently opened a camp for working girls in the Sterling Forest, Greenwood Lake, N. J.

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No. 8

HEALTH & TEMPERANCE

THE NATIONAL HEALTH MAGAZINE.

AUGUST
1915

Continuing LIFE AND HEALTH

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

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

The Struggle of the Ages

A LARGE section of the civilized world is in the throes of a hand-to-hand grapple with death. It is preeminently the struggle of the ages, compared with which all previous wars sink into insignificance. And while we had come to think, some of us, that heavy armament was a guaranty of peace, the nations were feverishly adding battleship to battleship, fort to fort, legion to legion. The ingenuity of man has been taxed to devise mightier instruments of destruction. Not content with the old methods of attack and defense on land and sea, the nations are staging their encounters in the air and under the sea. While these new methods of making war more frightful were being perfected, the nations were one and all protesting that they desired peace; and now no nation will assume the responsibility of starting the present conflict. No one can say for a certainty what it is all about, and no one can point to any lasting good that will come from it.

What is it all for? What good will result from the immolation of millions of lives and the destruction of billions of property? The resources of the world and the means of increasing them are limited. How long will it take to restore what is now being wasted at the rate of millions of dollars a day? What good will be accomplished that will justify the vacancies at myriads of firesides, and the heritage of debt and poverty that will be saddled on the backs of the survivors and those who follow them?


Is man so constituted that he can find no better method of settling his disputes and misunderstandings than by a sacrifice of the lives and property of those who did not make the quarrel? Formerly the feudal baron had his retainers, whose rentals constituted his income, and whose lifeblood was his protection and his instrument of offense against his neighbor barons. Is the present method of settling the disputes of rulers by destroying the common people an advance over feudal methods?

But there is a brighter side to the picture — the relief organizations working in the wake of all the armies, to save life, to restore health, and to prevent the dissemination of disease. We give in this issue a few illustrations of this phase of the war.

INDUSTRIAL ACCIDENTS

Charles Theo. Cutting, M. D.

Dr. Cutting is medical director of the Pacific Coast Casualty Company, medical referee of the Fidelity Mutual Life Insurance Company, and Pacific Coast member of the Life and Health Conservation Committee of the World's Insurance Congress.

 F those engaged in casualty insurance, who is not familiar with the Monday morning accidents? How well we know that the day following a holiday will surely bring claims. Monday is the day for the dropping of rails, for the laceration of fingers, for the fracture of arms. Not only do we know this, but we expect it, because experience has taught us that King Alcohol, reigning supreme over Sunday and the holiday, produces in the workingman unsteady nerves and sluggish circulation, vertigo, and many other conditions which render him unfit for dangerous duties.

Carry out this thought a little further and we find that any physical or mental condition which disturbs the normal equilibrium of the body renders one prone to accident, be it crossing the street or in pursuit of the ordinary occupation. Rather a strong argument, is it not, for the employer to take a little thought as to the moral and physical status of those in his employ?

Of course, these defective men and women should not be barred from earning their livelihood, but is it not true that seventy-five per cent of the ills of mankind are purely functional, not organic? Great physicians and men of science tell us that this is true, and they present complete statistics to back up their statements. Then why not see that the functional disturbances are corrected? Where such exist, the use of alcohol makes the condition ten times worse. Here is where health education comes in. Some functional disorders become organic in

time. Many organic diseases can be arrested in their early stages. Why not at least try to prevent this waste of life? An astonishing decrease in the accident ratio will be the result.

Probably a large percentage of the physical defects are due to the improper habits of life. Why not tell the wage earner how to correct them? Often defects are not known to the victim. Why not find it out and tell him? If the eyes are wrong, put them right. If the hearing is defective, find the cause and correct it. If the blood pressure is high, lower it before the blood vessels become hard and serious damage is done. If tuberculosis is just beginning, discover it and remove him from not only danger to himself but to others. If he has syphilis, put him where he is not a menace to every one with whom he comes in contact. If he is a chronic alcoholic, dispense with his services, for such men are never efficient, and the employer is losing money every day he employs them.

Rather strenuous suggestions, but we are fast coming to just such an order of things, and nothing is hastening this faster than the present workmen's compensation laws and the responsibility which has been placed upon the employer by such laws. Compensation insurance has come to stay. If not just as we find it today, in some form or another it will remain with us, and, rightfully worked out, will solve for us many of the serious economic problems of this day and age. Safety first; yes, but look to "the man behind the gun."



THE SIMPLE LIFE AND ACTIVITY

Alden Carver Naud

IT was a peaceful retreat—that log cabin at the border of the wilderness. Before it the waters of the lake sparkled in the sunlight, and at the background the pine trees lifted their dark, lofty plumes in imposing grandeur. There was a clearing around the house that stretched along a gentle slope and rambled off along the plain beside the lake shore. From overhead the sun smiled down upon the scene, which was typical of repose.

The general effect was soothing and conducive to tranquillity. With this environment one felt at peace with himself and the world, and strangely at one with the Creator, who looked upon his work and saw that it was good. At first one felt that the scene symbolized perfect and eternal lethargy. But as the surroundings grew more familiar it was found that the first impression was erroneous, for the entire scene was teeming with myriads of activities. Waves were beating ceaselessly upon the glistening sands of the pebble-strewn beach; tiny fish darted constantly hither and thither through the transparent waters; the pine trees were bowing constantly to the breezes that visited them, and a multitude of birds and tiny creatures of the woods hastened tirelessly about in the alternating sunlight and shadow. From the direction of the distant village came the thunder of a passing freight train. A little child played in the clearing behind the house, and a man was cultivating corn in a near-by field. From a beehive near the cabin ascended a continuous droning that made a pleasant accompaniment for the hum of a sewing machine indoors.

No, it was not a scene of lethargy and inertia. The tranquillity came from a harmonious blending of the agreeable elements of the picture. Here, indeed, it seemed that all things worked together for good.

Investigation showed that this was the truth. The owner of this snug haven

proved to be a man of large mental caliber, forceful and vigilant. He possessed unusual ability, was a power in his community, and went forth, a man's man, to do a man's work in the world. The woman was an able helpmeet for her husband, tireless, painstaking, and efficient. Because they lived rationally, with an abundance of good air, bright sunlight, and pure water, they were healthy and happy. Their sound physical health was a strong factor in making their lives broad, clean, and worth while.

The backwoods home was filled with the best books and current literature. There was music in the cabin and a few good pictures and other works of art.

Because the father and mother were not giving the major portion of their time and attention to the absolute necessities of life (there was no rent to fall due here, nor fuel bills to worry over), more consideration was given to the children, and their manners and morals developed in proportion to their mental and physical growth. Here this competent man and wife reared a large and interesting family. The children at maturity one by one went forth from that peaceful home to places of trust and eminence. Every one of them had imbibed the spirit of the early home. They lived big, beautiful lives.

It seems almost indisputable that this simple life was eminently good, that it developed brawn and brain and kept both at a high grade of efficiency. Yet there are many who would jeer at this manner of living. There are those who prefer the nerve-destroying version of the strenuous life, and live in a tumult of noise and commotion, who choose bustle, confusion, worry, and din, and at the same time wonder that they do not make greater progress in life. They never mistrust that perhaps, after all, the better things of life are passing them by.

Quiet and simple dignity of surroundings are more conducive to real power

than the hurry and worry system. The dynamo is more effective than a high-pressure gasoline engine.

Whether in rural or urban atmosphere, there are a few principles that must be observed by those who would be capable and powerful.

Every one owes it to himself and the world to conserve his energy for the important features of life. And there is something of importance in every man's life. Some one has said that a man's work is born with him. To this has been added: "Man's first problem is to find out his work. When a person realizes that he has a definite mission on earth, he should conscientiously endeavor to fulfill that mission with the least possible amount of dissipation of energy. This is best accomplished if one can live without turmoil or confusion.

One should strive to be strong and purposeful despite distracting environments.

Very frequently there is a loss of en-

ergy through too much talking. It is surprising how much time is wasted each day in useless chatter, and how much thought power is weakened and distracted by needless conversation. One of the prime requisites of deep sincerity of living is that one should find a place and a time for soul communion with himself. Most persons give over their opportunities for quiet meditation to vapid talking, forgetting that "silence is the element in which great things fashion themselves together."

Another foe to the worth-while simple life of activity is too much amusement. Recreation is good, and both body and mind require a certain amount of it in order to recuperate and to ward off staleness. But those who live in a whirl of excitement and fervent animation in their attempts to find amusement are often defeating their own purpose. The dance hall, Coney Island and kindred resorts, all too soon become a bore. Artificial lights and the accompanying glam-



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A BATH TRAIN FOR THE GERMAN ARMY

The train moves from one part of the front to another, giving the men on the firing line an opportunity to renew their acquaintance with one of the most prized of home comforts.

our of gilded restaurants, with their gay throngs and tinkling of musical instruments, in a remarkably short time grow distasteful. It is not this sort of activity that rounds out the physical and psychological man. The activity that really counts is the strenuous employment of mind and muscle in things that stand for advancement and progress, in the things that make for the comfort of individuals or the masses, and for the betterment of humanity, personally or collectively.

When one can work hard with hand, heart, or brain, eat wholesome food, and sleep well at the close of day, he is traveling on the highway that leads direct to the kingdom of repose.

It is not necessary to seek out the desolate places of earth to find a location where one can unite the simple life with the life of constant activity. Nor need one go to the busiest marts of the world. The strong and resolute can create an oasis wherever they choose. But some-

how where fire engines alarm, and clanging street cars annoy, where men jostle one another heedlessly, and remorselessly pursue the dollar that will pacify a long-suffering landlord or cajole a threatening groceryman,—well, in such environment it is difficult to refrain from indulging in a complexity of life that tears down faster than the average person can build up.

It is far easier to live the simple life when the environments suggest peace, beauty, and quiet; where one can breathe deep without filling the lungs with the smoke and dust of municipalities.

God made the country, and it is there that man can best husband his strength and renew it daily from contact with the earth.

In the secluded places of nature are the elements that make healthy minds in healthy bodies; where one can breathe deep and think deep and feel the deeper emotions.



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"WASSERWAGEN"

This is the tank car supplying water daily for the baths for a large number of soldiers. Temperance folk should not attach too much significance to the fact that this train carries a "water wagon," for there is no water wagon in the American sense in connection with the train.

NEW DISCOVERIES ABOUT SUNSTROKE AND HEAT STROKE

Dr. Leonard Keene Hirshberg, A. B., M. A., M. D. (Johns Hopkins)

PREVIOUS to some recent discoveries, the victims of heat stroke and sunstroke were immediately put in a cold bath, surrounded with ice, and given other heroic treatment. The newest researches show that it is irrational to pack a person ill from a heat stroke with still cold water or ice.

The plan now adopted was proposed by nonmedical men in a Pennsylvania iron foundry, where heat prostrations are comparatively frequent.

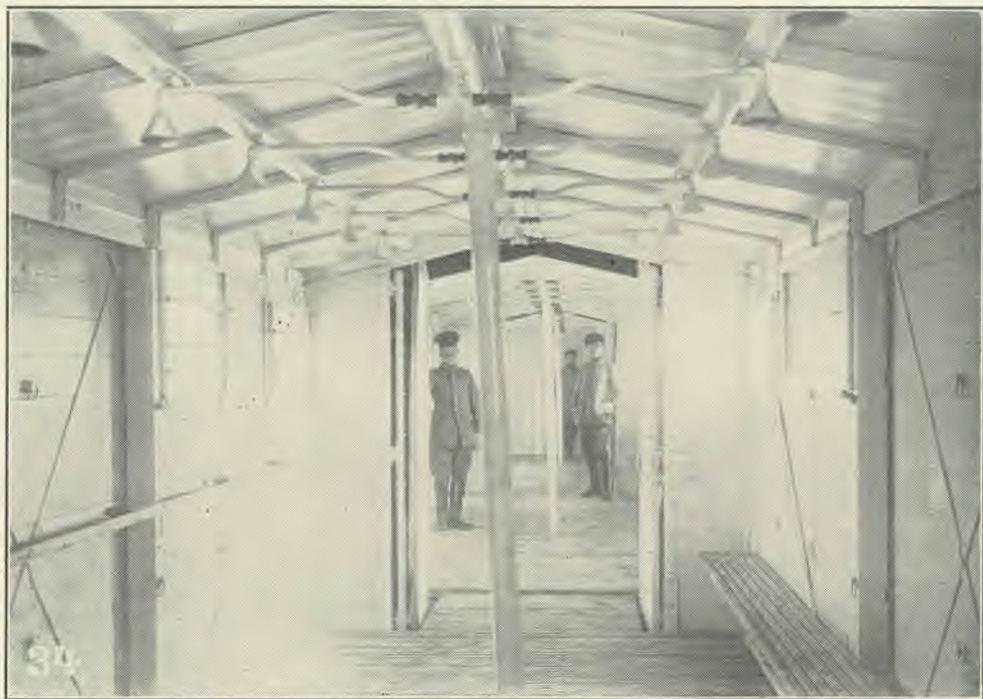
An ordinary garden hose with a sprinkler nozzle is attached to cold tap or spigot water, and this is squirted under pressure upon the ashy pale, alabaster skin of the afflicted person.

Crushed ice is gently and carefully placed in the mouth, and the intestines are flushed out with ice water, while ice

bags are placed on the head. Simultaneously, the streams of the sprinkler whip up and spur the white, waxy flesh until the blush of returning blood indicates that the sufferer has been rescued from a possibly fatal outcome.

At the seashore, in city streets, and in other everyday places where the summer sun beats down unmercifully upon the poor and the overfed, the weakling and the strong man, the ordinary flower sprinkler will answer temporarily. The nozzle of a shower bath syringe may also serve as a life-saver.

Although no specific medical evidence is available as yet to confirm this, the superintendents and workers in sugar refineries, foundries, and machine shops, where deaths from heat stroke formerly were frequent, are convinced that a great



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THE SPRAYS

Fifty soldiers can bathe in this train at one time. A large number of soldiers are accommodated in a few hours.

many lives are now saved by this new method of treatment.

The words sunstroke and heat stroke are applied carelessly to a variety of accidents which occur when the summer heat and humidity are high. Curiously the very persons—the aged, the heavy eaters, the thick set, the decrepit, the weaklings—who are likely to freeze to death or otherwise succumb to low mid-winter temperatures, are also those who fall victims of “heat exhaustion,” “sun faint,” or “sunstroke.”

Plainly the reasons which underlie these are not far to seek. Any excess which overtaxes or debilitates the human tissues is likely to unbalance the nicely adjusted mechanism of the body. The automatic arrangements of nature, which make man so adaptable a creature that he can fly from the Indus to the pole, from the seashore to the tops of the Himalayas with their varied degrees of cold and heat, depend upon a rapid and easy

adjustment between the perspiration, the fluids of the body, the moisture and vapors in lungs and throat, and the surrounding air.

In health these work to perfection, and the living tissues always register the same temperatures, whether one lives in Halifax or Havana. On the instant, however, that one begins to overeat, to lead a sedentary, inactive life, or becomes too enthusiastic a winebibber or beer guzzler, that moment the automatic adjustment may begin to fail.

If, then, you happen to be living a life in even temperatures, no trouble may follow. If, however, your flesh is abruptly called upon to withstand high July or August heat, or you are called on to work near crucibles of liquid iron, a serious mishap, such as a heat stroke, may smite you hip and thigh.

The mild types of “all in” feeling, described on hot, humid days by many persons, is a sort of heat prostration,



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A TYPHUS PATIENT

Serbian hospitals are overcrowded with typhus patients, there being two and three patients in a bed, and some on the floors. The picture shows a typhus patient at house entrance, waiting to be removed.

partially but not wholly taken care of by the automatic anatomy. Tight garments, suits of dark clothes, starched shirts, corsets, overeating, alcoholic indulgence, and too quiet a life cause this kind of exhaustion.

Men should wear white or pale straw colored — Palm Beach shade — suits and hats. More men than women succumb to heat prostration, because men wear blue and black clothing, felt hats, and derbies. Women usually wear white dresses, go bareheaded, wear white hats, or carry white parasols.

Men who wear light straw hats, white duck or Palm Beach suits, and loose, unsuspended clothing, rarely fall victims to the heat. Men who carry dark umbrellas, wear derby or dingy felt hats, unless they work hard with their muscles to induce the cooling effects of evaporating perspiration, are frequent sacrifices to idiotic customs and fashions.

Tight lacing, close-fitting suits, and

skin-clinging underwear induce heat strokes by interfering with evaporation and heat radiation from the skin. Moreover, the pressure on the sweat pores and the small blood capillaries causes an ashy, shrunken, inactive skin, and interferes with the functions of its glands. In so-called fainting, or syncope, this is exactly what happens.

At the first signs of a fainty feeling, shortness of breath, rapid pulse, or palpitation, one should lie flat on his back, with the head even a little lower than the shoulders. Tight shoes (leather shoes should never be worn in summer or in midwinter, but should be replaced by white canvas shoes) must be removed, and the skin of the hands, feet, arms, ankles, and face stimulated until they blush. Usually, rubbing will do this. The inhalation of ammonia vapor from salts or otherwise, the use of nitrate of amyl vapor, or even the inhalation of steaming water vapor, the elevation of



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STATION FOR THE DESTRUCTION OF INSECTS

This is a place where German soldiers take their uniforms to have them cleaned and *disinsected*. This is not only for the comfort of the soldiers; for it is the body louse that transmits typhus fever.

the legs above the head level, with hot water bags at the feet, the nozzle spray in the face, and crushed ice in the mouth, will quickly restore the victim of this mild kind of heat exhaustion to normal health.

Such embryo assaults are nature's red flags flashed at one to beware. True heat stroke is much more serious. Even if the sufferer is so fortunate as to escape with his life, the aftereffects may be severe. Indeed, if not correctly treated at the time, heat stroke or sunstroke leaves the affected one afflicted more or less all the rest of his days.

Strange to relate, although men are more susceptible than women, those who work at hard labor or athletics escape; while the sleek, fat, and comfortable liverers are the unhappy victims. The toll among moderate drinkers, heavy eaters, and those who love to sit in windows,

on porches, or in cafés, is extraordinarily high.

To seek to assuage either heat or thirst with cold beer, whisky and ice, or fancy drinks is an error and an indiscretion that often proves most costly. Bulky, sauced, and rich food also plays the heavy part in the sunstroke drama.

Men with congested faces, thick necks, double chins, and ponderous abdomens, ought to be very careful in their eating. See to it, if you are so endowed, that your skin perspires easily, that your intestines are active, that there is no clogging of the flesh machinery by too much food. Remember that the skin must never be sodden and scarlet from inactive veins, or ashy pale from too active a system of small arteries and capillaries. The natural pinkish, flesh hue alone means you are in no danger of heat stroke.



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OPEN-AIR HOSPITAL

Some of the Canadian wounded cared for in the open-air hospital of Mrs. Astor, at Clifden Hall.

INEXPENSIVE VACATIONS

Edythe Stoddard Seymour

THERE is no adequate excuse, not even poverty or "hard times," for remaining steadily at home with never a change, for without the expenditure of a cent, one can at least take a walk to some interesting spot within convenient distance so that the trip will not be exhausting.

But it is not enough to take the walk. One should go with eyes open and head erect, invigorating the lungs by deep breathing, and at the same time charging the blood with its full quota of life-giving oxygen. To lag along listlessly with head down and the mind working at business or home problems is to lose practically all the benefit of the walk.

Home-loving persons who have got into a rut dread to start out for an outing, but if they will try it, they will find that the change will act as a tonic, and will furnish them something else to talk about besides neighborhood gossip and family matters. Often when housework has become monotonous, and I am wearied from my work, I find that because of lack of interest I am accomplishing little, and I start out, pushing the coach with two plump babies; and the little trip gives me renewed vim and interest in everything; for I see much to divert and

stimulate my mind — the grand old trees, the birds, the fields of green, the motor parties, the buildings of various types, the boys and girls, all add their share to the enjoyment of the hour, and though I return foot tired, I am refreshed in spirit, and am ready to take up my home duties with renewed enthusiasm.

A ride into the country by boat, trolley, wagon, cycle, or car need cost but little, and affords a great variety of scenery — farmhouses, woodland, orchards, grainfields, hills bordering streams, valleys, brooklets winding through fields, shaded roadways, all add to the interest of the well-spent hours.

I love such country trips, but recently my husband and I have taken Saturday night trips into the heart of the city after the little ones were put to sleep and left in charge of the older ones. These trips were long, using two car lines. Arriving in the business section, we walked a few blocks, then took the car home, having some refreshments at the end of the first line back; and near midnight, when the air was cool enough and we were tired enough to sleep well, we arrived home, having made the week-end trip for a total outlay of seventy cents.

Philadelphia, Pa.



ON THE LAWN OF THE WASHINGTON SANITARIUM

SCHOOL of HEALTH

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

SWEETS

THE organic foodstuffs are classed as proteins (or tissue-building foods), fats, and carbohydrates. The carbohydrates include the starches and the sugars, and in the body are all largely converted into grape sugar or fruit sugar. Sugars are nearer the stage of complete conversion than starches, and so are partly predigested. Sugar is one of the essential foods. Heat is generated and muscles contract as a result of the burning of sugar. About three fourths of the food of man is carbohydrates, which are all converted in the body into some form of sugar.

This being the case, would it not be an advantage in the saving of digestive energy to take the carbohydrates largely in the form of sugar? Why should a food which consists of nutritious material in a form needed by the body, and which is already partly digested, be injurious? Why is it, if sugar is injurious, that almost every one has an instinctive liking for sweets?

These are some of the questions that confront us as we study the relation of carbohydrates to the diet. Sugar is nearly one hundred per cent nutrition, is easily changed into the form demanded by the body, is used constantly in the production of energy, and yet we are warned against its use. How can a food that contains nothing but nutritive matter and is almost ready for absorption be an injury to the system? The answer to this paradox may be understood if we consider a few facts in physiology and physiological chemistry.

When starch is eaten, it is converted very gradually into malt sugar, and finally into grape sugar. The process is slow enough to permit the absorption of

the grape sugar almost as fast as it is formed, and in fact much of it is absorbed as malt sugar, being changed to grape sugar either in the blood current or in the intestinal walls. This immediate absorption allows no opportunity for fermentation. When sugar is used in large quantities, as in candies, it remains for some time in the stomach and intestines before absorption, allowing opportunity for fermentation to take place. Moreover, sugar in concentration is an irritant to the stomach walls. So we often have "sour stomach" as a result of eating sweets, the sour stomach being possibly due not entirely to the fermentation acid, but to the irritation of the stomach walls and the consequent excessive secretion of hydrochloric acid.

Sugar being a rich food, its use ought to be accompanied by a corresponding diminution in the amount of other carbohydrates eaten; but as a matter of fact, sugar calls for the eating of more starchy foods than if the sugar were not present. Puddings, pastries, cakes, etc., would "go begging" if it were not for the sugar they contain. The food thus eaten simply because it "tastes good" is likely to be a burden to the system, possibly clogging the liver, and resulting in colds, catarrhs, "bilious spells," rheumatic symptoms, etc. If the fuel is put in in excess of the draft, there is the chance that part of it will be only half burned, and the liver and kidneys will have to suffer as a result of their attempt to rid the system of the clinkers.

Sugars in a diluted form, as found in fruits, will not have this effect; but concentrated sweets as ordinarily used are likely to be a source of more or less mischief.

The attempt has been made to attribute all sugar evils to the use of cane sugar; but this cannot be truthfully done, for the same criticism that is made against cane sugar holds against any of the other concentrated sugars or sirups or candies of whatever origin or make. There is no sirup, whether made from cane or from grains, which can be used in unlimited quantities without harm. Any statements to the contrary probably come from the advertising room of some interested manufacturer.

Concentrated sweets may be used to a limited extent by normal persons without harm, provided the starches are correspondingly diminished. A reasonable amount of sugar added to sour fruit or to fruit in canning is not necessarily an injury. On the other hand, it must be remembered that there is no "health sirup" or "health candy" in the true sense of the word. All these foods must be used sparingly, regardless of what interested manufacturers may say to the contrary.



HEALTH HINTS

W. H. Addis

Will

WILL to be well; the exercise of the will stimulates to activity every organ of the body.

Air and Exercise

TAKE abundance of fresh air, especially in your sleeping room at night.

Stand, sit, and walk erect, with the chest up and chin held in, and practice full, deep breathing through the nostrils, not through the mouth.

Bathing

TAKE a full bath in moderately hot water with soap, followed with cold water and a vigorous rub, once or twice a week, for cleanliness. Do not neglect to finish the bath with cold water to give vigor, close the pores, and insure against taking cold.

Take a cold plunge every morning, or a cold sponge or towel bath, wipe dry, and then induce a perfect reaction or warm, healthy glow by a friction rub with a coarse Turkish towel.

Proper Clothing

NEVER expose yourself by wearing too little clothing; but do not form the habit of bundling to keep warm. Keep the chest and extremities well protected.

Do not retard the circulation of the blood nor the natural development of the body by wearing tight-fitting garments. Suspend the clothing from the shoulders, leaving the waist and hips free.

Temperate Habits

Do not engage in harmful amusements, nor keep late hours, nor form habits that weaken mind and body.

Never indulge in spirituous or malt liquors, or tea and coffee, or tobacco, or hog products of any kind.

Foods

WITH proper substitutes, it is best to abstain from flesh meats.

Have regular meals of wholesome, nutritious, well-prepared and well-cooked foods.

Give attention to the right combination of foods.

Take good care of your teeth.

Good Cheer

Do right and have a clear conscience, be cheerful and enjoy life.

Never give place for a moment to anger, worry, or gloom, or to thinking or speaking ill of others.

Cultivate friendship. Be broad-minded and generous in your estimate of people whom you do not like, if there are any such.

"He that is of a merry heart hath a continual feast."—*Solomon*.

Excluding Selfishness

THINK little of self, but much of the welfare of others. Devote your life and means to the good of humanity. Connect this life with the life and world to come.

Life and Body

"**LIFE** is the happiest gift of God, and the human body the masterpiece of his handiwork. It is perfect in design, and wonderful in construction. Carelessness, aided by ignorance, is responsible for most of its diseases and defects. A regulated system of health would astound mankind with results both marvelous and enjoyable."—*Hale*.

HOME COOKING SCHOOL



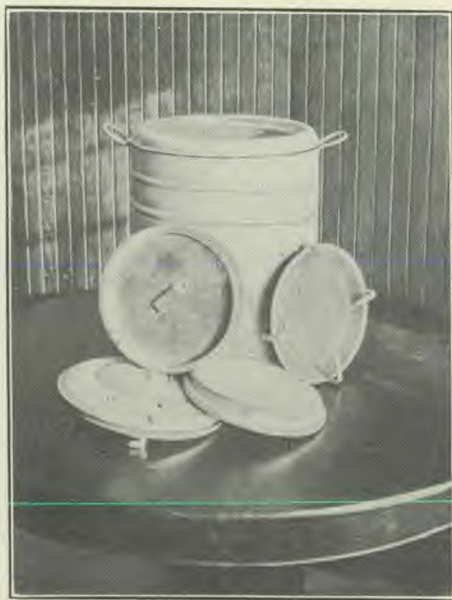
HOW I MAKE AND USE A FIRELESS COOKER

George E. Cornforth

THE fireless cooker which I shall describe is a very crude one such as I have improvised on different occasions to use as an aid in cooking in camp. But it will serve to illustrate the principle upon which a fireless cooker is constructed and the method of using it, and may suggest to the reader a way of making a nicer one for use in the home if it is not desired to buy a ready-made one, of which there are many styles. And, of course, a factory-made fireless cooker will hold the heat a little better than a homemade one, because those are constructed so that all parts fit together closely, and are so made as to hold the heat as perfectly as possible, some of them having two soapstones, heated and placed one in the bottom beneath the food and the other on the top above the food. Other fireless cookers have gas or electric connections to heat the food or to reheat it after it has cooled too low to continue cooking. The principle upon which a fireless cooker is constructed is the familiar one that some substances, such as hay, "are heating," or retain heat—that is, they are nonconductors of heat. For years

"hay boxes" have been used in European countries for continuing cooking by retained heat; but fuel has been so abundant in this country that there has been no thought of economizing it until recently. The fireless cooker, simply described, is a box lined with a material that is a nonconductor of heat.

Cooking continues in the fireless cooker till the temperature of the cooking mass falls several degrees below the boiling point of water, which is 212° F. In fact, some articles of diet, especially those consisting largely of albuminous matter, are more digestible if cooked several degrees below the boiling point. For instance, the fireless cooker is ideally adapted to the cooking of baked beans.



FIRELESS COOKER

It may be a surprise to many to know that oat starch cooks at 185° F., barley, wheat, and rice starch at 176° F., corn starch at 167° F., and potato starch as low as 149° F. For this reason the long cooking of cereals can be most conveniently accomplished in a fireless cooker.

There are at least six advantages in the use of the fireless cooker: First, it saves fuel; second, it makes some foods more

easily digested by cooking them at a lower temperature; third, in hot weather it eliminates for hours at a time the discomfort caused by the presence of a hot stove; fourth, odors of the cooking food do not escape to penetrate all parts of the house; fifth, no flavors are lost in the cooking, which means an improvement in the taste of the food; sixth, the food does not require continuous care in watching, but after a short preparation it is packed away, to be put out of mind, leaving one free from the care of it till serving time, or, in the case of some foods, to be thought of only at intervals when it will require reheating. Thus it becomes possible "to have the breakfast cook while you sleep and the dinner cook while you work" at other things, for which, otherwise, you might have little time.

Now to describe the making of the fireless cooker, or cooking box. I get one of the large boxes, perhaps four feet long by two and one-half or three feet in width and height, in which some of the camp supplies have been packed. Then I find some hay, sometimes I find the hay packed in layers in bales. I take one of these layers, which may be four or five inches thick, and place it in the bottom of the box. I place other layers against the two sides and the two ends of the box, leaving a hole in the middle just large enough to hold one of my largest kettles. Then I put some hay into a burlap bag and use this to fill the space above the kettle after it is put in. Then when the cover of the box is fastened down, I have an arrangement which will keep a kettle of food at cooking temperature for hours.

To cook cereal for breakfast I start it in the evening. I put the required amount of water into the kettle, add salt, bring the water to a boil, then sprinkle in the right proportion of cereal, using the same proportion of cereal and water that I would use if the cereal were to be cooked in a double boiler. I continue cooking the cereal directly over the fire, stirring it till the cereal has thickened the water and does not settle to the bottom. Then I put the cover on the kettle and

place the kettle in the hole in the hay, putting the bag of hay on top of it and fastening down the cover. In the morning when I begin to get breakfast I take the kettle of cereal out of the box and place it on the stove in a large dish of water to reheat it a little, and it is ready to serve by the time the rest of the breakfast is prepared.

To bake beans I begin in the evening, washing the required amount of beans, and allowing them to soak overnight in cold water. In the morning I drain off the water in which they soaked and wash them again well. Then I add the seasoning and sufficient cold water to cover them and put them on the stove to cook. I allow them to cook for perhaps an hour, or until they begin to get tender; then I put them into the hay box. About noon I take them out of the box and put them on the stove to reheat. It only requires a few minutes to heat them to boiling again. This reheating can be done by just a few minutes' use of an oil stove or gas stove. I then put the beans again into the box. In the evening I reheat them again. In the morning I again take them out of the box and reheat them, and it is surprising to find how hot the beans are and how little time is required to bring them to a boil, so much heat having accumulated in the box the day before. After reheating this time I place the beans in the box, and at noon we have them for dinner. I have sometimes been surprised to find on taking the beans from the box the last time that they are so brown on top as almost to have the appearance of having been scorched, and they have the good, brown, baked-bean flavor. I imagine they must have a flavor somewhat similar to beans baked in the old-fashioned way in a hole in the ground, which, I have heard people say who have tasted them, is the most delicious way of baking beans.

To stew prunes, I wash them well in the evening and allow them to soak overnight in cold water. In the morning I boil them for perhaps fifteen minutes, then place them in the box. In three or four hours I reheat them, and at the end

of another three or four hours they are found to have a rich, delicious flavor. Perhaps not every one knows that prunes have a much richer flavor if they are cooked slowly for several hours till the juice is rich and sirupy. If sweet prunes are used, sugar will be found superfluous, while if the prunes are cooked only a short time, sugar seems to be needed to add to their flavor, and even then they do not have the richness developed by longer cooking.

To make split-pea soup (and the fireless cooker is ideal for this because it requires great care to cook split peas on the stove long enough to thoroughly cook them without scorching them), soak the required quantity of split peas overnight after thoroughly washing them. In the morning add the seasonings, and stew them on the stove about an hour, then put them into the box. Once during the forenoon, reheat them, being very careful not to scorch them, and at noon the soup is ready to be eaten.

Lentils also may be cooked in the box in a similar way.

Though I have never tried it, I see no reason why brown bread, which is usually steamed for three hours, could not be cooked in a fireless cooker. The brown bread should be steamed first for half an hour to thoroughly heat it, then put it into the box for the rest of the cooking. And steamed puddings might be cooked in a similar manner.

If only a small amount of food is to be cooked, the dish in which the food is contained should be set into a larger dish of boiling water, to secure a larger volume of heat.

I will give recipes showing the proportion of ingredients to be used in the preparation of the foods, the method of cook-

ing which, by the fireless cooker, I have described.

Rolled Oats or Rolled Wheat

- 1 quart water
- 1½ level teaspoons salt
- 2 cups rolled oats or rolled wheat

Cream of Wheat, Farina, Wheat Meal, or Corn Meal

- 1 quart water
- 1½ level teaspoons salt
- ¾ cup cereal

Baked Beans

- 1 pint beans
- 2½ level teaspoons salt
- 1 tablespoon molasses
- 2 tablespoons vegetable oil

Baked Beans in Tomato Sauce

- 1 pint beans
- 2½ level teaspoons salt
- 2 tablespoons vegetable oil
- 1 cup strained tomatoes
- 1 small onion, grated
- 1 bay leaf, if desired
- ½ teaspoon thyme, if desired

Plain Split-Pea Soup

- 1 cup split peas
- 1 quart water
- 1½ level teaspoons salt
- 2 tablespoons vegetable oil

Or the oil may be omitted and three-fourths quart water used, and before serving, the soup may be seasoned with one cup hot cream or milk.

Or, instead of the oil, a small potato, a small onion, and one-fourth cup peanut butter dissolved in the water, may be cooked with the peas.

Stewed Lentils

- 1 pint lentils
- 1 pint strained canned or stewed tomatoes
- 2½ level teaspoons salt
- 1 onion, grated
- 2 tablespoons vegetable oil

Wash the lentils thoroughly and soak them overnight. In the morning wash them again well, then add to them the seasonings and sufficient water to cover them. Boil them over the stove for fifteen minutes. Then put them into the fireless cooker. Reheat them once during the cooking process.



SOME PINEAPPLE RECIPES

THE following recipes are taken from the May issue of *The Fore-cast*. The original article, entitled "Popularizing the Pineapple Patch," by Monroe Wooley, is well illustrated and well written.

In the pineapple countries, the fruit is prepared for the table by being sliced across, rind and all, according to the thickness desired. Each slice is then taken in turn, held in the left hand, and pared with a small, sharp knife. The eyes are left exposed without the hard skin, and are easily and quickly removed from the edge of the slice, with none of the awkward hacking and loss of the juice attendant upon the ordinary method of digging them out of the whole fruit.

Pineapples may be canned at home as readily as any other ripe fruit, either with or without sugar, and with the fruit either sliced or grated. The best way is to slice it and use glass jars that have an opening at the top the same size as the diameter of the jar, so that the firm disks of fruit may be put in and taken out without crushing.

When canning without sugar, slice and thoroughly heat the pineapples. Let them come to a boil and boil long enough to heat the fruit all through. Then place in the jars and seal. If sugar is used, three quarters of a pound should be used to each pound of fruit, and to each pint of sugar add one teacupful of water.

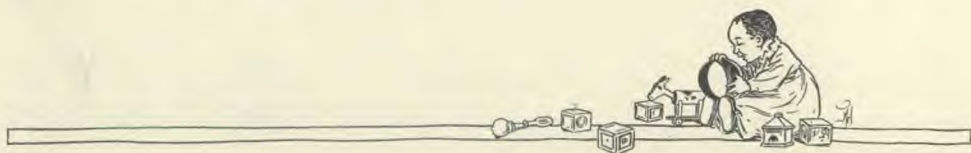
To preserve, the fruit should be cut in slices and pared, and then alternate layers of pineapple and sugar put into a preserving kettle, a pound of sugar being allowed to each pound of fruit. To each pound of fruit add also one-half cup of water, pouring this in after the fruit is placed with the sugar. Heat to the

boiling point, then take out the slices, spread on dishes, and set in the sun. Boil the sirup gently for forty minutes, and at the end of this time place the pineapple again in the kettle and boil all together for twenty minutes. Then put the fruit in jars, pour the boiling sirup over it, and seal at once.

To make jelly, wash thoroughly one pineapple, cut off the stem and brown, and slice in thick slices without peeling. Cut these slices across, add two lemons, including the rind, and sliced thin, pour in one pint of water and simmer for several hours. Strain and squeeze through a jelly bag and place again on the stove. When the juice is at the boiling point, strain again into another pan. Bring once more to the boiling point, and add sugar to the juice, pint for pint. Cook about ten minutes, when it will jelly.

For pineapple marmalade, slice and pare perfectly ripe sweet pineapples and cut into small pieces. Allow three quarters of a pound of sugar to each pound of fruit. Mix in a granite or porcelain bowl and let it stand overnight in a cool place, preferably on ice. In the morning, cook gently for an hour. At the end of this time, press through a fruit crusher or rub the pulp through a coarse sieve with a potato masher. Replace on the stove and cook for an hour longer, until the mass is clear and golden in color.

Pineapple jam is made by grating the fruit and putting it into the preserving kettle with sugar, pound for pound. Let it cook gradually for twenty minutes and then simmer for nearly an hour. Less time may be sufficient, as a great deal depends upon the quality of the fruit. If it is extremely juicy, some of the liquor should be drained off before cooking.





SOME ESSENTIAL POINTS IN INFANT FEEDING

[The following article is based on an article by Edward Sherrard Rimer, M. D., New York visiting physician to the St. Vincent's Hospital, etc., which appeared in the *New York Medical Journal* of Nov. 7, 1914.]

WE may suspect overfeeding when a baby who makes a remarkable gain in weight one week becomes restless and nervous, less active and playful, with sleep broken and appetite diminished, so that part of the feeding is left. Other conditions liable to be present are: stools pale gray, hard, putty-like, and foul-smelling; urine strong, leaving a stain on the diaper. The child is apt to be pale, with flabby tissues. First it fails to gain, and later begins to lose, and this wasting may continue until it is much emaciated, the abdomen being very much distended with gas.

Babies fed too much fat and sugar may present the following symptoms: There may be vomiting, diarrhea, fever, prostration, and perhaps inability to take cow's milk for weeks; there may be also eczematous eruption over parts of the body; and there may be rickets.

Babies fed too much fat may regurgitate or throw up a small quantity of undigested milk shortly after feeding, or they may vomit a larger amount later. The stools in such cases are bulky, pasty, and foul-smelling. A change to skimmed milk relieves the symptoms.

In cases where constipation is troublesome, oatmeal gruel is usually a corrective. If the baby is colicky and curds appear in the stools, change the gruel to another form, and add two grains of sodium citrate to each ounce. Where there is too much sugar, baby's stools are

sometimes liable to be sour and watery. It is important to have the food fresh and palatable. Gruel should be cooked thoroughly in double boilers so that the flavor is not spoiled by scorching. All utensils used in the preparation of food should be scrupulously clean.

For vomiting, limewater is excellent, but if given for prolonged periods it may interfere with the development of the stomach. Bicarbonate of soda also hinders stomach digestion, and increases the work of the intestines.

Proprietary foods should not be given as a routine. On account of their starchy elements such foods should be cooked much longer than the directions call for.

Whatever we may do in the way of milk modification, the important thing is to have clean, fresh, pure milk, raw if pure, Pasteurized or boiled if not above suspicion.

Whole milk diluted with barley water and oatmeal gruel or plain boiled water, meets the majority of feeding requirements. It is simple, requires little manipulation, and there is nothing to add but sugar. Skimmed milk is especially valuable in fat intolerance.

There is no one food and no one method that is applicable in every case. Babies have individual peculiarities of digestion that must be studied. Modifications of milk must be made, not according to the age, but to the weight of the child and its digestive capacity.

BLADDER AND KIDNEY INFECTION IN INFANTS

DR. WALTER B. RAMSAY, assistant professor of diseases of children in the University of Minnesota, states, in the *St. Paul Medical Journal*, that infection of the urinary tract in infants is an extremely common condition, and that many of the obscure fevers of infancy are due to this cause. The infection, at least in a large proportion of cases, appears to reach the kidneys and bladder from the blood stream.

Children of all ages may be infected, and it is not at all uncommon to see infants of three months suffering from an acute attack. The disease occurs as an acute and as a chronic condition. The symptoms accompanying acute infection may be general or local, or both. Usually the general or constitutional symptoms, such as fever, restlessness, etc., predominate. The onset is usually abrupt, following, perhaps, some other acute disease or some derangement of digestion. There may be vomiting and occasional convulsions. The skin may be hot and dry, or, more usually, pale and moist. The pulse is rapid, and the respiration frequent and sometimes irregular. Not infrequently there is some irregularity of the bowels, sometimes a diarrhea. Older children may complain of pain in the region of the kidneys. Marked retraction of the neck muscles, together with sharp cry during sleep, may cause the condition to be taken for meningitis.

The temperature runs a variable course.

It may remain high for several days and drop suddenly as in pneumonia, or it may be of a more intermittent type. These sudden flights of fever, usually preceded by a chill, may be repeated on the same or on several succeeding days, the baby looking quite well in the interval. Or the temperature may follow the typhoid type, persisting for several days. These cases are not infrequently mistaken for typhoid fever. Acute cases usually recover, but there is a tendency to relapse.

Predominant local symptoms are more frequent than may generally be supposed, for the reason that in very young children it is often difficult to recognize conditions. Frequent urination and straining may be entirely overlooked. In many cases there are frequent bowel movements caused by the straining as the result of bladder irritation, and this is apt to be attributed to intestinal trouble. If the diaper is removed, close observation may reveal the fact that some urine is passed with straining and

perhaps a small amount of fecal matter at the same time. It is this frequent passing of feces that leads to the condition being mistaken for bowel disturbance.

In some cases the disturbance is indicated by the child pulling at its ears, scratching its head, and swaying its body backward and forward and from side to side. If with such symptoms an examination of the ears, nose, and throat prove negative, the urine should be carefully examined.



FLY TIME

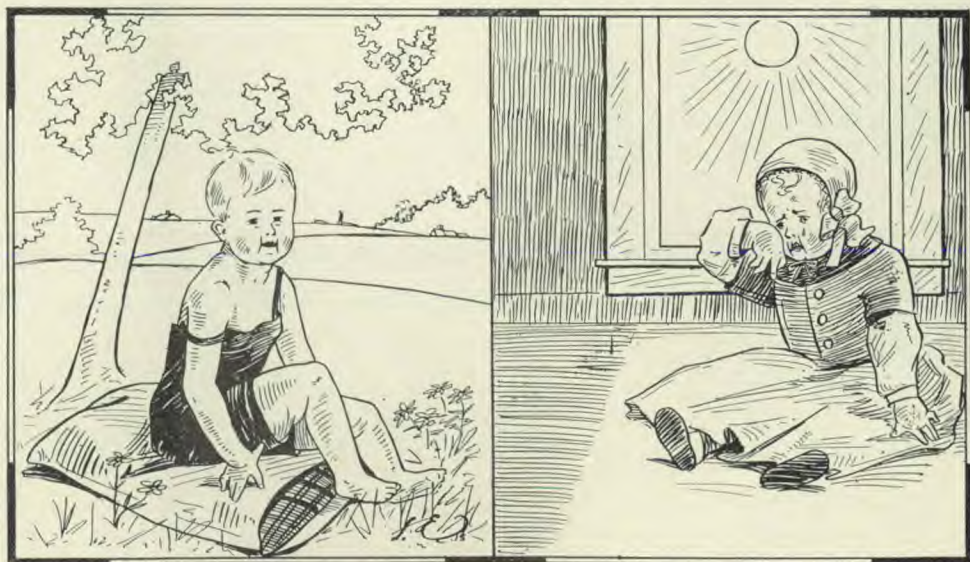
"The Zeppelins Are Coming!"
Des Moines Register and Leader.

In chronic cases, which fortunately are not frequent, there is considerable local irritation, and the children are poorly nourished and have irregular attacks of fever. Often there is incontinence, or "bed wetting," etc. Very little can be done medically for these chronic cases.

It goes without saying that a baby having such a condition, even if it appears to be mild, ought to be under the care of a skilled physician. In the early stages the trouble is easily curable. If it becomes chronic, the prospect of cure is almost hopeless. It is true that acute cases may often get well without treatment; but the safer policy is to treat the condition early.

During the acute stage, as complete rest as possible should be required. The diet should be light in character, with a minimum of seasoning. The lower bowel should be emptied at least once a day with a saline enema, one teaspoonful of salt to a pint of water.

The most successful remedy in the treatment of this disease is hexamethylenamine, which in an acid urine is converted into formaldehyde. But this will not reach trouble as high as the kidneys. For kidney trouble lithia or other alkaline tablets seem to give the best results. We give no directions for the use of this drug, for it should be given under the advice of a physician.



MAKE BABY COMFORTABLE

It has been shown conclusively that as many babies are killed by heat as by bad milk. See to it that the baby is made comfortable during the hot weather. Clothe lightly, and give fresh air, but not too much sun.

CHRISTIAN TEMPERANCE



COMPANION INDULGENCES

Mrs. E. G. White

FOR persons who have inherited an appetite for stimulants, it is by no means safe to have wine or cider in the house; for Satan is continually soliciting them to indulge. If they yield to his temptations, they do not know where to stop; appetite clamors for indulgence, and is gratified — to their ruin. The brain is clouded; reason no longer holds the reins, but lays them on the neck of lust. Licentiousness abounds, and vices of almost every type are practiced as the result of indulging the appetite for wine and cider. It is impossible for one who loves these stimulants, and accustoms himself to their use, to grow in grace. He becomes gross and sensual; the animal passions control the higher powers of the mind, and virtue is not cherished.

Moderate drinking is the school in which men are receiving an education for the drunkard's career. So gradually does Satan lead away from the strongholds of temperance, so insidiously do wine and cider exert their influence upon the taste, that the highway to drunkenness is entered upon all unsuspectingly. The taste for stimulants is cultivated; the nervous system is disordered; Satan keeps the mind in a fever of unrest; and the poor victim, imagining himself perfectly secure, goes on and on, until every barrier is broken down, every principle sacrificed. The strongest resolutions are undermined, and eternal interests are too weak to keep the debased appetite under the control of reason. Some are never really drunk, but are always under the influence of mild intoxicants. They are feverish, unstable in mind, not really delirious, but as truly unbalanced; for the nobler powers of the mind are perverted.

Wherever we go we encounter the tobacco devotee, enfeebling both mind and body by his darling indulgence. Have men a right to deprive their Maker and the world of the service which is their due? Tobacco is a slow, insidious poison. Its effects are more difficult to cleanse from the system than are those of liquor. It binds the victim in even stronger bands of slavery than does the intoxicating cup. It is a disgusting habit, defiling to the user, and very annoying to others.

What power can the tobacco devotee have to stay the progress of intemperance? There must be a revolution upon the subject of tobacco before the ax will be laid at the root of the tree. Tea, coffee, and tobacco, as well as alcoholic drinks, are different degrees in the scale of artificial stimulants.

Tea is a stimulant, and to a certain extent produces intoxication. It gradually impairs the energy of body and mind. Its first effect is exhilarating, because it quickens the motions of the living machinery; and the tea drinker thinks that it is doing him great service. But this is a mistake. When its influence is gone, the unnatural force abates, and the result is languor and debility corresponding to the artificial vivacity imparted. The second effect of tea drinking is headache, wakefulness, palpitation of the heart, indigestion, trembling, and many other evils.

Coffee is a hurtful indulgence. It temporarily excites the mind to unwonted action, but the aftereffect is exhaustion, prostration, paralysis of the mental, moral, and physical powers. The mind becomes enervated, and unless through determined effort the habit is overcome,

the activity of the brain is permanently lessened.

All these nerve irritants are wearing away the life forces, and the restlessness caused by shattered nerves, the impatience, the mental feebleness, become a warring element, antagonizing to spiritual progress. Then should not those who advocate temperance and reform be awake to counteract the evils of these injurious drinks? In some cases it is as difficult to break up the tea-and-coffee habit as it is for the inebriate to discontinue the use of liquor. The money expended for tea and coffee is worse than wasted. They do the user only harm, and that continually. Those who use tea, coffee, opium, and alcohol, may sometimes live to old age, but this fact is no argument in favor of the use of these stimulants. What these persons might have accomplished, but failed to do because of their intemperate habits, the great day of God alone will reveal.

Those who resort to tea and coffee for

stimulation to labor will feel the evil effects of this course in trembling nerves and lack of self-control. Tired nerves need rest and quiet. Nature needs time to recuperate her exhausted energies. But if her forces are goaded on by the use of stimulants, there is, whenever this process is repeated, a lessening of real force. For a time, more may be accomplished under the unnatural stimulus, but gradually it becomes more difficult to rouse the energies to the desired point, and at last exhausted nature can no longer respond.

The habit of drinking tea and coffee is a greater evil than is often suspected. Many who have accustomed themselves to the use of stimulating drinks, suffer from headache and nervous prostration, and lose much time on account of sickness. They imagine they cannot live without the stimulus, and are ignorant of its effect upon health. What makes it the more dangerous is that its evil effects are so often attributed to other causes.



The TEMPERANCE MOVEMENT

LIQUOR AND PROHIBITION, ILLUSTRATED

CARTOONISTS are always keen for live topics. A study of the leading cartoons of any period will give a fairly accurate picture of the most important events of the period. The frequency, in leading periodicals, of cartoons relating to the liquor question is significant of the fact that the temperance movement is one that must be reckoned with. These cartoons

in the illustrations "Tit for Tat" and "Just Luck." Each of these cartoons preaches a powerful temperance sermon to the man whose brain is not too far



Marion (Ind.) Chronicle

The sea of life is mined. More lives have been lost by contact with this mine than with the mines of the North Sea. The under-sea explosives are terrific in their work, but they have not done a tithe the destruction that is accomplished by whisky every year.

may be divided into two general classes, those showing the evils of the liquor traffic and those showing the ultimate defeat of the liquor traffic. In picturing the evils of liquor, it is natural that the artists turn for illustration to those most destructive of agencies, the cannon, the mine, the bomb, the torpedo. We give a few sample illustrations of this kind, two of them being from our own artists. Often, however, the artists picture more directly the effects of liquor drinking, as



TIT FOR TAT

This man had the reputation of being able to punish a lot of whisky. But whisky says, Turn about is fair play; and now the tables are turned, and he is receiving the punishment,—a punishment that will increase in severity until he pays the last claim with the forfeit of his life.



Marion (Ind.) Chronicle

JUST LUCK — OF COURSE



THE GREAT KRUPP GUNS ARE NO COMPARISON

The most terrible engine of destruction in the world.

tide with a broom. Their efforts can have no perceptible permanent effect.

The effect of the European war on the rum traffic has had its share of attention from the illustrators.

In general, the cartoons represent the war as having had a disastrous effect from the viewpoint of the liquor men. We reproduced a number of such illustrations in the July issue.

In England the condition has been peculiar. Lloyd-George, partly from the experience of Russia and France, partly from labor conditions at home, became convinced that it would be necessary to put at least a portion of England under prohibition during the war. But the liquor interests were too power-

ful, and in the reorganization of the cabinet, Chancellor Lloyd-George was given another position where his activities would not be so much of a menace to the liquor interests.

These two phases of the liquor fight in England are well shown in the cartoons "Skidoo!" and "Poisoning the Well."

And what the liquor interests are doing in England, they are attempting to do elsewhere. Their main interest is not the good of mankind; it is not the welfare of their own country; it is only the selfish interest in their own corrupting and demoralizing business. The liquor business is a cancer gnawing at the vitals of society, and drawing its sustenance from the lifeblood of its victims.



BEWARE!

A destructive bomb thrower hovers over many a city.

Current Comment on the Temperance Movement

Alcohol in the European Armies

THE time has passed when alcoholic liquors are to be regarded as inseparable from warfare and essential for military activities. Efficiency is now the prime consideration. Since the last great war, scientific research has greatly increased our knowledge of the effects of alcohol on the human body. While the physiologist has not as yet spoken the last word on this subject, the overwhelming preponderance of scientific evidence is in favor of the proposition that the use of alcohol, in any amounts, large or small, tends to impair muscular coordination, to dull the special senses, to retard muscular and nervous reactions and mental processes, and to reduce efficiency in any work requiring rapid and accurate mental or physical effort.

The question still open to discussion is whether, in times of unusual exposure, strain, and exertion, the temporarily stimulating effects of alcohol are sufficiently valuable to compensate for its undesirable results. Evidently the military authorities of Europe think so, or are still influenced by custom or tradition, since in each army the regulation ration of alcohol is still provided. . . .

The physiologic effects of alcohol on military efficiency would probably not be so clearly apparent in the army as in the navy. The modern battleship, cruiser, and submarine have become marvels of mechanical complexity and delicacy. The soldier in the trenches might take the maximum German ration of seventy

grams of alcohol a day without impairing his ability to handle his rifle or manipulate a machine gun. Whether the members of the aviation corps, the artillerymen charged with handling the heavy guns, or the signal men, on whose quickness and accuracy of vision much might depend, could maintain the highest efficiency on a daily allowance of alcohol, remains to be proved. Certainly there is abundant testimony on the part of naval experts to show that alcohol diminishes the accuracy of the gun pointer on the battleship and so reduces the number of probable hits. "Dutch courage" has heretofore been regarded as an indispensable equipment of warfare, and alcohol has been looked on as the ally rather than the enemy of the fighting man; but the present war will reverse the opinions of the civilized world on a good many questions, and it is possible that the indispensability of alcohol in the army may be one of them.—*The Journal of the American Medical Association*, May, 15, 1915.

Alcohol in Retreat

THERE is nothing on this round earth so eminent and so powerful today as the cause which was championed half a century ago in the city of Portland, Maine, by Neal Dow, despised and rejected by "the boys." No war, no politics, no invention, no literature, is so potent, for this propaganda affects 1,700,000,000 human beings. Whether you are a tippler or a teetotaler, whether you wish for a reign of John



THE INNOCENT (?) BYSTANDER

Temporarily lost sight of in the general excitement.

Barleycorn or his defeat, you must acknowledge this. An opinion or an appetite is a weak antagonist to a juggernaut fact as it moves down the street. Those of us who have taken the ground that a little alcohol does no harm and may do good, a belief which may be reasonable, must yet remember what of evil alcohol let loose without stint among low or unthinking men may achieve, and it is up to us to ask whether even the example of a small drink in a quiet way is not at least constructively a wrong to mankind when the abuse of these things is doing so much harm.

No longer is the temperance cause championed by eccentrics or persons of one idea. Even the great have seen and acknowledged the world-wide evils connected with the use of alcoholic drinks. The question has reached the stage of statesmanship, and involves the existence of nations. Thus it has become perhaps the most important subject before intelligent human beings.

The individual cannot be alone in the world. He is simply a part of the great aggregate, as it were; one of the small organs of the great body. It is for each one to say for himself what his attitude shall be under these conditions. As the cause is now moving on, it would seem that individual desires and preferences must be swept away before long, and alcoholic beverages relegated to the status of ancient and abandoned evils.—*Editorial, the Economist, Chicago, April 3.*

NOTES

Oxford Colleges Ban Liquor.—It has been announced that some of the Oxford University colleges have barred alcoholic liquors during the period of the war, and other colleges are expected to follow the example.

Two Amendments for California.—The California voters will have an opportunity to vote again on prohibition at the coming November election. The first amendment, to go into effect Jan. 1, 1918, will prohibit the liquor traffic, except the manufacture of wine to be delivered under close restrictions. The second amendment, to go into effect Jan. 1, 1920, will prohibit the manufacture and sale of wine.

Liquor Men Barred From Church Membership.—The McKeesport (Pa.) Ministerial Association has adopted resolutions to the effect that men who, as real estate men, or lawyers, or as signers of petitions, aid the saloon in any way are not wanted as church members. It appears that in the past many church members have signed petitions for saloons, attorneys have given legal advice to saloon keepers, real estate men have rented property for saloon purposes, and some church members have been even more directly interested in the sale of liquor.

No Whisky Advertisements in Alabama.

—The short return of Alabama to license, after it had been under prohibition, was so unsatisfactory that when the State went dry the second time, it determined to banish not only liquor, but all liquor advertisements. The law provides that no newspaper carrying liquor advertisements shall be permitted to circulate in the State. Recently two cases were brought before the State Supreme Court, in order to test the legality of the law. One case applied to an Alabama newspaper, and the other to news stand sales of the Cincinnati *Inquirer*, carrying whisky advertisements. The law was upheld. It forbids liquor advertising by newspapers, periodicals, circularizing, billboards, or otherwise.

Blames Liquor for Atrocities.—Former Ambassador Bryce, who is now chairman of the special committee appointed to investigate the German atrocities in Belgium, telling of violation of women and girls, slaughtering of children, burning of towns, murder of non-combatants, and other outrages, says among other things: "In all wars, there have been many shocking and outrageous acts of men of criminal instincts whose worst passions were unloosed by the immunity which warfare affords. Drunkenness, moreover, may turn even a soldier who has no criminal habits into a brute who may commit outrages at which he would himself be shocked in his sober moments, and there is evidence that intoxication was extremely prevalent among the German army. . . . Many of the worst outrages appear to have been perpetrated by men under the influence of drink."

Advantage to Abstainers.—A Western insurance company carries a large advertisement containing the following argument: "Are you paying too much for your insurance? Are you, as a total abstainer, paying the same rates that the moderate drinker pays? If you are, you are paying too much. Insurance companies have found that it costs them very much less to insure the total abstainer than to insure the moderate drinker. There is a big saving to the company in caring for your class of risks. We pass that saving on to you. This is our square-deal policy for all. If you are a total abstainer, we will give you a reduction of 20 per cent from our regular rates on accident insurance, and 20 per cent on health and accident insurance combined." Comment is hardly necessary. Insurance has come to be pretty nearly an exact science, and it is gradually being shown with a mass of statistics that is relentless in its force, that the moderate drinker is, as compared with the total abstainer, a poor risk, either for life insurance, or health insurance, or accident insurance.

BIBLE HYGIENE

GLORIFY GOD IN YOUR BODY

1. IN view of the fact that they have been redeemed (or bought), how are Christians to glorify God?

"Therefore glorify God in your body."
1 Cor. 6: 20, R. V.

NOTE.—The Revised Version follows the oldest manuscripts. While it is doubtless a duty to glorify God in the spirit, the apostle emphasized the duty of glorifying him in the body.

2. How are Christians to present their bodies to God?

"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." Rom. 12: 1.

3. In what way may one glorify God in the body?

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." 1 Cor. 10: 31.

NOTE.—There are two ways to read this passage. One is to make the eating and drinking the important things in life; but from the context and from the principle (Rom. 14: 17) that "the kingdom of God is not meat and drink," the writer is inclined to read it thus: "In all the little minor details of life, even down to eating or drinking, do all to the glory of God." This does not detract from one's duty to be careful regarding his eating and drinking, but it avoids making the eating and drinking a fetish.

4. How does God regard those who defile his temple?

"If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Cor. 3: 17.

NOTE.—By comparing 1 Cor. 6: 18-20 and 2 Cor. 6: 16; 7: 1, it will be seen that Paul is referring to licentiousness rather than to eating and drinking. This is a subject that is not often mentioned, and yet the sin is one which has more influence in wrecking usefulness in this world and hope for the next than any other one sin. It is a topic which all parents should carefully study so as to give proper instruction to their children.

5. What did Daniel regard as defilement?

"But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself." Dan. 1: 8.

NOTE.—Whether this was because Daniel was a vegetarian or because he knew that the king's table provided certain articles which were unclean (see Deut. 14: 2, 3) is not made clear in the text. But at any rate, in order to avoid defilement Daniel chose a vegetarian diet, and water, and he and his companions were wonderfully blessed. Dan. 1: 12, 15, 18-20. He lived up to his principle, and God witnessed to his loyalty.

6. What did Jesus regard as defilement?

"Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man. . . . For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies: these are the things which defile a man: but to eat with unwashen hands defileth not a man." Matt. 15: 11, 19, 20; see also Mark 7: 18, 20.

NOTE.—This is not an acknowledgment on the Saviour's part that all foods are equally good, but an attempt to free his followers from the withering curse of ceremonialism. Formerly a man was "unclean," that is, ceremonially unclean, from having touched or eaten certain foods. Heathen religions today have similar prohibitions. Paul found many of the church hesitating to eat certain things because they might have been offered to idols, and he says (Rom. 14: 14), "I know, and am persuaded by the Lord Jesus, that there is nothing unclean of itself: but to him that esteemeth anything to be unclean, to him it is unclean." In 1 Cor. 10: 25 he says, "Whatsoever is sold in the shambles [see dictionary], that eat, asking no question for conscience' sake." He is referring to the same question of foods offered to idols.

7. Did Paul advise his followers to make a test of fellowship on the basis of diet?

"Him that is weak in the faith receive ye, but not to doubtful disputations. For one believeth that he may eat all things: another, who is weak, eateth herbs. Let not him that catcheth despise him that eateth not; and let not him which eateth not judge him that eateth: for God hath received him. Who art thou that judgest another man's servant? to his own master he standeth or falleth. Yea, he shall be holden up: for God is able to make him stand." Rom. 14: 1-4.

8. In perfecting holiness, of what are we to cleanse ourselves?

"Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Cor. 7: 1.

9. What is holiness? — Purity of heart.

Compare Hcb. 12: 14; Matt. 5: 8.

NOTE.—None that are not holy shall see the Lord. The pure in heart shall see God. Therefore holiness is, purity of heart, and every person who is redeemed is redeemed from licentiousness, from evil thoughts, to purity of life. See 1 Cor. 6: 18-20; 1 Thess. 4: 3; 1 Cor. 6: 9, 10; Matt. 5: 27-29.

Questions for Further Study

1. A very conscientious and loyal

brother, through misapprehension of God's Word, adopts a method of living that results in malnutrition and illness. His friends remonstrate with him, but he replies, "I'll remain true to health reform if it kills me." Does he by this course glorify God in his body? Is he loyal to real health reform, or rather to his interpretation of health reform? Does the practice of the principles of health reform ever lead to ill health? What is meant by the expression, "There is real common sense in health reform"?

2. Paul, in 2 Cor. 3: 6, says, "The letter killeth, but the spirit giveth life." Is it possible that in some cases this might apply to instruction regarding the care of the body? Would you gather from the first four verses of Romans 14, taken in connection with the seventeenth verse, that Paul himself thought that in the matter of diet there is a letter that killeth?

3. Considering the statement by Jesus that nothing entering the mouth can defile the body, in what way would partaking of the king's meat and wine have defiled Daniel and his companions? Was it on the principle stated by Paul in Rom. 14: 14?



EDITORIAL

MAN'S FEATHERED FRIENDS

BASED partly, perhaps, on his interpretation of the first chapter of Genesis, partly, perhaps, on his inherent egotism, man has usually asserted his right to destroy anything on the face of the earth not claimed or defended by other men. To man, ordinarily, the command, "Thou shalt not kill," has had no significance except as applied to the human species; not even there in times of war and among barbarous peoples. In the matter of man's relations with the sub-human species, we find a generally received opinion that animals have no rights, and that the only limit to one's right to destroy animal life is the property rights of others. If we refrain from killing our neighbor's ox, it is because of a wholesome respect for the property rights of the neighbor, and not out of regard for the rights of the ox. When animals are not property,—when they are wild and are not living on some private or government preserve,—they are slain freely and often wantonly, without the least compunction of conscience. *Animals have no rights.*

Along with this feeling that only humans have an inborn right to life, there is a destructive tendency, most marked during the adolescent age, but surviving in many adults. To this trait inherited from a barbarous ancestry many a windowless abandoned house, many a shattered street lamp, many a dismantled signpost bear mute but eloquent testimony. Often the urchin cannot resist the temptation to crush with a stone a toad or other small creature; and as soon as he is able to handle a gun, if he is in a country where there is game, his highest ambition is to bring to the ground a bird, a squirrel, a rabbit—anything that has life, and that is not protected by the law.

Laying aside the problem of the ethics involved in this destructive craze, let us consider the effects on man himself; for it is only when our acts affect the welfare of mankind that they begin in the eyes of most persons to assume ethical importance. Our horizon is apt to be so narrow that we can see no moral issue in any act that does not affect the interests of mankind. Possibly we have not realized that our destructive practices are bound to react disastrously upon ourselves. Nature has arranged a very delicately poised balance between plants, birds, beasts, and creeping things. When man's cupidity, pride, ignorance, prejudice, or destructiveness interferes with this balance, the result is costly to mankind.

If it were not for the birds, the insects would soon overrun the earth, devouring everything before them. The hop aphid may have thirteen generations in one year. It has been computed that in twelve generations, the progeny of one hop aphid would, if absolutely unchecked, amount to ten sextillions, a number represented by 1 with twenty-two ciphers after it. We can form no notion of such a stupendous number, but we can appreciate its significance somewhat when we understand that this would make a pile of aphides several feet high over the entire United States. Other insects, if unchecked, would soon become terrifying in their numbers.

Ordinarily insects are held in check by other organisms, important among which are the birds. Where there have been destructive plagues of locusts or other insects, there has been first a destruction of the birds which naturally hold the insects in check.

Within five years after the Hungarian peasants had succeeded in having the sparrows destroyed off their lands, their country was overrun with insects, and it was not long before the peasants were begging to have the sparrows restored. With the return of the sparrows the insect scourge was checked, and their crops saved. In various countries, farmers, incensed because the birds took toll of their crops, have had them destroyed; but this destruction of bird life has always been followed with increase of insect life and consequent damage to crops. The great locust plague of Nebraska followed the killing off of the blackbirds. The New Zealand farmers, having destroyed the native birds, were overwhelmed with a plague of caterpillars which laid waste everything, and which could not be stopped by ditches, fires, bands of sheep, or anything that man could devise. Finally it was apparent that if something were not soon done, agriculture would be impossible on the island, and birds were imported from England. The house sparrow multiplied rapidly, and soon the caterpillars were under control. The most remarkable thing in connection with this incident is that the New Zealand farmers, notwithstanding the fact that they never had better crops than now, are bitter in their condemnation of the sparrow, which they consider an impudent thief without a redeeming quality. In their rage at seeing the birds eat a portion of the grain, they forget what the caterpillars would do if it were not for the birds.

Because of prejudice, because they are considered to be robbers, for their flesh, for their plumage, for sheer wantonness, birds are killed in countless millions, and we wonder why our flower gardens, our vegetable gardens, our orchards, and our fields are becoming more and more the prey of destructive insects. Man has only himself to blame for all his insect troubles.



A MODERN WAR MACHINE



Dietetic Treatment of Epilepsy

WE referred last month to Dr. Tom Williams' "Dietetic Treatment of Epilepsy." Believing that epilepsy is the result of toxins formed in the alimentary canal, and that the proper method of relieving the trouble is not to hurry the poisons out of the body, but to prevent their formation, Dr. Williams has suggested a diet which in his hands has seemed to accomplish this end, at least the cases he has treated by this method have been relieved of their epileptic symptoms. This dietary, it will be noticed, gives a low proportion of protein, and avoids stimulants and narcotics. It tallies with what HEALTH AND TEMPERANCE recommends for people generally. It is, in fact, an efficiency dietary. Dr. Williams lays down the following principles:—

1. To eat not over two ounces of dry protein, which means not over ten ounces of nitrogenous food in the natural state, which includes eggs, milk, cheese, nuts, peas, beans, the flesh of all animals, birds, and fish, and to a less degree, bread and cereals.

2. To eat abundantly of starchy and sugary substances from which to obtain heat and energy.

3. To eat freely of fiber and cellulose in the form of vegetables and fruits, so as to prevent constipation, which would favor the absorption of poisonous substances. On account of their saline character they also prevent stagnation of lymph in the tissues.

4. To favor oxidation take brisk exercise. The diet is as follows:—

While dressing, five ounces of hot water containing five to ten grains of bicarbonate of soda. One-half hour later, breakfast—a large plate of fruit and milk with bread and butter; no meat, eggs, or fish. Wait five hours. Dinner, no more than four ounces of meat or fish, which must be quite fresh, and a very large plate of green vegetables, potatoes, and preferably no more than a taste of sweets. The evening meal, five hours later, may be a repetition of the breakfast, but succulent vegetables may replace the fruit, and macaroni or

a similar dish may be substituted for the cereal.

Thirst and hunger between whiles may be satisfied with water and fruit about one hour before a meal or during the night. The purins are avoided, so that meat juices are abstained from, and soup, which may be taken at dinner or supper, must be made entirely of vegetable food. Alcohol is forbidden, even as beer or wine, and tea, coffee, cocoa, and kola must be abstained from, as, besides being closely allied to xanthin bodies, they are toxic to the nervous and circulatory systems.

Gradually this diet is added to, an occasional egg being given at breakfast or supper, and the patient very soon learns what suits him best. Some culinary ingenuity is needed to give variety to the diet, which at first appears monotonous. In this respect the tastiness of well-prepared whole wheat bread is a great gain.



Fraud Order Against Oxyfakers

THE Postmaster-General has issued a fraud order against the Oxypathor and Oxygenator concerns, the frauds described some time ago in LIFE AND HEALTH under "Gas Pipe Therapy."

The "confidential instructions" to their agents make mighty interesting reading. Here are some of them:—

"Tell yourself repeatedly that the Oxypathor is all right. Repeat this until firmly convinced that it is all right. Thereafter you will be invincible. From that time—from the time you get faith—have confidence—you will win.

"This brings you face to face with the matter of prospects. How secure them? Listen—you will find prospects by keeping out where the money grows. Get that? You will find prospects by keeping out amongst the people.

"Furthermore, you should engage every possible acquaintance in conversation. Instead of merely nodding acquaintance, stop to talk. At first, let this talk drift as it will. Soon, though, direct it. Say, 'Feeling pretty good?'

"You will be surprised to see how many do not feel good—and they'll give you the whole story—if you will keep still. Then you can get in your licks. Tell them what you have to sell or lease—and tell them that you will call soon to show the Oxypathor—and demonstrate it. Say this in such a way as to prevent a 'turn down.' Say it in a positive tone

of voice. You will find few have the nerve to deny you a hearing. The rest is easy.

"Should the person say that he is perfectly well, say, 'And how are the folks?'"

"You will be astonished at the amount of illness this will uncover—of which you never dreamed. You must, though, remain quiet for some time after asking the question. Some persons have a habit of saying 'All right'—but quickly revise their statements if you remain quiet and say nothing.

"A Vital Tip

"Above all, get some money in advance. Get a payment. Do this without fail. You must—to get the user's full cooperation. Unless the user must bear expense, he will have nothing at stake, and bitter experience teaches that nothing at stake means poor cooperation."

It is surprising how such brazenfaced frauds can keep before the public so long and so successfully as this one has.

A Woman Mayor

IF the story told of Mrs. A. D. Canfield of Warren, Ill., the first woman mayor in Illinois, who ran for office in order "to show the people that women are as well fitted as men to run municipalities," is true, she has certainly proved that a woman can do things about as promptly as the average man; for in seven minutes after she had taken her oath of office, so we are told, the town council over which she presided had ordered the immediate closing of the pool rooms, the box ball alley, and the shooting gallery.

Mayor Canfield is a widow, seventy-four years old, and small of stature, but she knows how to rule. When one of the councilmen objected to her appointing the members of her cabinet, on the ground that there were applications on her desk for the positions, and moved that the cabinet members be elected, she replied: "I am mayor of this city, and there shall be no election so far as my cabinet is concerned. I will appoint and you shall confirm, and none of you shall draw his pay until you do. Gentlemen, I am small, but don't you believe for a minute that there is any connection between my size and the amount of my determination. Let me give you a tip: You big boys had better be good." Being sensible men, they took her advice, and the government ran smoothly.

Socialists and Liquor

A YEAR ago, the Socialists appointed a special committee to gather arguments on both sides of the liquor question. At a recent meeting of the National Committee in Chicago, this special committee made its report, including the following:

"Alcohol is a narcotic poison like opium, arsenic, morphine, cocaine, etc. Alcohol does not strengthen the body, but weakens it. Alcohol weakens the intellectual powers. The very inhibitory, soothing, or deadening influence which alcohol exercises upon both mind and body, by which it enables the user to forget hunger, worry, sorrow, and pain, constitutes its danger when viewed by those who wish the workers keen, capable of sustained effort, and resistance to capitalistic oppression.

"It is universally agreed that excessive drinking of alcoholic liquors is disastrous. There is an ever-increasing volume of evidence and a growing conviction among men of science and the people in general that even moderate drinking is somewhat harmful and dangerous, and that total abstinence is the only safe and wise course to pursue.

"The chief danger in the moderate use of alcoholic liquors is its tendency to create an ever-increasing desire for the stimulant, together with a progressive weakening of the will if the appetite is increasingly indulged."

These facts are not new. They have been known to medical men, to scientists, and to temperance workers for a long time; but it is interesting to see the socialist body, which is working in the interest of efficiency rather than of morals and ethics, taking a strong stand against the use of liquor, even in moderation.

Life Insurance Testimony

DR. OSCAR H. ROGERS, chief medical director of one of the great life insurance companies, has stated, as quoted by Quackenbos in the *New York Medical Journal* of May 15, that there are numerous cases which would formerly have been accepted as normal insurable lives that are now rejected because of high blood pressure; that in his experience, in fifty per cent of the cases, the cause is intestinal toxemia, and in most of the remaining fifty per cent, habitual overeating.

But as intestinal toxemia is due to errors of diet, it appears that nearly one hundred per cent of the high blood pres-

sure is due to dietary errors, a confirmation of the old statement that men dig their graves with their teeth.

Quackenbos predicts that in a few years life insurance companies will ask not only about alcohol and tobacco, but also, "What do you eat? How much? What are your habits of exercise?"

New England Campaign Against Cancer THE New England States show a higher death rate from cancer than any other group of States. According to the report of the Census Bureau, there was in 1913 a cancer death rate in the registration area of the United States of 78.9 per 100,000 of the population. Connecticut's rate was 85.1; Rhode Island, 93.3; Massachusetts, 101.4; New Hampshire, 104.4; Maine, 107.5, and Vermont, 111.7. When these figures are compared with Kentucky's 48, they seem to be very high. They mean that 6,817 persons died of cancer in 1913 in New England.

But it does not necessarily follow that New Englanders are more susceptible to cancer than others. According to the Census Bureau officials, high cancer rates in certain localities are due to the relatively high age distribution of the population. In other words, the high cancer rate in New England may be due to the greater proportion of persons more than forty years old; for cancer is largely a disease of old age. However that may be, there is no doubt that the cancer death rate in New England is higher than it ought to be.

Undoubtedly a large proportion of cancer deaths could be prevented by early recognition and prompt treatment. Cancer, if taken in time, is not by any means an incurable affection. The unfortunate fact is that patients neglect to call the attention of their physician to growths until they are well past the incipient stage; and even then, if an operation is advised, they are likely to refuse operation until it is too late to hope for good results. The reason why there are so

few recoveries from cancer operations is that it is almost impossible to induce patients to have an operation until the growth has progressed to the hopeless stage.

The medical men of New England have awakened to the necessity of lessening the cancer mortality; and to this end they have begun a campaign of education. It is to be hoped that the publicity in this direction will cause people to seek early help for cancer, as they have learned, to some extent at least, to seek early help for tuberculosis.

Is Cancer Preventable?

In a recent issue we published a review of Dr. L. Duncan Bulkley's "Cancer; Its Cause and Treatment," in which he gives evidence to show that cancer is favored by wrong methods of living, particularly the free use of flesh meats and stimulants.

In the *Medical Record* of May 15, in an article, "Medical Aspects of Cancer," Dr. Bulkley quotes the following from the great surgeon, Dr. William J. Mayo, of Rochester, Minn.:—

"Cancer of the stomach forms nearly one third of all cancers of the human body. So far as I know, this is not true of the lower animals, nor of uncivilized man. . . . Is it not probable, therefore, that there is something in the habits of civilized man, in the cooking or other preparation of his food, which acts to produce the precancerous condition? . . . Within the last hundred years four times as much meat is taken as before that time. If the flesh foods are not fully broken up, decomposition results, and active poisons are thrown into an organ not intended for their reception. . . . Where cancer in the human is frequent, a close study of the habits of civilized man as contrasted with primitive races and lower animals, where similar lesions are conspicuously rare, may be of value; and, finally, the prophylaxis [prevention] of cancer depends, first, on a change in those cancer-producing habits, and, second, on the early removal of all precancerous lesions and sources of chronic irritation."

Cancer Treatment UNDER the caption "A Treatment for Inoperable Cancer," Dr. S. P. Beebe, professor of Experimental Therapeutics

at Cornell University Medical College, describes in the *New York Medical Journal* of May 15 a method, originated by Dr. Alexander Horowitz, of treating inoperable cancers, which thus far seems to have given very satisfactory results, considering the desperate condition of the patients on which the remedy was tried.

The remedy, made from the powdered roots, seeds, bark, and flowers of a number of plants, is applied as a poultice on the part, or is injected into the subcutaneous tissues.

The method gives sufficient promise to warrant further investigation; but in the opinion of the editor, there are secret pastes, used by men not regular physicians, which give better results than those reported by Dr. Beebee; but from the fact that they are secret, and would thus tend to perpetuate a monopoly, the regular medical profession could not take cognizance of them.

Novel Teaching Regarding Flatfoot DR. ROBERT W. LOVETT, of Boston, believes that the present teaching regarding flatfoot is mere superstition. In a recent issue of the *Journal A. M. A.*, he gives his opinions regarding flatfoot, the following being his conclusions:—

"Feet vary in shape as much as do our features; some are naturally flat, others have a moderate arch, and some a very high arch.

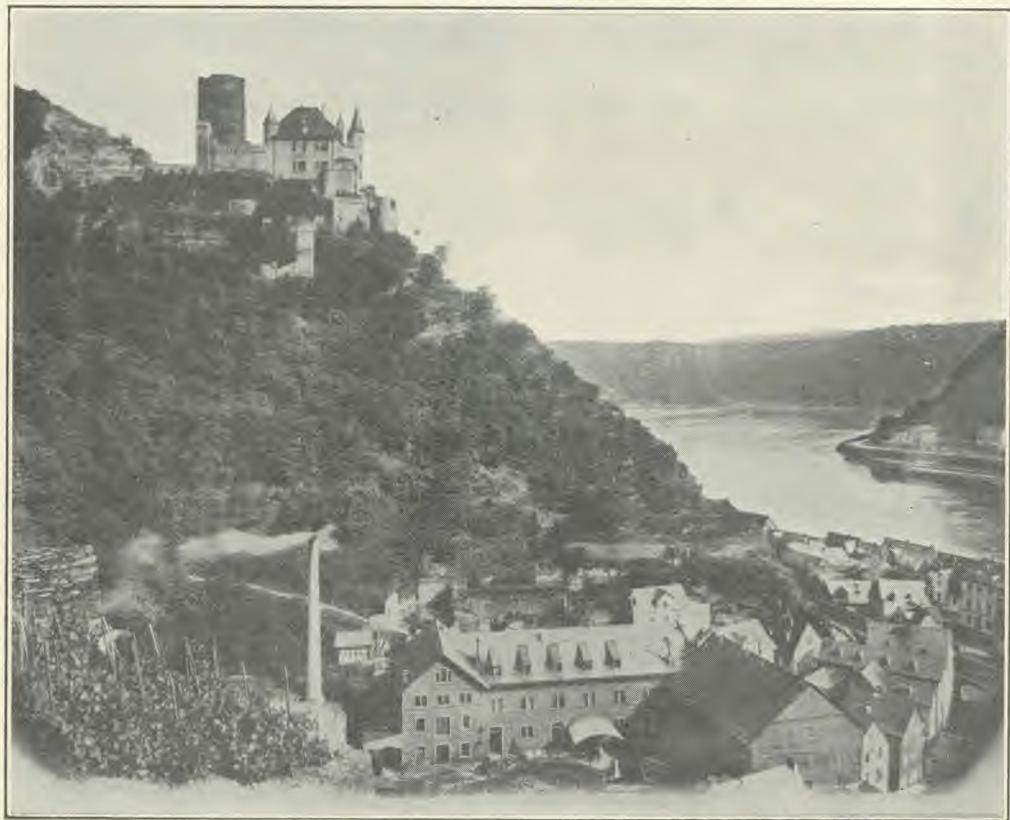
"Any foot may become painful from foot strain, without any change in the height of the arch, under favorable general conditions, overuse, ill health, etc.

"Boots are a predisposing factor to foot strain, not only by cramping the foot, but especially by not supplying adequate support to the sole of the foot. For this reason persons with high arches are quite as liable to strain as persons with low arches, if not more so.

"When foot strain occurs, it is desirable to rest the tired structures by support, most often a metal plate.

"In acute cases, exercises and the use of a flexible shoe generally do harm rather than good.

"My final heresy consists in the belief that painful feet are more often helped by raising the heels than by lowering them."



THE KATZ CASTLE ON THE RHINE, GERMANY

OUR WORK AND WORKERS

MEDICAL MISSIONARY WORK IN THE BLUE RIDGE MOUNTAINS

Grace H. Jennings



I CONFESS that I was one who had no burden for the Southern work until I came here and saw the needs and the opportunities.

Now, so far as my vision extends, this corner of the South appears to me like one great ripe harvest field.

I am working in a locality where for almost two centuries the people have been shut in by their hills to their primitive life and customs and away from civilization. These are not people of the foreign type, such as we find in the poor districts of our large cities, but Anglo-Saxons whose ancestors helped to make history for America in the early days, and many of whom are proud to trace their ancestry back to men whose names are world-known.

And yet their present condition is deplorable. While they have been deprived of educational opportunities and cut off from the advantages of modern civilization, they have not escaped its sins, and with many their extreme poverty has paved the way for crime. The ignorance that exists with regard to the most common principles of health and hygiene is surprising. Men, women, and children use tobacco and snuff, children being taught while babes in their mothers' arms to chew tobacco.

Here within a range of three miles one hundred and seventy-one families are living in their little cabins, scattered among the coves and valleys, and almost every cabin hidden from every other by the hills. While the families are not small, the cabins seldom have more than two rooms and many have but one. Few of them have windows, and all have the big stove chimney at one end. I have yet to see one of these cabins plastered inside or painted outside. The big fireplace and

the open door, together with the cracks in the walls and plank floor, furnish light and ventilation — a little too much of the latter sometimes to make it safe to give treatments or to wash and dress the babies, especially when bathing is considered by the parents altogether unnecessary and unsafe during the winter months.

My first patient was a boy who had a "risin'" which was being treated by placing some kind of dry leaves upon it. After proper treatment he soon recovered. This boy had been attending the school, and one of the teachers had persuaded him by promise of music lessons to give up the use of tobacco. He was only twelve years old, and when his mother asked him why he accepted the music lessons instead of candy, which had been offered by another person for the same purpose, he replied that the "candy would not last long, but I reckon the music'll last about as long as I do." His teacher says he is making rapid progress in his music, and is trying now to dissuade his mother from using tobacco.

The Lord has wonderfully blessed in the treatments given, and I have never before seen persons respond so quickly to hydrotherapy, nor so much accomplished by a single treatment. As it is often necessary to go long distances on mule back I am always glad when one or two treatments get the patient up.

One woman who has been sick for a number of years is now quite well after taking about a dozen treatments and making some changes in her diet. She and her sister, who is visiting her, have commenced keeping the Sabbath. A few mornings ago I felt impressed to visit this woman, and went quite early. I found her ailing and in bed. She said:

"I dreamed that you were coming, and I have just been wishing you would come. I know what ails me—I have been out of light bread for two or three days."

Hot soda biscuit and corn pone are the standard breads here. One day her sister had pork cooked for dinner, when she, while reading her Bible, read what the Lord had said about its use. She immediately made this known to her sister, and the pork was discarded. These dear souls did not possess a Bible until a few weeks ago. So the Lord is leading them surely yet slowly, as they can follow, into more and more of his great truth.

As we see how they are restored from severe sickness to health by the simplest remedies, it seems as though the Lord has a care over these people and loves them even more than others. Most of them are too poor to pay for the services of a physician, and many have died without ever seeing a physician or a nurse.

Among the older generation we find a great deal of prejudice against anything new. They are well satisfied with their old customs and practices, and resent any interference with them. An example of this bigotry and ignorance I met with this week. I visited one of the girls from the school who was reported sick, and found her in bed with pneumonia and a high temperature. I proceeded to give her treatment, but the mother, who sat spitting tobacco juice into the fireplace, said very authoritatively, "Don't you put no cold on her." Nor could she be reasoned with upon the subject. Not even

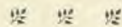
a cold compress to the head was permitted. In the afternoon she was sure the patient was "not so hot," though the despised clinical thermometer told a different story; and she could not be persuaded to call a physician. If the girl recovers it will be because, as I have said, the Great Physician has a special care for these people in their ignorance.

The young people, however, are more teachable, and the school is having its influence upon them. Every Sunday afternoon they gather in large numbers at the schoolhouse, where a Bible study on present truth or a health talk is given, and they are good listeners.

A splendid temperance program is being planned by our school, in which many of the students will take part, and opportunity will afterwards be given to sign the temperance pledge.

Wherever I go I find the people willing and eager to receive the tracts and papers I carry with me, and several have in this way become interested in the truth. One woman with whom I left two tracts on my first visit, told me when I came again that after I was first there she and her husband spent most of the day studying one of the tracts which I had lent him, and comparing the texts given with the Scripture. She was glad to get more literature.

As I visit their humble homes and try to help them when opportunity offers, I often think that such were the homes Christ visited when upon earth, and I believe he is glad to visit them in the person of his followers today.



NEWS NOTES AND PERSONALS

Dr. L. E. ELLIOTT of the Washington Sanitarium Mission Hospital has recently spent two weeks in a well-deserved vacation, visiting relatives in Iowa. His wife preceded him a few weeks.

Dr. B. E. Fullmer is engaged in private practice in Los Angeles, Cal. He has well-equipped offices in the Ferguson Building. Harry E. Sanders is operating treatment rooms in affiliation with Dr. Fullmer. The combination of work and interests operates nicely to the mutual advantage of all concerned.

Dr. Estella Houser, formerly of the New England Sanitarium, Melrose, Mass., is taking a vacation of a few months in Florida, after which she will be ready to enter upon work where may seem best. She reports favorably on having regained her health.

Dr. C. C. Cook, of Keene, Tex., in association with others, is erecting a sanitarium at Cleburne, Tex., about seven miles from Keene.

A vacancy was recently made at the Washington (D. C.) Sanitarium by the resignation of Mrs. Stella M. Slaten as superintendent of nurses. She closes her active sanitarium ex-

perience of a number of years to enter a home of her own as Mrs. G. B. Thompson. A large circle of friends of both Elder and Mrs. Thompson are congratulating them and wishing them much happiness. At home, Takoma Park, D. C.

Miss Lola G. French takes the position of superintendent of nurses in the Washington Sanitarium and Hospital. Miss French has had several years' experience in sanitarium work,—in service as a nurse; as head nurse in the Tri-City Sanitarium, Moline, Ill.; and as head surgical nurse in the Washington Sanitarium.

Mr. T. S. Dock has resigned his position as business manager of the Iowa Sanitarium, of Nevada, Iowa. He has purchased a suite of treatment rooms in Denver, Colo., to which he will now give his attention.

Mr. W. C. Foreman, who has spent about ten years at the Tri-City Sanitarium, Moline, Ill., in later years as business manager, goes to the Iowa Sanitarium to take the position made vacant by Mr. Dock's resignation. Mr. H. H. Todd, of Battle Creek, Mich., who has been connected with health work in various capacities for many years, succeeds Mr. Foreman as manager of the Tri-City Sanitarium.

The Kansas Sanitarium, of Wichita, Kans., is erecting a three-story addition to its main building, to be used as treatment bathrooms on two floors and an operating room on the third floor. Two cottages are also being built. These additions are made necessary by the growing patronage. Other improvements are being made, among them the installation of a new push-button system electric elevator.

Dr. R. S. Irvine, assistant physician of the Washington (D. C.) Sanitarium, has just taken a month's vacation with friends at College View, Nebr. Dr. Miller, the superintendent, was a hard-worked man meanwhile, with a number of extra duties to see to.

G. A. Roberts, of the Phoenix Rest Home, Phoenix, Ariz., an institution for the care of tuberculous patients, is called to engage in

evangelical work, and is seeking some one to carry on the work he has established. It is hoped the enterprise may continue its helpful service.

The Paradise Valley Sanitarium, a little way out from National City, Cal., and only about five miles from San Diego, is having a number of visiting sanitarium workers, who improve the opportunity to call while attending the California expositions. The run of patronage has been good, and is highly deserved, as every visitor will testify. The excellent location of this institution in beautiful Southern California makes it very attractive to the health seeker.

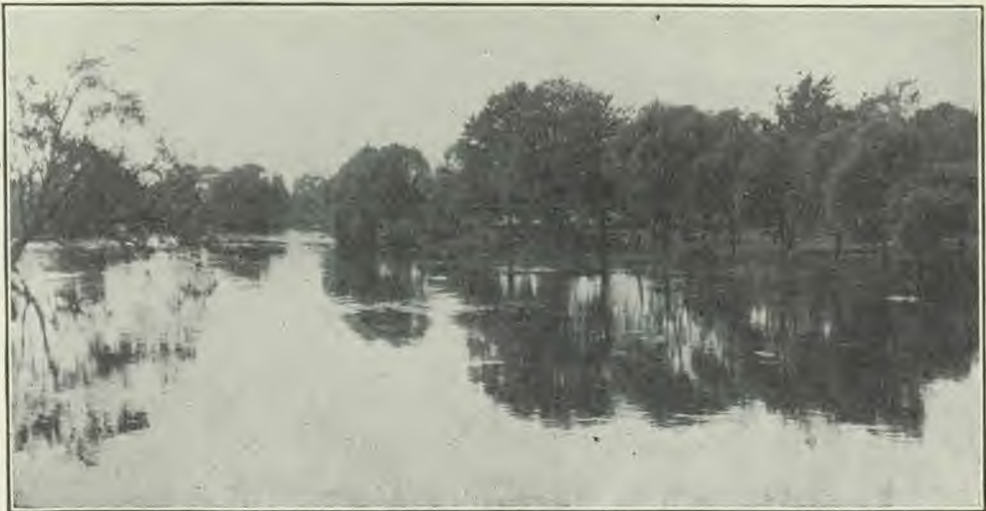
The St. Helena (Cal.) Sanitarium, one of our oldest health institutions, is visited from San Francisco conveniently in a short run of sixty-five miles. It presents a beautiful picture in its delightful mountain side location; and the number of permanent friends it already has, and to which it is constantly adding, gives evidence of the strong merits of the place.

Dr. John Reith, superintendent of the Walla Walla (Wash.) Sanitarium, found there is no place like home after a trip among a number of institutions. He reports that he will be pleased to stay where he is for a while.

The Florida Sanitarium, of Orlando, Fla., has had a very good season. The new building has been put to almost full use. The prospects are good for a large patronage next winter, and even the summer months are showing a good business. Visitors from the North are finding this well-equipped institution one of the most attractive health resorts.

Dr. D. H. Kress, well known to many of our readers as a writer and lecturer on health topics and a sanitarium man of many years' experience, spent some time in camp meetings in Eastern States, doing medical-evangelistic work. His audiences, whether in Chautauquas, lecture rooms, churches, or halls, are always interested in his practical presentation of health principles.

L. A. H.



ON THE KALAMAZOO

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.

Pimples.—"Will you please give me a good remedy for pimples, also a laxative for regulating the bowels?"

If you succeed in regulating your bowels, you will probably have less trouble with pimples. But the best way of regulating the bowels is not by the use of a laxative. A laxative is a crutch; and so long as one uses a crutch, he is not developing the weak part. A crutch is necessary at times, but the sooner one can do without it the better. The best treatment for constipation is that which aims to restore the natural function of these organs. If laxatives are used, the bowel comes to depend more and more on the laxative, and gradually becomes more helpless without it. The more harmless laxatives are mineral oil and agar, as described in previous numbers of this magazine. See also the answer on obstinate constipation in this issue.

In order to control the pimples, you must be careful with regard to your diet. Avoid all rich foods, especially foods rich in oil. Do not use much butter, pastry, etc.; you might be better off without any. Condiments, such as pepper and mustard, are not good for you; and you should not use any alcoholic drinks or other stimulants or narcotics, not even tea and coffee. Live a clean, wholesome life; exercise freely; use Castile soap in bathing the face, and dry carefully and thoroughly, but gently.

Pimples are likely to appear in well-nourished persons, and usually they disappear spontaneously a few years later. The treatment of pimples must be patient and persistent. The disease does not yield readily to treatment.

The Irish Potato.—"Is the Irish potato an ideal food? Is it a fact that the Irish live largely on the potato?"

No, to both queries. In the first place, the potato should be called the German potato, for Germany has a larger acreage of potatoes than any other country in the world. One eighth of all the cultivated land in Germany is given to the cultivation of the potato. The reason is that the Germans realize that the tonnage yield per acre is greater for potatoes

than for any other vegetable. Not only is it used for human consumption, but also for the feeding of animals and for the production of alcohol.

As a food, the potato is far from ideal, for it contains a smaller proportion of protein than the body needs. When potato forms a part of the diet, it should be combined with other food high in protein content. One of the reduction cures for fat is the use of a potato diet, without the use of butter or other fat. But the use of more than five pounds of potato for a considerable time is apt to be followed by intestinal trouble, and the development of the "potato belly." Potato is most digestible in the form of mashed potato, especially when it is beaten until white and fluffy.

The potato was introduced from South America into southern Europe in 1560; to England in 1584; to Austria in 1686; and to Saxony in 1705, where it met with strong prejudice. Now it seems to have captured the German nation. It was unknown in France before the French Revolution.

The Irish eat somewhat freely of potatoes, but they secure a fair amount of protein in milk, eggs, or bacon, or if near the coast, in fish. The ruggedness of the Irish is an indication that they get more protein than would be possible on a diet of potatoes alone.

Pain After Eating.—"For three years I have had trouble with my stomach. Exercise within six hours after eating causes extreme pain. Even violent exercise more than six hours after eating causes no pain. Any suggestions you may give will be appreciated."

You may have ulcer of the stomach. An examination will be required in order to determine definitely as to this. You should place yourself under the care of a competent physician, one who will take the trouble to learn just what is the matter with you before he attempts to treat you. Too often there is the temptation to give a hit-or-miss examination, and write out a prescription that will give temporary relief. But this is little better than quackery.

Your best course is to spend sufficient time to learn exactly what is the matter with you,

and then have it treated in the right way. If an operation is necessary, have it and be done with it. If it costs a man half or all he has, in order to regain his health, it is money well spent. But to attempt some cheap makeshift is only a waste of money and of precious time.

As a relief for the present, I should suggest that you eat extremely lightly until the close of the day, and then eat and immediately rest. After breakfast and lunch, it might be well to lie down for half an hour before attempting exercise, even walking.

I said you may have ulcer. There is a possibility that you have a neuralgic condition of the stomach. An examination would be necessary in order to determine. Treatment for one condition would be entirely different from that for the other.

Ringworm.—"I have been troubled with ringworm for about two weeks. Kindly send me a reliable cure."

Paint the part with tincture of iodine, several coats, or with spirits of turpentine. The iodine is probably more efficient, but will color the skin. The color may be removed by washing with dilute ammonia.

Delayed Teething.—"My baby is ten and one-half months old, and has not cut any teeth. What can I do to assist her in cutting her teeth? I am letting her nurse partly and giving her in addition strained oatmeal. For a while I gave condensed milk with the oatmeal, but now she prefers the oatmeal alone. Is it necessary to give her milk when she is entirely weaned? She has never cared for water, and I seldom get her to drink more than a few teaspoonfuls daily. She has been inclined to constipation at times. She weighs nineteen and one-half pounds, and is happy and playful. Should a mother nurse her child after return of periods?"

Do not worry about delay in baby's teeth so long as she is in good health. Babies differ greatly in the rate of development, and yet may be normal. One child I have in mind was very slow in developing teeth and in beginning to walk and to talk; but when she once started, she made up in rapidity what she had lost in delayed beginning. The teeth came very rapidly, she learned to walk very quickly, and when she began to talk, she seemed to pick it up almost immediately.

I notice that you have been giving condensed milk. Do you not have fresh milk? It is possible that by changing from oatmeal to Graham you will improve the condition of her bowels. A little real cream from the top of a pint or quart bottle of milk might be acceptable to her on her mush. Be sure the milk is from a good dairy, or if you are not sure, bring it to a boil.

It will be well for you to continue nursing a while longer, gradually replacing nursing by feeding. Do not make any sudden change during hot weather.

From the fact that your baby is so healthy and good-natured it is to be inferred that she is getting practically the nourishment she

needs. As soon as a baby fails to be well nourished, it manifests it in some way.

The return of the periods is not a warning to give up nursing, but is a result of your having already partly given up nursing.

Enema Habit.—"Being troubled with constipation I began taking enemas, and now I never have a natural movement, no matter how much fruit and vegetables I eat, or how much water I drink. Shall I have to continue taking enemas the rest of my life? Is it harmful to take about two quarts of water daily?"

The enema habit is almost as bad as the cathartic habit. Take small enemas, gradually diminishing the quantity and having the water colder, until you take a very small quantity of very cold water, almost ice water. It is possible that in this way you may stimulate a natural movement.

Have you tried agar or mineral oil as directed in former journals? Either of these may be just what you need. The April issue, in the Home Cooking School department, tells how to use agar for this purpose. Shredded coconut acts excellently in some very obstinate cases. It is worth trying. Take about a tablespoonful at a time, with your meals.

Do not forget that there is great virtue in abdominal exercises and abdominal massage. Directions have been given in former issues.

High Blood Pressure.—A correspondent writes that she was found to have high blood pressure, and was told that she would have to take treatment the rest of her life. Discouraged, she did not take any treatment for two years, thinking she would die anyway. Then finding herself no worse—and no better—she went to a drugless healer who gave her treatments for a while, and he assured her after examination that her blood pressure was normal; but she was "so weak in every way," as she expressed it, that he advised her to take for her digestion a malt extract made at a Milwaukee brewery.

There have been a great many people frightened by "high blood pressure." I notice you say that your blood pressure is down now, but that you are feeling weak. There are times when it is not safe to reduce blood pressure. High blood pressure is sometimes a protection. I am not at all sure that you did right in delaying treatment two years ago, and I am not at all sure that the treatment you did get was a help to you. Moreover, I am quite sure that the alcoholic malt extract made in Milwaukee will do you no permanent good.

You ought to be in the hands of a physician who will make a careful, conscientious study of your case, and who will not be satisfied until he has determined just what is the cause of your trouble. There is some definite cause for your variations in blood pressure, and it is the cause that should receive treatment. The blood pressure is only a symptom. It is probable that you have a condition in your intestinal tract—possibly in your teeth—that needs attention.

NEWS NOTES

Motion Pictures for Medical Students.—Instructors in physical diagnosis are making use of motion pictures in order to demonstrate to students the differences between similar disease conditions.

What Next?—It is reported that "movies" in New York City illustrate the advantages of "twilight sleep" in childbirth. Such motion pictures might be "popular," but would they serve any good purpose?

To Study Animal Diseases.—The Rockefeller Foundation is soon to begin constructing, on a four-hundred-and-eighty-acre plot of land purchased for the purpose, near Princeton, N. J., a million-dollar plant, an essential of which will be a completely equipped laboratory for the study of bacteriology in its relation to animal diseases.

Wrapped Bread.—"The use of semiporous and paraffin wrappers does not injure the quality of the loaf after the third day. Up to that time the keeping quality, as to condition of crumb, flavor, and odor, is enhanced by the use of wrappers. Unwrapped bread loses its freshness after the first day." Such is the conclusion reached as the result of a series of experiments described in the *American Food Journal*, 1914, pages 367-376.

New Health Publications.—The Rochester Public Health Association is beginning the publication of a new monthly magazine, the *Health Survey*, which starts with a paid circulation of 3,000. In New York City, Dr. Charles F. Bolduan, director of public health education, will have charge of three new monthly sheets, issued under the department of health, the *Columbus Hill Chronicle*, the *Chelsea Chronicle*, and *Everybody's Chronicle*, containing in addition to health suggestions, a column of local news.

Negro Mortality.—For the first time the Census Bureau has issued statistics regarding the mortality of the Negro. Heretofore Negroes have been listed under "Colored," a title including Chinese, Japanese, Indians, etc. The Negro death rate in the registration area, containing about one fifth of the Negro population, was 25.5 per 1,000 of the population, as against 14.6 per 1,000 of the white population. Deaths caused by malaria, tuberculosis of the lungs and other forms of tuberculosis, pneumonia, and whooping cough are relatively more numerous among the Negroes than among the whites, while the mortality due to measles, scarlet fever, diphtheria, cancer, appendicitis, diarrhea, and violence (including suicide) is noticeably higher among the whites.

Changes During Baking of Bread.—Analysis of a large number of wheat and rye loaves by two analysts tended to show that cooked bread has a smaller proportion of starch and a larger proportion of sugar than were present in the flour.

Effect of Cooking on Fat.—From a study of the effect of cooking on cottonseed oil and butter fat when mixed with flour, two investigators concluded that little change takes place in fats during cooking, except in very thin or overcooked pastries.

Soothing Wine Contains Morphine.—The Office of Information of the U. S. Department of Agriculture has sent out the advice that Moreau's Wine of Anise, Children's Soothing Wine, contains morphine. It is dangerous for parents to give a child any "soothing" mixture, for they all contain some habit-forming drug capable of making a drug fiend of the child.

Loco Weed and Sheep Poisoning.—A recent investigator publishes in the *Bulletin of the Johns Hopkins Hospital* the results of a series of investigations which go to show that the so-called "loco weed," *Aragallus spicatus*, is probably not the cause of the conditions commonly supposed to be due to loco poisoning. He believes that there are several distinct diseases from different causes, which are commonly attributed to the effects of the loco weed. A few years ago a bulletin was issued by the Bureau of Animal Industry which expressed the opinion that loco weed is the cause of the loco stock disease.

Educational Lunch Room.—The bureau of education of the department of health of the city of New York has established an educational lunch room in the health department offices for the benefit of the employees, the object being to provide a wholesome lunch at cost price, and also to educate the patrons in the matter of food and nutrition. The menu gives not only the price of each item, but also the amount of protein and the number of calories. For instance, a slice of apple pie, selling at five cents, yields 4 grams protein and 300 calories; an average helping of mashed creamed potato yields 4 grams protein and 150 calories; a cubic inch of cheese yields 8 grams protein and 190 calories. Specimen lunches furnishing a balanced ration are listed, one of which, the low-cost luncheon, furnishes from 1,320 to 1,410 calories and 25.5 to 33.5 grams protein, at a cost of 22 cents, while the high-cost luncheon, providing 1,520 to 1,840 calories and 50 to 53 grams protein, costs 46 cents.

New Method of Concentrating Grape Juice.—A method has recently been developed by employees of the U. S. Department of Agriculture by which the juice pressed from the Concord and Ives grapes can be concentrated into a new form of grape sirup suitable for use in soft drinks and as an adjunct in cookery. The new method consists in freezing grape juice, cracking the ice into pieces the size of a walnut, and whirling it in a centrifugal machine to drive off the sirupy portion. The crystals of tartaric acid are left behind with the ice. The sirup losing the water of freezing is highly concentrated, and free from the tartaric acid. After the sirup has been concentrated, it is sterilized by heating, and can then be kept indefinitely.

Nervous Symptoms in the Healthy.—A German investigator found, in the examination of one hundred students apparently perfectly healthy, symptoms supposed to be indicative of nervous instability. This suggests that the observation of these symptoms by those who are neurotic more than by those who are counted well may be due to the fact that the neurotic are looking for symptoms. Dubois has shown that normal persons have very much the same periods of feeling "blue," or "depressed," or "tired" as do the neurasthenics, but they take it as a matter of course, put up with it, or rather, they exercise their will power and overcome it, whereas the neurasthenic gives way under it and believes that he is different from ordinary persons.

Louse Prevention.—The louse has become an object not only of loathing but of fear. Not only "for decency's sake," but for the sake of health and long life, it is important that the louse be exterminated. It should be remembered that a very effective remedy for body lice is to sprinkle sulphur in the undergarments, particularly in the creases. In contact with the skin sulphur forms a minute quantity of sulphureted hydrogen gas, which will clear out the lice in a short time after the gas is generated. It takes about twenty-four hours for the gas to be formed in effective quantities.

Caffeineless Coffee.—A process has been recently patented by which the caffeine can be almost entirely removed from the coffee with very little loss of the aromatic flavoring ingredients. The originators believe that in this product they have a healthful coffee substitute. Another authority, as stated by the *Pacific Pharmacist*, believes that the digestive disturbances which follow the free use of coffee are due not to the caffeine, but to certain volatile constituents which are not wholly volatilized in roasting. He states that these may be removed by submitting the roasted coffee to successive treatment with steam under pressure, followed by exposure in a vacuum. Perhaps if we remove the caffeine by one process and the aromatic or volatile substances by another, the coffee will then be a harmless drink.

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Plague in Turkey.—Bubonic plague is raging in Constantinople and other Turkish points, and is said to be spreading rapidly.

Salvarsan in England and France.—Because salvarsan cannot be obtained from Germany, England and France have suspended the patent and have given license to two firms to make the remedy.

Appendicitis Perforation and Cathartics.—Several observers state that clinical perforation of the appendix would seldom if ever occur if the general practitioner and the laity would appreciate the fact that in appendicitis "perforation spells purgation," and withhold cathartics during the early stages of suspected cases.

Arsenic Spray and Birds.—Where there has been extensive spraying of trees, the birds have about disappeared, and it has been suggested that the arsenic poisons the birds; but Chief Entomologist Howard of the Bureau of Entomology says that the scarcity of birds is not due to the fact that they are poisoned, but that there are no bugs for the birds to feed upon.

Milk Feeding and Mortality.—Rettger has shown that chicks fed on milk have twice as good a chance to live, and gain twice as much in weight, as if they are not fed milk. In other words, the mortality rate of those that receive no milk is twice as great as those that receive milk as a portion of their ration. Practically the same results were obtained whether the chicks received sweet or sour milk.

Largest Soup Kitchen.—In Brussels there has been organized what is probably the largest soup kitchen in existence. There are about 50,000 destitute persons who wait in the bread lines for the 6,000 gallons or more of soup and for the more than 8,000 pounds of bread. In these immense bread lines, scattered in various sections of the city, are people who are not of the "down and out" class which compose the bread lines in our large cities, but many are respectable and efficient persons who through no fault of their own have been reduced to abject want by the war.

Typhoid Mary Again.—Some years ago "Typhoid Mary," a cook, was discovered to have caused the infection of a number of persons with typhoid, several of whom died of it. For some time she was detained under observation, but finally obtained her freedom, promising not to engage again in cooking. But recently an epidemic of typhoid in a maternity institution was traced to her, she being the cook in the institution. It was then learned that she had served as cook in various places under different aliases, and in all these places typhoid fever had occurred in connection with her presence. At the maternity institution she was responsible for twenty-five cases of typhoid, of which two resulted fatally. It is not probable that she will be allowed her liberty again soon.

Ravages of Foot-and-Mouth Disease.—According to the Department of Agriculture, 124,141 animals were killed because of foot-and-mouth infection, between October, 1914, and March 25, 1915.

University Hygiene.—A health service has been recently organized at the University of Michigan, Ann Arbor. Meetings are held with representatives from fraternities, clubs, and rooming houses, at which instruction in hygiene and preventive measures is given.

Hospital for Drug Victims.—A number of public-spirited women have subscribed six thousand dollars to be turned over to Katherine B. Davis, commissioner of the department of correction, New York City, for the purpose of building a hospital for the care of drug victims. The building is to be erected at once.

The Sugar Beet.—By modern methods of agriculture, according to the *Scientific American*, the sugar beet yields the largest amount of digestible dry substance per acre of any crop grown. In northern Colorado during the last decade there was an average crop of about 12 tons of sugar beets to the acre, containing about 22½ per cent of digestible dry substance, and 9.6 tons of tops per acre, containing fifteen per cent of digestible dry substance, or a total of 8,200 pounds of digestible dry substance per acre, if all can be used as stock feed.

Milk Contaminated in Udder of Healthy Cow.—In Manila it has been shown that in one case a healthy cow harbored in the udder a form of bacteria (*Staphylococcus albus*) which infects the milk. The fresh milk is said to be harmless, but after it has stood for some hours at room temperature, it may cause serious illness in those who use it. Those who have been using the milk for a considerable period seem to acquire an immunity. Two children of the family who had been using the milk regularly had never had attacks, or only mild attacks, whereas those who used it only occasionally had severe attacks.

Secretion in the Human Stomach.—Carlson, of Chicago, reports in the *American Journal of Physiology* for April the results of his observations on a healthy man twenty-nine years old, who for twenty years had been fed through a gastric fistula, or window into the stomach, for the reason that his esophagus had been closed by scar tissue. Carlson finds that the stomach is constantly secreting, even when it is "empty;" but that the rate of secretion between the intervals of digestion is very slow, the secretion being rich in pepsin but poor in hydrochloric acid. Chewing of substances not related to food did not seem to stimulate to greater gastric secretion. Seeing, smelling, and possibly thinking of palatable food have a slight transitory effect to increase secretion. The rate of secretion during the act of mastication is directly proportional to the palatability of the food. He estimates that an adult normal person secretes about three pints of juice at a principal meal, or about three quarts during twenty-four hours.

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Lake Geneva Sanitarium (Sanatorium du Leman), Gland, Ct. Vaud, Switzerland.

Natal Health Institute, 126 Longmarket St., Pietermaritzburg, Natal, South Africa.

River Plate Sanitarium, Diamante, Entre Rios, Argentina, South America.

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