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THE NATIONAL HEALTH MAGAZINE



September 1915

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WASHINGTON, D. C.

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HEALTH AND TEMPERANCE

September, 1915

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A CURE FOR THE COMMON SUMMER COMPLAINT

VOL. XXX
No. 9

HEALTH & TEMPERANCE

THE NATIONAL HEALTH MAGAZINE

SEPTEMBER
1915

Continuing LIFE AND HEALTH

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

L. A. HANSEN, Associate Editor

After the War—What?



WILL there be a decisive victory for one side, involving a reconstruction of the maps of all the continents? Will other nations be drawn into the great whirlpool until the entire earth is a seething mass of contending humanity? Each of the contending factions is determined that the result shall not be a draw. The cost has been too great for such an ending. Each party to the strife is bent on administering to the other a decisive and crushing defeat. It is a struggle to the finish between nations which, a little more than a year ago, were, on the surface at least, friendly. It is a clash between contending hordes which, in the number of men engaged, in the destructiveness of property and life, in the use of novel engines of war, finds no parallel in history.

But will it be decisive? Will one side succeed in gaining a lasting advantage over the other, or will the very vastness of the operations and the extent of territory involved, and the unparalleled fierceness and recklessness of the operations so exhaust and impoverish the belligerents in men and means that both sides, weary of the constant loss and hopeless of making a decisive gain, will decide to patch up a truce of a few years to give opportunity to gather strength and invent new instruments of destruction?

For one thing we can be grateful: though the inventions for the destruction of life and property are tenfold more efficient than in any previous wars, and though there is evidence that in the treatment of belligerents, and especially of noncombatants, it is possible for so-called civilized man to fall into ways that would disgrace a savage tribe, the organizations for relief, for sanitation, for the saving of life on the battle field are more efficient than they have been in any previous war. In this issue are given a number of illustrations showing this phase of the great struggle.



The reader who occasionally sees a copy of "Health and Temperance," or who sees it now for the first time, is invited to become one of our family of regular readers. Every issue contains something of vital interest to the individual or the family.

See special offers in the advertising pages of this issue. The remaining months of this year free to those who now subscribe for the year 1916.



Try the effect of pure air, pure water, sunshine, and exercise.

THE QUEST FOR PHYSICAL BEAUTY

Alden Carver Naud

EVERY normal person desires to present a pleasing appearance. Men, in order to satisfy their ambition to look their best, patronize tonsorial parlors and haberdashers' establishments. Women, in their attempts to be beautiful, live in a delirium of fashion plates and cosmetics. The result of the efforts of both men and women may be learned by studying the many faces and figures on the streets or at public gatherings.

A certain young lady, supersensitive regarding her plainness of countenance, shrank from appearing anywhere away from home. A friend walking with her down State Street, Chicago, one day at the noon hour, suggested that every time the young lady saw a woman whom she would care to resemble exactly as to face, form, dress, bearing, manner, and general appearance, she was to pause a moment. They walked four blocks and returned, stopping at department stores en route, but the plain-featured girl saw no one whom she wished to look like in all details. She returned home better satisfied with herself than she had ever been before. Others might well make use of this simple test, even though they may not have access to State Street.

Abraham Lincoln used to say that God must love homely people because he makes so many of them. But in most instances man has himself to blame for the unsightly appearance he presents.

"I wonder what his thoughts have been to make so ugly a face," a lady once remarked on beholding a particularly hideous countenance on a street car. Her words were a just criticism; for no person living rightly would need to show forth such selfishness, gluttony, avarice, craftiness, and cruelty as the face in question portrayed.

A simple, rattle-brained woman, however perfect her features and complexion, can never lay any claim to real beauty. Beauty is more than skin deep. Physical beauty is not a surface condition. Rather, it is the overflowing of an inward state. A cathedral is not made beautiful by its exterior decorations. The real value of a cathedral is made manifest by the interior decorations it may display. So the person who would be truly beautiful must strive toward internal adornment rather than external ostentation. One cannot whitewash an old barracks and expect it to be as beautiful as a temple.

But while we grant that beauty is the

result of inward qualities rather than an outward appearance, we must admit that one may greatly enhance his physical appearance by adherence to a few fundamental rules.

Beauty is not complex, nor extremely difficult to obtain. It is as frequently found in extreme simplicity as elsewhere. A wind-swept anemone or a simple wild fern is as beautiful as a gorgeous orchid. Physical beauty is often discovered in sweetness and repose, but this is not always the case. When it exists thus, it is like the wild rose in its modest fragrance.

A prominent city minister sometimes says: "I used to think that there were mistakes in the world. That if I were God, I should avoid them." We all have occasions, perhaps, when we feel that we could make a better world than God made. It is surprising that the people who feel this the keenest generally do the least toward improving the conditions they deplore. Many who lament the fact that they are unattractive or repulsive in appearance, make no effort to better their looks.

Of course, all real improvement must come from within. To make use of cosmetics and expensive raiment is a pitiful and useless makeshift. But there are minor details, attention to which will give gratifying results. The hair, the nails, and the teeth must be well cared for. They must receive daily consideration. Hair that is kept in a healthy condition and scrupulously clean, will greatly enhance physical charm. Each one should wear the hair dressed as best becomes the individual, regardless of current fads. Dame Fashion may impose. The hair must have both air and sunlight to be at its best. The nails and teeth must be kept in good condition and always be immaculate. It is surprising what gratifying results can be obtained from a few moments a day devoted to the nails and teeth. Care of the teeth is of great importance, for not only the appearance of the body, but its health as well, is dependent upon the teeth.

As much disease as possible must be

eliminated from the bodies of those who would be beautiful. A fetid breath, a decayed tooth, a blotchy skin, and a dull, lusterless eye are not conducive to physical attractiveness; and most such blemishes or disorders will yield to a thoroughgoing fresh-air treatment, especially if a liberal allowance of exercise is taken at the same time. In fact, the more prodigal one is in the use of pure, outdoor air, the shorter the course to the recovery of health, spirits, and attendant good looks.

In order to achieve the best results, *deep* breathing is an absolute necessity. Set the feet squarely on the earth, square the shoulders, lift the head proudly, inflate the chest with a deep inspiration, and note the difference in physical appearance and feeling that immediately takes place. Practice this a few minutes every day, the more the better, and note the new life that courses through the veins, the new enthusiasm that makes life worth while. When the deep breathing and the search for pure air have become habitual, incalculable good will result to the body.

Next to fresh air, perhaps, pure water is the most important factor in the attainment of beauty. Water to be most efficacious must be applied liberally within and without the body — not a dabbling of the fingers in warm water and a touch of the moistened fingers to the face, with an occasional sip of tea or coffee to supply the liquid the body needs, but the thorough ablution of the entire body each day in an energetic way with water of such temperature as will send the blood tingling into the remotest tissues and leave a sensation of exhilaration in the wake of each bath. Every day water, not makeshift beverages, should be drunk in generous quantities, and this should not be confined to meal-time. Food properly masticated does not need to be washed down with water.

Overeating and the consumption of rich, highly spiced foods, must be avoided by those who would feel well and look their best.

The body must have exercise. The physical organism will respond quickly to the exercise tonic. When once the physical being is roused properly, mental and spiritual development will probably follow. And a healthy, active body, with an alert mind and awakened spiritual powers, is bound to be attractive.

Correct thinking and a right mental attitude play an important rôle. One who would be beautiful must gather beautiful thoughts each day.

Sleep is another important item for the consideration of the beauty getter. However, if the general health is good, and one thinks, eats, breathes, exercises, and dresses correctly, the problem of sleep will undoubtedly take care of itself.

Some attention should be given to the style and color of clothing. But if the clothing is hygienic and harmonizes with itself and with its wearer, a person will

appear well dressed. A total disregard of present-day fashions is not to be recommended. A blind following after fashion is still more deplorable.

No amount of attention to details of dress and adornment will, in itself, make a person attractive. Real beauty must result from correct habits of thought and living. The exterior is but the reflection of what is beneath the surface. A dress-maker, a tailor, a milliner, a shoe dealer, a hair dresser, must have something besides a wax figure to deal with to give best results. These tradespeople can assist to a large degree, but no one but yourself can be beautiful for you.

So the whole problem reduces itself to the question, "*Do you really want to be beautiful?*" If that is your desire, remember that beauty may be acquired by thinking nobly and living a clean, worthwhile life.



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WAR FOOD FOR MAN AND BEAST

War bread, piled up at the side of the road, like stones, to form a barricade. Perhaps some of the war bread would stop a bullet as effectually as a stone.

BABY'S REST

Edythe Stoddard Seymour

WITH the exception of food and warmth nothing else is so important for baby's welfare as rest. Even ventilation is of less importance, as is shown by the fact that babies rest and thrive in the stuffy homes of the ignorant poor until the combined effects of summer heat, teething, and improper feeding make them ill.

Rest may be sleep, or quiet, or merely a change. Often a fussy baby will cease to fret if it is turned on the other side.

The newborn baby should sleep eighteen hours or more out of each twenty-four hours; but gradually the sleeping time becomes less, until at one year an average normal baby may sleep from seven in the evening till five in the morning, and take a good nap morning and afternoon.

Training will make any comfortable baby a good baby. Often the lying-in nurse is careless and leaves the training of the baby to the mother, who is perhaps too weak for the task, and may be inexperienced. But the earlier the training begins, the better it will be for mother and baby. The baby should become accustomed to regular times for rest, as for feeding and bathing. After feeding and bathing, any comfortable baby should sleep. When awake, the baby can be rested from lying in the crib by rubbing its back and limbs.

An older baby will enjoy a playtime with mother or with toys, but when tired will fuss a little, and should then be put at once into the crib in a quiet room, where it will rest, even if sleep does not come at once. If baby protests and cries when mother leaves, she should not hesitate, but go ahead, shutting the door quietly; and if baby is not too old, the lesson will be learned in a time or two. An older spoiled baby can have a quiet, darkened corner arranged in the living room, where he will not feel so alone as to disturb others by yelling, if the situation is such that the mother would not feel free to let him cry it out.

Colic in nursing babies is often caused by an overtired condition of the mother. While baby is nursing, the mother may as well be resting. Even sitting and holding baby consumes some of the mother's much-needed strength. For this reason it is a good practice for the mother to lie beside the baby when nursing, with the baby's head and shoulders on a large, flat pillow instead of on her arm, so that when she arises baby will not be disturbed. This insures more rest for both mother and child.

For colic, rub the abdomen firmly to force the gas along. Press from left to right across the lower part of the abdomen, up the right side, then from right to left above the navel and down the left side. This follows the course of the large bowel. The discomfort from pressure of gas may often be relieved by laying the baby on its stomach over the mother's shoulder.

Babies often fret or cry from thirst, and milk alone does not quench thirst. While baby is young, give it a drink of warm water between feedings. Later it can have cold water. Mothers should not let the baby's crying be a bugaboo. If baby is not in pain, and if there are no near neighbors to be disturbed, a good cry will give him needed exercise, which will be followed by a period of rest if he is not fussed over.

Baby will be less susceptible to "taking cold" if there is an abundance of fresh air in the sleeping room, or better yet, if the naps are taken out of doors. A sheltered corner of the porch should be selected for inclement weather, and there should be just sufficient covers to keep hands and feet warm without perspiration.

If importunate visitors persist in seeing baby during nap time, it is much better to take them quietly to baby's crib than to risk upsetting baby's nerves by awaking it. It is better for others to see the room before it is tidied up than to disturb the baby's nap.

SEX HYGIENE

James Frederick Rogers, M. D.

THE wave of agitation for more thorough instruction of the young in matters of sex has come and is well-nigh spent. Waves are never lasting; and the higher they loom, and the more rapidly they advance, the more quickly they subside. It would be very difficult to estimate how much good this stirring up over sex matters has brought about, but we dare say that it would be a great disappointment to many of the enthusiastic agitators if they knew.

In the commotion many educators have been carried far beyond their depths in the matter, and are glad enough to drop, within a very brief time, their attempts to banish immorality and disease by shaking the fetish of public school education over the tendency to sexual sin. The sex novel and play have been worked to commercial if not other advantage, but the public is becoming nauseated with this airing of perverted instincts and the results of their promiscuous exercise.

Sex matters lie at the root of life, and it is no wonder that under the social conditions which are so foreign to its exercise in nature, it should be so frequently perverted, and should cause so much disturbance and suffering. It is not surprising also if education (other than the kind which proceeds at a slow, evolutionary pace) should have found that it had undertaken a difficult and complicated problem when it attempted to abolish the social evil by the giving out of information. The subject has always been considered a difficult one to handle, and it continues to be difficult despite recent agitation.

It is significant that in this time of

attempt at suppression of nonconformity to social usage in sexual affairs, there has been a coincident outbreak of revival of dancing. Now, dancing is acknowledged by those who think, and who speak as they think, to be a pastime based largely on the sex instinct. At any rate, that is what the modern social dance lives by. Did the agitation for education in sex matters bring about the recent development of dancing, or did some general psychological upheaval cause the simultaneous heightening of sex intimacy in dancing and the increased interest in education in matters of sex?

There is no doubt that some good has come out of this genuine interest in sex hygiene, but in the matter of education we seem to be much where we were before. While, through indirect teaching in biology, a considerable number of valuable facts can be presented, the direct and more important teaching lies where it always has, chiefly with the parents. At least, this one responsibility cannot be foisted on the state. The physician also has his share in this teaching, but not to the removal of any responsibility of the parent in the matter.

The best education for all concerned is that which banishes sex as far as possible from the mind, and that is best done by arousing mental and bodily interest in other directions, by training to absorbing work, mental and muscular. The giving of adequate information at the time it is asked for by the child, general teaching through biology, and the reference to good books on the subject, at the opportune time, may be said to merely supplement the general training to physical and mental health.





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FOOD STATION FOR THE PEASANTS

One of the many distributing stations for supplying the peasants with bread, Galicia.



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FRIEND AND FOE IN RUSSIAN HOSPITAL

Wounded Russian and German officers lying in a primitive hospital, in Suwalki, Russian Poland.



Photo by Underwood & Underwood, New York

MORNING TOILET OF BRITISH SOLDIERS, BRITISH CAMP, NORTHERN FRANCE



Photo by Underwood & Underwood, New York

TOMMY ATKINS IS A CLEANLY FELLOW

A French woman is making a good living washing for the British soldiers.

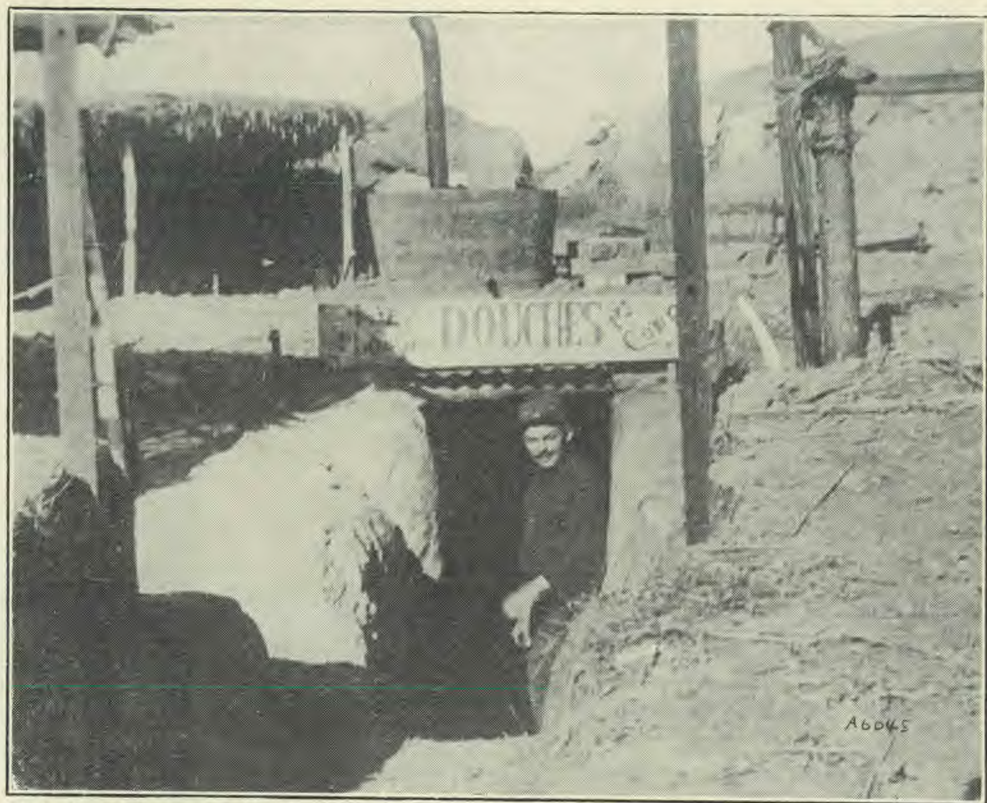


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BATHROOM IN THE FRENCH TRENCHES

It is necessary to keep the soldiers reasonably clean. This bathroom was within one hundred yards of the German lines.



Photo by Underwood & Underwood, New York

PURE WATER FOR THE SOLDIERS

German soldiers drawing water supplies from a sterilizing and filtering apparatus part of the wonderful army equipment.

SCHOOL OF HEALTH

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WATER AS A PHYSIOLOGICAL TONIC

Albert C. Geyster, M. D.

The following paper, by Albert C. Geyster, professor of physiological therapy, Fordham University Medical College, which appeared in the *New York Medical Journal*, May 22, is evidence of the changing attitude of the medical profession toward the use of nondrug remedies. A generation ago one would have hunted in vain to find a chair in a medical college devoted entirely to nondrug treatment, to find a professor who would dare write as Professor Geyster has written in this article, and to find a medical journal which would publish it. The hour hand of a clock moves imperceptibly, but steadily. In the same almost imperceptible manner the opinion of the medical fraternity is being educated to an appreciation of the value of nondrug remedies, and of the inadvisability of relying on drugs as the most important weapon in the warfare against disease. Doubtless the phenomenal growth and the success of the sanitarium methods of treatment are in a large measure responsible for this change of attitude.

WHAT is a tonic? If we peruse the materia medica, we find there a great many drugs classified under the name "tonics." If we sift the meaning of the term tonic treatment, we are told that it consists in the use of "a medicine or agent which promotes nutrition or gives tone to the system." A tonic is, therefore, a medicine or agent capable of arousing the physiological functions.

If you apply the whip or the spur to the horse, you are arousing his physiological functions; you are supplying a tonic, the agent being the whip or spur. Neither is it necessary to have recourse to an agent as tangible as the whip; frequently, the mere chirruping will bring forth physiological responses, and there the chirruping is the tonic. If we administer small doses of strychnine, arsenic, or quinine, at once the system responds; it causes an increase in all the physiological functions of the body, for the purpose of overcoming or ridding itself of the noxious influence of the drug.

Medicinal tonics are no more part and parcel of the make-up of the normal body than the whip and spur, or even the harmless chirrup, are a part of a normal horse. It has never seemed good logic to me to add something entirely foreign

to a body whose functions seemed to need arousing. Yet that is exactly what we do when we administer a drug for its tonic action. The system rebels and brings into action every physiological function that it is capable of, only for the purpose of escaping from the irritant, as the horse does from the blows of the cruel driver.

If we closely examine the real meaning of the word tonic as used in the medical sense, we come to the only proper conclusion, that a tonic is a shock to which the system responds to the best of its ability. A blow struck with a whip is a shock to the horse, the tickling of the spur is a shock to the terminal nerve filament, the chirruping is a shock to the auditory apparatus of the horse. The normal horse, properly trained by experience, responds to this slight irritation; for, if the simple chirruping is not at once followed by a physiological reaction, a stronger tonic is applied until the desired results have been obtained; or, as only too frequently happens, the tonic dose becomes so strong as completely to incapacitate the horse. At this point the horse and the driver exchange intelligence, the horse refuses to budge and defies all the tonic effort of the driver until the driver becomes possessed of "horse

sense" and allows the horse to rest, which is really the best of tonics under the circumstances.

Having become acquainted with the real meaning of the term tonic, let us see where and when such a measure is indicated. It is obvious that a normal individual requires no tonic. An abnormal individual, or one whose functions for some reason do not seem to be at par, is the one upon whom we practice our "tonic" art. Men, women, and children will get below par; frequently their energies are lagging, they become torpid in mind and body, and so require a tonic.

To a dormant, sleeping, fainting, or toxic system nothing else acts so lightning-like as a simple dash of cold water. As a producer of shock it has no equal. It does not maim the body, it requires no special skill or technic, it is cheap, obtainable almost anywhere; it is prompt in producing responses, no foreign body enters the system, and last but not least, it is entirely harmless.

We must always bear in mind the fact that drugs, especially the alkaloids, exhibit a seemingly physiological effect only when they are capable of entering into chemical union with certain tissue cells. There must be a mutual attraction between the tissue cells and the free alkaloids. Most alkaloids that are classed as tonics find their affinities with the cells of the spinal cord and the brain. Since nerve tissue controls in a large measure all the physiological functions, it is not difficult of explanation why the so-called tonics exert a toning-up influence upon the general system.

This union is of course not a natural one, and sooner or later these same tissue cells that were so willing to enter into an unholy alliance with the alkaloids find that they have reared for themselves a veritable Frankenstein's monster. The cells make heroic efforts to be rid of the alliance, but too frequently it happens that the willing servant not only turns master, but actually destroys the host. "Dead men tell no tales." If they did, digitalis as a "heart tonic" would

be removed from the pharmacopœia.

Since we must have tonics, why not make use of such a simple one as cold water? Of course, it is understood that it is the discrepancy between the body temperature and that of the water that makes it a tonic. When two different temperatures meet, there is an attempt at equalization. The hotter the body, the colder the water, the greater the discrepancy, the greater the attempt at equalization, the greater the physiological responses. Immediately after the patient takes a cold bath, the red and white blood corpuscles are markedly increased in number. At our present state of knowledge we must assume that the marrow in all the long bones, the spleen, and the lymph nodes comprise the cytogenic apparatus. That being the case, how does a cold bath increase the number of red and white blood corpuscles almost immediately? There is no doubt that the red blood corpuscles, besides doing a wonderful work in the chemistry of the body, are the agents intended for the carrying of oxygen to all the parts.

When, therefore, the sympathetic system suddenly perceives the cold upon the entire skin surface, a reflex stimulating effect is sent to the cytogenic mechanism, resulting in an immediate increase of its activity, or a performance of its physiological function. It is the shock produced by the cold, to the system, and the reaction to this shock, that causes the corpuscle-producing organs to take on increased activity.

A bath at 80° F., taken in the morning when first rising from bed, is a shock to the system, which results in the immediate increase of the number of the red and white corpuscles. Will the continuous taking of such tonic baths increase the number of red cells beyond the normal? Nature abhors anything that is not useful to the organism. As soon as the corpuscles fail in the performance of their function, or when more have been created than the economy requires, they are destroyed in their passage through the liver, and broken up into proteins for



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EXAMINING A DYING TYPHUS PATIENT

In the center, Mrs. Hankin Hardy, representing the Royal Nursing Sisters of Serbia.

tissue defense and tissue building. This protein will ultimately be discharged into the blood stream to make up the proteins (globulin and albumin) of the serum, the great common food supply for all the tissues, and an important source of energy for the bodily activities.

Each red corpuscle is a protein body, its substance composed in part of hemoglobin. The formula for this has been computed as $C_{768}H_{1203}N_{195}O_{218}S_3$. To suppose that the organism exhausts this material and wastes the energy essential to its compounding merely to produce a transporter of unmodified oxygen, would require a reversal of all our conceptions of economy in the management in the cellular body politic. Yet such is the current conception of physiologists in general.

The immense value of a tonic bath

taken for tonic purposes is shown by this: The tonic bath hardens the system; once having the system trained to the reaction of the cold application, there is less and less danger of being influenced by atmospheric changes. Patients with a suitable diet and a morning tonic bath, in one month increased their blood count from the previous 3,000,000 to 5,500,000 per c. mm. Such patients, as a rule, have taken more or less of the stereotyped textbook tonics for months, yet never seem to gain their equilibrium. As soon as such patients are treated according to the laws of physiology, they recover very promptly, if they can recover at all.

Every disease is curable, but not every patient. Day by day, the public is taking more and more interest in matters medical. Dosing with patent medicine is lessening; even the skepticism of the

patient is manifesting itself against so-called "legitimate prescriptions." The doctor is forced to recognize the underlying principles of nature's cure; he is becoming converted to physiological therapeutics. Enormous are the benefits that may accrue to the patient through recognition on the part of the physician of the principle that the blood corpuscles, white and red, are all important in the fight against bacterial disease.

Let us take as a typical illustration, because the most common and familiar, the case of a patient suffering from tuberculosis. Every human being at some time during his life is infected with the tubercle bacillus. In civilized nations all the people have been tubercularized. Through this tubercularization, so well defended is the average system against its attacks that ninety per cent of all the persons of a given generation are able to throw off the invader, and to attain full individual immunity to its attacks. But ten per cent in each generation are not able to thus ward off the attack; on the contrary, they succumb. In them the mechanism of the leucocytic and the erythrocytic apparatus that should produce antiferments against the tubercle germ is altogether absent, or is devitalized and minimized in efficiency. Tuberculosis and anemia are almost inseparable. Such a patient requires tonic treatments; he is in urgent need of something that will start his cytogenic apparatus into full activity. There are three very important things that will do this;

namely, proper food rich in fats and carbohydrates, scientifically regulated exercise of body and special breathing exercises, and the tonic effect of the cold baths. All these are at once followed by an enormous increase in red and white corpuscles. Greatest among these is the cold bath at 76° F., taken upon rising in the morning.

How to Take a Physiological Tonic Bath

The bathroom should be prepared by an attendant or some member of the family. The room must be warm, say about 80° F. The water in the tub must be at 80° F. and the tub so filled that the patient can at once be immersed. With some patients where 80° F. seems to give too much of a shock, it is well to begin with a temperature of 85° F. Patients soon become accustomed to this, then the temperature may be lowered two degrees each morning until 80° F. is reached. At



ONE WAY TO KILL A MOSQUITO

But what about the head? Headache remedies may relieve headache, but what about the heart?

this it must be kept for at least one month, when a further lowering may take place until 76° F. is reached. Lower than 76° F. the temperature should never be for a tonic-bath effect. A drop of twenty-two degrees applied suddenly over the entire body is sufficient to arouse any and all the physiological functions.

A patient should remain from three to five minutes in the full bath. At first it is better if an attendant does the drying. Some Turkish towels are heated upon the radiator, and with these towels the patient is thoroughly rubbed until the

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HOME COOKING SCHOOL



THE LUNCH BOX

George E. Cornforth

PERHAPS lunches may be divided into two classes — those that are taken for pleasure on picnics and outings and are enjoyed as an agreeable change from the conventional manner of taking meals, and those that are taken from necessity by school children, or by men and women whose work takes them some distance from their homes. The former are well digested even though they consist of indigestible articles, because the enjoyable circumstances under which they are eaten give zest to the appetite and vigor to the digestion. The latter have a reputation for being a cause of dyspepsia, and perhaps the fact that a lunch consists so largely of cold foods is supposed to be the chief reason why it is less wholesome than a meal taken at home. There probably is some truth in this supposition. Another reason why a lunch is not so well digested is that it is eaten alone, without the stimulus of pleasant association with the rest of the family. But perhaps the chief reason why lunches are not well digested is because the average lunch is made up of the most indigestible foods,—hard-boiled eggs, ham sandwiches, cheese, fried cakes, pickles, and cold tea.

It is my purpose in this article to tell how to put up a lunch of quite a different nature, consisting of easily digested foods,—a lunch that will enable one to endure, perhaps I should say enjoy, a long ride on the train without a headache. For I am inclined to believe that at least some of the headaches that people suppose are caused by riding on a train are really caused by eating foods that are difficult of digestion, and by eat-

ing between meals while merely sitting and taking no exercise.

No doubt it is often perplexing to know what to provide for a lunch, that will be small in bulk, appetizing, nourishing, satisfying, and that can be conveniently eaten without the use of the conventional knife, fork, and spoon.

Incidentally I might tell that my favorite lunch consists of a handful of nuts, a few thin slices of zwieback or plain crackers or fruit crackers, a few olives, and some fresh fruit, preferably juicy fruit. (Juicy fruit in a lunch helps to quench thirst so that there should be no desire for cold tea or other drink.) These articles, when well masticated, will produce heat enough in the mouth to warm them; and they are nutritious and easily digested.

But most persons would prefer a lunch that is not so marked a departure from the conventional one, and that contains imitations of or substitutes for the articles usually contained in it.

When a person must eat his lunch alone, and when it must be cold, it is specially necessary that it contain easily digested foods.

Perhaps nothing is more commonly included in a lunch than sandwiches of some kind; and in them, indeed, the hearty part of the meal can be very well included. And there are many kinds of sandwiches that are complete without meat or condiments. I might mention a few sandwich fillings that are nice to use in making sandwiches for lunches.

Egg Sandwiches

Pour boiling water over the desired number of eggs. Cover the dish and set it on the back

of the stove where it will keep hot but not boil, and allow the eggs to remain in the water one-half hour or longer. Shell the eggs, chop them and mix with them enough mayonnaise salad dressing to make the mixture of the right consistency to spread. Chopped ripe olives or chopped nuts may be mixed with the eggs.

Ripe Olive Sandwiches

Cut the meat from the stone of ripe olives, chop the meat and mix it with mayonnaise dressing.

Cottage Cheese Sandwiches

Use the cottage cheese plain, or mixed with mayonnaise, or with ripe olives, chopped; or with jelly, or chopped nuts, or chopped celery.

Nut Sandwiches

Chop the nuts and mix them to a paste with butter that has been rubbed to a cream, and use this for spreading the bread.

Peanut Butter Sandwiches

Use the nut butter plain or season it with a little lemon juice and salt, or tomato juice and salt, or mix jelly or chopped dates, figs, or raisins with it.

Anything fresh in a lunch is always refreshing. In fact, it should be the aim always to include something fresh in the lunch. If desired, the sandwiches may occasionally be made of tomato, lettuce, cucumber, or celery.

It is well to vary the sandwiches by using whole-wheat or Graham bread sometimes.

Sandwiches should be wrapped in oiled paper. Everything in the lunch should be wrapped separately to prevent each from taking the flavor of the others.

Other articles that are suitable for lunches are zwieback, crackers, unfermented rolls, sticks, date rolls, fig rolls, biscuit, yeast rolls of various kinds, turnovers, cream puffs, dates, figs, stuffed dates, nut-and-date or fig or raisin marmalade, cracked nuts, raisins, ripe olives, stuffed eggs, small cakes, cookies, individual custards, baked apples, gelatin desserts, fruit puddings, a small bottle of grape juice, fresh fruit in season,—as a bunch of grapes, a few strawberries, a few cherries, plums, oranges, apples, bananas,—also such vegetables as celery, radishes, and cucumbers.

The stuffed eggs are prepared as follows:—

Stuffed Eggs

Cut in two lengthwise six hard-cooked eggs, cooked according to the directions for cooking the eggs for the egg sandwiches. Remove the yolks and rub them to a smooth paste. Mix with them one and one-half tablespoons of finely chopped olives, two teaspoons of salad oil one-half level teaspoon of salt, and lemon juice to moisten. Refill the whites, moisten the cut surfaces of the eggs with raw egg white to cause the eggs to stick together, then place the halves together.

For those who would like to know how to make the cream puffs I will give a recipe:—

Cream Puffs

1 cup boiling water
 $\frac{1}{2}$ cup vegetable oil
 1 level teaspoon salt
 1 cup sifted pastry flour
 4 eggs

Put the water, oil, and salt in a saucepan over the fire. As soon as the mixture begins to boil, throw in the flour all at once, and stir vigorously till the mixture is formed into a smooth mass. Remove from the fire and allow it to cool a little. Then break in the eggs, one at a time, beating each in thoroughly before adding another. Drop in large spoonfuls on an oiled baking sheet, one and one-half inches apart, taking care to have them shaped as nearly like a ball as possible. Bake thirty minutes in a moderate oven with stronger heat at the bottom than above. If cream puffs are removed from the oven before they are thoroughly cooked, they will fall. To be sure whether they are cooked sufficiently, remove one from the oven; and if it does not fall, it is safe to conclude that the others are done. A better way to get the batter on the baking pan in the proper shape is to put the batter into a pastry bag, using a large tube with a half-inch opening, or larger. With this the batter can be put on the pan in perfectly round cakes. Cream puffs may be filled with whipped cream or with the following:—

Cream Puff Filling

1 pint milk
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup flour
 $\frac{1}{2}$ level teaspoon salt
 2 eggs
 1 teaspoon vanilla

Heat the milk to boiling in a double boiler. Mix the sugar, flour, and salt, and stir into this mixture the beaten eggs, then stir in the scalded milk. Return to the double boiler and cook fifteen minutes, stirring constantly till thickened, and occasionally afterwards. Add the flavoring after the mixture is cool.

A slit may be made in the side of each cake and the filling put in with a spoon, but a better way is to put the filling into a pastry bag, using a tube with a small

opening. Shove the tube of the bag through the side of the cream cake and squeeze in the filling.

This recipe makes ten or twelve large cakes.

It is well to save small tin boxes to use in lunches. They are handy to put sandwiches or cakes in to prevent them from drying, or they may be used to contain olives or nuts.

Small glass jars with covers are very convenient for salad sauce or marmalade or any strong-flavored food.

A small bottle of lemon juice may be included, to use with lettuce or cucumbers or in making lemonade.

A thermos bottle is very convenient in which to carry anything hot or cold.

An individual drinking cup should be included. This may be a paper cup. In fact, paper dishes are very convenient to use in lunches, such as paper cups and plates, also paper napkins and tablecloths, especially on picnics, because they can be destroyed after using, and need not be carried home.

No pains should be spared to make a lunch attractive in appearance and palatable to the taste.

The receptacle in which the lunch is carried should be such that the lunch will not be crushed or mused. If the lunch is to be used on a long journey, it is well to pack it in sections, so that it will not be necessary to disarrange the whole lunch box in order to get the variety it affords for one meal.

To be more specific I give a list of articles that may be used in a few lunches:

Lunch No. 1

Walnut sandwiches, ripe olives, fruit crackers, mellow and juicy fresh pears.

Lunch No. 2

Ripe olive sandwiches, pecan nuts, cottage cheese, date rolls, fresh peaches.

Lunch No. 3

Sandwiches filled with a mixture of lettuce, ripe olives, and walnuts; stuffed egg, small cakes, baked apples.

Lunch No. 4

Zwieback, cottage cheese, fresh tomatoes, ripe olives, apple turnover.

Lunch No. 5

Assorted crackers, nuts, layer raisins, a cream puff, a bunch of grapes.

Lunch No. 6

Cottage-cheese-and-walnut sandwiches, a few dates, a few olives, a piece of cake, a bottle of lemon juice, and sugar for lemonade.

Lunch No. 7

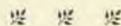
Lettuce-and-egg sandwiches, quince-jelly sandwiches, whole-wheat wafers, ripe olives, nuts, cookies, orange, banana.

Lunch No. 8

Lettuce sandwiches, cottage-cheese-and-olive sandwiches, celery-and-nut or celery-and-egg salad, stuffed dates, zwieback, an orange separated into sections and wrapped in waxed paper, nuts, ripe olives, hot cereal coffee (with cream and sugar) in a thermos bottle.

Lunch No. 9

Egg sandwiches, baked-bean-and-nut sandwiches, zwieback, nuts, ripe olives, banana, orange, small bottle of grape juice.



WATER AS A PHYSIOLOGICAL TONIC

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skin is dry, red, and warm. As comfort may direct, the patient may be standing, sitting, or even lying down during this process. About fifteen minutes should be consumed in the rubbing; then the patient should rest in the horizontal position for thirty to sixty minutes. As soon as the red corpuscles are normal in num-

ber, the patient is in a physical condition to dry himself. The exercise is a material aid if properly performed; and if it is followed by the usual rest, then with some light calisthenics for fifteen minutes, such as deep breathing, that patient has had the best physiological tonic in the world.



THE PREVENTION OF ACUTE RHEUMATISM

This magazine has few messages more important to parents than the one which appears in the present article. Gradually but surely the medical profession, and I trust the laity, are learning that the time to deal with disease is at its inception. In tuberculosis, in cancer, in many other conditions, the doctor is often expected to effect a cure when he knows that it is too late to do more than mitigate the symptoms. Fortunately, doctors are learning to recognize diseases in their incipency, and are becoming acquainted with the combination of causes which operate together to produce different diseases. For any disease to gain a foothold, there must be present a combination of two or more favoring conditions. It is the sphere of preventive medicine to eliminate as far as possible these conditions which favor disease.

As we are far short of the ideal, the elimination of the causes of disease, the next step in importance is the early recognition and early treatment of disease. One of the diseases which should, for the safety of the child, be taken at the beginning is acute rheumatism, a condition frequent in children, but usually overlooked by parents and teachers until the heart has been irreparably damaged.

The June issue of *American Medicine* has a symposium on rheumatism, containing a number of valuable articles on the subject. One article, "The Prevention of Acute Rheumatism," by F. J. Poynton, a prominent London physician who has had extensive experience with children and with rheumatism, is full of good counsel to parents. Following is a summary of the essential points of Dr. Poynton's teaching:—

RHEUMATISM is largely a disease of childhood, and its fatality is heaviest in early life. The disease which is most common among the poor is an infection, that is, a germ disease; and diet has little to do with it, except that insufficient food of whatever kind lowers the resistance of the body, and is thus one of the favoring causes of infection. In other words, if two children are subject to a similar attack of the germs of any disease, say rheumatism, the one who is well nourished will have every chance to escape, while the one who is ill-fed will be more likely to succumb.

Unhealthy tonsils, and especially tonsils with deep crypts, are often responsible for admitting the disease into the system. Children who are subject to frequent attacks of tonsillitis are liable during these attacks to have definite signs of rheumatism. In such cases thorough removal of the tonsils is advisable.

The danger point in acute rheumatism is the heart; and as the involvement of the heart may not be accompanied by pain, it is liable to be overlooked until serious damage is done.

There should be special homes for the recuperation of children who are the victims of rheumatism, including those who have chorea [St. Vitus's dance], which is one type of rheumatism. The nurse in charge should be one who knows the significance of "little things," for often some scarcely noticeable symptom is an indication of grave danger. Such convalescent homes should be equipped with means for "training" the heart during the recuperative period.

Teachers in the public schools should have at least a rudimentary knowledge of the nature and manifestations of acute rheumatism in order that they may not attempt impossibilities with rheumatic and choreic children.

There is no satisfactory treatment for

acute rheumatism in childhood. With an anemic young person from fifteen to twenty-one years old, an attack of acute rheumatism is liable to develop into a malignant endocarditis, a quickly fatal heart disease.

It is important not to overlook "little things" in connection with a child, such as muscular and joint pains, as such pains are often if not usually an indication of acute rheumatism; and the same process that is causing the pain is causing changes in the heart which are liable to prove disastrous if they are overlooked. Where the heart is involved, there is no pain in the heart region to indicate it. The only way it can be detected is by the skilled ear of the physician. If the heart is affected, unless the child is kept in bed and treated properly until the heart has adjusted itself, irreparable damage will certainly result.

Parents should be taught the following facts:—

"1. The great danger of rheumatism in

childhood is the damage it does to the heart, not to the joints.

"2. Though called acute rheumatism, or 'rheumatic fever,' this disease often commences without severe illness, but with pains in the limbs, frequently termed 'growing pains,' or with a stiff neck.

"3. Children whose hearts are attacked by rheumatism need not have severe pain in the heart; slight restlessness or palpitation may be the only symptoms.

"4. A child who has rheumatism should always have the heart examined by a doctor.

"5. Rheumatism runs strongly in families.

"6. A sore throat may prove the commencement of an attack of rheumatism.

"7. Chorea, or St. Vitus's dance, is generally rheumatic; nervousness, dropping things, headaches, and jerky movements are early signs of the illness.

"8. Rheumatic children need warm clothing and good boots. The extremities should be protected.

"9. Damp houses and rooms, wet clothes, and damp neighborhoods are particularly injurious to the rheumatic.

"10. Children with rheumatic heart disease need a long time for convalescence, because the heart is softened by the disease and requires to get strong again before the child can run about in the usual manner.

"11. Rheumatism often attacks children more than once. Late autumn and early spring are times of danger."



CAUSE AND EFFECT, OR FOUR STAGES OF EVOLUTION

The cartoonist has seen a resemblance between the patent medicine bottle and the coffin. It is no fanciful picture. Many a baby has been hastened to the grave by patent medicines.

The TEMPERANCE MOVEMENT

CONVENTION OF THE ANTI-SALOON LEAGUE OF AMERICA

L. A. Hansen

THE mammoth sixteenth convention of the Anti-Saloon League of America, held in Atlantic City, N. J., July 6-9, the largest temperance convention ever convened, brought together about eight thousand persons from all parts of the United States, including practically all the leading temperance workers. The convention was held on the Million-Dollar Pier, in two large auditoriums, the program being so arranged that the principal speakers alternated in their addresses.

The cry "National prohibition by 1920" might be taken as the dominant note of the convention; and if enthusiasm and optimistic statements foreshow very much, this country in about four years will be bone-dry on the liquor question. The report of the general superintendent, P. A. Baker, bespoke victory in every word, and was received with resounding cheers as it told of the progress of prohibition, not only in this country but throughout the world.

"In this country," stated Superintendent Baker, "hundreds of towns, townships, and counties have abolished the saloon, and nine entire States have joined an equal number in the last ten months in the march toward a saloonless nation. Three more, South Carolina, South Dakota, and Ohio, are tugging at their leashes with hope and a goodly prospect of reaching the new emancipation before the snow flies."

Business for Prohibition

A notable feature of the conventions was the presence of men representing large business interests, and the evidence of a changing attitude on their part. At one time the fear of boycott from liquor interests deterred business men from tak-

ing a pronounced stand in opposition to the liquor traffic. Now economic issues lead them to take up effective battle against rum. Efficiency, the slogan of business, is a strong argument for prohibition.

Nearly two hundred business men, representing various industries, met at a luncheon with the executive officers of the league, to plan for raising an anti-liquor war fund of \$2,000,000 for the league's campaign for national prohibition. One half of the fund is to be used in an effort to get through Congress an amendment to the United States Constitution. The other half will be used in a campaign to influence the States to ratify the amendment.

Though the business men gathered at the luncheon were supporters of the work of the league by their annual subscriptions, they gave liberally to the call for a special fund, and from their number a committee was appointed to complete the work of securing funds.

Former-Governor Foss of Massachusetts, declaring that the business men, because of the industrial interests of the State, were lining up for prohibition, said: "The manufacturer has no more use for the saloon than has the church. Prohibition is good business; that is why we are for it."

"Business men helped to make Colorado dry at the last election," said Governor Carlson. "Ninety per cent of the traveling men of the State voted dry at the last election," he said. "They know collections are easier and business better in a saloonless State."

"Mine owners have learned that the best sort of safety device in a mine is a man with a rested brain and a clear

eye. Therefore the miners of Colorado are against the saloon."

Politics and Prohibition

That the liquor question is entering politics in a palpable manner was made evident by several speakers. Notice was served on leaders of both political parties that if they would keep the question from becoming the all-absorbing one in the next Congressional and Presidential campaign, they should get busy and see to it that the resolution for Constitutional amendment is submitted by the next Congress before the political conventions are called.

Defeat was promised to the party that puts forward a candidate known to be a friend and advocate of the liquor traffic. Said Superintendent Baker, "No Presidential bee can live in alcohol."

The address of former-Congressman Richmond P. Hobson did probably the most to bring the convention to a realization that a political battle is involved. His speech marked the height of enthusiasm of the gathering, his statements repeatedly bringing uproars of cheering. From what he termed "inside information" he outlined plans that will be followed by political leaders of both parties in order to defeat the proposition to submit to the voters a national Constitutional amendment for prohibition.

Captain Hobson declared that the liquor interests will see to it that the press of the country supports only wet men for the Presidency. He urged political support for men favorable to prohibition, regardless of party interests, and if necessary, the formation of a new party.

Other statements from other speakers emphasized the fact that candidates for public office, from the Presidency down, who show any signs of friendliness to the liquor traffic are going to meet with opposition from the enemies of drink.

Oratory and Facts

The names of leading temperance orators in the convention are too many to be given here. A number of oratorical gems were given the temperance cause.

But it was not with eloquence alone that gifted speakers presented arguments. Hard, home-driven facts were so plentiful in all the speeches that the audiences could not but realize that the liquor fight is not a battle of rhetoric, but one in which there enters careful study, scientific research, and close investigation, and that the preponderance of evidence is readily seen to be on the side of temperance.

Former-Governor Foss of Massachusetts, a manufacturer and economic expert, presented an array of facts and figures that showed up the saloon as a foe to business, and the greatest cause of waste and loss in economic forces and industrial resources. He declared that the industrial interests of New England were suffering because drunkenness was destroying the intelligence and sobriety of the workers. From Boston the destroying influence spreads throughout New England, reaching into Maine with smuggled liquors.

As governor, Mr. Foss had appointed a committee of investigation, the findings of which were reported to the legislature. These included figures on the growth of drunkenness, and showed license a colossal failure in checking it. In municipal growth, tax rates, school attendance, death rate, control of crime, general and individual prosperity, property valuation, earnings, and in every other detail the weight of proof was ever in favor of no license.

In General

Woman's suffrage held a prominent place in the convention speeches, almost every speaker making favorable comment on the part played in prohibition victories by women. Such statements were always well applauded, and it was evident that votes for women will be a consideration with prohibition forces in gaining their ends.

The W. C. T. U. received a good share of credit for having made possible the present attainments in the antiliquor fight. One of its leaders, speaking from the platform, facetiously said: "We

struggled on alone for twenty years, then the men came to our side. A child was born to us (the Anti-Saloon League), and those that have studied eugenics can understand what that promises for a successful fight."

The Catholic Prohibition League, organized one year ago, also held a convention, holding a part of its sessions in conjunction with the Anti-Saloon League Convention. Prominent Catholic speakers gave addresses indicating that Catholic sentiment on the liquor question is changing. A resolution was adopted by the Catholic Prohibition League, pledging to the Anti-Saloon League of America "earnest cooperation for the total and irrevocable abolition of the liquor traffic and all the evils for which that wicked business stands."

Anti-Saloon Platform

Resolutions were adopted by the convention, calling for the following:

Modification of civil service laws to permit govern-

ment employees to take part in local option and prohibition campaigns.

Prohibition of interstate commerce in intoxicating beverages.

Refusal of mailing privilege to newspapers and periodicals containing liquor advertisements.

Prohibition for the District of Columbia, Hawaii, Alaska, Porto Rico, and the Philippines by Congressional enactment.

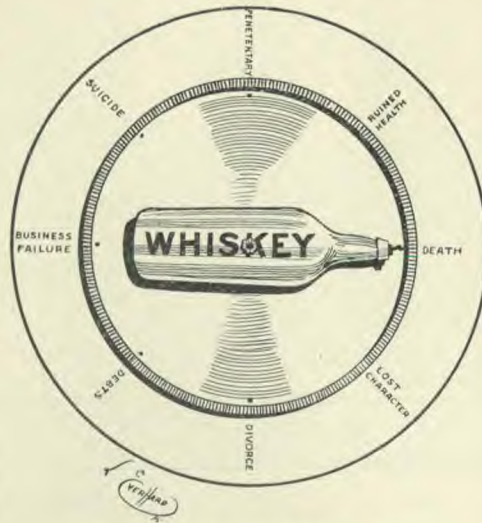
Submission of national prohibition amendment to the people.

One resolution read: "We urge upon temperance forces everywhere the importance of the effort to secure action by State and local municipal boards of health warning the people against the use of liquors, as against every other disease-breeding pestilence which preys upon the public health, thus following the worthy example of the commissioner of public health of the city of New York."

On the whole, the convention was a success in organizing more perfectly the various forces that may be used in meeting the liquor evil.

The magnitude of the fight was made plainer. Campaign plans were more fully matured. The general public was made better acquainted with what is being done, newspaper reports being quite liberal. Enthusiasm was developed and hope strengthened. If all this means victory, there was enough of it seen at the Atlantic City convention to insure an early triumph over the liquor forces.

A statement freely used on the printed program was, "The Anti-Saloon League forces are working not merely for a law to create a condition, but rather for a condition which will support a law." The gathering in Atlantic City discloses the fact that the sentiment that has doomed the saloon in other countries is gaining rapid and steady growth here, and that conditions are fast developing that will support a prohibition law.



EVERY DRINK SPINS THE WHEEL
There are no blanks; there is a prize for every spin.

Current Comment on the Temperance Movement

Boycotting Alcohol Versus Balloting It Out

Nor alone on the statute books of States is the doom of the liquor trade being written; a similar handwriting on the wall is observable in the regulations of the great manufacturing, transportation, and mercantile concerns, and in the by-laws of various orders and clubs. The same determination to do away with the nation's greatest enemy is seen on the athletic field, in the camp of organized labor, among the inmates of the penitentiaries, and in the editorial rooms of the great periodicals and magazines. In the *Outlook* for June 9 is an article, "The People Versus Alcohol," showing the progress of the nonpolitical temperance movement. Says Lewis Edwin Theiss in the beginning paragraph of this article:—

"If you would know something of the men who are enlisting for the people's new war against alcohol,—a war in which indifference has been succeeded by anger and determination,—read the newspapers and note the line-up. Here is industry, or rather capital, in the van, with labor close behind. Here are physicians, lawyers, athletes, politicians, churchmen, fraternity members, and even convicts, in the swelling ranks, with journalists and educators out in front as scouts. Never have we seen such an army in this land before."

The article mentions among the huge concerns that have banned drinking among their employees, the Pennsylvania Railroad, the Cambria Steel Company, the Lukens Iron Works, the American Car and Foundry Company, the American Sheet and Tinplate Company, the Midvale Steel Company, the G. W. Blabon Company, the Link Belt Company, the Florence Iron Company, the Cornplanters' Refining Company, the Lee Tire Company, and others.

When all the physicians of a large town unite in signing a petition for the prohibition of liquor, it may be certain that they have been convinced that alcohol is a national enemy. When athletes give up the use of liquor absolutely, it is a sign that they have been thor-

oughly convinced that liquor interferes with their fitness and efficiency. When the inmates of various prisons, in their prison periodicals, conduct a campaign against liquor, we appreciate the significance of such an action by men who have had the opportunity to know at first hand the dire effects of the drink curse.

One of the last institutions one would expect to inaugurate an antiliquor campaign is the club or the lodge; for the social organizations are organized for sociability and good fellowship, and it is generally believed that these qualities cannot be successfully developed without the help of the social glass. But a number of orders and clubs have banned liquor, showing their realization that the evils of alcohol more than counterbalance any supposed benefits.

When it is realized that liquor advertisements add very materially to the income of periodicals which accept such advertising, some conception may be formed of the great sacrifice periodicals must make which refuse to carry liquor advertisements. This willingness to sacrifice gain for principle signifies that the conviction is gaining among editors and publishers that alcohol is an enemy to the human race, one that they can no longer help to promote through their advertising columns. But the reader will enjoy the whole story as related by Mr. Theiss in the *Outlook*.

Physicians Against Alcohol

At the annual session of the Ohio State Medical Association twenty-three physicians organized an association for the study of alcohol and other narcotics. The following quotations from remarks made at the opening meeting of the new association show how medical opinion is swinging around on the subject of alcohol:—

"In the past the medical profession made a mistake in telling patients that alcohol was a valuable medicine. We were wrong, and are responsible for a large part of drinking. Al-

cohol is but a narcotic, a sleep-producing drug. The profession has not informed the public of that fact, and it is our duty to do so."

"The true hope of temperance lies in awakening the big firms to a realization of the economic conditions and the economic waste resulting from alcohol. Doctors have often been quoted as favoring the use of alcohol. We must correct that impression."

"For years we thought that typhoid cases needed alcoholic stimulants, but we know better now. After every operation it was thought that in desperate cases whisky was the proper stimulant. In the last ten years I have not used whisky in a surgical case."

"The true solution of the liquor evil will come when all employers realize that industrial efficiency is not promoted by the use of alcohol."

"I have reduced the prescribing of alcohol to almost nothing."

"If there were no saloons in Cincinnati, in two years a hospital half the size of the new city hospital would be too large for your city's needs. It is liquor that fills the hospitals."

"There is no doubt, from a scientific standpoint, that alcohol is injurious."

Franklin and Beer

INASMUCH as some of the publicity men of the Brewers' Association have made the assertion that Benjamin Franklin favored the use of beer, it may be worth while to recall some of Franklin's own words on the subject, as given in his autobiography:—

"At my first admission into this printing house I took to working at press, imagining I felt a want of the bodily exercise I had been used to in America, where press work is mix'd with composing. I drank only water; the other workmen, near fifty in number, were great guzzlers of beer. On occasion, I carried up and down stairs a large form of types in each hand, when others carried but one in both hands. They wondered to see, from this and several instances, that the Water-American, as they called me, was stronger than themselves, who drank strong beer. We had an alehouse boy who attended always in the house to supply the workmen. My companion at the press drank every day a pint before breakfast, a pint at breakfast with his bread and cheese, a pint between breakfast and dinner, a pint at dinner, a pint in the afternoon about six o'clock, and another when he had done his day's work. I thought it a detestable custom; but it was necessary, he suppos'd, to drink strong beer that he might be strong to labor. I endeavored to convince him that the bodily strength afforded by beer could only be in proportion to the grain or flour of the barley dissolved in the water of which it was made; and there was more flour in a pennyworth of bread; and, therefore, if he would eat that with a pint of water, it would give him more strength than a quart of beer. He drank on,

however, and had four or five shillings to pay out of his wages every Saturday night for that muddling liquor—an expense I was free from. And thus these poor devils keep themselves always under."

Britain and Drink

COMMENTING on the fact that the government of England attempted to increase the efficiency of its forces engaged in the preparation of munitions of war by a local prohibition of liquor, the *Washington Times* says editorially:—

"In such a crisis as the present one in England, drink is either a good thing or a bad thing for the country. If it is a good thing, there should be no added interference with it; if it is a bad thing, it is a bad thing for the whole country. It is a mighty dangerous doctrine to assume that the industrial efficiency of people driving tram cars and plowing, or clerking in banks or sitting in Parliament, is immaterial, while a particular section of the community, working under speeding-up pressure for a special service to the state, must be differently treated.

"There is no section of the British community that does not need to maintain its fullest producing capability. . . .

"If England thinks drink is injuring its industrial and military efficiency in a measure that constitutes a menace to the country, England should deal honestly and squarely with the problem. England should go on the water wagon, or else it should decide that it doesn't intend to go on the water wagon."

The fact is, England is between two millstones. The war is forcing her to keep sober her men who are manufacturing war munitions, and the liquor interests are powerful enough to compel her to allow liquor to flow freely elsewhere.

Notes

Yosemite Park Dry.—The Secretary of the Interior has issued a proclamation that "no drinking saloon or barroom will be permitted upon government lands in the park."

Indiana Health Officers Oppose Alcohol.—Two hundred health officers, met in conference in Indianapolis, May 12, adopted unanimously a resolution declaring that physicians and health officers should join in the campaign against alcohol.

Bar-Fixture Plant Quits.—The Brunswick-Balke-Collender Company, the largest manufacturer of bar fixtures in the United States, has determined to cease the manufacture of bar fixtures, and to go into the manufacture of talking-machine cabinets and piano cases. The reason for discontinuing the manufacture of bar fixtures is that the demand is diminishing.

Locomotive Engineers Indorse Prohibition.—At its national convention in Cleveland the Brotherhood of Locomotive Engineers, by unanimous vote of its 819 delegates, indorsed State and national prohibition.

Afraid of the Films.—The motion picture men have made films that show up the liquor business so graphically that the liquor men are becoming alarmed, and are doing all in their power to prevent the showing of these pictures.

Ceremony Symbolizes Sober Navy.—At the launching, June 6, of the "Arizona," the most formidable battleship afloat, a significant symbol of the fact that our navy has changed to a condition of drought, even among the officers, was the use, in place of the customary bottle of champagne for christening, of a bottle of water, the first that passed over the great Roosevelt Dam of Arizona. One wonders how a former President will appreciate having his name related, even so indirectly, with the symbol of a sober navy.

An Ornamental Temperance Calendar.—The Matt Parrott & Sons Co., of Waterloo, Iowa, and 719 New York World Building, New York City, has placed on the market a temperance calendar so arranged that it shows in large figures the day of the month, and in smaller letters the month and the day of the week. A simple adjustment each morning brings it right up to date, and with care, it should last for years. It would be an ornament in any office or room, and, best of all, the card for each day has a forceful temperance lesson in a few words.

New York City to Ride on the Water Wagon.—The commissioner of health of the city of New York has made official declaration of his intention to begin an immediate campaign against the use of spirituous liquors in New York City, and has sent a mandatory letter to the advisory council of the health department, in which he asks that a committee be appointed immediately to conduct the campaign. He believes that it is the duty of the health department to control the liquor situation, for the reason that a large proportion of the poverty, crime, and sickness is due to drink.

Florida's Drastic Law.—The recently enacted law regulating the sale of liquor in Florida is so drastic that it will afford the liquor men little more consolation than an out-and-out prohibition measure. No liquor can be sold in quantities less than half a pint, and all liquor sold must be in sealed packages. There must be no drinking on the premises. No liquor can be sold between 6 p. m. and 7 a. m., or on Sundays or holidays. There shall be no screens, and lights must be kept burning at night, so that those outside may see what is going on inside any hour of the day or night. The floor of the saloon may not be more than three feet above or below the level of the ground. And there are other requirements. Violations may be punished by forfeiture of license, and fine of not more than one thousand dollars or imprisonment for not more than twelve months.

Italy Enters War Against Liquor.—It may not be known generally that the Italian Parliament some months ago passed an act restricting the sale of strong spirits. Italy has been held up as one of the countries where the use of mild drinks discourages the use of the stronger drinks. As a matter of fact, the Italians have of late years been using increasing quantities of strong drinks, so much so that the government found it necessary to pass a drastic prohibitory measure.

Prizes for New Ways to Use Alcohol.—The department of the spirit monopoly of the Russian government that had to do with the taxes on liquors is offering valuable prizes for new methods of utilizing alcohol as follows: (1) A satisfactory method of denaturing alcohol; (2) a new product derived from alcohol; (3) new methods of utilizing alcohol; (4) apparatus for feeding alcohol into internal combustion engines; (5) improvements in apparatus for utilizing alcohol and its derivatives as fuel; (6) apparatus for utilizing alcohol in lighting. Several prizes are offered under each head. Evidently it is well understood by the government that some use or uses must be devised for alcohol other than as a beverage.

Austrian Antialcohol Campaign.—A petition to the Austrian government to check liquor drinking has been presented by the Permanent Committee for Industry Trade and Commerce, probably equivalent to our National Chamber of Commerce, in which it is urged that it is not wise to intrust liquor regulation to local authorities and political interests. The petition suggests that the sale of whisky and brandy be limited to the hours of seven to twelve in the morning and two to three in the afternoon, and that none be sold on Sundays or holidays, or to persons under sixteen, or to persons known to be habitual drunkards. It was also asked that these measures be strictly enforced, with closure of saloons that violate them. The government seems inclined to leave the matter as it is, in the hands of the local authorities.

Alcohol and Accidents.—Dr. W. J. Brickley, resident surgeon of a relief station which treats forty thousand patients yearly, or more than one hundred a day, says, as quoted in the *Boston Medical and Surgical Journal*, May 20, that "alcohol causes accidents and obscures the diagnosis, increases the danger of infection at the time of the accident, prevents adequate treatment, increases the danger of intercurrent complications, retards the processes of repair, gives a poorer end result, and increases the mortality in accidents." This condemnation of alcohol from such an authority should give pause to the man who thinks he can take a drink now and then without risk. Where investigation is made, it is shown that practically all cases of grade-crossing accidents and other accidents attributed to pure carelessness, have been preceded by the use of intoxicants—perhaps in small quantity; but a very small quantity sometimes suffices to destroy that nice self-control that is so essential in times of emergency.



BIBLE HYGIENE



APPETITE

1. WHAT comparison does Paul make between the first and the second Adam?

"For as by one man's disobedience many were made sinners, so by the obedience of one shall many be made righteous." Rom. 5: 19.

2. What temptation caused the fall of the first pair?

"And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat." Gen. 3: 6.

3. When he went into the wilderness to be tempted of the devil, what temptation first came to Jesus, and what temptation did he first overcome?

"Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungered. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple." Matt. 4: 1-5.

NOTE.—"As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion. . . . The controlling power of appetite will prove the ruin of thousands, when, if they had conquered on this point, they would have had the moral power to gain the victory over every other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character."—*Mrs E. G. White.*

4. What caused Esau's rejection as head of the Lord's family?

"And Jacob sod pottage; and Esau came from the field, and he was faint:

and Esau said to Jacob, Feed me, I pray thee, with that same red pottage; for I am faint: therefore was his name called



FRUIT A QUARTER-CENTURY OLD

On the day Eva Bowen was born, this jar of berries was sealed. On her twenty-fifth birthday it was opened, and was found to be in perfect condition, though the bottom of the jar looks more like jam.

Edom. And Jacob said, Sell me this day thy birthright. And Esau said, Behold, I am at the point to die; and what profit

shall this birthright do to me? And Jacob said, Swear to me this day; and he swore unto him: and he sold his birthright unto Jacob. Then Jacob gave Esau bread and pottage of lentils; and he did eat and drink, and rose up, and went his way: thus Esau despised his birthright." Gen. 25: 29-34.

"Lest there be any fornicator, or profane person, as Esau, who for one morsel of meat sold his birthright. For ye know how that afterward, when he would have inherited the blessing he was rejected: for he found no place of repentance, though he sought it carefully with tears." Heb. 12: 16, 17.

NOTE.—There is no indication that the food Esau longed for was an improper food, nor yet that Esau was not justified in appeasing his hunger. His error was in setting so great stake on his present necessities that he was willing to give up that which was of more permanent value to him. It is possible for the professed Christian to sell his eternal birthright for something which in itself might not be wrong, but which becomes wrong when chosen before eternal interests. A wife, or home, or friends may be chosen, as against the call of the Lord, to the eternal loss of the chooser.

Temperance

1. What comparison does Paul make between the athlete and the Christian? Considering the differences in the prizes, is temperance more important in the athlete or in the Christian?

"And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible." 1 Cor. 9: 25.

2. Does one who is not in full control of his body have assurance of eternal life?

"But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway." 1 Cor. 9: 27.

3. What warning does the wise man give against wine?

"Look not thou upon the wine when it is red, when it giveth his color in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder." Prov. 23: 31, 32.

NOTE.—In those days there were no such strong drinks as whisky, brandy, rum, with their high alcoholic content; but Solomon realized that wine is treacherous. See Prov. 20: 1. Paul issues a warning (1 Tim. 3: 3), as does also Habakkuk (2: 15).

4. What were the people doing in the days of Noah and Lot? When will this condition be repeated?

"And as it was in the days of Noe, so shall it be also in the days of the Son of man. They did eat, they drank, they married wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and destroyed them all. Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded." Luke 17: 26-28.

NOTE.—Note that in both cases eating and drinking are mentioned first, as if these were the principal occupations of the people.

5. What warning is given to the people of God who are living in the last days?

"And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so that day come upon you unawares." Luke 21: 34.



EDITORIAL

TRUE TEMPERANCE A SPIRITUAL ATTAINMENT

WE rejoice that the day has arrived when it is possible to hold such a gathering as was seen at the recent convention of the Anti-Saloon League of America.

We are greatly gratified at the growth of temperance sentiment evidenced in such a gathering, and the prospects it foreshadows.

We thank God for the relief that has come to the people of Russia, France, and Germany by the abatement of the drink evil by national edict.

We hail the day that will see our own country, and also every other part of the world, free from the terrible consequences of the legalized liquor traffic. We pray that day may hasten.

We bid Godspeed to the noble men and women who in unselfish service give themselves to the overthrow of the iniquitous business that is destroying so many.

We welcome every good move that tends to mitigate the widespread suffering caused by drunkenness, or that will in the least ameliorate the unhappy lot of its victims.

But with all due appreciation of the good that can be accomplished by any and all proper means in the suppression of the liquor traffic, we must say that if our efforts stop with the enactment of law as a cure for intemperance, we fail to realize the fullest attainment.

True temperance is a virtue that does not come by law enforcement any more than does any other true grace. It is not put into a person by legal pressure or outside force.

Temperance is a fruit, a product of living growth. It is classed with love, joy, peace, gentleness, faith, and other fruits of the Holy Spirit. Gal. 5:22, 23.

Being a product of spiritual life, temperance cannot be artificially produced by other means. Expedients for aiding abstinence may be devised, conditions that will restrain may be provided; but temperance as an individual achievement must be wrought in the individual life.

Indulgence in intoxicating drink is not the only form of intemperance to be overcome in character building. Spiritual development comprehends complete self-mastery and control of the body.

One speaker at the Atlantic City convention said, "After all has been said and done, there is but one real cure for intemperance, and that is the power of Jesus Christ." We agree with him fully.

The greatest good, counting highest interests, is in leading the individual to a knowledge of living as it is at its best, and the true liberty from all that enslaves. Temperance will need to be preached and taught, though all the world goes dry on the liquor question.

Our magazine, HEALTH AND TEMPERANCE, and its mission will be in place as long as men and women indulge in hurtful practices. Health and temperance principles have a broad scope, and their promulgation has to do with this life as a preparation for the future life.

L. A. H.

“’TIS AN ILL WIND THAT BLOWS NOBODY GOOD”

BACK in the misty past some philosopher with a stroke of inventive genius compressed into a two-by-four package of the king's English a phrase containing so much wisdom that the phrase was adopted as a coin of the realm, and passed down the line, for how many generations the writer would not pretend to say.

It was not a matter of chance that this phrase continued to live while those who used it successively went to their rest, generation after generation; it seemed to be prophetic; it fitted into so many exigencies that it did continuous duty filling that long-felt want for something to balm a wounded conscience. It was a sweet morsel on the lips of the East Side shopman, heavily overinsured, after the fire. It was a solace to assuage the grief of the sole heir after the death of the rich uncle. It came as a sort of benediction to the man who, seeing a pocketbook accidentally dropped by a man ahead of him, hastily grasped it and slid it into his pocket in the hope that he had not been observed. It occurred to the farmer when drought had ruined the crops of all his neighbors and raised prices, while his crop was uninjured. It might well be used by the man who, by cornering the wheat or the cotton market, has netted to himself a neat fortune; by the manufacturers of war materials who, because of the necessity of the belligerents, are enabled to contract for a million guns at \$27.60 each, which at \$13.25 apiece would net them a fortune; by the bankers who now have opportunity to loan to needy nations at rates which yield them enormous profits; perhaps even by the newspapers which have the opportunity occasionally to get out a large War Extra. Possibly it fits well into the sentiment of the merchants who say, "Let those fools over in Europe fight till they are exhausted; meantime, let us make hay while the sun shines, and develop a profitable commerce with our southern neighbors."

As to the ethics involved in the expression, the writer, never having served on the bench, does not feel competent to express an authoritative opinion; but he suspects that the sentiment was not born of an altruistic spirit. It is not the spirit which prompted the apostle Paul to write, "And whether one member suffer, all the members suffer with it; or one member be honored, all the members rejoice with it," or which was voiced in the words of that Greater than Paul, "Thou shalt love thy neighbor as thyself." It would seem to be a heritage from those barbarous times (not altogether in the past) when "every man's hand was against his neighbor." After all, would it not look as if the religion of the Man of Calvary, as manifested by a large proportion of his professed followers, had been diluted to the extent that the most delicate laboratory test, even with the spectroscope, would scarcely reveal a "trace"?





The Cancer Problem

It is a notable fact that practically all the medical journals devoted an issue in July to the consideration of the cancer problem. This concerted action was the result of a campaign conducted by a body of physicians who have associated themselves together to stamp out cancer if possible, or at least to mitigate its ravages.

Physicians are coming to believe that cancer is, for the aged, more dangerous than tuberculosis; that cancer, in order to be cured, *must* have attention in the early stages; that ordinarily the lay person and even the physician does not recognize cancer until the favorable stage has slipped by.

These are lessons we should take to heart. We dread to go on the operating table. We believe, when the doctor tells us that a little wart or mole or thickening should be taken out, that he has an eye to the surgical fee, and we decide to wait and see how it progresses. "It has been there some time, and has given no trouble, and it looks innocent of any sinister motive. Surely it will be time to operate when it begins to grow rapidly!"

But when it has begun to grow rapidly, and with anxious face we look up our old friend the surgeon, he shakes his head and says, "The growth has progressed so far that I have little hope of preventing its spread to the internal lymphatics, where no operation can avail." Then, after the horse has been stolen, we decide to lock the stable door. This, in fact, is a true history of altogether too many cases of cancer which might have been cured if taken in time.

If you are over forty and have a wart or mole, especially about the face or near

one of the flexures of the body, like the groin, have it out at once, the sooner the better. It is true that it might always remain a mole or a wart, but the chance that it may not so remain is too great a risk for you to take. That horrible cancer that has caten off the side of your neighbor's face was once an innocent little wart or mole; and if it had been removed during this early stage, the present hopeless condition might have been prevented.

If you use a pipe or a cigar, and you feel a thickening or little hard lump on the lip, take it as the handwriting on the wall. That daily irritation by the acrid and hot smoke has stimulated the tissues to take on an abnormal growth that may prove to be your doom. Cut out the tobacco, and have the surgeon cut out the lump, and do not lose any time about it. Or if the irritation shows on the tongue, or in the throat, as it did with General Grant, there is the more urgent need for immediate surgical attention.

Or perhaps you are a mother, getting along in years, and have noticed a little thickening in one breast—just a hard lump. As you value your life, do not wait to see whether the lump will grow any larger, but consult your doctor at once about it, for early attention to that lump may save you your life.

Operation for Cancer

ARE the surgeons logical? They insist that if cancer is operated upon *early enough*, it will be prevented. "Early enough" is preferably in the *precancerous* stage—the innocent mole or wart that might never become a cancer anyhow! The *Medical Record* of July 3, in an editorial on "The Menace of Cancer," says:—

"Some enthusiastic surgeons believe that if the tumor is removed early enough, the disease will be cured, but to make sure of this desirable result they insist upon operation at such an early period that the growth is really in the "precancerous" stage; that is to say, it is not yet malignant, and we may add that none can be sure that it ever will be malignant. When the tumor is declared cancer, no one dare affirm that it will not return, either *in situ* or in some more or less remote part, no matter how radical the operation for its removal may have been. . . . The surgical treatment of cancer is therefore a failure—and we say this advisedly, knowing well that it is yet the best treatment we have, and that in a fair and possibly increasing proportion of cases the patient after operation rounds out his or her term of life without any return of any of the visible marks of the disease.

"Surgical treatment, nevertheless, does not offer an absolute cure; and herein lies the weakness of the contention that cancer in its early stages or at any stage is a purely local disease. The argument for early operation is based upon this theory. But the result of early operation in many cases seems to disprove it. On the other hand, the theory of an infectious origin and the one that looks upon the malignant neoplasm [tumor] as the local expression of a vice of metabolism are equally uncertain—at least the arguments in support of them are no more convincing. In fact, cancer is still, what it always has been, a mystery."

* * *

**Dr. Bulkley
and Cancer**

L. DUNCAN BULKLEY, A. M., M. D., of

New York, senior physician to the New York Skin and Cancer Hospital, whose book on cancer we reviewed in a recent issue, has for some time protested that present methods of investigating the nature of cancer have arrived at nothing but negative results. In the *New York Medical Record* of July 3 he has again presented his views in an article, "A Plea for the Rational Treatment of Cancer," in which appear the following words:—

"The exclusion of the various suspected causes of cancer by the prolonged study of many trained laboratory and other workers along the lines mentioned, leads the thoughtful person to inquire if there is not some line of possible etiology [causation] which has not yet been fully explored; for assuredly there is some actual, physical cause for the aberrant action of originally normal tissue cells which we call cancer. There is nothing mysterious about the disease except that thus far its real cause has eluded laboratory workers, but which clinical workers have long suspected and suggested without much if any effect upon the profession, so enamored has it become of surgery, and so insistent and loud have been

the claims for a wholly local origin and nature of the disease.

"But the failure of surgery to make any appreciable effect on the morbidity, as already mentioned, and the exclusion of all other possible causes, naturally lead us to look to a faulty metabolism, which has to do with such a multitude of other human ailments; and the deeper we search the laboratory and other studies which have been made regarding this, the more clear does it appear that it is along these lines we shall find the true means for the prevention and cure of cancer. . . .

"Cancer has been found definitely to increase with the spread of modern so-called civilization along the lines of luxury and attending idleness. This has been observed especially in the overconsumption of meat, coffee, and alcohol, as proved by statistics."

Of course this reasoning is all inferential. The direct evidence that cancer is due to an excessive consumption of certain foods and drinks is lacking; but it should be remembered that in the very nature of the case, it would be very difficult to prove by direct means this relationship if it does exist. For this reason, indirect or inferential evidence, given by a man who is in a position to make a study of cancer in all its forms, in all stages, and among all classes of patients, is worthy of our most careful attention, and the sensible person who believes in "safety first" will give heed to Dr. Bulkley's admonition. In his book, Dr. Bulkley gives at length his reasons for believing the free consumption of certain articles of food and drink is responsible for the increased incidence of cancer.

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**The Lure of
the Palate**

In a recent issue of the *Medical Record* is an article describing the three conditions most responsible for the fact that men are dying in great numbers about the age of fifty who should live to be eighty or more; namely, heart disease, arteriosclerosis, and kidney disease. Going into the various causes of these three conditions, the writer mentions a long list of infections, accidents, etc., some predisposing to heart disease, some to arteriosclerosis, some to kidney disease, some to two of these conditions. Among the causes that operate in bringing about all three of these conditions the writer included *overeating*.

It may be that children who are growing, who are active, whose metabolism is rapid, who need an abundant supply of nourishment in order to build up strong, resistant bodies, are too often underfed; but it is more than a chance that the elderly person, except among the very poor, has all he should have, and a little more. In some cases, the diet is ill balanced; and for the reason that some needed element is lacking, the person feels ill satisfied and continues to eat an excess of other foods.

In a young, vigorous organism an excess might be tolerated; but in those of advancing age, with the digestive power diminished and with putrefactive organisms in the intestine, an excess of food may set up fermentations and decompositions which, while they may not cause any digestive sensations, throw a great quantity of poisons into the blood stream. For a time the natural defenses of the body are able to take care of these poisons; but in time, through overwork, they begin to fail, and then the symptoms of poisoning appear. There may be headache, or rheumatic pains, or slight mental failure, or there may be merely a feeling of unfitness or tiredness.

In such a case the natural resort is to some drug that will hide or mask the symptom, while the mischief continues. A much better procedure is to find the cause and eliminate it. As one grows less active, there is less demand for food; and when the appetite lags a little, instead of whipping it up with new condiments or relishes, it is the part of wisdom to eat a little less, and let hunger be the relish. Cornaro, who was an old man at forty, lived to be a young man at eighty, and then continued for more than a score of years longer; and his principal treatment was to cut out the excess of his food. It may be that we all eat too much after forty-five.

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Protein and Arteriosclerosis

THE medical profession have been on a long hunt after the cause or causes of arteriosclerosis; for it is recognized that

this condition is the one that is present to bow most elderly persons off the stage of action anywhere from ten to fifty years before the allotted time. Bishop¹ asserts that the degenerative process ending in arteriosclerosis is often caused by "a poisoning of the body by the products of abnormal chemical processes taking place in the food, leading to auto-intoxication," and continues (the *Medical Times*, July, 1915):—

"But more often I believe it is due to a change in the cells of the body themselves, brought about by nervous shock or strain, by a severe illness or an acute poisoning, after which period the cells no longer react properly to food which should nourish them. It is not that the food is poisonous in any way, any more than it was before, but a change has taken place in the persons themselves, on account of which they react in a poisonous way to their food."

This may be the right explanation, but there is ground to think that a better explanation is given by Combe and others; namely, that on a liberal protein diet, there is a constant tendency to form poisons in the intestinal canal, but the healthy body has defenses for taking care of these poisons, which defenses may be overcome by any of the accidents, indulgences, or habits which weaken the body. Bishop continues:—

"When a business or professional man is subjected to great strain or worry, he becomes sensitive often to the proteins of meat, eggs, or fish; and when he goes on eating them the same as he did under happier conditions, a less sudden but equally serious change takes place, and some of the cells of his body are destroyed; the man begins to suffer from damaged organs, most conspicuously the heart and blood vessels. Very soon he is told that he is suffering from arteriosclerosis, with high blood pressure, angina pectoris, and everything that goes with the breaking down of the high-pressure worker."

Williams² believes the cause of arteriosclerosis to be "improperly metabolized protein," which is in substantial agreement with Bishop. He believes that this

¹Louis Faugeres Bishop, A. M., M. D., clinical professor of heart and circulatory diseases, Fordham University, Fordham, N. Y.

²Tom A. Williams, M. B., C. M. (Edinburgh), Washington, D. C., professor clinical neurology and psychiatry, Howard University, remarks before the Pennsylvania State Medical Society, September, 1914.

opinion is supported by the remarkable success of "treatment which, while stimulating metabolism, at the same time reduces the load both of albuminoids and extractives." This he accomplishes by a low protein diet (given in the August issue of *HEALTH AND TEMPERANCE*, page 385), which is practically a vegetarian diet. He further aids metabolism by appropriate exercise.

Williams condemns the common custom of treating high blood pressure or arteriosclerosis symptomatically by means of circulatory depressants, narcotics, or stimulants; and he finds that with a well-regulated diet, purgation is unnecessary and inadvisable.

It seems that Bishop's expression, "It is not that the food is poisonous in any way," does not teach the whole truth. Any foreign protein is poisonous if it gets into the blood. Any injury to the mucous membrane of the intestinal canal may allow the entrance of foreign protein, which may change once and for all the future reaction of the body to that protein. A powder magazine is a perfectly safe place so long as nothing occurs to explode the powder; but it is a potential menace. We do not welcome it in a residence district. There is some reason for believing that even in health, with all the protective mechanisms of the body working well, the free use of animal proteins is a potential menace.

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The Emotions and Digestion PROFESSOR CANNON in his recent book "Bodily Changes in Pain, Hunger, Fear, and Rage" (Appleton, New York, \$2), in a preliminary chapter on emotions and digestion, cites the work of various in-

vestigators showing how pleasurable emotions favorably affect digestion, and concludes:—

"These facts are fundamentally important in the serving of food, especially when, through illness, the appetite is fickle. The degree of daintiness with which nourishment is served, the little attentions to esthetic details, — the arrangement of the dishes, the small portions of food, the flower beside the plate, — all may help to render food pleasing to the eye and savory to the nostrils, and may be the deciding factors in the determination whether the restoration of strength is to begin or not."

In other words, the restoration of the patient often depends more on good nursing and careful serving of food than on the treatment. Perhaps one might go further and say that a large proportion of the indigestion which keeps doctors busy is due largely to want of carefulness in the preparation of food; for even the apparently healthy person is more or less affected by the emotions, pleasurable or otherwise, which preponderate during mealtime.

The wife who can so plan that mealtime shall be a time of real enjoyment, in which the eye, the ear, the sense of smell, the mind, as well as the sense of taste, contribute to a harmony of pleasurable emotions, can be certain that she is ministering to assure a continuance of good health, and that she is helping to add to the length of life of her family.

There can be no question that some foods not in themselves so wholesome may, when eaten under circumstances of pleasure, serve the eater better than do other foods, though theoretically ideal, when eaten with a minimum of good cheer.

"A merry heart doeth good like a medicine."



OUR WORK AND WORKERS

KALYAN DISPENSARY

G. W. Pettit

UP to February, 1913, we had done no medical work on the west coast of India. Some evangelical and school work had been carried on under the supervision of Elder G. F. Enoch. But the arrival of new recruits made it possible to open the medical work in the second month of that year. Elder and Mrs. M. D. Wood, with their family, settled in Kalyan, a central, growing railway town of about thirteen thousand population. They were the only Europeans in the place at that time.

After much skirmishing, a place was secured for a medical dispensary. It was in the slaughterhouse district, but nothing else could at the time be secured for the money we had to pay; and besides, the people were very skeptical about our work, and would not give us any encouragement. We even found difficulty in

securing this plague-ridden spot, amid the stench of decaying refuse. In the heat the place was very loathsome to approach; blood flowed freely, running by the corners of the building where we had settled. We felt that our missionaries were laying themselves liable to the peril of disease, which seems to spread very rapidly at times. But Kalyan must be entered, and we could not secure anything else. The workers worked faithfully, at the same time praying the Lord to give them a more favorable location for their work. This prayer was answered in August, 1914, when good quarters were secured in a new building in a healthful location near the railway station. By this time the work had outgrown the old hut down by the slaughterhouse.

The new place was leased with condi-



THE KALYAN DISPENSARY (RENTED)

Nurses' training class on balcony. Mrs. Wood's horse and cart, and Elder Wood and child in the rig at rear.

tions very favorable to our medical work. It contains five suites of rooms, ample for treating the sick of all classes, as well as room for some inpatients.

Since the establishment of our dispensary work in February, 1913, there have been treated up to and including February, 1915, over 30,000 persons needing the ministry of the Christian medical

missionary. The workers have been blessed with health, prejudice has been reduced to a minimum, and villages far and near are calling for help. A modest training school for medical workers has been opened here, where such workers are so much needed. We hope soon to be able to carry on this work in a suitable building of our own.

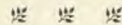


RESCUE WORK

THE following incident is given us in a letter from a missionary, James T. Thompson, of Uruguay, South America.

"Several months ago at the hotel where I was stopping on one of my trips out of the city, a young lady who claimed to be from Philadelphia, Pa., appealed to me to help her escape from a man who had her as a white slave. There was little opportunity to ascertain whether or not her case was genuine, but I took the chance and paid her fare to the city. Later I placed her case in the hands of the American consul, and after due investigation it was proved that she had been abducted from the States for immoral purposes. Then I

visited many of the American citizens in her behalf, and raised a fund to send her home. People in Buenos Aires were also asked to assist, until we finally got enough to pay her passage to New York. By this means we have got acquainted with a number of people here who did not know of our work in the city. We secured the cooperation of the Methodist pastor and the captain of the Salvation Army, and have won them as friends. Mrs. Thompson has become acquainted with several musicians, and was invited to assist in the choir at the Methodist church. This has broken down some prejudice, and former opponents are now friends."



NEWS NOTES AND PERSONALS

THE patronage of the Nebraska Sanitarium at Hastings has so increased that shortage of room has recently forced that institution to turn away some who applied for entrance.

Mr. Grover Fattic, connected with educational work, is spending his vacation time in business connection with the Madison Sanitarium. The work of the sanitarium continues with encouraging progress.

Dr. Clara M. Schunk, of the Nebraska Sanitarium at Hastings, Nebr., attended the American Medical Association Convention at San Francisco, Cal., as a State delegate. She took opportunity to visit different sanitariums in California while on the Coast.

The New England Sanitarium, of Melrose, Mass., is having the usual large patronage of the summer season. Those who are in a position to know, say that the scenery around the sanitarium rivals that of Switzerland. The "See America First" slogan applies very fittingly to Melrose and its surroundings.

Miss Clara D. Larsen, R. N., matron of the Kansas Sanitarium, of Wichita, Kans., with her sister, has recently enjoyed a vacation visit to her relatives in Colorado.

Mount Vernon (Ohio) Hospital-Sanitarium, operated by Charles E. Welch, is reported as being constantly crowded with patients. It is open to outside physicians who give it support.

Dr. Josephine Pearl Anderson has recently received her B. S., M. D., degree from the Medical School of Art and Science, of St. Louis, and has connected with the Boulder-Colorado Sanitarium as a lady physician. Her husband, Pastor A. C. Anderson, has been elected chaplain.

Dr. William Mason, of the Murray Surgical Hospital, of Murray, Ky., stopped in Washington on his way to New York and other Eastern points, where he made a short visit. The doctor and his brother Robert are associated in a medical and surgical work that has made very substantial growth.

Dr. C. C. Patch is now medical director of the Chattanooga (Tenn.) Sanitarium. A "school of public health" is planned for the coming fall, to include a series of addresses in Chattanooga and near-by cities. A health exhibit will be provided.

Dr. George K. Abbott of the Loma Linda (Cal.) College of Medical Evangelists, is the author of "Science of Medical Electricity," a book for medical students and nurses, recently issued by W. B. Saunders Company, of Philadelphia. It fills the long-felt want for a comprehensive volume, free from an over-amount of technical matter.

The Hinsdale (Ill.) Sanitarium and Training School for Missionary Nurses had its graduating exercises recently. Instead of addresses by distinguished speakers from outside, the exercises consisted mainly of papers or talks by members of the graduating class. The plan worked so satisfactorily that it will be followed again. The sanitarium is planning an enlargement of the "Good Samaritan Inn," the work of which is outgrowing the present provisions.

The Sanitarium Society of Missionary Nurses is an organization of the Glendale Sanitarium nurses, covering a wide field of missionary endeavor. The society has been in existence for several years, but its work is now being felt most fully. Five graduate nurses give all their time to work in the city, while others devote such time as they can. Definite results are being seen, not only in giving relief to the physical needs, but in bringing a number of persons into full acceptance of gospel truths.

The Wabash Valley Sanitarium, of La Fayette, Ind., reports that there is not a single room vacant in the building. Dr. F. A. Loop, medical superintendent, has recently taken a month's vacation.

The Glendale Sanitarium recently gave another banquet, this time in honor of the United States Congressmen of that district. About one hundred guests were present, and the banquet was pronounced a success.

Mr. E. G. Fulton, of the Vegetarian Café, of Los Angeles, Cal., has just completed his visit to a number of sanitariums in the United States, where he has assisted in strengthening the work of the culinary department, in which line he is an expert. Other assistance has been rendered, all of which has been appreciated by the institutions.

Our Medical Department office was recently called upon to supply names of our medical missionary physicians and nurses located in foreign countries, to one of the leading foreign missionary societies. The list numbered forty-three doctors and fifty-three nurses, nearly every one of whom has had more or less connection with sanitarium work in this country.

The *Lake Union Herald* recently issued a Medical Missionary special, covering the work of the Wabash Valley, Tri-City, and Madison Sanitariums. It contained articles from staff members of the different sanitariums named, was well illustrated, nicely printed in two colors on plate paper, and altogether made a good showing. Another contributor was L. H. Christian, who holds important official connection with the boards of management of these institutions, and who is greatly interested in their welfare.

L. A. H.



WABASH VALLEY SANITARIUM

SOME BOOKS



A Manual of Personal Hygiene, by American authors, edited by Walter L. Pyle, M. D. Sixth edition, revised and enlarged. 543 pages, 138 illustrations. Cloth, \$1.50 net. W. B. Saunders Company, publishers, Philadelphia and London.

This manual, an exposition of proper living upon a physiological basis, prepared to meet the needs of persons who are not acquainted with scientific and technical terms, has been revised and enlarged from time to time to keep pace with the growing knowledge of sanitary science. The present edition contains a new chapter on the hygiene of infancy.

The Penlee Recipe Book: A Comprehensive Cookery Book Containing 490 Approved Recipes on Food Reform Lines, by Annie A. Barnett. Cloth, 232 pages, \$1. The Macmillan Company, publishers, 66 Fifth Ave., New York.

The book is designed not only for those who are just beginning vegetarianism, but also for those who have followed the diet for a longer period. The 490 recipes, which the author assures us have all been tried practically and approved, are the outcome of a large experience in vegetarian cookery.

Inasmuch as there are differences in the practices of different vegetarians, the author has attempted not to write for the benefit of any one class, but to cater to various tastes.

Field Hospital and Flying Column, by Violetta Thurstan. Price, \$1. G. P. Putnam's Sons, Publishers, London and New York.

This journal of an English nursing sister in Belgium and Russia, told in a matter-of-fact and intimate way that brings the reader at once into the presence of the heart-rending scenes she describes, would better not be read by any one who has learned to detest the outrages attributed to the German soldiers, and who wishes to avoid having this feeling of detestation intensified; for the stories are told so circumstantially that one is almost constrained to send up a prayer for the speedy punishment of this inhumanity to the helpless and unoffending.

If one has not had his heart opened for the suffering of Europe, if distance has veiled the reality and obliterated some of the most hideous lines, this book will bring him up with startling distinctness—not the savagery of soldier against soldier, but the savagery of

armed soldier against the unarmed and helpless, as witnessed by Sister Thurstan. And should we not all suffer with those who suffer, at least enough so that our full sympathy will go out to them? If we can form a vivid picture of the reality over in that stricken country, we may later be the better able to help form that body of public opinion that shall characterize war as a condition incompatible with the highest civilization, destructive of the best of the human race, frightfully wasteful of the world's resources, and capable of accomplishing nothing worthy that could not be better accomplished by peaceful methods.

But there is a better side to the story—the heroism of those who went into the war zone, not to take life but to save it and to do what they could to lessen the horrors of the situation.

The Model T Ford Car; Its Construction, Operation, and Repair, by Victor W. Page. 300 pages. Over one hundred diagrams and half-tone illustrations, with two large folding plates. Price, \$1. Published by The Norman W. Henley Publishing Company, 132 Nassau St., New York City.

This book is written specially for Ford drivers and owners by a recognized automobile engineering authority and an expert on the Ford, who has driven and repaired Ford cars for a number of years. He writes for the average man in a practical way from actual knowledge. All parts of the Ford Model T Car are described. All repair processes are illustrated and fully explained.

It contains special chapters on: (1) "The Ford Car;" (2) "The Engine and Auxiliary Groups;" (3) "Details of Chassis;" (4) "How to Drive, and Care of the Ford;" (5) "Overhauling and Repairing Mechanism."

Location of Ford Engine Troubles Made Easy.—A new Ford Engine Chart, size 25 x 38 inches, printed on heavy bond paper; price, 25 cents. The Norman W. Henley Publishing Company, publishers, 132 Nassau St., New York.

Outlines clearly all parts of the engine, fuel supply system, etc., that are apt to give trouble, detailing all derangements that are liable to make an engine lose power, start hard, or work irregularly. Simplifies the location of all engine faults, and makes the average owner independent of the roadside repair shop.

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.

Hardening Arteries.—"Can you suggest a remedy for hardening of the arteries?"

I know of no remedy for hardening of the arteries. Such a remedy would probably also be a remedy for old age. When we can soften arteries that have hardened, we will be able to restore youth to the aged. The time to treat hardened arteries is before they appear—to live in such a way as to prevent the hardening process.

It is a general belief that hardening of the arteries is caused by some poisonous substance, alcohol, or tobacco, or some poison generated in the intestines, either through a faulty diet or because of some intestinal disturbance. Probably in nearly every case of hardened arteries there will be found intestinal indigestion, and perhaps bad teeth. Loose teeth (Riggs' disease) and decayed teeth may have as much to do with the causation of hardened arteries as any one thing; but it should not be forgotten that poisons taken in from the outside, such as tobacco and alcohol, as well as coffee and tea, with free consumption of meat, may have direct influence in this direction. This has not been definitely proved, but so long as there is cause for suspicion in this direction, those who wish to retain soft arteries will avoid the suspicious articles.

Our readers, on the other hand, must not take too gloomy a view of a diagnosis of "hardened arteries," for there has been an epidemic of such diagnoses in the recent past. Many a man has been made a semi-invalid by a diagnosis of hardened arteries, or arteriosclerosis, when, as a fact, he would have been better at work. In any case, the thing to do is not to cease all activity and begin to nurse oneself, but to eliminate the injurious practices, including the free use of flesh and the use of stimulants and narcotics.

Rheumatism.—"Kindly send information regarding the cause and cure of rheumatism to Miss _____, who is about nineteen years old and has been afflicted for eight years."

Rheumatism is a general name which covers a multitude of evils. In other words, there are

a number of conditions that go under the name of rheumatism, and in any case it would be necessary to make an examination of the patient in order to determine what is the matter.

Some rheumatisms seem to be due to climatic conditions, though probably in such cases there is a predisposing cause already present within the body. Others are due to faulty nutrition,—faulty metabolism, as the doctors say,—something wrong in the chemical changes that take place in the body. Others are due to the action of bacteria, and are as much infectious diseases as is pneumonia or typhoid fever. Rheumatism in a child is apt to be of this infectious type, though I could not say whether it is in this particular case. Every case of acute rheumatism should be under the watch care of a physician, for the great danger in such cases is that the valves of the heart will be permanently injured. The "growing pains" of children are usually attacks of acute rheumatism.

In some cases rheumatic pains are due to thyroid insufficiency. In fact, where such pains are associated with mental dullness, changes in the hair, teeth, or gums, asthmatic attacks, menstrual troubles, dizziness, drowsiness, bed wetting, or any of these, it is well to think of the thyroid gland.

To Purify Water.—"Will you please send me a formula for purifying water?"

Water companies and health departments use various substances, such as copper sulphate in minute quantities, to destroy the algæ or green scum on water, calcium hypochlorite to destroy germs, and alum to precipitate germs; but treatment of this kind should be under skilled control, and is not adapted to small quantities of water. In fact, most sanitarians now prefer other methods of purifying water, such as sedimentation with filtration.

But the small filter for home use is absolutely unreliable, and useful only for removing the turbidity of the water. If the water is from a suspicious source, it should be boiled or distilled. Chemical methods are hardly adaptable to home use.

Chronic Diarrhea, Dandruff, Fasting.—"I have had diarrhea for several years, and nothing I have done seems to have any effect upon it. I also have had dandruff for years, followed by oily crusts on the scalp, and now the hair is falling out on top. I tried fasting for sixteen days without any good result."

Chronic diarrhea may be caused by different conditions, and the first procedure should be to have an examination to determine the cause. It is possible to give drugs that will paralyze the bowel for a time and thus afford temporary relief, but that is not the best procedure. There are certain foods, such as white bread, rice, and milk, that have a constipating tendency, and such foods might afford relief for a time, though they would not cure. It is possible that soured milk or buttermilk might be a benefit to you. One author claimed to have excellent success as a result of feeding greens, especially spinach, in large quantities to his diarrhea patients. I have never seen the method tried.

Regarding your scalp, I fear that the trouble has gone too far. I suggest that you have your hair cropped quite close, and then every night massage the scalp with a very small quantity of kerosene, using some protection to avoid greasing the pillow. Do not use any more kerosene than you can rub in.

I doubt the wisdom of fasting to cure stomach troubles. It may be beneficial in some cases, but there are disastrous results recorded, even death, as a result of the fasting cure.

Something to Build Up the Body.—"I am twenty-five years old, and am run down from overwork. Please advise what I shall take to build up the body and restore health. I abhor drugs."

I notice what you say about abhorring drugs, yet you want me to advise you what to take to build you up. Now when doctors give something to build up the body, they usually give a drug. It is true that the drug does not build up the body, but acts as a stimulant for the time, and the patient feels better.

What you need to build up the body is nourishing food that you can assimilate, and carefully regulated exercise. Undoubtedly a course of treatment in a sanitarium would be good for you, but I know of no drugs that would help you.

If you are run down from overwork, it is rational to take a rest, but not such a rest as

will give you time to think of your symptoms. There should be connected with your rest some pleasant occupation into which you can enter heartily and forget your troubles. I imagine that you worry a good deal, do you not? It is possible that your trouble, a part of it, comes from worry.

Yours is a case which would receive much benefit from the treatments and the education that you would get in a good sanitarium.


High Blood Pressure.—"I am twenty-five years of age, and have a blood pressure, the doctor tells me, of 150. There is a small quantity of albumin in my urine. My diet is and has been grains, fruits, vegetables, milk, and eggs. My occupation keeps me about the greenhouse about two hours a day, the rest of the time I am out of doors."

You do not state that you find anything wrong with yourself aside from the doctor's findings—albumin and high blood pressure. There may be a tendency to say too much about high blood pressure. One physician used to inform his patients regularly when he found they had high blood pressure, until he discovered that this knowledge caused the patients to age all the more rapidly, for the reason that they began to think it was all up with them. After that he began reading the pressure about twenty degrees below what it was, and had better results with his patients. I am not recommending this method of handling patients, but give it to illustrate the fact that a serious diagnosis is likely to color the patient's entire future life.

The fact is, there is a possibility of making a mistake in taking a blood pressure, and all the instruments do not read alike; and possibly the doctors may have laid too much emphasis on the blood pressure. It seems to me that you are living such a life that you ought not to have a high blood pressure. You do not say, however, whether you use alcohol or tobacco. It is possible that either of these, or a free use of tea or coffee, may increase your pressure.

You did not state whether you have digestive disturbance. Perhaps the greatest factor in the production of a high blood pressure is the absorption of poisons from the intestinal canal because of faulty digestion. A bad condition of the mouth and teeth might also bring on conditions which would cause high pressure. The doctor who took your pressure would be the one who should locate its cause and suggest the remedy.





NEWS NOTES

Diphtheria From Cats.—A diphtheria outbreak in an English orphanage in which there were sixty-eight cases and one death, was traced to infected cats, which were pets of the children. The boys, playing with the cats more than the girls, furnished the larger portion of the victims.

Drug Addicts.—The food and drugs commissioner of Tennessee estimates that there are 250,000 drug addicts in the United States, and that they use annually about \$6,500,000 worth of drugs unnecessarily. Some writers have recently put the number of drug addicts at two million, but this is probably too high.

To Exterminate Lice.—After a considerable amount of experimentation, Fränkel, director of the chemical laboratories of the Austrian Cancer Research Society, announces that methylphenylether is a safe remedy, killing lice within ten minutes, even without direct contact, while it does not irritate the skin. This substance is also known as anisol.

Soldiers Forbidden to Enter Drinking Places.—German military authorities have forbidden soldiers and officers in Berlin to enter drinking places, the reason being given that men are given a furlough from the rigors of life at the front for recuperation, and that this purpose is seriously menaced when the men frequent places where drink is sold.

Thymol Manufacture.—Heretofore thymol has been manufactured almost entirely in Germany. Now that it cannot be obtained from there, the price has gone up eight hundred per cent. The raw material from which it is made, ajowan seed, comes from India. There is no good reason why England or America should not take up the manufacture of this product.

A Great German Bacteriologist Dies.—Frederick Löffler, known the world over as the discoverer of the diphtheria germ, who has served as military surgeon and as sanitarian, and who has made a number of discoveries which have been useful in preventing loss of animal and human life, died April 9, after serving his country at the battle front as sanitary adviser.

Carriers of Lockjaw Infection.—It has been known for a good many years that wounds infected with garden soil are liable to be followed by lockjaw. It has recently been shown that various animals, especially horses, may harbor the lockjaw germs in their intestines. Ground fertilized with stable manure would thus naturally be contaminated with the germs; and as the spores of lockjaw germs may retain virulence for years, we have an explanation why cultivated soil is so often capable of conveying lockjaw infection.

Wood Alcohol in Toilet Preparations.—An investigation made last year showed that more than one third of the toilet preparations sold in New York City contained wood alcohol, contrary to law. Evidently the investigation has had good effect, for a similar investigation this year showed only a very small proportion of adulteration of toilet preparations with wood alcohol.

Babies Not Subject to Measles.—In a recent epidemic of 150 cases of measles, there were 14 babies, but none of them under five months. In several families, where the children slept and played together, every child except the baby had measles. In some cases all the children and the mother had measles and the nursing baby escaped. This is evidence that babies possess a considerable degree of immunity to the disease.

Variola Vaccine Virus.—Proescher, of Pittsburgh, has cultivated in artificial media what appears to be the specific germ of variola vaccine virus. It requires special media for growth, and indirect illumination to bring the organisms into view under the microscope. The organisms are described as exceedingly small elliptical bodies. The author questions whether these are true bacteria of a "missing link" between bacteria and protozoa.

Smallpox and Typhoid in Mexico.—It has been reported to the U. S. Department of State that violent epidemics of smallpox and typhoid fever have broken out in Mexico City. By the way, why is it that the antivaccinationists are so fond of telling us that vaccination increases smallpox? Germany, which vaccinates very thoroughly, has scarcely any smallpox. How about Mexico? I have very little use for imperialism, but there seems to be a little excuse for it when it comes to dealing with certain cults that make a religion of a fad.

Early Recognition of Gastric Cancer.—Friedenwald, of Baltimore, states that unless an early diagnosis is made of gastric cancer, surgical intervention cannot cure, but only afford temporary relief. Unfortunately, the diagnosis is difficult in the early stages. Patients developing the disease are not, as a rule, chronic dyspeptics. The most important symptoms are loss of appetite, vomiting, pain, tarry stools indicating the presence of bleeding. Other signs are loss of flesh, the presence of a tumor or lump in the region of the stomach, dilatation of the stomach, dropsy of the abdomen or of the extremities. Pain was present in more than ninety per cent of 1,000 cases, extending more or less over the entire abdomen.

Poison Ivy and Weeds.—In view of the prevalence of ivy poisoning in the various boroughs of New York City, and in view of the irritation to nose and eyes, and of asthma and hay fever, directly due to pollen from roadside weeds, the department of health has ordered that all poison ivy and weeds be removed from fences, roadsides, hedges, and park spaces within the city limits.

Flies, Dirt, and Infant Diarrhea.—The Bureau of Public Health and Hygiene of the New York Association for Improving the Condition of the Poor, has been making an intensive study of the effect of flies and dirt upon the prevalence of diarrheal disease among infants. Nurses have carefully recorded houses in the districts under observation, as "clean" or "dirty," and as "protected" or "unprotected" from flies. The result of a large number of careful observations made during a period of two years gives a fly factor of 1.9 (which means that nearly twice as large a proportion of babies have diarrhea in houses where there are flies as do in houses where there are no flies); a dirt factor of 1.8 (which means that diarrhea is nearly twice as common in dirty houses as in clean houses); and a fly-and-dirt factor of 2.4 (which means that there are nearly two and one-half times as many diarrheal cases in houses both dirty and fly-ridden as in houses which are clean and free from flies). As diarrhea is the most common route to the baby's burying ground, the above-mentioned facts are significant.

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Animal Charcoal Aids Digestion.—Divella has determined that digestion by the mucous membrane of the stomachs of pigs and dogs is much more rapid if to the food is added a proportion of bone charcoal. In his experiments he found that about twenty-two per cent gave the best results. In the presence of poisonous substances, as strychnine, digestion was more effective if animal charcoal was also added. He attributes the beneficial effect of the charcoal to its power of absorbing substances that may otherwise retard digestion. He believes, as a result of his experiments, that animal charcoal will be found effectual in all cases of gastric dyspepsia and fermentation.

Nonalcoholic Drinks.—G. Felsenfeld, having tested the output of fourteen firms, gives in a Berlin medical journal an account of his investigations of nonalcoholic drinks. He found that the fruit juices and malt beverages are preserved by Pasteurizing, by thickening with sugar, or by vacuum distillation. They are nutritious, supply mineral salts needed in the tissues, and are desirable from every point of view except that one tires of them after a while, and they are liable to adulteration. He asserts that the principal obstacle in the way of the general use of these beverages is the tradition that a jolly company, in order to be a success, must have alcoholic drinks, and the notion that a moderate use of alcoholic drinks is harmless.

New Intestinal Antisepsis.—A physician in a German medical journal tells of giving to typhoid fever patients fifteen grains of charcoal three times a day, followed each time in half an hour by fifteen grains of thymol. Charcoal seems to prevent the toxic action of the thymol and at the same time to prevent the combination of albumins with thymol, thus permitting it to exert its full activity against microorganisms. In three cases in which the remedy was tried, it not only eliminated typhoid germs from the intestines, but greatly reduced the other intestinal bacteria, especially those of the colon group.

A Beauty Diet.—Lucrezia Bori, famed for her beauty as well as for her voice, is an enthusiastic believer in a vegetarian diet as a beautifier. In a recent article, "Vegetables as a Beauty Diet," she said: "You may miss meat and pastries at first, but you will soon find that to be a vegetarian is anything but unpleasant. Before long you will prefer a tempting salad to any piece of meat placed before you." She believes that oranges and grapefruit are always an aid to beauty, but says, "We have these things the year round, and I want you to take advantage of the summer vegetables and fruits; there is nothing which equals them as a beautifier." She expresses the wish that every reader of her article shall give fruit and vegetables a fair trial this summer. "A smooth, transparent, healthy complexion, free from blemishes, will be the result."

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