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HEALTH & TEMPERANCE



November 1915

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HEALTH AND TEMPERANCE

WASHINGTON, D. C.



The Shadow of the Bottle

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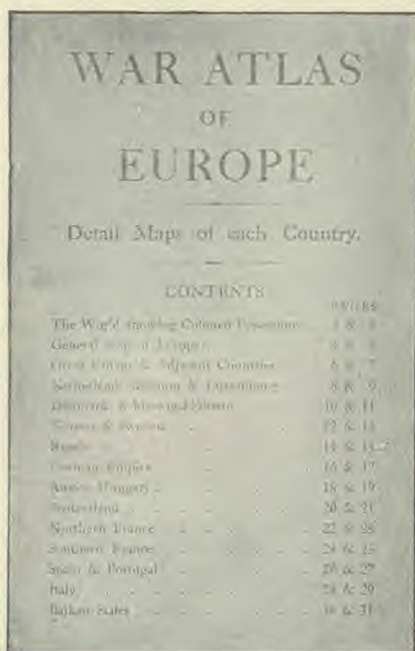
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HEALTH AND TEMPERANCE

November, 1915

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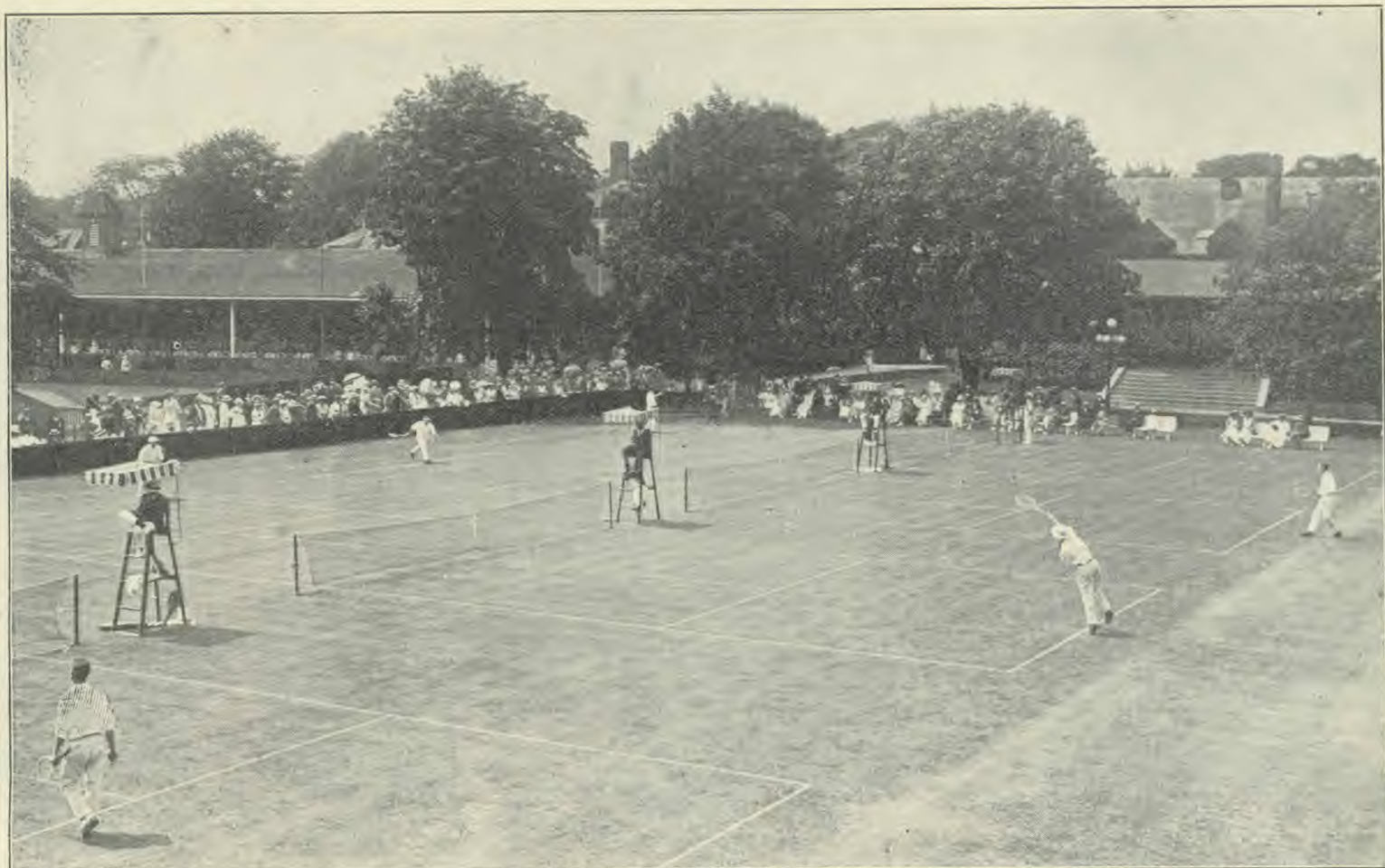
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GENERAL VIEW OF TENNIS TOURNAMENT AT NEWPORT CASINO

Continuing LIFE AND HEALTH

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

L. A. HANSEN, Associate Editor

FALLACIES

J. S. Fowler, M. D., F. R. C. P.

The following, taken from "Practitioner's Encyclopedia of Medicine and Surgery," is a compendium which will repay careful study by every mother of an infant.

1. THAT it is possible to devise a substitute food as good as human milk.

The more we learn about the subject, the more clearly does it appear that it is impossible to prepare artificially any food which is more than a rough approximation to human milk. Milk is something more than ordinary food; it is a specific food, and the milk of every species of animal is specifically adapted to the needs of the young. The variations in the composition of the milks of different animals are nature's adaptation to her own ends. . . .

2. That fresh milk, as obtained commercially, is superior to boiled milk.

It is a widespread delusion that boiled or sterilized milk is not good food for infants. . . . If we had a milk supply above suspicion, . . . cooking in any way would be unnecessary. At present we are far from this ideal, and the raw milk of commerce is a dangerous food. Cooking does not render milk less digestible, but the reverse; it diminishes its nutritive value very slightly, or, if the milk has been heated in a closed vessel so that no scum forms, not at all. . . . Boiled milk can cause scurvy, but it seldom does so, and the risk is easily guarded against. It is an incomparably less risk to run than that of infecting an infant with tubercle bacilli from raw milk.

3. That "one cow's milk" is a desirable food.

Owing to variations in the composition of the milk of the cow, it is best to use the mixed milk of a herd, which will maintain a more uniform composition.

4. That the more milk a child takes the better.

A great variety of practical matter for the home in the December "Health and Temperance." If you are not already a subscriber, be sure to secure a copy.

See combination offers elsewhere in this issue.

Overfeeding is more common than underfeeding. On an average a baby requires about one seventh of its body weight of milk daily. Some children thrive on one tenth; others require one fifth; more should not be given. [There is a tendency to underfeed after weaning.—Ed.]

5. That large quantities of cream are beneficial.

A mixture for a baby should not contain more than three to three and a half per cent of fat. If it contains more fat, indigestion is likely to ensue.

6. That failure to thrive shows that the child needs more food.

This may be the reason, but it is much more likely that the food is otherwise unsuitable. Too much may be being given, or fat or (especially in older children) carbohydrate may be deficient.

7. That vomiting during the first few weeks of life in a breast-fed baby is due to the mother's milk disagreeing.

It is often a sign of congenital hypertrophy of the pylorus, and this should be excluded before weaning the infant.

8. That a child suffering from acute diarrhea will starve if milk be stopped and water or albumin water be substituted.

The first thing to do in case of acute diarrhea is to stop milk completely, in every shape and form.

THE DANGERS OF THE MOUTH

L. A. Sutter, A. B., M. D., Superintendent Kansas City Sanitarium

FEW realize the great number and variety of germs that apparently healthy people have in their mouths. A noted bacteriologist, after careful investigation, has made the statement that in the mouths of those who think they are well, there are found ten varieties of active, disease-producing bacteria, and seven other family groups that can cause disease when the condition of the person favors their growth. Take, for instance, five normal persons, and the chances are that some one of the group will have in his mouth the germ that causes diphtheria, another one will have the bacteria that causes pneumonia, and the third may have a few germs of tuberculosis, and all will have many millions of the organisms that cause wound infections.

These germs may not produce any dis-

ease in the individual in whose mouth they are found; but if they find their way into the throat and lungs of some other person, they may produce a disease that will cause death.

You may wonder how it is that so many germs are found in the mouth. The mouth is ideally adapted for the harboring of bacteria. For instance, bacteria requires heat, moisture, and air, along with abundant food supply, that they may thrive. All these conditions are met with in the mouth. The places where the gums come over the teeth, the spaces between the teeth, the fissures of the tongue, and the gland pockets on the inside of the cheeks and lips, afford abundant protection for bacteria.

The mouth is always warm and moist, and the particles of food that lodge between the teeth and in the other recesses



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RED CROSS WORK

A German sanitary corps. Most of these men are volunteers, and bring their dogs with them. The dogs have done excellent work in finding the wounded on the field of battle.

mentioned, form an abundant supply of nourishment for germs.

All the time we are taking into the mouth, during talking, laughing, or breathing, a variable number of bacteria from the air, as well as from other sources that we shall discuss later. These germs thrive luxuriantly unless we take active measures to remove them.

The dangers that arise from our mouths may be discussed under two heads: First, danger to oneself; second, danger of transmitting germs to others.

Under number one, let us mention the part germs play in the decaying of teeth. If they are allowed to multiply at liberty in the mouth, many will form pockets between the gums and teeth, and between the teeth, where pus will accumulate. The poisons produced may be taken up by the blood stream along with some of the germs, and may cause a tired, worn-out feeling only; or the germs may lodge in some joint,—as, for example, ankle

or knee,—and cause an attack of rheumatism. Besides, through neglect the mouth becomes very unsightly. The gums turn black along the line of contact with the teeth, with white, cheesy-looking collections within the black borders. The teeth decay rapidly. The food is poorly chewed. At the same time the large quantity of pus that is swallowed may disturb the digestion or cause active disease of the stomach and intestines. Thus we can see that each person owes it to himself to keep his mouth clean so far as is in his power.

There are a number of ways in which number two—dangers to others—should be considered. First, let us mention how easy it is to carry bacteria from one mouth to another by poorly washed dishes. Each of us can recall instances in which the fork he was about to use contained dried particles of mucus and food between the tines, or the spoon had a smear of egg or bits of food on it. Did



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IN GERMANY AND ENGLAND

Routine of camp work, first-aid nursing yeomanry corps in camp at Lee, England. On occasion they do much more serious work than is here pictured.

you stop to think that that particle of egg or bit of food between the fork tines had been in contact with the lips and tongue of some other person, and that the chances are that saliva and germs were mixed with the food particles on spoon and fork? Those very germs might start up disease in your mouth or stomach. I know of one instance in which one of the most loathsome diseases was given to a healthy young man by the germs carried on a fork which had not been properly washed after it was used by a person suffering with the disease.

Another fruitful avenue for carrying germs from one mouth to another is the public drinking glass. An individual with sore lips and a mouth teeming with millions of germs may have drunk out of the glass just before you. There are great quantities of bacteria and pus with the saliva that he left adhering to the edge of the glass. You perhaps casually rinse out the glass, but that does not

wash off the adherent saliva, and you suck it off the glass with your own lips as you drink. The germs you obtain in this way may start a disease of your own lips or mouth, which may eventually lead to a serious illness, if not death.

Did you stop to think that in loud talking, laughing, or sneezing, particles of mucus are thrown two or three feet from the mouth. Each small bubble of mucus may contain a hundred bacteria. If these should fall on food and be eaten, they might produce disease. Especially are these saliva bubbles dangerous if they contain germs of tuberculosis.

I have seen cooks tasting food or beverages, then putting the spoon back into the food or pouring the nectar back into the pail. Again, I have seen a cook stand over the nectar he was making, and drink from a dipper or cup, letting a little stream of the liquid flow from his mouth back into the nectar pail. We shall agree that that was a dirty act. I



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RED CROSS TREATMENT

Soldiers partly recovered from their wounds are having their arms and hands massaged to prevent stiffness.

wonder how many have been guilty of performing it, however.

Mothers are in the habit of tasting food before they give it to their babies. Think of the germs that may be carried to the child's mouth if the mother's mouth is full of decayed teeth with pus around the gums.

Disease may be transmitted by different ones biting the same apple or piece of candy. Of course there is little danger provided each participant has a clean, healthy mouth. But it is very difficult to say whose mouth does not harbor germs that will produce disease in some other person. And at the present time there are all too many who have diseases of the most deadly kind, the germ of which is readily carried by the saliva. Not long ago a young woman consulted me for a sore about the size of a large bean. This sore was on her lower lip, and on inquiring into her history I learned that she had been kissed by a young man

whom I was treating at the time. His mouth was full of sores, and by kissing the girl he had transmitted the disease to her lip. Many examples of this kind are continually finding their way into medical literature.

One of the most sickening sights, as well as the most dangerous acts, is the all-too-prevalent habit of spitting on the floor of public buildings or conveyances. Millions of bacteria of the most deadly variety are thus promiscuously distributed where they can dry in particles of mucus and be carried by the air to the nose, mouth, or food of some person to whom they may give a fatal disease. We should never expect to see a man or woman expectorate on the floor of a church. However, I have seen it done a number of times.

I am quite convinced that an active agency in the spread of certain diseases is our wooden toothpick. Nearly every one can recall having seen chewed tooth-



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OF THE INJURED

German Red Cross nurses attending a wounded Belgian soldier before he is sent to the hospital.

picks or splinters of toothpicks lying about the corridor or on the window sills or the floor of some hotel. Each of these toothpicks is covered with saliva through having been in some one's mouth, and the saliva contains bacteria. If the person who used the toothpick happens to be the unfortunate possessor of a mouth whose gums are reeking in pus, the toothpick has been many times jabbed into those pus pockets; consequently it has pus and germs in great quantities dried over its surface. These germs may be carried by the wind, when they are dry, to some person in whom they will cause disease; or the one whose duty it is to gather up the chewed toothpicks may get the germs on his fingers, and so into some cut, where they will cause infection.

The question with each of us is, How

can I best keep my mouth as free from germs as possible. To keep one's mouth as clean as it is possible to do, goes a long way in preventing the spread of infection to some one else. Then if those who have the handling of food or the care of dishes will see that plenty of soap and hot water is used on soiled articles, and that no instrument put in the mouth is allowed to come in contact with food until it has been properly washed, another gain will have been made.

One of the best ways to keep the mouth clean is to visit a good dentist at least once each year, and let him carefully clean the teeth and remove the pus pockets that may be forming between the teeth and gums. Have all decaying teeth filled, and such as cannot be filled, should be removed at once.



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SOME OF THE HORRORS

A Serbian village through which the Austrian Army has passed. The houses are burned, and men, women, and children are slain—an entire village wiped out of existence.

After the teeth have been cleaned by a dentist, a good toothbrush and a good tooth powder should be used at least twice a day. After the third meal the teeth can be well brushed, using water but no powder. In cleaning the teeth the bristles of the brush should be drawn lively up and down the long way of the tooth, coming from against the gum to the free edge of the tooth. This will tend to remove particles of food from between the teeth, as well as débris from where the gum and teeth meet. Once a day some good antiseptic mouth wash should be used. This should be drawn by the cheeks backward and forward between the teeth. Once a day it is well to

massage the gums with the finger. This can be done by rubbing quite lively with one finger, on both the inside and the outside of the gums.

A good, cheap tooth powder can be made out of sixty parts of precipitated chalk, thirty parts of pure Castile soap, seven parts of camphor gum, and three parts of menthol, and enough oil of wintergreen to give it a desired flavor. A good mouth wash can be made from tincture of myrrh, one-half ounce; liquid sodium chlorate, one-half ounce; and potassium chloride, one dram; glycerine, two ounces; and water, two ounces. This wash should be diluted one half before using.



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OF THE WAR

French families who knew nothing of what the war was about were driven from their homes in northern and western France. The children were housed in the Gare du Nord, one of the railway stations of Paris.

OVEREATING AND ITS RESULTS

L. A. Hansen

OVEREATING is a greater curse than alcohol," says an editorial in a leading popular journal. It is a strong statement, but is made in all seriousness. It is probably not intended to say that it is worse for a man to eat too big a dinner than it is for him to get drunk. No doubt it means that the general effects of overeating, the sum total results, are worse than those from the use of alcohol.

A statement like this, made in all seriousness, might bear careful thought. Is overeating to be compared with the drink evil? In what way is there any comparison? And how is it that our everyday and three-times-a-day bill of fare is so harmful? Wherein lies the harm?

We do not find any statistics on the

question. There seems to be an absence of comparative investigation as to its results. We have figures on what constitutes a normal and balanced ration; but it yet remains for some one to give us, in dollars and cents, units and decimals, or in some form of comparison, the statistics of the full cost of our bill of fare over and above what we really need.

Such a table of figures would probably contain such items as "surplus food," "doctor's bills," "medicines," "sanitarium treatment," and others that might be counted as part of the cost of our indulgence.

A census table could not, however, take account of the physical discomfort and suffering resulting from overeating, by far the greatest toll. These cannot



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WAR'S

All that remains of the fine church at Vielle Chapelle, near La Bassée, which was the center of severe fighting.

well be tabulated. The list of diseases directly traceable to this cause is a long one, but there are also many ailments indirectly caused by it.

When viewed in its full size, the question of overeating does loom up big as compared with alcohol or any other evil; and it does not take far-fetched conclusions to make out a bad case against it.

There are persons who make well feeding a propaganda. This may be needed in some instances; but, barring the comparatively few who, because of want, are in danger of underfeeding, and some others who are ignorantly trying to live on an impoverished diet, all of us, almost to the man, are probably eating too much, and are suffering in consequence.

Until we see facts and figures of the actual cost of our dissipation, we shall probably go on eating our fill, with supply as our measure, capacity our meter, and a perverted palate our gauge.

Without going too deep into our physiology, let us recall that digestion and assimilation are limited to the needs of the human system. These needs vary with age, occupation, and season. The body's demand for food is to furnish heat, energy, and a normal reserve supply of tissue.

Food material introduced into the body becomes a burden to it if the body cannot utilize it. It is so much matter to be taken care of. Its care is not completed when the appetite is satisfied and the food passes the lips and is swallowed. Its real care has just begun.

The normal manner of caring for food by the body is that of digestion, a chemical action of digestive ferments. This process is clean and wholesome. The digestive capacity is a limited one. When there is more food given the body than it can properly digest and assimilate, it disposes of the excess by putrefaction,



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RUIN

Railway bridge blown up by the Belgians. Alongside is a temporary bridge erected by the Germans.

nature's way of disposing of excess perishable matter.

The action of putrefaction going on within the system is a source of much danger to the body. Poisonous products are created, which tax the eliminative organs, increase tension of the arteries, and give more work to the heart. Overworking these leads to their weakening and breakdown. It is not a long nor a roundabout road from overeating to many serious disorders,—to dyspepsia, gout, rheumatism, obesity, constipation, nervousness, kidney troubles, hardened arteries, and many other acute or chronic ailments.

Eating too frequently and in too large quantities causes a debilitated stomach. The stomach cannot take care of the heavy loads given it. All the digestive organs become weakened. Energy is spent in caring for a burden of excess food, and vitality is not maintained by proper nutrition. Persons disposed to disease make themselves more so by indulgence in overeating.

Overeating may sometimes be followed by indigestion, headache, or colic, giving timely warning, but not always. Sometimes the stomach is paralyzed, giving no sensation of pain. The very foundation of the human machinery may be gradually undermined.

The brain worker cannot eat the portion of a laboring man. The man of sedentary pursuit will grow corpulent by it, or he will become lean, feeble, and weak because his vital powers are exhausted in throwing off the surplus food. The liver is burdened, and unable to throw off the impurities of the blood.

The writer has known of business men who, as a matter of business sense, held themselves to moderation in eating, knowing that overeating taxes the brain power, beclouds the mind, enfeebles the perceptions, dulls the intellect, and unfits one for keen business dealing.

Overeating, even of simple and wholesome food, is injurious. The extra work given the system in disposing of the excess causes a tired feeling. The "all



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UNDERGROUND HOUSES

A French "dugout" with a full-fledged chimney. The hole in the side may serve for ventilation, but its principal use is as a porthole through which to watch the enemy and to shoot.

gone" feeling that some think is hunger, is only a cry of an overworked and weary stomach. It requires its periods of rest.

Overeating may become an established habit in adults. It is the habitual practice that does harm, rather than the occasional inordinate indulgence. The habit is hard to break. Too many conditions favor its indulgence. Instead of social disapproval frowning at it, society conspires to encourage it. Well-meaning persons devise all sorts of schemes to help their friends eat freely. Almost every gastronomical or dietetic provision is to encourage indulgence of appetite rather than to control or curb it.

The quantity of food eaten should vary with one's work. The food taken should equal the force expended, with a certain amount of storage energy which is already present in the properly nourished man. Cold weather demands more food than hot, to supply the additional body heat required. After middle life, one needs only to maintain the equilibrium of weight and strength. In old age

less work is done, tissues cease to grow, tissue repair takes place slowly, and elimination is reduced; hence less food is required.

The following suggestions are offered as helps in breaking the habit of overeating:—

Thorough mastication will prevent hasty overeating, and allows assimilation of food, satisfying the demand and removing appetite.

Do not eat much when not hungry; the lack of desire for food is accompanied usually by lack of ability to take care of it.

A second meal should not be eaten until the stomach has had time to recover from the preceding meal.

Simplicity of diet, having few varieties at a meal, is essential. A full meal, supplemented by desserts, means a very full stomach.

Overflavoring of foods leads to overeating; therefore leave out highly seasoned articles.

(Concluded on page 519)



PROTECT BOTH ARMIES

A German underground house with a glass window.

SCHOOL of HEALTH

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



FALSELY LABELED MEDICINES

Federal Courts Condemn Goods or Fine Many Patent Medicine Manufacturers. Patent Medicines Proceeded Against for Fraudulent Claims as to Curative Powers of Products

Office of information, U. S. Department of Agriculture.

MORE than half a hundred legal actions have been terminated successfully under the Sherley amendment to the Food and Drugs Act, which prohibits false and fraudulent claims as to the curative or therapeutic effects of drugs or medicines. Criminal prosecutions against the manufacturers were brought in twenty-five cases, but in thirty-one instances the falsely and fraudulently labeled medicines were seized while in interstate commerce. Claims made by the manufacturers for the curative powers of these preparations ranged from tuberculosis, smallpox, and diphtheria to coughs, colds, and scalp diseases. A number of other criminal prosecutions and seizures are pending in various federal courts throughout the United States because of alleged violations of the Sherley amendment, similar to those which have already been tried. The officials charged with the enforcement of the Food and Drugs Act are of the opinion that the evils of the patent medicine business can be stopped only by the most drastic action.

It is pointed out that traffic in medicines for which false and fraudulent claims are made is not only an economic fraud of the worst kind, in that a worthless preparation that costs but a few cents is frequently sold for a dollar or more a bottle, but that health, and even life is endangered by failure to secure the service of a physician in such serious diseases as tuberculosis, diphtheria, pneumonia, and scarlet fever, until too late, because reliance may have been placed

in the curative powers of some worthless preparation which is claimed to be a never-failing remedy. The deluded victim may not realize his danger until the disease has reached a stage too far advanced for even the ablest physicians to cope with it. Effective treatment depends in most cases on applying it during the early stages of the disease.

Suggestive Name of "Family Physician" Fails to Save This Preparation

The Houchens Medicine Company of Baltimore, Md., pleaded guilty to the charge that a preparation called "Family Physician" and shipped by them into interstate commerce was falsely and fraudulently labeled. Among the numerous diseases for which this medicine was recommended by the manufacturers in statements appearing on the labels and accompanying circulars, were diphtheria, scarlet fever, typhoid fever, smallpox, bronchitis, neuralgia, croup, and all diseases of the throat and lungs. The following quotations from the label, carton, or circular are interesting: "The Public is hereby assured that this is the Genuine and Original Family Physician. . . . For fever you need not give anything else but this Medicine, it will keep the rash out itself. . . . For cases of Smallpox take plenty and often — Use freely. Give no hot teas, just give the medicine and what pimples are under the skin will come out, the rest will be carried off by the medicine. . . . Also a wonderful and positive remedy for dyspepsia, keeps measles out nicely, regulates the bowels without trou-

ble, and by purifying the blood prevents your liability to disease."

Analysis of the product, which was claimed by the manufacturer to be effective in the treatment of so many virulent and contagious diseases, as well as a variety of minor ills, showed that it was a sirup containing 19.2 per cent non-volatile matter, 8.9 per cent alcohol, anise, and a vegetable cathartic drug. The government, therefore, charged that the medicine did not contain ingredients or medicinal agents effective for the relief and cure of the diseases which it was claimed to cure. The court imposed a fine of seventy-five dollars.

**Remarkable Claims for Dr. H. A. Ingham's
Vegetable Expectorant Nervine
Pain Extractor**

A plea of guilty was entered by H. A. Ingham & Co., of Vergennes, Vt., to the charge that statements and claims as to curative powers of a product called "Dr. H. A. Ingham's Vegetable Expectorant Nervine Pain Extractor" were false and fraudulent. An analysis of a sample of the product by the Bureau of Chemistry showed the same to contain alcohol, 86 per cent; opium alkaloids, camphor, capsicum, and vegetable extractive matter. The government, therefore, alleged that the medicine did not contain ingredients or medicinal agents effective, as the labels or circulars asserted, to subdue raging fever, or to cure typhoid fever, lung fever, scarlet fever, rheumatic fever, cholera, dysentery, sunstroke, diphtheria, bleeding at the lungs, nervous exhaustion, or piles, or to prevent fits of apoplexy and epilepsy when coming on, or to heal without inflammation or suffering all wounds, sprains, or burns, or to break up a felon, or to cure congestion of the lungs, pleurisy, fits of apoplexy, chronic rheumatism, paralyzed limbs, and croup.

It was also alleged by the government that the statements, "For teething and restless children, it is not only safe and harmless, but positively beneficial; it agrees with the most tender child or feeble infant," were false and misleading in that they were of such nature as to mis-

lead the purchasers into the belief that the article contained no harmful or poisonous ingredient, whereas, in fact it did contain morphine and other opium alkaloids of a poisonous and deleterious nature, such as might prove harmful and deleterious to the health of tender children and feeble infants, and other persons, if consumed by them. The court fined the defendant \$100.

**Seized Four Thousand Bottles of "Father
John's Medicine"**

Four thousand and ninety-two bottles of "Father John's Medicine" were seized in Philadelphia, Pa., it being alleged in the libel that the labels on the bottles and on the pasteboard packages containing the bottles bore statements regarding the curative effects of the medicine that were false and fraudulent. Claims were made by the manufacturers for the efficacy of the medicine in the treatment of consumption, coughs, colds, croup, asthma, bronchitis, sore throat, whooping cough, pneumonia, catarrh, rickets, and a number of other ailments. A judgment of condemnation and forfeiture was entered, and it was ordered by the court that the product be delivered to Carleton & Hovey Co., Lowell, Mass., upon payment of all the costs in the proceedings and the execution of a bond in the sum of \$5,000, to insure that the goods would not be sold unless truthfully relabeled.

**Jury Says "Guilty" for Misbranding
"Bad-Em-Salz"**

A verdict of "guilty" was rendered against the American Laboratories, a corporation located at Philadelphia, Pa., for shipping into interstate commerce a product called "Bad-Em-Salz," which it was alleged was falsely and fraudulently labeled. An analysis of a sample of the product showed that it consisted of common salt, Glauber's salt, baking soda, and a small amount of tartaric acid. It was claimed by the manufacturers that this preparation reproduced the medicinal properties of the great European springs famous for centuries for the cure of dis-

eases of the stomach, intestines, liver, kidneys, or bladder, and that it represented the medicinal agents obtained by the evaporating of the water from famous European springs. The government alleged that these claims were false and misleading, and that the statements in the circular indicating that the prepa-

ration contained ingredients or medicinal agents effective for dissolving gall stones, for the prevention of gastritis, for curing diabetes, for preventing or checking chronic inflammation of the kidneys, and for relieving catarrh of the bladder, were false and fraudulent. A fine of \$100 was imposed by the court.

LONG LIST OF MISBRANDED MEDICINES

The following list includes medicines against which the government's charge that they were falsely or fraudulently labeled was sustained by the federal courts. Statements were made on the labels of, or on the circulars accompanying, the preparations intended to make the purchaser believe that the medicines were effective cures for a great variety of diseases for which they were recommended by the manufacturers or promoters. The main allegations of the government were upheld by the courts, and judgment accordingly entered in connection with each of the following preparations:—

Radam's Microbe Killer
Hilton's Specific
Smith's Agricultural Liniment
Dr. Sullivan's Sure Solvent
Russell's White Drops
Stramoline
Wild Cherry Pepsin
Moreau's Wine of Anise
Dr. Herman Koch's Brand Phosphate, Celery and Gin Compound
Swissco Hair and Scalp Remedy
Cod-liver Oil With Syrup of Tar
Dr. Mozley's Lemon Elixir
Sa-Yo Mint Jujubes
Gray's Glycerine Tonic Compound
Dr. Martel's Female Pills
Quickstep, Frye's Remedy
Seawright's Magnesian Lithia Water
Hill's Aromatic Ext. Cod-liver Oil (Hollander-Koshland Company)
Black's Pulmonic Syrup

Tetterine
Laxative Quinine Tablets
Mrs. Joe Person's Remedy
Maignen Antiseptic Powder
Cranitonic Scalp Food—Hair Food
Dr. David Kennedy's Cal-Cura Solvent
Scheneck's Pulmonic Syrup
Keller's Flaxseedine
Tutt's Pills
Universal Rheumatic Remedy
Green Mountain Oil
Weber's Genuine Alpine Herb Tea
Montague's Liniment
Coe's Cough Balsam
White Stone Lithia Water
Kalamazoo Celery & Sarsaparilla Compound
Quality Damiana Compound
Dennis Eucalyptus Ointment
Cassidy's 4X—The Great Blood Purifier
Porter's Antiseptic Healing Oil
Ballard's Horehound Syrup Compound
Dr. Shoop's Night Cure
Dr. Shoop's Cough Remedy
Dr. Shoop's Restorative
Rheumacide
Rice's Mothers' Joy Salve
Milam
Old Jim Field's Phosphate Dill and Gin
Stuart's Buchu and Juniper Compound
Ozomulsion
Jones' Break Up
Carswell's Liver Aid
Dr. Shoop's Twenty Minute Croup Remedy
Rogers' Consumption Cure and Cough Lozenges
Rogers' Inhalant

Wounds

In all wounds in which the skin is broken, it is of prime importance to keep the part surgically clean; that is, to keep out infectious matter such as would cause the wound to fester, or result in blood poisoning or lockjaw. In all operations or in treatment of a wound there must be care to avoid bringing anything contaminated with germs into contact with the wounded surface. And everything around us is contaminated with germs unless everything has been sterilized. Hands should not touch the wound, unless it is absolutely necessary, and then only after they have been surgically cleansed. The same with dressings, instruments, bandages; everything

coming in contact with the wound should be sterile; that is, should be boiled, or steamed, or in some other way rendered free from disease germs.

If there is no bleeding, it may be best merely to protect the wound from contamination by dust and flies until the surgeon arrives. Large use of tincture of iodine has been made in the treatment of wounds at the battle front. When it is poured over a wound it soon dries, leaving a protective film that helps to prevent infection.

Danger From Kaolin

ONE observer has reported four cases of lockjaw as the result of applying kaolin (an ingredient of "antiplogistin," "glykaolin,"

and some other salvelike preparations for reducing inflammation by absorbing the water of the tissues) to the umbilicus. Evidently in these particular cases, the kaolin was contaminated with lockjaw germs.

Treatment of Erysipelas

A. JUDD, in the *New York Medical Journal* of June 12, describes a method of treating erysipelas which has been very successful in his hands. He paints the entire area and half an inch into the apparently sound skin with a ninety-five-per-cent solution of carbolic acid, which he applies with a cotton swab. This application is left on until the purplish color is changed to a pretty complete whitening of the skin. If the treatment is not continued long enough, or if it is not carried out on the area beyond that which shows evidence of inflammation, the treatment will likely not be successful. If, on the other hand, the application is continued too long, there may be a scar as a result, or at least a painful and slow healing. The application should not be carried to the extent of thorough bleaching; but when the tissues show a fairly complete reaction to the carbolic acid, a swab saturated with alcohol is to be applied vigorously until the normal color of the skin returns. If the erysipelas covers a large area, it is best to make the applications to small sections at a time, treating one part with carbolic acid and

then alcohol, before proceeding to the next area. Judd failed to note any evil result from this treatment. There was no apparent toxic action, though the urine was dark. The temperature falls rapidly after the treatment, showing that the inflammatory process has been stopped. In severe cases he has found it necessary to support the patient with stimulants.

Water Drinking at Meals

CUTLER, in the *Boston Medical and Surgical Journal* of June 24, reports that he finds that the daily consumption of about three quarts of water *with meals* for a period of five days, in a man aged twenty-two years and in N equilibrium, caused an increase in weight of two pounds. The free use of water at meals, according to Cutler, seems to increase the flow of digestive fluids, to increase peristalsis, and to hasten absorption, and the fats seem to be more completely digested. Dilution does not diminish the action of the digestive juices, for the reason that enzyme action is greater (within limits) the greater the dilution. The author concludes, as a result of his clinical observation and laboratory research, that it is desirable for persons in ordinary health to drink water with meals as desired, or to the extent of two to four glasses at each meal, provided the food is well masticated.

OVEREATING AND ITS RESULTS

(Concluded from page 515)

At the beginning of a meal make some calculation as to the dishes you will take, and limit yourself to proper portions.

Stop eating with a little appetite left.

Never eat between meals. Eating between meals robs one of a healthy ap-

petite, disturbs the digestion of food which has already been eaten, and gives too much food.

Lastly, do not watch your stomach. Eat what is good for you, and leave your digestion to do the rest.



HOME COOKING SCHOOL



RECIPES FOR THE PREPARATION OF FOOD FOR THE SICK

George E. Cornforth

The October issue gave general directions for the preparation of food for the sick. Following are a number of the most useful and valuable recipes for the preparation of special dishes.

TO make a broth containing the valuable mineral or medicinal elements of vegetables, the following recipe may be used:—

Vegetable Broth

- 1 pint finely chopped celery
- 1 pint finely chopped carrots
- $\frac{3}{4}$ pint finely chopped turnips
- $\frac{1}{2}$ pint finely chopped onions
- $\frac{1}{2}$ pint tomatoes
- 4 sprigs parsley
- 1 $\frac{3}{4}$ quarts cold water

Put the vegetables to cook in cold water, and heat them gradually till just below the boiling point. Keep them at this temperature for about four hours. This may be accomplished by cooking in a double boiler. Cooked in this way, no odors are given off, and therefore nothing valuable is lost. Drain off the water. This broth may be served simply with the addition of salt, or cream may be added, which will increase both its palatability and its nutritive value.

This recipe is only an example. Other combinations of vegetables may be used, adding to them an equal bulk of cold water after they are chopped, and proceeding according to directions for this recipe.

Cream Asparagus or Spinach Broth

Season the water in which asparagus or spinach has been cooked, with cream or salt. Serve hot. It may be necessary to dilute the broth with a little water, that it may not be too strong to be palatable.

Cream Celery Soup

- 2 stalks celery (tough outside stalks will do)
- $\frac{3}{4}$ quart milk
- 2 level tablespoons flour
- 1 level teaspoon salt

Instead of all milk, milk and water,

milk and water and cream, or milk and cream may be used.

Grind the celery through a food chopper, being sure to save any juice that runs out of the chopper. Put the chopped celery and the juice into the milk, and steep in a double boiler one-half hour. Strain out the celery. Press well to extract all the juice. Put the liquid back again into the double boiler and heat again to boiling. Thicken with the flour stirred smooth with a little cold water. Add the salt.

This recipe may be used for cream lettuce, cream cucumber, or cream water cress soup by using four large lettuce leaves, one medium-sized cucumber, or a few sprigs of water cress, instead of the celery.

Bean or Pea Broth

Thoroughly wash one pint of pea beans, Lima beans, or split peas, and put them to cook in two quarts or more of cold water. Bring them to the boiling point slowly, and simmer gently for several hours, adding boiling water, if necessary, till the water in which the beans or peas are cooking becomes rich. Drain off the water, of which there should be not more than one pint; season with salt, and it is ready to serve.

When properly made, this broth is so rich that when cold it is jellylike in consistency.

Oatmeal Gruel

- $\frac{1}{2}$ cup rolled oats
- 1 pint water
- 1 pint or more hot milk
- 1 $\frac{1}{4}$ level teaspoon salt

Add the salt to the water, and bring to a boil in the inner cup of a double boiler. Stir in the rolled oats. Boil over the fire two or three minutes, then set the inner cup in the outer cup of the double boiler, which contains boiling water, and continue the cooking for

three hours or longer. Then rub the oatmeal through a strainer. Add hot milk to make of the proper consistency for gruel.

Barley gruel, corn meal gruel, or rice gruel may be made by the same recipe, using one-third cup of pearl barley, one-fourth cup of corn meal, or one-fourth cup of rice, instead of the rolled oats. And in the making of the corn meal or rice gruel one hour's cooking of the cereal is sufficient. It may be necessary to cook the barley four or five hours.

It may sometimes be desirable to make the gruel entirely of water.

Barley Water

$\frac{1}{2}$ cup pearl barley
2 quarts cold water

Thoroughly wash the barley, and let it soak in cold water for one hour or longer, then put it to cook in the two quarts of cold water. Let it come to a boil, and simmer slowly till reduced to one pint of liquid. Strain off the broth. Season with salt, reheat, and serve plain, or seasoned with a little cream.

One-fourth cup raisins or figs cut into dice may be cooked with the barley if desired, or a little lemon rind may be used and the broth sweetened with a little sugar.

Rice Water

$\frac{1}{2}$ cup rice
1 quart cold water

The so-called "natural brown" rice, or rice from which the bran has not been removed, is best for this.

Wash the rice thoroughly by whipping it in hot water with a batter whip and turning off the water several times, then put the rice to cook in the cold water. Heat to boiling, and simmer slowly till the liquid is reduced to one pint. Strain off the broth, season with salt, and with cream if desired; reheat and serve.

Toasted Flake Gruel

Cook one cup of corn flakes or wheat flakes in one cup of water till thoroughly softened. Rub through a fine strainer, add a little hot cream or milk, and salt to season.

Hot Malted Milk

Put one-fourth cup of malted milk into a glass. Moisten it with enough hot water to make a smooth paste, then add boiling water to fill the glass three-fourths full, stirring with a fork till the milk is dissolved.

Hot Milk

makes a nutritious drink for a sick person.

Junket

is an easily digested milk preparation, directions for the making of which come with the tablets.

Buttermilk or Artificially Prepared Buttermilk

is also good. Directions for preparing the milk come with the tablets.

Dropped or Poached Eggs

Use a basin about six or eight inches across, and from two to two and one-half inches deep. Have it full of hot, not boiling, water, salted with one level teaspoon of salt to each pint of water. Break the eggs into a small dish, then slide them into the water. Let them cook till the white is set, then with a small skimmer remove the eggs from the water to a hot dish, or serve them on zwieback that has been dipped in hot cream.

Oiled muffin rings may be put into the water, and the eggs dropped into them to hold them in better shape; or an egg poacher may be used. Do not try to poach eggs in barely enough water to cover them, nor in *boiling* water. The water should be one and one-half inches deep or deeper. Dropped eggs may also be served on toasted corn flakes, or hash, or in nests of boiled rice or mashed potato.

Eggs Cooked in the Shell

Use one and one-half cups of water for each egg to be cooked. Have the water in a dish in which it will be deep enough to cover all the eggs, and which has a tight-fitting cover. Bring the water to a boil. Set the dish off the stove. Put the eggs into the water. Put the cover on the dish; and allow the eggs to remain in the water from five to ten minutes, according to how much it is desired to cook them.

Hard-Boiled Egg Yolks

are valuable in feeding the sick, because the yolk of an egg is most digestible when it is hard and mealy. To cook the yolk thus, the egg should be boiled about three hours. The white may then be made digestible by grinding to a powder through a food chopper, using the nut butter cutter, or by rubbing through a very fine sieve. But I should say that it would be better not to give the white thus prepared to the sick person, but to use for some other purpose. Or the white may be separated from the yolk

of the egg, and the yolk steamed or boiled for three hours.

Egg Nest on Toast

Separate the white from the yolk of an egg. Boil the yolk hard. Add a few grains of salt to the white, and beat it very stiff. Pile it in the shape of a nest on a nicely prepared, thin slice of toast. Put the hard-boiled yolk in the nest, and set it in the oven long enough to delicately brown the top of the white. Or the egg yolk may be put into the nest raw instead of boiling it hard first.

Cream Baked Eggs

Oil custard cups. Break one or two eggs into each. Add a few grains of salt, and one or two tablespoons of cream. Set the cups into a pan of hot water, and bake till the eggs are cooked as much as desired. Or, instead of baking them, they may be cooked in a steamer for five minutes.

Albumen Water

- 1 egg white
- $\frac{1}{2}$ cup cold water
- A few grains salt

Beat the egg white till foamy. Add the water, and beat the water and white together. Strain through cheesecloth. Add a few grains of salt. A little lemon juice may be added if desired.

Eggnog

- 2 egg whites
- A few grains salt
- 1 teaspoon to 1 tablespoon lemon juice
- 2 level tablespoons sugar
- 1 teaspoon egg yolk

Add the salt to the whites and beat them stiff. Beat in the lemon juice and sugar. Save out about one tablespoon of the beaten white. Beat the egg yolk into the remainder, and put it into a glass. On top put the egg white that was saved.

Part of the mixture may be colored with any kind of fruit juice, as grape, raspberry, blackberry, or orange, if desired. Or a few fresh or stewed rasp-

berries or a little diced orange may be stirred into it. The eggnog looks prettier if the ingredients are not thoroughly stirred together, but left so that some of the white and some of the yellow and some of the color of the fruit will show.

Cream Eggnog

- 2 eggs
- 2 tablespoons cream
- A little sugar, if desired

Beat the whites and the yolks separately. Add the cream to the yolks. Put most of the beaten white into the glass. Pour the yolk mixture over it so it will run down around the white. Put the rest of the white on top.

If the sugar is used, part of it should be beaten into the white and the rest into the yolk mixture. A little vanilla flavoring may be added to this, if desired.

Milk Eggnog

- 1 egg
- $\frac{1}{2}$ cup milk (part cream, if desired)
- 2 level teaspoons sugar
- 4 drops vanilla

Beat the ingredients well together, and serve in a glass.

Cream Toast

Pour hot cream over thin, crisp slices of zwieback, and serve before the crispness of the toast disappears.

Raspberry Toast

Rub one cup stewed or canned raspberries through a sieve fine enough to remove the seeds; heat to boiling, and thicken the pulp with one level tablespoon of cornstarch stirred smooth with a little cold water. Serve the sauce over slices of zwieback which have been moistened in hot cream or hot water.

Other fruit sauces that are not too tart may be used in a similar way.





IMPORTANCE OF THE CHILDREN'S TEETH

Harvey W. Wiley, M. D.

At the joint session of the American Public Health Association and the American Mouth Hygiene Association held in Jacksonville, Fla., Dr. Wiley read a paper on "The Importance of Mouth Hygiene," which appeared in the May issue of the *American Journal of Public Health*, from which the following is taken.

AS I look at the matter, it is highly important that we should begin our work of conservation of the teeth long before the children enter the school. The tooth is a tissue which needs a particular kind of nourishment. While it is true that there is no such thing as special food for nerves, or brains, or muscles, or teeth, it is true that a properly balanced diet is necessary for the general sustenance of the body. The tissues of the tooth are composed chiefly of lime, phosphoric acid, and nitrogen. The foods that contain the proper amount of these bodies are therefore fundamental in securing the proper growth of the teeth. The campaign for sound teeth in the child should be inaugurated many years before his birth.

The temporary teeth of children should be good, solid, and enduring, in order that they may remain in place until the permanent teeth are ready to erupt. Otherwise the permanent teeth may be extremely irregular in character and deformed in contour. If decay sets in in the temporary teeth, it is highly important that it be arrested by a filling of a cheap character, but nevertheless sufficiently enduring to last as long as the temporary tooth. Thus the proper direction of the permanent teeth is secured,

and at the same time they are not subject to any special germ of deterioration by reason of contact with decayed temporary teeth.

In regard to the production of teeth of the right character as a function of food, I may say that the milk of a healthy mother has in it all the elements necessary to nourish the temporary teeth. As some of these teeth, however, erupt after weaning, it is of the utmost importance that the child, after weaning, be fed a diet sufficiently rich in tooth-building material to produce a complete temporary set of teeth of the best quality, and to lay the foundation for the production of the permanent teeth. My own experience leads me to believe that the child, after weaning, should receive a generous supply of pure, clean, wholesome milk from tuberculin-tested cows, and at the same time be fed cereals which have not been denatured. Of these, wheat, Indian corn, barley, and oats are types. Rice which has not been polished and which has not lost the important principles of the rice bran, may also be given once or twice a week in moderate quantity. As soon as the temporary teeth are sufficiently developed, hard substance, such as toast, zwieback, or Graham biscuits, should be given daily in sufficient quantity to develop, by the proper exercise

of their functions, the character of the teeth. Fruits and vegetables suitable for the child's nourishment are not to be neglected. A little spinach once or twice a week is excellent in the furnishing of some of the elements, such as iron, which are important.

The things to be avoided in the nourishment of the young child are starch, sugar, candy, and polished rice. The child that is fed good, wholesome milk and such cereals, fruits, and vegetables as I have mentioned, needs scarcely any other adjuvant for the nourishment not only of his teeth, but of all the tissues of the body. If milk is not given in some considerable quantity, a little powdered carbonate of lime or a little lime water may be given from time to time to supply the deficiency of lime in the cereals, where the phosphoric element is usually in excess. Such a diet will develop in the child a normal growth of temporary teeth, and lay the proper foundations for those of a permanent character. If you do not get good teeth in childhood, you will never have them. The mature molars are of but little account.

When the first permanent molars begin to erupt, the necessity for continuing this kind of diet is still paramount. In fact, the whole regimen of the child, as long as growth continues, should be based upon a balanced ration in which all the elements necessary to nutrition are present in proper quantities. This idea of the balanced ration in respect of the development of good teeth is somewhat at variance with the common practice of dosing children from earliest childhood — in fact, almost during infancy — with sweets. My own experience shows that

a child has no natural sweet tooth. If he is not fed sugar and candy and other sweets, he will have no craving for them, in fact may have a positive dislike for them. Nature not only is one of the best chemists, but also one of the best hygienists. In the sugar which she puts in milk she finds no place for a sweet taste, milk sugar being almost devoid of sweetness.

I am more and more convinced by experience, study, and observation that the common practice of feeding children sugar, candies, and starches is highly detrimental, and especially so to the development of the teeth. It is a common idea, which I think is a correct one, that the eating of sugar and candy is bad for the teeth. It is not so bad for the teeth, however, in the common acceptance of the term, which implies that the eating of sugar and candy, tends to produce decay in the teeth. That, in my opinion, is not the chief objection. The eating of sugar and candy unbalances the ration and interferes with the proper composition of the tooth itself during growth, thus leaving it especially subject to the ravages of decay.

The child who has hard, sound, regular teeth needs to be taught the principles of proper care. This means, of course, in the first place, the proper functioning of the teeth. There must be an abundance of chewing of the right kind, and it must be well done. The tooth is no different from any other organ of the body. To be in prime condition it must be properly exercised. In order that it may be kept from the ravages of decay it must be kept clean. Eternal vigilance is the price of good teeth.



WHOOPING COUGH

The following is from the instruction given by the New York City Department of Health in the *Weekly Bulletin* of May 29:—

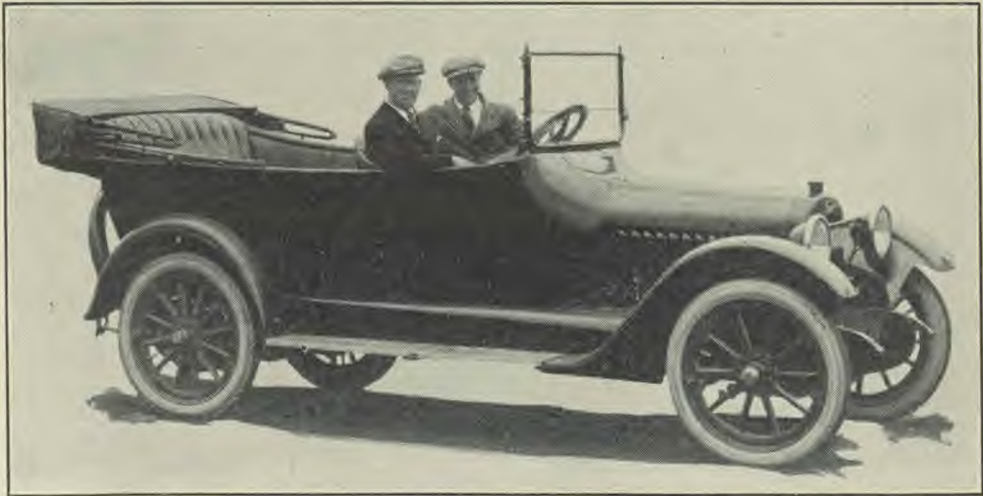
THE period of greatest infectivity is from the onset of the cough to the end of the first week after the whoop or paroxysmal cough has developed; later it is difficult to find the specific organism in the discharges. Clinical observations have confirmed these laboratory findings.

The disease is spread chiefly by means of the small particles of mucus sprayed out during attacks of sneezing or coughing. It is seldom transmitted by third persons not suffering from the disease themselves, and not then unless the discharges are carried in a fresh state on the clothing or exposed parts of the body.

Fairly close contact in rooms or cars or on the street is necessary for the infection of susceptibles.

The disease is more fatal than is generally supposed, the number of deaths being about half as great as the number due to scarlet fever.

The disease is highly dangerous to infants under six months of age; dangerous to those between six months and two years, less so to those between two and five years. Over half the deaths occur in children under one year of age. Elderly persons are not exempt, and often suffer severely, sometimes succumbing to the disease.



NATIONAL GOLF CHAMPION

Robert A. Gardner, national amateur golf champion, at wheel of Chalmers six-forty touring car. At Mr. Gardner's right is John G. Anderson, runner-up in the big Detroit tournament.

The TEMPERANCE MOVEMENT

CLIPPINGS FROM THE DAILIES

THE following clippings, taken at random from the newspapers during a short period, need no comment, unless it be the remark that the same government that punished these drunken culprits authorized the liquor to be sold to them:—

“DRUNKEN SLUGGER MUST STAND TRIAL

“NEARLY KILLED WORKMAN

“D— McL— Was Asleep in a Tent Near Union Grove When Assaulted by the Liquor-Crazed Road Worker Who Wielded a Beer Bottle

“The surgeons who attended McL— testified that his injuries were very serious, though he will recover.”—*Racine (Wis.) Times, Sept. 9, 1915.*

“ . . . Both machines were badly smashed, but the occupants escaped injury. W—, the chauffeur of the auto containing the women, was arrested on charges of intoxication and of operating a machine while under the influence of liquor.”—*Boston Evening Globe, Sept. 14, 1915.*

“Charging that he ran down a man who was fixing his motorcycle, . . . the police arrested W— F. G—, . . . on a charge of operating an automobile while under the influence of liquor. G—'s companion, E— P— . . . was arrested on a charge of drunkenness. The machine operated by G— struck the motorcycle of H— R. B— . . . and seriously injured the owner, who was taken to the city hospital.”—*Boston Herald, Sept. 10, 1915.*

“E— D— was sentenced to one year in the house of correction, and in addition was fined \$21 in the police court this morning. D— pleaded guilty to a charge of assault on Miss —, and also on Mrs. —, and lastly to a charge of drunkenness.”—*Springfield (Mass.) Morning Union, Sept. 12, 1915.*

“ . . . H. A. H—, a carpenter and builder of Hull, was today sentenced to three months in Plymouth jail after he had pleaded guilty to a charge of operating his automobile in a reckless manner while under the influence of liquor, and endangering the lives of hundreds of people at Nantasket Beach.”—*Boston American, Sept. 10, 1915.*

“JOSTLED BY DRUNKEN MAN IN FRONT OF TEAM

“Boy Run Over and Collar Bone Broken—Culprit Not to Be Found

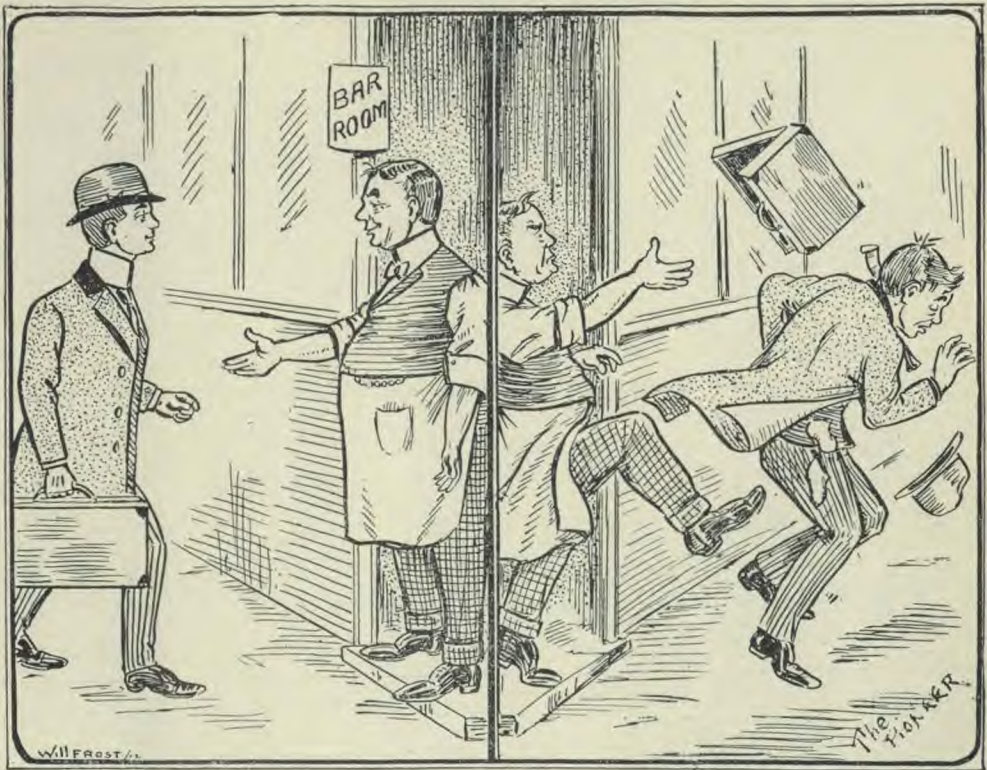
“J— W—, 12 years old, was seriously injured last night in front of 2260 Washington Street, when a drunken man either accidentally or purposely jostled him from the sidewalk into the path of a wagon that was being driven along Washington Street. He was run over and his left collar bone broken. . . . The police tried to find the drunken man after the boy was hurt, but could find no trace of him.”—*Boston Herald, Sept. 11, 1915.*



Clipped from East Liverpool "Tribune"

“AN EYE OPENER”

Whisky does open the eyes at first. Next, it makes them dim, then closes them. The man with eyes clearly open will let whisky alone.



BARROOM HOSPITALITY

"Welcome the coming Speed the parting guest."

The barroom is a great social institution where every man (who has money to spend) is welcomed.

TEMPERANCE NEWS NOTES

Prohibition Movies.—It is proposed to use the movies in the next campaign for a dry California.

Chesapeake and Ohio Dry.—The Chesapeake and Ohio Railway has forbidden the sale of liquor in its dining and buffet cars.

Liquor Advertisements Forbidden in Texas.—According to the Allison law, newspapers published in dry territory are forbidden to carry liquor advertisements. This law has been upheld.

Milk Versus Liquor.—According to the New York Health Department, the consumption of milk in that city has increased fifty per cent in ten years, and the licensed saloons are decreasing as a result.

University President Pleads for Temperance.—President Hibben of Princeton, believing that "the fair name and honor of Princeton are at stake," has appealed to graduates to discontinue the free serving of beer in the reunion tents.

Liquor Men Cannot Be Knights Templars.—The Knights Templars of Pennsylvania have made it impossible, so it is reported, for any one engaged in any way in the liquor traffic to join the order.

Liquor on "Eastland."—The investigation into the "Eastland" disaster showed that there was free drinking on the vessel before the accident, and that "two of the engineer's force were drunk" when the vessel capsized.

Prohibition Reduces Murder Record Ninety-Five Per Cent.—During the first six months of prohibition, Arizona had only two murders, while the murder record for the corresponding period of the previous year was forty-five.

No Liquor at Military Instruction Camp.—Captain Dorsey, in charge of the military instruction camp at Plattsburg, N. Y., determined that there should be nothing to interfere with discipline and good order in the camp, and ordered that no liquors be brought to the camp.

Less Insanity in Dry States.—Statistics prepared from the federal census of 1910 show that the number of commitments to insane asylums per 100,000 population were, for the prohibition States, 118; for the near-prohibition States, 150; and for the license States, 276.

First Abstainers Were Ridiculed.—The first pioneers of temperance, who dared to assert that they could work as well or better without liquor, were met with ridicule and were classed as fanatics. The seed thoughts which they sowed under tribulation are now bearing a rich harvest.

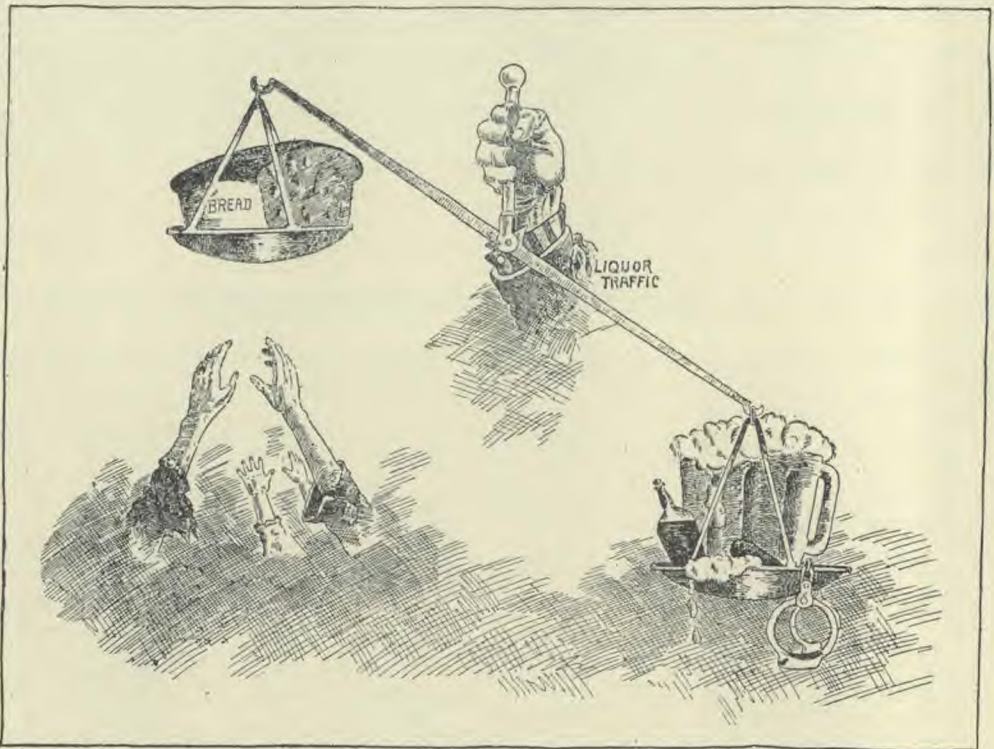
Abstinence and Steady Nerve.—Dr. Laurentz, the celebrated Austrian surgeon whose skill was a marvel to the medical profession in this country, when he was invited to drink always declined with the reply, "I abstain as a surgeon." He valued his nerve control too highly to dissipate it in drink.

Alcohol Prohibited in French Army.—The military governor of Paris has issued an order prohibiting the sale of alcoholic drinks to soldiers garrisoning the defenses of Paris, giving as his reason, that the use of alcohol

destroys both physical and moral energy. Liquor sellers will have their establishments closed temporarily for the first offense, and permanently for the second.

Liquor Fills Pen.—According to the chaplain, 83 per cent of the prisoners in the Michigan State penitentiary trace their fall to the use of liquor; 80 per cent of the inmates of the Ohio penitentiary attribute their fall to drink, and, according to the matron, at least 83 per cent of the women inmates are there for the same cause.

John L. and John Barleycorn.—John L. Sullivan, former prize ring fighter and booze fighter, has entered the ring against his old enemy John Barleycorn. He attributes his defeat in the prize ring to liquor, and says that if he can make young men understand the damage that comes to them from drink, prohibition laws will not be necessary. Perhaps not; but John L. will be a long time making them understand. He is right, however, in the belief that true temperance is something that must come through education rather than through the law. After we have prohibition laws, education in self-control will still be necessary.



"New Republic"

ONE REASON WHY BREAD IS SCARCE

Not only is part of the grain used in the manufacture of liquor, but much of the wages of the poor that should go to the purchase of bread is squandered on liquor, the price of which has been increased to pay the extra taxes needed to support prisons and almshouses.

JACOB RUPPERT SAYS:—

“BEER PROMOTES EFFICIENCY”

IF, FROM YOUR OWN EXPERIENCE, YOU DO NOT KNOW MR. RUPPERT'S STATEMENT TO BE A LIE, ASK THE PHYSICIANS AT ANY HOSPITAL, ASK THE PRESIDENT OF ANY RAILROAD, ASK ANY REPUTABLE BUSINESS MAN.

IF YOU WERE ABOUT TO HAVE A DANGEROUS SURGICAL OPERATION PERFORMED, WOULD YOU PREFER TO HAVE THE SURGEON TAKE A FEW GLASSES OF BEER JUST BEFORE THE OPERATION, TO “PROMOTE EFFICIENCY”?

IF YOU WERE ABOUT TO TAKE A TRIP ON A RAILROAD, WOULD YOU PREFER TO HAVE THE ENGINEER AND THE TELEGRAPH OPERATORS AND THE SWITCHMEN ALONG THE LINE TAKE A FEW BEERS WHILE YOU WERE ON YOUR WAY, TO “PROMOTE EFFICIENCY”?

IF YOU ARE A BUSINESS MAN, DO YOU PREFER TO HAVE YOUR EMPLOYEES “RUSH THE CAN” OCCASIONALLY, TO “PROMOTE EFFICIENCY”?

REMEMBER, YOU CAN GET JUST AS DRUNK ON BEER AS YOU CAN ON WHISKY!

THE SUPREME COURT OF MISSISSIPPI SAYS:—

“ALCOHOL IS A FINE THING IN ITS PLACE. THERE IS NOTHING LIKE IT FOR PRESERVING A MAN AFTER HE IS DEAD. IF YOU WANT TO KEEP A DEAD MAN PUT HIM IN ALCOHOL. IF YOU WANT TO KILL A LIVE MAN PUT ALCOHOL IN HIM.”

BILLY SUNDAY SAYS:—

“THE SALOON IS THE SUM OF ALL VILLAINIES. IT IS WORSE THAN WAR OR PESTILENCE. IT IS THE APPALLING SOURCE OF CRIME IN THE LAND. AND TO LICENSE SUCH AN INCARNATE FIEND OF HELL IS THE MOST DIRTY, LOW-DOWN, DAMNABLE BUSINESS ON TOP OF THIS OLD EARTH. THERE IS NOTHING TO BE COMPARED TO IT.”



BIBLE HYGIENE



PURITY

1. WHAT promise does Jesus make to the pure in heart?

"Blessed are the pure in heart: for they shall see God." Matt. 5: 8.

2. Does purity in heart include more than purity in action?

"But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart." Verse 28.

NOTE.—Two instincts were implanted in the race for race preservation,—hunger, to preserve the individual life; sex love, to preserve the race. Both of these instincts have been so debased and brutalized that "appetite" and "passion" signify the worst that there is in the human race; and together they constitute, perhaps, the principal cause of the present race degeneracy. Indulgence of the appetite is responsible for innumerable disorders. Indulgence in lust is responsible for the transmission of disease more dangerous than small-pox, more loathsome than leprosy; and often the disease is given to innocent wives and helpless children.

3. What standard of purity is set for every one who hopes to see Jesus?

"And every man that hath this hope in him purifieth himself, even as he is pure." 1 John 3: 3.

NOTE.—"Purifieth himself." The verb is progressive—"is purifying himself," or "continues to purify himself." One does not purify himself once for all; but as he studies the perfect Pattern day by day, he sees need for further purification. Not content with present attainment, he is constantly striving to reach the goal, "as He is pure."

4. To what are the thoughts of the Christian directed?

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Phil. 4: 8.

NOTE.—Nature abhors a vacuum. The unclean spirit, finding the house empty (Ma 3: 12: 44), returns with seven others. Do not be content with weeding the garden, but plant good seeds. Unless the mind is filled with pure thoughts, the enemy will fill it with impure thoughts.

5. Can the impure person so control his thoughts?

"Unto the pure all things are pure: but unto them that are defiled and unbelieving is nothing pure; but even their mind and conscience is defiled." Titus 1: 15.

6. How important is it to avoid impure thoughts?

"But I say unto you, that whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart. And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell." Matt. 5: 28, 29.

NOTE.—Before the flood, man had become so vile that "every imagination of the thoughts of his heart was only evil continually." An evil-hearted person is a firebrand in the stubble, and the spirit of licentiousness is contagious and will spread like an epidemic. It was the licentiousness of the heathen nations that led the children of Israel astray. In the time of Lot the Sodomites had become brutalized like beasts, as shown in the story of Lot. Possibly the expression "marrying and giving in marriage," as applied to the times of Noah and Lot, and the end of the world, means rather a revel of debauchery; as by "eating and drinking" is meant surfeiting and drunkenness. Compare Luke 17: 27, 28, with Luke 21: 34.

7. What things are enumerated by John as being incompatible with the love of God?

"Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. For all that is in the world,

the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world." 1 John 2: 15, 16.

8. What is said regarding corrupt or filthy speaking?

"Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." Eph. 4: 29.

"Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks." See also Col. 3: 8; Matt. 12: 36.

NOTE.—After a dinner party an officer said, "I see there are no ladies present; I will tell a little story." General Grant rebuked him by replying, "Please remember that there are gentlemen present." The story was not told. It is a good rule for a young man to tell no story, and to listen to no story, that he would be ashamed to have his mother or his sister hear.

9. Can a person who is corrupt in heart obey this command?

"Ye shall know them by their fruits. Do men gather grapes of thorns, or figs of thistles? Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit. A good tree cannot bring forth evil fruit, neither can a corrupt tree bring forth good fruit." Matt. 7: 16-18. See also Matt. 12: 33, 35; Gal. 6: 7, 8.

10. Is there hope for one who is under the slavery of impurity?

"Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil; learn to do well; seek judgment, relieve the oppressed, judge the fatherless, plead for the widow. Come now, and let us reason together, saith the Lord: though your sins be as

scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." Isa. 1: 16-18.

"For the Son of man is come to seek and to save that which was lost." Luke 19: 10.

"Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them." Heb. 7: 25.

Questions for Further Study

1. If a person habitually thinks about the pure, will he be in danger of saying something immodest? When one apologizes for some coarse remark, with the excuse, "I spoke before thinking," what are we bound to infer as to the condition of the heart? If one allows his thoughts to run riot, how much success will he have in controlling his words and actions?

2. What is the significance of the expression, "A person is known by the company he keeps"? Is it possible for one who is pure in heart to enjoy the company of one who is constantly thinking of and making some vile suggestion? Will one whose thoughts run to evil enjoy the company of those who do not tolerate evil talk? Is there a truth in the proverb, "Birds of a feather flock together"?

3. There is a general belief in the world that it is not so important for a young man to be pure as it is for a young woman. When a young man is impure, he cannot hide it from a discerning person. Should a young woman feel that she has a right to be considered pure if she accepts the attentions of a young man of easy morals?





EDITORIAL

NATURAL REMEDIES

THE title, perhaps, is misleading, or at least tautological; for how could there be an *unnatural* remedy? Unless a treatment calls into activity nature's recuperative forces, it is not a remedy. A dose of whisky may for the time seem to revive a prostrate man, but it sets in motion no lasting recuperative process. A sharp blow of a whip might in the same way revive a prostrate horse. A stimulant or a narcotic is not a true remedy. Every true remedy is a natural remedy; it gives nature an opportunity to work. Nature, after all, is the only healer. Disease is the result of some interference with nature,—with physiological processes,—and cure is brought about by the removal of such obstructions to nature's work.

What mother does not practice on her child some form of natural healing? The little fellow, having fallen and bumped his head, runs to mamma, screaming as if he were nearly killed. Having heard him scream before, she does not go into hysterics or lose her head; she gently rubs the injured spot, saying, "There, Johnny, don't cry any more; it's all over now," or something similar; and the little fellow is soon smiling and back at his play. "More frightened than hurt," you say? Perhaps; but if that black-and-blue spot were on *your* head, you might have a different opinion.

Mother has not removed the bump. Her tender touch has helped to soothe the actual pain, and her words have stilled the mental tempest. Unwittingly she has employed two of the most efficient of nature's remedies. She may not even know the meaning of the words massage and psychotherapy.

Massage, requiring nothing but a pair of soft hands, good muscular development, some technical skill, and a sympathetic nature, is a vitalizing treatment. By increasing the flow of blood and lymph, it favors the removal of wastes, and increases the supply of nutriment to the various tissues. It is to the body what fertilization, cultivation, and subsoil drainage are to the farm. It nourishes the muscles without exhausting them, it causes a renewal and renovation of all the tissues; and it may be made to exert, through the nervous system, other potent favorable influence on the body.

Modern cures, performed by the laying on of hands of the masseur, may some of them seem almost miraculous; but they are no more so than is the production of a gigantic crop by means of modern scientific agriculture. The masseur merely facilitates the physiological processes. But he has another channel through which he can influence the physiological processes that has no analogy in agriculture. The patient has a mind. With the laying on of hands there is more than the merely mechanical effect on the fluids and the nerve endings. There is also a change in the mental aspect of the patient. The skillful masseur, with full confidence in the efficiency of his methods, and understanding perfectly their rationale, has the opportunity to inspire his patient with such a measure of hope that it acts as a dynamic, rallying every cell in the body to cooperation with the purpose of the treatment. This is rational psychotherapy. It was not only

the rubbing by the mother, but her words as well, that contributed to the removal of the painful incident from the center of attention of the child, and thus minimized his sense of pain.

Not always have we regarded psychotherapy with unprejudiced mind. We have been inclined sometimes to consider it either a fraudulent method used by a faker, or a species of black art practiced by some one in league with the devil. Let us realize, first of all, then, that psychotherapy is used unconsciously by every mother, and consciously or unconsciously by every person engaged in the healing art. Even if the physician or the nurse utters not a word, there is something in his bearing, some indication of hope and confidence in the ultimate outcome of the case, that the patient is very quick to read; and the hope thus inspired in the breast of the patient is the doctor's or nurse's most efficient ally. Whatever the method of treatment, despondency and pessimism on the part of the patient exert an unfavorable influence. Hope and courage, on the other hand, set in motion all the healing forces in his body.

Even the mechanical methods of spinal manipulation that seem to be based on an absurdity, and the ridiculous oxyfakes, and the worthless patent medicines and electric belts and other swindles of like nature, and such cults as Eddyism and Dowieism, are not without their cures, thanks to the profound effect of an aroused hope, stirred up by the influence of the "doctor," or by the testimonials of other patients, or by the advertisements telling in convincing language the wonderful effects of the supposed remedy.

The fact is that back of nearly all disease there is a mental unrest, some bitter disappointment, some gnawing mental canker. It may not be the immediate cause of the disease, but it is there to hinder and retard recovery; in fact, the mental condition may determine the outcome of the disease. For this reason, successful treatment, of whatever school, is that which furnishes a nucleus of something, real or imaginary, round which the faith of the patient can crystallize.

Now do not misunderstand me to mean that hope on the part of the patient will replace a damaged kidney, cure a cancer, or restore hair on a bald head. Let us grant that there are some things that will not be cured by any or all methods; but even in these cases, a hopeful attitude will enable the patient to make the best of a bad thing, and his health will be measurably better than if he were hopeless.



WAINIKA VALLEY, KAU, HAWAII



**Misinformation
Regarding
Hygiene**

DR. CHARLES V. CHAPIN, superintendent of health, Providence, R. I., is an iconoclast. He has not hesitated to let the daylight through a number of commonly accepted beliefs regarding hygiene. At the last meeting of the American Public Health Association he arraigned the practice of many of the writers for health bulletins of giving their readers pseudo-health information. As he says, they continue to give to the public the things taught in the books of a generation ago, notwithstanding the fact that more recent research has shown that many of these teachings are fallacious. Some of Dr. Chapin's statements will hardly seem orthodox to the average reader, but they are much nearer to what careful scientific methods have demonstrated than are the commonly received statements. He says:—

"The old heresy about the all-importance of dirt in the causation of disease still persists. If the writers for the weekly or monthly bulletins cannot think of anything else, they can always fall back on a new sermon on dirt. Of course we all know that all human excretions are potential of danger, and everything which contains our excretions or is smeared with our fresh secretions must be avoided. We know, too, that flies breed in certain kinds of dirt. It is doubtless true, too, that whatever in a general way encourages cleanliness tends to discourage those habits which favor infection. To fight all kinds of dirt instead of limiting attacks to dangerous dirt is misleading and futile."

He quotes the following as samples of wrong teaching:—

He quotes the following as samples of wrong teaching:—

"DIRT IS **D**ISGUSTING
ISFIGURING
DEVITALIZING
EADLY."

"The dirt rate of a city is a big factor in determining its death rate."

"To clean up the city means to clean out disease."

"Indifference about dirt produces death rates from preventable disease."

"Dirt and disease go hand in hand."

"Clean up for health's sake."

Dr. Chapin comments on such so-called health information as follows:—

"The public will thus believe that, when the streets are swept, the rubbish removed from the cellar and yard, the garbage cremated instead of dumped, and the spring house cleaning done, the city's death rate will be lowered. When they find that it is not, they will not believe the next issue of the bulletin which tells them that antitoxin cures diphtheria."

In a similar way he discusses the propaganda for ventilation, for pure foods, for swatting the early fly. He believes that "clear, forceful, and catchy writing is worse than useless if it fails to teach the truth, and the truth only. So far as it departs from this, our health literature approaches that of the fake medicine factory—and perhaps does more harm." His advice is to stop filling columns "with tommyrot, hot air, and dope. Do not always be seeking novelty. Most that is new is bad. [Perhaps he should have said it is fad.] If you have nothing to write, do not write." He believes that it is fortunate for the sanitariums that the people do not have good memories, else their supposed health instruction would be at a still greater discount.

We believe, with Dr. Chapin, that some of those engaged in health instruction have been given to exaggeration, and that the general effect of such exaggeration is to cause intelligent people to take all health instruction "with a grain of salt."

Habit Drugs

MARTIN I. WILBERT, of the Division of Pharmacology, Hygienic Laboratory, U. S. Public Health Service, presented in June, at the meeting of the Pennsylvania Pharmaceutical Association, a paper on "The Number and Kind of Drug Addicts," which was published in the August 6 issue of *Public Health Reports*.

Wilbert believes, as a result of his investigations, that the amount of drug addiction in the United States has been greatly exaggerated. Taking as a basis the amount of coca and opium imported into this country, and knowing about the amount of drug used on the average by a confirmed addict, he shows that the number of heavy addicts cannot be much more than two hundred thousand, or about one to every six hundred of the population, though there are many more users of small quantities of drug who are not usually counted as addicts. His figures agree fairly well with those of the State food and drugs commissioner of Tennessee, who made a report based on the number of addicts registered in Tennessee under the Tennessee law.

Regarding the use of coca, Wilbert says:—

"Practically all authorities are agreed that the continual use of cocaine is a vice rather than a disease, and the federal as well as the State antinarcotic laws appear to recognize this fact, and provide special safeguards to prevent the indiscriminate sale or distribution of even small amounts of cocaine or of preparations containing it."

But with opium and morphine no such precautions have been taken, notwithstanding the fact that addiction to these drugs is generally recognized as a condition over which the individual patient has little or no control.

"The morphine or opium addict, as a rule, is secretive, and generally seeks relief in ways that are destined to make him an easy prey for the charlatan or advertising quack who promises a positive cure with secrecy."

Lambert, Towne, and others who have made a study of the subject, we are told, are agreed that a very large proportion of the persons addicted to the use of opium and its alkaloids have acquired

their habit from the thoughtless renewal of prescriptions containing narcotics, or by self-medication with preparations containing comparatively small quantities of an opiate. Wilbert adds:—

"In this connection it may be said that it is not generally realized that the taking of even small doses of opium or morphine at regular intervals for a continued length of time will be more likely to develop the opium habit than the occasional indulgence in larger quantities."

In consequence of these considerations, he believes that it would be unfortunate to indorse or even to countenance exception clauses in antinarcotic laws; and his advice to the pharmacists is that, in order to secure efficient restriction on the distribution of narcotics, and to demonstrate that they are not primarily to blame for the extent of the narcotic evil, the pharmacists should not only be willing individually to comply with existing requirements under the law, but should see to it that others in the same line of business comply fully with the spirit as well as the letter of the law. He closes with the following:—

"There can be no gainsaying the fact that the amounts of opium and of coca consumed annually in this country are out of all proportions to the actual need for medical purposes; but to locate the existing leaks, the followers of all branches of medicine, and particularly the men engaged in the practice of pharmacy, must make consistent and persistent efforts to purge themselves of even the suspicion of being directly or indirectly to blame for existing abuses."

Questions for the Smoker to Answer

THE following questions, selected from an article by the Rev. Harry Adams Hersey, which appeared in the May issue of the *Scientific Temperance Journal*, are submitted in the hope that every reader who uses tobacco will give them his careful consideration:

"Why does the life insurance company wish to know if you smoke?"

"Why does the surgeon contemplating a serious operation, ask if the patient smokes?"

"Why are athletes in training forbidden to smoke?"

"Why do smokers, as a rule, advise others not to smoke?"

"Why is abstinence from tobacco everywhere considered a valuable asset for a young man?"

"Why are thousands of business positions closed to cigarette smokers?"

"Why do cigarette smokers make the vast majority of mistakes in bookkeeping?"

"Why are cigarette smokers an easy prey to disease, especially to tuberculosis?"

"Are successful cigarette smokers successful because of, or in spite of, their habit?"

The reply to these questions is that a large proportion of people who are in a position to know believe that tobacco using is a decided detriment. As it is not often that one who is enslaved by the habit has the courage to break away, even when he knows it is injuring him, the best time to deal with the habit is before it has begun. But even then the work is difficult, for boys usually have that bravado that adds zest to the acquisition of the habit from the very fact that there is danger in it. Boys court danger. Moreover, they are largely influenced by the belief that public opinion — at least the opinion of those they look up to — favors the use of tobacco. So long as the acquisition of the tobacco habit or the cigarette habit gives the boy a feeling of bigness and coming maturity, just so long will it be difficult to reach him with any arguments based on the unhealthfulness of the habit. Even the knowledge that the big employers of labor are banning the cigarette has only a limited restraining influence on the boy.

Pellagra and Diet

IN the *Medical Record* of August 14. Thaddeus Shaw, M. D., has an article on the relation of diet and pellagra, from which the following quotation is taken. It cannot be that diet is the one factor in the causation of pellagra, otherwise there would be many more victims of the disease; for where one member of a family has the disease, there are usually others on the same dietary. But it would seem that the diet is one important factor among others, and that if the diet is right, the other factors are not sufficient in themselves to cause the disease. To quote from Dr. Shaw's article:—

"As a rule all pellagrins are vegetarians in entirety or greater part, and there exist in

their carbohydrate foodstuffs toxic substances which, when the foodstuffs (themselves not necessarily spoiled) are consumed over a more or less long period of time produce injurious effects upon the organs of the body.

"All physicians who have had experience in the treatment of pellagra agree upon one point, and that is that their milder cases improve if kept in a hospital in bed at rest, and upon a fairly liberal diet with plenty of fresh meat or meat juices. Ordinarily pellagrins consume a large carbohydrate diet. . . .

"In the treatment of pellagra the most uniform results are obtained by the climatic, hygienic, and dietetic régime. Here in Texas it is best to send all pellagrins to the snows of Colorado, away from the heat and sunlight, and to keep them there until the first of October, and to return them again the following year. This, together with a liberal mixed diet in which the carbohydrate element is reduced to a minimum, gives the best results in the average case. Whether the diet be liquid or solid or a milk diet depends entirely upon the gastrointestinal symptoms of the patient. Advanced cases are unimproved by any available treatment, and end fatally in a shorter or longer period of time. The milder cases are improved by rest in bed, hospital régime, and liberal diet in which fresh meat is a large constituent. Vomiting, diarrhea, and skin lesions and other manifestations must be treated symptomatically."

Though this physician emphasizes the use of meat, others have had excellent results in the use of milk and eggs, and Goldberger has even had good results in the use of beans and peas; but of course, if the gastrointestinal tract is badly involved, a diet of peas and beans would probably not be tolerated.

How Much Exercise?

THE *New York Medical Journal* of June 26, in an editorial article, discusses this question by citing historical characters, some of whom seemed to need a liberal amount of exercise, and others of whom seemed to be better off with little or no exercise, and concludes:—

"Evidently while exercise is a good thing, and apparently essential to the health of most people, it may not only be carried to extreme, but there are apparently some persons who are well off, and perhaps best off, with very little use of their muscles. [A large number of persons seem to have reached this latter conclusion.] We cannot say just how much exercise a person should take, and it will be well to consult the habits of the person to a considerable degree before giving advice on the subject."

The Heretic

WHO does not hate a heretic? The dissenter from commonly accepted opinions is looked upon as almost a pariah, an outcast from society. There are topics on which differences of opinion are tolerated, they are open questions, on which one man's opinion is about as good as another's; but from those fundamental beliefs which are common to the whole community, dissension is not tolerated. And this notwithstanding most of us know that the men we most honor in history are those whose opinions were opposed to those of their generation.

We are well aware that in the past, the current opinions, accepted with absolute faith by practically the entire populace, have oftener than not proved on investigation to be absolutely false. The chances are that what everybody in one generation knows to be true will be shown on more mature study to be untrue. But usually those who first dare to call in question the current beliefs have to suffer the fate of martyrs. It takes no brains to assent to what is generally believed. It takes not only brains but splendid courage to attempt to replace well-rooted error with newly discovered truth; and many martyrs have to fertilize the soil before the new truth is able to take root.

And let us be sure to distinguish between new truth and fads. We are told that the word fad is abbreviated from "for a day." Whether or not the etymology is correct, the fad is something ephemeral, its success being based, not on eternal truth, but on the fact that it temporarily satisfies the nervous craving of the multitude, or a section of it, for something new that does not involve much utilization of gray matter; for humanity as a whole is sparing in its ex-

penditure of real brain energy. With all its conservativeness respecting its fundamental ideas, the populace seems to crave to appear liberal. The acceptance of fads does not necessitate a real mental reconstruction involving a careful and intelligent questioning of the foundations of our beliefs; the most of us never get so far as that. The fad is only a ripple on the surface of the lake, and does not disturb the deeper waters. The men who are now evolving the opinions of the next generation are probably not the star actors who are being staged by our newspapers and magazines.

**Women in Politics**

IT is not surprising that practical politicians have attempted to keep the ballot from women. From reports that are coming in, it would seem that the women who have obtained the ballot are very impractical; they do not seem to have realized that the principal use of the ballot is to put and keep certain men in office.

Oblivious to this first principle of politics, they are wasting their energies on such trifles as clearing up segregated districts; securing new public parks, high schools, playgrounds, libraries, water systems, etc.; and modernizing the governments of some cities; and, not content with this, they are trying to abolish the saloon in many places.

This may look like a joke, but it is serious business; and if we allow it to go much farther, a lot of the men who have made an easy and honorable living off the county seat will have to go to work or go to the poorhouse. It will be well for us standpatters to face this movement and crush it before it gets under any more headway, else our boasted democracy will have proved a failure.



OUR WORK AND WORKERS

THE PLACE OF MEDICAL MISSIONARY WORK IN GOSPEL EFFORT

Riley Russell, M. D.

MEDICAL missionary work seeks to keep in health those who are well, and to restore those who are sick, always with the object of pointing them to Christ.

Sin and sickness came into the world at the same time and from the same source. So we find that from the beginning every advance move among God's people has been along two lines — calling men and women back to obedience of God's Word, and teaching how to avoid disease. The priests of the old dispensation looked after both the spiritual welfare and the hygienic conditions of the people. At the time of the exodus, God looked after the health of his people. Ps. 105: 37 tells us that there was not one feeble person among them. And only the mention of Daniel's name is necessary to cause us to remember his care in these matters.

The work in mission fields is trying. We are all called upon to work beyond our strength, and are continually exposed to all sorts of diseases; but I believe God does and will work miracles to keep us in health when we do our part faithfully.

We should realize we are not our own; we are bought with a price, and are selected by God's church as ambassadors for our King in a foreign land. Not one of us can be spared. Yet God will never protect my hand from pain while I voluntarily place it in the fire.

There is more disease today than at any time since the world was made. In the beginning there was not one sick man. Today there is not one perfectly healthy person living; therefore our mission is to preach Eden restored.

Medical statistics show that at the present rate of degeneracy the whole world will soon be depopulated. One

New York physician has shown that at the present rate of increase of insanity, all the world will be insane in one hundred and fifty years. There are enough insane people in the United States to make a single line three hundred miles long. And much of the insanity comes from worrying and fretting, which would be banished were the peace of God that passeth understanding ruling in the hearts of men and women.

We no sooner learn how to handle some common disease, like smallpox, than some new thing — pellagra or hookworm — makes its appearance.

Sinful man is continually hunting out more rapid mind-and-body-destroying habits. It is our business to combat all these things with the saving gospel of health. As our work here in this great Eastern field grows and spreads, and we come nearer the end, the controversy will wax so intense that only the person with a healthy body can stand the strain. We do not think it possible for one with a weak, nervous body, who feels that he will fly to pieces when brought into tight places, to place the prayer mold on these converts from darkness, or to raise up a company noted for patience. No wonder that the apostle says in 3 John 1: 2, "Beloved, I wish above all things that thou mayest prosper and be in health."

We are sent to China under the great commission; and the twelve, as they were sent out, had two points well in mind,— they were to preach the gospel and heal the sick. And please notice one point: One man did not do all the healing and another all the preaching; one man did both. This healing of the sick was looked upon by the people as a sign that the gospel was true. Mark 16: 20 tells us that with these signs the word was

confirmed. And that was over here in Asia, among people just like these.

So true medical missionary work is the gospel demonstrated, and every case treated should be regarded as an opportunity to preach Christ. Luke, who was a physician, and the other apostles, who were not, did about the same kind of work; and when we as doctors and min-

isters follow our perfect Pattern as nearly as the disciples did, a like harvest of souls will be gathered in.

I have seen a little, in nearly seven years of service, of what can be done here. I have never yet been refused the privilege of having a season of prayer for the sick in the rankest of heathen homes or among devil worshippers.



SOONAN (KOREA) DISPENSARY

SANITARIUM NEWS NOTES

THE Sanitarium Treatment Parlors of Mitchell, S. Dak., are now operated by Mr. and Mrs. C. H. Syphers, who are both nurses.

Dr. J. W. Hopkins, until recently of the New England Sanitarium, is now assistant physician at the Washington (D. C.) Sanitarium.

Mrs. H. B. French, of Keene, Tex., has spent some time visiting various institutions and studying their methods of operation. She will be connected with the sanitarium now being built at Cleburne, Tex.

We have the announcement of the marriage of Miss Vada Greentree, a graduate of the former Nashville (Tenn.) Sanitarium Training School, to Mr. C. R. Webster, manager of the First Street Sanitarium, Jackson, Mich.

Mr. J. G. White, manager of the New England Sanitarium, will make a trip to the West, visiting a number of sanitariums en route, for the interchange of ideas.

Dr. W. A. Ruble, formerly dean of the College of Medical Evangelists at Loma Linda, is now connected with the New England Sanitarium of Melrose, Mass.

Miss Amelia Webster, one of our nurses of longest experience, is finding plenty to do in Asheville, N. C., and makes request for a nurse for private work for another city.

The senior class of nurses of the Kansas Sanitarium recently took the State board examination, and very quickly received their registration certificates, all having passed with a high average.

Drs. D. H. and Laretta Kress recently located in Takoma Park, D. C. He will engage in field medical-evangelistic work, and she will connect with the Washington Sanitarium.

Dr. T. J. Evans, superintendent of the Loma Linda (Cal.) Sanitarium, recently stopped off a few days in Washington on his way to New York City, where he went for some special postgraduate work.

Several of the physicians of the Loma Linda (Cal.) Sanitarium have taken postgraduate work the past summer. The patronage of the institution has been good, and has included considerable surgery.

The night of September 27 saw the graduation of a class of missionary nurses, of the Paradise Valley Sanitarium, with the following class roll: William O. Nelson, Silvia R. Barrett, Beatrice A. Runnels, Enlyn L. Wun, Lilly F. Lam, Goldie I. Newton, May I. Howe.

Mr. and Mrs. R. L. Hiner, graduate nurses of the Kansas Sanitarium, have just returned from Jamaica, where they have spent a year or more in charge of the treatment room work. On account of the war the business dropped off, necessitating the closing of the treatment rooms for the time being.

The Florida Sanitarium, of Orlando, enters upon its busy season with good prospects of an increased patronage. The institution is fast becoming known as a leading health center of the South. With the improvements lately completed, the Florida Sanitarium is in position to give most satisfactory care to its guests.

The Kansas Sanitarium, at Wichita, still reports a very busy season, with the institution filled to its capacity, and patients coming from the city for treatment, and nurses called to out cases. Considerable surgical work has been done. Work on the three-story brick addition to the new building and on the new cottages is in progress. The new electric push-button system elevator will soon be in operation.

Mr. Burton Castle, of the Nebraska Sanitarium (College View), spent a vacation of twenty-seven days in motoring to Michigan and back, visiting several sanitariums en route, and driving nearly twenty-five hundred miles. Dr. J. D. Shively, superintendent of the sanitarium, accompanied the party to Michigan, returning by rail.

The associate editor has been giving a stereopticon lecture every Monday night at the large gospel tent in Washington, D. C., where Evangelists R. E. Harter and S. B. Horton are conducting services. The lectures have dealt largely with health subjects, and have met cordial reception. Out-of-town places have also been visited in the same interests.

Mr. and Mrs. A. O. Kahlstrom, formerly connected with the Washington Branch Sanitarium, write from Sweden that they have found much opportunity to use their training as nurses. They are now connected with sanitarium work there, and are meeting with success in reaching a goodly number of people in a helpful way. They enjoy their work.

The Portland (Oregon) Sanitarium graduated a class of eleven nurses in September, of whom the members are, Vesta Sarah Balser, Mamie Charlotte Pier, Lola Marion Graham, Elza Almira Deardorff, Grace Frances Lowry, Cora Eva Oswald, Catheryn Clair Clark, Agnes Christine Larson, Katherine Lorene Sauber, Pearl Elizabeth Hallsted, and Oggie Iver Nelson.

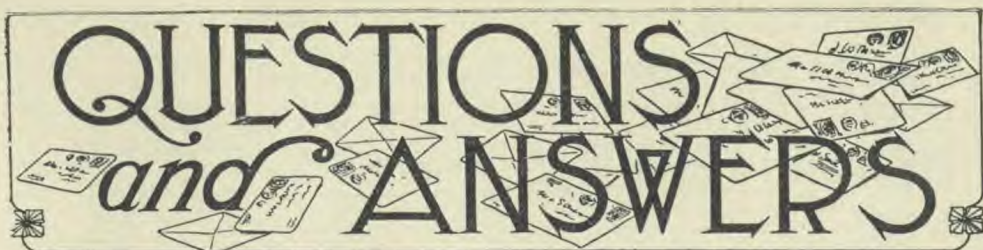
September saw another class of nurses graduated at the New England Sanitarium, Melrose, Mass. The following names made the class roll: Frieda Erika Bange, Alta Mae Bowen, Mary Bell Breed, Ethel L. Brines, Helen Peabbles Cobb, Lottie Ruth Easler, Howard Raymond Goodrich, Morris Samuel Groom, Rangna Petronora Haagensen, Mabel Isabel Hawthorne, Grace May Hirst, Mildred Evelyn Hughey, Ruth Eleanor Lawry, Gladys Irene Leland, George Russell Rohde, and Marie Antoinette Tippett.

L. A. H.



THE NUUANU, FOURTEEN HUNDRED FEET, HAWAII

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.

Pellagra.—"What is the cause of pellagra? what may be done to prevent it? and can it be cured? A man who died here of pellagra is known to have eaten moldy corn before he was taken with the disease. What bulletins can I obtain from Washington on the subject?"

Pellagra is not a disease that can be successfully treated by means of directions given in a letter. The patient will need the careful attention to detail that can be given only by a physician who has the case actually in hand.

I regret to say that no one is certain as to just what causes pellagra. Some think that it is due to spoiled corn, or to some other unwholesome factor in the diet. For instance, there are those who believe that the pellagrin is usually a person who has had too little protein and an excess of starchy food. Others think the disease is due to an infection. Doctors are guessing in regard to pellagra about the same way that they were guessing about malaria before the agency of the mosquito was discovered.

The Public Health Reports of Sept. 11, 1914, contained an article by Goldberger on pellagra, in which he maintained that the disease is favored by a lack of protein in the diet, and he thought that where a person is too poor to purchase meat, eggs, etc., he should eat freely of beans and peas and similar vegetable foods that contain a large proportion of protein. This and other bulletins containing articles on pellagra may be obtained by sending five cents a copy (*coin*) to the Superintendent of Printing, Washington, D. C. But I am not at all certain that Goldberger has the right explanation. Other bulletins containing articles on pellagra are those of March 7, 1913; March 14, 1913; and Nov. 21, 1913.

Rattlesnakes.—"We have moved to a locality infested with rattlesnakes. We have procured permanganate of potash, but are not sure how to use it."

In order to allay your fears, I may say that rattlesnakes are not very dangerous unless they are disturbed. They always give warning before an attack. I lived for a number

of years in a region where there were a good many rattlers, and I never knew of an accident while there. If you instruct the children to recognize the warning, and especially to keep out of the brush and grass, they will not be in great danger.

In case of a wound by a rattlesnake, tie a handkerchief around the limb above the wound, and tighten it with a stick until the limb becomes almost black. This is to keep the poison away from the general circulation. Next, open the wound with a sharp penknife so that it bleeds freely, and suck the wound vigorously.

Wet compresses in a solution of permanganate strong enough to be black, and bind over the wound. It may be well to put a few crystals of the permanganate in the wound.

Potassium Bromide.—"A friend has been taking potassium bromide for nearly three years, for nervousness. She takes on an average about thirty-five grains each night before retiring. Can this constant use of the salt have a bad effect on the person using it? Please let me know just what effect potassium bromide would have on the system."

I believe that the constant use of potassium bromide could not in the long run have any other than a disastrous effect. The bromide relieves irritability for a time, but it leaves the patient more susceptible, and calls for increased dosage. In response to your last query, I will quote from Potter's "Materia Medica":—

"The bromides are preeminently depressants of the cerebral and spinal functions, also alterative, antispasmodic, and hypnotic. The potassium salt is especially a cardiac and muscular paralyzant. . . .

"Continued for some time, they produce severe gastric catarrh. . . . They lessen the activity of the brain cells, producing somnolence; diminish the sensibility of the peripheral nerves, causing anesthesia of the skin and mucous membranes. They impair motility and sexual function, cause great pallor and emaciation, lowered body temperature, acne

COOKING Made Easy

By the Laurel
Health Cookery

In presenting this symposium in cookery, the author, who has had long experience as a cook and as a conductor of cooking schools, has kept two things prominently in mind,—that the contents shall be practical, and that the recipes shall be so explicit that the most inexperienced person cannot fail to succeed. ¶ There is no reason for worrying about what to cook, by the person who owns a copy of the Laurel Health Cookery.

CONTENTS

Nonmeat Diet

125	Nourishing, palatable soups
260	Meat substitutes
116	Tasty entrées
56	Cakes
88	Unleavened breads
100	Fillings for pies
34	Salad dressings
122	Puddings
1760	Recipes in all

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on the face and upper extremities, fetid breath, dysphagia, sluggish reflexes, and defective co-ordination; and if long continued, may even impair the mental faculties. . . . They sometimes cause maniacal excitement, as in the case of a physician who committed suicide in a frenzy caused by bromidizing himself for seasickness."

Kumiss.—"Kindly send me a recipe for making kumiss."

Kumiss is an alcoholic drink, one that we do not recommend. It is made by adding sugar and yeast to sweet milk, which is put into a strong, tightly stoppered bottle, such as a beer bottle, and allowed to ferment at about the temperature for raising bread. After being kept at this temperature for two or three days, it should be kept on ice until used.

A much better preparation is made by adding to the milk a lactic acid culture, preferably the Bulgarian bacillus recommended by Metchnikoff and others for the prolonging of life. The milk should be pure, in the first place, and after the addition of the germs should be kept until it has reached the stage of fermentation to give it an agreeable flavor. The lactic-acid-germ preparations furnished by various producers are accompanied with directions for souring the milk.

Rheumatoid Arthritis.—"Please give a description of rheumatoid arthritis. Is iodide of potash a remedy for this condition?"

Rheumatoid arthritis is a chronic disease which is characterized by progressive changes in the joints, and by growth of bone around the joints, producing great deformity. The joints gradually become immovable, and in the last stages are often bent in a way that is very repulsive. It is possible that rheumatoid arthritis may be a result of some intoxication caused by decomposition of the food in the intestinal canal.

Potassium iodide and sodium iodide are prescribed in this condition, but perhaps without much benefit. The iodides are often prescribed in case it is desired to stimulate the fluids of the body to take up or absorb foreign matter.

Butter Free From Germs.—"I live in a small country town. How may I have butter free from germs? May the milk be boiled before it is churned?"

It is possible to make butter from sterilized or boiled cream. I think, however, that very little butter is made in this way. The important thing is to have a healthy cow, and have the milking and churning done in a way that will keep out the dirt. The U. S. Department of Agriculture issues a Farmers' Bulletin on the care of milk, telling how to care for the cows, the stables, and the utensils, so as to have clean milk. It can be obtained free of charge by addressing the Secretary of Agriculture, Washington, D. C., or your Congressman.

High Blood Pressure.—"Kindly give directions for reducing very high blood pressure."

I am satisfied that anything that favors fer-

mentation or decomposition in the bowels has a tendency to increase blood pressure in those who are susceptible. Fruit, or anything that is likely to ferment, should be eaten with caution. But it is the protein foods that are likely to cause the greatest mischief. It is for this reason that Dr. Tom A. Williams, of Washington, D. C., advises in this condition a low protein diet, something like the one suggested in the August HEALTH AND TEMPERANCE, page 385.

But it is possible for one living on a low protein diet to have high blood pressure. Such should be careful that the intestinal function is intact. If there is partial failure, and a tendency to constipation, it is important to secure regular action of the bowels by some means. Natural means—exercises involving the abdominal muscles, massage of the abdomen, the use of laxative foods, and of mineral oil or of agar—should be used in preference to any other; but in any case, secure regular action of the bowels.

Let the diet be very light. It is better to go hungry than to eat a little in excess of what you actually need. If you eat so as to maintain at all times a good appetite, the food will be much better digested than if more is eaten, and there will be less turned into poisons.

Above all, *do not worry*. Worry kills more people even than faulty eating. Worry about business, worry about household cares, worry about one's health, worry about a thousand things,—how the habit grows, and the pressure goes up with it! A good Christian experience is the best remedy for this condition—the habit of taking everything to God in prayer, all trials, temptations, disappointments, and *leaving them with him*.

Goiter in Children.—"What causes goiter in children? How may its growth be checked?"

Sometimes goiter is prevalent in a certain region, as in the mountain districts of Europe, Asia, Mexico, and South America, and is supposed in such cases to be due to some quality of the drinking water. In other cases goiter seems to be hereditary, or at least it is congenital. Simple goiter is a growth of the fibrous tissues of the thyroid gland, or there may be degenerative changes in the thyroid tissues. Exophthalmic goiter is a more serious matter, and has to do with some disturbance in the thyroid secretion. Before attempting treatment, it will be necessary to determine the nature of the goiter.

For Corns.—"Kindly give me a reliable remedy for corns."

The following corn paint has been recommended to cure the most inveterate corns:—

Resorcin and salicylic acid, of each 15 grains

Lactic acid and flexible collodion, of each 2½ drams

Mix. Apply as a paint five or six days in succession. Then soak the foot in hot water, and when the collodion is lifted off, the corn will come with it.



Colds

**Their Cause,
Prevention,
and Cure**

By G. H. Heald, M. D.

LOOK OUT

for the first drop in temperature. Sniffing of the nose, headache, shooting pains, etc., indicate that a cold is brewing.

SERIOUS CONSEQUENCES

often follow the lack of attention to the first symptoms of a cold. It is far better to run no risks, and give every cold immediate attention and intelligent treatment.

AVOID ALL COLDS

The object of this little book is to enable one not only to treat successfully all colds, but so to live as not to be susceptible to them. With the time of year approaching when this affection is prevalent, a copy of COLDS will be quite a household necessity. Be prepared. Order a copy today.

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SOME BOOKS

The New Chivalry, by Henry E. Jackson. Cloth, 122 pages, 50 cents net. George H. Doran Company, publishers, New York.

This book deals with the life problems of young men, treating of the facts of sex, its honor and glory, and the danger and degradation that come as a result of its violation. The book, however, is not written from the motive of "sex hygiene," which, after all, is a very low motive for purity, about on a par with the policy of teaching children that they should be honest in order to keep out of jail. The book is, in fact, an appeal to the better nature that is present in all young persons,—an appeal to the conscience, an inspiration to strive for a higher and purer ideal. Rev. Henry E. Jackson, the author, is the founder of the New Chivalry Movement, intended to rally young people to a defense of the ideals and the practice of purity in thought, word, and action.

Sure Pop and the Safety Scouts, by Rutherford Bailey. Cloth, 129 pages, 42 cents postpaid. World Book Company, publishers, Yonkers, N. Y.

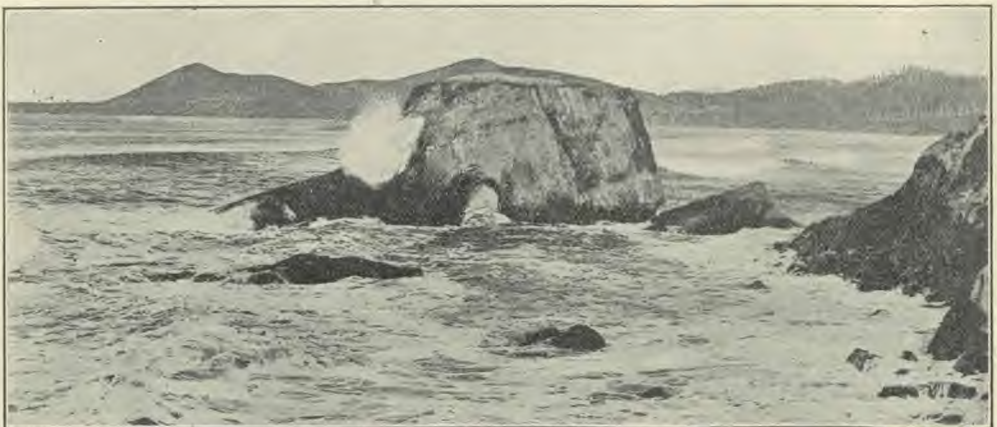
This story, published under the auspices of the National Safety Council, presents the safety idea in the guise of a series of interesting everyday adventures in safety, any one of which might happen to any child. The leader in these adventures is little Col. Sure Pop, half human and half elf, whose enthusiasm proves so contagious that not only the children of the story, but those who read it as well, are filled with a desire to "boost for safety." Sure Pop's little epigrams at the

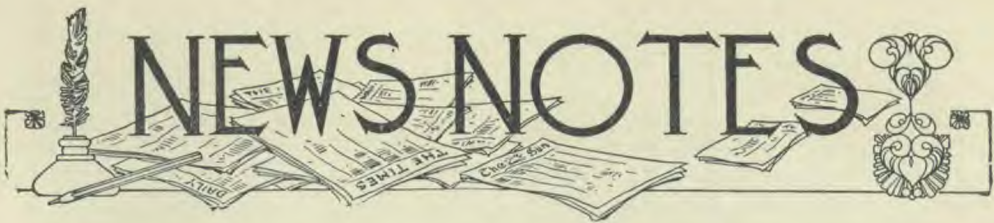
close of each chapter serve to drive home the main lesson of that adventure. Mr. Bailey is the author of the "Ticklemouse Adventures," a series of bedtime stories which have delighted children and parents.

Fifty-Two Temperance Talks With Children, by Mrs. Frank Hamilton. Illustrated, substantial paper binding, 106 pages, 25 cents net, or 29 cents by mail. The National Temperance Society and Publication House, publishers, 373 Fourth Ave., New York City.

These are just the kind of stories the children like to hear. They were prepared for parents who wish something interesting, instructive, and helpful to read to the children Sabbath afternoons, for leaders of children's temperance bands, and for children who wish short stories of an uplifting character. Such stories are sure to plant seeds in the mind of the children that will later tell on the side of right in the great struggle against the narcotic evil and the capitalized interests that are bent on maintaining present conditions.

I note, however, some statements regarding the condition after death which parents familiar with the Bible teaching on the subject will be loath to pass over to their children; for ideas implanted early in the mind are hard to efface in after years. For instance: "The dear little baby that Jesus took to heaven; the loving mother, who has gone home; the little playmate; those dear ones you loved here so well, will be waiting to greet you at the heavenly gate." The only authority in the Bible for such belief is the authority of the one who told Adam and Eve, "Ye shall not surely die."





NEWS NOTES

D. P. H.—The Bellevue Hospital Medical School has begun a series of courses in public health and sanitation leading up to the degree of Doctor of Public Health.

No Meeting of British Medical Association.—Because of the war, the scientific meeting of the British Medical Association has been called off for this year.

Drug Users Must Be Registered.—In order to render the Harrison law more effective, it has been ordered that all known drug users must be registered at once. Though the law has caused a marked diminution in the use of narcotic drugs, it has not accomplished all that has been expected of it.

Mexican Troubles Affect Hospitals.—Owing to the chronic disturbances in Mexico, Dr. F. S. Pearson's estate has so much depreciated that it is doubtful whether he will be able to carry out his purpose to aid several of the New England hospitals to which he expected to donate a sum aggregating between five hundred thousand and a million dollars.

Health Rules Instead of Physiology.—In the Philadelphia schools the course in physiology is replaced by a simplified course in the rules of health. The test at the end of the year is to be, not in what the pupils know of the subject, but how much better off they are physically. The entire course is very simple, including only what can be put into immediate practice.

Diet Treatment of Pellagra.—The U. S. Public Health Service has made an arrangement with the Epworth Orphanage of Columbia, S. C., by which the dietetic treatment of all children in the institution suffering from pellagra has been placed under the control of the Public Health Service for a period of two years. The service will prescribe the diet for the children, and furnish the protein portion of it.

Straw Meal in Bread.—Necessity is the mother of invention, and Germany has doubtless had some very energetic stimulation from the mother. Who, for instance, would think of making bread out of straw? Yet a German investigator has shown that bread containing a proportion of straw is not so bad as one might think. In fact, the addition of ground straw actually increased the palatability and appearance of the army bread, and did not cause intestinal irritation. It is said that the use of ground straw to make war bread may release large quantities of potatoes for other purposes.

Opium Reduction in China.—In 1914 the importation of opium into China was reduced to less than half of what it was the previous year. But while the amount of opium has decreased, it has risen so much in price that the value of the imported opium was higher last year than ever before. Evidently those who still continue to use opium are paying dearly for the luxury.

Fraudulent Use of the Mails.—A "mail order" doctor advertising to cure patients at a distance, made it a practice of representing to all persons who answered his queries, no matter what symptoms they described, that they were in dire need of medical assistance. Though it was shown that the man was a qualified physician, he was convicted on account of the false and fraudulent representations made to his patients.

Mosquitoes Suspected in Eighteenth Century.—According to a book published in 1774 a priest stated his suspicion that mosquitoes having sucked at an infected cadaver or some poisonous plant, transmitted the fevers—probably malarial—prevailing in his region. After more than two centuries, this suspicion that the mosquito has something to do with the transmission of malaria was proved by a series of brilliant observations.

Pellagra in Mississippi.—In 1914 there were 10,954 cases of pellagra reported to the State board of health by the county health officers, as against 6,991 in 1913. Though this increase may in part be due to better diagnosis and more complete reporting, it is not entirely so. Evidently the disease is rapidly increasing in prevalence. There were 1,192 deaths from the disease in 1914, as against 795 in 1913. In 1914 the pellagra death rate per 100,000 inhabitants was 62.7, as against 42.4 in 1913, an increase of over 47 per cent. One in every ten deaths in Mississippi is now from pellagra.

Dressing Wounds With Sea Water.—It has been found that sea water or a saline solution of proper concentration, when used in the treatment of wounds, gives excellent results. It has been found that a .9-per-cent solution gives better results than the old "physiological" or .7-per-cent solution, and that a solution containing not only sodium chloride, but also calcium chloride, potassium chloride, and sodium bicarbonate,—the "Ringer-Locke solution,"—gives better results than a simple salt or sodium chloride solution. These solutions should of course be sterilized before use. Even sea water is not certain to be free from germs, and should be boiled.

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HEALTH AND TEMPERANCE,
Washington, D. C.

Instruction to the Deaf.—The city of Berlin has made provision for the instruction of the deaf in articulation, lip reading, and audition, the purpose being to give these unfortunate the opportunity to take position along with those who have their hearing. There will be special schools for the deaf in different parts of the city. Other German cities are planning to follow the example of Berlin in this respect.

Leper Fenced In.—At Wilkes-Barre, Pa., a man who eight months ago was declared to be a leper and who has been in quarantine ever since, has now the luxury of a high board fence to shut him from the view of the inquisitive, and perhaps to keep the deadly leper germs from floating out to the onlookers. And there is not the least evidence that leprosy is one tenth as contagious in this country as tuberculosis. Would they think of shutting up a consumptive in that way? Hysteria!

Thousands Go West to Die.—According to a statement published by the U. S. Public Health Service, ten thousand consumptives go West every year, hoping to recover; but most of them arrive there with little, and are soon paupers in a strange land. The cities of the Southwest are full of consumptives, many of whom would be better off at home and among their own relatives. Climate alone will not cure consumption, and care without climate is much better than climate without proper care.

Gratitude to America for Medical Aid.—According to the *Lancet* the people of England feel deep gratitude toward America for the practical expression of sympathy in sending hospital units, consisting of physicians, nurses, etc., to care for the wounded. One such unit went recently from Chicago, and other cities are preparing to send units. Serbians have expressed gratitude for the magnificent work of American physicians and nurses in controlling the epidemic of typhus fever in Serbia.

Pellagra.—A report was recently made to the Louisiana State Board of Health by Surgeon Goldberger of the United States Public Health Service, stating that pellagra is neither infectious nor contagious, but purely a disease of dietary origin, the cause being a lack of animal protein in the ration. In the discussion, Dr. Tucker, of Nashville, and Dr. Haase, of Memphis, took substantially the same ground, stating that in the hospitals under their control medical treatment of pellagra had been abandoned, and that dietary treatment alone was giving excellent results. According to these doctors, a full, rich diet and cheerful surroundings are all that is required to cure pellagra. Superintendent Pierson of the Jackson Insane Asylum also concurred in these views. With all respect for the learning and experience of these men, one must realize that there are hundreds of thousands of persons, and have been for ages, who have been practically abstainers from animal protein. The diet may be contributory, but there is another and an essential factor not yet found.

Bubonic Plague in California.—A death from bubonic plague in Contra Costa County, California, is the first human case of this disease in California since October, 1913. As the disease is prevalent among the ground squirrels in that section of the State, the man was probably infected from this source. Some effort has been made to destroy all the ground squirrels in this portion of the State, and this should be done, not only as a health measure, but for the conservation of the crops, for the ground squirrels do a large amount of damage to the crops.

Poor Consumptives Not Wanted.—There has been such an influx of consumptives into Western cities and towns that consumptives are now looked upon as a menace. Especially when they are without funds, so that they must be dependent upon the already overdrawn charity of the community, their coming is met with ill-repressed resentment. They are looked upon much as are tramps,—as tramps with an infectious disease. The general feeling in the West is that the East should keep its consumptive poor at home and cease dumping them on the West. With this sentiment in a community, an incoming "lunger," especially if he is short of funds, is certain to get a very cold reception, and he may not be long in wishing he had the funds to get back home again.

Health-Education Movies.—The Massachusetts State Board of Health has had a number of films prepared which show the evil effects of insanitary conditions, neglected children, the dangers of typhoid fever, etc. Any city, town, school, or other organization making request may obtain the use of these films for educational purpose. There is no doubt that such films exhibited in the motion picture shows or elsewhere will reach many who would not read health literature or listen to health lectures.

Nearsightedness in School Children.—A committee appointed by the American Academy of Medicine to study and report on the condition of nearsightedness in children, has submitted a report considering the questions of lighting, writing, blackboard work, and standards for books. They recommend that as fast as possible the old style of furniture be replaced with that which is adjustable; that principals be urged at the beginning of each school year or oftener to adjust desks to the needs of the individual; that special attention be paid to the importance of bringing the book up toward the eye of the pupil instead of making it necessary for the pupil to adjust the head to the book. The report called attention to the connection between posture during writing and spinal curvature and nearsightedness. Colored crayons were condemned for all except unusual work.

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German War Bread and Dyspepsia.—In order to husband the wheat supply, a form of war bread is being made which consists partly of rye and largely of potato. The authorities recommend it as a very acceptable substitute for real bread, and the patriotism of the people is used as a lever to induce them to use and pretend to like this bread. It would seem, however, that the dislike for such fare is not very well concealed. Moreover, the use of such makeshift bread is often followed by gastrointestinal disturbances, especially flatulence, acidity, and diarrhea.

Vital Statistics Law to Be Enforced.—The New York State Department of Health has begun the work of prosecuting physicians who persist in their neglect to send in reports of births as required by law. The penalty for failure to comply with the law is a fine of not less than \$5 nor more than \$50 for the first offense, and a fine of not less than \$10 nor more than \$100 for subsequent offenses, or there may be imprisonment instead of the fine or in addition to it. Doubtless if the law is enforced with even the lighter penalties, it will soon bring delinquent physicians to their senses.

Refractive Errors.—Bates, in the *New York Medical Journal* of May 8, asserts, basing his conclusions on numerous animal experiments, and observations on human beings, that the lens is not a factor in producing accommodation; that refractive errors are produced by strain of one or more of the external muscles of the eye, caused by the effort to see distinctly; that cure may be accomplished, and is accomplished, by teaching the patient to relax the tense muscle or muscles. This relaxation is accomplished by central fixation, obtained by training the patient with a Snellen test card at distance, and with small type for near vision. By the practice of central fixation, we are told, all errors of refraction are relieved; but it is necessary for the patient to keep up daily practice of central fixation, or the refractive errors will return. If this theory proves to be true,—and the author devoted three years to experiment and observation before preparing this paper,—it will revolutionize all our knowledge of the mechanics of the eye, and of refraction.

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- Friedensau Sanitarium, Friedensau, Post Grabow, Bez. Magdeburg, Germany.
- Kimberley Baths, 7 Cheapside, Kimberley, South Africa.
- Lake Geneva Sanitarium (Sanatorium du Leman), Gland, Ct. Vaud, Switzerland.
- Natal Health Institute, 126 Longmarket St., Pietermaritzburg, Natal, South Africa.
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