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HEALTH & TEMPERANCE

December 1915

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WASHINGTON, D. C.

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December, 1915

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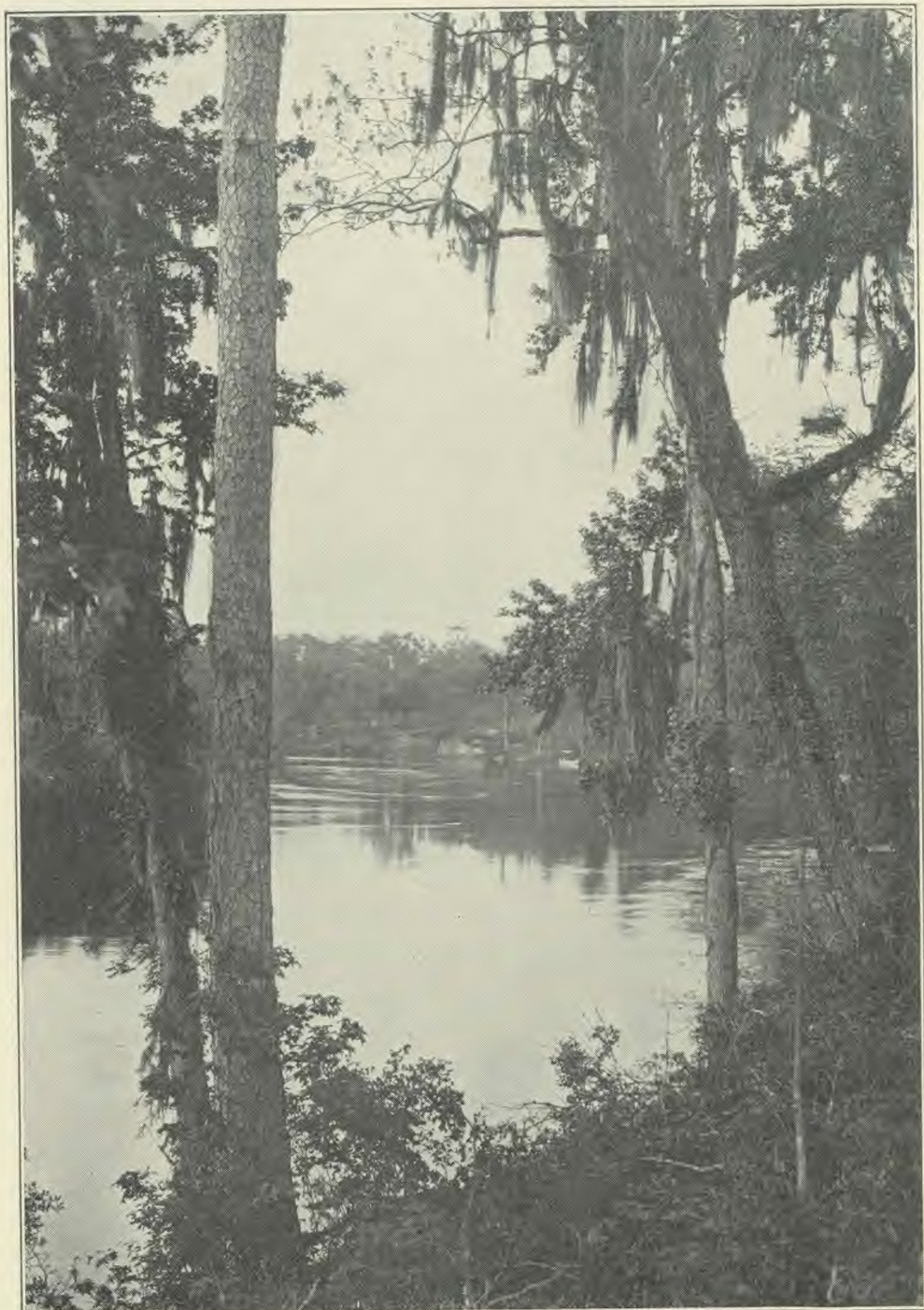


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A BEND IN THE SUWANNEE RIVER, NEAR LIVE OAK, FLA.

VOL. XXX
No. 12

HEALTH & TEMPERANCE

THE NATIONAL HEALTH MAGAZINE.

DECEMBER
1915

Continuing LIFE AND HEALTH

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

L. A. HANSEN, Associate Editor

With the Editor



HERE is nothing that so much concerns our happiness as does our health; and there is nothing to which we give so little intelligent thought as we do to the preservation of health.

There is a class of people — we call them neurasthenics — whose main concern is their health. But their worry over their physical condition is such that it tends to increase rather than diminish their troubles.

But the ordinary person whose organs are still doing their work in a fairly acceptable way without much creaking or pain, can hardly be made to understand that there is need of caution. For this reason, many talented and brilliant persons who might with care live useful lives to near the fourscore mark, are cut short before they are fifty.

Are you, dear reader, giving that reasonable care to your health that will enable you to avoid those complications that usher in a funeral about thirty years before it is due? It is the province of HEALTH AND TEMPERANCE to make monthly visits to your home, giving such suggestions as will enable you to "grow old gracefully."

If you are not now a subscriber and do not find the variety you would like in this issue, look over the index at the back and observe what has appeared during the past year. There may have been articles of incalculable value to you and your family. Perhaps there are articles listed in the index which you are interested to read. As long as they last, we shall be pleased to furnish back numbers at ten cents each.

The magazine for 1916 will be as good as ever, or better; and you cannot invest a dollar better than in a year's subscription. Moreover, as long as they last, we will, if requested, include with a \$1 subscription for 1916, three 1915 issues, your selection.

May we make a monthly visit to your home the coming year in the interest of your health?

HEALTH AND TEMPERANCE.

Takoma Park, D. C.

USE *and* ABUSE of FIRE

JAMES FREDERICK ROGERS, M.D.

FIRE is the greatest blessing ever discovered by man. Without its use we should not have advanced much beyond a primitive state, and should be obliged to spend our days under a tropic sun.

With food, drink, exercise, sleep, and other good things, it is difficult to steer between the Scylla of overdoing and the Charybdis of underdoing. We can also be too abstemious or intemperate in the use of fire. Cold is one of the most potent enemies the body has to deal with, and in the temperate zone we are obliged to use clothing, shelter, and fire to keep it at a safe distance. Cold is sometimes spoken of as a source of life and health, and we hear much about living the outdoor life; but cold is a source of benefit only by stirring up the body to vigorously fight its approach. We sometimes, often in fact, forget what a dangerous game we are playing, and before we know it we are — by carelessness in dress, by too long exposure to heat-extracting winds, or by neglecting the services of Brother Fire at the proper moment — laid low by some invasion of bacteria made possible by cold.

But we frequently go to the other extreme. We often eat too much food, not because we need the food, but because it tastes so good. In like manner we overuse our sources of heat because heat feels so good. Good sense would say, Let us be comfortable; a lazy and over-pampered body would say, Let us keep our rooms piping hot, and let us stay in them as long as possible. Moreover, even when the house is warm enough for the comfort of others, we often selfishly say, "I am cold, so everybody else should feel cold; therefore I will have it hotter. There is no reason why I should be cold, even if I happen to be dressed more thinly than others." Now trouble comes from the overuse of heat, just as it comes

from the overuse of exercise or of food; and the trouble in this instance is due to the fact that it renders it more difficult for us to fight cold thereafter; the contrast between superheat and cold is greater than between proper heat and cold, and the body cannot so readily adjust itself to the greater changes of extremes as to the lesser. The body thrives on change, but not too radical change.

Colds, sore throat, bronchitis, pneumonia, lumbago, joint troubles, and many other distressing ailments are begot of overrefrigeration, but they are more often born of superheating followed by exposure to low temperature.

The degree of temperature of a room which will prove best for the occupants, and the border line between comfortable, beneficial heat and vitality-lowering superheat, will depend on the age, activity, and health of the occupants, and incidentally on the clothing worn. Clothing, in fact, is the only possible means of leveling up different ages and conditions of vitality so that they will fit into the same conditions of artificial heat.

Newborn children require considerable heat, more than adults; but it is not long until their heat requirement falls. As a consequence, babies are often overdressed, and, in summer at least, many diseases are due to overdressing.

It has been shown by a number of tests that children of grammar school age seem most comfortable and do best school work when the mercury stands between sixty-four and sixty-eight degrees. We do not know that tests have been made for older children, but doubtless the temperature should be a little higher, say about sixty-eight or seventy degrees. For adults who are sitting, the temperature up to middle age should hardly ever exceed seventy-two degrees, with a reasonable amount of clothing, though with the diaphanous garb lately

in vogue, women should certainly have it warmer. With old age there is more need of external heat, and younger persons should never object if their elders should ask for plenty of fire. They know, better than young people, what they need.

With exercise there is, of course, less need for external heat. In elaborate experiments in one gymnasium, where vigorous young men, thinly clad, were exercising, a temperature between fifty-four and sixty-two degrees was found to produce most comfort, and to be most conducive to muscular effort.

Rooms sometimes seem cold because of cold floors, when the temperature is comparatively high. If this condition can by any means be remedied, it should be done; for if any part of the body should be warm, it ought to be the feet. Where one must sit or work in a room of this sort in severe weather, a board heated by being placed in an oven or on a radiator for some time, will retain its heat for a long time, and will keep the feet comfortable.

The signal that we are becoming too cold is the feeling of chilliness. The warning that we are becoming too warm is, perhaps, not so definite, as we enjoy heat more than we do cold; but for superheat there is always some general discomfort and the tendency to perspire. If we are at home, where we can move to another room, check the fire, or open the window, this point need not be reached; but in public gatherings this is not so easy a matter. The best that can be done is to avoid drafts while in the room, and to wrap up with unusual care when we leave the room.

For some sick persons it may be a good thing to live outdoors in winter, but for normal persons who can be temperate in the use of heat this is not only unnecessary, but a reversion to barbarism. However, we should be in the open as much as is consistent with our daily work and our feeling of cold and fatigue. By such outdoor experience we shall appreciate Brother Fire all the more, and shall not so often abuse him.

New Haven, Conn.



Courtesy Florida East Coast Railway

GOING TO SEA BY TRAIN

The Long Key Viaduct of the Florida East Coast Railway



A FRONT YARD, ORLANDO, FLA.

FLORIDA AS A RESORT

R. S. Ingersoll, M. D., Superintendent of Florida Sanitarium

CONTRARY to the generally prevailing idea, Florida is not only a winter resort, but has advantages for those who wish to get away from the extreme heat which often prevails in the cities of the North, as well as in some rural districts. The climate in winter is mild, and during the summer months moderately warm. At present this fact is appreciated more especially by those living in the States immediately adjacent, but a study of the government Weather Bureau records is bound to have its influence on those farther north when they see the contrast so much in favor of the land "of sunshine and flowers."

While the long hot season does lessen one's inclination to exercise vigorously, this effect is felt only by those who remain year after year. The mercury seldom registers above 100° F, and the mean temperature in the hottest months is in the vicinity of 80°.

Of eighty-one cities and towns in this State, only thirty-one record a maximum

temperature above 100°. And these high records are mostly in the northern part of the State, where there is less influence from the sea breezes. St. Augustine had a record of 104° on the twenty-fifth of June, 1914; whereas Miami, in the extreme southern part of the State, recorded its highest on the eighteenth, reaching only 92°. Kissimmee, about midway between the two, gives a maximum of 99° on the twenty-fifth of the same month.

The most attractive feature of the summer climatic conditions is the cool nights. Even though the day should chance to be hot, one can with confidence look forward to a cool night. This is a great redeeming feature. The writer, who spent eight years in Calcutta, India, where both day and night are hot, finds the climate of Florida very agreeable, the cool nights giving the system an opportunity to rebuild. Even during the heat of the day one can practically depend upon being comfortable if he can be in the shade, because of the gentle,



Courtesy Florida East Coast Railway

A PALM BEACH VIEW

One of many delightful winter resorts

almost ever-present sea breeze. As evidence of the mildness of the summer heat, I would refer to the fact that sunstroke is practically unknown in Florida.

With regard to the winter temperature, the very name Florida seems to have in it the meaning of mildness. That the reader may have definite information on the subject the following temperatures are given, the lowest during the month of February, 1914:—

Jacksonville (north), 32° F. Average for month, 43° F.

Orlando (central), 32° F. Average for month, 62° F.

Miami (south), 41° F. Average for month 67° F.

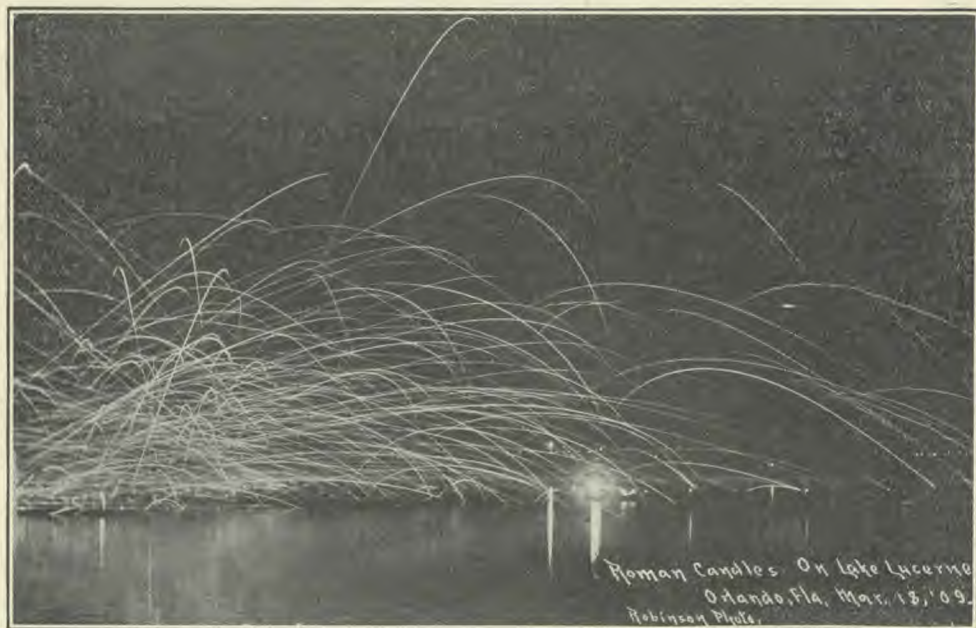
In the central and southern parts of the State one can hardly say there is any winter at all. There is an occasional drop in the temperature for two or three days, but this is cold only in comparison with other warm days. Where the mercury does not register below freezing at night, it can scarcely be called winter.

Another decided advantage is in the

fact that the heavy rainfall occurs in the summer time or early fall, when there is plenty of sunshine to evaporate the moisture. This is of importance from the health standpoint, which is our chief concern. It can be readily seen that the comparative dryness of the winter, together with its mild temperature, makes the climate well adapted to the needs of aged persons and chronic invalids, especially in such conditions as rheumatism and bronchial affections.

Everything considered, Florida is not simply a place for the pleasure seeker and tourist, but should be looked upon as a "sanitarium," just as the hill stations in India are considered. Besides these naturally favorable conditions for health seekers, there are institutions where they can have the necessary attention and care while they are enjoying the benefits of the climate, which, according to Florida vernacular, is worth one thousand dollars an acre, no matter what the soil may be.

Orlando, Fla.



Roman Candles. On Lake Lucerne
Orlando, Fla. Mar. 13, '09.
Robinson Photo.

DIET FOR THE AGED

A. R. Satterlee, M. D.

IN the care of those of advanced years who have no special disease it is well to consider the gradual encroachment of infirmity due to failing health and strength. It is true that each case has some personal peculiarities; but it is also true that some general rules may be safely followed which will prolong life and add much to the comfort of the infirm.

First let us look carefully into the pathology of the conditions most often met, and note the general disturbances. We usually find that the skin is dry, harsh, and anemic; that there is a lack of healthy blood, of circulating fat-and-heat-producing elements, together with a lowering of the general nerve tone that keeps up healthy circulation in the skin. Many

capillaries, or terminal arteries, have been obliterated, and there is a failure in circulation, due both to these causes and to a continuing heart weakness. This lowering of the general nerve tone lessens glandular activity, and consequently digestion is affected by this means. Atrophy of the muscles and weakness of the eliminative organs are also in evidence. The liver, the bowels, and the kidneys are unable to perform the part which was common in adult years. The bone marrow, the lymphatic glands, and other glands of internal secretion which are concerned in blood formation, are also weakened. Heat production is lessened, owing to the inability to digest starch foods readily and to the lessened capacity for physical exercise. It will readily be



Courtesy Southern Railway

HOME OF MRS. POTTER PALMER ON SARASOTA BAY, FLORIDA



Courtesy Florida East Coast Railway

PALM BEACH, FLA.

A bit of tropical United States

seen that it is no easy task to meet all these perverted functions and supplement their action.

Previous to the correction of these conditions all dental difficulties should be corrected. A clean mouth and good teeth that fit are highly essential to a reform of living. In addition to cleansing the teeth thoroughly each day with brush and soap or powders, an antiseptic solution should be used as a mouth wash. It may include some or all of the following ingredients: Cinnamon water, eucalyptus, wintergreen, menthol, boroglyceride, and a small portion of formaldehyde. Some of these may be omitted if desired, and thus lessen the cost of the preparation.

In the matter of diet for the aged it seems desirable to use in various ways the whole-wheat products — shredded wheat, puffed wheat, wheat biscuit, Graham bread, and other preparations which contain lime, iron, phosphorus, and other materials excellent for blood building and nerve restoration. Rolled oats contain avenin, an important nerve food, and the other salts already mentioned, in limited

quantities. Whole milk (not cream) and eggs are valuable foods for the aged. Egg yolk, rich in lecithin, is an important nerve food. The yolks may be boiled till hard, or used raw, beaten in grape juice. Eggs increase the hemoglobin of the blood, and their content of iron for this purpose is easily available.

To relieve the eliminative organs of the effects of too much nitrogen in the foods mentioned, rice may be used in several ways. Fresh and stewed fruit is excellent for the aged. Apples, oranges, lemons, and tomatoes are to be highly recommended for this purpose. Apples, tomatoes, and strawberries have a good content of iron. Spinach and lettuce may be added with profit for variety and to supply necessary elements of nutrition.

Regarding the supply of fats in addition to the use of liberal quantities of rich milk, nuts may be added in limited quantities. Once a day at least a few of the better quality of nuts, such as pecans, English walnuts, and almonds, may be used. Seven pecans of average size would be a very moderate ration. This quantity would furnish about one-half

ounce of food value containing about one hundred calories, of which ninety per cent consists of fats. In tropical countries coconut milk gives a good supply of fats. All foods should be prepared in a simple manner, and few kinds eaten at a meal. The different meals should be varied. Special caution should be used not to partake too heartily of the evening dinner. Instead, fresh fruit or milk or buttermilk, with some good crackers, is quite sufficient. A dish of zwieback and hot milk will provide ample nourishment for those in advanced years who cannot exercise vigorously. After lunch a little light exercise or a walk in the open air is beneficial to secure a good night's rest. Avoid concentrated sweet foods, as jellies, honey in considerable quantity, Karo or other sirups. Avoid fried foods as a general rule. A variety of simple desserts may be allowed, if made plain, such as plain rice puddings, bread puddings, and custards.

If the nitrogen foods should prove too much for the liver and kidney functions,

and rheumatism and bladder troubles arise from too much uric acid, use two good warm sweating baths each week, finishing with a tepid sponge bath. Much might be said regarding the use of fresh air and light treatments to increase the oxidation of food. Care should be exercised in giving baths, either hot or cold, to the aged. Temperatures that are extreme should be avoided, and all changes made moderately. The body will adapt itself after a time to more vigorous measures. This will improve the circulation, and aid the skin in performing its function.

Above all, a genial disposition should be cultivated. Growing old gracefully is an accomplishment which can be cultivated with profit to all concerned. A fixed trust in God will brighten many a gloomy day; and sympathy, support, and adaptation on the part of sons and daughters will do much to cheer those who have fought bravely life's battles, and cause them to feel that their labors have been richly rewarded.



Courtesy Florida East Coast Railway

MIDWINTER BATHING The Surf on the Florida East Coast

THE FOMENTATION; HOW AND WHY IT IS USED

Olive P. Ingersoll, M. D.

THE history of the fomentation dates back at least to the time of Hippocrates, for in some of his famous aphorisms it is mentioned as a method of treatment. It was evidently appreciated then, and has continued to grow in favor with both the profession and the people, until at the present time it occupies a prominent place in the treatment of disease everywhere.

How It Is Used

The fomentation is a local application of moist heat. It is best prepared by wringing a woolen cloth out of boiling water, then inclosing it in a dry flannel, and applying to the skin. Some may be perplexed to know how cloths can be wrung from boiling water, but this can be easily accomplished by folding the cloth lengthwise until it is approximately four to six inches in width. Then, holding the two ends in the hands, dip the cloth several times into the water, twist the ends round and round, at the same time pulling lengthwise, until the cloth is wrung dry. It should be kept twisted until ready to apply to the patient, when it may be very quickly shaken out, spread on the dry cloth, and applied to the part to be treated.

This application should be kept on from two to five minutes, and then again dipped into the boiling water and renewed; or better, another one might be prepared like the first, and put on at once when the first is removed. The application may be repeated three or four times, and more if necessary. After the last application the skin should be sponged with a cloth wrung out of cold water, and dried gently with a soft towel. Friction with a coarse towel should be avoided.

Proper fomentation cloths are made of ordinary woolen blanket material, not necessarily all wool, but better half wool and half cotton. A single blanket may be cut into four good fomentation cloths by cutting in two, and then cutting in two again.

The fomentation should always be applied to as large a surface as possible. The area of the painful portion should be more than covered. For this reason fomentation cloths made from blankets, as suggested, are the best. If such cannot be had, they can be substituted by various other things. Woolen garments, articles of underwear, even large flat sponges, or in the absence of these, common cloths, such as towels, may be used. If a sponge or a small cloth is used, it may be folded in a towel and wrung out as an ordinary fomentation. Another very good substitute for the fomentation is to take a water bottle and fill with hot water, cover with a moist woolen cloth, and apply to the place desired, having one thickness of dry material next the skin.

Why It Is Used

The fomentation is most commonly used for the relief of pain. Pain is a sensation of the nerves produced either by pressure, pulling, or direct injury in some way. The most common cause of pain is local congestion, which is a filling of the small blood vessels called capillaries with blood, thus causing the tissues to be swollen, and compression of the nerves or tension upon the nerves is the result. Hence, any measures that can be taken to diminish the blood supply in these parts will help to relieve the pain. The fomentation draws the blood to the small blood vessels of the skin to which it is ap-



plied. It, therefore, lessens the blood supply of the parts beneath. Hence fomentations to the skin over a deep-seated pain will nearly always give relief, especially when continued for a sufficient length of time.

In order to accomplish this, the appli-



cations may be continued for any length of time from fifteen minutes to three or four hours. If continued longer than fifteen or twenty minutes, the surface of the skin should be occasionally sponged with ice water, or covered with an ice compress for two minutes every half hour.

If the pain is due to congestion in the skin, as in a boil or superficial abscess, an ordinary fomentation is liable to increase it. If, for any reason, the short hot application increases the pain or causes a throbbing sensation, follow it at once with a cold compress (a towel wrung out of ice water is all right), and relief will doubtless be experienced. In such cases the cold compress should be left on continuously, relieved once in three hours by fomentations (10 to 15 minutes).

Bearing in mind the above-mentioned exception, fomentations may be given with perfect safety to any one for relief

of pain. They are not a cure-all, but will in most cases give at least temporary relief, and in many instances have more or less permanent effects.

Precautions to Be Observed

It is needless to say that care should be taken not to burn the patient. There is special danger of this in aged persons, also in very young children and infants. If a person is under the influence of alcohol or any opiate or anesthetic, the skin will really burn from a lower temperature than under ordinary conditions, so that in applying heat in any form under these conditions this fact must always be borne in mind, and the application should not be so hot as is given to a person whose sensibility is keen. This applies also to a person who is unconscious from accident or any other cause. Bearing in mind these simple suggestions and precautions, the fomentation will be found to be a most useful, simple, and agreeable method of treatment for many



of the troubles that one meets in ordinary life. Hot water is evidently one of nature's remedies, and is greatly to be preferred to the poisonous drugs which are so commonly used in these days.

Florida Sanitarium, Orlando, Fla.



SCHOOL of HEALTH

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

THE HYGIENIC HOME

Dr. John B. Todd

In the *Scientific American Supplement* of January 30 there is an article by Dr. Todd on practical ventilation, the substance of which will interest HEALTH AND TEMPERANCE readers. The system here recommended has been tried successfully in a number of schools and homes. It solves the problem of fresh air without drafts.

WE want windows in great plenty, for light is as necessary as air for healthful rooms, but the heat loss of the windows is enormous. A room inclosed in glass but with no heat is as cold as the outside, and added to the coldness is the stale, dead air, with its inactive oxygen. This is the reason of the failure of glass-inclosed sleeping porches.

Air of itself is a nonconductor of heat, and we have only to build our rooms with two or three air spaces in the walls to make them practically cold proof. Of course all windows except those having fresh-air screens should have perfectly fitting storm sashes, and the floors should have a nonconductor filling between the joists. The extra expense of this construction would be returned a hundred-fold in health and comfort and money saved.

Then no matter what heating and ventilating system you have, there should be several windows fitted with fresh-air screens. These are wood frames made to fit closely the window frame opposite the lower sash in such a manner that all openings for drafts are closed. This frame is covered with a medium quality of unbleached cotton cloth. The lower window is free, and can be raised and lowered as occasion may require. When the window is raised, the screen acts as a permeable membrane, and allows the fresh air to slowly diffuse into the room, and permits no drafts. There is not a day during the cold months of the year when these fresh-air screens cannot be

used at longer or shorter intervals; another great benefit from their use is that the air is filtered and dust free. Dusty air is one of the factors that cause disease, and we have greatly underestimated the fatal effects of breathing dust-laden air. . . .

It is possible and perfectly practical to sleep in comfort during the winter, and at the same time have our sleeping room filled with sweet, fresh air. We have only to place a properly constructed fresh-air screen opposite the lower sash in one or two windows, then with the windows raised at night we can sleep in perfect safety with the room full of fresh, invigorating air, and arise in the morning with renewed energy. There will be no drafts; rain and snow cannot get in, and the room will not seem cold.

Some mothers will claim this is best for adults, but that it will not do for small children, as they will get uncovered and take cold. Many of these same mothers have learned that it is beneficial for the baby to sleep out of doors in the baby carriage during the day, even through the coldest weather, when the child will sleep quietly and never disturb the clothing. A little thought reveals the fact that the children kick off the clothing at night because they are uncomfortably warm in the heated, close, stuffy sleeping rooms, and that children sleeping under these conditions are habitually getting cold. . . .

If there is any occasion in our lives when we require fresh air more than another, it is when we are confined to our

bed by reason of illness. It is at this time that the use of fresh-air screens gives the greatest comfort and furnishes the greatest aid to recovery. Stubborn cases of anemia have a much better chance to mend as soon as continuous fresh-air conditions are provided. In pneumonia it is well known that the comfort and condition of the patient are improved under fresh-air conditions, and

the chances of recovery are greatly increased.

The universal living under fresh-air conditions would do more to exterminate tuberculosis than all the other agencies combined; and now that it is made possible to do so by the fresh-air screens, it would seem that those interested in public health would do everything possible to educate the people.

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COMMERCIAL GLUCOSE

The following data are taken from the *Scientific American Supplement* of May 15, 1915.

NOWADAYS most of us have heard of glucose as a commercial product of doubtful reputation. People look askance when glucose is mentioned. Confectioners and grocers make haste to deny that glucose ever appears in their products. Glucose is classed with harmful food adulterants, and it has been called by pure food experts the "champion adulterant" of all.

Notwithstanding that annually between thirty and forty million bushels of Indian corn are made into glucose, comparatively few except those engaged in the numerous industries in which glucose enters ever see the product.

The idea of the general public seems to be that glucose is composed of grape sugar made by boiling starch and oil of vitriol and neutralizing the mixture with chalk.

Commercial glucose is a transparent, very viscous sirup, often practically colorless, but usually of a light straw color, sweet, but with little if any other flavor. For this reason glucose, like sugar, has been termed a "neutral sweet;" because when pure it has no characteristic flavor other than sweet, and will take any added flavor unchanged.

Glucose is not made by use of oil of vitriol and chalk, nor is glucose in the ordinarily accepted sense of dextrose [grape sugar] its characteristic ingredient. There is, in fact, less of the glucose sugars, properly so-called, in commercial glucose than occur as natural ingredients

in cane sugar molasses, and far less than in honey.

Commercial glucose as now made contains less than twenty per cent of true glucose sugars, the rest being a mixture of malt sugar and dextrins. In percentage of total sugars and dextrins there are in round numbers, maltose [malt sugar], 45 per cent; dextrose [grape sugar], 20 per cent; and dextrin, 35 per cent, the proportions varying somewhat in different lots.

This composition has been found to be the most desirable for imparting to the product the properties best suited for a sirup which can be refined readily and at the same time contain enough colloidal material to prevent its crystallizing at any concentration. This colloidal matter also renders the sirup capable of dissolving considerable quantities of cane sugar without crystallization. Such a product is peculiarly valuable in the preparation of sirups, candies, preserves, and jellies, quite apart from its use as a sweet. It also contains nearly the maximum amount of malt sugar that can be produced by such a process.

The glucose process does not end with the acid treatment of the starch and the neutralizing, as at this stage the dilute sirup is far from pure. This liquor, before it is concentrated to a sirup, undergoes a refining with bone black. In fact, glucose, like cane sugar, is one of the purest food products in use.

Glucose is now used in a legitimate manner to mix with cane sugar sirup in the proportion of 85 per cent of glucose to 15 per cent of cane sirup, a little salt, and sometimes vanillin, being added to improve the flavor. These mixed sirups are sold openly as glucose or "corn sirups;" and as their flavor is superior to the original molasses, there seems to be no reason why they are not wholesome food products for legitimate trade. Cer-

tainly such glucose sirups are preferable to the average grocery molasses, from either the standpoint of the epicure or the sanitarian.

By far the largest amount of glucose is used in the manufacture of confectionery. The requisite for most candy is that it should not "grain," or crystallize; and glucose, on account of its colloidal nature, is the most effective wholesome substance to prevent this.



Courtesy Southern Railway

CLARKE RESIDENCE, PALM BEACH, FLA.

FOR THE MOTHER



TEACH THEM EARLY

Ira S. Wile, M. D.

The following taken from a paper read by Dr. Wile before the New York Conference of Charities and Corrections in 1911, is just as sound and just as much needed today as it was the day it was first read. There is no doubt that in the matter of teaching sex hygiene in the public schools there was for a time a tendency to go to extremes; but that time is past, and the tendency now is rather to ignore the sex question. Children are bound to learn something about sex. It is much better that they obtain their first information from their parents, rather than from their street acquaintances or schoolmates.

IN the evolution of the character of a child two large influences are involved: that of the home, and that of the companionship of childhood. In the accumulation of information regarding sex, the home has unfortunately been almost negligible.

Parental timidity — or shall I say cowardice? — has made it difficult for parents to impart the information regarding reproduction or even the differences of sex to their children. An unintelligent false modesty has placed the taboo on all reference to the development of the emotional and physical side of sex as it seeks for expression at various times in the period of life from infancy to adolescence.

The average child of today secures the garbled, befuddled, vulgar ideas that he prizes so highly, but dares not even dream of in the vicinity of his parents, from his associates at school, or on the streets, or from the atrocious booklets, issued by some charlatan, that have been placed in his hands for the sake of creating those false impressions that the child hesitates to talk over with his parents. . . .

When should parental instruction begin? — When the child first expresses a desire to know, as evidenced by a ques-

tion. At three years, or four or five, whatever the age may be that finds the youngster seeking information from the parent from whom other information has been got for the asking. Whence comes the baby? What a natural query! The usual answer is most unnatural; for the parent fails usually to tell the truth, if any attempt is made to reply in terms other than to tell the child to run away, as mother is very busy.

The child sooner or later takes the unanswered question to some one who will answer it, even though the informant is only a playmate who knows little more about the matter. The first break in the confidence that should exist is thus easily made.

At times an evasion or false answer drives the child to seek more light, and then the parent is driven to another falsehood, until finally the child's mind grasps the inconsistencies of the replies given upon various occasions, or realizes that the parent does not desire to discuss such questions any more. The sense of secrecy arises, and then the child feels ashamed of the subject, and cannot bring itself to talk frankly with the parent.

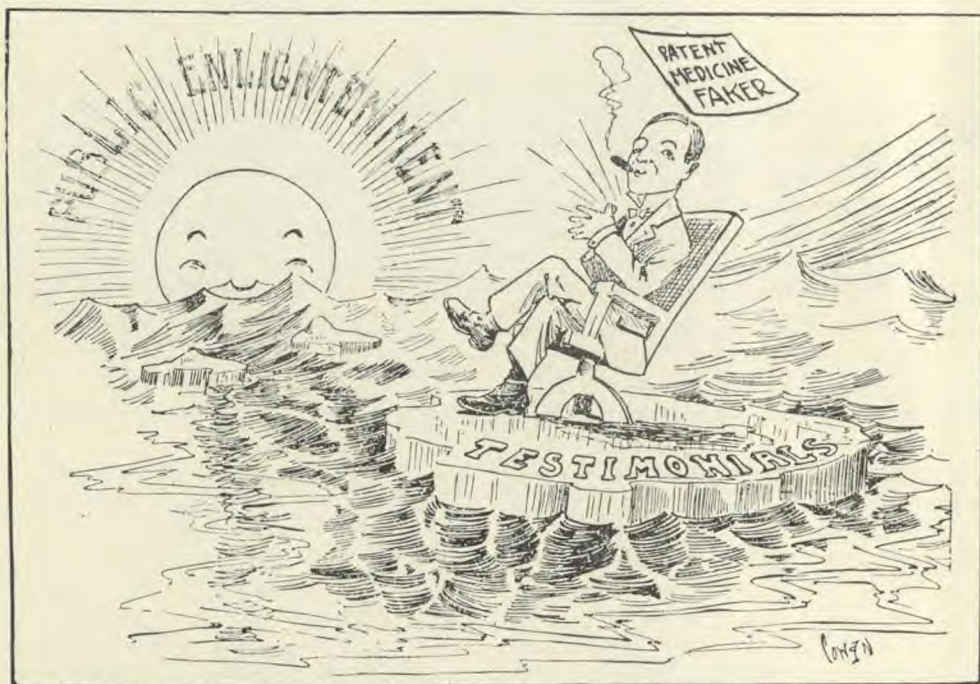
The opportunity of the child's life has been lost. Henceforth the child must be left to its own devices to ascertain

the facts that it wishes to learn, from the playmates, from pornographic ("smutty") writings, from the charlatan's fear-instilling booklet, . . . from reading forbidden books and seeing forbidden plays.

Too frequently one hears of the advisability of teaching sex hygiene at puberty. This is too late to begin. The average child of the city (and more so in the country) has the major part of his sex information, or rather misinformation, long before puberty.

To wait for this time is to make the instruction more difficult, because the parent who has never spoken to her child regarding the origin of life before puberty scarcely ever can summon up sufficient courage to broach the subject at this time, when the child has also had created the barrier of shame.

In addition it is more difficult because it is necessary to clear the child's mind of the erroneous ideas before it is possible to establish the weighty truths that are to be imparted.



"When all publishers realize, as all will be forced to realize some day, that they cannot retain the respect of their readers and print sermons on one page and advertisements of fake medical nostrums on another, there will be less need of government supervision over journalistic enterprise. The very fact that 'a sick man will try anything to get well' places an obligation upon publishers which they can no longer afford to ignore."—*Rural New Yorker*.

would involve the government as an accomplice to the crime or accident, for the reason that the government obtains a revenue from the sale of liquor. Till the government completely divorces itself

from a participation in the proceeds of the liquor business, it is not in a position to deal with the men who are the real source of crime and accident—the liquor dealers.

Drunken Auto Driver Guilty of Manslaughter

After twenty hours of deliberation the jury in the case of G—T—, charged with manslaughter in running down and killing A—G— (a child), returned a verdict of guilty. T— was said by witnesses for the prosecution to have been intoxicated when the accident occurred.—*Waynesboro (Pa.) Herald*, Sept. 16, 1915.

Quincy Motorist Gets Nine Months' Sentence

Found guilty on a charge of operating an automobile while under the influence of liquor, and of using an automobile without the consent of the owner, W. F. G— was sentenced to nine months in jail. G— was the driver of the automobile which on the evening of September 9 struck H. R. B.—*Boston Herald*, Sept. 25, 1915.

Pays Auto Fine and "Swears Off" for All Time

After paying a fine of \$100 for operating an automobile while under the influence of liquor, A. M. I— promised Judge Clark that he would take a pledge for life. I— was arrested after he had operated his machine through the principal streets of the city, narrowly missing several persons.—*Boston American*, Sept. 19, 1915.

Walking in Road, Man's Nose Is Broken by Auto

A— Mc— was struck by an automobile owned and operated by A. H. W—, a Lawrence florist, this afternoon while walking on the Reading Road. According to the police Mc— was under the influence of liquor. He was taken to the Lawrence General Hospital, with a broken nose and bad bruises about the head.—*Boston Journal*, Sept. 20, 1915.

Worcester Automobilist Arrested After Crash

After his machine seriously injured another automobilist tonight, A— S— was arrested on a charge of operating an automobile while under the influence of liquor. J— R— was struck by S—'s car, and his left elbow and right collar bone were fractured. R— was lighting the rear lamp when S—'s machine struck him. He was pinned between the two cars, and carried twenty-five feet before S— brought his automobile to a stop.—*Boston Herald*, Sept. 26, 1915.

M— L—, while intoxicated Sunday, threw a large stone through the plate glass window in the front of the Collins Company, about noontime. The man had been drunk for about two weeks more or less.—*Hartford (Conn.) Times*, Sept. 27, 1915.



HARDLY SKIN DEEP

The liquor interests, frightened at the success of the prohibition propaganda, have decided to reform the saloon.

TEMPERANCE NEWS NOTES

A Rose by Any Other Name.—The *Boston Herald* opines that "it comes as something of a shock to find Governors Brewer of Mississippi and Rye of Tennessee in the ranks of aggressive prohibitionists."

The War Cost Not So Terrific.—The expenditures for the war seem stupendous; but for France for the first year they were at the rate of ten cents a day for every man, woman, and child in the republic. If the war costs England ten million dollars a day, we should not forget that liquor is costing this country seven million dollars a day, and that goes right on, war or no war.

No Prohibition at the Front.—Whatever the warring countries may have done in the rear, they seem to be giving rations of liquor to the soldiers on the firing line. Perhaps they find the men are that way more content and more apt to forget their troubles.

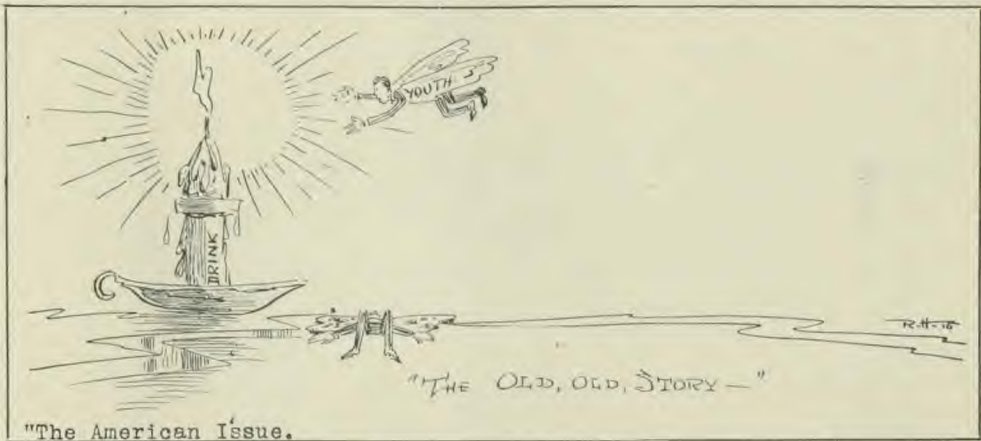
Chicago's Chief of Police an Abstainer.—Chief Healey, who has just been appointed by the mayor of Chicago, in an address before a Sunday school said: "I stand before you a man of sixty years, and I have yet to take my first drink of beer, wine, or whisky."

A Repentant Saloon Keeper.—A saloon keeper having returned to Dallas, Tex., his place of business, after a visit to his native State, now dry, said, "I will never sell liquor again if I starve." Here certainly was a sin-

cere man, a man far above his former occupation.

Buffalo, Rochester, and Pittsburgh Dry.—The B. R. & P. Railroad forbade the use of liquor by employees while on duty. President Huntington, overhearing an employee say that the road was willing to sell the stuff, immediately telegraphed orders forbidding the sale of liquor on all trains.

Canada Going Dry.—It would seem that the process of desiccation is well under way in Canada. Not only have Alberta and Saskatchewan decided against the saloon, but now the new premier of Manitoba enters office pledged to "action looking toward the total suppression of the barroom system."



The moth flying into the candle is so dazzled with the light that he does not see the singed and dying moth just below him; he would not take warning if he did.

COMMENT

Alcohol and the Public Health

DR. S. S. GOLDWATER, New York City's commissioner of health, has replied to the critics of his announced campaign against alcoholic drink with a statement that seems eminently to justify his position. The duty of his department, he shows, is to guard the health of the people in every possible way. While it has the authority to promulgate certain rules to meet undesirable conditions and emergencies, interference with the drinking habits of the public would be beyond its powers. But it is intrusted with the task of educating the people concerning menaces to their welfare. Publicity regarding the dangers that lurk in adulterated and contaminated milk has prevented much sickness and saved many lives. Preaching the gospel of fresh air and cleanliness has exerted a like salutary effect. The crusade against drug using has greatly benefited the community. These are all recognized as proper subjects for the department's campaign

of education. The evils resulting from alcoholic indulgence are equally conceded; and why, therefore, asks Dr. Goldwater, is it not the duty of the officials to lay these facts also before the people? A diminution in the consumption of alcohol, he says, would mean less tuberculosis, less poverty, less dependency, less pressure on hospitals, asylums, and jails. Drinking mothers lose twice as many babies as do those who are sober. More alcoholism is found in the parents of feeble-minded children than in the parents of the normal. Alcohol "impairs memory, multiplies industrial accidents, causes chronic disease of the heart, liver, stomach, and kidneys, increases the death rate from pneumonia, and lessens the natural immunity to infectious diseases."

This statement is founded on scientific fact. There are those who believe the day will come when health officials generally will combat the drink evil as vigorously as they are now attacking tuberculosis and other scourges of the human race.—*Pittsburgh Gazette Times*.

Why Drinkers Are Fat

It is noticeable that those addicted to the use of alcoholic beverages often reveal a tendency to corpulence which is proportional to the use of the drug. This fatness is not a sign of health. It is not even an indication that alcohol is harmless. It is merely the result of the complete oxidation of the substance—alcohol—in the human body. The body will oxidize a two-ounce quantity of alcohol in twenty-four hours, and will do it so completely that no trace of the alcohol can be found in the excretory substances. This simply means that the unnatural heat produced in the body by the presence of the stimulant answers, for the time being at least, for what would otherwise be produced by the expenditure of fats and carbohydrates. These latter are the fuel stored up by the body, and normally burned up in the production of necessary bodily heat. When alcohol is consumed, it furnishes heat,—though not natural heat,—and this expenditure is avoided. The fat is therefore stored up in the body unused, and corpulence is the necessary result. This, of course, is not a normal condition nor a proper process. It becomes more unnatural with increasing use of alcohol.—*The World's Advance*.

Intemperance and the Public Health

At a recent conference attended by two hundred Indiana health officers, a resolution was adopted unanimously declaring that health officers and physicians should join in the campaign against alcohol. As a matter of fact, health officials in many States are already engaged in efforts to combat intemperance by educational means, and ample justification for their activities in this field is to be found in the following facts:—

A diminution in the consumption of alcohol by the community, according to those who are in a position to know and to judge, would mean less tuberculosis, less poverty, less dependency, and less pressure on our hospitals, asylums, and jails. Intemperate drinking cuts into the support of the family. The drinking of parents weakens the vitality of children.

Drinking mothers lose twice as many babies as do sober mothers. More alcoholism is found in the parents of feeble-minded children than in the parents of normal children. The children of drinkers develop more slowly and do poorer school work than do the children of abstainers. Alcohol impairs the tone of the muscles, lessens the product of laborers, depreciates the skill and endurance of artisans, impairs memory, multiplies industrial accidents, causes chronic disease of the heart, liver, stomach, and kidneys, increases the death rate from pneumonia, and lessens natural immunity to infectious diseases.—*Weekly Bulletin, Department of Health, City of New York, June 19, 1915*.

Crime and Disease

At present we permit disease, ignorance, and crime to breed in our midst, and the normal man is compelled to support their progeny; and in doing so he pays not only in time, money, and energy, but often with his life. The thriftless village up the river pollutes the water of the city with typhoid bacillus. The ignorant milkman slaughters the innocents with his germ-laden product. The ignorant and unteachable consumptive scatters far and wide the seeds of his disease. The gilded place of prostitution in the city entices the farmer's sons into the gates of hell. The good-intentioned but untaught mother poisons her children with infected food and dust-laden air. The father spends his wages in drink, becomes a brute at home, pauperizes his family, and begets defective children. The son becomes a loafer, follows his father to the dramshop, and goes on the straight road to crime. The daughter, probably defective through inheritance, sells her person for tawdry raiments, and spends the short remnant of her life in trafficking in vice and disease. These and many other evils flourish and come to fruition in this country at this time. What is the result?—For every time the clock strikes the hour, day and night through all the seasons, year after year, a murder is committed in this fair land. Our almshouses, insane asylums, and prisons are not large enough to accommodate the delinquents.—*Victor C. Vaughan, M. D., in the Journal of Public Health*.



COME ALONG, MY BOY, DON'T MIND HER

BIBLE HYGIENE

THE MIND AND HEALTH

1. WHAT effect does cheerfulness have upon the physical condition?

"A merry heart doeth good like a medicine: but a broken spirit drieth the bones." Prov. 17: 22.

2. What is the physical effect of sadness, or depression of spirits?

"Heaviness in the heart of man maketh it stoop: but a good word maketh it glad." Prov. 12: 25.

NOTE.—"Sickness of the mind prevails everywhere. Nine tenths of the diseases from which men suffer have their foundation here. Perhaps some living home trouble is, like a canker, eating to the very soul and weakening the life forces. Remorse for sin sometimes undermines the constitution and unbalances the mind."—Mrs. E. G. White, in "Testimonies for the Church," Vol. V, page 444.

3. What admonition given by the Saviour would, if heeded, do away with much sickness?

"(For after all these things do the Gentiles seek:) for your Heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof." Matt. 6: 32-34.

NOTE.—The expression "Take . . . no thought for the morrow," cannot be construed to give countenance to idleness or to failure to provide. Upon Adam and his posterity was placed the sentence, "In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return." Gen. 3: 19. Of those in the church who were busybodies, Paul said, "For even when we were with you, this we commanded you, that if any would not work, neither should he eat." 2 Thess. 3: 10. Of those who failed to provide for their families he said, "But if any provide not for his own, and especially for those of his own house, he hath denied the faith, and is worse than an infidel." 1 Tim. 5: 8. And one of the principal things mentioned against Sodom, that wicked city, was "abundance of idleness." Eze. 16: 49, 7, 8.

4. What gentle reproof did Jesus have for one housekeeper who was evidently too much a slave to household cares?

"Now it came to pass, as they went, that he entered into a certain village: and a certain woman named Martha received him into her house. And she had a sister called Mary, which also sat at Jesus' feet, and heard his word. But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about many things: but one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her." Luke 10: 38-42.

5. What general invitation does the Saviour give to those who are loaded down with burdens?

"Come unto me, all ye that labor and are heavy-laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls." Matt. 11: 28, 29.

6. What is it that brings true rest to the weary soul?

Wearing the yoke with Jesus.

7. What prescription for sickness does Isaiah give, which all could and should take?

"Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy rereward." Isa. 58: 7, 8.

8. If all were to heed this admonition, how many sick would there be?

Adornment

1. Upon what adornment should women rely?

"In like manner also, that women adorn themselves in modest apparel, with shamefacedness and sobriety; not with broidered hair, or gold, or pearls, or costly array; but (which becometh women professing godliness) with good works." 1 Tim. 2: 9, 10.

2. If women were to give more heed to this text, would it not be easier to heed the Saviour's admonition, "Take no thought . . . for the body, what ye shall put on"? Luke 12: 22.

3. Where should the adorning be?

"Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; but let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price." 1 Peter 3: 3, 4.

4. Who is especially pleased with this inward adorning? Should we attempt to please man or God in our adorning?

Questions for Further Study

1. What effect did the pessimistic re-

port of the spies have on the courage of the children of Israel? Num. 13: 32, 33; 14: 1-4. From the way in which God dealt with the children of Israel in this case (Num. 14: 29), what are we to believe is God's attitude toward a spirit of discouragement? What report did Joshua and Caleb bring?—"The Lord is with us: fear them not." Are there any circumstances under which the true Christian ought not to voice these words? Is there any time when he is excused for having the opposite feeling?

2. Which is the more serious, to be in error regarding some point of doctrine or to lose faith in God? When one worries about the future, how much faith is he exercising in God? Matt. 8: 26. To what end was the parable of the importunate widow spoken? How much provision is made in the gospel for worry? Can any one who has the worry habit please God? Heb. 11: 6.

3. Faith and fear are opposites. With whom are the fearful (timid) classed? Rev. 21: 8. Are worry and timidity excusable in the Christian? If they spoil our health and happiness in this world, and our hope of the next world, why not heed the Saviour's words in Luke 12: 22-32, and trust?



Courtesy Southern Railway

GOLF LINKS, POINCIANA, PALM BEACH, FLA.

HOME COOKING SCHOOL



HOW TO CHOOSE BALANCED MEALS

George E. Cornforth

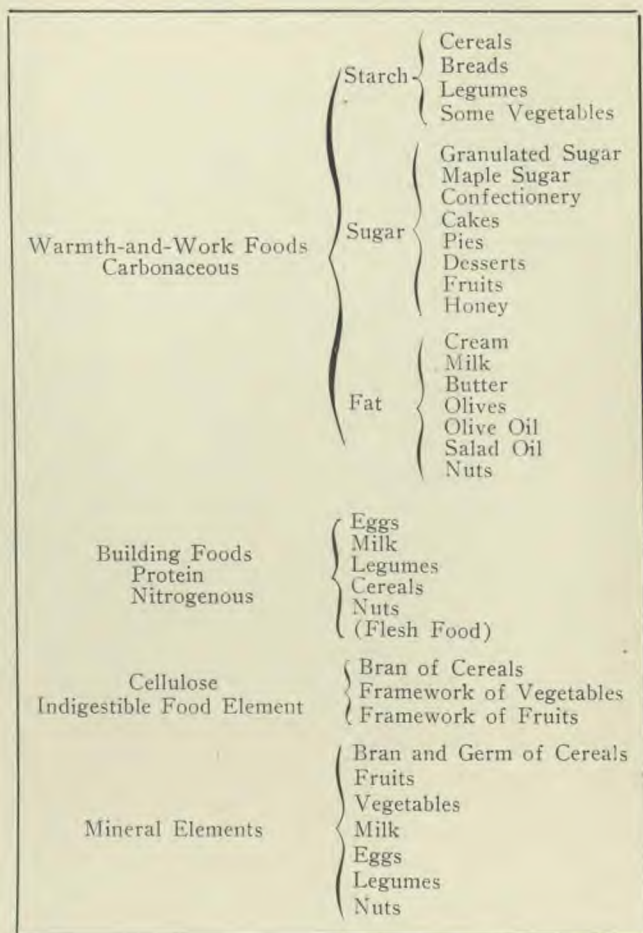
BY "balanced meals" we mean meals that supply in about the right proportion all the kinds of substances required to nourish the body. To be able to choose balanced meals one must know something about the kinds of substances the body needs, the proportion in which it needs them, and the foods that supply them.

There are six so-called "food elements;"¹ starch, sugar, fat, protein, cellulose, and mineral elements. Most foods consist of mixtures of these food elements, in many foods some element predominating, hence to increase any one of these food elements in the diet one would use more largely those foods in which the desired food element predominates, or to decrease any one of the food elements in the diet one would avoid those foods in which that element predominates.

I am going to group the food elements first in two classes. One class will include the substances the body uses for fuel and building material—the starch, sugar, fat, and protein. The other class will include those substances without which the body would not have the power to use the materials included in the first

group,—the substances that keep the body in health, and enable it to keep up its vital activities; namely, the mineral elements and cellulose.

Next we shall take the first of these two classes and divide it into groups and classes. The starch, sugar, and fat we shall group together as warmth-and-work



foods; for the body uses these as a source of heat to keep the body warm, and to support its activities, just as an engine must burn coal to develop power, and in the burning of the coal heat is evolved. These foods are fuel foods, and like the substances we use for fuel,—coal, wood, and oils,—these foods consist largely of carbon, and are therefore called carbonaceous foods.

The foods in which starch predominates are, cereals, some vegetables, and legumes. The foods in which sugar predominates are, granulated sugar, maple sugar, confectionery, cakes, pies, desserts, fruits, and honey. The foods in which fat predominates are, cream, milk, butter, olives, olive oil, salad oil, and nuts.

The protein food element we shall call building food, because it is this kind of food that the body must have with which to build itself and keep itself in repair. There is one element that is necessary in building the vital parts of the body; all living tissue contains it. That element is nitrogen. Therefore protein, containing nitrogen, is called nitrogenous food. The foods in which protein predominates are, lean meat, eggs, milk, legumes, and some nuts; the cereals contain a considerable proportion of it.

Now we wish to know something about the proportion in which we should use these different foods.

Since it has been demonstrated that muscular activity uses up the carbonaceous or fuel foods rather than the protein foods,² it is evident that the larger proportion of our food should consist of carbonaceous food, only enough of the protein food being required, after the body has reached its growth, to repair the waste of the body tissues, which is small. About one eighth of the food we eat should consist of protein or building food; another eighth may consist of fat; and the rest, or three quarters, should consist of starch and sugar, mostly starch.

Therefore, since we should choose warmth-and-work foods so largely, one or two eggs, a glass of milk, a helping of beans, or a few nuts will furnish all the building food that is needed at a

meal. The rest of the meal may consist of warmth-and-work foods and foods that supply bulk. When a pound cake of butter is cut into thirty-two equal pieces, each piece weighs one-half ounce, and is about the size of the average serving of butter. If one of these pieces of butter is eaten at each of the three meals, this, with the fat that is taken in milk or cream and in the seasoning added to the various foods, or in salad or dessert, will supply all the fat that is needed.

It will be noticed that I am speaking about the *needs* of the body. A little more liberal supply of protein and of fat would probably do no harm. It has not been determined how large a proportion of protein is detrimental nor how small a proportion is dangerous to the health. But we are suggesting the amounts that we believe will support the body in the best of health and vigor. And the amount of fat may vary two or three ounces a day without apparent ill effects. I am also speaking of the normal, healthy person. In cases of sickness the doctor may prescribe very different proportions of the food elements.

If one wishes to omit butter from the diet, a level tablespoon of olive oil will take the place of butter, or a few ripe olives may be eaten, or a few nuts. The tendency in using olive oil or nuts is to use too large quantities of them. Olive oil, being liquid, is so easily poured on foods, and so easily eaten by those who like it, that some may take an excess without being aware of it till unpleasant symptoms are produced. And in eating nuts it is not always easy to be satisfied, especially if we like them, with a moderate quantity, as we have learned to be satisfied with a very little butter. Butter has been considered so indispensable a part of the diet that we are likely to forget that it is one of the most expensive. But it is true that olive oil is cheaper than the best butter, and yet we have looked upon olive oil as being too expensive for common use, and have thought that we could use it only in small quantities, as when prescribed by the doctor. I sometimes think this is largely a matter

of bringing up, for I am acquainted with those who have lived where olive oil is produced in large quantities, and they prefer olive oil to butter, and always use it when they can get it. To them olive oil seems the natural and butter the unnatural fat to use, as to most of us butter seems the natural and olive oil the unnatural fat to use.

But we must now consider the second of the two classes into which we grouped the food elements; namely, the cellulose and mineral elements. Apparently these very important parts of our food have been considered fit only to be fed to cattle, pigs, horses, and chickens, so we have refined them out of *our* food, and fed them to farm animals, thereby developing magnificent specimens of stock, while our own health has suffered decidedly from the lack of these elements. In a lecture given in Boston some time ago on the subject of the increased efficiency possible on a vegetarian diet, Mr. Ralph Waldo Trine said, in speaking of the importance of the cellulose in the diet, that the interior of our anatomy needs a daily scrub, as well as its exterior. A French physician has called spinach the broom of the stomach. We may call the cellulose in food the broom of the alimentary canal which sweeps it out and keeps it clean. Cellulose, being indigestible, is called the indigestible food element. Some may think it strange that we ought to eat anything indigestible, because anything indigestible is associated with indigestion. The word indigestible is applied in two ways: (1) To foods which tend to cause disturbance or "indigestion;" (2) to foods which pass through the intestinal canal without being acted upon by the digestive fluids. In order that the diet be not too concentrated, it should contain some indigestible matter, analogous to the "roughage" fed to stock. An insufficiency of indigestible matter in the food is a common cause of constipation. It has been noticed repeatedly in Europe that the coarse war bread has relieved a chronic tendency to constipation. One writer has called constipation the universal disease, and it is

almost universal among people who live on the diet of civilized nations. People who live on foods as nature supplies them, without removing the cellulose, are not troubled with constipation. Constipation, appendicitis, decaying teeth, cancer, and tuberculosis are diseases of civilized peoples, not of peoples who do not remove the cellulose and mineral elements from their food, and who do not live on too concentrated food. The foods that are lacking in cellulose are, milk, eggs, meat, white rice, white flour, and sugar, and the foods made from white flour and sugar, such as white bread, pies, cakes, puddings, and confectionery; and when the diet consists largely or almost wholly of such foods, constipation must follow. The foods that supply an abundance of cellulose are fruits, vegetables, whole cereals, and flours made from whole cereals.

Just at present it seems to be popular to try to overcome the lack of bulk in the diet by adding bran to many foods. In fact, that seems to be a fad just now, so that we have bran gems, bran bread, bran griddle cakes, bran cookies, and even bran cake. And it will not be surprising if, as is apt to be done with all fads, people overdo the matter, and harm themselves by using too much bran. If those foods were used that contain an abundance of cellulose, and those avoided from which the cellulose has been removed in the process of preparing them to be eaten, it would not be necessary to add bran to foods. But if people *will* eat largely of refined foods and food lacking in cellulose, the use of some bran may be a help. For those who would like to try them, recipes for bran gems and bran bread are given.

We have not yet come to our real subject, how to choose balanced meals. We have only been leading up to it. In the next article we shall have some interesting things to say about the mineral elements in food, and their importance, and shall try to show plainly how to choose well-balanced meals, illustrating what we say by sample well-balanced and ill-balanced meals.

Bran Gems

(One dozen)

- 2 tablespoons cooking oil
- 2 tablespoons molasses
- $\frac{3}{4}$ cup milk
- 1 egg
- 1 cup wheat bran
- 1 cup white flour
- $\frac{1}{2}$ level teaspoon salt

Separate the white from the yolk of the egg. Beat together all the ingredients except the white of the egg. Beat the white stiff and fold it in last. Bake in hot gem irons.

Bran Bread

(Two small loaves)

- 1 pint lukewarm water or milk
- 1 cake compressed yeast
- 1 quart sifted pastry flour
- $\frac{1}{2}$ cup vegetable cooking oil
- 1 cup brown sugar
- 2 level teaspoons salt
- $3\frac{1}{2}$ to 4 cups bran
- 1 cup seeded raisins

Dissolve the yeast cake in the warm water or milk. Stir in the pastry flour, and beat till the batter is smooth. Cover this and set it in a warm place to rise, allowing it to rise very light. After it has risen, beat together the oil and sugar, and add them and the salt and bran to the light sponge, and beat together well; then stir in the raisins, which have been washed and drained. This should not be so stiff as dough, but should be more like a

batter. Put into two oiled bread tins. It should not be deep in the pans. The bread is better if the loaves are not thick. Let rise about one-half inch. Bake in a slow oven about one hour.

Milk, of course, makes the bread better than water, and a lard-like vegetable shortening makes the bread better than oil.

¹The word element is thus used in some textbooks. Perhaps a better expression is "food principle," as the word element is more properly used to distinguish the simplest chemical substances, such as nitrogen, mentioned in this article. It is proper to speak of carbon, hydrogen, oxygen, and nitrogen as elements, and of protein, fat, carbohydrate, etc., as "food principles;" but we have left the word element as the author has used it in this article.

²It should be remembered that protein contains a certain nonnitrogenous portion, which on the breaking up of the protein becomes a carbohydrate (or sugar), and serves as a fuel food. Even the purest protein is not entirely used in tissue building. A diabetic who is given no carbohydrate, neither starch nor sugar, may still pass sugar which comes from the proteins he eats. The carbohydrates are known as "protein spacers," for the reason that when an insufficiency of carbohydrate is eaten, the body uses up the protein for fuel. Protein is certainly an expensive fuel from the viewpoint of dollars and cents, and it may be expensive from the viewpoint of health.



Courtesy Florida East Coast Railway

AUTOING ON ORMOND BEACH, FLORIDA

One of nature's great speedways.

EDITORIAL

THE OLD-AGE DISEASE

IN an article on "Cardiovascular-Renal Disease" (another name for arteriosclerosis), which appeared in the *Medical Record* of October 15, Dr. Louis Faugeres Bishop, of New York, ascribes the condition to sensitization of the body cells to certain proteins, caused by severe illness, a period of great nervous strain, or some acute food poisoning. That is to say, after some crisis in the life, certain of the proteins which before that time were harmless, act as poisons.

Dr. Bishop is therefore a firm believer in dietetics and general hygiene, hydrotherapy, rest, and exercise in the treatment of those changes in the heart, blood vessels, and kidneys, whose advent ushers in premature old age.

One of the symptoms of this condition is pain in the region of the heart. According to Dr. Bishop, "A very unfortunate habit of the profession often refers these pains to disorders of stomach digestion, and leads to neglect of the proper dietetic and physical hygiene until organic changes in the kidneys and blood vessels are so far advanced that cure is difficult." He continues:—

"Particularly unfortunate is the fact that the close relationship between the innervation of the stomach and the heart leads in most of these persons to a gastric neurosis accompanied by the production of large quantities of gas. So thoughtless people from time immemorial have blamed serious heart disorder upon a supposed fermentation of the stomach, while in fact the stomach neurosis was secondary to a real disturbance of metabolism involving the heart muscle. Hence nine times out of ten the early stages of cardiovascular-renal disease are treated as a disturbance of gastric digestion."

Bishop believes that the single safe protein to use in all cases is milk, "which is the only protein provided by nature exclusively for food purposes." "My experience leads me to believe," continues Dr. Bishop, "that practically all well-advanced cardiovascular-renal sufferers are sensitive to meat protein, that nearly all are sensitive to fish protein, and that a large part are sensitive to egg protein. The single exception seems to be with the flesh of fowl, which is tolerated by many who cannot tolerate meat or fish." He follows this with a statement which may be read with incredulity by some, but which, nevertheless is the result of careful observation, not only by Dr. Bishop, but by others.

"In the presence of severe disease, all kinds of fish, meat, and stock soups should be excluded."

This, according to the doctor, leaves the patient practically all the fruits, vegetables, cereals, fats, and oils, with every kind of milk product, excluding only such foods as he finds from actual experience to disagree with his stomach.

Dr. Bishop's second indication in the treatment of these cases is to keep the intestinal tract clean. His preference is for castor oil, which at the beginning of treatment he gives in full-ounce doses, every day for three days, then at the

end of a week, then in two weeks, then three weeks, then monthly for a long time.

His third indication is exercise. "Exercise constitutes the best cardiac stimulant, the best pulmonary excitant, and the best remedy for intestinal inactivity. I am accustomed to tell people with high blood pressure that bodily fatigue judiciously obtained outdoors is the best antidote for their condition."

And this, by the way, is not far from the treatment given at well-conducted sanitariums—a diet excluding the dangerous proteins, treatment to eliminate the poisons from the bowel, and judicious exercise.

And here is Dr. Bishop's criticism of the attempt to treat this condition by the use of drugs or other specifics:—

"The great enemy of the cardiovascular-renal patient is the supposed specific, whether it be electricity, radium, some fantastic combination of salts, or the latest combination of iodine. The road to restored health is rugged and beset with discouragements, but the comfortable byway offered by the supposed specific has led to the subtraction of many years of life from persons who have been so unfortunate as to rely on them to the neglect of the essentials of treatment."



Courtesy Southern Railway

NEAR COCOANUT GROVE, FLA.



Automobile Accidents

THE Medical Record, in its issue of August 7, calls attention to the increasing frequency of automobile accidents, and expresses regret that there are not more adequate laws to regulate automobile traffic. In New York, for instance, chauffeurs must pass a fairly rigid examination before receiving a license, but owners may operate a car without passing any examination. As a consequence, an irresponsible youth or a reckless schoolgirl may travel unmolested through the congested parts of the city, or speed along country roads.

But examinations into the knowledge of drivers of automobiles will not by any means eliminate all the unnecessary accidents. A considerable proportion of accidents occur to persons who are perfectly familiar with the technique of motoring, and who are, in fact, skillful drivers, but who belong to the class known as "alcoholics." They are men who drink "moderately" but constantly. They never drink "to excess," perhaps, and are always able to "navigate themselves."

They are men who are "off color" unless they are braced up with something stronger than water, a good deal stronger; and from the feeling of being below par, which necessitates the drink, they become just a little overconfident, and, at the same time, as careful laboratory experiment has shown, their nerves are not so dependable as are the nerves of a normal person. A great many times they escape accident, but, sooner or later, in an emergency their nerves fail them, and we read of a party of four or five, some killed, all injured, and the car smashed.

The reporter does not think it worth

while in writing up the accident to tell of the drinks at the roadside house before the accident, for the ordinary opinion is that so long as a man is able to get into his machine unassisted he is capable of running a car.

Specialists have learned, and it will be a good day when legislators also learn, that a man does not need to be drunk in the ordinary sense of the term in order to be a very dangerous man when at the steering wheel of a motor car. It has been found necessary to eliminate drinking men from the force of railway engineers. A law that would refuse a motorist's license to all men who are steady (even though "moderate") drinkers, would materially lessen the number of automobile accidents.

In another department is given an account of some recent accidents caused by the use of liquor. These have been clipped from the daily papers, and one does not have to read far to find such accounts. Many of the accidents that are not attributed to the use of liquor are caused as the result of "moderate" drinking. One does not have to become "tipsy" in the ordinarily accepted sense of that term in order to be a menace when handling a car. The laws imposing a heavy penalty for operating a motor car when drunk are to the point, but there should be some means of prohibiting the operation of cars by those who have taken alcohol in any amount. Such a law would be a real "safety first" measure.

Too Vigorous Mouth Hygiene

BASS and Johns in their recent book, "Alveodental Pyorrhea," call attention to the importance of wounds of the gums

in the production of pyorrhea. They assert that any unusual roughness in the use of floss silk, or of the toothpick or the toothbrush, especially if the brush is used from side to side instead of from the gums toward the ends of the teeth, by causing a small erosion of the mucous membrane, may permit the entrance of endamebas, and thus pave the way for pyorrhea. It is for this reason that the *Medical Record* of September 18 warns in an editorial article against the too-enthusiastic use of the toothbrush. Though the bristles of a toothbrush appear to the naked eye to be harmless, they resemble coarse nails when seen under the microscope. Many of them are sharp-pointed, and can hardly fail to injure the tissues of the gums. The softer the brush, the less the injury, especially if the brushing is done from the gums toward the ends of the teeth.

For the removal of tartar, energetic brushing is not necessary, say Bass and Johns. In order to remove food from between the teeth, the brush is of little use, and floss silk is likely to injure the gums. They advise to rinse the mouth, forcing the water between the teeth several times.

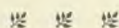
These men also condemn the use of tooth powders and tooth pastes, which, they say, injure the gums. Though the enamel is hard enough to resist the erosive action of most of the powders, the roots, if exposed by recession of the gums, are gradually worn away if a dentifrice of this nature is used.

One definition of the word expert is: A man who differs from other men on a given subject, and can give good reasons for doing so. This is about the idea that the common man is likely to get of the experts; for their main function seems to be to differ from everybody else.

With so many discordant, and sometimes strident voices, what is the poor layman to do? In the schools, they are educating the youngsters to take their calisthenics with a toothbrush, one end being in the mouth; and now come along Drs. Bass and Johns, who believe that they have discovered the cause of pyor-

rhea, otherwise known as Riggs's disease; and they are trying to make us believe that in our attempt to keep the mouth healthy, we are favoring the entrance of disease.

Probably these men are right in this contention; for it is a noticeable fact that pyorrhea is not at all confined to those who have neglected their teeth. We find it not infrequently in cases where there has been the most careful attention to mouth cleanliness.



Treatment of Constipation

At the seventeenth annual meeting of the American Proctological Society, Dr. Lewis J. Adler, Jr., of Philadelphia, read a paper on "Constipation With Especial Reference to Treatment," in which he called attention to the fact that the intestinal tract is the chief sewer of the body, requiring as much attention as the plumbing in one's dwelling.

According to Dr. Adler, constipation is a relative term, the standard for health in one person who has a movement every other day being perhaps as perfect as in the individual who has two normal movements a day.

One of the chief causes of constipation, says Dr. Adler (and there are many physicians who agree with him), is the frequent neglect to respond promptly to the calls of nature, and the pernicious habit of resorting to purgative medication.

He calls attention to the difference between constipation and obstipation. In constipation there is a disturbance of function in some part of the bowel, but the anatomy may be normal; while in obstipation there may be normal functioning, but some growth, or constriction, or flexure, or foreign body in the intestinal canal obstructs the fecal current. While these conditions may produce the same symptoms, the treatment is entirely different.

He laid particular emphasis on the treatment of constipation by nonmedicinal means, and advised that all conditions, general or local, which interfere

with the patient's health should be removed, and that diet and hygiene should be given careful consideration. He believed that when massage is employed, it should be carried out by the physician himself and not by a masseur. In this latter suggestion, he may be in the right, but there is a question whether some masseurs would not do better work manipulating the abdominal viscera than many of the physicians.

Diet and Cancer

IN an article, "Protein Absorption as a Factor in the Causation of Cancer," which appeared in the *New York Medical Journal* of August 21, Dr. J. W. Beveridge, of New York, concludes with the following:—

"It will not be exaggerating to say that cancer is essentially a disease of civilization. With the advance of civilization has come into vogue a mode of living which is the reverse of simple. Luxurious or self-indulgent habits have permeated the whole population of civilized countries; and the more prosperous and the more highly civilized the country is, the more do these habits prevail. A very large variety of food is eaten, and indulgence in eating and drinking is the rule rather than the exception. As noted previously, the consumption of animal food has greatly increased; and despite the contradictions of those who oppose the theory that eating too much protein food is a cause of cancer, it appears to be more than a coincidence that in the countries in which the most meat is eaten there is cancer the most common. Other articles of diet, such as alcohol, coffee, and tea, may be responsible for perverted metabolism, with its melancholy sequelæ, but meat is the most conspicuous of all. . . ."

Whether or not the excess of meat in the diet is in fact the cause, or a prin-

cipal cause, of cancer, may not be definitely proved. The arguments brought forth thus far in favor of the dietetic causation of cancer cannot be held to be a demonstration. But so long as there are facts which seem to substantiate the theory that meat eating is a cause of cancer, and as it is known that a high protein diet is injurious in other ways, it would seem to be the part of wisdom to arrange the diet along rational lines.

Terminal Humor

WERE it not that they have been vouched for by the *Michigan Bulletin of Vital Statistics*, one would naturally believe that the following answers, given under the heading "Cause of Death" on death certificates, had been invented by professional jokesmiths. The jokes, in most instances, having been perpetrated innocently and "without malice aforethought," are the more irresistible:—

"Went to bed feeling well, but woke up dead."

"Died suddenly at the age of 103. To this time he bid fair to reach a ripe old age."

"Do not know cause of death, but patient fully recovered from last illness."

"Deceased had never been fatally sick."

"A mother, died in infancy."

"Died suddenly, nothing serious."

"Pulmonary hemorrhage—sudden death. (Duration, four years.)"

"Kick by horse shod on left kidney."

"Don't know. Died without the aid of a physician."

"Deceased died from blood poisoning, caused by a broken ankle, which is remarkable, as his automobile struck him between the lamp and the radiator."

"Blow on head with ax. Contributory cause—another man's wife."



OUR WORK AND WORKERS

A TREATMENT ROOM EXPERIENCE

L. A. Hansen

WE were conducting treatment rooms in a Southern city, and a favorable word was going out concerning the work we were doing. Several doctors, quite a few lawyers, professors and bankers, two or three college presidents, a railroad president or two, ex-mayors, congressmen, and other leading persons were on our list. With such a patronage our business seemed to bid fair for a good support.

But our work went only by dint of hardest effort, long hours, and the closest attention. It was a conservative city. Our treatment rooms were the first of the kind, and pioneering had its drawbacks and its obstacles. People did not try the new thing simply because it was new. We had to demonstrate the value of our baths and massage, as far as most of them were concerned. The ladies especially hesitated; going to a public bath or treatment place was rather against their timidity.

There came a chance to give new evidence of the efficiency of rational therapeutics in the case of a certain woman whose husband told us that she had suffered much from her own troubles as well as from the many and varied remedies that had been tried on her, all to no avail.

The patient was rheumatic, strongly so, and she was very large besides, so there was a great deal of the rheumatism to deal with. It seemed that every known "cure" had been used, and some that were to most persons unheard of. She had slept in the skin of a newly killed dog, and had carried rabbits' feet, horse-chestnuts, and many other charms. Oils and liniments unnumbered had been rubbed on.

The woman was now at the point of constant suffering, with excruciating

pain, and the situation was no joke to her, as ludicrous as were some features of the case. Four persons were required to turn her over, and even then it meant great suffering to her. We could promise nothing in the way of a cure, but said we would do what we could. With this the husband agreed to do what he could to get her to the treatment rooms.

She came. A carriage drove up, and our double doors were opened to admit her as she was carried in. In the meantime a large crowd was gathering, as when an ambulance stops. She gave expression to her suffering in a way to admit of no doubt that we had an interesting case on hand.

The women attendants took charge of her, and managed to put her through a good course of eliminative treatment by an electric light bath, shampooing, and spraying. The many applications aforementioned having been accompanied by a very faithful avoidance of bathing in any form, this kind of treatment was evidently needed. Other measures of relief were also applied.

The husband returned at the appointed hour, and what should he find but his wife walking out, unassisted, to meet him. The trip home was made in comfort, and soon it was noised abroad that the woman could walk. The next day, being the fourth of July, many people came to see the former bedridden patient, and she must needs show each caller what she could do, walking, again and again, the length of the long veranda.

Though our friend paid for a twelve-course ticket, eight treatments were sufficient to put our lady fully on her feet. The advertising value of this case may be imagined. It was thought little short of a miracle that such a long-standing — or should we say long-lying? — case

should show such marked results from a single treatment.

Of course we recognize that the favorable results were due largely to getting the patient well cleaned and on a different program than the one she had been following. But doing the proper thing belongs to rational therapeutics, and using common sense is a part of good cure. And there are many persons doing things

just as foolish as was this woman, and they can very likely get well, too, when they do the sensible thing.

A part of the mission of our sanitariums and treatment rooms is to make plain natural law and urge obedience thereto. This will put people in the way of doing common sense things, and will do away with much doping and self-drugging that only prolong the trouble.



SANITARIUM NEWS NOTES

THE sanitarium at Watford, England, is crowded with patients, and is doing exceedingly well.

W. J. Walter, recently of the Hinsdale (Ill.) Sanitarium, is contemplating entering upon treatment room work, and is interested in finding a suitable location.

The treatment rooms formerly operated by Dr. J. L. Maroon at Portland, Maine, have changed hands, and the present owner is looking for a doctor or nurses to take charge of them.

Dr. A. B. Dunn, assistant physician at the Chamberlain (S. Dak.) Sanitarium, recently passed through Washington on his way to New York, where he will take postgraduate work. He reports the sanitarium doing a good business.

Mr. B. W. Spire, the genial business manager of the Florida Sanitarium, at Orlando, was connected with pioneer medical missionary work in the South, rendering able assistance in connection with the establishment of sanitarium work at Nashville, Tenn.

The Caterham (England) Sanitarium has had by far the best summer season it ever enjoyed. The influence of the work is extending on every hand. Other physicians are being attracted by the work of the institution, and even among the most famous of the London specialists is seen a friendly attitude and hearty support.

Several nurses and doctors are engaged in treatment room work in Florida. The natural attractions of this State as a health resort are many. The establishment of the Florida Sanitarium at Orlando has marked an advance step in offering health resort advantages to those visiting Florida.

Mr. R. R. Cook, of the Boulder-Colorado Sanitarium, recently had our department office arrange for a set of stereopticon slides illustrating missionary work in India. They have been sent, and Mr. Cook is probably now interesting sanitarium guests and others by giving talks on that field, in which he spent several years as a missionary.

The managing board of the St. Helena Sanitarium, St. Helena, Cal., has authorized the immediate erection of a four-story building, forty by eighty feet, to accommodate treatment rooms and medical offices. It is hoped to have it inclosed by the time the heavy rains set in. The many friends of the St. Helena Sanitarium will be glad to know that its growing work demands enlarged quarters.

The Hospital Training School for missionary nurses of the Nebraska Sanitarium at Hastings, Nebr., sent us a very beautiful printed invitation to the graduation of its last class. The graduates were Violette Lillian Ball, Myrtle Lavance Burris, Martha Angeline Carmony, Marguerite Vesta Graybill, Mary Louise Happel, Clara Susie Kopp, Mabel Edna Lindholm, Fern Louise Locke, and Alice Belle Reed.



GROWING PINEAPPLES, ORLANDO, FLA.

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.

Thyroid Gland.—"Please explain in your magazine the function of the thyroid gland."

There are several glands whose functions until quite recently were unknown. The better-known glands secrete fluids which perform some office in the alimentary or other passage, or on the skin. As these other glands, such as the thyroid and the superrenals, have no duct for carrying away a secretion, they were known as "ductless glands," or "internal secretion glands." That they secrete substances important in the body economy is now well known; but these secretions are thrown into the blood current.

The best known of these internal secretions is that from the superrenal bodies, which has the important property of constricting the microscopic arteries and increasing the blood pressure. This secretion is very much used in medicine, particularly in local applications. For instance, when the nose is stopped with a cold, a very small application of a dilute solution to the mucous membrane will almost instantly open the air passages. It stands to reason that such a powerful remedy should be used under the advice of a physician.

This superrenal secretion and similar secretions are known as hormones. They act in some way as yet unknown, over distant parts of the organism. In fact, these hormones go wherever the fluids of the body go, and there do work formerly supposed to be done entirely by action of the nerves. The thyroid secretion is a hormone. As yet its functions are imperfectly understood. In patients in whom the thyroid is deficient, there is a condition known as myxedema, in which there is a tendency to bloat. There may be rheumatic pains, some mental dullness or stupor, and other symptoms. On the other hand, when the thyroid is overactive we have a condition known as exophthalmic goiter, in which the gland itself enlarges, the eyes bulge out of their sockets, there is great rapidity of heart action, and the patient is extremely nervous.

There are some authors who believe that some of the manifestations commonly present in old age are due to thyroid deficiency. One author in particular advocates this theory, and urges that aged persons drink freely of milk, for the reason that milk contains a minute amount of thyroid secretion.

It is now known that the secretion of one of the ductless glands may affect other ductless glands—that they form a closely inter-related system, one gland either antagonizing or else assisting another, and all so nicely balanced that disturbance of one may cause disturbance of all. Owing to this fact, any attempt to give treatment by means of organic extracts may possibly do more harm than good, provided the one who is giving the treatment does not fully understand his subject.

Tuberculous Milker.—"Is it safe to use milk when the man who cares for the cow and does the milking is known to have tuberculosis?"

If raw milk is used which has been handled by a tuberculous milker, there is opportunity for transmission of the disease, and this would be especially likely where the milk is used by children. If the milk is *properly* Pasteurized, the tuberculosis germs should be destroyed. Personally, I am of the opinion that milk "brought to a boil" is safe for all practical purposes. I am aware that in this country boiling milk is considered to be inferior to Pasteurization, but in England it is believed that boiling is an efficient protective against disease germs, and that it does not cause scurvy or rickets. Many of the foreign mothers in our large cities habitually boil their milk, and I am told that they do not have so much trouble with their babies as do those who do not boil their milk.

It is only proper to state here that no person who has tuberculosis should be allowed to handle milk. Some tuberculosis patients have been so educated in cleanly habits that they might be safer as milkers than some more healthy but more careless persons; but as a rule the tuberculosis patient does not take his disease seriously enough to attempt to protect others against it.

Is Hay Fever Contagious?—"Do you think harmful results may come to children whose teacher has hay fever?"

Hay fever is not a transmissible disease, or, as we commonly say, a "contagious disease." It is not a germ disease. There is a heightened susceptibility to certain pollens; and when these pollens are in the air, there is likely to be an attack. Some persons are susceptible to



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.

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one kind of pollen, some to another, and for this reason the hay fever season varies with different individuals. This is also the reason why a person has his attack just about the same time each year.

There may be an element of mental suggestion that helps bring the attack at just a certain day of the month, but this is not at all certain. There is also the possibility that mental suggestion may bring on something of a similar attack if a very susceptible person witnesses another person in the agonies of a distressing hay fever, just as one person yawning may influence a number of others to yawn. It is said that in epidemics of cholera, some susceptible persons through fright are attacked with what appears to be cholera, though they may not have any of the cholera germs in their bodies. I can understand how such a mental influence might affect some school children. It would affect others with a spirit of imitative mischief. And if there is pollen in the air, the chances are that pupils who seem to be affected by the teacher are affected in the same way that he is, that is, by the pollen.

Malt Sugar.—"Kindly inform me as to the comparative healthfulness of malt sugar. I cannot use much sugar safely."

The healthfulness of sugar depends largely on the individual. Some persons are able to eat fruit freely. Fruit sugars are supposed to be very healthful. There are, however, persons who can eat no fruit, or very little at best, and who, if they indulge a little too freely, have a few days of experience that they will remember for a while. This is a fact that the enthusiasts for fruit sugar are prone to overlook.

Perhaps the same may be said of malt sugar. As with fruit sugar, this may in many cases be superior to cane sugar; but any sugar eaten in excess of the physiological requirements is apt to go wrong. Sugars are fermentable; and if eaten in quantity, are likely to start a veritable yeast pot of fermentation before they are absorbed. Some sugars are more easily fermentable by one type of germs, other sugars by other types of germs. Different persons vary as to the type of germs they harbor, and this may account for the varying action of the foods they eat. For this reason one person may tolerate one kind of sugar, another person another kind of sugar. I have known of persons who, though they could eat a quantity of cheap candy with apparent immunity, were apt to have difficulty if they ate even a smaller quantity of sugar in the shape of fruit.

As malt sugar is usually made at a low temperature, in order not to destroy the diastase, it is impossible to have it germ free. Whatever germs are present in the original grain, and any that are gathered in the process of manufacture, remain in the malt. As a rule these may be harmless germs, but there may be some present that will start energetic fermentation as soon as the malt reaches the proper dilution. This is not to say that malt sugar is not a good food. It is an excellent food, and, in some cases may be the best sugar, or the only one permissible for certain patients.

Noise in Ears.—"For about three months I have had noises in my ears like the chirping of a cricket, but constant. Have had catarrh for years. A steam bath increases the noise."

"This may be middle ear trouble due to extension of the catarrh. In order to be certain as to the cause and the proper treatment, you should consult an ear specialist. In some cases noises in the ear are accompanied with deafness; in other cases the hearing is not materially altered.

Health Food Therapeutics.—"I have been suffering with laryngitis complicated with a lazy, torpid liver, and should like to have sent to me, C. O. D., samples of health foods that will fit my case."

"Health foods" are not curative. There are many persons who think that there must be something in a bottle that will cure their trouble, if only they can find the right bottle, and who spend their lives, the remainder of their health, and all their spare money in search for this magic elixir of life. There seems to be a tendency to transfer this faith in drugs to the health foods; and I fear that this tendency has been fostered by some who know better and who ought to be in better business. From some of the lists of questions regarding symptoms, sent out to prospective buyers of health foods by institutions controlled by men supposed to be above the tricks of the patent medicine man, one finds it hard to draw the line between the out-and-out patent medicine, and the health food that poses as a patent medicine.

There are no "health foods" in the sense that they are curative of certain diseases. If you have "laryngitis complicated with a lazy, torpid liver," it is possible that you have tuberculosis or something that requires more than a "health food" to cure it. At any rate, it would pay you, I think, to consult the most competent physician in your community, and learn what is the matter. Remember that there are physicians and physicians—some who hastily write a prescription to meet present symptoms, and others who make a careful examination to learn the underlying causes of the trouble before attempting treatment, and who do what they can to remove the cause. If you fall into the hands of a physician of the latter type, you are fortunate.

It is the purpose of sanitariums to do this kind of work; that is, to rebuild the patient, not simply to mitigate certain annoying symptoms.

In writing the above, I am not saying anything against the proprietary foods as such. There are many excellent foods, foods that are especially adapted for certain types of disorder, perhaps. The bran biscuit or cracker, the Graham zwieback, the flaked whole-grain foods, and many others have their use, and a valuable use. But there is no special food for earache, laryngitis, or a pimple.

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SOME BOOKS

Textbook of Materia Medica for Nurses, compiled by Lavina L. Dock. Fifth edition, revised and enlarged. Cloth, 340 pages, \$1.50. G. P. Putnam's Sons, publishers, New York and London.

In the effort to bring the last edition of this book up to date, new drugs and new preparations of drugs have been added, and much recent material on alcohol, salts, and other substances has been incorporated; changes in dosage have been made in harmony with modern experience; an attempt has been made to improve the therapeutic classification of drugs; new tables have been added; information has been given on serum therapy and organotherapy; and notes have been added on the hypodermic administration drugs, on emetics, and on the treatment of poisoning.

For institutions where reliance is placed on the use of drugs, this is a very desirable textbook, though there might be some question as to the propriety of teaching nurses so much materia medica.

Human Motives, by James Jackson Putnam, M. D. Cloth, 179 pages, \$1 net. Little, Brown & Co., publishers, Boston.

This is one of a series of handbooks, to be written by eminent specialists and edited by H. Addington Bruce. They are designed to present the results of recent psychological research and clinical experience in a form intelligible not only to the medical profession, but to the laity as well.

The present volume, though introductory and somewhat general in its nature, attempts to focus the attention on the contributions of modern psychology to the solution of life's problems. Attention is particularly drawn to the psychoanalytic movement and the work of Professor Sigmund Freud and his followers.

One can hardly read this book without acquiring a new conception of the motives back of his words and acts.

What to Eat and Why, by G. Carroll Smith, M. D. Second edition, thoroughly revised, 377 pages, octavo, cloth, \$2.50 net. W. B. Saunders Company, publishers, Philadelphia and London.

The aim of this writer has been to place before medical students and practitioners a book describing the fundamental elements of food and the principles underlying its use, the essential reasons why a change in diet in certain diseases is desirable, and how this change may be made in the most practical and time-saving way.

The author has tried to make it clear that the chief questions to be settled in arranging

the diet for a patient are two: First, how much protein should be given? and, second, What shall be the proportion of fats and carbohydrates?

In the introduction the essential principles of dietetics are given in a simple but comprehensive way; then follows a chapter on exercise, and chapters on the dietetic treatment of obesity, emaciation, gout, rheumatism, heart disease, digestive disorders, typhoid fever, etc.

In the opinion of the writer of this review, the author is altogether too favorable to the use of alcohol in middle age, though he speaks of its pernicious effects when used by those under the age of thirty.

T. B. Playing the Lone Game Consumption, by Thomas Crawford Galbreath. 73 pages. Cloth, 50 cents; paper, 25 cents. Journal of the Outdoor Life Publishing Company, publishers, 289 Fourth Ave., New York.

This is a story, told in fascinating style, by a young man who has been through the entire round of "chasing the cure," in which the author relates the mistakes connected with his early efforts to get well, with their results, and of his determined and persevering fight for life and health, which was eventually crowned with success.

One who begins the perusal of the book is not likely to lay it down willingly until it is completed. To many who are falling victims to the little germs of the white plague this little brochure is destined to prove an inspiration, an incentive to continue the fight courageously, and a guide.

Tobacco, by Bruce Fink. Cloth, 123 pages, round corners, 50 cents postpaid; paper, 25 cents postpaid. The Abingdon Press, publishers, New York and Cincinnati.

This is a neat pocket compend, giving the views of experts such as physicians, business men, and educators.

Among the subjects treated are, "Tobacco and Delinquency Among Boys," "Tobacco and Degeneracy," "The Attitude of Business Men Toward Tobacco," "The Money Spent for Tobacco," "The Relation of Tobacco to Other Drug Habits," "Tobacco in Colleges and Universities," "The Smoking Man and His Influence," "Diet and the Tobacco Habit," and "How to Combat the Tobacco Habit."

This is a good book to place in the hands of young men. Facts and statistics are given which must be convincing to any one who is desirous to know the truth regarding the effects of tobacco.

At the end is a useful bibliography of anti-tobacco literature.

NEWS NOTES

Award to Mothers.—In Germany there is evidently a growing impression that mothers who furnish to the nation a group of healthy children will fill "a long-felt want." The province of Düsseldorf has recently been presented with a fund of \$25,000, the income of which is to be used for awarding mothers who have four well-kept children under fourteen.

Vaccination Law Stands.—The New Jersey commissioner of public instruction, pointing out that the statute requiring vaccination is mandatory and gives no discretionary powers to the board of education, dismissed an appeal of a man whose son had been excluded from school because of refusal on the part of the father to permit the boy to be vaccinated. According to the law, the boy must either be vaccinated or remain away from school.

Anonymous Infants.—The North Carolina records show that in that State more than seventy-two thousand infant births have been recorded with no name attached. The authorities have made an urgent request to physicians to have parents name the baby before the time of filing the birth certificate. If parents realized how much it may mean to a child in after years to be able to establish its date and place of birth, they might be more careful in complying with this request.

The United States of the World.—Dr. August Forel, the noted Swiss neurologist and antialcohol leader, is preparing a book with the above title. He is a strong advocate of universal peace, and his program includes the suppression of alcoholic liquors, the abolition of control of one nation by another, an artificial international language (he is an expert Esperantist, having mastered the language in a few weeks), woman's suffrage, complete religious tolerance, progressive disarmament, and maintenance of universal peace by effective combination against nations that violate it.

A New "Twilight Sleep."—It has been reported from Brooklyn, N. Y., that a physician of that city has evolved a new method of inducing "twilight sleep," which is no sleep at all, for the mother does not in any case lose consciousness. The method consists in the administration of nitrous oxide ("laughing gas") and oxygen, which seems to be a much more safe procedure than the administration of the narcotics as used in the regular "twilight sleep." The new method relieves the mother of all pain, never produces "blue babies," and has been accompanied by no fatalities to either mother or babe, so the newspapers reported, in more than one hundred cases.

Montague's Liniment Destroyed by Government Order.—In December an action was brought against an interstate shipment of this liniment, on the ground that the statements made on the packages were false, fraudulent, and misleading. No claimant appearing for the property, judgment of condemnation and forfeiture was entered, and the goods were ordered to be destroyed by the United States marshal.

American Muskrat in Bohemia.—It is not always safe to introduce an animal from its native country to another, as is evidenced by the results that followed the introduction of the English sparrow into this country and the rabbit into Australia. Now the American muskrat, introduced into Bohemia on the estate of Prince Colloredo-Mannsfeld in 1905, has overrun the country in a radius of one hundred miles, and has become a veritable pest with many evil traits not showing in its native habitat.

Sore Eyes From Face Powder.—In the *Annals of Ophthalmology* for July, Dr. Nelson M. Black describes a condition which he calls face-powder conjunctivitis, in which there is blurring of the vision, inability to use the eyes long for near work, severe and often intolerable itching of the lids, redness of the eyeball after rubbing the lids, swollen lids in severe cases, and a tough, stringy secretion. The trouble was traced to the use of face powder, probably driven onto the moist conjunctiva by means of the powder puff. The condition is relieved by flushing the conjunctival sac (under the lids) with a boric and normal salt solution, and the use of an ointment made of equal parts of lanolin and petrolatum.

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American Artificial Limbs.—The work done by American manufacturers of artificial limbs seems to be highly appreciated in Europe. In April a man was exhibited in Vienna who eight years before had been fitted with two arms and two legs in America, all of his limbs having been lost by gangrene. The man, who was able to dress, undress, and feed himself, to walk without a limp, and to cover more than eleven miles a day without a cane, is now being shown to the crippled soldiers as a sort of object lesson, to encourage them to make every effort to become self-supporting. A society has been formed in Paris to supply crippled soldiers with artificial limbs "made in America."

Use of Water in Prevention and Care of Tuberculosis.—According to S. Adolphus Knopf, recognized everywhere as an authority on tuberculosis, patients having this disease usually drink very little water. If they are induced to take from six to eight glasses of water daily between meals, and even in small amounts with the meals, nearly all the characteristic symptoms—constipation, high temperature, headache, malaise, loss of appetite, and cough—disappear or are lessened. This favorable action may be increased by eating an abundance of salt with the food. A glass of clear, cool water taken half an hour before meals is the best appetizer and stimulant for the gastric secretions. The external use of water is of even greater value than the inter-

nal use in the treatment of tuberculosis, says Dr. Knopf. This would indicate that hydrotherapy should be a strong feature of the tuberculosis sanatorium, as it is of the associated sanitariums conducted along the principles for which this magazine stands.

Coe's Cough Balsam Destroyed by Government.—Acting on a report by the Secretary of Agriculture, the United States attorney for the southern district of New York filed in the district court a libel for the seizure and condemnation of an interstate shipment of Coe's Cough Balsam, on the ground that the claims on the packages were false and fraudulent. As no claimant appeared for the property, judgment of condemnation and forfeiture was entered, and the product ordered to be destroyed by the United States marshal.

Alpine Herb Tea Held Up by U. S. Government.—The United States attorney for the eastern district of Pennsylvania, acting on a report of the Secretary of Agriculture, brought action against an interstate shipment of Alpine Herb Tea. It was shown that the statements on the packages regarding the therapeutic effects of the tea "were false, fraudulent, and misleading, in that said drug contained no ingredient or combination of ingredients capable of producing the effects claimed for it." The claimants paid the costs of procedure, executed a bond in the sum of \$800, and agreed to relabel the goods under supervision of the Department of Agriculture.

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TO

HEALTH AND TEMPERANCE

For 1915

Vol. XXX

Nos. 1-12

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