

Life & Health



WASHINGTON, D. C.

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Life & Health

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A CRIPPLED FRENCH SHEPHERD ON THE AMERICAN RED CROSS FARM AT LE LIEGE
Where French Soldiers Mutilated in the War are Re-educated. The Man on the Right is Captain Arnet, Director of the Farm.

Life & Health

HOW TO LIVE

Editor

H. W. MILLER, M. D.

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G. H. HEALD, M. D.

VOL. 34

APRIL, 1919

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The Code of Life

H. W. MILLER, A. B., M. D.

THE germ of influenza is fastening itself upon this generation in so intractable a form that only the closest scrutiny and the most direct attention to measures for race betterment can stem the tide of disease that now bids fair to sweep away great masses of our population. It may be safely estimated that before this journal reaches the readers the epidemic of influenza will have cost a million lives. This million represents in its larger half the most robust and stalwart of our men and women in the prime of life and those engaged in productive pursuits.

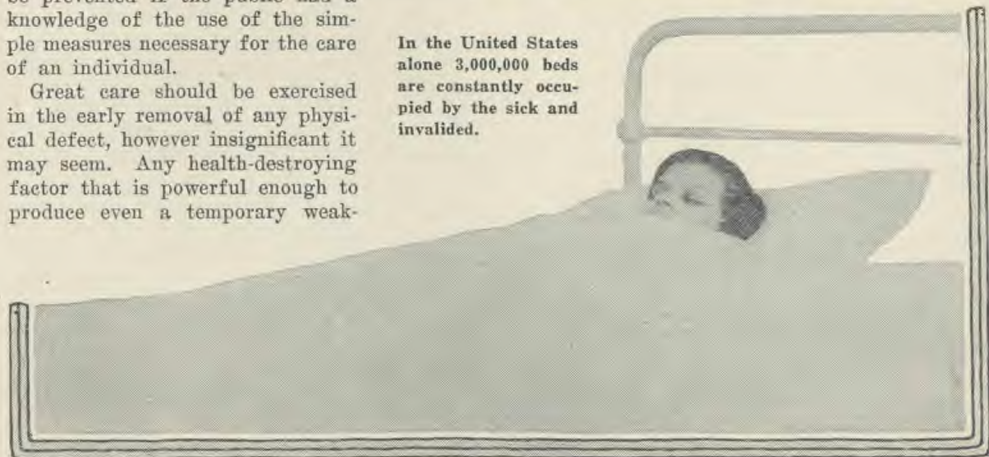
Our observations in this particular disease, which extend to over four hundred cases that have been treated in our institution and in near-by homes, with a very low mortality rate, —not so much as one in one hundred,—go to prove that the enormous death toll could easily be prevented if the public had a knowledge of the use of the simple measures necessary for the care of an individual.

Great care should be exercised in the early removal of any physical defect, however insignificant it may seem. Any health-destroying factor that is powerful enough to produce even a temporary weak-

ness, will, if allowed to continue, result in more serious and permanent trouble. A very serious disease is often the result of one of these so-called minor ailments,—a boil untreated becomes a carbuncle; a slight cold neglected develops into pneumonia or tuberculosis of the lung; simple ulcers of the stomach, uncared for, lead to cancer of the stomach and consequent slow starvation.

Every person has a tendency toward some physical defect. The early recognition of these tendencies should stimulate interest in their eradication. The man with a tendency to lung trouble should practice systematic chest development, and live out of doors, for tuberculosis is a house disease. Those who live in the open, taking into their lungs, uncontaminated and unheated, the vitalizing air in its natural form, know nothing of this dread disease. Yet

In the United States alone 3,000,000 beds are constantly occupied by the sick and invalided.



among civilized people it is becoming a veritable plague.

Valuable as they are, few have learned to appreciate life and health. Without health all other gifts are of little value. All possessions are relinquished when life ceases. When men and women finally awaken to the value of life, when nothing in their possession is too valuable for them to exchange gladly for an extension of life, it is usually too late for them to be benefited. Most fortunate is that person who early in his experience acquires an appreciation and a proper estimate of the value of life, and who labors for its extension to the longest possible period.

Men live or die in accordance with the way they relate themselves to nature's laws. Transgression of these laws, even by the most robust, brings physical and mental decadence. The man who signs a check against his bank account, reduces the amount of his credit; just so surely do wrong habits exhaust the surplus of stored vitality, with resulting health bankruptcy.

To emphasize the far-reaching effects of disease, and to call attention to the possibilities of disease prevention, I will give some figures taken from authorities on hygiene and sanitation.

The estimated death rate of the world is 37,500,000 a year. Of this tremendous army, about 30,000,000 die of infectious and contagious diseases, which we now consider to be preventable. The remaining 7,500,000 die of chronic diseases and diseases due to old age and natural decadence. In the United States alone 3,000,000 beds are constantly occupied by the sick and invalided. It is reckoned that 600,000 of the deaths that occur are certainly preventable in the light of modern hygienic knowledge.

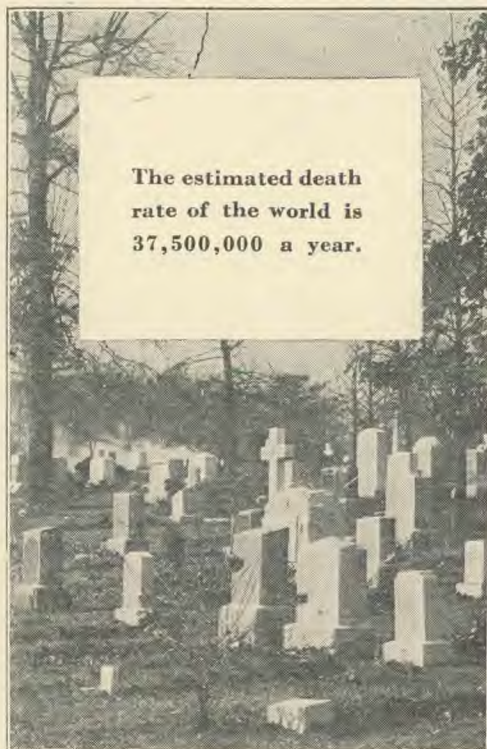
Statistics gathered in the present influenza pandemic have thus far shown that much illness can be prevented through certain protective measures known to the medical profession, but ignored and neglected by the people. There

are, however, in many homes invalids who seem to live on through all kinds of epidemics. On making inquiry as to the reasons underlying their preservation, it will be found that they take every precaution against infection, and have a great respect for those natural forces that impart strength and vitality to the race. There are means for the preservation of life within the reach of all.

There are two chief causes of disease: One, the exciting cause, is usually some specific poison or micro-organism, which, when it gains entrance to the body, causes disarrangement of the body functions. The second group, the predisposing causes, includes bad hygiene and neglect of the laws of nature. Other predisposing causes are due to heredity, which may mean bad hygiene on the part of ancestors. Illustrations are frequently found of how good sense and conscientious effort have overcome both these groups of causes of disease and have lengthened lives.

As an illustration of the first, — that of acute

infections as a cause of disease, — I will refer to the work that has been accomplished through typhoid vaccination. During the war with Spain there were 20,738 cases of typhoid fever among our troops. In other words, nearly one fifth of the entire American army had this disease, with a mortality of 1,580. In one regiment 400 men out of 1,300 died of typhoid fever. Think what a calamity it would have been to the United States army in the European War, to have had a disease so prevalent among the troops as occurred during the Spanish-American War. Owing to the precautions taken by the U. S. Army Medical Department in vaccinating all the soldiers, we have the proud record of not a single death from this disease among all the troops sent to the front, where they lived under conditions as trying as those during the Spanish-American War. In the present war in all the cantonments, in the trenches and on the battlefield,



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rate of the world is
37,500,000 a year.

there was scarcely a case of typhoid recorded, the exception being those cases which had typhoid previous to the time of vaccination. Thus one dread disease, which is still claiming thousands of our population, has been stamped out in the army, where vaccination has been enforced and scientifically carried out. The same results are possible in diphtheria, and equally good results have been accomplished in stamping out yellow fever. There has not been a case of yellow fever in the Canal Zone in the past twelve years. When the people at large make as great and as intelligent an effort to limit disease as the U. S. Army Medical Corps has done, the results will be just as marked.

These possibilities have been demonstrated in the cases of many people having a tendency toward tuberculosis or indigestion, who in the early stages of their illness made an earnest effort toward health betterment. The possibilities of restoring the function of an organ are very great when nature is given a chance. Long life is mainly the result of obtaining a knowledge of health principles, and conscientiously

practicing them. The man who is indifferent to the laws of hygiene—the moderate drinker, the excessive user of tobacco—is a poor risk for a surgical operation, and is most liable to succumb to acute infectious diseases. Such men show very little resistance or fighting power against the germs of pneumonia or influenza. How long we are to live is a question which we ourselves decide.

In addition to the personal responsibility of every individual for the care of his own health, the state holds every one responsible in the matter of the spread of disease to others. To the extent that the laws of health protect others from disease, do they become a legitimate part of the laws of the nation. Should there enter into the community a pirate or a company of pirates intent on murder or pillage, the state assumes the responsibility of protecting the community; as great a menace are those who go about with contagious or certain infectious diseases. Those who disseminate disease just as literally take the lives of their fellow men as the highway robber. Should a

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© Western Newspaper Union

American Soldiers Returning from France

bear or a lion creep into a home and destroy the life of a child, immediately the whole neighborhood would seek for this invader of the home until it was found and destroyed. Should a community be less concerned over certain restrictions placed on contamination by disease carriers, and the proper safeguard provided for the diseases that rob a home of a child, a father, or a mother? Should it not be considered the duty, and a retroactive benefit, of every citizen to co-operate with the local health boards, to report all contagious diseases and support all legislation providing for the disposal of disease-producing sewage, garbage, and other sources of contamination? Equally important would it seem that the state should go a step farther, and take supervision of the sale of poisons, stimulants, and narcotics, which are a great source of sickness and race deterioration, and a notable source of crime.

It is gratifying to see a growing movement in this land toward measures that are for the improvement of health and the safeguarding of life. This is evidenced in the contents of various health journals, in the newspapers devoting their columns to the consideration of health topics, by the frequent presentation of papers relating to public hygiene and cookery.

The Government is actively engaged in framing and passing laws for the protection of the people from adulteration of food products. Men and women are learning the value of rural homes, and are giving themselves more and more to manual labor and gardening, and all, even the poor, are providing themselves with window beds or sleeping porches. People are demanding certified milk, and this nation has now committed itself to national prohibition.

Much literature is being printed dealing with the harmful results of tight clothing, and especially of the pernicious practice of wearing high heels, and the number of popular books on health subjects in the libraries of the land is greatly multiplying. Such a movement is stimulated by the realization of the weaknesses of the race and the great evidences everywhere of race deterioration, and also by the tremendous possibilities of health betterment.

May this spirit of investigation grow until every home places emphasis upon self-preservation by procuring literature, which is so abundant, and, reading and studying it with an enthusiasm commensurate with the importance of life and health to the individual, to the home, and to the nation.

How is Your Health Account?

L. A. HANSEN

DEPOSITS	DRAFTS
Full Sleep	Days of Labor
Fresh Air	Special Jobs
Good Food	Emergency Tasks
Pure Water	Loss of Sleep
Moderation	Endurance Tests

YOU know what it is to do banking,—to put your money on deposit, have it accumulate and draw interest, and you draw on it as you need or desire. Sometimes there is the giving of a promissory note, and then the time when it falls due. There is such a thing as an overdraft,—drawing on one's account for more money than there is to one's credit. There are also assets and liabilities and other things about banking that you know about. In many ways, all this may be used to illustrate the working of health, and may set the health question before us from an angle that may help us to understand and appreciate it better.

Some of the analogies between banking principles and health principles are quite striking. There are some rules, or laws, about the two that work so much alike that one can well be used to represent the other. The likeness in

some of these is not one of mere figurative illustration, but of almost positive and definite similarity in fact. Let us look at a few of these.

In the first place, some people have a pretty good start on a bank account by inheritance. They may come into the world already rich, or wealth may be bestowed on them, so that without effort on their part a good sum may stand to their financial credit. And so with regard to health,—some people are fortunate enough to be born physically strong and with a stock of health, so to speak, that will last them some time. Or, some may get an early start in health because they are given proper health training and care when young.

Being born rich is no guaranty of staying rich, for one may, by misfortune, unwise investments, or extravagant living, use up his wealth. How long a man's wealth may last

depends upon how much he has and how fast he uses it. A spendthrift sometimes runs through a fortune in a little while. Because a person is well and strong when young is no positive guaranty that he can always be so, regardless of what he may do. Again, some misfortune or accident may rob one of health. Unwise and indiscreet living will use up one's health. Dissipation will drain physical resources fast, for fast living means living fast, but not long. How long one lives and how well, depend on the store of health and the way it is used.

The person who adds to his bank account by methodical saving and careful investment, is considered sure of financial success. He is regarded as a safe man in the business world. He wields a power and he knows his influence. He knows how far he can go in any financial scheme, and he is able to launch new enterprises or make further investments. The following of a careful, wise, and safe business policy means certain success, almost without exception.

The person who regularly and systematically takes care of his health adds constantly to it. Habits of careful living mean the accumulation of physical strength, the storing up of a reserve. The building of one's health is a definite process and has positive and sure results. It is the laying up of something that one actually possesses and may use. A man may trade on his health. He may be certain of having it, and may undertake tasks accordingly. Its wise use gives assurance of its increase, and of still further achievements. Following such a course makes a man a good health risk,—good for an insurance policy, and good for a lot of other things.

He who has a bank account may draw on it to the limit of what stands to his credit. If it is a large account, he can write large checks, and know they will be cashed. So with one's health account; it may be drawn upon to its

limit. If it is a good account, it will stand heavy drafts. Big tasks may be undertaken on the strength of it, and it will furnish capital to carry them through.

Your bank account can be overdrawn and will be when you make a check for more money than stands to your credit. The limit is a definite one, measured by what is on deposit. When the amount on deposit is used up, it is used and that is all there is to it. It is gone and you can't check on it. If you do, the bank will notify you that your account is overdrawn; and if the bank deals strictly, it will refuse to honor the check.

And so with your health account: it can be overdrawn. No matter how good the account is, it is possible to draw on it too heavily. That depends upon how much health you have on deposit—how much strength, vitality, resistance is yours. The limit may not be so clearly defined as in the case of your bank-book account, where you have

figures to look at; but there is a limit. If you go beyond the limit of physical endurance, you receive notification, perhaps not a strong one at first. Nature may seem a little more indulgent than your bank cashier, but she keeps a pretty strict account, and demands, in the end, a settlement.

Overdrafts on our health account may be in the form of unreasonable work; too long hours of either toil or pleasure, with short hours of sleep; overeating, or wrong ways of eating; the use of intoxicants, tea, coffee, tobacco, or other injurious articles, and by any other indulgence or violation which unduly taxes the system or its functions. Somewhere there is a balance between just what we can stand and what is too much for us. There are many ways of drawing on our strength. There are ways of replenishing it. If we draw strong enough, often enough, and long enough, without making deposits to cover what we take out, we shall come to the place where our supply is exhausted.



"The person who adds to his bank account by methodical saving and careful investment, is considered sure of financial success. . . . The person who regularly and systematically takes care of his health adds constantly to it."

Nature is good enough usually to warn us early that we are overdrawing. Symptoms of various kinds tell us that we are overdoing something, or not doing enough of something else.

We should watch our health account just as carefully as we do our bank balance, to see that it is properly maintained. A man may lose his money, but if he retains his health, he is still well off. If he loses his health, although he keeps his money, he is poor. The relative importance of the two is obvious. Health is the real wealth.

As a man is careful about drawing checks, and considers the value received for each check he draws, so should we be careful in the expenditure of health or strength, and know that the returns are worth the outlay. Indulgences may be attractive, but cost too much. Spending late hours in what may amount to dissipation is too costly for what we get out of it. Certain tasks of labor may net us returns, but not sufficient to cover the expenditure of energy. To see our physical capital running low is a warning of approaching poverty of health.

We make deposits to the credit of our health when we retire at a suitable hour, and secure a good night's rest; when we eat food that rebuilds our broken-down tissue; when we properly masticate, and do the other things that give good digestion; when we take into our lungs a good air supply; when we give attention to cleanliness; and when in many other ways we observe the requirements of health and hygiene. The practice of health principles adds constantly to our health account, and with the maintaining of a proper balance, there is no danger of overdrawing.

Sometimes emergencies require a man to work under an unusual strain, or he may have acquired this or that practice of intemperance, but promises that he will do better soon. He

may plan to take a vacation next month, or next summer, or next year. He may promise to give up smoking or drinking next New Year's. Such pledges are like promissory notes, and sometime they will fall due. If they are not met, there will come a time of settlement. It may mean foreclosure, and the man may find himself bankrupt. It is too late to pay up. His health is gone.

As in business a man may accumulate wealth until the time comes that he is independent, and need work no longer, but can enjoy life on what he has laid up; so in health a man may live healthfully until he is of advanced age, and then on the strength of his acquired health and a strong constitution and power of resistance, he can enjoy life without so much attention to physical culture exercises and some other things that were necessary in earlier days. He cannot, however, with impunity, disregard the health principles which have made him what he is, neither will he desire to do so. How much better such a state is than for one to live through his physical wealth and find himself broken down, a physical bankrupt, dependent upon his loved ones or friends for care, whereas he should have been able to take care of them and could have done so had he followed a wise course in living. Instead of being independent he is dependent.

Every man knows his own business best, or should know it best. So should every man know best regarding his own physical affairs. He is responsible for them, although others may be deeply concerned. He is the one to manage his health matters the same as his financial affairs. You know how, in your experience, you can make deposits to the credit of your health, and how you can avoid over-drawing. The account is yours. Is it not worth while to give attention to your balance, seeing it is what it should be? It is up to you.

Hygiene of the Pre-School Age

G. H. Heald, M. D.

THIS article is an attempt not to add to the wealth of matter already published on school hygiene, but to help parents to realize the problems involved, so that they may co-operate intelligently with the school authorities in developing for the children sound bodies as well as sound minds.

Much advancement has been made recently in school hygiene, in school sanitation, and in the teaching of hygiene to the children. Open-air schools and other special schools have done much to build up defectives. In some schools where pupils are weighed regularly Monday and

Friday, the Friday weighing shows a gain, the Monday weighing a loss, indicating that while the school life is a benefit to the pupil, the home life is a detriment. This condition obtains in families where parents are not able to supply a sufficiently nourishing menu and where the home surroundings are bad, while in school the child has fresh air and special nourishing meals.

The families into whose hands this article will fall are probably not of this class. Neither is the school which their children attend of the special class that feeds the pupils during

the day. In the ordinary school, whether or not there are health inspectors and nurses, intelligent parents could and should contribute materially to the health of their children.

It should be realized at the outset that the child on entering school is beginning a new life. At home he has been protected from many outside influences which he will now have to meet for the first time.

Even in the lower grades there is a competition, a strain, a requirement to adjust to new and sometimes uncomfortable and unpleasant situations. The teacher is not mother, and the little fellow at school is not "mamma's boy," but one among many; and he must learn to give and take. At home he may have had the privilege of doing about as he pleased. If so, he is now in a different atmosphere, and may find it difficult to adjust himself to the new situation. These changes must mean nerve strain for the little ones, much more than we older ones realize. The unfortunate "only child" who has been pet and boss at home, finds it much harder at school than the children of a large family.

In order that the child should be able to stand the nervous strain to which he will be subjected, he should be given in the preschool period the best of advantages as to food, air, exercise, etc., and before he begins school he should be examined by a physician in order to determine whether there are any defects of vision or hearing, any adenoids or diseased tonsils or bad mouth conditions that need attention. Careful observation of large numbers of children have shown that these defects retard the child at school, and make for permanent ill health.

THE EYES

Until a child begins close work at school there is little to indicate eye trouble. The child whose eyes are perfectly adequate and give no trouble while at play, may, when he begins school work, habitually hold his book too close—that is, less than twelve inches from the face; he may complain of headache, or he

may show aversion to study. Many a child has been accused of laziness whose trouble was unadjusted eyes that caused discomfort when he attempted close work. Or when the child attempts to read, there may be wrinkling of the forehead and scowling, or twitching of the face. If a child otherwise bright manifests inattention and dulness

in connection with his books, it is probably because of eye trouble. All the symptoms just mentioned may

be caused by what is commonly called "far-sight"—a very common affection among young folks and children in which the attempt to do close work, owing to the shallowness of the eyeball, requires, in order to produce a perfect image at the back of the eye, an excessive use of the eye muscles. This excessive and constant use of the muscles of accommodation—the focusing muscles—is the cause of those symptoms commonly classed under the general name "eye-strain." Many a child starts to school, seemingly in perfect health, only to begin manifesting various disagreeable

symptoms, such as headache, disinclination to study, and irritability. The remedy is an early examination by an oculist, and properly adjusted glasses.

Occasionally, a child is "nearsighted," owing to the fact that the eyeball is too deep for a proper focusing of anything but very close objects. Such an eye cannot by any amount of muscular exertion accommodate for distance, and hence distant objects are always blurred. A child with this defect will not be able to see what is written on the blackboard, and if the teacher does not suspect the true condition, the child may be punished for inattention, and learn to hate school work. The child himself may not know that he is different from other children.

A nearsighted child often dislikes outdoor games. He does not see as other children do, and is always at a disadvantage. While other children are playing, he prefers to stay in the house and read. His parents, not realizing the true state of affairs, may pride themselves that



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he is a studious child. Meantime he is not getting the physical development that he should, and is preparing to grow up to a sedentary, semi-invalid life. No child that does not have his full share of vigorous exercise is likely to develop into forceful manhood or womanhood. The nearsighted child should be taken to an oculist at once. In a way nearsightedness is a much more serious disturbance to the eyesight than farsightedness. The latter causes headaches, nervous symptoms, and the like, but nearsightedness is progressive. If not corrected early, the attempt to obtain a clear vision distorts the eyeball, until finally no glasses will give correct vision. The unfortunate victim of this trouble, when it has progressed thus far, cannot hope, by any help of the oculist, to have even fair vision, and the trouble grows progressively worse with the years. Nearsightedness should be corrected early in life.

The following questions suggest a few things which, if present, should have the attention of the oculist:

Does the child have styes? red lids? red eyeballs? discharge from eyes? branny accumulations among eyelashes? cross-eyes?

Does he hold the book too close in reading? have trouble seeing what is written on the blackboard? hold his head a little to one side when reading? try to protect his eyes from bright light?

Does he complain of headache? of discomfort in eyes, especially after reading? of blurred print? or of drowsiness?

THE EARS

Often a child in school is handicapped because of poor hearing. The condition is nearly always due to some neglected trouble of ear or throat which may have occurred in early childhood. Every earache is the result of an inflammation of some of the tissues of the ear, often the eardrum, and is liable to be followed by thickening of the drum, which makes hearing less acute. Colds in the head and adenoids are also frequently followed by impediment in hearing. As with the nearsighted child, the partially deaf child may not know that he is different from other children, and his teacher, not suspecting the real condition, may think it a case of inattention, or stupidity. In any case, a partially deaf child is at a disadvantage, not only in school but throughout life, unless the condition is remedied. And the longer the condition remains, the more difficult it is to remedy.

In cases where wax has accumulated in the ear until the orifice is closed, the deafness usually manifests itself so suddenly that it is noticed at once. This form of deafness is easily remedied. But what seems to be a mass of wax may prove to be hardened pus, the result of

chronic ear trouble. In any case where there is reason to suspect that there may be trouble with the ears, it is the duty of parents to consult an ear specialist immediately. The following questions will help to decide whether ear trouble is present:

Does the child often say, "What?" Is he inattentive? Does he speak imperfectly? Does he hold his head in peculiar positions in the attempt to hear? Does he have trouble hearing whispered conversation across the room? Test first one ear then the other, by stopping one ear. Is there tenderness about the ears? or earache? Is there any discharge? or any offensive odor about the ear?

The following may point to a possible cause of any deafness that may be present:

Does the child have snuffles? Is he a mouth-breather? that is, are his lips habitually parted? Is there something wrong with his voice? Is he subject to frequent colds or sore throat? Does he have swollen glands on the neck? Does his nose stop up? Does he seem dull at school, or show lack of power of concentration? Any of these symptoms, if present, would point to the necessity for consulting a throat-and-nose specialist, or the family physician. The child will make much better progress in school if all these defects are remedied.

Statistics have shown that a very large proportion of children attending school have remediable defects which retard the progress of their school work. The emphasis is on the fact that with proper care these defects might in nearly all cases be remedied. Usually these defects, generally attributed to school life, have their foundation in the home life, being the result of neglected small ailments, lack of cleanliness, want of fresh air, deficient or excessive or wrongly distributed clothing, or—more than all else—improper nutrition. With the poor it is lack of nourishing food; with the rich, excess of food, especially sweets and proteins. The condition is due either to ignorance on the part of parents concerning the nutritive needs of children, or to indifference. Some children suffer because the meager family allowance, instead of going to buy milk, cereals, fruits, and real childhood foods, goes into

meats, cakes, and other expensive foods which have inferior value. Among the wealthy, perhaps, all sorts of dainties are bought to coax a flagging appetite, when the child needs to be let alone until he is really hungry. He refuses to eat more than a morsel at the table and picks at titbits between meals. It is hard to say which is worse off, the child of ignorant poverty or the one of ignorant wealth.

TEETH

Another serious childhood defect is decayed teeth. It is generally supposed that it makes little difference what happens to the baby teeth, for they are only temporary. This is a grave mistake. A decayed tooth is like a rotten apple in a barrel. It is bound to infect other teeth. Then the germs from the decayed tooth may infect tonsils, appendix, or other organs.

It is a common and grave mistake to suppose that dentists are to be visited only when teeth ache so badly that it is necessary to seek relief. The cheapest and the best work the dentist can do for the child is to discover small cavities before the teeth begin to ache, and to cleanse and sterilize the mouth before the germs get a good foothold. If this procedure is kept up regularly,

there will be less toothache, less nervousness, fewer abscesses, and probably less appendicitis and rheumatism.

RHEUMATISM

It is well to remind parents that what is commonly called "growing pains" is acute articular rheumatism, an infectious disease introduced into the blood current through diseased tonsils or perhaps through defective teeth. The growing pains may not be severe, the child may be content to play and go to school, but the germs are meantime doing irreparable damage to the heart. In all cases of growing pains a physician should be consulted at once. It may be necessary, in order to protect the heart, to keep the child flat on his back in bed for a while.

Milk, of all foods, is the most perfect. It is difficult to arrange a human dietary that is entirely satisfactory without milk.

SAVE THE EYES

Eyestrain in children is due largely to bad lighting in school.



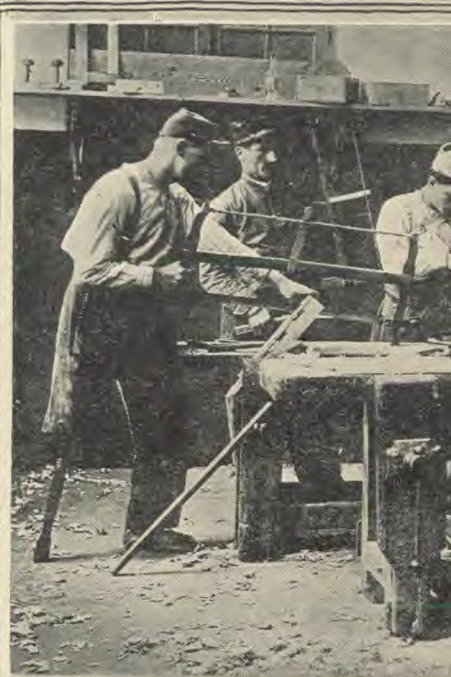
The window area in the schoolroom should be $\frac{1}{5}$ to $\frac{1}{4}$ of the floor area.

When reading, writing or sewing children must never face the light, whether natural or artificial. Light should fall on the work over the left shoulder.



Blackboards should never be placed next to or between windows.

Light is to see by – not to be looked at



HUMAN

One of the Most Important
Reconstruction

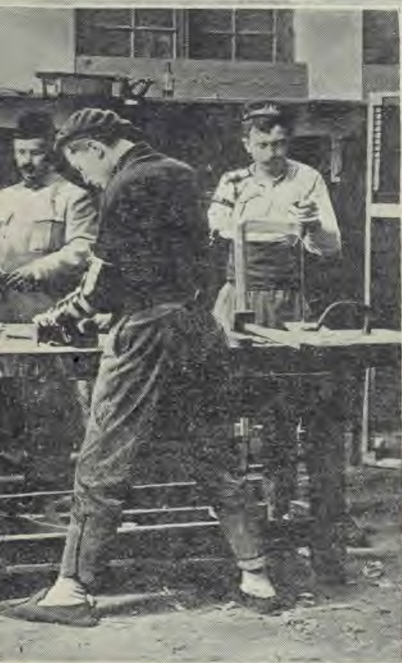
(Lower left) Champco
watering cow

(Upper left) Learning
become self-supporting.

(Center) French farm
learning enough carpenter
work.

(Upper right) A French
with the aid of the "lum"

(Lower right) A muti
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FOOD CONSERVATION

Sugar-Saving Cakes

George E. Cornforth

WHEN we were asked by the Government to conserve sugar and wheat by using other sweets in place of sugar and other flours in place of wheat, I changed my cake recipe to the following, and found that I had a nicer cake.

PLAIN CAKE

- 3 eggs.
- 1-2 teaspoon salt.
- 3 tablespoons boiling water.
- 1-2 cup sugar.
- 1-2 cup corn sirup.
- 1-4 cup cooking oil.
- 1 teaspoon lemon flavoring.
- 1 cup bread flour.
- 1-3 cup potato flour.

Break the eggs into a mixing bowl. Set the bowl into a pan of hot water. Add the salt to the eggs. Beat the eggs till light. Add the hot water, and beat the eggs till still lighter. Then add part of the sugar, and beat; add more sugar, and beat again; add the rest of the sugar, and beat till very light and stiff. Then beat in the corn sirup and beat well again. Then beat in the oil and flavoring. Have the two kinds of flour mixed in a sifter, and sift some of the flours over the batter. Then, with a flat wire egg whip, fold with a few strokes. Then sift on more flour and fold again. Continue to sift on flour and fold it in till all the flour is folded in, but do not fold any more times than is necessary. When the flour is all in, the bowl should be about three fourths as full of batter as it was before the folding be-

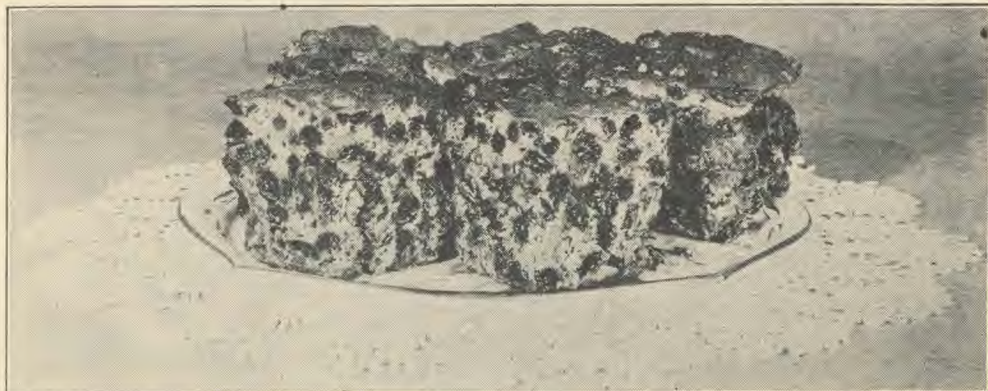
gan. If more air than this is lost, the cake will not be sufficiently light. Bake in a tin, into the bottom of which a piece of oiled paper has been fitted, till a broom straw thrust into the cake comes out clean. Turn the cake upside down to cool in the tin, to prevent the cake from falling. When cold, cut around the cake with a knife, remove the cake from the tin, and take the paper from the bottom of the cake.

FRUIT CAKE

This cake is a sugar-and-flour-saving cake because it consists so largely of sweet fruits.

- 1-2 cup sugar.
- 1-2 cup solid fat.
- 1 cup pastry flour.
- 2 eggs and 1 white.
- 1-4 cup fruit juice (grape juice, or juice from canned fruit).
- 1 teaspoon lemon flavoring.
- 1 lb. dried currants.
- 1-2 lb. seeded raisins.
- 1-4 lb. citron, cut in thin slices.
- 2 oz. orange peel, cut in thin slices.
- 2 tablespoons molasses.

Soak the prepared fruit mixture with the flavoring in the fruit juice and molasses overnight. Put the fat in a mixing bowl, and rub it with a spoon till creamy. Add the sugar, and continue creaming the mixture. Add the two egg yolks and beat well. Mix in the flour, and when half mixed, stir in the fruit. Then fold in the three stiffly beaten whites. Put into a large bread tin, into the bottom of which a piece of heavy paper, oiled, has been fitted. Bake in a cool oven one to one and one-half



FRUIT CAKE

hours. A good way to cook this cake is to steam it one hour and bake it one-half hour.

MOLASSES CAKE

SPONGE:

- 1 cup warm milk.
- 2 cakes compressed yeast.
- 2 cups sifted bread flour.

DOUGH:

- 1-2 cup solid fat.
- 1 1-4 cups molasses.
- 1-2 cup sugar.
- 2 eggs.
- 1-4 teaspoon salt.
- 2 cups sifted bread flour.
- 1-3 cup sliced citron.

Early in the morning set the sponge by dissolving the yeast in the milk and stirring in the flour, and beating till the mixture is smooth. Set this in a warm place to rise, for about three hours, stirring it down every time it rises till it is ready to fall.

Then cream the fat, and beat into it the molasses and sugar, and beat well; then beat in the two eggs and the salt. Then turn the light sponge into this, and the flour and citron, and mix thoroughly. Pour into a large bread tin lined with oiled paper, and set in a warm place till it has risen about one-half inch, then bake in a cool oven from one to one and one-half hours.



MOLASSES CAKE

MOUTH HYGIENE

The Toothbrush and Its Care

W. C. Dalbey, D. D. S.

WHETHER invented the toothbrush should be accounted a clever fellow. The invention has been the means of saving health and even life; and while many means may be employed, the brush is still accepted as the best agent for cleaning the teeth.

While brushing may be overdone, no special caution is necessary to the great majority of people. While at the first, users of the brush may not feel the best, the time comes when the gums may become so hardened and firm that the stiffest brush will not feel uncomfortable.

While we clean the teeth, let us not forget to clean the toothbrush. There are at times millions of organisms in the mouth, and when the teeth are cleaned by brushing, these germs are transferred in large numbers to the brush; so precaution should be taken to sterilize the brush and kill these germs. If this is not done, the user runs the risk of reinfesting his own mouth with the very germs he at first tried to get rid of. Try as hard as one can, it is almost impossible with the ordinary toothbrush

alone to clean the thirty spaces in the normal mouth between the abutting teeth, notwithstanding the fact that some claim it can be done. We doubt it. What then? Dental floss and dental strips will do this cleaning between the teeth much better. Only be careful not to snap the floss between the teeth too heavily so as to injure the tender gum membrane between the teeth. These tender gums may recede and expose the necks of the teeth, so making them subject to sensitiveness, especially to extreme temperatures, acids, and even sweets, thus bringing about the condition sometimes called "setting the teeth on edge."

Too much care cannot be given to the toothbrush if it is to prove beneficial instead of harmful. It must be kept as near sterile as possible. To do this, place it in a small candy jar. First put in the bottom of the jar a piece of blotting paper saturated once a week with not a too-strong solution of formalin.

As to the kind of toothbrush: For those who have formed the toothbrush habit, get a stiff-

bristled one. You need not get high-priced ones. Get ten-cent ones, and get them often. When selecting, get those that have the bristle rows far apart. This facilitates cleaning, and allows the bristles to get between the teeth better. Many bristles positively prevent this, and of course are not good cleaners. If the rows of bristles are too many, take a small pair of scissors and cut out every other row. Beginners should select brushes that are not too

stiff, and gradually get used to stiffer brushes.

Many say, "My gums bleed every time I brush them, so I have to quit." Let them bleed. Keep at it. The time will come when the gums will be as hard as a calloused hand, and will cease to bleed.

If you use a clean brush, together with dental floss, in conjunction with a good standard tooth paste and massaging of the gums, you are practicing good mouth hygiene.

MEDICAL MISSIONARY WORK

Medical Missionary Work and the Church

F. W. Paap

Medical Secretary of the Columbia Union Conference

MEDICAL missionary work is the pioneer work of the gospel. Christ, the great Missionary, stands ready today to heal both body and soul, but he is dependent, to a very large degree, upon his church. This is the body through which he has in a special sense chosen to manifest his power.

World conditions offer exceptional advantages to the church. On every hand there is sickness, disease, and death. When the impotency of drugs and quack nostrums as a remedy for dreaded diseases is demonstrated, the people become desperate. Sanitarium methods are coming to be recognized as the only rational way of treating these ever-increasing deadly ills. Millions have died, and among these the strongest and most robust.

This dreaded scourge of influenza is no respecter of persons. No doubt thousands have recovered in spite of irrational methods of treating the disease. If every case had been taken in hand at the very outset and rational eliminative treatments alone had been employed, many thousands who are now in their graves might still be with us. This might seem at first thought an extravagant statement, but we think it can be fully demonstrated. The writer has known of many cases of influenza without a single death, where the cases were taken in hand vigorously from the very outset.

It is not the purpose of this article to go into

the course of treatments that should be given, but rather to say that if the church, fully appreciative of the light that has been given her, will step out and communicate this light in doing medical missionary work, her light will break forth as the morning, and her health will spring forth speedily. Christ while on earth "went about doing good, and healing all that were oppressed of the devil; for God was with him." He has promised to be with us — with the church — until the close of time. "As the Father hath sent me, even so send I you."

Christ calls upon his church to be active in medical missionary work. "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven." The same gospel-in-action thought is stated by Isaiah:

"They helped every one his neighbor; and every one said to his brother, Be of good courage. So the carpenter encouraged the goldsmith, and he that smootheneth with the hammer him that smote the anvil, saying, It is ready for the soldering; and he fastened it with nails, that it should not be moved." Isa. 41: 6, 7.

There never was a time in the history of the world when there were more opportunities and a greater need for such ministry than now. To harmonize with such a program and to qualify to do such a work is the duty of every Christian.



AS WE SEE IT

Conducted by G. H. Heald, M. D.

WHAT DO WE KNOW ABOUT INFLUENZA?

A COMMITTEE of the American Public Health Association has made a provisional report on influenza, which appears in full in the *Journal of the American Medical Association*, Dec. 21, 1918. A few paragraphs from this report, relating to the nature and methods of transmission, follow. As will be seen, very little is known regarding the disease, which is as much of a mystery as was yellow fever before the agency of the mosquito was discovered. To quote:

"The micro-organism or virus primarily responsible for this disease has not yet been identified. There is, however, no reason whatsoever for doubting that such an agency is responsible for it. Mental conditions may cause a person to believe he has influenza when he has not, and may make the patient who has the disease suffer more severely than he otherwise would. No mental state alone, however, will cause the disease in one who is not infected by the organism or virus that underlies the malady.

"While the prevailing disease is generally known as influenza, and while it will be so referred to in this statement, it has not yet been satisfactorily established that it is the identical disease heretofore known by that name, nor has it been definitely established that all preceding outbreaks of disease styled at the time 'influenza' have been outbreaks of one and the same malady.

"There is no known laboratory method by which an attack of influenza can be differentiated from an ordinary cold or bronchitis or other inflammation of the mucous membranes of the nose, pharynx, or throat.

"There is no known laboratory method by which it can be determined when a person who has suffered from influenza ceases to be capable of transmitting the disease to others. . . .

"Deaths resulting from influenza are commonly due to pneumonias resulting from an invasion of the lungs by one or more forms of streptococci, or by one or more forms of pneumococci, or by the so-called influenza bacillus, or bacillus of Pfeiffer. This invasion is apparently secondary to the initial attack.

"Evidence seems conclusive that the infective micro-organism or virus of influenza is given off from the nose and mouth of infected persons. It seems equally conclusive that it is taken in through the mouth or nose of the person who contracts the disease, and in no other way, except as a bare possibility through the eyes, by way of the conjunctivæ or tear ducts."

PERHAPS THIS ARGUMENT WILL CONVINCE SOME

PASTOR KNEIPP, or Sebastian Kneipp, the simple Bavarian monk to whom princes flocked for healing, has given in his book, "Thus Shalt Thou Live" (English edition 1894, page 61), his reason for adopting a meat regimen. It is a delicious argument, so we pass it on for the benefit of those who want an excuse for meat eating.

"Even from my earliest remembrance there is a dispute among the learned and unlearned, which of the two should be preferable—meat or vegetable diet. Opinions on this point were ever divergent and irreconcilably opposed to each other. Some reject meat altogether, whilst the meat eaters place no value on vegetables. My opinion is this: Since our Creator has destined all created things for man, it is simply our duty to use, in a rational manner, everything that nature offers us, else God would not have created it. What would be the object of so many thousands of animals in the fields, woods, and air if man should not make them tributary towards his sustenance, but live only on grains, fruits, and herbs?"

Which proves too much: for by the same argument we should eat cats and dogs and snails and flies and cockroaches and snakes. Why not? Read over

again his argument, and in place of "animals" include the above list, for his argument is as good for these as for other animals.

But Kneipp recognized that a vegetarian diet is conducive to health, for he says:

"I am also bold enough to maintain that those who are accustomed to eat vegetables derive therefrom very great advantages for their health. That the use of meat is not to be preferred to a vegetable diet, I shall show further on."

Then he proceeds to give reasons why a vegetarian diet is preferable to a meat diet.

MODERN ADVERTISING AND THE NOSTRUM EVIL

At the recent meeting of the American Public Health Association, Dr. Arthur J. Cramp read a paper on the relation of modern advertising to the nostrum evil, in which he states very clearly some of the most serious of the evils connected with the exploitation of proprietary medicines. From the abstract of Dr. Cramp's paper, which appeared in the *Journal A. M. A.* of January 4, the following quotation is taken:

"The perpetual proprietary monopoly which the 'patent medicine' seller obtains by means of our trade mark laws, makes extensive advertising profitable, and, together with secrecy of composition, has led to the gross abuses that have made the 'patent medicine' business a menace to the public health. Modern advertising differs from its earlier prototype in that whereas the latter chiefly, if not exclusively, notified the public simply where and how its demands might be supplied, the former is based largely on the principle of creating demands for the products advertised.

"No man has any moral right so to advertise as to make well persons think they are sick and sick persons think they are very sick. Such advertising is an offense against the public health. Modern medical advertising by the skilful use of testimonials, and by plausible claims, direct and inferential, leads the public to magnify every trivial ailment, deceives those who are well into the belief that they are sick, and impresses the idea that the products are panaceas for whatever ailments the public is suffering from or can be deceived into believing itself to be suffering from.

"Medicaments of the home remedy type for the self-treatment of simple ailments should contain no dangerous or habit-forming drugs; should not be recommended for diseases that are obviously too serious to be self-treated; should be nonsecret, and should not be sold under false claims or so as to make the public magnify trivial ills and dose itself unnecessarily."

The fact is, if there were a Government bureau which had the one function of penalizing all dishonest and extravagant advertising, and punishing offenders as the Food Administration has punished food hoarders and profiteers, there would soon be some radical changes in advertising copy, especially in the claims made in patent medicine advertising. The "pure food and drugs" law has caused a notable change in the wording of labels on bottles, boxes, etc., but it can have no control of the wording of circulars, newspaper advertisements, and the like, which falsify just as rankly as ever. It's part of the business.

PHYSIOLOGICAL ACTION OF DRUGS

THERE can be no question that drugs do have physiological action. When taken inwardly, they modify the working of the body machinery. Of course there are drugs which are practically inert. Reference is made, not to these, but to active drugs. That the influence of drugs is not due to suggestion is evident from the fact that they are active when administered to animals, or to

persons who do not know what they are getting. Repeated experiments on animals and on man have enabled us to predict with considerable accuracy what will be the effect of a certain drug when given in certain dosage.

A drug acts in one of two ways. It may act as a stimulant, or rather an irritant,—for that is what “stimulant” really means; or it may act as a sedative or depressant, this action being confined principally to one organ or to one function. There are drugs, for instance, which act as stimulants to the spinal cord, some as stimulants to the brain, some as stimulants to the heart, some as stimulants to secretory activity, etc.; and there are drugs which act as depressants to these and other functions. A drug which in a certain dosage acts as a stimulant, may in a larger dosage act as a profound depressant.

The effect of drugs is so often disappointing that prominent medical men have lost faith in drugs, and as a result, have become known as “medical nihilists.” There are a number of reasons why drugs so often disappoint:

1. The action of a drug is only temporary. A heart stimulant, for instance, does not permanently increase the strength of the heart action. For the time, it stimulates, or “whips up,” the centers controlling the heart; then the effect wears off, and another dose must be given. Finally, the time comes when large doses of the drug fail to produce the desired result.

2. A drug is not limited in its action to one organ; and while it may be producing a desirable effect in one respect, it is probably producing an undesirable effect elsewhere. For instance, several much-used drugs, if taken in more than very small doses, cause stomach disorder.

3. The reaction of individuals to drugs varies within wide limits. A dose that might be perfectly harmless to an ordinary person, will with certain susceptible persons produce alarming symptoms. In fact, there have been fatalities following the administration to susceptible persons of certain drugs in ordinary dosage.

DECREASE OF ALCOHOLISM A BY-PRODUCT OF WAR

IN different sections of Europe there has been a decided decrease in the number of persons committed to institutions for mental disease due to alcoholism. The decrease has been so marked in some places as to effect a decided reduction in the expenses of institutional maintenance. A writer in the *Schlesische Zeitung*, quoting from a weekly devoted to nervous and mental diseases, says:¹

“In all the public asylums and general hospitals of Silesia there is an unusual decrease in the number of cases of mental disturbances due to alcoholism. In the twelve public institutions the decrease in male alcoholic cases was 85.6 per cent, in delirium tremens cases, 96.1 per cent, in chronic alcoholic mental diseases, 80.1 per cent. In the general hospitals cases of acute alcoholic poisoning fell 90.5 per cent in the male wards. The decrease in the reception of women is as noticeable, so that alcoholic mental cases, so frequent before the war, have practically disappeared. The cause is chiefly official restraint upon the consumption of alcoholic liquors. . . .

“The withdrawal by the army of men under 45 is not the chief factor, as one would think. It is Government control of the liquor traffic which has saved the nation in health and work and happiness an amount not to be expressed in terms of money. The author hopes that the reduction in alcoholic consumption will be continued beyond the war.”

The saving in the Silesian asylums alone, we are told, amounted to 80,000 marks, or \$19,040, or in Germany as a whole, more than a million marks, or

¹ Translation in *Monthly Labor Review*, November, 1918, page 25.

\$238,000. If "official restraint upon the consumption of alcoholic liquors" can have such a beneficial effect in war times, why not in peace times?

FOOD ADULTERATION IN GERMANY

THE extent to which food adulteration was carried in Germany is shown by a statement issued last August by the municipal chemical laboratory of Leipzig. We quote from a translation which appears in the *Monthly Labor Review*, November, 1918:

"Three phenomena are clear and striking with regard to adulteration of food-stuffs during the war: The continued mineralization of foodstuffs, the unusual increase of the amount of water in them, and the use of worthless or even spoiled articles for the preparation of foods. Plaster and whiting are increasing in price the more they are being used for the preparation of food, whether as substitute for flour or baking powder, or to increase the quantity and weight of spices. Alum, sodium phosphate, table salt, and even bolus and soda are found used to increase the weight and quantity of foods. Sawdust, straw dust, and corozo-nut meal have become articles in demand, and are sold as substitutes at incredible prices. . . .

"Disgusting refuse of the slaughterhouse has been found in sausages and meat jelly. The sweepings of a bakery were used in making bread, and carpenter's glue has been sold in pudding powders. . . . Slaughterhouse refuse, formerly only used as animal fodder, such as tendons and other dog feed, brings the highest prices. The laboratory has in many instances prosecuted the use of slaughterhouse refuse in human foodstuffs, such as black puddings, liver puddings, meat jelly, etc. . . .

"Even if we have to get along on war bread, the distress of war times does not excuse gross uncleanness and incomprehensible faults in baking. Among the foreign substances found in bread were the following: Mice (twice), flax fibers, cotton, lysol (once), paper, wood, straw, plaster, chalk, wood splinters, and sand. It is incomprehensible that the bread of one of the largest bakeries contained 0.13 per cent copper in the form of verdigris, which caused serious sickness. Bread that is wet, moldy, and full of maggots points to faulty processes in the bakeries and gross carelessness. 'Ropy' bread has also been encountered frequently."

BOOK REVIEWS

Personal Hygiene and Home Nursing

by Louisa C. Lippitt, R. N. 256 pages, cloth, illustrated. Price, \$1.28. World Book Company, Yonkers-on-Hudson, New York.

Miss Lippitt's textbook explains how girls and women may attain health and happiness, and lay the foundation for efficient lives. It lays down practical instruction for the conduct of their daily lives. Directions are given for preventing the spread of infection, and for the care of oneself and one's family in cases of accident or sickness. The author, while giving adequate treatment to the ideas she considers most helpful to lay readers, has taken pains not to go too deeply into the scientific aspects of any subject. She has desired to keep the book rather brief, and for this reason has introduced only those topics on which women and girls seem particularly to need instruction.

Knowledge of health getting and health keeping, though simple in itself, is so often buried in big

medical books and obscured by technicalities that in many cases it is kept from those who need it. With the hope of giving to girls and women practical instruction for daily life, in terms clear to every one, this book has been written.

325 Group Contests for the Army, Navy, and School

by William J. Cromie. Illustrated. \$1.25. The Macmillan Company, New York City.

This book, the outgrowth of more than twenty years' experience in teaching group games and contests in Y. M. C. A. and college, will be found valuable by gymnasium instructors, Y. M. C. A. workers, instructors of boys' clubs, and physical directors in army and navy camps.

Games have been selected which are fundamental in principle. Men are taught to overcome obstacles, and to handle one another, to run swiftly, to leap with precision, to keep cool, to think quickly.

QUESTIONS AND ANSWERS

Conducted by J. W. Hopkins, M. D., Washington (D. C.) Sanitarium

This is a service for subscribers to **LIFE AND HEALTH**.

If a personal reply is desired, inclose a three-cent stamp.

If you are not already a subscriber, send also the subscription price with your question.

Replies not considered of general interest are not published; so if your query is not accompanied by return postage for a personal answer, it may receive no attention whatever.

Remember that it is not the purpose of this service to attempt to treat serious diseases by mail. Those who are sick need the personal examination and attention of a physician.

State your questions as briefly as possible, consistent with clearness, and on a sheet separate from all business matters. Otherwise they may be overlooked.

For prompt attention, questions should be addressed to J. W. Hopkins, M. D., Takoma Park, D. C.

Proprietary Remedies

"Do you recommend 'Mother's Friend' as a medicine?"

We have no confidence in proprietary preparations like "Mother's Friend," nor do we use any other patent medicines, as we believe they are not dependable.

Vincent's Angina — Nonfebrile Tonsillitis

"Will you please prescribe treatment for Vincent's angina?"

We are using weak solutions of potassium permanganate, iodine, and peroxide of hydrogen. The iodine swab may be alternated with a swab of 5-per-cent solution of silver nitrate. It is imperative that this condition be under the care of a physician.

Obstinate Constipation

"Please give treatment for obstinate constipation caused by adhesions following operation for appendicitis. I have used mineral oil, bran, cascara, agar-agar, and saline laxatives."

You should have an X-ray examination. It is probable that the condition you describe demands surgical intervention. Surgery may be resorted to when medical treatment has proved of no avail.

Adrenalin Chloride

"Do you recommend the use of adrenalin chloride for bronchial asthma and hay fever?"

The use of adrenalin chloride in hay fever and for asthma often gives temporary relief, but it should be administered under the care and supervision of your physician. Other measures should be adopted for removing the cause, and for treating the underlying conditions which produce the asthma.

Heartburn, Palpitation, Constipation

"Please give treatment for heartburn and palpitation of the heart, with constipation."

Palpitation of the heart and heartburn are due to hyperacidity of the stomach contents, and to constipation. Cure the constipation, and the other troubles will soon disappear. Use laxative foods,—bran, spinach, lettuce, celery,

prunes, and whole-grain preparations. Have a regular time for moving your bowels. Use mineral oil with a saline enema or with cascara. Increase your weight by properly regulated rest, with good food, and as much out-of-door life as you can arrange for. Follow a systematic program including, if possible, a morning sponge bath, a few minutes' rest after meals, an hour's rest in the afternoon, and fomentations to your abdomen at night.

Gastric and Sexual Trouble

"Give treatment for stomach trouble, with sexual weakness. Is tobacco harmful in my condition?"

In your condition you should avoid the use of tobacco, alcohol, condiments, spices, flesh foods, tea, and coffee. While your diet should be nutritious and sufficient, you should not overeat. Eat light suppers. You should spend at least three months in a well-equipped sanitarium, and follow this up with a year's careful attention and home treatment.

Each night take a saline enema containing a teaspoonful of salt to a quart of water at a temperature of 100° F. Follow this with a small enema at 90°, and then take two fomentations to the spine, with a cool sitz bath at a temperature of 70° to 85° F. for thirty minutes. Use a laxative diet, and drink plenty of water,—on rising, between meals, and at bedtime.

Constipation

"1. It is absolutely necessary for me to use a laxative. What can I take that will not upset my stomach? I use no tea, coffee, or alcohol.

"2. Do you recommend Nuxated Iron or Harlem Oil?"

1. For constipation you should take two tablespoonfuls of mineral oil just before you retire, each night. If you find this insufficient, use one or two 5-grain cascara tablets before or after breakfast, repeating the dose before or after dinner, as you find it necessary. Use a laxative diet, moderate exercise, and have a regular hour to go to stool. You are right in avoiding tea, coffee, and alcohol, and the out-of-door life is the best for you.

2. We do not recommend Harlem Oil nor do we use Nuxated Iron. You will get more iron from a diet containing spinach, strawberries,

apples, and whole cereals, as wheat and rice. If you must use medicinal iron, get what is known as Bland's Pills, and take 5 grains two or three times a day.

Morphine to Relieve Pain

"What is your opinion of morphine as a remedy for pain, and what would be the aftereffects of its use?"

The following quotation from Church and Peterson on "Nervous and Mental Diseases," page 720, very clearly shows the place of morphine: "It should be looked upon as a sin to give a dose of morphine for insomnia or for any pain (such as neuralgia, dysmenorrhea, rheumatism) which is other than extremely severe and transient." The continued use of morphine produces a habit which is manifested by insomnia, restlessness, digestive disturbances, inability to concentrate the mind, etc.

Outdoor Sleeping

"What is your opinion regarding sleeping out in a sleeping porch during the winter months in the climate of Portland, Oreg.? It seems to agree with us, and we have so far escaped the 'flu.'"

The use of the sleeping porch is to be encouraged during all seasons in all climates. This is true with rare exceptions. Those who are in delicate health, or who are suffering from some particular disease, as bronchitis or rheumatism, need the temperature and air of the room so regulated that it will be conducive to their recovery. The healthy individual should educate himself to sleeping out of doors in all climates and in all seasons.

Influenza Insanity

"What treatment would you prescribe for insanity following Spanish influenza?"

We have had several cases of complications following influenza, and among them have had to treat a few cases of insanity. The prognosis is guarded, but with the right treatment, the patient should in time recover his reason, if he is not too old. The younger person generally has a better chance. Rest is important. The patient should be kept in bed until the nervous condition subsides and the temperature is normal. Eliminative treatment should be continued, but not to such an extent as to weaken the patient. Neutral full baths for thirty minutes to two hours are very important. It is also necessary to keep up the nutrition, giving as much easily digested food as can be assimilated.

Suggestion

"Is suggestion a reliable and safe curative method?"

We do not recommend any method of treatment which involves bringing your mind under the influence of another person's mind. The best suggestion is that obtained by reading God's Word and meditating upon it in faith. Matthew 6: 30 says, "If God so clothe the grass of the field, . . . shall he not much more clothe you?" Nehemiah 8: 10 says, "The joy of the

Lord is your strength." Isaiah 40: 29 says, "He giveth power to the faint." The power of God is truly seen in the maintenance of our daily life and in the growth of plants and flowers. The formation and ripening of an apple requires the manifestation of the power of God to an extent which might be compared to the power needed to drive a steam locomotive for many miles. Truly in him all things live and move and have their being.

Eruption after Influenza

"What treatment would you prescribe for eruption on the face following a severe attack of influenza, in a child?"

The recovery from influenza is often protracted, and the convalescent, especially the child, should be kept quiet and be persuaded to take periods of rest at certain times daily. The diet must be regulated carefully, and foods which aggravate the eruption should be avoided. This would include candy and sweets. Fruits which agree may be used freely.

The child should be taken to a nose and throat specialist for an examination. The eruption may be due to an irritating discharge from the nose. Also his urine should be examined. Wash the face carefully once a day with a mild soap in soft water, and then apply a bland ointment. Zinc-oxide ointment or a weak boracic ointment may be used.

Milk Versus Cheese

"We live where it is inconvenient to obtain milk. Is cheese an equivalent of milk?"

Though cheese is made up of most of the solids of the milk, it lacks much of being a representative of whole milk. Even full-cream cheese differs greatly in composition from milk.

In the first place, cheese does not contain all the protein of the milk—only the casein, or curd-forming protein. It contains very little of the sugar, and scarcely any of the mineral matters or salts. All these, or nearly all, pass off in the whey, as feed for calves. The minerals of milk are highly important. It is unfortunate that in the manufacture of cheese, even cottage cheese, so much that is valuable in the milk has to be thrown away. G. H. H.

Food Accessories

"What is meant by accessory food substances?"

Food accessories are certain substances of unknown composition, present in most foods in exceedingly minute amounts; and though they probably possess no food value in themselves, yet in some way they aid in the assimilation of food. Funk, who studied food accessories in connection with beriberi and other deficiency diseases, named them "vitamines," that is, life-giving amines. But as there is no good reason for believing these accessories to be amines, the name "vitamines" has not had universal acceptance.

Investigators in this country have distinguished between a "fat-soluble unknown," and a "water-soluble unknown," often spoken of as

"fat-soluble A" and "water-soluble B,"—two food accessories, the absence of either of which from the food causes grave nutritive disturbances. And yet these substances are present in the foods in amounts too minute for chemical analysis. We know them only by the disturbances caused when they are absent.

G. H. H.

Feeding in Fever

"Should a fever patient be fed principally on albumins or on carbohydrates?"

There has been in the past an opinion that the tissues in fever should be protected by the use of albumins, in the form of milk, white of egg, etc. But we are learning that a fever is a fire that first burns up all the sugars of the body, and when these are gone, it transforms the proteins of the tissues into sugar, and burns them up. This explains the rapid emaciation. When albumin is fed, it must first be turned into sugar and burned. All albumin when turned into sugar leaves a nitrogenous by-product that must be eliminated by the kidneys, and the kidneys are none too strong in a fever. It would seem rational, then, that the food in fever should consist largely of sugar or starch in a very digestible form, in order to spare the tissues, and to prevent, as far as possible, the formation of the nitrogenous by-product.

G. H. H.

School Age

"Is it true that a child is better off not to attend school until he is ten years of age?"

That might depend upon the relative excellence of the home and the school. With an excellent home and intelligent parents, and an indifferent school with vicious playmates, it might be much better to keep the child at home until he is ten, or even older. I have known a child who had practically no schooling till she was ten, to catch up with other children who began school at six.

There is one thing to remember, however. The child that comes in contact with old folks only, and never meets children of its own age, to get really acquainted with them, is liable to grow up reserved, a poor mixer, more or less self-conscious, and perhaps unable to get the viewpoint of others. There is an education in the mingling together of children of the same age for which no "book learning" and no teaching of elders will compensate.

G. H. H.

Fish, Brain Food

"Is it true that fish is food for the brain?"

No! Not in the sense that it is superior to egg or milk or beans. There is no warrant for the supposition that a certain food is especially adapted to nourish a certain organ or tissue of the body.

It is true that fish is a better brain food than olive oil or cornstarch, for these foods—and this includes all fats and carbohydrates—are not built up into the living tissues, but are

burned for the liberation of energy. They are the fuel, and cannot be used in building or repairing the engine.

Probably any of the complete proteins are brain foods. Milk and eggs must certainly be capable of building brain tissue. And there can be no doubt that the vegetable proteins—taken together—are capable of performing this office.

It is true, and should not be forgotten, that a restricted vegetarian dietary—one, for instance, limited to the grains, sugars, molasses, and fats—is not adequate to build healthy tissue, and the exclusive use of such a regimen is liable to be followed by distressing results. Pellagra, for instance, is brought on by the use of such a limited diet.

W. A. Evans, in "How to Keep Well," page 165, quotes Dr. Goldberger as follows: "The eventual eradication of pellagra from our South will depend largely on the successful introduction of common dried legumes into the winter dietary. A valuable step in this direction would be an increase in the cultivation of some of the varieties of peas and beans and their preservation in the dried state for winter consumption."

G. H. H.

A Safe Hypnotic

"Will you kindly suggest for my use a safe and effective hypnotic?"

The "effective" medicinal hypnotics are not "safe." At least, they are not by any means harmless. One is better off to let all such hypnotics alone.

For non-medicinal hypnotics, the following can be cordially recommended as safe, and quite effective:

The neutral tub bath, or full bath, taken at a temperature of 94° or 96° F. Sometimes a patient will fall asleep while in the bath. Dry with little if any rubbing, and get into bed immediately.

A comfortable bed, not too warm nor too cold, and without unevennesses or sags. It is difficult to get proper sleep on an uncomfortable bed.

Relaxation in bed,—all the muscles freely relaxed and limp,—with the mind concentrated on some one thing not involving any of the patient's emotional states. This may be best accomplished by fixing the closed eyes on some point in the distance, and trying to picture some object, to the exclusion of the usual distressing thoughts.

Avoidance of late suppers or heavy suppers, or food that tends to produce gas. Much sleeplessness is produced by gas in the intestines, or by the continuance of the digestive processes. Some patients, however, sleep better to eat a little light food before retiring.

Diversion at night from those affairs which tend to cause worry. A most excellent practice is the yielding of self to God every night, submitting to his will as best, and in confidence that "he doeth all things well," and that "all things work together for good" for those who are committed to God. This attitude will often bring calm to the most troubled mind and prepare it for sleep.

G. H. H.

NEWS NOTES

Work and Keep Cool

It is not the man who works with his muscles and sweats profusely who really suffers from the heat, says the North Carolina *Health Bulletin*. It is the man who has been loafing around trying to keep cool, who has filled his blood with all kinds of toxins, which his skin and liver would be only too glad to excrete if he would work enough to give them a chance.

Draft Rejects

Names of men rejected by local draft boards on account of tuberculosis are now being sent out from the office of the National Association to State associations. The National Association has a stenographer at work in the office of the Surgeon General at Washington, copying these names. There will probably be 60,000 or 70,000 of them. The names are being distributed as rapidly as possible.

Send for These

The following pamphlets, issued by the Division of Venereal Diseases, may be had free either from local State boards of health, or, failing that, by addressing the United States Public Health Service, 228 First Street, N. W., Washington, D. C.:

- Set A. For young men.
- Set B. For the general public.
- Set C. For boys.
- Set D. For parents of children.
- Set E. For girls and young women.
- Set F. For educators.

Why Not?

"Green stuff in the form of salad every day will to some extent eliminate the bad effects of indulgence in meat. The fresher this green stuff, the better. More people ought to learn about the mine of health to be found in the kitchen garden." So says the North Carolina *Health Bulletin*. "To some extent" is good as far as it goes, but why not do the thing right by leaving out the meat entirely? It is not the best form of food. It is expensive, and it undoubtedly has what the *Health Bulletin* admits,—certain "bad effects," which are only partly overcome by the use of green foods. Why not do the sensible thing?

Philadelphia's Dependents

According to J. Bruce Byall, superintendent of the Children's Bureau, there are in Philadelphia more than twelve thousand dependent children who must be cared for and educated at the expense of the city.

Source of Venereal Disease

The working of the Selective Service Law disclosed the fact, through compulsory medical examination, that the venereal diseases are much more prevalent in civil communities than any one had reason to believe. It is estimated that five sixths of all the venereal diseases in our army were brought in from civil life.

A Jukes Family

In the outskirts of a certain town not so far from the national capital, there lives a family the members of which alternate their time between odd jobs, drinking, and jail sentences. When it was remarked that the Government should have some means of preventing the propagation of such hereditary degenerates, the reply was, that the mother in the family had had twenty-one children. Fortunately for society, some of them died young. It would seem that the more degenerate people are, the more prolific. Is it any wonder that with such rapid increase of misfits our delinquent institutions are overfull?

Tuberculosis and Diabetes

Landis, Funk, and Montgomery, of Philadelphia, report the results obtained after treating by the Allen fasting method twelve diabetics who were at the same time suffering from tuberculosis. They found no evidence that the dietary restriction exercised an unfavorable influence on the tuberculosis. They found that it is possible for patients with tuberculosis and diabetes to partake of a considerably restricted diet over a period of some weeks, and still show an increase in weight and strength, a fall in temperature, and a lessening of respiratory symptoms. Other things being equal, they feel that prompt treatment of the diabetes according to the method of Allen, offers the tuberculous patient the best chance in the ultimate effort to control the tuberculosis.

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