

Life & Health



WASHINGTON, D. C.

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The St. Helena Sanitarium

Sanitarium, Napa County

California

Life & Health

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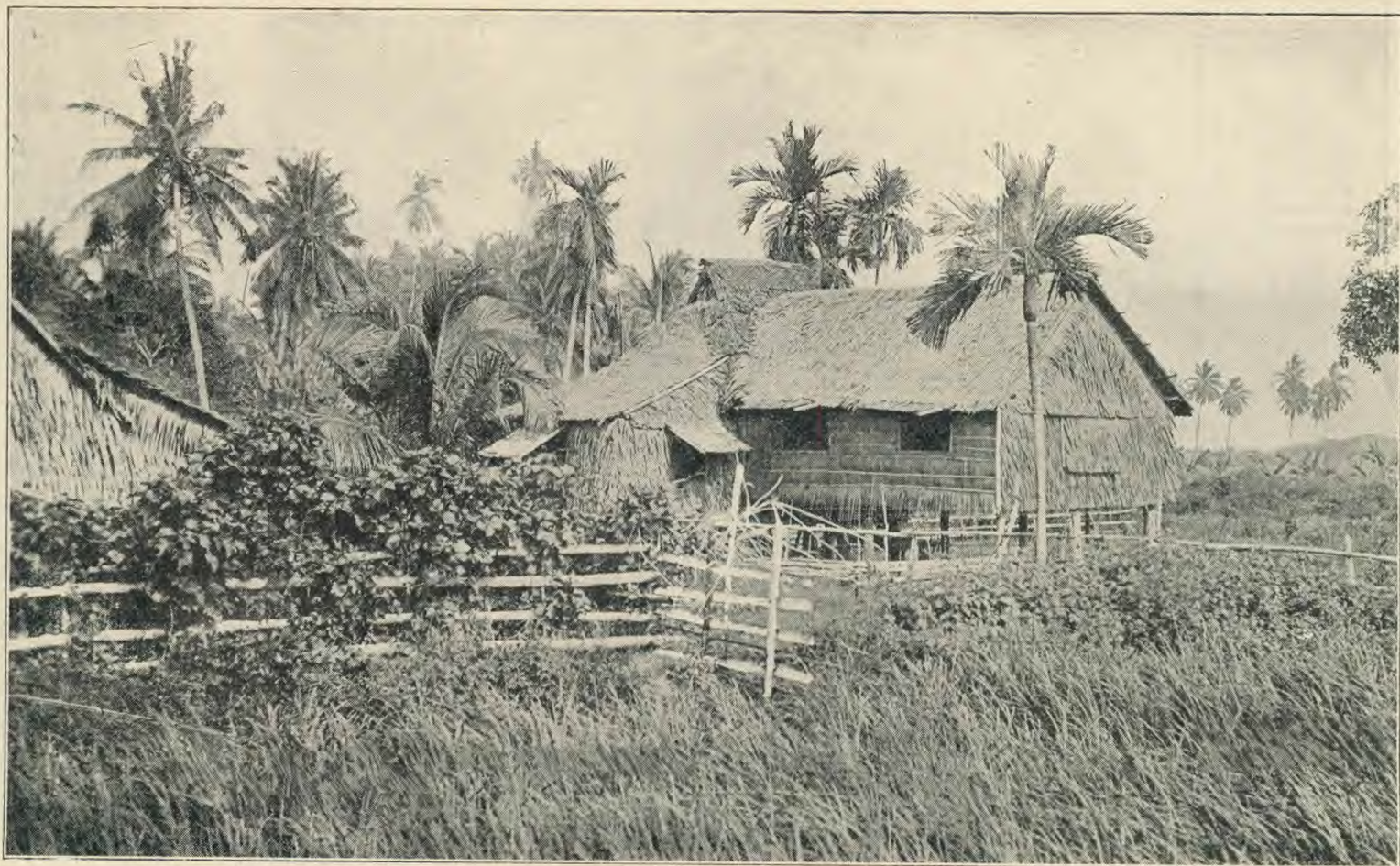
DECEMBER, 1919

No. 12

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A FILIPINO HOME

Life & Health

HOW TO LIVE

EDITORS

L. A. HANSEN

G. H. HEALD, M. D.

VOL. 34

DECEMBER, 1919

No. 12

An Important Truth

"All our enjoyment or suffering may be traced to obedience or transgression of natural law."

THIS statement, by one who has written much on physical and spiritual life, puts a truth which, if grasped, will explain many questions concerning sickness and health. If heeded, the principle here given will serve as an infallible guide to true enjoyment of life; for the principle is one of unchangeable law.

There is not much satisfaction in trusting to chance or to the horseshoe brand of luck. Neither does belief in good fairies, in the Fates, in destiny, or in other possibility of good fortune give much real condolence. Hanging life on any peg of uncertainty is, after all, poor business.

It seems difficult for human comprehension to understand that man holds his life and its issues largely in his own hands; but he is the one who determines its weal or its woe. And in saying this we in no degree deny the near relation of God, and his interest in all that concerns man.

It is Scriptural truth that "whatsoever a man soweth, that shall he also reap," and the law of sowing and reaping is one of certainty,—something that can be depended upon. In matters of life it is a law that cannot be altered by anything that man can do, and no man need want to alter it, if he makes use of it for its beneficent purposes.

Natural law need have no terror for those obedient to it, for its object is to bless. No suffering of humanity can be charged against natural law, for none of nature's laws has ever hurt humanity; it is humanity that has hurt itself by going against natural law.

THERE'S A CAUSE

"The curse causeless shall not come," says the wise man (Prov. 26:2), and he states a truth that will bear close study in these days of disease. We have come to look upon sickness and suffering as something belonging to our lot. Debility and premature death seem a part of a program that we must carry out without any change.

Somehow men and women have found ways to shift their own responsibility for the results of violating physical law. The commonest principles of hygiene and sanitation are often ignored, and when disease results, the blame is placed, not on

those who definitely and almost deliberately laid the way for it, but upon some indefinite and unseen agency.

A popular way of shifting the blame for physical misfortune is to charge Providence with it, accusing God of illtreating us. The facts are, God has given us every possible means of health, and he has also given us positive directions for their use. Our own bodies carry upon them inscriptions, made by God's own finger, that point the way to health.

The laws of health, written on our nerves and muscles and on our every fiber, tell us what we should do to keep well. Or should we say they tell us what not to do? Take it either way, or both ways. We know by the ease and comfort we enjoy when we follow health principles, that that is the way to health. We also learn by disease, the absence of ease, and discomfort, what results when we transgress health laws.

Pain is the cry of an injured part and gives warning of the hurt that is being done. Aches exist only in abnormal conditions, and they tell us that things are not right. Fever is a symptom saying something is out of order.

If we will reason from cause to effect, we shall see that ills and ailments do not come by chance. Neither shall we look upon sickness as sent of God. Nor shall we even charge the devil directly with disease. We shall recognize that our own nonconformity to natural law is the first cause of ill health.

REMOVE THE CAUSE

Along with the popular idea that disease is a thing distinct in itself, most likely sent of God, goes the theory that for each ill there is somewhere a remedy, probably also given by God; all we need to do to get well is to find the specific cure and apply it. This belief gives rise to all sorts of "pathies" in medicine; various notions concerning the healing virtues of this, that, and the other thing; many short-cut methods of so-called cures; and a number of practices ranging from those of the grossest superstition to what is supposed to be the most scientific.

The general disposition seen on the part of most persons to "do something" for any and every ailment leads to a dependence on remedies. It calls for the treatment of symptoms and ignores the thing of first importance,—the removal of the cause. Everything possible is done to hush the cry of the injured part and to stifle the voice of warning, and little attention is given to the cause itself.

Symptoms are an effort of nature to effect a cure. Hunger is nature's call for food; loss of appetite is nature's method of telling us food is not needed. The use of condiments or stimulants to whip up the lagging appetite does not create a real demand for food nor provide the means of taking care of it.

A headache may mean that something is wrong with the digestion; under-sleep; overwork; or some other trouble that should be corrected. Taking a drug that benumbs or deadens the nerves, so that the pain cannot be felt, does not remedy the trouble. Removing the cause will take away the headache and will do it without the drug, while the drug will neither remove the cause nor cure the ache.

We might go on and deal the same with most of our physical ills, and show that it is vain to rely on cures of any kind while the cause exists. Nature does have her own medicine chest,—a world full of pure air, sunlight, good water, wholesome food, which, used with intelligence, are curative; but always does she call for the removal of the cause before guaranteeing a cure.

It amounts to more than a shifting of responsibility when we refuse to acknowledge our transgressions as the cause of disease. It means more than a shirking when we fail to do our part toward removing the cause. It is really a question of whether we are willing to reform our course of wrong living. It is a matter of giving up hurtful practices and bringing appetite, passion, and the whole physical life under the control of a divine will working through natural law.

L. A. H.



Winter Dangers

G. H. Heald, M. D.

Acute Rheumatism

PERHAPS no sickness more clearly emphasizes the fact that disease is usually due to a combination of factors than does acute rheumatism, which is a disease caused by both germs and exposure. Though it is invariably caused by a germ,—a certain type of *Streptococcus*,—it almost always follows some exposure to cold and damp. The explanation is that the germs may be present in the mouth and throat, just as harmless as a powder magazine is so long as nothing occurs to cause an explosion. Often there is a diseased condition of the tonsils preceding acute rheumatism. The exposure to cold may not in itself be sufficient to give the germs the opportunity to set up inflammation. Probably there is the combination of three factors—the germ; lowering of the body resistance from lack of sleep, improper food, or other indiscretion; and exposure to cold and damp. The attack of the body by the disease is something like the opening of a combination lock, in which all the tumblers must be in the right position before the lock can be opened. The inflammation having once begun, very little is required to keep it up. In fact, it will run for some time, in spite of the best efforts of physician and nurse.

Acute rheumatism is emphatically a disease in which prevention is better than cure. This is especially so, owing to the fact that the greatest damage of the disease is not caused by the inflamed and very painful joints, serious as this may be, but by the crippled condition of the heart valves, which are nearly always inflamed during an attack; and if great care is not exercised, chronic invalidism may result.

SYMPTOMS

There may be an initial chill with sore throat; then a joint, usually one of the large joints of the limbs, becomes red, swollen, hot and very painful, especially on attempting to move or manipulate it. After a time the trouble ceases in that joint, and the process begins in another joint. Thus it shifts about from joint to joint. If there is an involvement of more than one joint at a time, the pain and fever are correspondingly increased. Other symptoms are profuse perspiration; scanty, high-colored, strongly acid urine; and constipation.

TREATMENT

The patient should have flannel next the skin. Sometimes it is advisable to use blankets instead of sheets. The affected joint must be kept quiet, and should be wrapped in flannel. This flannel wrapping may be utilized as a wintergreen compress, the cloth being moistened with a mixture of 10 to 50 per cent of oil of wintergreen in olive or other vegetable oil. An occasional fomentation is valuable. Flannels next the skin should be changed frequently, and the body should be bathed in tepid water.

Salicylic acid, the salicylates, and aspirin are recommended for internal medications; but they should be given under the advice of a physician.

An easily digested, nourishing diet, given in small quantities at three-hour intervals, seems to answer better than larger meals at longer intervals. The bowels should be kept active. Owing to the danger of heart complications, the patient should remain in bed for several days after the symptoms have subsided; and, in fact, he should have an examination of the heart before attempting muscular work of any kind.

Muscular Rheumatism

WHILE muscular rheumatism may not be among the diseases having a fatal termination, it disturbs comfort and sleep, increases the sick-leave rate, lowers efficiency, and is a symptom of a condition that, if unremedied, is liable to shorten the term of life.

Little need be said in description of the condition, except that it is a change in certain muscle groups, manifested by severe pain which is increased by movement of the affected muscles. Familiar forms of this ailment are lumbago (located in the back) and wryneck. These are the most frequent sites of muscular rheumatism, but we may have other muscle groups affected, as those of the arm, or those between the ribs.

If the pain were the worst feature about this condition, we might be content, as has usually been the case in the past, to relieve the present painful symptoms, and await the next attack. But when it is realized that muscular rheumatism is little more than a symptom of a condition which might be likened to a dormant volcano ready to burst forth at some unexpected moment, it is evident that any conscientious treatment of muscular rheumatism must attempt, not only the relief of the present painful condition, but the discovery and eradication of the cause of the trouble.

RELIEF OF SYMPTOMS

The first requisite in the treatment, say, of lumbago, is rest, absolute, in bed. The doctor's orders should be specific, and they should be enforced. The affected muscles, especially, should be given just as complete rest as is possible. Rest is more important in lumbago than in some other forms of muscular rheumatism.

As muscular rheumatism often follows some error or excess in diet, active purgation often does good, and in any case, this should be administered early. A good dose of castor oil, one or two aloes pills, or a large dose of cascara, the dosage depending, of course, on whether the patient has been accustomed to the use of cathartics, may do as much good as any one thing for the relief of the pain.

The local application of heat is always grateful. Cold, on the other hand, is usually unfavorable. Fomentations, the use of hot water bags, hot bottles, and hot packs are all useful. A local electric light outfit with current varying from 150 to 600 watts is an excellent method of applying heat. The light should be applied as strong as the surface will bear, the part being kneaded to relieve the discomfort from the heat and to soften the muscular mass. This treatment may be continued from 30 to 45 minutes, or until the skin is thoroughly soaked with perspiration and the muscle is soft like a mass of dough.

Another useful treatment is the use of anti-phlogistic pastes of which there are a number on the market. The paste should be smeared a quarter of an inch thick on a cloth, heated as hot as the skin will bear, and applied, paste side to the skin, over the affected area. This is an appropriate treatment for the night. It should be applied in the evening and left on until the paste is dry and caked, when it can be removed readily.

A more vigorous treatment for resistant cases is the use of counterirritation, by means of the old-fashioned mustard plaster, or by producing blisters.

The salicylates are much used by physicians for relief of this condition, the opinion being quite general that salicylic acid is almost a specific in the treatment of rheumatism. Whether the action of these drugs is due to their germicidal effect in the tissues, or to their antiseptic effect in the intestines, or to their analgesic (pain-stopping) effect is not definitely known. Possibly they act in all three ways. But whatever the mode of action, the salicylates seem to be beneficial in the treatment of muscular rheumatism. They should be taken under the advice of a physician.

REMOVAL OF CAUSE

Back of every case of muscular rheumatism there is some obscure cause, some hidden infection, poisoning the system, weakening it and rendering it liable to attack by other germs. The trouble may be in defective, diseased tonsils, or in septic conditions about the roots of teeth or in the hollow of the jaw bone once occupied by the roots of an abscessed tooth since extracted. It has been generally believed that when a tooth is pulled any infection at that point heals spontaneously. It is now known that such is not always the case. Often a septic area — a little germ focus — is walled in and remains a hidden menace ready on the first favorable occasion to burst forth. Some muscle strain, some excess, some unusual exposure to cold, may be the occasion, and muscular rheumatism, or some other systemic affection is the result.

So an attack of muscular rheumatism should be a warning to the patient to get the best professional help at whatever cost, and search out the offending infection. This may mean years in the length of his life, and all the difference between a life of vigor and a life of invalidism.

Tuberculosis

IT is still an open question as to when tuberculosis is contracted; but opinion is swinging to the theory that infection occurs largely in childhood, before the sixteenth year — nearly all children having been infected by that time; that with good environment the

body resistance is sufficient to overcome the disease and to keep it in permanent check; that later manifestations of the disease are due, either to a lowering of the body resistance owing to poor nutrition, bad hygiene, or infection by other germs, or to a prolonged exposure to the tuberculosis germ, as when one lives in close contact with a tuberculosis patient. It is now known that a chance exposure to a consumptive is not a source of danger and that the popular dread of consumptives is not warranted by the facts, especially if the consumptive has been educated and is conscientious.

Inasmuch as tuberculosis in later life is often a flaring up of the childhood infection, brought on by some lowering of body resistance, often by the action of other germs, it is extremely important never to neglect a so-called "cold;" for a cold is an infection, which if allowed to continue indefinitely, may make the opportunity for the tuberculosis germs to become active. Germs frequently work thus in sequence, or in combination, one infection preparing the way for another and more serious infection. The influenza germ would be comparatively harmless, if it were not so frequently followed by pneumonia and other fatal infections.

The lesson we should learn from these facts is that no infection, no matter how insignificant it may appear, should be disregarded, for it may be the opening wedge, as it were, to admit some more severe and perhaps fatal infection.

For this reason it is important to permit no abscessed or decayed teeth or diseased tonsils to remain, and to make every reasonable effort to be rid of a cough. If a cough is allowed to "hang on" for weeks, the doctor may some day have to convey the sad intelligence that the supposed "cold" is tuberculosis in a very serious or advanced stage.

○

Fear Germs

NEXT in importance to germ infection, perhaps, is fear infection; not so much in the destruction of life as in rendering life practically useless.

With no organic disease whatever — with organs and cells all sound, with not even an intoxication or an abnormal ductless gland output, with nothing more than a few "crossed wires," as it were, certain nervous currents being deflected so that they produce abnormal reflexes — we may have conditions which baffle doctors, make terrors of the patients, and render life miserable for friends and acquaintances.

As to the meaning of "crossed wires" or abnormal reflexes, we may illustrate by some of Pavloff's experiments. In his feeding experiments with dogs, he found that the taste of food caused a flow of gastric juice; even

the sight or smell of food might produce such a flow. These we may call normal reflexes; but by constant association of, say, the ringing of a bell or the display of a certain color, say red, at mealtime, he could eventually cause a flow of gastric juice by the ringing of the bell or by the display of the color even when there was no food present. These we may call abnormal reflexes brought about by association.

Examples of abnormal reflexes among men are the use of profanity when something goes wrong, fainting at the sight of a drop of blood, the manifestations of what we call "stage fright" when one is before the public; and many more might be mentioned, for these "crossed currents" permeate life in every detail. Everybody has some of them. They cannot all be classed as diseased conditions. But in their more serious manifestations, they may result in the ruin of a life.

Those "impossible" people who are forever doing the wrong thing and yet seem to think they are the only people in the world who do the right thing, may be doing the very best they can. As it would be impossible for the advanced consumptive or the uncompensated-heart case to take a five-mile walk, so it would be impossible for these people to control themselves so as to live like other people.

And they are not blameworthy. Their condition is due, partly, perhaps, to heredity, but very much to their early training. They are suffering because their parents and their teachers — but principally their parents, for this training in character formation is largely a home matter — have not fully understood how to teach so as to avoid the development of "nervous" disorders.

It is difficult to keep a child free from the germs that lurk everywhere; it may be even harder to protect it from the abnormal fears which, if permitted to take root, may wreck the after-life, or at least lessen its usefulness.

This suggests the thought that one of the most universal, one of the most profound, of human emotions, is fear. Like cold, fear can act as a depressant or paralyzant, or it can act as a stimulant. In some cases fear chains the bird so that it is paralyzed and makes no attempt to escape from the serpent. Again, fear puts steel in a man's muscles so that he seemingly accomplishes the impossible. A house is burning. In an upper room is a baby asleep. One person by fear is paralyzed and falls fainting; another is stimulated to dash up the stairs through the smoke, through unknown dangers, to the rescue of the loved one. Fear, therefore, may be a useful stimulant in time of danger, but it may, on the other hand, make one absolutely useless.

Among the fears which the child encounters and which may affect its later life are fear of the dark, of solitude, of unusual noises, of strange faces, of new animals, and as it grows

older, of ghosts, of the "bugaboo," of the "policeman" and other scarecrows set up by servants and sometimes by unwise parents to frighten children into being good. Then there is the fear of "hell fire," of eternal torment, of purgatory,—fortunately not taught so much as formerly,—fear of the unpardonable sin, fear of an offended God. Many fears of this kind are used by thoughtless persons in the effort to keep the child in the straight and narrow way.

Then there is the fear that some secret habit may have undermined the health and may bring on mental disorder or early decay. All such fears may go down into the subconscious, so

that apparently they are no longer operative on the life, but nevertheless they continue, on the "crossed wire" principle, to produce symptoms which we wrongly term "nervous." There is in these cases no essential trouble with the nerves; the difficulty is of mental origin.

It behooves parents, then, to take every possible precaution that fear does not enter into the life of the child. Frightening it into being good is planting evil seeds that are destined later to yield an abundant evil harvest.

Fear should in no case be the motive for good behavior. Rather should the motive be the expectation of some good to come from right action.

"EPIDEMICS: HOW TO MEET THEM"

is the title of a new book published by the Review and Herald Publishing Association, Takoma Park, Washington, D. C. Several chapters are devoted to the successful home treatment of Spanish Influenza and its most common after-effects—Pneumonia and Tuberculosis. Other chapters deal with the Prevention of Disease, the Sick-Room, Children's Diseases, etc. It is written in a style that every one can understand, and is quite free from technical medical terms. There are 128 pages in the book; it is well illustrated, and sells for only 25 cents a copy, postpaid. We heartily indorse its teachings, and recommend it to our readers.



Health Hints for December

L. A. Hansen



USE no patent medicines during this month, or the next, or the next. By that time you may have learned that not only are these nostrums unnecessary but that you are better off without them, both in health and in purse. Their chief benefit is to enrich the people who make and sell them. Some newspapers profit well through advertising them. The public pays the bill for it all, and gets harm instead of good out of it.

Follow no one's advice to try this or that medicine. You may be told, "It is good for you," but who knows whether it is or not? No medicine should be taken without the advice of a physician; the chances are he will advise you not to take it, if you will give him a fair chance to advise. Many physicians recognize that drugs do not cure disease, and would prescribe fewer of them were it not that the people are so disposed to want "something to take."

Not a few patent medicines contain a large per cent of alcohol, and play an active part in developing an appetite for liquor. Many so-called remedies contain poisons, and their use may lead to the opium or morphine habit. The use of such things under the physician's orders and observations is bad enough; self-drugging is most dangerous.

Just bear in mind that it is very difficult to know just what a drug may do within the body even when it is known what the drug may be. When one uses a drug, the nature of which one knows little or nothing about, for a trouble which one may know less about, the possibility of doing any good is very small, while the probability of doing harm is great.

GUARD THE EYES

The longer evenings of winter call for a greater use of the eyes by artificial light and at close range. Reading, writing, sewing, mending, embroidering, and other occupations of close application of the eyes, may cause eye-strain.

This is productive of various evils, some of which may be quite serious.

The eye itself is a precious organ, and the sight is priceless. We do well to take good care of the eyes for their sake alone. The reflex effects due to eyestrain, such as headache, dizziness, nausea, and nervousness, are further evidences of the need of care in the use of the eyes.

What is called "accommodation of the eye" is the adjustment of the sight to near and distant objects; this involves a change in the shape of the lens. When looking at a near object, the lens is thicker than when looking at something more distant, when the lens becomes thinner or flattens, in order to bring the rays to a proper focus.



Students Putting in Long Hours

This adaptation of the eye to varying distances is made possible by muscular fibers around the lens. Looking at very near objects strains these muscles, and to keep them on a strain by looking at something at near range long at a time tires them. If this focus is maintained too long, it leads to nearsightedness, which is an evidence of weakness or disease of the eyes.

The proper distance for reading is fourteen to eighteen inches. Children who indicate a desire to hold the book close to the eyes should be corrected. The head should be held erect,

not bent over, to prevent congestion of blood in the eyes, as well as to prevent round shoulders and flat chest.

The eyes may be rested when being used at close range by looking up at some distant object. Merely rolling them about is not sufficient; they should be definitely fastened on something, a picture on the wall, a tree, or something outdoors. The muscles of the eye are thus allowed to relax a bit. In the schoolroom the children should be allowed to look up from their reading or writing long enough to rest the eyes, not, of course, merely to gaze around. This would lessen the need for glasses. Savages who do not use their eyes for close work generally have good eyes.

Do not use the eyes for reading, writing, or other delicate use when tired or sleepy, when just recovering from a sickness, when riding in jolting cars or vehicles, or when lying down.

The light should fall upon the book or other object from the side; never from the front. Do not read facing a window or a light, unless the eyes are protected by a shade. The light should be steady and the lamp shaded. Be careful not to read in the twilight or in the glare of the sun.

A very good book is bad for the eyes if the print is too small; better not read it. Select books with print large enough to be read easily at a distance of fifteen inches. The paper of a book should be opaque, so the print from the other side of the page does not show through. Glazed paper is hard on the eyes, hence very long reading of magazines or books printed on such paper is hurtful to the eyes.

If it is necessary to hold common print nearer or farther than fourteen to eighteen inches from the eyes, glasses are probably needed. Consult a good oculist. Do not buy glasses at a spectacle counter where you simply try on this pair and that until you find a pair you "think will do." The saving is a dear one, for it is quite unlikely that glasses bought thus will properly fit the eyes. Remember you have only one pair of eyes for all your life.

FOR THE STUDENT

School children and college students who are now putting in long hours over their books should take care not to overdo in study, and neglect other important things. The school year should not leave the student pale and sickly; and with a proper attention to his



A Closed-up Room When Cold Weather Comes

health needs, he will not only stay well but will do better school work. Poring over books and studying long and hard may seem highly commendable, but parents and teachers will appreciate more that the student retains his health.

The bent-over posture usually assumed in reading, writing, and studying, hinders the work of the lungs in purifying the blood, an extra amount of which is needed for brain work. Inactivity of the body tends further to slow the blood circulation. The indoor atmosphere is usually not the best, and inhaling it long does not improve the blood supply. All these conditions are unfavorable to the general health of the student, and make study all the more

taxing. The student should train to a proper sitting posture, and maintain it as much as possible. He should practise deep breathing. He should get up occasionally, walk about, perform a few gymnastic exercises, preferably before an open window; or go out doors for a few minutes, inhaling freely of fresh air. Such a program should become a matter of habit.

The poor health of the school child or college student may be due not so much to too many studies as to breathing impure air, both at school and at home; cramping the lungs and other internal organs by improper sitting; failing to get sufficient exercise; eating hurriedly or not eating enough nourishing food; neglecting the bowels or failing in other health regulations. We urge attention to the health of the scholar and student; for what use is ever so much learning if the health is broken?

INDOOR DANGERS

All who spend much time indoors should guard against dangers of indoor living, especially in the winter months. In cold weather we wish to conserve the heat, and we are inclined to keep windows and doors tightly closed. In a room where a number of persons remain for some time, the air becomes vitiated, or robbed of its oxygen, so necessary to the making of pure, healthy blood. The air becomes charged with the carbon dioxide and other impurities thrown off by the lungs.

What is called "crowd poison" accumulates in a poorly ventilated room where there are a number of persons. If some of those present have catarrh, decayed teeth, or bad breath, the air is made bad all the faster. Various odors are given off by the bodies of those present, and

the air is literally poisoned. Ventilation is necessary, not only to bring in the proper elements of pure air but to let out the various impurities.

Living in close, ill-ventilated rooms is weakening to the entire system. Breathing over and over the impurities of bad air throws extra work on the lungs, and fails to supply the proper material needed even for their normal work. "The blood is made impure and the whole system enervated. In this condition one is particularly susceptible to "catching cold" and is liable to respiratory troubles in general. It is in the overheated room that there is danger of taking "cold," not in cold air outdoors.

Post-mortem examinations in some of the hospitals of the United States and Europe show scars on the lungs of half the cases examined, indicating that at sometime tuberculosis has been present. Though the person may not have known that he had the disease, yet it had been cured without treatment, showing that consumption in its early stages is curable, and that under suitable conditions the body can of itself recover.

We are nearly all the time and everywhere exposed to the germs of tuberculosis. They float in the air and we take them into our lungs. It is not by the use of medicated air breathed into the lungs through a vaporizer or some other instrument, that we destroy these

germs. Any medicine strong enough to directly kill the germ injures the lung tissue.

Pure air is the natural remedy against the germs of consumption. Outdoor life, good food, and suitable exercise build up the body, thus making it able to resist and overcome disease germs. Shallow breathing, impure air, inactivity, an impoverished diet, and poor digestion give a poor quality of blood; the lung tissue becomes weakened, and disease germs find there a favorable soil for growth.

WINTER UNDERWEAR

The heavier underwear worn in cold weather increases the perspiration, especially when the wearer is indoors or exercises freely. The waste matter contained in the perspiration is absorbed by the clothing. If the clothing is not changed and washed at proper intervals, the impurities contained therein are reabsorbed by the body. The outside appearance of the underwear may not show how dirty it is and its need of washing.

The underwear should be taken off at night and arranged in a manner to allow the inside of the garment to air. If one wears underwear at night, it should be a different suit from that worn through the day. Some who undress for bed in a cold room may be tempted to keep on the day underwear; don't do it.



HUDDLED TOGETHER IN AN ILL-VENTILATED ROOM



Photos, International Film Service, Inc., N. Y.

CALAMBA-CANLUBANG ROAD, LAGUNA PROVINCE, P. I.
THRESHING AND CLEANING RICE, BIGOA, BULACAN PROVINCE, P. I.



SAN FERNANDO-ANGELES ROAD, PAMPANGA PROVINCE, P. I.
COURTYARD AND CORRIDOR OF THE PHILIPPINE GENERAL HOSPITAL, P. I.

AS WE SEE IT

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

HOW TO EFFECT GREATER ECONOMY IN FUEL CONSUMPTION

INVESTIGATION in 1907 in New York showed that one third of the coal from stoves and household furnaces went out with the ashes. In this way three quarters of a million tons of good coal are lost yearly in that city alone — or were before the war. Possibly the severe winter of 1918 with its fuel shortage, and the high price since ruling, will contribute somewhat to diminish the loss of fuel through this leak. If the ashes are sifted, nearly the entire fuel value of the coal may be received. Much of the siftings, though apparently burned out, are found, on being wet, to be almost pure coal.

Let one inspect an ash dump after a rain, and notice what a large proportion of what was supposed to be fully burned is just as good coal as is in the bin.

Sifting in the cellar may mean the stirring up of ashes. This can be partly obviated by the use of a rotary sifter placed tightly over a barrel. Or the unburned coal, first well sprinkled, may be separated from the ashes, by means of a common garden rake.

Let our readers consider what this saving in coal means. Is your annual coal bill \$60? Sift your coal carefully, and save \$20. It will pay you well, and you will be contributing your share to make the coal supply of the country last a little longer.



THE NEW FAD IN EYEGLASSES

FOR some unaccountable reason, great round disfiguring spectacles are becoming fashionable and popular. What may be the reason no one can surmise, unless in the case of a very homely person there is the hope that the glasses will be large enough to help cover up the homeliness, or at least that the homeliness will be attributed to the glasses rather than to the face.

It is inconceivable that any one should have accepted any such glasses as ornamental or attractive, except for the above-mentioned motive; and yet these glasses are having a great vogue. Have the opticians been given a special rebate or discount on these frames, and do they, as a consequence, urge them on their patrons as having advantages over the old-style comparatively inconspicuous elliptical glasses? Or were the glasses first worn by some "higher-ups" in society and thus given a social standing? Whatever the explanation, the glasses are here, and it may be timely to warn our readers that they are *not* in any way superior to the old-style glasses. On the other hand, they have grave disadvantages.

In the first place the lenses are so large that their centers are necessarily farther apart than the pupils. Now one of the principles of good glass fitting, unless there is a distinct reason for doing otherwise, is to have the optical center

of the lenses directly in front of the pupils, or if anything, just a trifle within the pupillary distance. But the size of these glasses makes it necessary to have the centers farther separated than the pupillary distance. This is one feature in increasing the eyestrain.

Another, and probably more serious feature, if the eyes are astigmatic,—and practically all persons wearing glasses are astigmatic in one or both eyes, — is that the lenses, being perfectly round, readily turn in their frames. Now with an astigmatic eye, there is one position of the lenses which will give relief; all other positions increase the discomfort. For those two reasons it is not surprising that at the last meeting of the American Medical Association a protest was made against the use of these round goggle-like glasses. The *New York Medical Journal*, in an article indorsing the protest, gives reasons why such glasses are more likely to increase eyestrain than to relieve it.



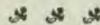
A NEW CURE CLAIMED FOR SEASICKNESS

PIN this in your hat if you are going to sea.

Dr. A. E. Lemon, major, M. C. U. S. Army, of Sault Ste. Marie, Mich., reports in the *Journal A. M. A.*, July 12, his experience with seasickness. Returning to New York from France, he was suddenly taken with seasickness, though previously he had not been seasick for years. On this trip about 90 per cent of the troops and a considerable number of the crew were sick. At least seven hundred, he says, were in great distress. The ordinary remedies did him no good. In fact he got worse. Finally he noticed a "fine indefinite sense of pressure on the eardrums" with no corresponding indication on the barometer. Reaching for some sterile gauze, he packed the ear canals so that the gauze pressed against the eardrums. As soon as he had brought distinct pressure against the drums, he had relief from his seasickness.

As he was the ship surgeon, he began trying the treatment on others, with uniform success. Some, after they had been relieved a few hours, removed the gauze, and the symptoms returned. They were again relieved when the gauze was replaced.

From his article, it seems to be inferred that the method was tried on other ships with entirely different results, which he suggests may be owing to a difference in the types of seasickness.



THERE ARE COMPENSATIONS FOR AN ABSTEMIOUS DIET

THE following quotation from an article by Lieut. Col. Seale Harris, M. C., U. S. Army, in *Medical Record*, July 19, 1919, on "Food Conditions and Nutritional Diseases in Europe," ought to be illuminating to those who believe that man on an average does not eat too much. No doubt the Germans would have resented the charge that they ate too much.

"COMPENSATIONS TO THE GERMANS FROM A LOW DIET.— Even starvation has its compensations, and German physicians say that since overeating has not been possible since 1916, there has been a decrease in stomach diseases, but that when a gastric disorder does arise, it is very difficult to relieve, because the proper diet is lacking. I was also informed that the low diet has helped a great many people who were accustomed to overeating before the war; and that liver diseases, chronic nephritis, Bright's disease,

and other chronic ailments which affect men and women over fifty years of age, have decreased considerably. Diabetes, a disease which in many cases is thought to be due to overeating, and in which the best treatment is starvation, is said to have disappeared from Germany. I asked a physician about gout, a disease formerly much dreaded by the Germans. He laughed, and replied, 'We don't have gout any more.'

"I heard considerable complaint about the beer which the Germans are getting. They said that there is no 'substance' in it. It was described as 'colored, brown water, a mysterious stuff that people can drink any amount of and never get crazy.' One man, however, said that the German people are enormously better off because they cannot get their beer.

"The Germans have had no coffee for three years. They have prepared substitutes of parched acorns, or burnt barley and chicory, which are not unlike genuine coffee in taste and appearance, but lack the 'kick' of coffee because they are free from the stimulant, caffeine, which is the active principle of the coffee bean. Caffeine is really a powerful drug, and, therefore, excessive coffee drinking, such as was the German habit before the war, is harmful. Since coffee has practically no food value except from the sugar and cream with which it is usually taken, the Germans are fortunate to be freed from the caffeine habit. They have tea which also contains caffeine, but few Germans seem to have the tea habit."

In this connection it is well to remind our readers that insurance statistics have shown plainly that men who are several pounds underweight at the age of thirty-five to fifty have a better chance for long life than those at the same age who are of average weight or over. If the Germans, under the food restrictions they were subjected to and with the necessity of eating various fraudulent preparations supposed to be food, were better off physically because they could not overeat, how much more advantageous would it be to the person who has the choice of the best foods and will strictly limit himself to his body needs? A little denial of the appetite and a refusal to eat just a little more because it tastes good, may add one hundred per cent to a man's usefulness and years to his life.



MORE INFLUENZA THIS WINTER

ACCORDING to the *Survey* of Feb. 22, 1919,

"The Metropolitan Life Insurance Company made a study of its experience among industrial policies following the epidemic of 1889. The results show that the greatest number of deaths from pneumonia and all causes did not fall in the epidemic year, but in the years following — most heavily from 1891 to 1893; in other words, that the patient who survived the 'flu' was weakened and was carried off by some subsequent illness."

In the discussion of Dr. Gram's paper, Sir Arthur Newsholme, of London, said:

"We remain almost helpless in the prevention of acute respiratory diseases in contrast with our control over such diseases as typhus, enteric fever, diphtheria, and also tuberculosis."

And Dr. Victor C. Vaughan made this frank admission:

"I want to call attention to the fact that sanitation, as we ordinarily understand it, had no influence on the prevalence or the death rate from influenza."

Wearing masks, closing public assemblies, running open-air cars in the middle of winter, quarantine — whatever was tried, seemed to have no effect whatever on the progress of the disease. Our main hope, so far as present experience is concerned, lies in careful treatment (patient kept in bed and on low diet), and in after-treatment to build up the health. At the same time, it is well to observe the various preventive measures that have been suggested, even though they may not have seemed to stay the epidemic. Possibly the reason for this failure was that the germs had been fully spread over the various communities before preventive measures were put into operation.

**THE INFLUENCE OF ALCOHOL
ON MANUAL WORK**

ACCORDING to a recent letter to the *Journal A. M. A.* (issue of Sept. 20, 1919, page 926), an investigation into the influence of alcohol on manual work and on neuromuscular co-ordination (by which one is enabled to make skilled movements) has been conducted for the Medical Research Committee by Dr. H. M. Vernon with the following results:

"Small doses of alcohol, well within the limits of what would be deemed by all moderation, do not sensibly affect the speed of performance of such semi-automatic operations as typing a memorized passage or setting down and adding a row of figures on a mechanical calculator, but gravely depreciate the accuracy of performance. Two glasses of port wine in a person accustomed to drink a glass of wine have this effect when the wine is taken with food. Less than this is sufficient to produce a result if taken on an empty stomach. Should the task set be very familiar to the subject, the foregoing conclusion does not hold. Such small doses of alcohol do not exert any measurable effect on the number of mistakes in either the typing or the adding test made with a speed of performance to which the subject had become familiarized by long practice. None of the experiments bring out any effect on the slow additions or typings, experiments which were made at a speed to which those experimented on were quite accustomed."

The point is, that in speeding up, or on slightly unfamiliar work, in a place where accuracy was important, the use of even small doses of alcoholic drink would be disastrous. And in none of the experiments is there any evidence that in any particular does alcohol prove advantageous. The lesson is obvious.



RICKETS FROM

LIME-POOR FOOD

CONFIRMATORY evidence regarding the effect of a lime-poor dietary in the production of rickets is given in a paper by Hess and Unger, in the *Journal A. M. A.*, March 30, 1918. The paper describes a study of a Negro settlement in New York City, said to have the largest infant mortality in the city, and an unusually high percentage of rickets.

Inquiry showed that while these Negroes — mostly from the West Indies, Barbados, and other tropical or semitropical islands — lived largely on fruits and vegetables in their native homes, they here live freely on meat, fish, and cereals, with a minimum of fruit, vegetables, and milk. In other words, on coming to this country they have rejected — possibly because of the exorbitant prices — the vegetables and fruits, rich in lime and salts, and have taken what appear to them to be the more nutritive foods — fish and meat — which are poor in lime.

It would seem that while in this country, the Negroes are extremely susceptible to rickets. In the tropics they are practically free from this disease, doubtless owing to the fact that in the tropics their living is so largely of the lime-rich fruits and vegetables.

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LIFE AND HEALTH, TAKOMA PARK, WASHINGTON, D. C.

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 two-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 personal reply, address J. W. Hopkins, M. D., Takoma Park, D. C.

Paralysis Agitans

"Kindly inform me if there is any remedy that will relieve the following trouble: For several years my mother who is now eighty years old, has had almost continual twitching or jerking of the muscles of her hand. She has always been quite nervous and of a frail constitution. Has always had a weak stomach and been a sufferer from constipation. Has done everything she knew to relieve this latter complaint but has been only partially successful in getting results, even by dieting. Is there anything that can possibly be done to relieve this trouble?"

The twitching and jerking in your mother's hand requires two kinds of treatment: First, the hand and arm should have a gentle massage, with joint movements, once or twice a day. Active movements are helpful, as slowly flexing then extending first the fingers, then the hands, wrists, and arms. Slowly pick up a book and then replace it. Follow these exercises with more complex ones. Second, the constipation should be relieved, for which, in her case it may be necessary to use the enema at times. If this is so, it should be given at a temperature of about 100° F., followed by a small cool enema at 80°.

A small dose of American mineral oil (Squibb's), say, one or two tablespoonfuls at bedtime and perhaps a half tablespoonful a half hour before one meal a day will also be of benefit. Foods containing bran, as whole wheat and Pettijohn's Breakfast Food, and also bulky foods, used in moderation, as string beans, asparagus, celery, and lettuce, will stimulate the bowels and aid in relieving the constipation. These must be used carefully, and if they are irritating, must be decreased. Gentle massage of the abdomen will help increase the activity of the muscles and intestines. Two or three fomentations to the abdomen at night, followed by the wearing of a moist abdominal bandage during the night will also be of benefit. It is possible that this is the beginning of a general condition, and your mother should have systematic rest and general massage. The treatment should not be too heavy, and she should have definite, specified times for rest and sleep during the day.

Birthmark

"We have a boy, five weeks old, who at birth had a red spot on his forehead above

the nose and covering a part of the right eyelid, and also a red blotch just above his hips. When he was a few days old, the attending physician said the spot on his forehead was not a birthmark, but as it is still visible, we think it is. My wife, at the suggestion of a neighbor, rubs olive oil on the spot daily. At times it is hardly visible and at other times it shows plainly. Since the birth of the boy, my wife has read some things in Dr. Fowler's writings, and she now believes the spot on his forehead was caused by her wishing for a chicken liver once when she saw a relative of hers eating one. If there is any way that the spot on the boy's forehead can be removed without injury, please advise me."

You should not rub or massage the spot which is probably a birthmark. It is undoubtedly quite rich in its blood and nerve supply. There may be something to the suggestion that such things are caused by the desire of the mother for flesh food or other articles of diet while she is pregnant. Probably not. The mark can be removed by a competent surgeon. There are other ways of removing the mark, but this is the most successful.

Arteriosclerosis

"I am 76 years old and have high blood pressure. I am taking neutral baths four days in the week and electricity two days. I am keeping house for myself and son. I do our cooking and ironing but no heavy work. I eat fresh and canned fruits and vegetables and also cereals. I drink buttermilk most of the time and occasionally a cup of cereal coffee sweetened with honey. Eat no cane sugar but what is in the bread we buy or in the canned fruit. What more can I do?"

The treatment of high blood pressure consists in securing free evacuation of the bowels once or twice a day and excluding animal foods of all kinds, including fish and chicken, from the diet. Eggs may be taken in moderation, and also milk. Cane sugar or an excess of honey irritates the liver and decreases elimination.

Neutral baths such as you are taking are very beneficial, and the electricity is of service also. You should also have fomentations to your liver and abdomen three times a week and to your spine three times. The activity of the skin should be kept at as high a mark as possible. The electricity benefits only when the elimination by the skin, kidneys, and bowels is very

free. A hip and leg pack once a week may be beneficial to you if it is carefully administered. It is, however, necessary to bear in mind that a person with high blood pressure, especially at your age, must have very careful handling and should take things moderately. This is true in the matter of treatment as well as in exercise, vocation, etc.

You should have two definite periods of rest every day, once in the forenoon and once in the afternoon, and should have a half day off in the middle of the week, with the entire Sabbath day for rest and worship.

Hugging and Kissing

"Is it harmful or does it in any way interfere with the development of a sixteen-year-old girl to have the opposite sex kiss and embrace her?"

Kissing and hugging are certainly detrimental to a sixteen-year-old girl and to a sixteen-year-old boy also. It should not be indulged in, even by the parents to any great extent. When such things take place outside of the family, it tends to lower the moral standard and to affect the child's development. It also...

the blood, either in diet or treatment. I have had training in hydrotherapy."

Your wife's red blood count is about two million below normal, and her hemoglobin should be about 15 per cent higher. I see no reason why she should not take a short course of medicinal iron, using Bland's pills in doses of two grains after each meal. I do not recommend Nuxated Iron as I do not know what it contains. The Bland's pills will be of no avail unless you increase the amount of organic iron in her diet. To do this you should give her plenty of foods containing iron, as spinach and other green vegetables, rice and other whole grains, and fresh fruits. If her heart is good, she will be benefited by moderately vigorous treatments, as hot and cold to the spleen, liver, and abdomen with mild cold-mitten friction and light massage. As soon as the weather permits she should sleep out of doors. Secure a healthy condition of the teeth, stomach, and bowels.

High Blood Pressure — Bright's Disease at Menopause

"In the June issue of LIFE AND HEALTH, the statement was made that such diseases as Bright's disease, heart disease, high blood pressure, and some others are largely within our own control. I am taking treatments from a chiropractic doctor for nervousness and high blood pressure.

"Please tell me what to eat and how to regulate my life so that I may have health. I am passing through the menopause, my age being 47. Have not menstruated for a year until a month ago. I feel quite well in the winter but break down in the spring. I heard but recently that electric treatments are not good for high blood pressure. Is this true?"

Rest, moderate exercises at stated periods, and diet are all of great service in the treatment of high blood pressure, but the main thing is to avoid flesh foods of all kinds, including chicken and fish, and to increase the elimination through the kidneys, bowels, and skin as much as possible.

The bowels should be regulated by the use of enemas, abdominal massage, laxative diet, and the moist abdominal girdle at night. The skin should be stimulated by warm baths and cool frictions.

Fomentations to the liver and abdomen with warm foot baths, fomentations to the spine, hip and leg packs given carefully,—all these followed by cool friction or by a tepid sponge will increase the elimination through the skin.

We do not use or recommend chiropractic or osteopathic treatment, as we secure much better results by the hydrotherapeutic measures combined with massage. You should rest for half an hour or an hour once or twice a day. This is also necessary when the blood pressure is aggravated and increased by the menopause.

You have your annual breakdown in the spring because you do not keep your elimination up through the winter.

Electrical treatments are beneficial if preceded or accompanied by the above hygienic measures and treatments. Your recovery will necessitate great care, but if you are patient and persistent, you will get satisfactory results,

3 Copies

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and abdomen followed
by a moist abdominal bandage should be taken
at night. This condition should be under the
supervision and care of a good physician, and
his advice followed concerning it. It may be
necessary to resort to surgery for the complete
cure.

Anemia

"My wife's blood tests show that the hemoglobin is 65 per cent,—3,800,000 red cells and 9,300 white cells per c. m. What shall I do to build up the hemoglobin and red cells? Will iron be beneficial? I have heard Nuxated Iron recommended, and also a form put up by Parke Davis. Also I should like to know what else should be done to build up

BOOK REVIEWS

A Sample-Case of Humor

by Strickland Gillilan, \$1.00. Forbes and Company, Chicago.

Humor? Yes, almost every sentence. Sometimes every word; but a grist of common sense and wisdom. For instance, he describes the return of his little boy from school, while he is attempting to write:

"He came in and shoved his head under my arm as if I had nothing else to do but visit with him. And say! Any of you who has a child dependent upon him for the principal share of its guidance and influence, has no other business half so important as that. No matter what business may be printed after your name in the telephone directory, that isn't your real business if you have a child. The other business is your side line and the child is your main job. Bringing up the next generation is the biggest job this generation has."

Never man spake truer words. And then he hedges in this wise:

"And we parents have so many funny notions that we don't know are funny because we take ourselves so seriously. . . . We believe solemnly that we are guiding the destinies of our children. Well, we ought at least to try to be. But when you get right down to the last analysis, it is the other way about. What is the most potent earthly influence in keeping parents as nearly straight as they really do keep? The fear of such harm as

might come to their children through parental wrong-doing or wrong thinking. So it is, after all, the child who looks after the parents."

And who can deny it?

The Home Dietitian

Scientific Dietetics Practically Applied

by Belle Wood-Comstock, M. D. Published by the author, Pasadena, Calif.

This is one of the few books on dietetics that advocate the dietetic principles and practice taught by this magazine.

The author explains carefully the fundamental principles underlying the selection of a scientific dietary, and shows how and why many people, by wrong eating habits, bring disease upon themselves.

The method of food-value measurement is carefully explained and twenty-two pages of tables are given for estimating the food value in protein, fat, and carbohydrate, of the most common foods and dishes. The method given for arriving at the requisite amount of protein is simple and practical. Due attention is given to balanced rations, vitamins, flesh foods, condiments, stimulants, fats, vegetables, cereals, and the combination of foods.

The chapter devoted to the feeding of children is important; and the chapter on food economy is particularly timely.

The book concludes with a valuable table of recipes, giving the food values of each completed dish.

NEWS NOTES

Punishment for Food Offenses

Recently there have been something like a hundred cases of prosecution and punishment to those who have been guilty of adulterating, misbranding, or both, of foods, drugs, medicines, or stock feeds. Among the adulterated articles were spoiled eggs, decomposed tomato products, contaminated or watered milk, spoiled powdered milk, and adulterated condensed milk.

Egg Substitutes — Fraud

Manufactures of so-called "egg substitutes" have been prosecuted for marketing something which does not give value for the amount invested. The fact is these substances are largely starch colored to imitate egg. While the cost to the manufacturer is trivial, they are sold at a rate of about a dollar a pound. All who purchase these so-called egg substitutes are paying good money for something that is worthless.

United States Department of Health

July 17 a bill was introduced in the United States Senate creating a Department of Public Health. This bill, if it becomes a law without amendment, will make the head of the department a cabinet officer. He is to have three assistant secretaries, one trained in medical science, one in vital statistics, and the third, a woman, trained in medicine or nursing and public health. To this new department it is proposed to transfer the work of the United States Public Health Service and the Bureau of Chemistry. The department would have bureaus of vital statistics, sanitation, hospitals, child and school hygiene, quarantine, food, drugs, nursing, etc.

Diplomas in Industrial Medicine

There is in England a movement on foot to grant diplomas in industrial medicine. Such a diploma would indicate that the possessor was qualified to supervise the health of employees in industrial establishments. A physician with such qualifications, looking after fatigue, overtime, ventilation, heat, moisture, etc., should be an official with recognized authority, having power conferred upon him by government enactment to protect the health of employees. Perhaps he should bear such relation to the companies as meat inspectors do in packing establishments.

Bull's-eye Spectacles Harmful

There was a protest at the last meeting of the American Medical Association against the use of the so-called library or Windsor spectacle frames, owing to the fact that they are too large, and hence the centers are too widely separated, and they turn in their frames which, with astigmatic glasses, renders them worse than useless. As an editorial in the *New York Medical Journal* asserts, "The only reason why they are worn is that it is fashionable to wear them."

Narcotics Banned in Buenos Aires

Narcotic drugs have been placed under the ban by municipal ordinance in Buenos Aires, which forbids their sale except on prescription from a registered physician. Dispensations have been provided by the government where those suffering from diseases which require the administration of narcotics may obtain sufficient for their need. Drug addiction had become so prevalent in Buenos Aires that government regulation became imperative.

To the Deaf

Any hard-of-hearing person can secure literature that may prove helpful, by addressing the Volta Bureau, 1601 35th St., N. W., Washington, D. C. This Bureau does not give medical advice, and has no medicines or instruments for sale, and does no teaching.

Bathtub a Luxury

According to report of a housing survey, one block in East Thirty-third Street, New York City has one bathtub for forty-three tenement houses, the homes of 1,703 persons. It was a saloon-keeper who owned the bathtub, and few in the neighborhood had access to it.

"Flu" Deaths in the United States

The Metropolitan Insurance Company has compiled statistics showing that there were 450,000 deaths from influenza during the recent epidemic. Males were more susceptible than females. The ages most susceptible were those of infancy and adult working life. Of classes of the population, the wage earners were hardest hit.

"Flu" Germ Not Discovered

Dr. William H. Park, director laboratories, New York City Health Department, read a paper at the last meeting of the American Medical Association on the bacteriology of influenza. After giving in some detail the data regarding the bacteria which for one reason or another seem to be implicated in the disease, he concludes: "Our final conclusion is, therefore, that the micro-organism causing this epidemic has not yet been identified."

Another Treatment for Tuberculosis

John Ritter, in the *Illinois Medical Journal*, June, 1919, advises the internal use of iodine in tuberculosis, erysipelas, and other infections. In tuberculosis he suggests that the beneficial action is due to the increase of lymphocytes, and consequently the increase of a fat-splitting element which breaks up the tubercular bacillus. His method of administration is to begin giving one drop of tincture iodine in half a glass of milk at the first meal, and increasing one drop each meal until the dose is 25 or 30 drops tincture iodine in a half glass [or a glass] of milk.

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The Home Study Habit

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For 1919

VOL. XXXIV

NOS. 1-12

NOTE.—The twelve numbers begin with the following pages, respectively: January, 1; February, 25; March, 49; April, 73; May, 97; June, 121; July, 153; August, 185; September, 217; October, 249; November, 273; December, 297. Subscribers may obtain missing numbers as long as they last, to complete their files, at 10 cents a copy.

Articles marked (C) are contributed; (E) editorial; (e) editorial notes and comment; (Q) questions and answers; (A) matter appropriated from other publications, and usually abstracted or abbreviated.

LIFE AND HEALTH, Takoma Park, Washington, D. C.

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