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HERBERT HOOVER

While mobilizing food for starving Europe, he kept down the food costs at home.

# Life & Health

## HOW TO LIVE

EDITORS

L. A. HANSEN

G. H. HEALD, M. D.

VOL. 35

JULY, 1920

No. 7

## EDITORIAL

### Help Others --- Help Yourself

THE double blessing of doing good has been told by poet and preacher, idealist, and essayist. It is not a fanciful theory or a mere subject for pretty talk. It is an actual fact that doing for others is doing for ourselves as well.

As a health measure, this truth has a very practical application. There is healing power in the consciousness of doing good. The mental uplift that comes from the joy of serving others has its direct influence for good on the entire being.

Too many invalids are self-centered. They crave sympathy, and sympathy is something that almost every one considers as belonging to the sick, hence it is freely given and freely received.

We do not ask that sympathy be withheld from those deserving it, but let us say that if the sick would give more to others and take less for themselves, there would be fewer sick. In other words, if those who are ill would think less of themselves and their illnesses, it would be better for them. It is one way of getting well.

For the sick to devote their thoughts to their own ailments, makes recovery all the more difficult. Well-meaning friends help to prolong disease and suffering when they encourage the invalid to think of himself and his ailment.

It is a law of giving, that the giver receives in his giving. In blessing others, he is blessed himself. By thinking more of others, he thinks less of himself. He gets more for himself than he gives to others.

Most sick persons can profit by the application of this principle; let them consider how much worse off some one else is, and let them sympathize accordingly. Let them give to others comfort, and they will find the giving reacts



upon themselves, and the comfort that comes to them will be a healing balm. The reflex action of giving joy, cheer, courage, and happiness to others, is an actual healing process.

There are so many ideas of what is essential to health and such a wide difference of opinion as to health methods, that it becomes confusing to the health seeker to determine what is of value and what is not. With many theories as to the cause and cure of disease, numerous schemes for maintaining health, and innumerable remedies for restoring it when lost, and nearly all of these differing from one another, it is important to know what is truth.

Nearly all sick persons want to get well quickly. It is this desire that leads so many to spend good money for worthless nostrums, and to rely on questionable short-cut methods to health.

For a real health promoter, read the fifty-eighth chapter of Isaiah. Here is given a prescription for health, not only for the body, but for the soul.

"Is it not to deal thy bread to the hungry,  
And that thou bring the poor that are cast out to thy house?  
When thou seest the naked that thou cover him,  
And that thou hide not thyself from thine own flesh?  
Then shall thy light break forth as the morning,  
And thine health shall spring forth speedily:  
And thy righteousness shall go before thee;  
The glory of the Lord shall be thy rearward.  
Then shalt thou call, and the Lord shall answer;  
Thou shalt cry, and he shall say, Here I am.  
If thou take away from the midst of thee the yoke,  
The putting forth of the finger and speaking vanity;  
And if thou draw out thy soul to the hungry,  
And satisfy the afflicted soul,  
Then shall thy light rise in obscurity,  
And thy darkness be as the noonday;  
And the Lord shall guide thee continually,  
And satisfy thy soul in drouth,  
And make fat thy bones;  
And thou shalt be like a watered garden,  
And like a spring of water,  
Whose waters fail not."

L. A. H.

## To Our Readers

WHY do we publish this journal?

We are not making money at it.

We have nothing to sell.

We are not boosting any particular fad or cult.

Our aim is to help others by teaching as simply as possible the plain truths of health, and to help people find the best in life.

We are receiving encouraging reports of the good our journal is doing.

We want to widen its field of usefulness.

Every new subscription enlarges our opportunity for doing good.

You who want to see our aim carried out, can help.

If you have found help through LIFE AND HEALTH, remember that others may find it also.

You can help to pass it on.

Will you?

EDITORS AND PUBLISHERS.



# AS WE SEE IT

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

## CAUSE AND PREVENTION OF HIGH BLOOD PRESSURE

THE American Medical Association has issued a book on therapeutics, or treatment of disease, containing what are supposed to be the essential and important methods of treatment. The manner in which hypertension (high blood pressure) is handled in this book should be enlightening to those who are not acquainted with the dietetic principles for which this magazine stands. Regarding the cause of hypertension this book says:

"One of the most common causes of hypertension is excess in eating and drinking. The toxins from excess food are irritating, and therefore one of the first steps toward improving and lowering blood pressure in such cases is to diminish the amount of meat eaten or to remove it entirely from the diet. Alcohol, by affecting the appetite and increasing the amount of food taken, by interfering with the activity of the digestive tract, can indirectly disturb metabolism and thus affect the blood pressure. It should always be eliminated. Drugs or other substances that raise the blood pressure by stimulating the vasomotor centers or the arterioles, when constantly repeated, may cause hypertension. This seems to be particularly true of caffeine and nicotine as taken in the form of coffee and tobacco."

Speaking of preventive measures, the same book says:

"The physician should continually caution the patients in whom the factors leading toward hypertension exist, against the many things which will propagate and prolong that condition. They should be cautioned against severe athletic competition, recreation excesses, excessive use of tobacco, alcohol, and caffeine, and overeating."

Under "treatment" is the following:

"Constipation should be kept under control by feeding fruits and vegetables, avoiding those that produce flatulency. The embargo on meat foods should be absolute at first, and these things added to the diet according to the response of the patient to them. Alcohol, tea, and coffee should be forbidden. The patient should be encouraged to drink milk."

When one considers that alcohol and the substances rich in purins (meats, tea, coffee, etc.) are intimately connected with hypertension and that hypertension means a shortened life, would it not appear to be the part of wisdom to adopt a diet containing none of these things? Another count against them is that when used as indulgences, they soon become habits difficult to break. One who is controlled by a habit and finds it shortening his life, is in a pitiable condition.

It is not asserted that these are the only causes of hypertension. There is overwork, lead poison, syphilis, excesses, etc.; but they are strong contributory factors, and those who desire to live to a good and useful old age will do well to avoid these indulgences.



# *The* BABY *in* HOT WEATHER

## How to Get the Baby Through the Danger Period

EVA M. SHIVELY, A. B., M. D.

**I**F climatic and other physical conditions were perfect in this world, always favorable and conducive to the sustenance of a healthy human organism, the baby at birth would escape the dangerous struggle which he is called upon to face in the establishment of an independent physical existence.

On account of unfavorable climatic conditions, the most dangerous time in all this critical struggle for a physical start is met during the first and second summers of the baby's life. When once these two mile posts are safely passed, we may thereafter expect a reasonably uneventful merging into childhood.

Why should the first two years of baby's life, and particularly the first two summers, be especially critical periods? We find our answer in the newborn child's physical condition and in the physical condition of his surroundings.

At birth the infant presents an organism somewhat imperfectly developed. Before birth it has been held in a practically sterile condition — protected from the invasion of all destructive germs. Therefore, having imperfectly formed organs and not having met with any invading agent, no neutralizing material for the germ poisons, such as are produced in the adult by constant contact and vaccination, is found in the baby's blood. During the first two years, organic development is completed and defenses erected.

The external physical surroundings have both favorable and unfavorable features. What constitutes baby's environment may be placed in two classes: His

friends — air, food, clothing, and caretakers; and his enemies — excessive heat or cold, invading organisms, and dirt of all kinds.

### **Baby's Enemies**

Air, when reasonably pure, kindles and keeps lighted a necessary never-dying fire so long as life lasts. The heat generated by this oxygen-kindled fire keeps the little chemical laboratory (baby's body) in a state of constant reaction. This nature-kindled fire has solved the problem of a lifetime perpetual motion, so far as the involuntary body activities are concerned. For instance, the heart, warmed by its friendly heat, when once started, beats steadily on, sending out little racers that make rapid trips from the heart to every body cell and back again in only a very few seconds. No cyclone travels faster. Each cell to which these trips are made, works constantly, and is always on the alert to catch its food as this rapid train of racers passes by. Every involuntary body process is seen to be constantly active. The friendly oxygen of the air is necessary as the starter and constant kindler of the fire which warms each involuntary body function into never-ceasing activity. Baby cannot in any instance be safely deprived of this beneficent friend.

Second, baby's food furnishes the fuel to keep the body fire supplied, and nature has kindly provided ready-prepared food for the tender little organism, which contains material for producing heat and energy, and also that which is



needed for building purposes. A disinfectant is stored away in this nature-prepared food, which protects the baby from invading germs until defenses can be produced in his own body. In unfortunate cases where mother's milk fails, the milk of a wet-nurse or the modified milk of animals may be used, but at a great disadvantage, since mother's milk best suits her own species and especially her own individual young. In case a modified milk will not do, then some prepared food must be substituted.

Third, baby must be clothed in such a way as to prevent exposure to extremes of temperature and to give perfect freedom to the constant involuntary and occasional voluntary activities of the body. Both air and food are best taken care of at moderate temperatures. The clothing may materially assist in maintaining a normal body temperature.

#### **Baby's Enemies**

First, as before mentioned, extremes of temperature must be avoided, as they are not conducive to body cell activity.

A second vitally antagonistic condition which must be closely guarded against is the prevalent disease germs.

Unclean surroundings, which serve as a means of irritation to the child and as sustenance to the invading germs, until they gain an entrance into the body structure, is the third enemy to be guarded against.

And since baby is unable to serve himself, we might add that a last great enemy may be found in the lack of intelligent mother care.

#### **Warfare Between Baby's Friends and Enemies**

Having now become acquainted with both the friends and enemies of our baby, we will briefly notice the warfare waged between them:

In the case of the destructive organisms that we have called germs (not all germs are destructive), we find that warm temperatures are best calculated for their growth and increase in numbers. Therefore, in the hot summer months

these organisms are found in a more active state and in greater numbers than at any other time. For this reason all persons are more susceptible to infection during the hot weather; and because excessive heat is unfavorable to body cell activity, the invading germs have prospects for an easier conquest than at any other time of the year.

Baby, as well as all other human beings, is in this way at a disadvantage during hot weather. But added to the above-mentioned unfavorable conditions, which the adult is likely to survive, the infant must face the still graver situation of unpreparedness. The little body is very much like a country unprepared for war, and seemingly because of this, at every possible opportunity the invading agents make the unprepared body their host.

In view, therefore, of the unfavorable temperature, the numerous and active enemies, and the unpreparedness of the little charge's body, it devolves upon the caretaker to make wise and liberal use of the friends of the human organism at this critical time of the year, during the baby's first two summers.

Baby must have plenty of fresh, cool, pure air to keep his life fire burning brightly. He must not be kept in close, stuffy, unaired rooms, or exposed to contamination from decaying matter, or sewer gas, or to the glaring heat of direct sunlight. A shady nook on an open porch or a grassy plot under the spreading branches of a tree, will make a good living-room and also sleeping apartment most of the time during the hot weather. This is the best way to secure the greatest amount of life-giving oxygen, with air at the most favorable temperature. Pure, cool air also serves as a stimulant to skin activity.

Clean clothing, free from irritating skin excretions, kidney or bowel discharges, or other external contamination, will help to preserve an unbroken skin and prevent nervous irritation, which lessens the body vitality so necessary in hot weather.



Although hot, impure air and dirty, uncomfortable clothing form a good environment for the development of disease, the most direct agent of disease-producing germs is found to be the food. The skin is a naturally constructed protective organ, forming an almost impermeable covering to the body when unbroken; but not so with the mucous membrane with which the intestinal tract is lined, and which must receive the food. This delicate membrane is constructed for the purpose of absorbing the material upon its surface. The mucous membrane, therefore, forms an easy gateway for the entrance of invading agents into the body tissues. The greatest care should be taken to give no opportunity for harmful germs to be carried into the intestinal tract with the food.

If baby is so fortunate as to be supplied with his own mother's milk, the only precaution necessary is that both the mother's breast and the child's mouth be kept carefully cleansed. This is best done by sponging with a saturated solution of boric acid before and after each feeding.

Flies, which are the greatest germ carriers known, must be carefully excluded from the baby's body and from his food.

If baby should be so unfortunate as to contract intestinal or skin infection, and if in addition to fretfulness, there is a temperature ranging from 101° to 105°,

with coated tongue, loss of appetite, and beginning diarrhea, it is well to remember that fretfulness is his plea for help. The coated tongue would show under the microscope many families of rapidly multiplying germs; the fever is an indication that the blood and skin are endeavoring to burn up and throw off the irritating poisons; and the diarrhea is an effort of the bowels to increase the work of the body sewer. Instead of becoming alarmed at these symptoms, remove the cause, and thus make it unnecessary for nature to do it in her rough-and-ready way.

The treatment will be simple. First, give a cathartic of castor oil in doses of from one-fourth to one teaspoonful, according to the age of the infant. See that the bowels are thoroughly emptied by cathartic and enemas. After each movement, the bowel should be irrigated with sterile water. No food should be given for twenty-four to thirty-six hours, and the skin should be kept carefully cleansed.

With the above simple treatment most cases of summer infection will disappear. Should baby not show marked improvement, a physician should be called.

If the caretaker, nurse, or mother will keep in mind the above precautions, the hot and dangerous summer months need give but very little trouble.



CRUELTY



COMFORT



# Accidents and Emergencies

## Ulcers :: Erysipelas

L. A. SUTTER, A. B., M. D.

**A**N area where the skin has been removed and does not grow back readily, may form what is called an ulcer. This may be of any size and on any part of the body.

### Causes of Ulcers

A wound from any object, a burn, a frostbite, or an electric contact is a frequent cause of ulcer. Some of the most difficult ulcers to heal are those caused by the rubbing of sharp ends of bones against the bedding. We find this condition in patients who have had typhoid fever, rheumatism, broken bones, or any infirmity which has confined them to bed for a long period of time. Ulcers of this nature in bedridden patients are called bedsores.

A frequent cause of ulcers is varicose veins in the legs. A small varicose vein, over the shin bone or around the ankle, may be injured by being kicked or bumped. Often when a person is carrying a suitcase, a corner may strike one of these varicose veins, and the injury may cause an ulcer. Tuberculosis and syphilis are frequent causes of ulcers. Both diseases require treatment by a skilled physician. In diseases of the heart, blood vessels, or kidneys, ulcers are prone to form which are very difficult to heal. A person who has diabetes is very liable to develop ulcers on his toes or feet. He is also subject to carbuncles.

From what has been said in regard to causes of ulcers, it can be readily seen that a person having an ulcer should go to a physician and have a most careful examination of his heart, lungs, and urine.

### Symptoms of Ulcer

In the formation of an ulcer, the skin is first red, swollen, and hot; then there may be a giving way of the skin, with a break in the tissues. Very soon there will be bacteria and pus present. Very often around the ulcer the skin will become eczematous, due to irritation from the pus. This will cause more or less itching, burning, and pain.

### Treatment

The pus should be carefully cleaned away from the ulcer. This can be done by bathing the ulcer with bichloride of mercury, using one large tablet to two quarts of warm water. Or peroxide of hydrogen may be used as a cleansing agent (one tablespoonful to four of water.) After the ulcer has been thoroughly cleansed and dried, it may be treated with 20-per-cent silver nitrate solution. To give this treatment, twist some absorbent cotton around the end of a toothpick, dampen the cotton with the solution, and gently apply it to the surface of the ulcer and to the skin immediately surrounding it. This application should be made two or three times a week. After using the silver nitrate solution, a small amount of boric vaseline should be applied to a piece of sterile gauze and this should be kept snugly over the ulcer by means of a roller bandage; the ulcer may be covered with a 10-per-cent solution of balsam of Peru in castor oil, over which a piece of sterile gauze is put, held in place by a roller bandage.

If the ulcer is large and there is a great deal of odor from it, it should be carefully cleansed with potassium per-



manganate, just strong enough to form a pink solution.

In case of a varicose ulcer, it is well, besides giving the above treatment, to wear an elastic stocking or an elastic bandage. The elastic bandage should start at the foot and extend upward to above the knee. It is well to keep the foot elevated as much as possible. If the patient is in bed, the foot of the bed should be elevated. This enables the blood to flow back to the heart much more easily, and thus lessens congestion of the part.

Exposing the ulcer to the direct rays of the sun for a few minutes at a time or to an electric light with a good reflector on it, will often hasten healing.

The patient's general health should be built up by a good, generous diet, and out-of-door air. Any other disease that the patient may have should receive treatment at the same time. If he has infected tonsils they should be removed, or if his gums are infected, these should have the care of a good dentist.

#### Erysipelas

Erysipelas is caused by the Streptococcus erysipelatos getting into the tissues through some break in the skin. The majority of these infections occur on the face. At times the extremities may be involved. The disease frequently starts on or near the nose. This has led to the supposition that the germs of the disease are carried below the skin by picking the nose with the finger nail.

#### Symptoms

Erysipelas frequently starts with a chill. There is a rapid rise of temperature, with a very fast pulse, and often there may be delirium. Twelve to twenty-four hours after the chill, there will be a burning sensation, where the disease is located. If it is the face, as is usual, there will be marked swelling on one or both sides of the nose with a red coloration. The eyes may be swollen shut. The involved skin feels hard to the touch. A definite margin can be felt between the diseased and the healthy

skin. The lymphatic glands of the neck are swollen and more or less tender. There may be small or large blisters over the involved area. These will contain serum or often pus, and later crusts will form on them. These crusts should not be removed, for a scar will be left. When recovery takes place, the skin over the diseased area will peel off.

#### Treatment

The patient should be put to bed in a room with an abundance of fresh air, and should take good nourishing liquid or soft diet, and drink an abundance of water. He can be given four ounces of water by bowel every four hours. The best way to give this is to take a soft rubber rectal tube and connect the loose end with a small funnel. The rectal tube should be lubricated and inserted into the bowel about four inches. Then eight tablespoonfuls of water with one fourth teaspoonful of salt dissolved in it can be poured slowly into the funnel and allowed to trickle into the bowel. The funnel should be held a few inches higher than the patient's body. The reason for using so much water is to lessen the poisons from the disease.

A 4-per-cent solution of aluminum acetate can be applied locally to the swollen area by means of compresses; or compresses may be kept wet with a 4-per-cent boric acid solution. Often it is cooling and agreeable to have over the part several thicknesses of gauze that are constantly kept wet with a saturated solution of Epsom salts. Later the inflamed area may be covered with an ointment made from fifty grains of zinc oxide to an ounce of vaseline; or you may use a 10-per-cent solution of boric vaseline.

The crusts should not be picked off, as this will cause scarring. Either the zinc oxide or the boric vaseline ointment will soften the skin and aid in the shedding of the dead skin and crusts.



The Next Issue: AUGUST  
A VACATION NUMBER

Be sure to get your copy



# How SHALL WE QUIT?<sup>1</sup>

ROBERT B. THURBER

ANSWER: Follow after the things that make for quitting. But — Now in the first place, every Christian with the real experience of the overcomer knows that God sometimes performs miracles in helping a man to quit, — phenomenal miracles, — though all God's help is in a sense miraculous. He actually takes away the "want-to" of the injurious practice. A man loses all desire to roll a quid over his tongue, or to jockey on a horse trade, or tipple a little "white lightning." And a woman loses all ambition to lead in the styles, puts a quietus on gossip, and becomes a tea-totaler without a qualm. But it is not always thus, even with sincere Christians. With many the desire to do what they shouldn't do is ever present; and hard experience has taught them that this desire must be killed by attrition.

Then, too, it isn't so hard to quit as it is to stay quit. A host of men have pitched their "coffin nails" into the river, only to fish them out again a month later. Many a man, "to prove he can," will stop drinking for a fortnight, especially when he knows that the delirium tremens will get him if he doesn't watch out. Thousands of drug dopers and slaves to temper have by a superhuman effort of the will thrown off the weight that drags for all time, only to find that "for all time" spells "till the next time."

After all, we must get down to the desire, and eradicate that. And desire is wholly a matter of heredity or training. Whether it has its origin in either one of these two, or both, it may be changed by education. And this is not to leave out the Power from above; for that is needed

every day to second the efforts of the will in being regular and diligent in attending the school of new habit forming.

In order to quit we must set the stage for an altogether new and different drama of life. New characters will not look or act well amid old environments. Everything must bend to the new way; every action must be planned with the one idea in mind of following after the things that make for quitting. There must be different thoughts, clean physical bodies, inside and out; new surroundings, in so far as we are able to control them; new visions of perfection. Is there a prop? Use it. Will a buttress help to strengthen the wall to keep out old enemy inroads? Build it. Is there a bur under the saddle? Remove it. A man can't rid himself of a hair-trigger temper when he persists in eating foods that leave a trail of irritation the whole length of the alimentary canal. A man can't win over the liquor habit, and still continue in the very ways of living that sow and cultivate the lust for drink.

But some of us hate to admit that our wills are not strong enough to quit if we wish. Therefore we fondly fool ourselves into being sure that the only reason we don't stop is because we don't want to; and when we do want to — in the distant future, but sometime — we will show people that it is easy enough. Then suddenly, when we are landed flat on our backs, or in some way get a terrific jolt as to just what we are coming to, we try out the boasted will, and find it nil. What we thought was backbone is discovered to be jelly. And it became jelly by the very process we have followed. No, quitting isn't done that way.

Why not admit that our wills are at most not quite so strong as they ought to

<sup>1</sup>A sequel to Mr. Thurber's article "Quit" in the last issue.



be; and then, facing the situation as it is and not as we would like to have it, do all we can to strengthen that will by accepting help from the outside?

What shall we say, then, as to quitting? First and best, and the only satisfactory way to begin, is to get a new heart from the Creator of new hearts. And you will be surprised to see how far a new heart will go toward making a new body with every desire and passion undergoing, or starting to undergo, a complete change.

Then, with the heart, or will, on the quitting side, throw yourself into thoughts, environments, influences, that tend reformward; move into a community where all roads lead to the better way. And remember always that the only way to quit the old is to start the new; that the degree of quitting the old is the degree of adopting the new; that quitting is an emptying; but there can be no vacuum, and so there is of necessity a filling to take its place.

## Why Tuberculous Persons Without Funds Should Not Leave Their Home State

GARNET ISABEL PELTON

It is worthy of note that the American Medical Association in the meeting recently convened in New Orleans, passed a resolution urging doctors not to encourage patients to leave home unless they have funds to pay for two years' expenses and treatment.

IT is reliably estimated that several hundred tuberculous persons without funds come to Denver every year. Practically all of them come because they have the mistaken idea that climate will cure tuberculosis.

They arrive, almost penniless, without having made any inquiries or any provisions for their needs. Since Colorado has no State and Denver no municipal tuberculosis sanatorium (merely a ward at the County Hospital for thirty-five very sick tuberculous residents), the care of such indigent persons is limited to a few free private sanatoria, which are continuously so overtaxed that admittance is a long and difficult matter. These sanatoria comprise the two Jewish institutions, which accept only a small number of Gentiles; a tent colony of men, with a capacity for seventy "down-and-outers;" and a small home for a dozen destitute tuberculous women.

These tuberculous poor who migrate to Denver, finding no place where they

can be cared for, look for light work in order to maintain themselves and often their dependent families; but the demand for such work is far in excess of the supply. Driven to any work they can get, with neither friends nor care, anxious, homesick, hopeless, they rapidly grow worse, and usually soon die. They die for lack of proper rest, food, fresh air, and medical attention, those essentials of treatment, which many of them could have had at home — or here, with sufficient funds for two years' care. Without these essentials, climate is of no avail. If it were, Denver would welcome these tragic health seekers instead of urging them to stay at home.

Denver also urges that the States throughout the country plan definite programs to retain their indigent tuberculous, giving them effective treatment in State sanatoria or in their own homes.

This article is published at the request of the Denver Anti-Tuberculosis Society, 221 Coronado Building, Denver, Colo.



# Some Facts Concerning Diet

J. E. CALDWELL, M. D.

WHAT excellent bean roast you make, Mrs. — ! I am enjoying it so much," said one of the delegates to a district conference meeting held in one of the larger churches, the members of which entertained the delegates in their homes. The compliment was repeated in different words by several of the guests during the ten days' meeting. The hostess had a wide acquaintance among the delegates, and day after day she would invite home to dinner one or more friends from a distance, in addition to her delegate boarders. She had been able to get a supply of good hulled split beans. These made into roasts formed the principal dish of the dinner nearly every day; for the roasts could be prepared in short order, and baked while she was attending some of the forenoon meetings of the conference.

Since her guests were changing every day, they did not notice the sameness in the dinners that proved unwholesome for some of her own family. Moreover, since the days were very busy ones, and since leftovers from the bean roast and potatoes prepared for dinner made an excellent foundation for a hastily prepared breakfast the next morning, she unwittingly furnished conditions which might be expected to impair the health of members of her family. And such expectation was fully met, for before the end of the conference, her husband, unable to straighten up, was walking bent over like an old man, scarcely able to go to his office, on account of the severe lumbago brought on by the "unbalanced ration" in which the bean roast was the offending, though innocent element. In that case ten days' use of a strictly carbohydrate

diet, consisting of rice, potatoes, and fruit, with a large amount of water, served to relieve the lame back and stiff joints, without any medicine. Doubtless the "sweats" in the electric-light cabinet aided elimination and hastened recovery.

This is no sketch of fancy, but real history, and the writer was the victim. From large experience and long observation I venture the opinion that in those subject to sore muscles, stiff joints, and lumbago, an attack can easily be brought on in a very few days by the use of any food containing an excess of protein, and that a strictly carbohydrate diet, plus plenty of water, will cure it as promptly. Of course, chronic cases require more time.

I know persons who cannot safely eat more than two or three eggs a week, for the same reason. It may be superfluous to explain that eggs, lean meat, cheese, legumes, peanuts, and all nuts except chestnuts, are rich in protein; and the most common protein-free articles include the carbohydrates, that is, starch, found in rice, potatoes, and other vegetables, and sugar found in fruits, and the fats and oils. In all grains except white rice the food elements necessary for health are fairly well balanced. These are all good foods, but are capable of doing harm if not combined in proper proportion.

A generation ago, when the writer was a boy, the proper proportion of proteins to carbohydrates as taught in the textbooks, was as one to three and one half. Ten or fifteen years later a proportion of one to seven was approved. Chittenden's experiments, made in the nineties and widely accepted, taught that the greatest



amount of work in tests of endurance, both mental and muscular, are obtained by a proportion of one of proteins to ten of carbohydrates. Still more recently a matter-of-fact Danish teacher of international renown, has been widely quoted as claiming that severe tests on both children and adults have shown that best results attend the employment of foods in which the proportion is far lower than one to ten, even as small in some cases as one to twenty.

Since too great a proportion of proteins in the diet produces excessive acidity (acidosis), constipation, autointoxication, ulcer of the stomach, and muscular rheumatism, the importance of the subject cannot easily be overestimated.

The poisons always produced in the body from proteins are far more easily eliminated by those enjoying the privilege of vigorous outdoor exercise than by those of sedentary habits. This accounts for the immunity from ill effects enjoyed by soldiers in training and in

the field, from the high-protein content of the rations furnished them. It may also account for the excessive suffering of soldiers who must bear the ills of forced inaction for days together in the trenches. On a milder diet they might suffer less.

The writer has almost invariably found premature loss of efficiency in gross eaters of foods containing a high proportion of proteins, both among those of active and of sedentary employment. The lightest eaters continue their usefulness to a more advanced age than full eaters.

Even though the use of tobacco, tea, and coffee be abandoned, if an excess of proteins is retained in the supply of foods from the table, disappointment may follow. Cows and horses have no choice; they eat what is furnished them, and thrive on their "balanced ration." Men and women are said to be "rational" creatures, but success in "coming back to nature" must have intelligent and rigid self-control for its foundation.

## How to Care for Your Teeth

WILLIAM CURTIS DALBEY, D. D. S.

**T**OO much care cannot be taken of the teeth. The child should be taught to use a toothbrush as soon as it is old enough to know what a toothbrush is.

You should select a brush suitable to the shape of the mouth, — curved, if the arch is narrow; or irregular bristle, if the teeth are irregular.

Use as harsh a bristle as your gums will stand. Remember that when a brush is put in hot water it will soften and lose considerable of its stiffness.

Avoid the use of brushes that shed their bristles and that will not stand sterilizing in hot water.

Your brush requires a better cleaning before and after use than do your

knife and fork. Hang the brush where air can reach it, and always dip it in some antiseptic solution before using.

A strand of dental floss or waxed Japanese silk should often be passed up and down between the teeth. A solution of peroxide of hydrogen, diluted half and half with water, will lend a brilliancy and whiteness to the teeth that is unsurpassed.

Occasionally dip the brush in table salt, then moisten, and rub your gums thoroughly. This will harden the gums and lend to them a ruby redness in contrast to the pearly whiteness of the teeth.

Select your tooth powder carefully. There are as many harmful preparations on the market as good ones.



Never crack nuts with your teeth, whether they be natural or artificial. Don't chew gum regularly, for it will cause the habit of chewing on one side.

Don't pick your teeth continuously. If they annoy you by gathering food, they need expert attention. Don't put pencils or other things in your mouth.

Don't neglect to clean your teeth each day and to rinse your mouth thoroughly. Never drink anything boiling hot or ice cold.

Don't risk losing natural teeth by being under the impression that they need no attention, until they are thoroughly examined by a competent dentist.

## HEALTH *Means* WEALTH

TYLER DENNETT

**W**AYS and means to effect and maintain the health of the people of every country on the globe would more than double the economic production of the world.

Consider India with its 336,000,000 inhabitants. At the time of the last census, government statisticians estimated that India would have shown an increase of 6,500,000 people, in excess of the actual increase for ten years, had it not been for the ravages of plague.

Early death in any country means economic loss to the world. The system of sanitary administration and public health work of a country has a potent effect on the physical health of the natives.

If one happens to live in a city in India, he is more likely to escape plague and epidemics which so often sweep over the land, for it is only in cities that there is community control of water supply and of infectious diseases. Only in well-organized cities and towns is there community control of sewage. In villages throughout India, custom rules in all matters of public sanitation.

Preventive rather than remedial measures in caring for the natives of India are being stressed more and more. Formerly both American and European missionary doctors were eagerly welcomed by the sick and suffering of India because of the medical and surgical cures effected. But now these doctors are emphasizing the need of rigid methods of

sanitary administration. The British government, besides, has greatly contributed to the cause of public health through its many medical officers and laboratories for scientific research. It has aided in times of epidemic through the medium of its many offices.

Temperatures of 104° and above are common in fever cases in India. In a recent medical survey made by the Interchurch World Movement, it was estimated that fevers alone in India caused 4,555,221 deaths during the year 1917. This is eight times as many as all the deaths in the same year from cholera, bubonic plague, and smallpox. The total number of deaths from plague during the period from 1896 to 1917 for India was 8,000,000. India's reported deaths from influenza for the year 1918 amounted to 4,899,725.

Is there need for preventive work in India? Good beginnings have been made. The government of India in 1911 financed the foundation of the Indian Research Fund Association. Investigations are now in progress in connection with the prevalence of cholera, kala azar, dysentery, leprosy, and goiter. Other investigations have been made concerning the water supplies. This association has started the *Indian Journal of Medical Research*. The world survey now being made by the Interchurch World Movement will surely blaze a trail for the completion of this much-needed work.





Photo, International Film Service, N. Y.

## WOMEN SPEND VACATIONS HELPING FARMERS

The Woman's Land Army is doing a useful and patriotic work, and incidentally all are having the time of their lives. College graduates, working girls, and wealthy women who joined the movement to help the idea along, mobilize at headquarters, and are rehearsed in the work they will be called upon to do. They are paid a standard wage.



Photo, International Film Service, N. Y.

## HELPING FARMERS

After the day's tasks and her charges walk to where they enjoy a fr Many of the women hav of taking up the agric





Photo, Keystone View Co.

## AND ENJOYING LIFE

...e over, the chaperone  
...ear-by lake or stream,  
...in or on the water.  
...declared their intention  
...ral art as a life-work.

## FIGHTING THE HIGH COST OF LIVING

Miss Pearl White, whose earning capacity is reputed to be \$250,000 a year, finds that with the high cost of living it is hard to make both ends meet. She has therefore taken upon herself to raise her own vegetables on her estate on Long Island. She is seen here bringing in some of the garden truck that she has raised.



# DIETETICS: *Types of Diet*

GEORGE E. CORNFORTH

## Liquid Diet

**L**IQUID diet includes fruit juices, as orange, grape, apple, blueberry, raspberry, loganberry, cherry, pineapple (the last five may be the juice from canned fruit which should not be too sweet), lemonade, raw eggs, eggnog, albumin water, milk, albuminized milk, buttermilk, milk flavored with cereal coffee, barley water, rice water, oatmeal water, gruels of different kinds, malted milk, malted nuts, pea broth, bean broth, vegetable broth, vegetable bouillon, spinach cream broth, asparagus cream broth, strained cream soups, broth made with the vegetable extracts that resemble beef extract.

## Soft or Semisolid Diet

This includes, besides the preceding, cream toast, milk gravy toast, custards, apple whip, prune whip, junket, cornstarch pudding, blancmange, fruit jellies made with vegetable gelatin, ice cream, sherbet, cream, butter, olive oil, mayonnaise salad dressing, which is a palatable and valuable emulsion, superior, I believe, to cod liver oil.

## Solid Foods

Gruels and mushes, bread, zwieback, crackers, coddled eggs, poached eggs, omelet, hard-boiled egg yolks, scrambled eggs, bean purée, pea purée, gluten mush, cream gluten mush, cottage cheese, nuts in small quantities and well masticated, nut foods, legume loaves, potatoes, other vegetables, fruits.

## Diet in Disease

In the management of cases of illness, the proper selection of food for the patient is of as much importance as the treatment, if not of greater importance, because food sustains life and gives power

to regain health, which treatment or medicine cannot do, though it may stimulate the body to make use of nourishment.

When a physician is in charge of a case, he takes the responsibility of prescribing the diet, but some knowledge of the kinds of food that are suitable in different conditions will facilitate co-operation with him.

## Diet in Fevers

In fever there is increased heat production, due to increased oxidation in the body, either of food or of the patient's tissues. Therefore, to support this increased oxidation, carbohydrate food should be given. But in fever the digestive and absorptive functions are disturbed; the higher the fever, the smaller the secretion of digestive fluids, and the less the ability to digest food. Therefore, the food given should be in liquid form and easily digested or predigested. For this reason fruit juices stand at the head of the list of foods to be used in fever, because they are predigested foods; I mean fruit juices to which no sugar has been added, as orange, fresh apple, grape without sugar, or other juices to which a very little sugar has been added to make them palatable.

In a previous article we have spoken of the mineral elements of foods as "regulators of body processes." Therefore, in fever, when body processes are abnormal, there is special need of mineral elements in the diet, and this is another reason why fruit juices are valuable in fever, because their mineral elements and acids help to bring about normal body processes.

In this connection I should like to speak especially of vegetable broths.



Normally the blood is slightly alkaline. To keep up the fighting power of the blood and the ability of the body to defend itself against the attacks of disease germs, the alkalinity of the blood should be maintained. This is what fruit juices help to do by their mineral elements and acids, for in most cases fruit acids increase the alkalinity of the blood instead of decreasing it, as one might think they would do. But I am inclined to believe that vegetable broths are of equal value with fruit juices, if not of greater value, in keeping up the defensive power of the blood.

I believe that eating very freely of fruits and fresh vegetables, like lettuce, raw cabbage, celery, tomatoes, asparagus, spinach, and other greens, and drinking vegetable broth, are a valuable protection against disease. I also believe that in sickness one of the quickest ways to build up the recuperative power of the body is to give large quantities of vegetable broths (the making of which I shall later describe), which contain the mineral elements of the vegetables from which they are made; and that in fever, plenty of water should be allowed the patient. The fruit juices and vegetable broth help to supply this.

Milk is another protective food, and is largely depended upon to supply nourishment in fever. Other foods that may be used are buttermilk, malted milk, junket, strained cream soups, well-cooked gruels,—not only the common gruels, but gruels made from corn flakes, wheat flakes, shredded wheat, and gluten meal,—sherberts, honey. Bran tea is valuable for supplying lime, which is of special value in keeping up the defensive power of the tissues. It also contains phosphorus. The drinking of large quantities of water dilutes the poisonous substances in the tissues, making them less toxic and aiding in their elimination.

#### Diet in Convalescence

Very great care must be exercised in returning to a solid diet after a liquid diet, since a little indiscretion now may cause a relapse.

The following foods are valuable in convalescence: Vegetable broth, bran broth, bean broth, pea broth, cream soups, gruels, cereals with cream, cream toast, baked potato, buttermilk, corn purée, bean purée, pea purée, custard puddings, stewed fruits, gelatin desserts, blanc-mange, fruit juices, fruit toasts, honey.

I have spoken of fruit juices, fresh vegetables, vegetable broths, and milk as protective foods. If I might coin the term "antiprotective foods," I should include in this class meat, tea, coffee, cocoa, sugar, candy, and highly sweetened foods. And these foods should be excluded from the diet in illness. These are the foods that reduce the alkalinity of the blood and predispose to disease. And of course the well person who wishes to keep his vital powers at the highest point of efficiency will eschew these foods, as well as make use of the protective foods.

#### Typhoid Fever

Four different plans of feeding in typhoid fever have been in use,—the starvation treatment, the liquid diet, the liberal diet, and the high-caloric plan.

THE STARVATION TREATMENT.—We have said that in fever there is increased oxidation in the tissues. The starvation treatment allows the patient to subsist upon his own tissues, and because typhoid subjects are commonly young and vigorous, such subjects may seem to do well for a number of days on water alone, and any risk that might arise from giving food is avoided. But when the patient is above thirty-five or forty years of age the case is different, and such patients require nourishment to a greater extent than young persons.

LIQUID DIET IN TYPHOID.—Milk is the mainstay in this method of feeding, being used in various forms, as peptonized milk, malted milk, whey, junket, buttermilk, and so-called buttermilk prepared from whole milk by the use of a ferment in tablet or liquid form. The quantity given may amount to two quarts in twenty-four hours. This has been for many years the prevailing mode of dieting in typhoid



during the acutely dangerous period of the disease.

**LIBERAL DIET IN TYPHOID.**—This method seems to be most favored at the present time. When typhoid fever patients die, death is caused either by perforation of the intestine or by exhaustion, and the proportion of the former to the latter is from 5 to 10 per cent. The conclusion from this is that greater risk is run by starvation than by liberal feeding which keeps up the patient's strength. This method permits the use of such semi-solid foods as the patient can digest, including custard, ice cream, arrowroot blanchmange, baked potato, baked apple, rice pudding, cream toast, coddled eggs, these articles being given while the temperature is still high. This is in violation of the rule which allows only liquid food till the temperature becomes normal. But the justification lies in the fact that it often saves life; for when a patient is liable to die, running this risk can no more than permit the patient to die, while it may save the life.

**HIGH-CALORIC PLAN OF FEEDING.**—This consists in giving the patient much more nourishment than a well person needs. The dietitian of the Peter Brent Brigham Hospital, Boston, described to me, with considerable enthusiasm, their method of giving a great amount of nourishment in concentrated form to their typhoid patients. She said they seldom lose a case, and the patients often weigh more at the end of the sickness than at the beginning; and the period of convalescence is much shortened, the patients often being able to return home as soon as the temperature becomes normal.

However, the fact remains that it is very difficult to get typhoid fever patients to take and digest such excessive quantities of nourishment. Even the simplest foods are often badly tolerated. There may be individual cases where this method is valuable, but for average cases, the "liberal diet" remains the most reasonable and the most successful.

The chief guide in the matter of food is the condition of the stools, and the pa-

tient has to be fed with reference to his digestive power. Undigested food in the stools shows that there is something wrong about the diet. Masses of hard curd indicate that too much milk is being given in twenty-four hours, or that it is being given in too large quantities at a time. Or it may be that the milk should be diluted; or lime water added to it, one tablespoon of lime water to a glass of milk; or that the milk should be slightly thickened with flour or browned flour or arrowroot or cornstarch, to prevent the formation of curds. Or the milk may be peptonized, or it may be somewhat diluted with hot water.

### RECIPES

#### Albumin Water

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

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

#### Albuminized Milk

- $\frac{1}{2}$  cup milk.
- 1 egg white.
- A few grains salt.

Put the ingredients into a glass fruit jar. Put on a rubber and the cover, close the jar, and shake vigorously. Strain into a glass.

#### Concentrated Vegetable Broth

This broth is specially valuable for its mineral content, and will help to maintain the alkalinity of the blood and the vitality of the body.

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

Put the vegetables to cook in the cold water, and heat them gradually till just below the boiling point. Keep them at this temperature for three or four hours. This may be accomplished by cooking in



a double boiler. Cooked in this way, no odors are given off, and therefore nothing is lost. Drain off the water. This broth may be served simply with the addition of salt, or cream may be added, which will increase both its palatability and its nutritive value.

This recipe is only one example. Other combinations of vegetables may be used, adding to them an equal bulk of cold water after they are chopped, and proceeding according to directions for this recipe. When beets are used with other vegetables, a broth can be made that resembles prune juice in flavor.

#### Vegetable Bouillon

- 1 cup chopped carrots.
- 1 cup chopped turnips.
- 1 cup chopped celery  
(outside stalks and leaves will do).
- 1 cup chopped onions.
- 2 cups strained tomatoes.
- 1 cup broth from canned or fresh-stewed asparagus.
- 1 cup broth from canned or fresh-cooked spinach.
- 2½ quarts water.
- 1 teaspoon salt.

Mix all the ingredients except the salt. Bring to a boil, and simmer slowly for three or four hours. Turn through colander. There should be about two quarts of broth. Season with salt. One bay leaf may be cooked with the vegetables, if desired, and the broth may be seasoned with thyme or summer savory.

#### Spinach or Asparagus Cream Broth

Season the water in which spinach or asparagus has been cooked, with cream and salt. Serve hot.

#### Coddled Eggs

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

#### Eggnog

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

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

Part of the mixture may be colored with any kind of fruit juice, as grape, raspberry, blackberry, or orange. Or a few fresh or stewed raspberries or a little diced orange may be stirred into it. The eggnog looks pretty if the ingredients are not thoroughly stirred together, but left so that some of the white and some of the yellow and some of the color of the fruit show.

#### Cream Eggnog

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

Beat the whites and the yolks separately. Add the cream to the yolks. Put most of the beaten white into the glass. Pour the yolk mixture over it so that it will run down around the white. Put the rest of the white on top. If sugar is used, part of it should be beaten into the white and the rest into the yolk mixture. A little vanilla flavoring may be added, if desired.

#### Milk Eggnog

- 1 egg.
- ½ cup milk (part cream, if desired).
- 2 teaspoons sugar.
- 4 drops vanilla.

Beat the ingredients well together and serve in a glass.



## The August Number

### Vacations

### Vacation Menus.

Etc.





A Group of Kalingas

## Simple Tools *and* Willing Hands

ADELAIDE BEE EVANS

ON a Friday evening early in January, in company with Elder Roy E. Hay, superintendent of the Northern Luzon Mission, we reached the town where we were to stay for a few days, and from which we were to visit outlying *barrios* to study conditions at first hand in this difficult field of lowlands, mountains, and almost inaccessible valleys.

We were received in the native home of a resident of the town, and made welcome to the best that the house afforded. Throngs of children, bright eyed and smiling, and not too seriously afflicted with shyness, came, our host affirmed, to "bid us welcome;" but I wondered if we were not more or less of the nature of a circus parade to them, as persons of our color, to say nothing of our size, are not often seen in this remote interior town. They filled the door, swarmed in the window opening, and piled up on the bamboo bed, till I wondered seriously whether it would be possible for that frail dwelling to sustain the weight. It must have been stronger than it looked.

Others than children came. Mothers, bringing their babies, loathsome with itch and infection, men with old sores to be washed out and "mollified with ointment," persons afflicted with eye trouble and tooth trouble and many other aches and pains. Brother Hay has a little homemade medicine case, furnished with only the simplest and crudest tools, but he *uses what he has*. One baby suffering with an aggravated case of itch he cared for on Sabbath morning, before Sabbath school.

With a small bar of medicated soap, a little water in a rusty tin washdish, and some soft cloths with which he had supplied himself before leaving home, he washed this solemn-eyed infant from the crown of its scabby little head to the soles of its poor little feet, and then anointed it with a homemade ointment of vaseline, sulphur, and a little carbolic acid, which has proved very effective in cases of this kind. The effects of this simple remedy, we are told, are really surprising. And the people do appreciate what is done for them.

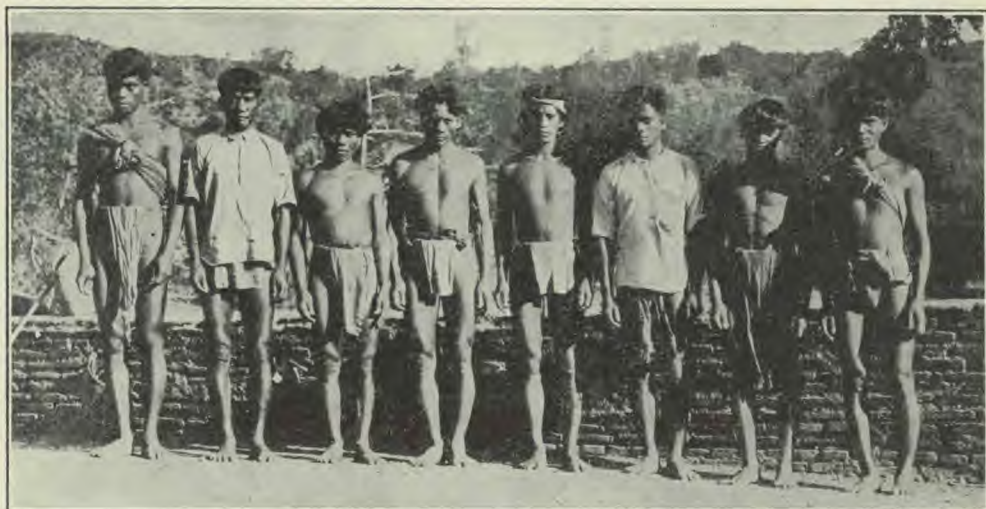


Later, we saw the rice for our noonday meal washed in this same small tin wash-basin! We gasped — then consoled ourselves with the thought that the rice was well *boiled* afterward. This was only one incident, in our commissary department, and was soon crowded into the background-by others just as unusual, to use no stronger word.

On the way from one town to another one day, we met some Kalingas, mountain men, who had come down to the lowlands to buy hogs for their annual feasts. They were friendly and responsive when

Brother Hay talked with them. Before we separated, the contents of the little medicine case were again needed, this time for washing an old sore. Disinfectant and ointment were applied, and the sore was covered with cotton held in place by adhesive tape.

These people are shy but friendly, and they appreciated the effort made to relieve the pain of one of their number. Such ministry is greatly needed in frontier missionary work, and the amount that can be done is limited only by the strength and endurance of the worker.



Kalinga Men Coming to the Lowlands to Buy Hogs



IT is difficult for most [why that *most*?] men to change their opinions, even though they never examined the reasonableness of those to which they subscribe; for "if it is painful to tenants to leave a home in which they have spent their youth, what must it be to break with one's whole education?"—*F. M. Pottenger, A. M., M. D., in "Symptoms of Visceral Disease," p. 18.*



THE study of medicine in the future should give more attention to the individual who has the disease, a phase of the subject which has been sadly neglected in the past. The fact should be emphasized that there is not only a disease which has the patient, but a patient who has the disease.—*F. M. Pottenger, A. M., M. D., in "Symptoms of Visceral Disease."*



A good thing about the College of Hard Knocks is that the lessons may be learned with one assignment, and do not need repeating.



# Housekeeping *and* Health Keeping

MRS. MALINDA LEA

GOOD housekeeping includes everything that contributes to cleanliness, taste, and refinement in the establishment and maintenance of the home.

The motives that prompt to good housekeeping methods may be said to be, first, esthetic — the desire to have everything nice and attractive. In proportion as mankind has advanced from the state of the savage this desire for refined surroundings has grown, and has been fulfilled, usually, to the extent of the ability of the individual.

A second motive for good housekeeping is pride, well caricatured in many of the "Keeping up with the Joneses" cartoons. Often certain rooms of the house — one can scarcely call it a home — are never used by the family, but are kept as a kind of museum or exhibit, for the envy of visitors. And the rooms which the occasional visitor never sees may present a startling contrast.

Then there is the housekeeping which is merely the result of following early training and habit — a keeping in the old rut. The tired housewife makes three or four steps where one would do, for the reason that her mother taught her that way.

Then there is the motive of convenience and efficiency. A home with everything in its place takes little more trouble to keep up than a disorderly home, and the result of the good order more than compensates for the trouble. Then there is the health motive for good housekeeping — cleanliness, and freedom from dust and germs.

With all these incentives to good housekeeping, is it not worth while to have the home a model in this respect?

It certainly is, provided it does not cost the health of the person who is most intimately connected with the home — the housewife and mother.

Where the income admits of the employment of ample help for the proper care of the house, the problem is greatly simplified; but when the wife and mother must do her own housework, her own cooking and baking, her own scrubbing and cleaning, her own washing and ironing, and with all this must care for one or more little children, something must be sacrificed — housekeeping or health. She cannot, without a physical breakdown, keep her house up to the standard of the sister who can hire her work done. If she attempts to meet this standard in her own strength, she will certainly break. It may be slowly, but it will be surely. As the years are added, she ages more rapidly than the more-favored housewife. She may not know why the bloom is fading from her cheek, why even the ordinary duties become irksome, why she finds life a weary burden and looks longingly toward the grave for release. She struggles on bravely under the ever-increasing load, feeling the urge of duty, and seeing no hope of deliverance in this life. Meantime her liege lord may have joined the union, and have struck for a ten-hour day, then a nine-hour day, then an eight-hour day, for the man of the house will never be satisfied till his working hours are reduced to zero, with a fat pay envelope; but she must continue her fourteen or sixteen hours with no surcease. And why not? If she goes, he can get a younger one!

Wives who must do your own housework, let me tell you it is not your duty



to your husband or to your family to keep your house up to the standard of those whose only duty it is to direct the operations of servants. There are many corners which can be cut, and which should be cut in order to preserve your health and your nerves, and enable you to help make the loving atmosphere of a real home, even though it may not be so "spick and span" as that of the Joneses. The following suggestions may be of some assistance to the overworked housewife:

In laundry work, the addition of paraffin to a good supply of soap will practically obviate the necessity for rubbing the clothes. There is a good old expression, "Soap grease is cheaper than elbow grease."

In the kitchen, time is saved if a dish is made to serve more than one purpose in preparing food: for instance, the bowl that is used to beat the eggs can also be used to stir thickening for the gravy. Then if the dish is washed immediately, the work is about a tenth of what it would be afterward.

In the interest of her own health, the wife can simplify her table service, using fewer dishes and less display of silver, when using more would merely mean the gratification of a little pride at the expense of the mother's health. And the laundry work will be made easier if, instead of the large tablecloths, narrow runners, or doilies are used.

In ironing, economy of labor may be effected. Many garments, such as underwear, may be worn just as satisfactorily if they are not ironed. It is a help if, when such clothes are hung to dry, they are freed of wrinkles as much as possible. Towels and some other articles may be folded carefully, placed smoothly on a chair under a paper or other cover, and used as a cushion. In the interior of Africa, where fuel is almost unobtainable, it is the custom to place under the doormat the articles which are to be ironed. Better a few wrinkles in the clothing with few wrinkles in mother's face.

For sweeping carpets and rugs, have a vacuum sweeper — electric if you can — and preferably one that has an arrangement for taking up the lint. Even a good carpet sweeper is better than a broom for sweeping carpets.

A great bugbear and time consumer is eliminated when gas, or preferably electricity, is substituted for the oil lamp. It pays, even in the country, to install a moderately priced lighting outfit that will do away with the oil lamp.

Casserole cooking is the means of saving some work, permitting the use of the same dish for cooking and serving. The saving of dish washing is not the only advantage, however. Plain cooking, having fewer hot dishes, is a great saving, and does no injury to the health.

To the woman who desires to save health, simplicity in furniture is an item. Dispensing with carved pieces, much bric-a-brac, etc., saves dusting and general cleaning.

To those who have tried it, there is an agreeable surprise in the use of the high stool in the kitchen. The ordinary baby's high chair, with the top part cut away, will serve. This gives the right height for use at the kitchen table, paring vegetables and doing other work which can be done sitting down just as well as otherwise, and with advantage. A woman may benefit by many minutes of sitting instead of standing if she will.

The use of linoleum on the kitchen floor is a labor saver. It may seem a little expensive at first, but it does not take long to pay for itself in strength and health.

The division of home duties, letting each one do something to help, will lighten the housekeeper's work. Not only should the children and the men see to putting away their own belongings, — hats, coats, rubbers, books, etc., — saving the mother's time and strength, but they can take on certain duties that may be regarded as their own and that belong as legitimately to various mem-



bers of the household as they do to the housekeeper.

If less dirt is brought into the home on shoes and on dusty hats and clothing, there will be less to take out. Provide door mats, and also see that brushing of clothing is done outside of the house proper.

An emergency shelf in the pantry, on which may be kept foods that will not spoil or deteriorate, for the hurried preparation of meals for unexpected company, will prove a help to the nerves. Food that does not improve with age should not be kept too long on this shelf.

When baking pies, several extra pie crusts may be made and set away. When needed, they may be freshened by slight heating, thus saving the extra labor of making pies every time such pastry is wanted.

Provide a box, basket, or shelf for the children's playthings, and train children early to put their own things away.

Have hooks low enough for children to hang up their own garments.

Try to develop the practice of every member's putting things where they belong — umbrellas, magazines, etc. Any one knows that a great deal of time is spent in hunting for articles that should be put in their proper place.

Agree on a light breakfast once in a while, especially when mother isn't feeling very well. Let some other member of the family occasionally prepare a meal, thus giving the tired housekeeper a rest.

A woman-of-all-work employed one day in the week to do the general cleaning and perhaps the ironing or some other duties, will prove a big saving.

## Adventure and Romance

JOHNSTONE RAY

THERE was a lass in a far village who longed to follow the shining road of steel that led to the City of Dreams, more mysterious than old Cairo, more splendid than ancient Babylon.

The village had grown drab and commonplace in her eyes. She was misunderstood at home. She hated Main Street, the Palace Hotel, the stuffy little post office, the Young People's Circle, and the quiet humdrum life of the village. She wanted to get away from it all, to learn something about the great outside world.

And so she left on the evening train while the folks were at prayer meeting. She left quietly, carrying an ancient traveling bag that had once belonged to her grandmother. She avoided the sta-

tion master and the few loiterers that lingered on the station platform to see the 8:16 go out. She found the City of Dreams with all its lights and all its mysteries. The labyrinth of streets — the crowds — unfriendly faces — dismayed her.

But there was one in the vast station — one with kindly eyes — who found her out, who mothered her and protected her, listened to her tearful story, and a few days later sent her back to the old home town with a new vision.

That one was the quiet little woman who wears the badge of the Travelers Aid Society. She is to be found at the gateways of our great cities — at the railway stations and steamship docks — keenly alert to aid the weak and the aged, to protect the ignorant and the



innocent, to stand as a buffer between a great unknown city and thousands of unwary travelers who daily pass through them.

Remember the days of your own youth when you were beset by visions of adventure in the Great Outside! Perhaps you did not run away from home; but, remember, thousands of girls and boys embark upon that great adventure every day. A large proportion of them find their way to New York, and unless they are intercepted at the very threshold, who can say what may befall them? The answer is written in the police records, at the morgue, and in the hearts of thousands of mothers throughout the country.

The Travelers Aid has been doing a work of protection and prevention for many years at the city's gates. It has not sought publicity. It has not asked for praise, but the records of accomplished good in the files of the society's offices tell an eloquent story.

#### **The Travelers Aid — Its History**

In 1885 New York gained the distinction of being the first city in America to employ an agent to meet trains and steamships. City after city took up the work.

In 1905 the first nonsectarian Travelers Aid Society was incorporated in New York, as the result of the efforts of the late Miss Grace H. Dodge.

Under the leadership of the New York Society the movement became a vital factor in American life.

The National Travelers Aid Society was formed in 1917.

Strong Travelers Aid Societies have been established in 168 cities throughout the United States, and a complete chain of protection and prevention is being drawn about railway terminals and steamship landings in this country.

The Travelers Aid is now an International Institution.

#### **The Travelers Aid — Its Work**

The Travelers Aid Society is a non-

sectarian, noncommercial, nonpolitical protective organization.

Its aim is to extend a helping hand to the weak or helpless wayfarer, and to protect the unwary and the innocent.

Under no circumstances will its workers accept fees from those who are aided.

The work is done gladly without regard to age, race, creed, or sex.

The foreigner who comes to these shores is welcomed and protected, and the erring child is set right.

Fraudulent advertised positions, disreputable addresses, lost friends, timidity, need of employment, illness, infirmity, desertion, loneliness,—these are a few of the reasons why the society is a necessity.

The Travelers Aid works on the brink of tragedy.

It serves as a clearing house for all social agencies.

While other organizations regenerate, this organization prevents.

#### **The Travelers Aid — Results**

The Travelers Aid Society has developed an efficient follow-up system to keep in touch with scores of strangers who find themselves bewildered or endangered when they first come to the city.

It has returned thousands of runaway boys and girls to their families.

It has gained the lifelong gratitude of hundreds of young women who met a Travelers Aid worker just in time.

It has investigated scores of fake advertisements designed to lure the unsuspecting away from home.

A hundred thousand tales—near tragedies, averted in the nick of time—are written into its records.

#### **Confidence**

The Travelers Aid never violates a confidence. Thousands of tearful stories of misplaced confidence, of shattered hopes, of dreams gone away, have been poured into the ears of the patient workers, but not one story has ever been repeated—not one printed.



# QUESTIONS and ANSWERS

Answers this month by G. H. HEALD, M. D.

For personal reply, inclose two-cent stamp, and address Editors LIFE AND HEALTH, Takoma Park, D. C.

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.

## Focal Infection

*"What is meant by focal infection?"*

Focal infection is a term applied to points of infection where the germs have gained a foothold and from which center they sally out or are carried out in the blood or the lymph stream to infect other parts of the body. The usual points of primary infection are the teeth, gums, tonsils, and nasal passages.

Recurrent joint inflammation may be due, for instance, to infection of the tonsils. Appendicitis and gastric ulcer may be due to infective mouth conditions. Degenerative conditions of the heart and blood vessels may be due to infections in the mouth, and so on.

## Cocoa and Chocolate

*"What effect has the free use of cocoa and chocolate on the health?"*

Cocoa and chocolate contain an alkaloid similar to the alkaloid of tea and coffee, but milder in its effects. It cannot be said, however, that they have no food value. Both cocoa and chocolate, in addition to the alkaloid, have an appreciable amount of food, though it must be admitted that in these beverages one pays a high price for nourishment that he could get in other form for much less. The fact is, these drinks are taken for their pleasant and stimulating effect, and not for the food they contain.

## Gallstones

*"What causes gallstones?"*

Gallstones are concretions formed by changes and hardening of the bile, probably caused by some irritation of the mucous membrane of the gall bladder, secondary to a catarrhal condition of the duodenum.

## Persistent Cold

*"My fourteen-year-old daughter caught a cold several weeks ago and does not get over it. Do you know a remedy for it?"*

You should have a competent physician examine your daughter's chest, and perhaps a mi-

croscopical examination of her sputum should be made. A "cold" continuing in this way may be tuberculosis, and the sooner it is discovered and given proper treatment the better.

## Diet for Diabetes

*"Is it necessary to use meat in cases of diabetes?"*

Our sanitariums treat diabetes successfully without recourse to meat. They prescribe eggs, gluten foods, cottage cheese, etc., which furnish protein in a good form with a minimum of carbohydrate. Milk contains a large proportion of protein, but contains a considerable amount of milk sugar.

Diabetes cannot be successfully treated except under the care of a physician who, on the basis of the patient's symptoms, excretions, etc., is in a position to prescribe the diet, which should be changed from time to time, according to indications.

## "Coffee-Grounds" Vomit

*"A man aged sixty, after feeling a lump at pit of stomach for eight months, commenced a year ago to have 'coffee-ground' vomit, with occasional hemorrhages. These, also the feeling of a lump, ceased about two weeks ago. For gastritis, he used soda for about a year, and for the last two months, milk of magnesia and sodium phosphate. He no longer has sharp pains, only a dull gnawing pain after meals. Kindly let me know whether the use of these preparations is injurious and whether you think an operation will be necessary."*

Your patient, I should judge, is in a critical condition. It is quite probable that he has a beginning malignant growth, and if so, putting off an operation is liable to be fatal.

Unfortunately the most skilful men cannot tell in an early stage whether cancer is present or not; and sometimes surgeons diagnose a case of cancer on very slight grounds. On the other hand, the danger of delaying too long if there is cancer present, is so grave that it is better to err on the safe side by operating



occasionally when there is no cancer than to delay until it is certain that cancer is present, for then it is too late. The age of the patient in this case points to cancer. The history of bleeding suggests strongly the same thing. Possibly even now it is too late for an operation to be helpful.

#### Headaches

*"What treatment would you advise for nodular headache? also what is the cause?"*

I judge you refer to nodular headache, due to rheumatic nodules, which appear sometimes after an attack of acute rheumatism. I do not know of any permanent relief for this outside of the treatment for rheumatism. I believe these nodules gradually disappear, and the headache with them. Such headaches are liable to continue for some time in spite of the best treatment. It is possible, of course, that your headache is not of this nature.

Headaches are due to a number of causes. First, there are headaches caused by auto-intoxication, the principal form being that caused by digestive disturbance. Then, there are reflex headaches, from troubles in the eye, nose, ear, stomach, etc. There are also nervous headaches as an accompaniment of neurasthenia or hysteria. And there are organic headaches caused by arteriosclerosis, with its accompanying high blood pressure, or by tumors, etc. Without knowing exactly what causes the headaches, there would not be very much gain in attempting to cure it. Headache remedies simply mask the pain without doing away with the cause, and are very often damaging to the heart.

#### Constipation

*"Please tell me what I should do for constipation."*

To give a satisfactory answer I should know the nature of the constipation and what has caused it, and something regarding your habits of life, your diet, etc.; but I will give you a few hints.

Avoid as far as possible the use of cathartics. If necessary to use anything of the kind, perhaps the least harmful is some preparation of cascara sagrada, which usually does not require increasing doses. It would be better, though, for you to avoid anything of this kind, and depend on other measures, such as exercises that involve body bending, rowing a boat, etc. A number of such exercises adaptable to the home have been described at length in former numbers of this magazine. Perhaps one of the easiest for you would be standing and bending over touching the toes, repeating this eight or ten times or more and doing it several times a day. Similar exercises can be taken on the back.

Of laxative foods one of the best is real Graham bread, made from the entire wheat berry. Then you can use bread to which bran

has been added, known as bran bread. Some use bran and molasses cakes. Some form of mineral oil, of which there are a large number of different brands on the market, serves an excellent purpose with many patients. Agar is another preparation which can now be obtained at a good many drug stores. This is a form of seaweed, which can be cut up fine and taken on cereals.

You may help yourself some by using freely of fruits. With some persons it is possible to control the intestinal functions entirely by the food eaten. It is possible you are eating too much of such foods as white flour and white rice and other foods that contain too little residue, and that using more of the whole-grain foods, more vegetables, fruits, etc., would relieve you.

#### Acne

*"What would you advise one to do for acne? I am very careful in what I eat, leaving out pie, cake, candy, meat, tea, and coffee, but I use plenty of milk, drink good water, and have outdoor exercise. My bowel movement is free."*

Acne is characteristic of the young. As you grow older your skin will become drier and more inflexible and the time will come when you couldn't have a pimple if you wanted it. It is thus an indication that you have not reached the age of degeneration.

While acne is usually aggravated by a faulty diet, yet it cannot be prevented in some cases with the most careful diet. When the skin is particularly oily, the acne will be quite severe, as in your case, and so far as the future condition of your skin is concerned, I think perhaps it is a good indication; but this may be no great consolation at the present time.

I have no suggestion for any internal remedy for acne, but will give you a suggestive treatment with boric acid. Three heaping tablespoonfuls of boric acid should be added to about three quarts of hot water in the washbowl. The patient should then sit, leaning over the bowl, and soak the face well with towels wrung out of the solution. As the solution grows cooler, more hot water may be added.

#### Potato and Bread

*"Is not potato better for the health than bread, especially for a convalescent? Is it necessary to eat the peeling?"*

I was not aware that potato is better than bread for the health. Personally I eat large quantities of bread. Potatoes I do not often eat. Usually when I do I have a little stomach disturbance afterward. But that may be a personal idiosyncrasy. Possibly you digest potato better than bread. We cannot judge how a food will effect others from its effect on us. I do not know that potato is considered better for convalescents than bread. I should not advise eating the peeling.



## BOOK REVIEW

### Handbook on Health and How to Keep It

by Walter Camp. \$1.25 net. D. Appleton & Co., New York and London.

Books on health often specialize on some one or two procedures to the exclusion of others. Perhaps we are all specialists. Practically every centenarian or octogenarian, if asked, can give a recipe for attaining great age. Unfortunately for those of us who are looking for the formula for immortal youth, the recipes are about as varied as the men and women who give them. Moreover, most of the people who have written books telling others how to live to a great age have themselves lived comparatively short lives. I have taken the pains to verify this fact. No man can adopt any particular régime and predict with certainty that by this means he will reach the age of sixty or eighty or a hundred years. We adopt our health fads, this, that, and the others, and nature will do the rest, often to the great surprise of the friends and acquaintances of the deceased "who came to an untimely end." Just why she allows a man who uses tobacco and liquor and takes no particular care of himself, to live to be 110, or why the conscientious observer of numerous health rules dies sometimes in the prime of life, we do not know.

One thing, however, should be evident; namely, that the strong, efficient life is not necessarily the long life. A Roosevelt lives about sixty years, but in that time lives a dozen ordinary lives. Another man lives to be 135, and about the only thing to record about his life is that he forgot to die at the right time. His only contribution to posterity is the addition that can be made to the longevity statistics. Any worth-while man would rather live thirty years of a full life, helping to make history, than ninety years of an empty, vegetative life. So, after all, the important consideration is how to make the life more complete and efficient rather than how to spread it out as thin as possible.

Perhaps Camp's book looks toward an efficient life rather than to a lengthy life. He advocates no fads, his thesis being that moderate, daily exercise of an interesting nature—exercise for the chest and trunk rather than for the limbs, which ordinarily get all they need—is the best for efficiency. He has little patience with the physical culture that seeks to develop heavy muscles, as army experience shows that this is a liability rather than an asset.

Camp condemns spasmodic exercise—aton- ing for a week's physical sins and neglect by spurts of week-end exercise, and doing a year's exercise during vacation; and he warns elderly men with shrunken muscles against attempting to do strenuous work.

The exercises he recommends are simple, easily memorized, and practical for the old as well as the young, and if used moderately and regularly, as he directs, should help to make men fit, even when they find themselves growing stale, and are tempted to give up.

Camp writes rather for the class who ride in limousines and play golf—the college men who have settled down to some sedentary occupation. The much larger class who do their own gardening and who ride to their work in the street car, do not seem to be in his mind. The former class is perhaps the one that makes history, but they do not make the great bulk of the population.

Practically nothing is said on the subject of diet, the thought being suggested that if the exercise is properly regulated, and in the fresh air, the diet will take care of itself. Doubtless woodsmen and others who live a strenuous outdoor life can digest almost anything that they can get outside of. And yet physical trainers take cognizance of diet. Moreover, Chittenden's experiments with athletes showed that a restricted protein diet gave the men an increased feeling of fitness and well-being; and Prof. Irving Fisher's contest between high-protein and low-protein men showed a vast superiority of the latter in *endurance*; so that diet is not a negligible factor in efficiency. Moreover, Denmark's experience during the war—an enforced restriction of the animal foods to almost nothing, especially in the cities, but with the diet carefully balanced in other ways—followed as it was by the lowest mortality rate ever known in Denmark, though the influenza epidemic was raging at the time, would indicate that diet does have a very appreciable effect on longevity.

Possibly Camp reasoned that most people will eat what they like, provided they can obtain it, irrespective of what the dietitians and doctors say, and decided that he could accomplish most good if he could induce men to take regularly and moderately a few well-thought-out and thoroughly tried exercises. He is a great believer in games,—football and baseball for young men, tennis for those a little older, then golf for the men who have passed their prime.



## NEWS NOTES

### No More Meat for Him

A laborer in a slaughterhouse writes to a newspaper that his work has cured him of eating meat. "I know that no right-thinking person would have the things take place that I have witnessed there; the work makes men callous. I find the animals are willing to make friends with me. I sincerely hope that meat eating will disappear as liquor drinking is disappearing."

### The Handshake

According to H. W. Hill, of St. Paul, handshaking is the great pathway of infection, and is responsible for 90 per cent of all contact infection, except venereal diseases. While not so direct as kissing in the exchange of discharges from the mouth and nose, it also includes discharges from the bowel and bladder. And the hands are so commonly infected and handshaking so constantly repeated that kissing probably does less damage because much less common.

### Faulty Clinical Thermometers

The State Commissioner of Weights and Measures of Massachusetts examined 10,000 clinical thermometers, and found 2,500 or 25 per cent, defective. As a result a law has been enacted making it an offense to offer for sale a clinical thermometer that has not been attested by the State Commissioner. The penalty is a fine of \$50 for each untested thermometer offered for sale. It is more than probable that thermometers in other States are no better than were those in Massachusetts, unless there is a similar State law. An untrustworthy clinical thermometer is worse than useless.

### To Study Botulism

The olive growers and the canners have raised a fund to pay the expenses of an intensive study of botulinus poisoning in California foods. The investigation will be conducted in the laboratories of the Stanford University Medical School and the George William Hooper Foundation for Medical Research of the University of California. The United States Public Health Service and the California State Board of Health will co-operate. Careful study will be made of the distribution in nature of the *Bacillus botulinus*, and of the manner in which foods are infected by this organism. It will probably take two years to complete the work.

### Vaccination in Poland

American Red Cross doctors in charge of the fight against cholera in Poland, when that disease made its appearance in Kowel last January, had a great deal of difficulty in persuading the people to submit to vaccination. Many of them preferred death. Under the Russian régime, when a similar cholera scare alarmed the community, the Russian authorities, determined on vaccination, declared martial law and began forcibly to vaccinate the people. These harsh methods not only aroused popular anger, but owing to improper sterilization, many cases of serious infection, loss of limbs, and even of life, resulted. In the end the people arose and threw the Russian military doctor into the town well. The Americans used different means. They started a local educational campaign, using printed posters, and got all the civil and military employees to volunteer to be inoculated. Plenty of vaccine had been brought from Red Cross headquarters at Bielostok, and very soon the popular mind was opened to the dangers of the epidemic, and the townspeople began coming in, by twos and threes, and then in crowds. As a result, the threatened epidemic lasted only three days, and only fifteen lives were lost.

### Protein Requirement

Prof. H. C. Sherman, New York, in the *Journal of Biological Chemistry*, January, 1920, states that even when the protein is derived almost entirely from bread and other grain products with a diet of adequate energy value, a daily intake of about  $\frac{1}{2}$  gram protein per kilogram body weight is sufficient to meet the actual requirement for maintenance in healthy men and women. Therefore an allowance of 1 gram protein per kilogram body weight allows an ample margin of safety. This would be 60 to 70 grams, or a little over two ounces protein daily, as against the 4 ounces formerly supposed necessary. Sherman advises that in all cases the grain be supplemented with milk products, especially with growing children and nursing mothers.

### Chinese Prohibition Effort

The Prohibition League of Chinese Students in America is raising a fund preparatory to the inauguration of a prohibition educational campaign in China. At the present the league is making an investigation of the liquor situation there.



### "The Medical Evangelist"

The March issue of the *Medical Evangelist* exposes the fallacy of placing confidence in drugs and patent medicines. Other articles of merit go to make this issue one of exceptional importance. The articles are written in a simple, interesting style that can be understood by any one. Price, 60 cents a year (four issues); sample copy, 15 cents. The *Medical Evangelist*, Loma Linda, Calif.

### War's Effect on French Children

The effect of the war on the children of France is shown in a recent report submitted by the American Red Cross headquarters at Lille. The figures are furnished by the municipal bureau of hygiene. The city has a pre-war population of 200,000. The birth rate has shrunk from nearly 4,900 in 1913 to only 600 in the last year. The figures, by years, showing a total loss of 15,000 births during the war, follow:

1913 .....	4,885
1914 .....	4,540
1915 .....	2,155
1916 .....	640
1917 .....	600
1918 .....	600

### Diet and the Teeth

At the April, 1919, meeting of the American Academy of Dental Science, Dr. Fritz B. Talbot, a specialist in diseases of children, and instructor in pediatrics (children's diseases) at the Harvard Medical School, read a paper on "The Relation of Diet to the Development of Children with Special Reference to the Teeth." Both physicians and dentists are learning that it is not enough to feed a baby on fattening food. If the mineral is not in the food, the teeth will suffer. White bread, white rice cakes, sweets generally, are all lacking in bone-forming material, and any child fed largely on such food will have poor teeth. For the first five years of life there is no all-round food equal to whole milk, and some authorities assert that no child of that age should have less than a quart of whole milk a day.

### Simple Therapeutics

The native doctors in some parts of Poland — who were also the barbers — when confronted with a patient who still showed signs of life, applied leeches. If the man got well, the barber-doctor had made a miraculous cure; if he died, it was the will of God. Recently American Red Cross doctors and nurses entered the district and found typhus and many other diseases flourishing, with no medical attention except that which the barber could bestow. An American hospital with all modern medicines and equipment was installed, and the barbers soon lost the medical and surgical end of their practice. Their aid was enlisted, however, in closely shaving bewhiskered men and clipping short the hair of those who were infested with vermin. Now, headway is being made against the disease which the barbers' leeches had so long failed to cure, and leechcraft has gone out of Poland.

### Perfumes Make Bad Booze

Items like the following, which was taken from *The Pioneer*, suggest that perfumes were never intended for internal consumption. "B— M— and A— F—, both of Toronto, died as a result of drinking Florida water."

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### Correspondence School Catalogue

The Fireside Correspondence School catalogue for 1920 is now ready. Besides the usual matter, it contains a new plan for ordering books, an announcement of new studies, and pictures of faculty and board of managers. Send for a free copy. Address C. C. Lewis, Principal, Takoma Park, D. C.

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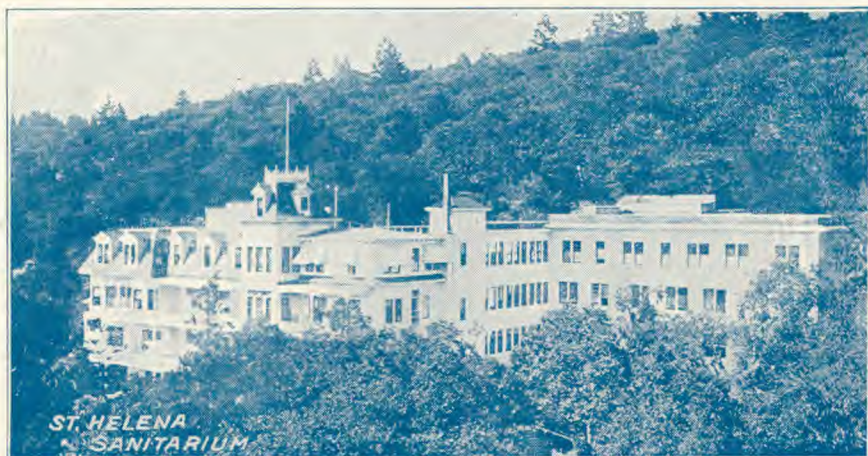
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