

Life & Health



WASHINGTON, D. C.

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Sanitarium, Napa County - - - California

Life & Health

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CONTENTS OF THIS ISSUE

KNOW YOUR OWN COUNTRY FIRST	Frontispiece
EDITORIAL	227
Take a Vacation	
AS WE SEE IT	229
To Keep Comfortable in Hot Weather — Economizing in the Use of Meat — Good Cheer for the Sick One	
GENERAL ARTICLES	
Why a Vacation?	232
<i>G. Henry Hale</i>	
Inexpensive Vacations	235
<i>G. H. Heald, M. D.</i>	
Vacation Lunches	238
<i>George E. Cornforth</i>	
Motor-Camping de Luxe	240
First Aid in Accidents: Bites and Stings of Insects	242
<i>L. A. Sutter, A. B., M. D.</i>	
The Summer Danger of Typhoid	244
<i>Louis A. Hansen</i>	
Recreational Treatment for Imaginary Ills	248
<i>Florence Samuels</i>	
Dietetics: Diet in Tonsillitis and Quinsy	250
<i>George E. Cornforth</i>	
Hot Weather and Babies	252
<i>U. S. Public Health Service</i>	
Defective Teeth and How to Avoid Them	253
<i>William Curtis Dalbey, D. D. S.</i>	
QUESTIONS AND ANSWERS	254
First-Aid to Indigestion — Precaution Against Cold — Sunlight and Tuberculosis — Old and Young Flesh — Diphtheria Carriers — Germs from Doorknobs and Money — Potato and Rice — Bad Breath — Fre- quent Colds — "Flu" Carriers	
NEWS NOTES	256

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KNOW YOUR OWN COUNTRY FIRST

Golden Gate, Yellowstone National Park. A Fine Motor Road Through a Picturesque Region.

Life & Health

HOW TO LIVE

EDITORS

L. A. HANSEN

G. H. HEALD, M. D.

VOL. 35

AUGUST, 1920

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EDITORIAL

Take a Vacation

WE do not take seriously enough the matter of rest. We live too much under pressure. We allow ourselves to be driven by the force of circumstances, until we hardly know how to halt long enough to take a good deep breath. The round of routine runs us into a rut, as it were, and we don't know how to get out of it, much as we wish to do so. Some one has said that the difference between a rut and a grave is a matter of depth. There is such a thing as getting so deep into our daily, weekly, and yearly grind, that we are about half dead.

Vacation time has come. No time is more important to our health and general welfare. It is a time for re-creations, a time for restoring lost energy, repairing and building up the worn and run-down human machine, making up some of the wear and tear of the regular grind.

Any machine run at full speed all the time has a limit as to the time it can run. Any man that is too long on the go will come to the place where he can't go any longer. With some men the difference between a premature breakdown and a long life of usefulness is the difference between a good rest now and then, and having no rest, or as good as none.

Do you hear the call of a tired body, a weary brain, or of strained nerves? Give heed. In some way let go. Make provision for the care of things for a time, and get away. As you go, leave things behind, in mind as well as in fact, knowing that if you were compelled to drop your work awhile, it would get on somehow without you.

A change of environment may be to some all they need as a vacation. A diversion from the regular pursuit is needed by most persons. To all the vacation should be a period of rest, not necessarily of inactivity. It should of course be a time of health building.

While a vacation is a matter of serious consideration and should be taken seriously, it does not need to be a serious affair. Enjoyment is an essential element of a true vacation. But the cheap amusement attractions of some watering places fall far short of giving either enjoyment or recreation. A period of dissipation in pleasure seeking would be anything but a real vacation.

The vacationist must of course safeguard his health interests, taking care to secure proper sleep, pure air and water, good food, and the other essentials to well-being. A change of location, pursuit, or environment does not mean a suspension of the laws of health and hygiene. Disease germs can get in their work about as well in one place as another, if they are present and have access to a susceptible host. They are too often found in numbers in the haunts of the vacationist.

The vacation, then, should be a period of real recuperation. Whether it be in complete relaxation or in vigorous but wholesome exercise; in quiet camp life or in an automobile trip; in a season up in the mountains or down by the seashore; whatever it is or wherever it is spent, the vacation, to be a vacation, must give renewed life and vigor, and bring one back all the better prepared for the regular routine.

While a real vacation gives rest to the body, mind, and nerves, its greatest benefit may be in its rest to the spirit. Getting away from the office, the shop, or the home, and from under the pressure of its daily duties, one can look at things with a different perspective. A view of life from another angle, especially when free from its worrying details, and with refreshed mind and body, does much to give a better fitness for its needs.

The soul that has time for meditation finds occasion for edification. A summing-up of personal needs leads to a desire for higher attainment. This experience is sometimes difficult to obtain, if not impossible, amid the intense activities of the daily life. Yet it is just what many need in order to do their part in life as they should do it. This need should find a place in your plan for a vacation.

L. A. H.

GO WHERE YOU CAN LOOK UPON THE WORKS OF GOD

INSTEAD of dwelling where only the works of men can be seen, where the sights and sounds frequently suggest thoughts of evil, where turmoil and confusion bring weariness and disquietude, go where you can look upon the works of God. Find rest of spirit in the beauty and quietude and peace of nature. Let the eye rest upon the green fields, the groves, and the hills. Look up to the blue sky, unobscured by the city's dust and smoke, and breathe the invigorating air of heaven. Go where, apart from the distractions and dissipations of city life, you can give your children your companionship, where you can teach them to learn of God through his works, and train them for lives of integrity and usefulness."—*The Ministry of Healing*, p. 367.

AS WE SEE IT

Conducted by
George H. Heald, M. D.

TO KEEP COMFORTABLE IN HOT WEATHER

THE art of keeping cool in summer, like the spring poems and the "beautiful snow," is a perennial subject. It's all very simple, this keeping cool in summer — as simple as getting rich. Getting rich, you know, is the simplest thing in the world: Just buy stocks when they are low and sell them when they are high.

One reads these directions for keeping cool in summer with more or less fascination — for it takes an optimistic person to write in this vein, and optimism is "catching." The optimist is one of the most popular persons in the world, for he is always holding out straws for the drowning to grasp at — and as there is no failure of the straws, there is no end of the grasping.

So the poor soul sinking under the dread of the summer's heat, sees the title, "Rules for Keeping Comfortable Despite Hot Weather," and his eager mind grasps them voraciously. They're the same old rules we read in our boyhood days; but on a sweltering August day they have a refreshing quality nevertheless.

In a nutshell, to keep cool, make as little heat as possible, and give off as much as possible. Simple as the rule for getting rich? Yes, and it is as practical.

Make little heat by eating a minimum of heat-producing foods. Remember, animal foods and especially meats produce heat in the body beyond what you might expect from their caloric value. Eat no meats, take a minimum of cereals and oils, and an abundance of green vegetables and fruits, and drink freely of water. Be a water toper. Drink early and often — eight or ten glasses a day.

Dissipate heat by getting down as near to one layer of clothing as you can especially when you are around home.

Perhaps it may not be necessary to say anything about alcohol; but I'll not risk it. Alcohol is one of the greatest heat producers in the world. It burns in the body to produce more heat, and then throws the heated blood out to the surface, which gives a sensation of intense heat. You know that in winter people drink liquor because it brings the glow out to the skin. Now in summer this glow simply adds to the general misery.

If at all convenient, have a spray or plunge bath, or at least a hand bath once or twice a day or oftener. Steady heat is debilitating. The cool bath is a tonic. It should not be made so brief that the reaction will cause more discomfort. With each bath, get a real cooling-off, so that the skin will remain cool for a while.

As far as possible, keep out of the direct sunlight. Walk on the shady side of the street, and work in the shade. Wear a broad-brimmed hat, and perhaps carry a sunshade when it is necessary to be in the sunlight.

Nothing will help to heat one up like worry, fretting about the heat, and watching the thermometer. One young woman recently told me she actually succeeded in making herself more comfortable on a hot day by thinking of cooling drinks, ice to the spine, a cool spray, and the like. At least it is more rational than to keep thinking and telling how hot it is.

Now if this isn't simple, what is? Why not follow it?

ECONOMIZING IN THE USE OF MEAT

A MAGAZINE which styles itself "America's leading food magazine," has in its May issue an article entitled, "Eat Lamb—Save Money." "It is a plea for greater consumption of the cleanest, safest, most delicious of all America's meats." But the amount of lamb is limited, and how long does this writer think lamb would remain the cheapest meat if people generally took his advice? The truth is, such advice is not taken seriously by the average reader, and possibly the few who decide to eat lamb will effect a saving.

The writer of the article, J. B. Harrington, says "America is the greatest meat-eating nation of the world." Perhaps, with the exception of Australia, it is. He continues, "To make a substantial reduction in the annual meat bill of the United States would therefore mean a saving of millions of dollars." Does he mean to suggest that eating lamb would make such a saving? If so, he must be using higher mathematics in his calculations. When the overalls craze struck this country, the price of overalls immediately went soaring. Where would the price of lamb be if everybody called for lamb?

There is no suggestion in this article for reducing the cost of meat by eating less meat, and thus in a twofold way reducing the cost of living. There is no suggestion of what the scientists have repeatedly warned us of late—that *Americans eat too much meat*. On the meat question America is about like England on the liquor question. Americans have the meat habit in an aggravated form, and are not tolerant of any suggestions from scientific men that so much meat is not good for us. The magazine that is working for a swollen circulation naturally caters to the idea that a heavy meat diet is the proper thing. It is what the people want to hear, for they like meat.

The idea that one can live in vigorous health without meat is received with as little credulity as was the statement, made in the days of our grandfathers, that a man could do without liquor and remain in health. Scientific progress makes slow advance against ingrained prejudices, especially when this prejudice is backed up by an acquired appetite.

The fact is, scientists (that is, those who are specializing in human nutrition) of recent years have almost completely changed their ideas as to the need for meat in the diet, and some of the foremost of these men believe that a diet of cereals, milk, vegetables, and perhaps fruits, is superior to a similar diet containing meat in place of milk. They believe such a diet is ample, adequate, and complete.

There have been repeated demonstrations showing that the endurance of vegetarians (other things being equal) is far superior to that of meat eaters, and

there is no question as to the mental power of meat abstainers. On the other hand, one would not be disposed to deny the value of meat for developing the traits of the tiger. If this world is to be an armed camp; if it is to be a place where every man's hand is against his neighbor; if capital and labor are to be two hostile camps, each trying to crush the other; if every nation is to consider that every other nation is a beast of prey ready to devour everything in sight,—if this is the world we must continue to live in, perhaps there is no better way to develop for it than by the wholesale consumption of flesh. If we are to live as brutes, we might as well eat as brutes.

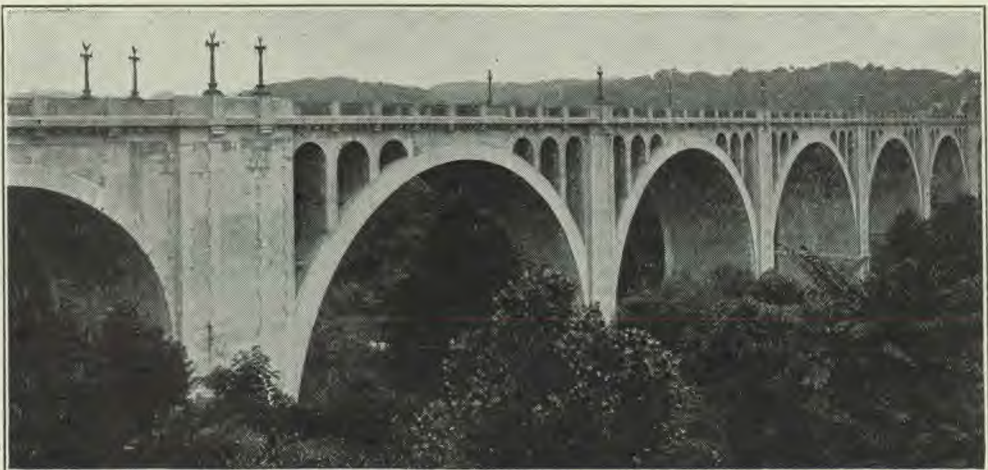
This is not to say that all who eat flesh are brutes. There are many of the gentlest and most refined persons who are on such a diet. But in general, a high meat diet tends to produce the characteristics of the tiger rather than those of the lamb.

**GOOD CHEER
FOR THE SICK ONE**

THE following anecdote, taken from the *Long Island Medical Journal*, is illustrative of a too-common method of cheering the sick one:

“An Irishman had been sent by the lodge to inquire into the state of a sick member, and after a glance at the sick man, he said: ‘For th’ luv av God but yez look bad! Du th’ doctor give yez ony hope? Oi should tink not. Oi’m glad Oi got in before ye died. Oi brut a few flowers, but av yez don’t care about thim now yez can kape thim for th’ funeril. Have yez ony missage fer th’ bhoys befure ye go? Will, Oi must be going.’ A second after closing the door he opened it again and poked in his head to add, ‘Say, yez had better hav thim move yez downstairs now; these stairs are bad to get a coffin down.’”

Unless one has some cheerful message,—something that will raise the hopes and the courage of the patient,—he should never visit the sick-room. His absence will be more valuable to the patient than his presence.



Why a Vacation?

G. Henry Hale

NEARLY every one looks forward with pleasurable anticipation to an expected vacation. It is something different—a variation from the year-in-and-year-out grind, an event to look forward to before the time, and backward to ever after. As the time approaches, plans are laid, time-tables are studied, articles of convenience are gathered together, and one finds himself going over in anticipation some of the expected pleasures. Afterward, photographs and anecdotes of the trip prolong the pleasure of the occasion. During vacation, one actually lives and is conscious that red blood flows through his arteries. During the remainder of the year,—well, he is earning money for the next vacation! And this call of the wild begins early in life.

No matter how much a child likes his school work, he likes in a different and stronger sense (unless he is abnormal) his recesses and his vacations. While he *does* his school work, he *lives* his va-

cation periods. He remembers what occurs during these periods much longer than he remembers what he forces himself to learn in school. The lessons of the wild are spontaneous—those of the school are forced on his unwilling mind, either by himself or by the teacher. The love for recreation and adventure is instinctive. It is a protective mechanism. Were the child to attempt to economize time by dispensing with recesses and vacations, he would accomplish less on the full-time study than he now does on the study time interspersed with recreation periods; moreover, his health would be poorer.

And adults are but children larger grown. The desire for shorter and longer recreation periods is inborn; and those who do not long for rest periods are abnormal. They lack a safety valve, and are destined to “cash in” at the age of forty-five or fifty, instead of seventy or eighty. Even a piece of machinery that is worked without rest periods



The White House, Washington, D. C.



is worn out on less actual working time than a machine that has adequate rest periods. It is true that the human machine has daily and weekly rest periods: without these the machine would very quickly go into the discard. But something more than the daily and weekly rest period is required for the best work and for the best health of the individual.

Nearly every one who can find the time and the means to do so takes a vacation. And it is time and money well spent. Business and industrial corporations are not in this world for any benevolent purpose. They are in pursuit of dividends. And yet the farseeing managers of many of these corporations have come to realize that the money spent in giving employees a two weeks' or a month's vacation on pay is a good investment. On the whole this vacation benefit is a fact, even though all persons do not use the vacation time wisely.

Usually those who are most in need of a vacation are unable to take it. Employed for long hours at a low salary, and living in a bleak tenement district, they must take their vacation, if at all, without pay; so that the time they might spend in this way would cost them their pay envelope for the full time of the vacation period, plus the additional expense for travel, board, and incidentals. And on the meager income of these recreation-starved individuals, this is impossible. Economic conditions force them to continue their weary grind with-

out surcease, the quality of their work deteriorates, and long before the proper time, they have ceased to be profitable employees, finally becoming down-and-outers.

It is said that farmers' wives are particularly liable to go insane, the cause being the monotony of their weary routine, seldom interspersed with change of any kind. It is true that where farming is profitable, and the wife has access to the motor car and the telephone, she quickly changes this condition; but where there is the ceaseless daily round, seven days in the week, and fifty-two weeks in the year, with no let-up, no diversions, no social life, nothing to develop the mind outside of the narrow routine of the home and the barnyard, there is ample opportunity for mental deterioration.

Vacations, outings, social gatherings, all tend to diminish this tendency to drop into a deep rut. In order that vacations may be most beneficial, they should be taken in such a way as to give as complete a change as possible in the outlook upon life. The overworked executive should strike for the jungle, and get where telephone and mail cannot reach him. Then he should assiduously forget business, and if there are companions along, all "shop talk" should be taboo. There should be a change of scene and climate, just as much as is possible. The dweller in mountain districts may go to the seashore or to the

lake shore, and enjoy the fascinating study of the animal life of the rocks and the beach. The dweller in the valley or at the seashore may go to the mountains. Possibly the farmer's wife might enjoy her "outing" in the heart of the city, provided her nerves are strong enough to endure the sights and sounds that make up the rush and roar of a large city. The change in climate affords a needed tonic for the body, the change in scene and social customs furnishes a needed tonic for the mind.

This is what a vacation may do when rightly used. Too often, the vacation privilege is abused, and the recreation period is made an occasion for indulgence in various dissipations, and the "outer" returns to work somewhat worse for wear than when he started on his vacation. This is particularly the case, now that this country is dry, with those who can afford to take a trip into wet territory, such as Cuba or Mexico. On such a trip there is the temptation, while away from the restrictions of home society, to do in a few days the drinking of a year. It is needless to say that such vacations are productive of more harm than good. But one does not need to go to Cuba to get bad results from a va-

cation. Excessive indulgence in food, or in athletics, loss of sleep, or other indiscretions may undo the good effects of a vacation.

And then one may innocently nullify the benefits of a vacation, by going to a resort where there is typhoid-fever contamination, or where there are malarial mosquitoes, or where other insanitary conditions, as the fly pest, bad water, etc., make for ill health. Malaria and typhoid are pre-eminently country diseases, and the increase of these diseases in cities in the fall is largely due to their being imported by returning vacationists.

To sum up, then, vacations, properly taken, are a conservator of health, a renewer of efficiency, an economical investment. They should be carefully planned to give the greatest climactic and social change possible, and everything tending to minimize their good effect should be avoided.



To one who has been long in city pent,
'Tis very sweet to look into the fair
And open face of heaven,—to breathe a prayer
Full in the smile of the blue firmament.

—Keats.



Chesapeake and Ohio Canal, Near Washington



An Outing on the Chesapeake and Ohio Canal

Inexpensive Vacations

G. H. Heald, M. D.

THE growing custom of giving an annual vacation of two weeks or a month on pay has given many persons the opportunity, not previously enjoyed, of having an annual outing. And doubtless many have hardly known what disposition to make of their free time. They knew that they could not afford an expensive "seeing America" trip, and a stay at one of the popular resorts was beyond their means, so they decided to take a vacation at home. They slept late, hung around the house, wandered aimlessly about the streets, and at the end of the period were much relieved to get back to work; for, after all, there is nothing quite so hard to do as to do nothing, and to keep it up for a while. Routine work is preferable.

How may one spend the vacation profitably without an outlay out of all proportion to one's income? Railway fare, hotel accommodations, summer boarding houses, all mean an outlay which may be a serious consideration to those whose

salary has not been increasing so fast as the cost of living. A suggestion for another year is this: If you want a little fund for vacation, begin banking for it right after vacation. For a \$100 fund, put away \$2 a week in a savings bank; or for a \$50 fund, put away \$1 a week; and you will have something on which to take your next year's outing. If this is too modest, lay aside \$5 or \$10 a week, and you will have a fund that will provide you with some comforts during your next outing period. But that will not do for this year. Possibly you have only your last week's salary, and out of that some bills must be paid.

The suggestion for an inexpensive vacation will vary according to circumstances and locality. A person in the city of Washington could spend a very profitable time making a study of the various museums, art galleries, and other governmental treasures. He could visit the zoological park, and spend much time in the other parks, es-

pecially in Rock Creek Park; or at a small expense could canoe on the river, or up the Chesapeake and Ohio Canal. If he is a bicyclist, he could take numerous trips to near-by or more distant objects of interest, and even if he must confine himself to walking, he could take hikes to Great Falls, Cabin John Bridge, and other objects of interest. There are also trolley-car possibilities within the reach of the moderate purse. Then there are frequent steamer excursions down the river.

This is given as suggestive of the possibilities in other cities. Nearly every city has within it, and in its environs, attractions which persons may come from afar to see, but which the inhabitants know nothing about. The grass over in the next pasture always seems greener and sweeter. One who has never taken the trouble to visit the art collection of his own city, may dream of art treasures in Boston and New York. If you live in a city or a town, make it your business this vacation — if you are not going away — to get thoroughly acquainted with all the features and attractions of the town, to which probably you have heretofore been indifferent. Visit all the parks, and study the trees and shrubbery. Your city or town, if it is at all progressive, has attractions of which it is proud. Acquaint yourself with them, so that you will hereafter take a more lively interest in all that

pertains to your surroundings, and you will be a better citizen.

Doubtless if you plan your vacation so that it will be a period of accomplishment (not too strenuous, of course), instead of an effort to *pass the time*, you will be willing to vote it the most pleasurable as well as the most valuable vacation you ever took. Even better, if you, during your vacation, take the time to visit some one who is more unfortunate than yourself, and render him sympathetic aid, you will, if this is a new experience to you, have one of the most precious experiences of your life.

Where it is possible, the "outer" should choose a climate differing from the home climate. Even people who live at health resorts find it an advantage to spend a time in some climate that is not so ideal. Change in climate, variety in climate, makes for better health than does monotony in climate. But if you are housed up in a tenement district in New York, a walk to some of the lonely spots in the upper end of Central Park will give you a climate entirely different from that of your home, though it be only a few blocks distant.

It is not always distance that adds charm to a vacation, but a new view of life; and *that* one may get in his own backyard studying the plants and animals. Vacation, whatever else it is, should *not* be a mere kill-time. If one is exhausted and needs more sleep, sufficient



The Canal Motor. Uses Hay for Gasoline

time should be taken to make up in this respect; but when one is rested, the vacation should be characterized by interesting and entertaining, and perhaps instructive activities. One should feel when the vacation ends, that he is more fit for his work. He should be able to return to his task with increased health and a new zest, with the cobwebs all swept out of his brain, and with a broader outlook on life. This all may be accomplished by means of inexpensive vacations if they are well planned. On the other hand, expensive outings may be made the occasion of carousing and indulgence that brings on a period of illness and leaves one less fitted for

his work than he was at the beginning of his vacation period.

The question may be asked, Is it necessary to take one's vacation all at one time? For some reasons this is the better way, especially where one desires to go some distance. But where one takes his vacation in short walks, in bicycle trips, or in boating trips, near home, it may be just as well or even better, to take the vacation in sections. When one's work is such that others cannot well follow it up in his absence, these half-day, or two-day or week-end vacations give needed change, and at the same time permit one to keep in fair touch with his work.



Great Falls of the Potomac, Near Washington, D. C.

THE good things of life are better appreciated by the man who is in the mood to enjoy them. Good things are always good; if there is any difference in our enjoyment of them, it is in us. A bright, early morning hour makes the world look glorious. As we take up the duties of the day after a good night's rest, we have little dread of the tasks before us; they do not seem so big. When the day is ended and we are dead tired, how different everything seems! If we are in an ugly mood and cross, we see others that way. Well, we can't have it morning all the time, but we can do our best to keep cheery and thus keep the "bright" of things with us.

L. A. H.

Vacation Lunches

George E. Cornforth

VACATION is the time when we have an opportunity to get back to nature, and when we can benefit by living simply — by living as the Indians lived — out of doors, and eating largely of the foods that nature provides that need no cooking. There is health in the raw fruits and nuts and green stuffs taken first-hand from nature. They are living foods, and while, of course, the process of digestion destroys their life, so that the life of those living foods is not transferred directly to our life, yet they do not undergo decomposition before eating, and they furnish vitamins (peculiar life-sustaining substances) in abundance that are contained in much smaller amount in cooked foods.

Paper napkins and tablecloths, paper cups and paper plates, are convenient to take for picnic lunches, and even paper spoons are obtainable. These are light, cannot be broken, and need not be carried home, thus lightening the lunch box on the return.

The receptacle in which the lunch is carried should be substantial enough so that the lunch will not be crushed or mused.

My favorite lunch is very simple, consisting of a few nuts, some plain crackers or fruit crackers or Graham bread, a few ripe olives, and some juicy fresh fruit. A lunch of this kind contains as substantial nourishment as a meal of roast beef and vegetables, and is just as satisfying, if you are only mentally convinced of its nourishing, sustaining qualities. When I was a boy I used to be specially fond of fruits and nuts, and wondered why they were used only as confectionery when I preferred to live on them. Therefore I was glad when I learned that they are our nat-

ural diet as much as they are the natural diet of the monkey.

I have been out on long automobile trips in the summer, and we did not have to wait till we came to a hotel before we could get a meal. In fact, it would have greatly lessened the pleasure of the trip if we had been obliged to go inside and partake of such meals as people usually eat, and it would have cost much more, too. But when we passed a store, a small one perhaps, we would get some fruit, which is abundant and varied in summer, and perhaps lettuce, or celery, or cucumbers, or tomatoes, nuts or peanut butter, ripe olives, cottage cheese, a bottle of grape juice or loganberry juice, or lemons and sugar, good crackers or bread, — yes, and a bottle of good, fresh, pure milk is good for those who like it; and then having with us the things necessary for spreading a lunch, when we found a good place beside the road, or in a grove, we would enjoy a meal much more than is possible inside of four walls, with God's life-giving air and sunshine outside, and partaking of dead, decayed, demineralized, devitalized, hot, spiced, pickled, and vinegared foods. A few days spent in the open air in this way, and partaking of pure, life-giving foods, are very potent in purifying the blood, bringing color to the cheeks and luster to the eyes, and vigor and health to the whole being.

By the way, I would not have any one infer that I ever partake of the kinds of unhealthful foods mentioned. Last summer I was interested to notice what wholesome meals can be obtained at hotels even in small places. We spent the nights at hotels, though it would have been pleasant to camp out, and so took our breakfasts and suppers at the

hotels; and we had no trouble in obtaining just such foods as I have been recommending. Of course, for those who preferred inferior foods, ham and eggs, liver and bacon, fried potatoes, lobster, pickles, and the rest, were provided. But when the waitresses found we preferred simpler foods, they did their utmost to please us. They were only too glad to serve us with shredded wheat, cornflakes, well-cooked oatmeal, with cream; good bread or toast; milk, hot or cold; eggs served in any wholesome way; fresh fruits, and even good stewed prunes. I felt quite at home to find nice stewed prunes served for breakfast at one place. And sometimes when we were staying all day in a town, we would have dinner at the hotel, and find for dinner some kind of nice cream soup; simply and nicely cooked vegetables, like green peas, boiled potatoes, string beans; good bread and butter; milk; and some simple dessert; and I thought, "Surely, how can any one say truly that he is obliged to live on unwholesome food when he must take his meals away from home." It all depends upon your state of mind. (Where there's a will there's a way.) If one is looking for an excuse for indulgence,

he can find it under such circumstances. On the other hand, if it is his habit to indulge under no circumstances, no difficulties whatever will be found. "Difficulties get out of the way of the determined man."

I often think of an incident related to me by an acquaintance, a traveling man, who is very enthusiastic on the subject of healthful eating. Though traveling from place to place, he never has any trouble in getting good vegetarian fare. On one occasion a friend was with him in a small town where they had never been before. As it came dinner time and they went to a hotel for dinner, the friend asked Mr. H. how *he* was going to get anything to eat there. Mr. H. replied, "Don't worry about me; I'll get along all right." They sat down to the table. The waitress came to them, and said, "How do you do, Mr. H.; I know just what you want." The friend was amazed. This waitress had been in the habit of waiting on Mr. H. in another part of the State, and unknown to them, had changed her place of employment. Mr. H. tells this story to illustrate how he was well provided for wherever he went.





MOTOR-CAMP



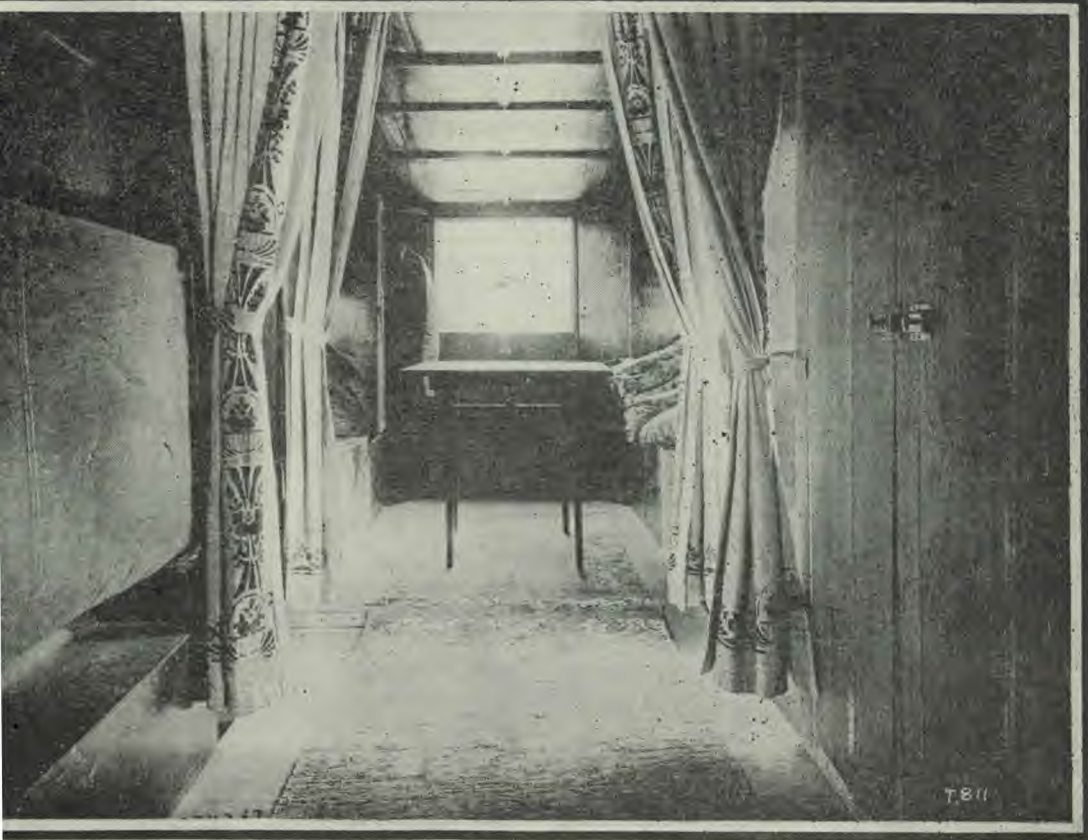
Photo, Underwood & Underwood, N. Y.

EXTERIOR

ONE OF NUMEROUS TYPES OF CAMP

Glenn H. Curtiss, the celebrated airplane inventor and builder, has developed a "motor-camp." The idea back of the car is that of a miniature dwelling which is easily hitched to a motor car, without added burden.

By raising the sides and inserting screen frames, the car may be made up into two complete sleeping ends. There is a full screen equipment for protection against flies and mosquitoes. A door at the rear. A kitchen, pantry, toilet facilities, ice box, electric lights, a running-water system, and a toilet.



ING OUTFIT FOR THE MOTORIST

INTERIOR

ngalow," which has some very interesting features.

tomobile and can be drawn along at a good speed without the occupants' being conscious of the

ooms, with ample sleeping facilities for two persons in the front end, and four persons in the rear

ear leads to a compartment where equipment necessary to put up camp is stored.

ot for the use of the chauffeur are among its improvements.

FIRST AID IN ACCIDENTS

Bites and Stings of Insects

L. A. Sutter, A. B., M. D.

MANY diseases are carried by insects from one person to another, or are often spread over large areas of country. One kind of mosquito is responsible for the dissemination of malarial fever, and another for yellow fever. The insect bites some one suffering from the fever, and later bites a well person, into whose tissues it injects, with its saliva, the germs that cause the disease.

Sleeping-sickness, Texas fever, typhoid fever, tuberculosis, leprosy, and a number of other diseases are spread by such insects as flies, bedbugs, fleas, and ticks. The bite or sting of insects causes pain, swelling, and itching. This inflammation is due to the injection of poisonous secretions into the tissues. The poisons are manufactured by special glands in the insect, and are poured out with the bite into the wound inflicted.

House flies, gnats, mites, bedbugs, and mosquitoes produce local inflammation at the point where the poison has been injected. This is marked by swelling, itching, pain, and redness. At times they may carry into the tissues, by means of their bites, the germs that produce ulceration, boils, or erysipelas. Death has been known to follow the bite of a fly.

Bees have a barbed stinger. This is left in the tissues of whatever they sting, and should be removed by means of a needle, the point of which has been sterilized by holding in the flame of a match. A one-half strength solution of iodine should be put in the wound after the stinger has been removed.

Wasps, hornets, and yellow jackets have pointed stingers. These do not pull off in the wound. Thus they can sting several times in quick succession.

Preventives

An application of oil of citronella to the face and hands will often prevent mosquitoes and other insects from biting. It is said that washing with carbolic soap is also a preventive.

Symptoms of Stings

There is an intense throbbing pain where the stinger enters, with swelling and redness of the skin. If the tips of the fingers or toes have been stung, they may become stiff and the skin taut. At times the sting is followed by a severe attack of hives over the entire body. Fainting is sometimes caused, also nausea and vomiting. There may be diarrhea. Death has been known to follow the sting of a bee or wasp.

Treatment of Sting Wounds

Compresses wet with sodium bicarbonate solution (a teaspoonful of baking soda to one pint of hot water, or weak ammonia water should be laid over the swollen part. The reason for using these alkaline solutions is that the poison from the sting or bite of an insect is acid in reaction. Two or three thicknesses of linen cloth dampened with a solution of 15 grains of camphor and 10 grains of menthol crystals to one ounce of alcohol, is cooling to the inflamed skin. Weak vinegar sometimes relieves the pain. If general symptoms follow, as fainting, weakness, and rapid heart action, the patient may be given a cup of strong black coffee, and he should be encouraged to drink large quantities of water. A dose of salts should be given.

Other Poisonous Insects

Centipedes, spiders, scorpions, and tarantulas also produce severe local

wounds and at times dangerous poisoning. Death has been caused by the bite or sting of one of these in persons who are weakened from fatigue, malarial fever, or alcoholism.

There are two kinds of centipedes, the poisonous and nonpoisonous. The common variety is not poisonous, but the poisonous centipedes may produce a severe local reaction with itching, pain, and redness. There may also be an erysipelatos swelling of a part.

By their bites poisonous spiders may produce an ulcerating wound that is very difficult to heal.

Scorpions have a long stinger in the end of their tail. The symptoms of the sting of a scorpion or tarantula are itching or a feeling as if there were bugs crawling under the skin. At the site of the wound there is pain, with marked swelling and redness. There may be violent sneezing or jerking of the arms and legs. There may also be congestion of the lungs, with death.

Treatment

The treatment for the poison from any one of these is quickly to open the place that has been wounded. The skin should first be painted with tincture of iodine all around the wound, then with a sharp knife that has been boiled, a cut should be made a quarter of an inch deep and one-half inch long, right through the bite or sting. Crystals of potassium permanganate should be rubbed into this cut. The patient should be kept quiet and encouraged to drink large quantities of water. The wound should be dressed with linen or gauze that has been boiled and then baked in an oven, as described in a previous article.

Chiggers

The chigger is a very common insect. It burrows into the skin, causing intense itching, with swelling and pain. At times a chigger bite has been followed by gangrene with ulceration. It may help to prevent the chiggers from burrowing into the skin to paint it with oil of citronella or wintergreen. The

chigger should be carefully removed from the skin by a needle that has been sterilized in a flame. Then one-half strength tincture of iodine should be painted into the wound. Compresses wet with sodium bicarbonate may help to lessen the itching.

Gadflies

Gadflies sometimes lay their eggs under the skin, where they hatch in from a week to ten days. The parasite causes intense pain, with redness and swelling, may produce a boil or an abscess. The site should be opened, and one-half strength tincture of iodine painted into the wound to kill the parasite.

Ticks

Ticks are common in many places. They burrow their heads underneath the skin, and often when the tick is pulled off the head will be left in the skin. This causes burning and itching and at times ulceration. The head should be removed with a needle that has been flamed, and the wound painted with one-half strength tincture of iodine. [Ticks may be removed by simply unscrewing the heads, as one would take out an iron screw. — Ed.]

Compresses wet with a pale-pink solution of potassium permanganate may be applied to the part.



Coming Issues

SEPTEMBER

School Hygiene, or Hygiene
of the School Child

OCTOBER

Mental Hygiene: "A Sound
Mind"

NOVEMBER

Neighborhood Help
"Who Is My Neighbor?"

The Summer Danger of Typhoid

Louis A. Hansen

WHILE typhoid fever is not confined to summer time, it is regarded largely as a summer disease. This season brings conditions that especially favor its spread, and hence special precautions should be observed. Typhoid fever ranks fourth among communicable diseases as a cause of mortality in the United States. It is readily communicated, or highly infectious, but with proper precaution, contraction of the disease may be avoided and its spread prevented.

live First, bear in mind that one does not "catch" typhoid fever; he swallows it. The disease is caused by a specific germ, the typhoid bacillus, which must find entrance to the body in order to produce the disease. The germ is taken into the body by way of the mouth, usually in the food or drink. Insanitary conditions in themselves do not necessarily mean typhoid danger, for the typhoid germ has to be present to cause the disease. But certain insanitary conditions, where the germs are present and are liable to be taken into the body of any susceptible person, may readily cause typhoid fever.

#1 One typhoid fever patient may be the source of infection to many other persons. The disease germs grow and multiply rapidly in the body. Within a few days they may be thrown out in the bowel discharges and urine. In some mild cases, called "walking" typhoid, the patient may not be aware that he has typhoid, and may thus be the means of widely distributing the germs which in other persons may produce a most serious form of the disease. It has been proved that persons may continue to discharge the germs for weeks, even months, after having been cured of an acute at-

tack. In some instances this has continued for years, or as long as the person lived. Such persons, known as "carriers," are a constant danger to others.

The presence of a single case of typhoid fever should be regarded as a menace, unless due care is taken of the patient's discharges. Numerous instances are recorded where an epidemic of the disease has been caused by pollution of the water or milk supply through improper disposal of such discharges. At Plymouth, Pa., such an epidemic occurred, in which 1,104 persons contracted the disease, of whom 114 died, and there was occasioned an outlay of more than \$67,000 — all the result of a pollution of the water supply from one case of typhoid fever.

How Distributed

With the idea that exposure to the air and sun destroys the disease germs, the excretions of a typhoid patient are often thrown on the ground. If in the shade or covered by leaves, such excretions remain active factors of infection, and when washed into a well, spring, or stream, as is often the case, the germs are passed on to others. The presence of the germs in water cannot be detected by the appearance, taste, or odor of the water.

The disease germs are present in the urine of the patient, as has been discovered within recent years. This fact indicates the necessity of proper disinfection or disposal of the urine as well as of the bowel discharges. Being liquid, it might prove the more dangerous as a factor of contamination.

Typhoid germs may live for some time outside of the body. When thrown upon the ground without proper disinfection,

there is danger of infection by the germs' being washed by rain into the drinking water. Outdoor spring vaults may prove sources of infection by drainage into the water supply. Some soil has the property of filtering the germs out of the water passing through it; other soil does not have this property. Be suspicious of water near possible sources of infection.

For the summer vacationist camping out or staying at a country home, it is most advisable to make careful inquiry as to typhoid fever history in the neighborhood, and to make sure that the water supply has not been subject to infection. Many cases of the disease occur after a vacation in the country. This caution holds good regarding other bowel disorders, there being much indiscretion in the disposal of human excreta in some places.

Milk as it comes from the cow does not in itself contain typhoid fever germs, but it may easily become contaminated by the germs from a human source. If some one in attendance on a case of typhoid fever should be careless about washing his hands after having come in contact with the disease germs, and should then handle the milk utensils, the danger of infecting the milk would be great. Washing the utensils in polluted water, or adding polluted water to the milk, would be certain to result in infected milk. The germs thrive and multiply rapidly in milk, and milk, being an article of common distribution and use, often becomes the medium for spreading the disease over a large area. Occa-

sionally a "carrier" working in a dairy starts an epidemic of typhoid fever all along the milk route.

Flies a Factor

Flies are a common means of infection; being creatures of filth, they are attracted by filth and feed upon it. Should they have access to human excreta containing disease germs, either in poorly built privy vaults or where discharges are thrown out, their bodies, wings, and legs become covered with germ-laden material; and on coming into the un-screened home, and in contact with food or eating or drinking utensils, the flies leave the germs where they may be conveyed to the interior of the human body.

It is found that germs in passing through a fly do not die, so even small fly-specks may contain many dangerous germs. A fly dropping into the milk

Typhoid fever was formerly one of our most fatal maladies. Public health measures in the purification of water supplies, the supervision of milk distribution, the control of flies, etc., have done much to lessen the typhoid incidence in the cities. But none of these things will guarantee the vacationist against an attack of the disease. Mr. Hansen explains why.

may leave countless germs. A single fly has been known to carry more than 6,000,000 germs. Care should be taken to see that flies do not have access to disease-bearing material.

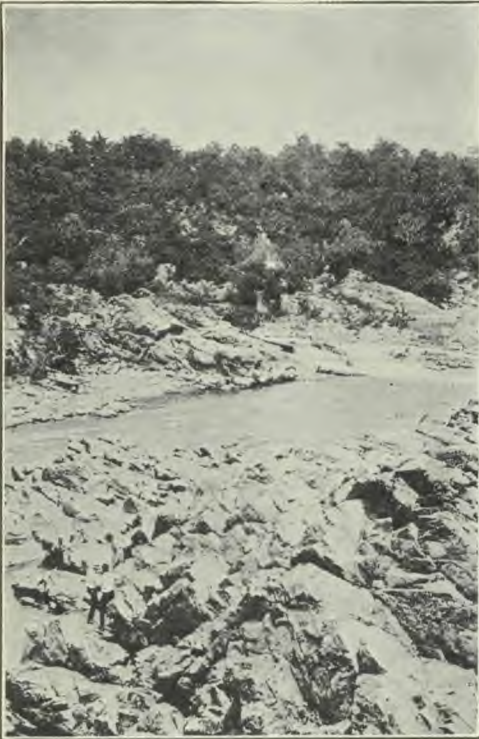
Screening against the entrance of flies is another important precaution, for we never know where a fly may have been or what germs it carries.

Freezing does not immediately kill the typhoid bacillus, hence ice taken from polluted water or artificially made from such water, carries the possibility of infection.

This suggests the care that should be exercised in the use of iced drinks. It is unsafe to drink liquids containing ice from a questionable source.

When such ice is used for cooling food or drink, it should not come in direct contact with the food; food to be cooled may be put in vessels placed next to the ice.

Articles used by the typhoid fever patient, as dishes, silverware, linen, bedding, clothing, etc., may carry the germs.



Water Carving on the Potomac

Careful disinfection of such things should be assured before they are used by others. The patient should have his own eating utensils, and these should be boiled, and washed separately from those used by others, and wiped with a special cloth.

No food left by the patient should be eaten by others. Neither should the attendant eat in the patient's room. With proper care, disinfection of the hands and cleanliness in every detail, the attendant may eat with the other members of the household. The hands should always be carefully washed in a disinfecting solution after handling the patient's

bedding, bedpan, or other articles, or after coming in contact with the patient.

Care of the Patient

Select for the typhoid fever patient, if possible, a room near the bathroom, and where it is quiet. Free ventilation is important. Unnecessary furnishings should be removed, including the carpet. A rubber sheet or oilcloth should be placed under the sheet to protect the mattress in case of diarrhea.

Observe extreme cleanliness in everything. Sweep with a damp broom or one covered with a damp cloth. Use a damp cloth for dusting. Carefully screen the room from flies, and never permit them to come in contact with the bowel or bladder discharges or with the sputum of the patient. Remember that the slightest trace of discharge on the patient or on any article, may contain many disease germs.

Disinfection

The discharges should be placed in a vessel containing a disinfecting solution, and allowed to stand an hour or more. The contents should be first thoroughly stirred and then covered. When disinfected, throw into the water-closet, or bury at a safe distance from any drinking water source. Bury so that flies cannot gain access to any part of it.

For a disinfectant for the discharges, use a suspension of one part of freshly slaked lime, or of hydrated lime, to four parts of water, known as "milk of lime." Do not use air-slaked lime. Use a liberal quantity of the suspension—at least an amount equal to that of the material to be disinfected. Another good disinfectant is one part of carbolic acid to twenty parts of water.

An inexpensive and satisfactory disinfectant for general use is a chloride-of-lime solution,—one pound of chloride of lime to three gallons of water. This may be used for washing the hands. Diluted, one gallon of the solution to ten gallons of water, it is a suitable disinfectant for linen and clothing. Allow the articles to remain immersed two hours; longer will do no harm. The solution is

not poisonous and will not injure clothing.

Do not depend upon the popular method of so-called disinfection practised in some homes, as the burning of tar, sulphur, etc., for destroying disease germs. These may kill certain odors by creating others, but they are noneffective for killing typhoid bacilli or any other disease germs. Many trade preparations, advertised as "germ killers," are worthless in this case. Be sure to use effective disinfectants; proper disinfection is too important a matter to allow of any risk.

Cautions

Hemorrhage from the intestines is one of the complications of typhoid fever. A sudden drop of the temperature may indicate it. The temperature stands at 103° or 104° from the end of the first week till the beginning of the fourth week, though it may decline earlier or may remain high up to the fifth or sixth week. The decline should be gradual, dropping a little each day until the temperature is normal. A sudden and marked change should be reported at once to the doctor or to the nurse, if one is on the case and happens to be off duty at the time.

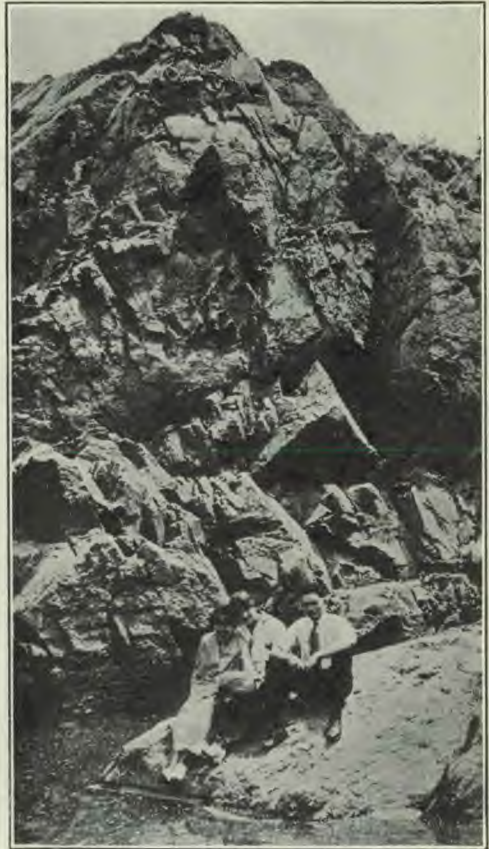
The hemorrhage may occur high up in the intestines and not appear at once. When it does appear, unless coming from near the rectum, it will be quite changed in color. The untrained eye cannot readily detect the indications of hemorrhage. Any unusual appearance in the stools should be brought to the attention of the doctor, and the stools should always be carefully examined for any indications of this kind.

If the case is one in which a hemorrhage is feared, care should be taken to secure explicit instructions from the doctor on what to do should one occur. All possible preparations should be made to render emergency care. In case of hemorrhage, apply heat to the feet if they are cold, and cold to the abdomen; if severe, raise the foot of the bed.

A serious case of typhoid fever should not be left alone, on account of the liability

of delirium. The approach of delirium may not be readily discerned, as the patient may seem perfectly rational, even when slightly delirious. The idea that something is calling the patient's attention may lead him to get up and try to attend to it. Night is the time of special danger of delirium. Keep the patient quiet; apply cold to the head, and protect the eyes from any bright light.

Antityphoid vaccination has proved of high value. It is extensively used in the army, as well as by various railroads,



A Hard Seat, but They Enjoy It

of industrial plants, etc. Comparison of statistics shows a great decrease of the disease when it is used. It is a measure that is economical, safe, and efficient, and is accompanied by little pain or inconvenience. However, it is not a substitute for sanitation, and does not wholly insure immunity.



Community Service

Making Toys to Be Given to Convalescent and Orphan Children

Recreational Treatment for Imaginary Ills

Florence Samuels

A REPUTABLE physician has remarked that the war deprived him of a large number of women patients. His fairly extensive practice among women of leisure, suffering from mistreated nerves and various slight ailments, dwindled during the war to a smaller following of the legitimately ill. The others, he explains, were kept too busy with war-time activities to find time to think of themselves.

In the engrossing process of attending to a half-dozen war-time activities and participating with neighbors and friends, ills were forgotten. And when the days of energy and stimulation were over, the symptoms had disappeared.

What woman, even allowing for feminine superiority, could sew for the Red Cross, chaperon War Camp Community Service dances, serve in W. C. C. S. booths, attend committee meetings, sell

bonds, serve in canteens, and in addition take time to incubate mental ills? The stimulus of air, exercise, self-expression, service, and friendship effected unforeseen cures for the unwholesome aimlessness of hitherto unfilled leisure hours.

Recreation serves the same purpose as the Chinese doctor,—its aim is to preserve health. It advocates outdoor sports, amateur dramatics, community pageants, neighborhood family gatherings, boys' recreation clubs, and a host of healthful activities to enrich the lives of men, women, and children in every walk of life.

The doctor who tries to cure a hypochondriac by prescribing exercise and sociability, has an ally in the various recreational facilities now provided throughout the country. Community houses, gymnasiums, playgrounds, rightly used, help to cure many ailments.



Community Service

Recreation Makes the Doctor Unnecessary. It Preserves Health. Recreation Should, as Far as Possible, Take the Form of Exercise in the Open Air.

In Wilmington, Delaware, Community Service, Incorporated (the peacetime War Camp Community Service), has inaugurated a system of outdoor games in a lot in the business section, where business men enjoy every game, from leapfrog to football, in their leisure time. Five hundred men, women, and children in the Bay View section of San Francisco, under the leadership of the Community Service Recreation League, spent one happy and laborious week-end clearing away the rubbish from a large field to prepare it for a community playground where tennis, baseball, and children's games could be played.

These are only two instances out of many in this country where people are prescribing health and happiness for themselves and their children.

Health is dependent upon happiness and happiness upon health. Both are dependent upon wholesome recreation; for imaginary ills, athletics, community sings, pageants, and outdoor exercise are far more efficacious than medicine.



"LIGHT employment in useful labor . . . strengthens the muscles, improves the circulation, and gives the invalid the satisfaction of knowing that he is not wholly useless in this busy world."



Community Service

One of the Characteristics of the Heathen Children Found in Some Localities Was That They Did Not Know How to Play. Community Centers Are Teaching Various Forms of Recreation or Play, as Health Measures.

DIETETICS: Diet in Tonsillitis and Quinsy

George E. Cornforth

IN these diseases, on account of the pain caused by swallowing, the food should be in such form that the greatest amount of nourishment can be taken most easily and with as few acts of swallowing as possible. This is accomplished by giving food in concentrated fluid form. The following articles are of this character:

Malted milk made with hot milk instead of hot water, using one-third to one-half glass of malted milk powder and sufficient hot milk to fill the glass, stirring a little of the hot milk into the powder first, then stirring in enough hot milk to fill the glass.

Sometimes in place of milk with malted milk or egg, use the concentrated vegetable broth described in the last number of *LIFE AND HEALTH*. This vegetable broth will help to give the body vitality to recover from the sickness. One or two raw eggs beaten with one-half glass of milk or cream, one teaspoon honey, and a little flavoring.

Plain vanilla ice cream (the ice cream may be sweetened with honey), the coldness of which is soothing to the throat.

Malted milk made with orange, pineapple or other fruit juice instead of milk. Raw eggs and orange juice with a little honey and flavoring beaten together, the fruit juice being medicinal.

Rather thick gruel.

Gruel into which a raw egg has been beaten.

Holding cracked ice in the mouth before swallowing sometimes decreases the pain accompanying the act.

After tonsillitis there may be considerable anemia, and in such cases nutritive food should be continued for a week

or two, especially that which will supply an abundance of mineral elements and vitamins, including vegetable broth, fruit juices, eggnog, cream toast, well-cooked natural brown rice served with cream, rather thick pea soup and bean soup, lettuce, cabbage salad, spinach, celery, asparagus, Graham bread.

Diet in Diphtheria

The diet in diphtheria should be much the same as in tonsillitis, consisting of such articles as oatmeal and barley gruel, milk, milk toast, buttermilk, vegetable broth, fruit juices, fruit toast.

Pineapple juice is especially valuable because it helps to prevent the formation of the membrane in the throat.

Diet in Pneumonia

In this disease the diet should consist of easily digested liquid foods which will not excite to coughing by the act of swallowing, and which will not embarrass the heart by the pressure caused by undue distention of the stomach. The following are suitable: Orange juice, unsweetened grape juice, vegetable broth, milk, hot milk, malted milk, buttermilk, raw egg beaten with milk, strained cream soups. Hot drinks and cold drinks should be freely given, as water and unsweetened or slightly sweetened lemonade, orange juice, and apple juice. This increases the activity of the kidneys and aids in eliminating the poisons to which the symptoms of the disease are due.

To make sure that relapse of the fever will not occur, it is well to continue the liquid diet for three or four days after the temperature is normal. Then semi-solid foods may be added, as cream toast, gruels, cereals with cream, cod-

dled eggs, baked potato mashed and seasoned with cream, lettuce, eggnog, cottage cheese, continuing the use of considerable quantities of fruit juice and vegetable broth for their medicinal effect. These may be used to quench thirst instead of part of the water that would be drunk.

The use of alcohol, which has been so much in vogue in the treatment of pneumonia, is not to be recommended, because in reality, it detracts from the patient's strength instead of adding to it. There is always a reaction from an artificial stimulant of that kind. Hydrotherapeutic treatments are much more effective than alcohol in producing the results that are aimed at by the administration of alcohol.

Whooping Cough

In severe cases of whooping cough, the coughing excites to vomiting, and nutrition may suffer because the food eaten is not retained, digested, and assimilated. It is best in such cases to give food regularly in moderate quantities, and for those who vomit solid food the following foods are to be recommended: Buttermilk, malted milk, cream toast, eggnog, junket, fruit juice, vegetable broth, slightly sweetened custard, Irish moss blancmange, shredded wheat gruel, oatmeal gruel, pea broth, bean broth. Garlic is said to have a curative value in this disease, and may be used in flavoring the vegetable broths made from vegetables, peas, or beans, if it is not offensive to the patient; it is even recommended that garlic be eaten boiled.

Diet in Tuberculosis

Concentrated vegetable broth is of great value in the treatment of this disease, also orange juice, grape juice, and lemon juice (diluted of course); in fact, all foods having a high lime content, as milk, eggs, nuts, raisins, whole cereals, lettuce, spinach, dandelion, celery, raw cabbage, tomatoes. Easily digested forms of fat have an unexplained beneficial effect in this disease, as cream, butter, mayonnaise salad dressing, almond

butter. Experiments have shown that the faith in cod liver oil for this disease is unwarranted, and that greater benefit is derived from the use of cream and an emulsion of vegetable oil.

Lest the attention should not be called with sufficient emphasis to the green foods in the list given, I would call attention again to the medicinal value of leaves. It may help us to remember this if we recall that the last chapter of the Bible tells us that in the New Jerusalem "the leaves of the tree were for the healing of the nations," and leaves have a similar value to our lives in this world.

While it is not well to overfeed a tuberculosis patient, yet recovery depends largely on an abundant supply of nutritious, easily digested food. And the appetite, which is likely to be small on account of lack of exercise and the poison of the disease circulating in the system, may be stimulated by tonic treatments, and the fresh air which is so essential to recovery from this disease.

Diet in Influenza

There used to be an old saying, "Stuff a cold and starve a fever," and in harmony with this saying, people used to think that it was well to eat freely when they had "caught a cold," but no doubt that saying should be understood as is this other saying, "Marry in haste and repent at leisure;" that is, if you stuff a cold, you will have a fever to starve. In harmony with this thought it is wise to eat lightly if one contracts a cold or influenza. And it is of the first importance to secure a thorough evacuation of the bowels by an enema consisting of two or three pints of plain warm water, repeated till the bowels are thoroughly emptied. And it is wise to use an enema once or twice a day during the disease. Another thing of great importance is the drinking of large quantities of water (hot water at first, to induce perspiration), orange juice, hot or cold lemonade, and vegetable broth, to the amount of three or four quarts a day. This will dilute the

blood, thus diluting the poisons to which the symptoms of the disease are due, and eliminating them by increasing the activity of the skin and kidneys. The nourishment contained in the fruit juices and the vegetable broth will be of the character best suited to aid in recovery, and will be all that is needed for the short period that the disease will last, if energetically attacked with the measures described along with the proper hydrotherapeutic measures.

If these measures are not begun soon enough to insure a quick recovery, other foods may be added, as oatmeal, rice, and barley gruels, to which a little cream may be added to increase their nutritive value; cream toast, using zwieback as a foundation; baked potato; and buttermilk.

It must have been noticed by the reader that we have not suggested the use of beef broth, beef tea, or meat broth

of any kind to be used in any case of illness. These substances serve only to introduce into the body waste matters of which in all kinds of sickness the body has too large a supply. Meat broths contain practically no nutrition. Many people have been starved to death by a misplaced confidence in beef tea.

It occurs to me that perhaps I ought to say that, in practice, feeding the sick is not so simple and successful as it might seem from reading these suggestions. The co-operation of the patient is needed; but sometimes the patient refuses to eat the foods that are best suited to his condition; and again, the patient may be unable to take the foods, that is, the foods which theoretically would be best suited to his general condition his stomach will not tolerate, or they are so distasteful to him that he cannot take them. These conditions create problems that are hard to deal with.

Hot Weather and Babies

U. S. Public Health Service

ALTHOUGH mothers generally know that summer is a dangerous time for young infants, many do not understand that the heat itself is one of the chief sources of danger. So much has been said about the care of the milk in hot weather, and about the rôle played by flies in the transmission of diarrheal disease, that frequently insufficient attention is paid to keeping the infant cool.

The infant's clothing should always be adapted to the weather. On very hot days, the less clothing the better. Usually a diaper and a light slip will answer. The practice of using rubber diapers should be discouraged, for these retain heat and moisture.

Frequent bathing is excellent. When tepid water is used, it not only cleans

the skin of offensive and irritating perspiration, but cools the body and improves its tone.

Overfeeding should be avoided. Experience has shown that excessive hot weather reduces the tolerance for foods. The mistake is often made of relieving the infant's thirst by excessive quantities of milk. Mothers should remember that in hot weather infants require water to drink in addition to their milk feeding.

Out of doors in the shade is usually the best place for infants in hot weather. But care should be taken in the choice of places, and at times it may be that the infant can be made more comfortable in a room with the blinds closed.

(Concluded on page 253)

Defective Teeth and How to Avoid Them

William Curtis Dalbey, D. D. S.

DEFFECTIVE teeth are the result of one or more of four causes: Neglect, improper diet, hereditary influence, accident.

Science is continually seeking to impress upon parents, teachers, and others, the fact that good digestion begins in the mouth, that food must be thoroughly chewed, and that this is impossible without good teeth.

Yet, despite this warning, there are 426,000 public school children with defective teeth. This results in malformed jaws, extended nasal passages, enlarged tonsils, poor digestion, and ill-nourished bodies.

Lack of cleanliness is the most frequent cause of defective teeth. Particles of food collect in cavities and spaces between the teeth that are untouched by the toothbrush. These decompose, and the decomposing matter destroys the enamel on the teeth, and decay begins. When you fail to fill a tiny cavity, decay soon exposes the nerve, and the suffering due to this exposure may necessitate the removal of that tooth. Then, unless it is replaced with an artificial tooth, the

whole "bite" changes, and the teeth will grow crooked.

Science has done away with all this unnecessary suffering. For that reason it is hard to understand why some people in communities should suffer agony and lose natural teeth that could be saved with much less pain in a great deal less time and at considerable less expense, if brought to the attention of a competent dentist in time. It is possible, no matter how bad a state the mouth and teeth are in, to bring them back to the highest standard of perfection.

If you have neglected your teeth in childhood, don't wait until they are entirely decayed; else they must be extracted. Semi-annual visits to your dentist will assure you perfect teeth. Call in for a consultation and examination. This will save unnecessary expense and needless suffering. You will prevent all tooth troubles, such as bleeding gums, canker, gum boils, "all on edge" irritation; keep your mouth free from lurking disease germs; correct offensive breath; and safeguard against infectious diseases that enter the system through the mouth.

Hot Weather and Babies

(Concluded from page 252)

For those who can afford it, a small electric fan may prove a life-saver for the baby. The beneficial influence of keeping the air in motion is well established.

Although always important, scrupulous cleanliness in caring for infants is absolutely imperative in hot weather. Diapers should be changed promptly. Soiled diapers should always be boiled

and thoroughly washed before being used again. It is important not to allow the baby's skin to become irritated and infected from delay and carelessness in changing diapers. A few minutes spent in sponging and then carefully drying may save much trouble and anxiety.

Breast feeding is still one of the most important preventive measures against summer diarrheas, and all mothers should be impressed with this responsibility to their little ones.

Washington, D. C.

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.

First-Aid to Indigestion

"Is the hot water bottle, applied to the stomach, a good remedy for indigestion?"

The local application of a hot water bottle may sometimes relieve an attack of indigestion, but it is not a good routine practice. If possible, get at the cause of the indigestion, and stop that. It may be something in the diet, some wrong combination. Prevention is better than cure.

Precaution Against Cold

"Does the practice of washing the hands and face in cold water before going out prevent taking cold?"

I cannot say. Possibly it does in some cases. The best preventives are: 1. Keep the body in vigorous health and especially avoid any excess of food. 2. Give the germs of cold as wide a berth as possible. Do not stand in the way of a sneeze or a cough, and in time of epidemic keep out of crowds.

Sunlight and Tuberculosis

"What is the effect of sunlight on tuberculosis?"

Some observers have reported remarkable cures of bone tuberculosis by this means. The treatment is not used in pulmonary tuberculosis, except when complicated with bone tuberculosis, and then in an early stage. The best results have been obtained in the high Swiss Alps where possibly the cold, invigorating air, as well as the sunlight, aided in recovery. In administering sunlight, the head is protected, and usually the treatment is graduated, beginning first with the feet, then the feet and legs, and so on increasing the area and the time of exposure from day to day until the entire body, except the head, is exposed for comparatively long periods. In giving the treatment, care is exercised to avoid having the patient too hot or too cold. Those who are successful observe a very careful technique as to the surface exposed, the time of exposure, the temperature of the air, etc. Such treatment attempted by a novice might be disappointing.

Old and Young Flesh

"Is not flesh of old animals more likely to contain uric acid, and therefore a worse article of diet than the flesh of young animals?"

I do not know that an old animal, if healthy, would be likely to accumulate more uric acid than a young animal, for the process of elimination goes along with the process of taking in uric acid. Of course, if the animal becomes diseased in its function of elimination, and fails to excrete uric acid, its flesh would contain more uric acid than that of a younger animal. But that would be due to the disease rather than to old age. Of course, as an animal becomes older, it is more susceptible to disease. You might save yourself any worry about the uric acid by not eating any flesh, either young or old.

Diphtheria Carriers

"Many persons retain virulent diphtheria germs in their throats for a considerable period after recovery from diphtheria. What may be done to lessen the time such persons are a potential danger to others?"

Spraying the throat and nose with a suspension of *Staphylococcus pyogenes aureus*, the golden pus germ, is usually successful, and is comparatively harmless, though it should always be done under the supervision of the attending physician. Another remedy which seems to remove all germs from the air passages is the thorough insufflation of kaolin dust in the air passages six or seven times a day for three or four days.

The method recommended is to have a rubber bulb attached to a glass tube tapering slightly at the free end. To be successful the powder must reach all the mucous surface of the nose. For the throat the patient swallows a third of a teaspoonful of kaolin, four or five times an hour. Kaolin is a pure form of clay. This same method may be used in the case of other diseases of the respiratory passages, as scarlet fever, measles, etc., and if properly performed, will reduce the danger of carriers.

Germs from Doorknobs and Money

"Is it possible to get contagion from handling a doorknob that a patient has handled, or from handling dirty bills?"

While it is possible to get live germs from a doorknob, and this might be a serious matter with such germs as the tubercle bacillus, it is probable that "flu" germs die rapidly on doorknobs, cups, car straps, etc., and that the infection usually takes place in a more direct manner. But of this I cannot speak with certainty. In time of epidemic it is wise to remember that there is a possibility that infection will take place in an indirect manner. "It is better to be sure than sorry."

Careful bacteriological examination of the dirtiest bank bills has failed to show that they are in any way dangerous. Bank tellers who handle such bills by the thousands do not get disease that can be attributed to this cause.

Potato and Rice

"Do you consider the potato a better food than rice? Are there any nations who eat no potatoes?"

All I can say is that rice agrees with me much better than potatoes. I prefer brown rice, as a rule. It takes longer to cook, but is much more nourishing, and a much more complete food than white rice. It can be obtained through one of the Chicago mail-order houses or its branches. The ordinary grocery does not handle brown rice because of the slight call for it. In fact, I doubt if you could obtain brown rice in any one of a dozen large cities. The planters do not, as a rule, like to sell brown rice, possibly because they are interested in the rice mills.

Yes, there are many nations that do not eat potatoes. Potatoes are principally a food of the temperate regions and of the white races. They do not grow in the tropics, nor in the frigid zones.

Bad Breath

"I am told that my breath is offensive. What is the cause and the remedy?"

Possibly the teeth and mouth. Do you use regularly a brush with a good mouth wash or dentifrice? Has a dentist looked at your mouth to detect and remedy any cavities, beginning pyorrhea, etc? Are you subject to tonsillitis, or do white ill-smelling pellets come from the crypts of the tonsils? If so, these conditions should be corrected, for all or any one of them may cause foul breath.

Possibly the nose. Have you had catarrh? Does your nose "stop up" occasionally? Does it sometimes "run"? Is your nose unusually dry and open, so that you breathe much more easily than formerly? These are some of the conditions that might suggest the nose as the cause of the foul odor, and if so, you may need

to see a nose specialist. At any rate you may get some benefit by spraying the nose two or three times daily with a 1-to-6 solution of hydrogen peroxide, using a hard rubber spray bottle, for the hydrogen peroxide attacks and destroys metal.

Possibly the digestive system. Are you habitually constipated? Do you have digestive troubles? If so, you may get relief by systematically keeping the intestinal tract clean by means of a laxative diet (bran bread, etc.), together with a free use of mineral oil or of agar.

Frequent Colds

"Notwithstanding the greatest care, I am subject to frequent colds. Occasionally I can attribute it to exposure to a draft or to chilling, but often there is no discoverable cause. These colds come at almost any period of the year, and are seemingly independent of any epidemic of la grippe. I am careful of my diet, take cool baths, and sleep on a sleeping porch. What may be the cause of this condition?"

Possibly you have a deviated septum or other malformation of the nasal passages, affording a breeding place for some of the disease germs. While the mucous membranes are in fair health, they are quiescent; but when some sudden exposure causes a change in the circulation, it may be sufficient to start a new infection. Sometimes this tendency to a constantly recurring cold is broken by means of an operation on the nose.

"Flu" Carriers

"Is it true that one may carry the germs of 'flu' to others without having the disease himself? Is there not great danger that doctors will carry the disease in this way?"

There is some doubt as to the germ that causes "flu." So far as we may judge by diseases of a similar nature, in which the causative agent is known, "flu" is caused by a certain germ that grows and multiplies in the mouth and air passages. As with other diseases, the germ may live a long time in the secretions of some persons without causing the disease in them. Such persons are more likely to spread the disease than are those who are confined to the bed, for the reason that they mingle freely with others, are not suspected, do not themselves suspect that they are carriers, and when they cough or sneeze, they may not think it necessary to take any precautions. In any epidemic, the carriers are probably more numerous than those who actually have the disease. Only a small proportion of the community is usually susceptible to the disease. It is quite possible that doctors may, if they are not very careful, carry disease germs from one patient to another.

NEWS NOTES

Japanese Shaving Brushes Banned

Owing to the fact that a number of cases of anthrax have been traced to the use of shaving brushes manufactured in Japan, the British government has prohibited the importation of shaving brushes from that country. The Hon. Uncle Sam still allows them to come in freely.

War Deterioration of French Children

Since the armistice a survey has been made of all public and private schools with a view to obtaining appropriate food for all children whose development has been retarded, and to place all those who show signs of tuberculosis in the care of institutions and welfare organizations. Of 18,000 children in school at Lille at the time of the armistice, more than 6,000 had to be sent to hospitals or convalescent centers.

A School for Nurses in Bohemia

Prague is to have the first training school for nurses in Czecho-Slovakia. Realizing that the shortage of native doctors and nurses caused by the war was a very serious problem, and that the best way of solving it was to train native personnel, the new government, through Dr. Alice Masaryk, daughter of the president of the republic, appealed to the American Red Cross for assistance. A plan has been worked out, for which the Red Cross appropriated \$20,000, and is already in operation. During the three years that two American Red Cross nurses remain in charge of this school, two young Czecho-Slovakian women will be sent to the United States to enter an American training school and prepare to return to their own country and carry on the work initiated by the American nurses.

Child a Prey to Rats

Red Cross workers in the eastern villages of Poland abandoned by the Bolsheviki, not long ago found a little girl of two or three years lying in the manger of an old stable. Too weak to move and too young to speak more than a few words besides her own name — Zulofska, she had been abandoned there, and had become the prey of famished rats. It is probable that one of her legs will have to be amputated. She is one of several children found in this neighborhood.

Wood-Pulp Bread

Experiment has been made to determine the effect of incorporating wood pulp in bread. Such bread can be made without any marked change in appearance or taste; but examination of the discharges of those who have eaten the bread shows that the wood pulp is not digested, and that it overstimulates the secretion of the gastric and intestinal juices.

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