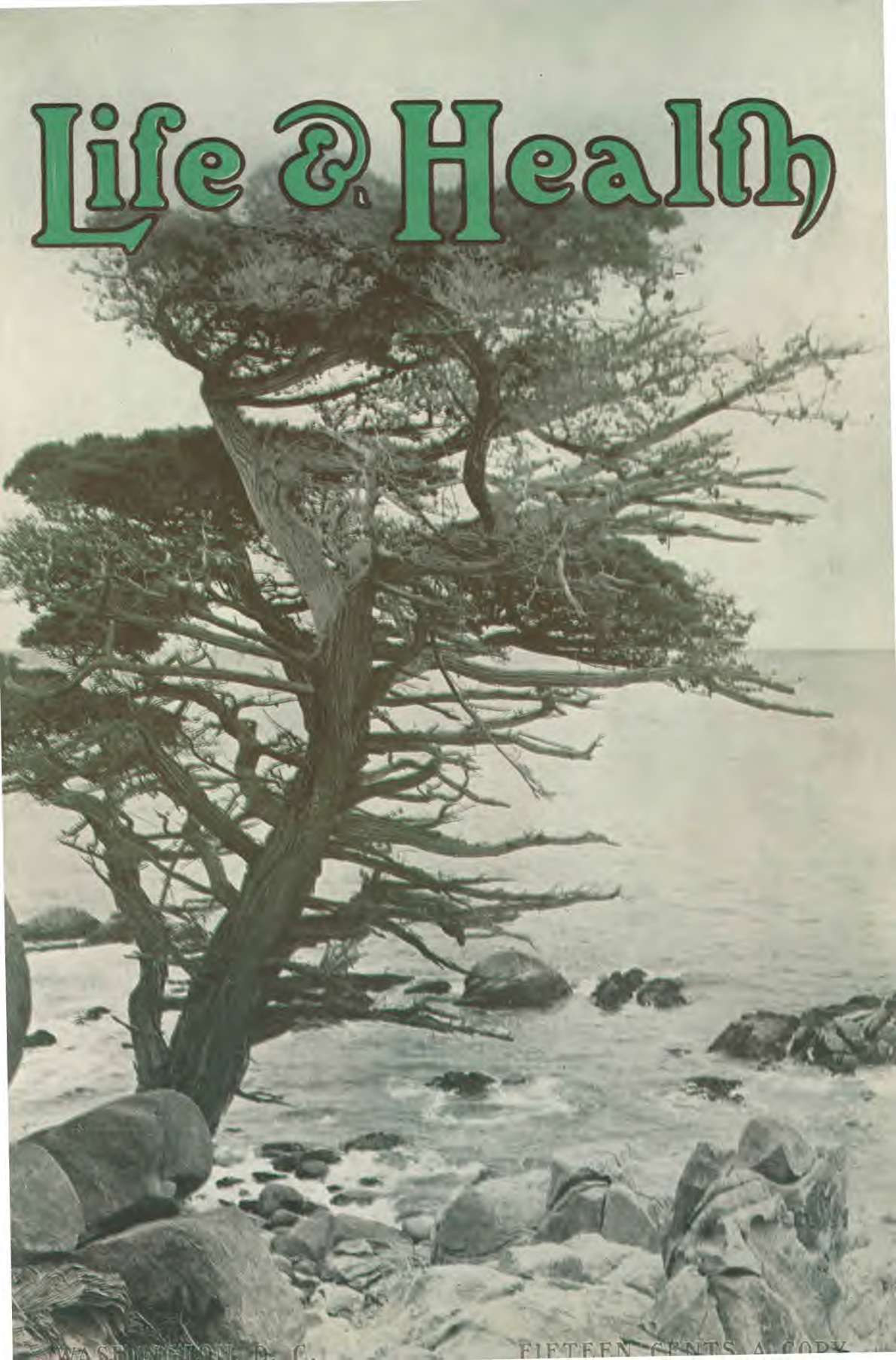
Life & Health



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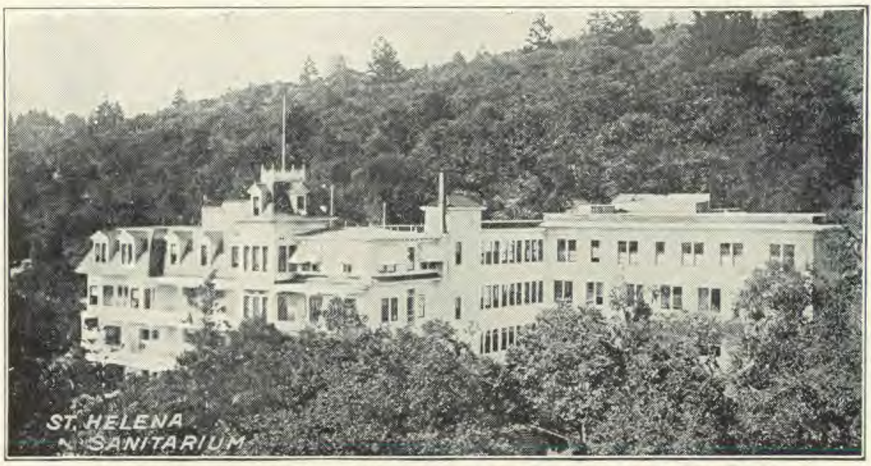
St. Helena Sanitarium



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¶ Every modern facility favorably known to medical science in the treatment of curable conditions, has been incorporated into the institutional régime. Thus nature and science have combined to make the St. Helena Sanitarium all that can be desired by the diseased body or the weary mind.

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Sanitarium, Napa County - - - California

Life & Health

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HOUSEBOAT IN THE VALE OF KASHMIR

Life & Health

HOW TO LIVE

EDITORS

L. A. HANSEN G. H. HEALD, M. D.

VOL. 35 OCTOBER, 1920 No. 10

EDITORIAL

The True Mind Cure

WHILE there is a lot of nonsense regarding mind cure in the field of mental therapeutics, there is also much truth. True mind cure is worth knowing, and it stands out in strong contrast with the error surrounding it.

It may be taken as a general truth that the presence of a counterfeit indicates the existence of the genuine, and that, were not the genuine valuable, it would not be counterfeited. The counterfeit is worthless; its possession gives no real benefit. And it is worse than worthless because it keeps a man from seeking the genuine, and so robs him of its worth.

In questions affecting man's physical welfare and his soul's salvation, the relative value becomes as big as life and as far-reaching as eternity And here mental healing looms large, for it affects the physical health definitely, and has much to do with the enjoyment of life now, and in determining what it shall be in the future.

The mind of man is the most wonderful mechanism of all God's earthly creation. It is the point of closest contact between the human and the divine; it is the only avenue of man's approach to God. With the mind, man may commune with his Maker, and may comprehend spiritual truths. By the right use of the mind, man may rise to marvelous heights of attainment but little short of that of the angels; while wrong use of the mind may degrade a man to depths even below the brute creation. Man may develop a character that is godlike or one that is even devilish.

The wonderful powers of the mind may be used for or against the health. In fact the physical state depends much on the influence of the mind over the body. A well-directed will is productive of energy to resist disease, and even to cure it. While not all can get well or stay well by an effort of the will,

the power of that will is a strong factor in the maintenance of health, and many who are sick could get well if they would rightly exercise the will.

A weakened will works the opposite, producing a diseased imagination, depressed spirits, and lowered vitality. The body reflects perfectly the abnormal and morbid conditions of the mind, and real disease may be induced or exaggerated. Many ailments originate in the imagination, and may, by the same power of the will, develop till they become chronic.

In dealing with the sick, then, we must reckon with this intimate relation between the mind and the body. Each affects the other, and both share in the normal or abnormal conditions, in the enjoyment of health or in suffering. Their relation is a sympathetic one, through a sensitive nervous system.

Worry, fretfulness, anxiety, apprehension, grief, sorrow, or any mental distress will retard the recovery of the sick by inhibiting the physical forces. Most persons suffering physical pain or distress reflect it in the mental state. In nearly every case there is need of mental treatment.

True mind cure is wholly free from anything mystical or strange. It is simple in its nature and practical in its application. It may be used by any individual with tact and common sense. Its essential element is good sense.

The mind that through disease, misfortune, grief, or any other cause, has lost its normal vigor, needs help to recover itself. It is dependent upon a stronger mind for this help. Such help does not come by the sick person's yielding his will to another person, by losing or submerging his individuality in that of another. False mental healing, personal magnetism, hypnotism, occultism, or anything that requires the subjection of one man's mind to another's, can work only evil. The effect is, the weaker mind becomes all the more passive, and personal reliance and self-dependence become still weaker.

The mind of man was made to turn toward the strong, the good, the wholesome. Its legitimate trend is upward. A normal state of the mind is possible only as it maintains an attitude of self-reliance. It is man's God-given right to attain a strength and manhood of his own. True help for the mind that is sick is that which turns it into right channels.

Whether the mind is suffering from real or imaginary troubles, careful treatment is necessary. To the sick, imaginary troubles are real; hence sympathy is always needed and ridicule is out of place. Cheer and courage must be imparted. The will should be developed rather than the want indulged.

Enlist the will on the side of curative measures. Let the patient understand that the powers of nature are all favorable for healing; that the doctor is doing his best to bring about a cure; that the friends all desire the patient's recovery; and that he must himself *will* it. The work of the physician and nurse will be made much easier by securing the co-operation of the patient.

No greater help can be rendered the sick whether of mind or body, or of both, than to direct them to the Source of life, not only in its physical state, but in its fullest enjoyment. The subjection of the mind and will to God does not rob the person of self-reliance, but is the real secret of its truest development. A knowledge of God is the surest means of mental development, and of training the mind to rise above physical conditions. It is the genuine cure, and it carries with it healing power for the whole being. L. A. H.

Mental Hygiene

THE function of the mind is to think. Except in sleep or some other unconscious state, the normal mind is bound to think. But it does not do its work independently. It grinds the grist we give it. We may direct our thinking, and control it for good or bad. Here is a formula from the best of authority:

> "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."

Mind Cure

THE relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces, and invite decay and death.

Disease is sometimes produced, and is often greatly aggravated, by the imagination. Many are lifelong invalids who might be well if they only thought so. Many imagine that every slight exposure will cause illness, and the evil effect is produced because it is expected. Many die from disease, the cause of which is wholly imaginary.

Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. "A merry heart doeth good like a medicine." —"*The Ministry of Healing*," *p. 241.*

LET us throw out as irrelevant and misleading the occasional benefits conferred on humanity by the prodigious accomplishments of some individual whose genius bordered on insanity; let us forget that here and there an invalid, a neurasthenic, a neurotic has enriched the intellectual life of the world or done some epoch-making thing. Such facts do not invalidate the general proposition that sound health is the first prerequisite of a liberal and rounded education, and let us as a nation proceed henceforth not simply to give intellectual adherence to that proposition but to act on it. In other words, let us begin the child's education by teaching him health before everything else; first in point of time, first in importance. — *Surgeon-General Braisted, in president's address, American Medical Association.*

AS WE SEE IT

Conducted by
George H. Heald, M. D.

NEW TREATMENT FOR LEPROSY APPARENTLY SUCCESSFUL

ONE of the world's most dreaded maladies, regarded as a hopeless and incurable scourge of humanity since early history, would seem to have been conquered by officers of the Public Health Service in the leper colony in the Hawaiian Islands.

For some years the belief has been gaining ground that leprosy might be cured, and encouraging progress was made by several investigators. Now and then the course of the disease appeared to be favorably influenced by treatment with chaulmoogra oil. The treatment, however, was attended with many difficulties, and could not be carried out in all cases.

At this point, the Public Health Service enlisted the co-operation of Prof. L. E. Dean, head of the chemical department of the College of Hawaii, and president of that institution. As a result of his work an "ethyl ester" has been prepared from the chaulmoogra oil, and this is administered much more advantageously than the oil.

The treatment has been carried on at the Leprosy Investigation Station, at Kalihi, Hawaii, with results so satisfactory that lepers come willingly for treatment. A recent inspection by Hawaiian health authorities failed to disclose a single secreted case of leprosy. Following a course of treatment, extending over about a year, forty-eight lepers, treated according to the new method, were paroled in October, 1919. Up to now they have remained free from disease. Thus far, the treatment has been administered only at the receiving station, but it is hoped to provide facilities for treating lepers also in the leper colony at Molokai.

The decision as to apparent cure has, in the case of each patient, been officially determined, not by officers of the Public Health Service, but by a special parole board, which alone has authority to discharge a patient from custody.

The public Health Service is now conducting a very careful study of the treatment, making detailed records of all the cases, and taking photographs of the lesions once a month.

PROHIBITION AND THE CALIFORNIA WINE INDUSTRY

ONE of California's important industries has been the making of wine; and the advent of prohibition was looked upon as a dire calamity to this industry, and hence to the State. Many of the vineyardists looked forward to what they supposed was inevitable ruin. But no industry has been more kindly treated by the prohibition amendment than has the grape industry. During the old wine-making days, the vineyardists often received seven dollars a ton for grapes delivered at the winery.

Now that the wineries are closed, new uses for the grapes are being found, and the prices received by the vineyardists are as high as in the palmiest days of the wine industry, or higher. Grapes are in great demand for drying, for making table sirup, for sirup to be used in canning certain fruits, for use in soft drinks, and for making vinegar.

By a new process, a table sirup is made from grapes, which retains the delightful flavor of the grape. So well are these flavors retained that when properly diluted with water, the result is a particularly fine quality of sweet wine. In the making of grape sirup it is possible to use much of the equipment formerly used in making wine.

There are therefore, numerous new uses for the wine grape, giving the vineyardists better prices than they received on the average from the wineries, and utilizing the plants formerly devoted to making wine. Moreover, the product is not subject to deterioration, as are the grapes themselves. In every way the new outlook is better than the old, and the grape growers have every reason to be glad that wine has been eliminated from the products of the Golden State. Thus another bugaboo, erected by the liquor interests, has been demolished.

THE PRODUCTION OF MILK VERSUS MEAT
A PRACTICAL AND PROVED ECONOMY

It has been shown that from the consumer's viewpoint it is much more economical to use milk than meat. The following quotation from an editorial in the *Scientific American Monthly*, June, 1920, page 563, indicates that from the producer's viewpoint the production of milk is much more economical and profitable than the production of beef. Of course, there must be some beef production to take care of the steers and the cows no longer profitable for milking. To quote:

> "Dr. H. P. Armsby, an expert in animal nutrition, estimates that the energy of grain used in feeding the animal is recovered to about 18 per cent in milk for human consumption, but only about 3½ per cent of this energy reaches us in beef. An English official report states that the production of 100 calories of human food in the form of milk from a good cow requires that the animal be fed the equivalent of 2.9 pounds of starch. If a poor cow is maintained, the equivalent of 4.7 pounds of starch must be fed to secure the 100 calories in the form of milk; but if 100 calories in the form of beef is obtained from a two-and-a-half-year-old steer, it has been found that the equivalent of nine pounds of starch has been required to produce it. This would mean that a good milk cow returns 20 per cent of the energy value of that which she consumes, the poor milk cow 12 per cent, and a good beef steer but 6 per cent. Thus a poor milk cow is twice as efficient as a good beef steer, while the good milk cow is more than three times as efficient as a converter of energy from a form unsuited to human uses, to that which is available for human food. . . .
>
> "These considerations are based on protein, fat, and carbohydrate, but when we consider vitamines and mineral elements, the cow has an added advantage. When beef animals are fed upon hydrocarbons and the usual parts of grains which furnish vitamines, these are stored in the animals' tissues to but a slight extent, but they pass on in abundance to the milk, so that coarse foods and grains not suitable for human

food are converted into a form which makes it readily available in milk, though not in beef. Meat also is poor in calcium, which is comparatively abundant in milk.

"These facts would seem to support the contention that a greater use of dairy products rather than an increase in the consumption of meat would become an economical procedure both for American agriculture and for the American consuming public."

The writer then goes on to express some doubt as to whether there may not be some unknown factors which invalidate this reasoning. We feel confident that the more the subject is studied the more will man appreciate the superiority of milk to meat in the economy of production, in the economy to the consumer, and in physiological economy; i. e., more human food can be produced as milk than as meat from a given amount of animal feed, more value in human food can be bought as milk than as meat for a given sum of money, and the body will be more completely nourished by the milk than by the meat.

If part of this last statement is merely opinion, let the reader accept it as prediction from LIFE AND HEALTH and watch for its verification later by the scientists. Scientific pronouncements seem to have a way of sustaining gradually the contentions for which LIFE AND HEALTH has stood for years. Watch this prediction; that milk is superior to meat in that it is more economically produced, more economical to purchase, and more economical for the body physiologically. With an abundance of milk, there is no reason why any person need eat meat at any time or for any consideration.

TRUE EDUCATION

EDUCATION is not complete unless the body, the mind, and the heart are equally educated. The character must receive proper discipline for its fullest and highest development. All the faculties of mind and body are to be developed and rightly trained. It is a duty to cultivate and to exercise every power that will render us more efficient workers for God.

True education includes the whole being. It teaches the right use of oneself. It enables us to make the best use of brain, bone, and muscle, of body, mind, and heart. The faculties of the mind, as the higher powers, are to rule the kingdom of the body. The natural appetites and passions are to be brought under the control of the conscience and the spiritual affections. Christ stands at the head of humanity, and it is his purpose to lead us, in his service, into high and holy paths of purity. By the wondrous working of his grace we are to be made complete in him.—"*The Ministry of Healing*," *p. 398.*

The Home Care of the Nervous

G. T. Harding, Jr., M. D.

NOT every disease of the nervous system makes its victim nervous. Most nervousness is not associated with changes in the nerves. Unfavorable heredity may have affected the nerve cells,— those units that combine in billions to make up the nervous system,— and yet we cannot demonstrate changes in their structure, having to content ourselves with observing their abnormal reactions. Disturbed nutrition and circulating poisons may affect the cell chemistry and alter nervous activity without evidences that careful microscopic study can reveal, yet there may be marked irritability, increased fatigability, emotional instability, and a high degree of suggestibility — all characteristics of nervousness, according to Dubois.

The condition of the nerve units is not all that accounts for the manifestations of nervousness; but their training and capacity for teamwork constitute an important factor. Heredity, good or bad, is not the only determining influence. Wholesome food, good water, fresh air, sunlight, cleanliness,— physical hygienic measures,— are all beneficial, but do not positively assure freedom from nervousness. The child of good heredity, with these hygienic influences, usually develops a fairly normal balance of the instincts, so that the mass action of his nerve cells is such as to enable him to care for essential self-interests and yet adapt himself to necessary social relations, without disturbing conflicts within and consequent waste of nervous energy and without manifestations of nervous disorder.

Early impressions, training, education, discipline, and religious development have much to do with controlling and balancing instinctive tendencies, so as to get that teamwork out of the nerve cells which constitutes normal mind, and which, through the sympathetic or vegetative nervous system, effects normal control over the secretions, the circulation, the nutrition, and the growth, and which directs body activity.

Whenever the combined influence of heredity and training has spoiled the child, brought about exhausting and disconcerting internal conflicts, kept the individual from making a normal adjustment to the physical, mental, and moral problems of daily life; when unhealthful ambition has caused intemperate use of the vital forces; and when acute infections and other toxic processes have affected the nervous system; then the object of home treatment should be to restore the nerve cells to as nearly a normal physical condition as possible, and to correct those habits of life and thought which cause undue wear and tear upon the organ of mind and upon its connecting pathways to all parts of the body.

Removal of a known cause is the rational thing to do; but too much is expected nowadays from removing certain possible sources of infection in the teeth, the tonsils, and the alimentary canal, and too little importance is attached to such a diet as makes flesh and blood, clears the complexion, and increases the energy of the body, thus assuring improved nutrition to the nerve tissue. The right food, selected and combined with care, and given regularly and systematically for awhile, enables the patient to develop nervous energy and activity and to direct the secretions governing nutrition, and starts a benevolent circle that assures ability to live without continued nursing and cranky eating.

A regular program of correct feeding, resting, graduated exercises or work, bathing, etc., if followed faithfully for six or eight weeks, will make any nervous patient feel better; then the manifest improvement in color and strength will enable the patient to continue by sight also, and not by faith alone.

But feelings improve slowly, and weakness and irritability stir up the instincts of fear, of anger, jealousy, migration, self-abasement; so some one must help to keep the patient on a definite course long enough to accomplish good results. Unless a suitable person is at hand in the home, many will have to resort to the help of an understanding physician and of comforting nurses in a protected environment, to arouse faith, to persuade, to explain, and to direct the seeker after health, until his faith and strength and understanding enable him to follow the hygienic laws of mind and body in spite of temporary bad feelings.

Fatigability, a disinclination to effort, a sense of exhaustion after relaxation, too often makes its victim afraid to make enough effort to follow a program of graduated exercise calculated to aid his nutritive processes, to lessen autointoxication, and to increase his endurance. It must be kept before him that enthusiastic health culture through exercise has restored health to many victims of nervous debility.

Discouragement, resulting from a sense of failing capacity to make aggressive effort, often prevents the very thing needed to cure. Nothing can do the nervous dyspeptic so much good as better nutrition, but he is inclined to aggravate his malnutrition because he fears to eat simple, wholesome food regularly and sufficiently. Fear, in this relation, gives rise to many cranky notions about what a sick person can or cannot eat, and often causes nervous vomiting, bloating, diarrhea, etc. A nervous person, after taking food suitable to his needs, can well afford to ignore most of the happenings in the abdomen for a while after eating. Common-sense counsel based upon a knowledge of physiologic and hygienic law, is often necessary to overcome the impressions too often conceived in childhood or later, by a sort of psychic contagion, from some dyspeptic and cranky relative or associate, or from the harmful suggestions of a careless or thoughtless physician.

Serious nervous debility responds slowly to treatment, and in many cases skilful medical and surgical aid is needed to make home treatment possible.

If there are no physical irritants and no complications, the home care of the nervous will succeed, provided it keeps the patient comfortable, calm, and well enough acquainted with his mental processes so that his fears are quieted, his hopes renewed, and he sees ahead something worth living for. Thus he will be prompted to obey the laws of health, and to accept rational medical service when needed.

Heating Fomentation Cloths

I THINK I have a more simple method of heating fomentation cloths than the one by W. H. Addis, printed in LIFE AND HEALTH of January, 1920.

Lay about four thicknesses of newspaper on top of the range, and on this place your well-moistened fomentation cloth which has been folded to the desired form.

If a gas range is used, remove the zinc tray from the range and place newspapers upon it and proceed as above. A copper suitcase sounds good, but I believe the above works equally well, for I have used that method for several years and never fail to get good results.

MRS. CARL ROSENQUIST.

1371 Greenfield Ave., Milwaukee, Wis.

A Remedy for Burns

I SHOULD like to send in a very good remedy for burns. It is laundry blueing. It will take the fire out immediately. Once tried, one never forgets it.

MRS. EICHHORN.

Reaction and Interaction

George H. Heald, M. D.

IS the mind affected by changes in the digestive system? In other words, can "indigestion" produce an unfavorable mental or emotional condition? Is digestion affected by the state of the mind? That is, can a painful, emotional state cause a disturbance of digestion?

To both questions many of my readers will at once reply in the affirmative; and they are right. There is an interaction between the nervous system and the digestive system, such that an unfavorable change in the one is likely to be registered by an unfavorable change in the other. But though we may know this, we do not always use this knowledge to our advantage.

Perhaps there are few who have not at some time observed the effect of good news, of pleasurable surroundings, or of the opposite, on appetite. They may know that persons who, under the humdrum of home surroundings, are scarcely able to digest the simplest food, can, when on a vacation and amid particularly interesting surroundings, digest anything and everything that is offered them. They may express it by saying they are able to digest horseshoes. The more severe the test they put on their stomach, the more thoroughly it seems to enjoy it, and for the time it seems that all their digestive troubles are in the past. But on returning home to their old routine, the stomach soon slips back to its round of kicks and growls, and they are hunting the market for some new predigested food, and are on the lookout for anything that promises to be a good stomach tonic.

A man is sitting at a table eating his lonely luncheon. He has ordered what he thinks he will need, but it is merely as a duty that he eats it. There is no relish. Just as he is finishing, an old friend comes in, and there is a delightful revival of old memories. He orders a full meal for his friend and the same for himself, and he eats with a keen relish, notwithstanding it is in addition to the luncheon he almost forced down a short time before. That companionship, with its revival of old joys, has not only created an appetite, it has increased the flow of digestive juices, and is a powerful stimulus to all the functions of nutrition. That meal and a half will be digested and assimilated much better than would the half meal eaten in loneliness and without relish.

Man is a gregarious animal, and his digestion is usually at its best when he is in pleasant association with harmonious companions. This is the reason why the person who, for motives of economy or otherwise, attempts to "batch it," eating alone a frugal meal prepared by himself, or a more sumptuous meal prepared by servants, does not get all the enjoyment, and therefore all the nutriment, out of his food that one does who is in pleasant company where everything tends to peace, harmony, and good will.

And the person, man or woman, who is "batching it" as a matter of economy, finds his appetite growing less, and he imagines he does not need much food. And gradually he comes to limit his meals to a few foods, perhaps scarcely sufficient for his needs, and ill balanced. As a result his nutrition suffers, he loses his freshness, his skin becomes like tanned leather, and in general he is running himself into a condition of pre-senility. He is aging before his time. What he needs is to break away from his hermitism, get into the swim, learn to enjoy

the company of others, and above all, to make it a part of his life-work to get his enjoyment by becoming interested in others and in making others happy.

An Old Friend Comes in, and There Is a Delightful Revival of Old Memories.

The fact that a recent survey of children in a school in the stockyards district in Chicago showed about 16 per cent of the children undernourished, and in a semisuburban district, where the parents were fairly well to do, more than 50 per cent of the children undernourished, leads to the suspicion that in the latter case the malnutrition was due, not to lack of food, but possibly to unwholesome mental conditions, including, of course, an overfilled school curriculum, with instrumental music, etc., in addition, requiring several hours of home work. Then perhaps, in many instances, the distracted children were constantly nagged by ambitious parents because they were not keeping up their work. Such a grind for boys, and especially for girls just entering their teens, is little less than criminal. It is attempting to build an immense balloon of a brain over a small basket of a body, and the combination makes candidates for sanitariums, rest cures, and the like.

During the growing years one of the chief duties of the child is to develop physically; and usually he instinctively rebels against all efforts to crowd too much mental work onto him. The "incorrigible" child who absolutely refuses to take seriously a lot of the tasks assigned to him, and who perversely takes to play and mischief when his elders think he ought to be improving his mind, is much more likely to finish his tasks in sound health than the "grind" who settles down to hard mental work, carrying a full line of studies and then some, and neglecting all recreation and physical exercise.

I may appear to have strayed from the topic of this paper, but in fact, I have not. In any case, enthusiasm, interest in nature and the wild, and physical activity tend to produce a mental condition favorable to good nutrition and good health. This is not to say that study is injurious to health, but that study which takes up the time so there is no adequate rest and recreation periods, is injurious.

What have the laboratories shown us in regard to the effect of emotional states on digestion? It has been demonstrated

"Batching It" as a Matter of Economy

that expectation of a desired food will start a flow of digestive fluid; that any unpleasant emotion, as fright, will cause not only a stoppage of the flow of these fluids, but also a cessation of the peris-

taltic movements of the digestive tube. For instance, a cat may be given a test meal containing bismuth so that the X-ray will show the position of the food and the movements of the intestines. If peristalsis is progressing normally, and a dog is brought near, arousing the anger and the fear of the cat, the peristalsis will stop completely, and will not be resumed until some time after the cat has calmed down.

Regarding the first question at the beginning of this paper: Perhaps nearly every one has known what it is to feel drowsy after a full meal. This may be the case even with comparatively healthy persons, and suggests the advantage of a period of rest after meals. Digestion naturally draws an unusual supply of blood to the digestive organs, and as a consequence, the brain for a time may not be so well supplied with blood as normally. A short rest permits the digestive process to make a good beginning, which is "half the battle." With those of more feeble digestion, this period

The "Incorrigible" Child Who Absolutely Refuses to Take Seriously a Lot of the Assigned Tasks

should be comparatively long. Many persons who now suffer from almost daily attacks of indigestion, with drowsiness, would experience a remarkable improvement if, after every meal, they would take an absolute rest of thirty to forty-five minutes or more. In many cases such a course, begun in time, would

The Advantage of a Period of Rest After Meals

forestall the necessity later of a three-to-six months' stay at a sanitarium.

The one who is dropping into the drowsy, melancholic condition, due to poor digestion, is the very one who is likely to think that he cannot afford the time to take a rest after meals. Perhaps more often than not it is the overworked housewife who scarcely rests from early morning till bedtime. Her whole body is tired; and as a result, her digestive system is tired, and the condition reflects on her mind, making her unfit for her duties as the maker of the home. For her own sake and for the sake of her family she needs to leave undone some of the tasks which have fallen to her, and to take regular periods of rest after meals. If she has not allowed the degenerative process to go too far, she may recover the lost ground, and again become a blessing to her family.

To sum up; The interaction of digestion and mind is constant, and has a far-reaching and unsuspected influence for weal or woe; and we do well to give sufficient consideration to the principles involved, to make this interaction count in our favor.

A Few Personal Touches

W. R. Hanson

THESE are days of many voices, of many minds and many ideas. When it comes to religious questions, we find a diversity of beliefs and practices. If the question of baptism arises for discussion, some believe that baptism is absolutely necessary to salvation; some discard the rite entirely; some believe in baptism by the Holy Spirit, some by water; others believe in both. Some are satisfied with sprinkling; while others feel the need of pouring; and a third class requires immersion. Still another class must be immersed three times. Some are immersed backward, others forward. Some require a flowing river; while others are satisfied with a pool, bathtub, pitcher, cup, or just a few drops of water. Some ministers will perform the ceremony only one way; while other ministers, with more liberality of mind, will place before their candidates several different ways, with a "Take your choice, please." The laity, however, would like to know the right way.

If we turn to the political situation or contemplate the aches and pains of the world, with suggested remedies, we are confronted with fifty-seven or more varieties of bewildering panaceas. When we see the scholarly and intellectual giants of the United States Senate fiddling away more than a year on the League of Nations string, with many variations and modifications, without yet having produced a harmonious chord acceptable to the President, we again see individual opinions obstructing a satisfactory solution of a perplexing question. Yet the public would like to know the right way.

We are therefore not surprised to notice that when it comes to questions pertaining to health, the same multiplicity of ideas prevails. When we turn to the diet essentials,—and of that we are reminded from fourteen or less to twenty-one or more times each week,—we also there meet endless confusing suggestions, advices, and admonitions.

Some believe in eating much, and they naturally practise what they believe, and eat too much. Some believe in too meager a diet, and conscientiously shorten their days by abstemiousness and malnutrition. Some believe in eating three times a day, some only two: and others I have known prefer only one meal a day. Some believe their health depends on dispensing with breakfast; while others are equally certain that their physical prosperity cannot include an evening meal.

Personally, I was reared by my grandparents, who made no pretensions to any knowledge of the laws of health, and did not claim to be dietitians. Like all others in that vicinity, they ate from four to seven times daily, and I was always present, and ate my share. In this connection I must state that the food was very plain, and that with the exception of festival occasions, dessert was unknown. Some of my ancestors were more than ninety years old when death claimed them.

Later, when I learned about dyspepsia and germs, and after I came into possession of a small household of my own, my wife and I adopted the two-meal-a-day system; and when our little daughter was two years old, she, by our consent and without hers, also adopted it. She was four years old before she ever tasted butter. I mean dairy butter: for with other reforms we had also become slaves to a restricted diet of grains, fruits, and

peanuts, eschewing (no, not chewing) vegetables and dairy products. Even the poor potato, that had been found guilty of containing in its make-up, a small amount of potash, which was declared to be slightly irritating to the tender mucous lining of the stomach, was banished, and with downcast eyes took its departure; though when the same authority under which it was condemned, upon more careful research found that the starch of the potato digested twice as quickly as wheat starch and four times as quickly as oat starch, the suppressed tuber was called back from its hiding, and was reinstated with honor in its former position.

After some years, as in the case of Nebuchadnezzar, our reason returned to us. We happened to run out of peanut butter and its nutty relatives, and returned to good dairy products, vegetables, etc. We survived. Our little girl survived, and so does the memory and the regret of years lost because of our limited knowledge and extreme views.

We are taught by experience, and after paying dearly for the first few jolts of disappointment, we learn to walk and think for ourselves, and we branch out on more independent lines. The medical profession is advancing and the articles considered unfit for food years ago, now are found to be of much value.

For years I would not waste my digestive energies on such articles of food as cabbage, spinach, lettuce, and other "grasses," considering them fit only for the beast; but now since the "soluble" alphabet has started, and we have learned about vitamines in fat-soluble A's, and in water-soluble B's and C's, we are no longer content with too many restrictions. We have learned that these same grasses, with other articles we conscientiously abstained from years ago, contain principles absolutely necessary to growth and to the maintenance of health.

We view with interest the successful efforts of mother earth during the successive seasons in producing an unlimited food supply in large varieties, and we conclude that the Giver of all good things planned them partially if not almost altogether for our pleasure and benefit.

The trouble with us is that when we hear or read a statement regarding a certain food, which tells only part of the story, we, without knowing all sides of it, act upon that isolated statement. For instance, reverting to the Irish potato again, how often have we heard the statement that the potato does not amount to much, as it is so starchy, forgetting that wheat, oats, barley, and almost all other grains have three times the amount of starch that the potato has, and that we need the starches, or carbohydrates, as the major portion of our diet; and furthermore, if the potato is combined at the same meal with beans, peas, eggs, or milk, the diet will be balanced. Even if for one or two meals a person should have the starches, sugars, and fats in excess, perhaps the next few meals would find the beans or some other food containing the proteins overbalancing, thereby evening up matters.

Once I did have a potato experience I shall not soon forget. I went to board with a certain family for three weeks while conducting evangelistic meetings in the town. The family had been taught the evils of meat as diet, and so without learning about some other foods as substitutes to supply the necessary protein element, the family, consisting of the parents and three children, confined themselves to potatoes, biscuits, butter, and molasses. The effect of this one-sided diet, to the exclusion of the strength-producing elements, was apparent on the whole family, especially on the growing children. They did not grow much. After a week or so, I had a terrible craving for the balancing proteins, and finally ventured to suggest to the lady some facts regarding the deficiencies of the daily diet, and mentioned beans and peas as a remedy. She at once procured some cowpeas, and while I had never before relished cow-

(Concluded on page 313)

QUAINT W

Venetian Gondolas

From time immemorial man ha
waters. He probably began timidly
inlets, and bays; and gradually impr
traverse the great seas and the oceans.
by hand power, then by wind power

Water craft have served the vari
Until quite recently, they have furnish
between continents, though they are n
cables, by wireless, and by aircraft.

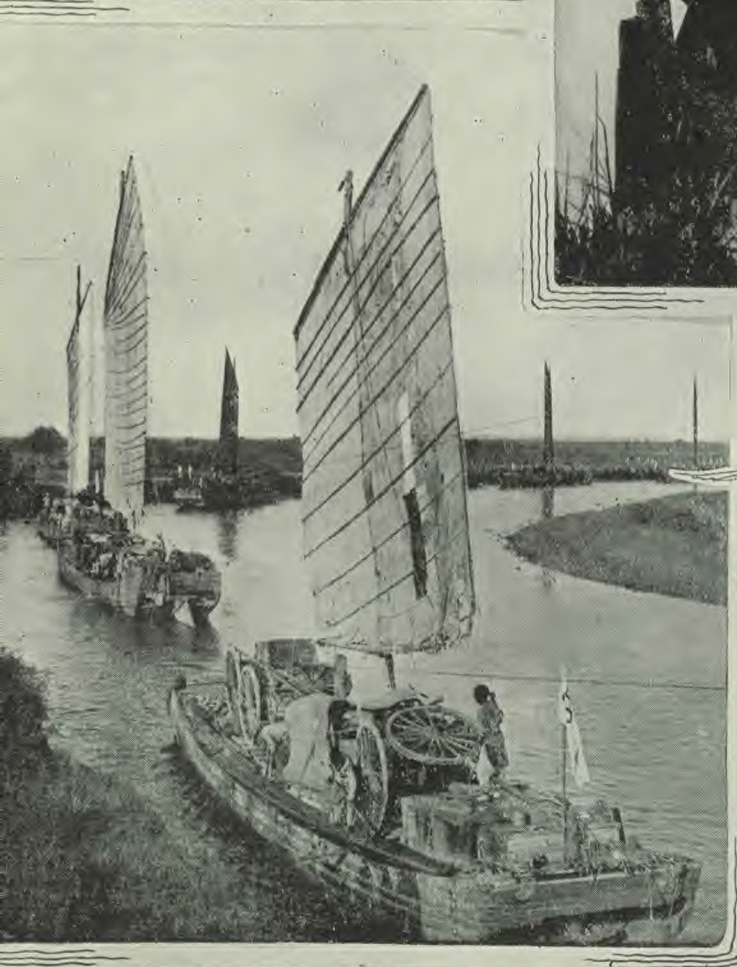
Fishing Boats of Japan

PHOTOS

ATERCRAFT

use of craft for navigation of the
ing small bodies of water, as rivers,
s boats and his skill, he learned to
nally, he propelled his craft entirely
by steam, and steam-electric power.
poses of travel, commerce, and war.
only means of trade and intercourse
g partially superseded by submarine

Philippine Dugout



Chinese Junks Carrying Junk

Diet in Diseases of Metabolism: Diabetes

George E. Cornforth

THE diseases of metabolism are diabetes, rheumatism, and obesity. In diabetes there is abnormal metabolism of the carbohydrates in the diet; that is, all the starch and sugar eaten is not oxidized, or burned, in the body and used as fuel to support body activity. Normally all the starch eaten is changed to sugar by digestion, and it is in the form of sugar that the carbohydrates in the diet are carried by the blood to the muscles to be used to support their activity; but normally there is never more than two tenths of 1 per cent of sugar in the blood. That which is not used for fuel is kept stored in the liver. But in diabetes the liver fails to keep an abnormal amount of sugar out of the circulation, and the muscles fail to use the normal amount. And thus, as much as seven tenths of 1 per cent of sugar is sometimes found in the blood. And since it is the work of the kidneys to remove from the blood anything that it should not contain, sugar is excreted by the kidneys in diabetes. Because in diabetes the body has lost the power to use the normal amount of carbohydrates, the diet in diabetes should contain less carbohydrates than the normal diet, with an abundance of vegetables (especially vegetables that can be eaten raw) that contain little or no starch.

The mineral elements of food are the regulators of body processes, are needed to help to restore the normal use of carbohydrates by the body, and are supplied by the abundance of vegetables in the diet. Vegetable broths are also valuable for the same purpose. Gluten bread may replace ordinary bread, and gluten cereals or raw cereals may be used instead of the usual cereals which contain too much starch. Raw cereals, such as raw rolled oats or raw rolled wheat, with cream, may be used, because the raw starch in them is not digested and thus acts merely as bulk.

A little more fat and protein than is contained in a normal diet is allowed to make up for the carbohydrates that are omitted. If the reader will refer to a table of food values, he will see that, while such vegetables as spinach, asparagus, cabbage, and lettuce contain little nourishment, the proportion of protein in them is greater than in the more nutritious and starch-containing vegetables; therefore the diabetic patient has the benefit of the protein in these vegetables, and it has been found that in any diet when an abundance of greens is supplied, not so large an amount of protein food is required.

The most successful method of treating diabetes is to begin with a fast of two or three days. During the fast the person may drink plenty of water, vegetable bouillon made from vegetables that contain practically no carbohydrates, such as celery, lettuce, spinach, cabbage, asparagus, and tomatoes, also unsweetened lemonade, and may eat agar dry, or soaked in hot water, and starch-free bran. This will in some degree help to allay the hunger, and will tend to maintain activity of the bowels, which is important because the bowel is an eliminative organ. The value of the fast is that by this means the urine may be made sugar-free. When this is accomplished, feeding is begun gradually with a carbohydrate-free diet, and the amount of food given is gradually increased, carbohydrates being cautiously added. The urine is carefully watched, and by ex-

perimenting with the diet, it is learned how much carbohydrate the patient can use. In rare cases by this method a patient's diet can be brought to normal, but in most cases his diet must continue to contain less than the normal amount of carbohydrates.

When the diet that is best suited to the patient is determined, that is the diet the patient should use, and by continuing this diet, the patient will suffer little inconvenience from the disease. But it is of the greatest importance that he adhere to the diet which has been found to be suited to his condition. One single digression may cost him his life. All cases of diabetes should be under the care of a physician, and the most severe cases require the services of a physician who has made a special study of this disease.

It has been commonly thought that meat must make up a large part of the diet of a diabetic patient, but there are physicians who believe that an excessive meat diet tends to cause diabetes, and that the most successful diabetic diet contains no meat. It is easily possible to give a diabetic patient as large a proportion of protein as should be included in his diet without using meat, and therefore from a much more wholesome source, avoiding at the same time the dangers of an excessive meat diet.

Not all the so-called gluten flours and other gluten preparations on the market are honest. All gluten preparations contain at least a small amount of starch. It is therefore necessary to have the physician select the gluten preparations to be used, that they may be suited to the condition of the patient.

The following menus will suggest the nature of the diet in diabetes:

BREAKFAST

Gluten Breakfast Food and Cream
Scrambled Eggs Asparagus
Gluten Muffins Butter
Cereal Coffee and Cream

DINNER

Spinach Broth
Cottage Cheese Creamed Onions
Sliced Cucumbers Gluten Bread
Unsweetened Custard
Butter

SUPPER

Cabbage Salad Sliced Tomatoes
Gluten Bread Sandwiches
Cottage Cheese

BREAKFAST

Egg Omelet Ripe Olives
Gluten Pop-Overs
Butter Lettuce with Lemon

DINNER

Vegetable Soup
Egg Salad with Mayonnaise Dressing
String Beans
Scalloped Tomatoes (Gluten Bread Crumbs)
Unsweetened Cereal Coffee Jelly with Whipped Cream
Buttermilk
Gluten Biscuit Butter

SUPPER

Shirred Egg Ripe Olives
Gluten Noodles Baked with Cottage Cheese
Radishes
Gluten Bread Butter

BREAKFAST

Walnuts or Pecans
Gluten Gems Butter
Sliced or Stewed Tomatoes

DINNER

Egg and Cheese Timbales with Tomato Sauce
Spinach with Lemon Asparagus Salad
Unsweetened Almond Custard
Gluten Bread Butter

SUPPER

Buttermilk Sliced Tomatoes
Gluten Puffs Butter

Other foods to choose from are given in the following

Diabetic Diet List

GENERAL DIRECTIONS: Eat nuts (except chestnuts and peanuts), eggs, cottage cheese, buttermilk, green vegetables, and fatty foods; but *avoid* sugars and starchy foods.

MAY TAKE:

Soups.— Asparagus cream broth, tomato and celery soup, cream vegetable oyster soup, vegetable broth, cream of almond soup, cream lettuce soup, cream celery soup, cream spinach broth, clear tomato soup, nut and tomato bisque,

cream tomato soup (all soups must be thickened with gluten flour).

Hearty Foods.— Nuts (except chestnuts and peanuts), cottage cheese, buttermilk, soy beans, eggs, scrambled eggs, omelet, cottage cheese rarebit (with gluten bread toast), egg timbales, mushrooms.

Farinaceous Foods.— Gluten bread, gluten mush, cream gluten mush, gluten nut puffs, gluten griddle cakes, gluten biscuit, gluten cream toast, raw cereals, such as raw rolled wheat and raw rolled oats, with cream.

Vegetables.— Spinach, lettuce, romaine, kale, artichokes, cucumbers, mushrooms, tomatoes, potatoes (occasionally), cauliflower, celery, cabbage (especially raw), watercress, radishes, eggplant, okra, Brussels sprouts, onions, asparagus, string beans.

Desserts.— Unsweetened ice cream, unsweetened custard, unsweetened apple pie with gluten crust, almond macaroons, pineapple cream, unsweetened grapefruit jelly, apple whip, frozen almond cream.

Fruits.— Acid fruits of any kind,— sour apples, sour cherries, sour oranges, lemons, grapefruit, gooseberries, red currants, cranberries, huckleberries, strawberries, pineapple, plums, peaches, apricots.

Nuts.— All sorts of oily nuts, as cocoanut, walnuts, filberts, almonds, butternuts, hickory nuts, pecans, Brazil nuts, pine nuts.

Fatty Foods.— Cream, butter, olive oil, ripe olives, salad oils, mayonnaise salad dressing.

Salads.— Spinach and pine nut salad, cottage cheese salad, cabbage and celery salad, lettuce and egg salad, cauliflower salad, sour fruit salad, cucumber and tomato salad, egg mayonnaise, cream cabbage salad (without sugar), string bean salad, celery salad.

Drinks.— Cereal coffee, unsweetened lemonade, apple juice, buttermilk, mineral waters. There is a health tea on the market made from alfalfa hay which would be a good drink for diabetics.

MUST NOT TAKE:

All sweet foods, sugars, confections, and the like. All starchy foods, as rice, hominy, and foods prepared with flour, except raw cereals.

Nuts.— Chestnuts and peanuts.

Vegetables.— Turnips, beets, carrots, peas, beans, potatoes, sweet fruits, dates, grapes, prunes, bananas, preserves, jellies.

Besides diet regulation, exercise and hydrotherapeutic treatments are valuable to stimulate metabolism.

To sum up: In diabetes there is abnormal metabolism of carbohydrates, sugar being excreted in the urine. Therefore the carbohydrates should be restricted in the diet, an abundance of body-regulating food should be given in the form of green fresh vegetables, especially raw vegetables. These, with raw cereals, will help to counteract constipation, which it is important to do. Metabolism should be stimulated by exercise and treatment.

The Deadly Motor Car

In an analysis of the accidents occurring in St. Louis during March, 1920, the National Safety Council states that there were eleven fatalities and 187 persons injured in 494 automobile accidents. This, it must be noted, was in one month and in a city of less than a million population. The total number of accidents of all kinds was 791, so that the automobile accidents constituted almost two thirds of the total. The property damage was estimated at $39,500. The causes were not determined in 190 instances; skidding was responsible for 91; careless driving for 205, and careless walking for 27. Quite a few of the accidents are ascribable to the carelessness of the motorist in giving the signal of his intent to turn, to pass, to stop, to back, or to drive out from the curb. A few accidents were due to the glare of undimmed headlights. The great majority of all traffic accidents and fatalities are due to "carelessness." It is a safety aphorism that carelessness can be overcome only by education. — *Journal A. M. A.*

Botulism Reportable

Some of the Pacific Coast States are requiring physicians to report cases of botulism poisoning, and to send information as to the probable food involved in the poisoning.

Race Poisons and Their Influence

Daniel H. Kress, M. D.

THE human family is rapidly degenerating, physically and morally. This physical decadence was clearly outlined in a dream given to Nebuchadnezzar, king of Babylon, when he saw the great image, with the head of fine gold, the breast and arms of silver, the belly and thighs of brass, the legs of iron, and the feet part of iron and part of clay. This image symbolized the various kingdoms of the earth that were to follow Babylon. Babylon was symbolized by the head of fine gold; Medo-Persia by the breast and arms of silver; Grecia by the belly and thighs of brass; Rome by the legs of iron; and in its divided state, by the feet, which were part of iron and part of clay.

As Nebuchadnezzar in his dream beheld this image, a stone was cut out without hands which smote the image, not upon the head or the breast or the legs, but upon the feet, which were part of iron and part of clay. The entire image was broken to pieces, and became as the chaff of the summer threshing floor, and was carried away by the wind. Nothing was left of the image, but the stone became a great mountain and filled the whole earth.

In interpreting this dream, Daniel said to King Nebuchadnezzar: "Thou art this head of gold. And after thee shall arise another kingdom *inferior* to thee." Then a third kingdom *inferior* to the second, was to arise, and so on, until the feet and toes were reached, when no metal could be found in nature to symbolize the existing degeneracy. A state of hopelessness would be reached, which would make the second coming of Christ (symbolized by the stone cut out of the mountain without human aid, which filled the whole earth), a necessity. From fine gold to silver, to brass, to iron, to clay; or we might say, from fine gold to mud, portrays the history of racial degeneracy from the time of Babylon to the division of Rome into the ten kingdoms of Europe, and to the second advent of Christ.

Certain it is that on every hand in Europe, degeneracy is written. These nations have for years been declining, but never so rapidly as during the last five years.

Before the World War broke out, France was a dying nation, and she recognized it. During the first six months of the year 1914 her death rate exceeded her birth rate by 24,800. In other words, France was depopulating herself without war at the rate of nearly 50,000 annually. She was no longer able to fill the vacancies made by death. During the year 1916 there were 1,100,000 deaths among the civilians alone, and 320,000 births. This showed a shortage of 780,000 during that one year, exclusive of those who perished on the field of battle. Clearly it can be seen that France is doomed.

The decline in the birth rate is, however, more marked in Great Britain than in France.

Germany, too, has been going downward at breakneck speed. Fifty years ago she had six times the number of men and women who attained the age of one hundred years than she had just before the war broke out. There is a rapid decline in the birth rate, and mothers are no longer capable of nursing their infants normally as in years past. Before the war three fourths of Germany's infants had to be bottle fed. These are marked evidences of glandular degeneracy due to physical causes.

A German scientist, some years ago, in an effort to ascertain the cause of the

inability of mothers to suckle their young, found that in nearly every case these mothers were the daughters of men who drank freely of beer. He concluded from his investigations that beer drinking was the chief factor in causing this degeneracy. Dr. Bollinger attributed degeneracy of the kidneys also to the prevalent use of beer. He said it was difficult to find in Germany a man forty years old, who drank beer habitually, with normal kidneys.

We cannot conclude from these statements, however, that alcohol alone is the poison that has brought about this glandular degeneracy. We know it is not. Tobacco is a more pronounced poison than alcohol. Especially is the modern method of inhaling tobacco smoke injurious. Nicotine is a deadly poison. When brought in contact with the various glands of the body and the highly sensitive germ plasm, it causes degeneracy.

There are other poisons which exert a similar influence, among which may be mentioned caffeine and uric acid. The free use, in modern times of tobacco, coffee, and meat, has helped greatly to bring about this degeneracy.

There are other poisons which are equally injurious with those mentioned, and possibly more so. Poisons formed in the alimentary canal from the fermentation or putrefaction of foods as a result of dietetic errors, play no insignificant rôle in bringing about degeneracy of the tissues and glands of the body. Here again the free use of meat, a food which very readily undergoes decay, is one of the chief causes of autointoxication and consequent degeneracy.

Last but not least, there are poisons due to social diseases which are destructive of the glandular structures and germ plasm, and thus are responsible for the rapid decline in the birth rate and in the inability of mothers to suckle those that are born.

Syphilis is becoming altogether too common. Estimates of the number of affected men and women in the various countries have been given by different authorities. They differ somewhat, but all are agreed that syphilis is the great red plague of modern times, and that it leaves a blighting influence both on those who contract the disease and upon their offspring, if they are so unfortunate as to have any.

Gonorrhea is another disease that has aided in bringing about the prevalent physical degeneracy. Not more than half our young men escape infection. While gonorrhea is not a blood disease in the sense that syphilis is, yet it is very injurious to the female when she becomes infected. The pelvic disorders which make necessary surgical interference are, in most cases, traceable to infection after marriage. In most cases of infection, propagation is found to be impossible. While it is true many women do not want to become mothers, it is also true there are many who still possess the mother instinct and are anxious to bear children. They appeal to their physician as to the the cause of their barrenness, and in many cases it is found to be due to infection by the husband.

This is a sad state of affairs. I dislike to dwell upon it, and seldom do. Pity, not censure, should be shown the one who has been so unfortunate as to contract one of these social diseases. Those upon whom the tower in Siloam fell were not sinners above all others. Many a young man, who in general led an upright, straightforward life, may, through just one digression and sin, have contracted a disease that makes him a leper to society for life. It is sad; and yet while we pity these unfortunates, the terribleness of these diseases must not be minimized. The facts, though unpleasant, should be made known, in order that the younger men may be warned and saved from a similar fate.

Young women should exercise care in the selection of a husband. A young woman cannot afford to be governed by mere sentimentalism in so serious and important a matter. It is not asking too much to demand a medical certificate of health of the one she intends to yoke up

with for life. The recent war has tended to lower the moral standard among both young men and young women, and has given birth to a spirit of recklessness in the matter of marriage, which will greatly aggravate the existing social evils and the already prevalent degeneracy. The ancient seer, looking forward to this time, said:

"We looked for peace, but no good came; and for a time of health, and behold trouble." "I hearkened and heard, but they spake not aright: no man repented him of his wickedness, saying, What have I done? every one turned to his course, as the horse rusheth into the battle." Jer. 8:15, 6.

The Saviour of men referring to the same period, said:

"As the days of Noe were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, and knew not until the flood came, and took them all away; so shall also the coming of the Son of man be." Matt. 24:37-39.

Moses in writing the history of the period before the flood said:

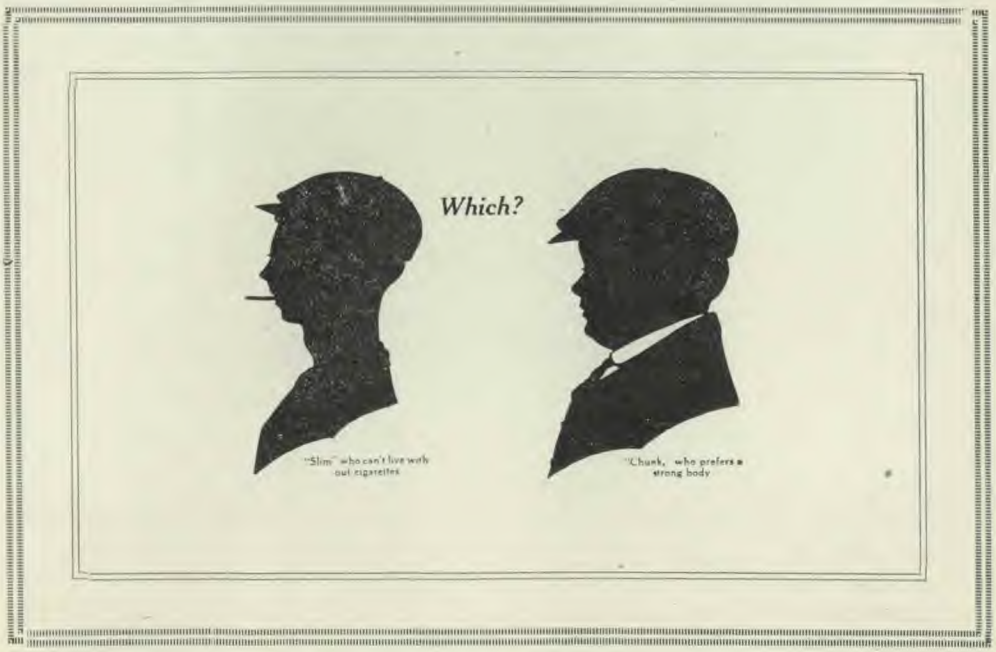
"They took them wives of all which they chose." Gen. 6:2.

It was then that the Lord said:

"My Spirit shall not always strive with man," "the end of all flesh is come before me; for the earth is filled with violence," "for all flesh had corrupted his way upon the earth." Gen. 6:3, 13, 12.

As an act of mercy, the flood came to cut short the cruel results of sin. So it will be at Christ's second appearing.

But there is hope for the penitent sinner. If, like the prodigal, he returns to his Father's house, after having squandered his substance in riotous living, he is received with open arms and will meet a Father's welcome. Many who have committed the grossest sins will take their places at the table spread for the redeemed of all ages. The greatest sinners will be the greatest monuments of God's mercy, and throughout eternity they will be able to contribute more to God's glory than will those who have always led a life of outward correctness. This assurance is not designed to encourage the transgressor in his transgression, but to offer hope for his future. While here he has sown to the flesh, and he must of the flesh reap corruption; in the hereafter, the vile body will have been changed to one like unto Christ's glorious body.



First Aid in Accidents

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

THE following are very frequent accidents and emergencies for which every one should be prepared to give at least first-aid treatment.

Nosebleed

One of the most common experiences of childhood as well as of adult life is that of bleeding from the nose.

Cause.— A blow on the nose from falling, from a ball, or from some other form of accident, is the most usual cause of nosebleed. At times, however, a child will cut the mucous membrane of its nose with its finger nail. It may happen that some one with high blood pressure, in blowing the nose forcibly, will rupture a small blood vessel.

Treatment.— If a good light can be obtained so that one can see the injured spot on the middle part of the nose, this may be touched with 10-per-cent silver nitrate solution. Wrap the end of a toothpick tightly with a small wisp of cotton. With a larger piece of cotton on the end of a toothpick carefully wipe the blood out of the nose, then quickly hold against the bleeding spot the toothpick wrapped with cotton and wet in silver nitrate solution.

If the above cannot be done, the patient should be placed on his side, with the side of the nose from which the blood is coming, downward. The head should not be lower than the shoulders. The nostrils can be held firmly together so that the blood will clot in the nose.

The blood should not be constantly washed away with water, as this destroys the clot. Neither should the head be bent down over a washbasin, as this prevents the formation of a clot.

At times the holding of a piece of ice on the back of the neck will aid in checking the bleeding. Putting a cotton plug saturated with hydrogen peroxide in the nose, may aid in the formation of a clot. Holding a piece of ice on the side of the nose will lessen the bleeding.

A narrow piece of bandage may be dampened in a 2-per-cent solution of silver nitrate and carefully shoved back into the nose with a hairpin until the cavity is well filled. This will nearly always check the most severe cases of bleeding. If not, a physician should be called.

Strains

A strain is the overstretching of a muscle. If the muscle has been too tightly contracted or too forcibly stretched, the strain produced may break one or more small vessels in the body of the muscle. The most common places for strains are the back, wrists, and ankles.

A strain manifests itself by pain which is increased by any movement. The strained muscle becomes stiff, and lameness results. There may be a little swelling. Later the strained part may get black and blue if vessels have been broken.

Treatment.— All strained muscles should be put at rest. If the back has been strained, the patient should be put to bed. It may be necessary to put the part on a splint. Hot, moist flannel cloths placed over the strained muscle for ten or fifteen minutes at a time three times a day aid in recovery. Rubbing the part with alcohol, witch-hazel, or arnica may help to remove the tenderness. In rubbing the extremities, all movements should be toward the body. A strained part will be benefited by immersing for ten or fifteen minutes in very hot water.

Sprains

Injuries to joints from violent twisting or wrenching may break the ligaments and blood vessels with the resultant escape of liquid blood into the joint. These are called sprains. The ankles and wrists are the most common joints injured. There is severe pain at the time of injury which is increased with any movement or weight bearing. There is swelling of the joint, and later discoloration of the skin takes place.

Treatment.— In treating a sprained joint, absolute rest is essential. It often relieves the pain to elevate the sprained member. The ankle or wrist may be soaked in a pan of water at as high a temperature as it is possible for the patient to bear. This should be done three or four times a day for fifteen minutes at a time. Cold applications may be more beneficial at times than hot. The part may be wrapped loosely with flannel cloths wrung out of very hot water. Painting the sprained part with one-half strength tincture iodine may lessen pain. The sprained joint should not be used at all, either for bearing weight or carrying objects. If the sprain should be very severe, a doctor should be summoned; for it oftens happens that there is a broken bone instead of a sprain.

After four or five days' use of hot and cold treatments, the sprained joint may be strapped obliquely with adhesive plaster.

A Few Personal Touches

(Concluded from page 303)

peas, just then they tasted better than ice cream. That family had learned only half the truth.

Much has been written on milk as a diet. Some advise against it altogether; some say it must be boiled, some declare that Pasteurization places it beyond the danger point; while others think it best in its raw state. Some physicians prescribe it for tuberculosis patients, to keep them in flesh; while a fleshy relative of mine was compelled by her doctor to subsist on it wholly, as a reducer.

A recent article in a health magazine that came under my observation condemned milk because of the germs it introduces into the large intestine. But I am inclined to think that even if, in the tail end of its tracks, it leaves a few germs for the colon to battle with and dispose of, its beneficial effect upon the body generally will more than overbalance this slight possibility of mischief.

The Creator knew all about milk, and showed so much confidence in it that he planned nothing else for the newborn infant (a kind of self-starter), and the babe, with many other small animals, seems to thrive on it. Moreover, it is also now known that the recently discovered indispensable vitamines find milk a good dwelling place.

Jehovah declares: "My people are destroyed for lack of knowledge," and that embraces knowledge pertaining to the physical being. It is therefore necessary to study the diet question in its entirety, and to recognize facts instead of fads, in order to learn what is good for us individually. That knowledge combined with a good healthy Christian mind, will soon bring vigor and physical prosperity.

Can Goiter Be Cured Without Surgery?

B. E. Crawford, M. D.

In a large number of cases goiter has been and is being entirely cured by internal and local medication without an operation. In the majority of the cases in which a complete cure is not effected, favorable results are attained, and the most distressing symptoms are made to disappear. On the other hand, those who are operated on for goiter are not always relieved of their symptoms. Medical treatment should always be tried before resorting to an operation.

The Menace of the Mouth

William Curtis Dalbey, D. D. S.

FORGETTING for a moment the effect of an unclean mouth on the individual himself, let us notice the result it may have on the public. Many today feel that the condition of their children's mouths is strictly their own private business. This idea is a selfish as well as an erroneous one. It is also a dangerous attitude to take. With every sneeze or cough from an unclean mouth, germs, some of them disease-producing and easily capable of inoculating another person, are expelled from one to ten feet into the air. A filthy mouth becomes as much a public menace as flies, filthy streets, or uncovered garbage cans.

The mouth is an ideal incubator. Here are found the essentials for the propagation and development of all kinds of bacteria,— proper temperature, moisture, darkness, etc. Therefore, an unclean mouth means an increased number of bacteria, and with increased bacteria comes increased danger from infection.

The bacteria which cause influenza, pneumonia, tuberculosis, measles, scarlet fever, erysipelas, diphtheria, cerebrospinal meningitis, and many other diseases, have their habitat in the unclean mouth, and are only waiting for the individual's vitality to become lowered, that they may do their destructive work.

Children with defective teeth are much more susceptible to contagious diseases, and they pass these diseases around by using pencils, handkerchiefs, rulers, knives, etc., belonging to others.

During an epidemic of scarlet fever in Chicago, the usual quarantine precautions were taken, and no child was allowed to return to school who had been exposed to the disease. But each time the children were allowed to return there was a new outbreak of the disease. The cause was not determined for a long time. Finally there was a regulation passed that each child who had had the disease should have his mouth thoroughly cleansed, and every tooth cavity filled, before returning to school. When this was done, the epidemic immediately stopped. This shows what may be done by proper dental attention. As the State pays dearly for epidemics, the condition of the child's mouth is of interest to all.

In Cleveland, Ohio, for example, 97 per cent of the school children had defective teeth and mouths. Twenty-seven of these, with the worst kind of oral conditions, were selected as a test clinic out of one school of 845 pupils. After the twenty-seven had had proper dental attention, there was a remarkable increase in efficiency of these students in their school work, amounting to 99.8 per cent. This seemed to be due wholly to the correction of the oral conditions.

During the entire school period the children were taught the proper care of their teeth, and the improvement in their physical and moral standards was quite as marked as in their mental betterment.

All schools have a certain percentage of retarded children, who have failed to pass their grades. To have these children make up this work costs the country at large millions of dollars. Much of this could be saved by giving beforehand proper dental attention to the child.

One or two bad teeth will keep a child back six months during the time he is passing his first eight grades of school, — an extra cost of from $25 to $50.

In New York, some time ago, 68,000 children failed to pass their grades because of absence, at a cost to the city of $1,037,696. Eighty per cent of this retardation was due to defective mouth

Medical Conditions in Afghanistan

A. C. Jewett

[Mr. Jewett, for eight years chief engineer of the late ameer of Afghanistan, in charge of the installation of a hydro-electrical plant, gives some of his experiences in the June issue of *Asia*. His account of the practice of medicine in Afghanistan gives evidence that the need for medical missionaries is as great as ever.]

ONE of my chief duties as engineer was to doctor the men with old-fashioned home remedies. There were no European doctors in Afghanistan. The ameer kept several native doctors in his employ — Indian Moslems who had been educated at the English college in Lahore. Several of them were lent to the ameer by the Indian government. The majority calling themselves doctors had little knowledge of medicine or anything else. They used English drugs, and their idea was to give a prescription containing about half the contents of the pharmacopœia. To one of the native doctors we gave the name of "Sure Death." He killed three of my men with his "remedies," and ought to have been hanged for several murders.

The country doctors, or local hakeems, used herbs and a few homemade drugs, but most of their treatment was hocus-pocus. One old chap had a tin box divided into four compartments, containing white, red, yellow, and blue salve. It was all the same grease colored differently. Some patients preferred one color and some another. Painting a sore with indigo blue was a common remedy.

Cow dung was used for poulticing. A man once came to me with his hand done up in pigeon dung. They also tied around the sore foot or hand blue beads, all the turquoise rings they could borrow, bits of wood from the lintel of the door to a holy tomb, and passages from the Koran obtained from the mullah.

When all these charms and the local hakeem had failed to improve the infected hand or foot, they generally came to me. I have performed miracles with a little hot water and soap and bichloride of mercury as a disinfectant. Patients have come fifty miles to me and gone away much disgusted because I would not give them my medicine for their ailments. I did not know what was the matter with them and dared not give them anything.

A broken limb or any serious accident generally means death. One of my carpenters cut a deep gash in his hand with an adz. He went to a cask and filled the cut with cement. My attention was called to it and I had him wash it off. Then he went to the blacksmith and got some borax with which he filled the cut. I told him what kind of fool he was, and the old blacksmith said to me, "What should be put on it?" I said, "Spit on it!" The old man said, "True words, true words!"

The Menace of the Mouth

conditions. It has been clearly demonstrated that the worse the mouth conditions the worse the school standing of the child. An anemic, ill-nourished, stupid, retarded child is nearly always the one with an unclean and foul mouth.

When you see a child from one to three years behind in his proper grades, who is pale, listless, apathetic, and who is unable to cope with his studies, look in his mouth. You will usually find the secret, — a repulsive, foul condition. Such children are being deprived of an education. They are also endangering the health of other children by reason of their susceptibility to infectious diseases. If the parents refuse to have these defects remedied in their children, the public should take the matter in hand.

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.

Neuralgia in Chest

"What treatment would you advise for neuralgia in the chest, combined with a nervous heart?"

You may get some benefit from cold applications to the spine. Wring a towel out of cold water — ice water, if you have it. Fold it so that it is about three inches wide, and long enough to extend the full length of the spine. An assistant or an attendant should do this. The patient lies face down on a bed or cot, and the attendant applies the cold towel the full extent of the spine, leaving it on until it begins to get warm, then make a second application, after which the spine should be thoroughly dried.

This treatment is merely suggestive. It may do some good. It would be much better, though, for you to have a thorough examination in order to determine what is back of this neuralgia. There is some cause for it; and permanent benefit will not be obtained until the cause is removed.

Puffing of Hands and Feet

"What is the cause and remedy for slight swelling of hands and slight puffiness of ankles? Recent examination of urine showed no sugar or albumin. Blood pressure is low."

I do not think that it is myxedema, a result of deficient thyroid action. In this condition the puffiness is all over the body, comes very slowly, and is hard so that it does not pit, and there is diminished feeling in the skin.

Probably in your condition this puffiness pits, when you press your finger into it, like a mass of dough. You say that the urinary analysis shows no albumin. If there is no albumin present, the puffiness is probably due not to kidney trouble, but to heart trouble.

You say that you have a low blood pressure, and this leads to the supposition that you have a feeble heart. In kidney trouble, the skin is of a pale, waxy color; in heart trouble there is a tendency to blueness, especially about the lips and perhaps the finger ends.

I think it would be well for you to go to your physician and have a careful examination made of the heart. If there is a weakening of the heart muscle, the best course would be to place yourself under absolute rest until the heart recovers itself. Meantime I would suggest the use of an ice bag or else alternate hot and cold to the heart about three times a day.

However, if you have a physician examine you, it would be better for you to place yourself under his care, and take his advice.

Child with No Appetite

"Kindly give advice in the case of a little girl sixteen months old, very pale, sore eyes, no appetite, no relish for any kind of food. Mother has to compel her to eat."

It is difficult at a distance to suggest a treatment for this child. The first thing to do is to learn just why the child refuses food, and then do away with the cause.

Possibly the mother has fed her sweets until she has no appetite for anything else.

Possibly she has been so anxious to have the child eat and has so forced her to eat, that the child thinks it is a punishment.

Possibly there is some obstruction or painful condition that makes eating difficult.

Meantime I should suggest longer intervals between meals and then a very small dish of ice cream to begin with, but no other sweets. Just give her a taste at first. Better let her feel that she is not getting enough than that she is getting too much, so she will be anxious for more.

Then give an ice cream sandwich,— two soft crackers with the filling of ice cream between.

Then try a hard-boiled yolk of egg broken up fine and beaten up with a little cream, butter, and salt, to make it smooth and soft.

Then try a little spinach or other greens cooked until tender and mashed up very fine.

Occasionally give the child a drink of cold water to which may be added three or four drops of lemon juice or a teaspoonful of orange juice.

Make oatmeal water by boiling a teaspoonful of oatmeal in a pint of water; add a little

salt, pour off the clear liquid, and add a little cream if desired.

Have very little food in sight, have it attractive, and try to get the child to feel that she wants more of it than she will get.

Bread and Uric Acid

"Does an excess of bread tend to produce uric acid, or some other acid in the system? Does potato added to the dough act as an antacid, neutralizing the acid condition of bread? A man who ate five or six biscuits at a meal had indigestion, and thought it was caused by the biscuits' not having enough soda in them. Was he right?"

An excess of bread or of any other food is not good for the health. When eaten freely the cereals tend to produce an acid condition in the body. It is possible that potato added to the bread may counteract this because the general effect of potato is antacid, but the same effect might be produced by eating the potatoes separately from the bread. With some persons potato causes a fermentation with production of acid.

I think the man was not right in thinking that his indigestion was due to the lack of soda. In fact, biscuits made absolutely without any soda may be perfectly digestible. Possibly his trouble was in eating too many biscuits, and not masticating them properly.

Use of Medicine

"My system naturally rebels against a good many drugs. Should one take medicine when it disagrees?"

The less medicine used the better. It is certainly not wise to use medicine that puts the stomach out of order.

Tolerance of Drugs

"Some people seem to stand more medicine than others. Is it a matter of habituation and cultivation?"

There is a so-called habituation to a drug. One may become habituated to morphine and arsenic, or to any other poison for that matter, but that does not mean that he is not being harmed by it. While it will not kill him immediately, it will gradually produce marked deterioration.

Spinal Treatment

"Do you not think that in cases of nervousness of spinal origin, some osteopathic or chiropractic treatment would be beneficial?"

Doubtless spinal treatments accomplish much good in many cases; probably in more cases than the ordinary physician would be willing to admit, but possibly in fewer cases than the advocates of these systems claim.

Blood Purifier

"Is vinegar, copperas, and sugar a good blood purifier?"

I have never seen this prescription before. It contains iron, and might be as good as any of the other patent medicine preparations on the market; but there is no such thing as a blood purifier outside of pure water taken in large quantities, and work that produces vigorous sweating. No medicine will purify the blood.

Stomach Ulcer

"My husband had a hemorrhage of the stomach three months ago. He has pain in stomach and kidneys, and can eat very little. There is pain at the place where the food enters the stomach. Fomentations weaken him. Please suggest treatment."

Your husband probably has ulcer of the stomach. Unless he gets better soon, you should place him under the care of a good physician or else take him to a sanitarium or hospital.

For relief of the soreness, give him every three hours a mixture of equal parts of magnesium oxide and bismuth subcarbonate in teaspoonful doses. If the magnesium causes looseness of the bowels, substitute bicarbonate of soda in its place.

The patient should use no meats, toasts, or hard, irritating foods.

Perhaps the best diet for a time is raw egg and milk alternated, both given ice cold. Give egg, say at seven o'clock, and milk at nine, then alternate every two hours — two teaspoonfuls egg, four teaspoonfuls milk. Gradually increase the amount as the patient can bear it, until at the end of the week you are giving seven eggs and a pint and a half of milk a day. Then the eggs may be soft boiled, four a day, with a quart of milk. The amounts will have to be varied according to the condition of the patient. If he is not better within a month, you had better put him under the care of a stomach specialist.

Bromide and Epilepsy

"Are the bromides a legitimate treatment for epilepsy?"

Unfortunately we have no certain remedy for epilepsy. The bromides seem to control the paroxysms to a certain extent, but their use, especially the bromide of potassium, is detrimental to the patient when long continued. Good results are sometimes obtained by reducing the amount of table salt used to almost nothing. The bromide is then effective in much smaller dosage, and is not nearly so injurious. It should be understood that the bromides do not cure epilepsy. So far, we have no cure for this disease. It tends usually to grow progressively worse.

More "Prescription Fakes"

Dr. Lewis Baker is one of the names under which a "patent medicine" concern advertises its nostrums.

In every one of the "answers to correspondents" published under Baker's name there is a "joker" hidden, in the form of a nostrum *which can be obtained only* from Baker's employers.

Here is a typical Baker advertisement:

[An Educational Exhibit by the American Medical Association]

When the " doctor " gives advice in the newspaper, there's usually a " joker " — as in this case. Don't be deceived.

NEWS NOTES

Digestibility of Graham Flour

Recent experiment indicates that the finer the bran of Graham flour is ground, the more completely it is digested. In coarsely ground Graham (roller mills) the digestibility is, for protein, 70 per cent, for carbohydrate, 93.4 per cent. In fine-ground Graham (stone-burr mill), the digestibility is, for protein, 78 per cent, for carbohydrate, 96.8 per cent.

Why England Is Hard Up

The British cannot afford to pay the interest on the $4,277,000,000 that we loaned them, so we have to pay it ourselves. But last year they paid $1,930,000,000 for intoxicating liquors, which is 132 per cent more than they expended on such luxuries in 1913. Lord Leverhulme suggests that Great Britain might well go dry for five years and pay her debt to us.

Alcoholism Decreasing

That prohibition is effective, notwithstanding the existence of many "oases,"— stocks of liquor laid up for the period of aridity, — is evidenced by the fact that a survey of a number of large hospitals in New York shows that the number of alcoholic cases has dropped off from 70 to 90 per cent. This means that the old habitués, who would do anything in the world to get liquor, are not getting it as they formerly did.

Peculiar Case of Poisoning

In the village of Haslemere, Surrey, England, there was an outbreak of arsenical poisoning, involving twenty households and sixty individuals. In one house it was noted that the only person who was not poisoned had not taken sugar with his tea. Tracing back to the grocery, the barrel of sugar was found to contain arsenic, and it was found that this barrel, while in transit, had been alongside of a leaky can of arsenical weed killer. None of the victims had died at the time of the report.

Potato Bread

"Bread made with approximately 15 per cent of potato flour or with 40 per cent boiled potato is appreciably richer in mineral constituents than is white bread, but somewhat poorer in fat and protein when compared on the same moisture basis. With flour at $12.80 a barrel, and potatoes at $1.75 a bushel, flour is cheaper than potato, and will furnish considerably more dry matter, protein, fat, starch, and heat units for $1. On the other hand, potatoes will furnish over four times as much mineral ingredients as will white flour for the same money.

For Better Health

In a lecture delivered before the Milk Conference, Boston, Oct. 24, 1919, Prof. E. V. McCollum of Johns Hopkins, after explaining the characteristics of the peoples who live on the three main types of diet (cereal-meat in the arctics, cereal-root-legume-greens in the Orient and tropics, and the cereal-tuber-meat diet of the United States poor), concluded with the statement that the most important move to improve the general health of this country would be to lessen the consumption of meat in most homes, and to increase the consumption of milk and green vegetables.

Medical Education in America

For the fiscal year ended June 30, 1919, there were in the United States 13,052 medical students, including all those attending preliminary, special, and postgraduate courses. This is a decrease of 578 from the previous year. Of the total number, 12,259, or 93 per cent, attended regular schools; 397, or 3 per cent, homeopathic schools; 86, or 0.7 per cent, eclectic schools; and 310, or 2.4 per cent, hybrid schools. There were 2,656 graduates.

Hydrogenated Oils

Vegetable oils, such as cottonseed oil, are given a lard-like consistency by causing them to take up more hydrogen. In effecting this reaction, the oil is passed over finely divided nickel, and there has been a suspicion that the new product might be seriously contaminated with nickel. A recent investigator says that this process causes the absorption by the oil of less nickel than is often absorbed by foods cooked in nickel vessels.

Deficiency Disease in Vienna

As a result of the scarcity of food and the use of food substitutes, there has been in Vienna a very large incidence of the deficiency diseases, such as scurvy, rickets, and osteomalacia. Scurvy and rickets developed in breast-fed children, evidently because mothers were on poor rations. Osteomalacia, ordinarily a disease of pregnant women, was in Vienna a disease of the adults of both sexes, indicating a severe lime starvation.

Idiosyncrasy to Milk

An infant that was hypersensitive to cow's milk, so that its use was followed by drowsiness, flushing, yawning, paleness, vomiting, and prostration, was finally cured of the sensitiveness, by being given milk by mouth instead of by bottle, beginning with very minute doses, and slowly increasing.

Opium and Cocoa Consumption

For the six-year period 1910-15 the average yearly consumption of opium in the United States was 491,043 pounds, with a retail valuation of $18,841,720. The average annual consumption of coca leaves for the same period was 1,048,250 pounds.

Illegitimate Drug Trade

Illegitimate traffic in habit-forming drugs, has increased enormously of late years. Most of the drug addicts obtain their supplies through this source. It is estimated that at least 90 per cent of the opium and cocaine imported into this country is put to illegitimate use.

Childhood Defects

It is estimated that 90 per cent of children seven years of age are suffering from mouth defects requiring correction. The Life Extension Institute, in 125,000 examinations, found 14 per cent of those examined with marked infections of the teeth and gums. Tooth abscesses, broken-down masticating surfaces, added to numerous cavities, lower the nutrition of the patient, throw poisonous products into his blood, and too often make the man of thirty-five, a third-rate man.

Southern Sociological Congress

At the recent annual meeting of the Southern Sociological Congress, held in Washington, D. C., resolutions were passed asking for legislation establishing during the present session of Congress a Department of Education and Health, with a Cabinet officer. It also expressed itself as favoring the continuation of the Women in Industry Bureau, the Bureau of Negro Economics, and the Federal Employment Service; declared in favor of the efforts of the people of the District of Columbia to secure representation in the National Congress; and indorsed the plan proposed by the France-Rainey Bills for the hospital care of drug addicts, and by the Temple Bill for "the better protection of aliens and for the enforcement of treaty rights."

Fat-Soluble Vitamine

It has been shown that certain of the root foods, especially carrots and yellow sweet potatoes, contain the fat-soluble vitamine which promotes growth among young animals. Other roots, as the mangel, sugar beet, red beet, parsnip, dasheen, rutabaga, and white potato, lack this growth essential. More recent experiment also shows that yellow corn contains this growth determinant, and that the white corn does not. This latter fact shows the foolishness of the prevailing prejudice against yellow corn as a human food. It is in keeping with that policy which gives the rich mineralized outer part of the grains to the cattle, and reserves the impoverished inner portion for human food.

Drink Restriction

An investigation made for the German government by a commission of scientists and physicians reports that in Prussia as a result of diminished indulgence in alcoholics (on account of the scarcity and high price of liquors), there is a marked decrease in chronic alcoholism and the accompanying mental and physical disorders. The decrease in mental disease was noted in all sections of the country.

Airplanes Carry Insects

Already insect pests are being transported from one country to another by plane, and it is predicted by Prof. H. Maxwell Lefroy that the evil is destined to increase. A sea voyage of several days will serve to destroy much of the insect life; but an airplane trip of a few hours may serve to bring many new pests not known before.

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.

"A Friend in the Kitchen"

If you cook, you will be interested in a little book that will show you how to cook healthfully and economically. These are two great essentials in these days of the High Cost of Living. The recipes are simple, practical, and satisfying, and the book is popular on this account.

It is divided into departments, so that recipes for certain dishes are readily found, and it is not heavy and cumbersome, but light and handy, and yet it contains 400 carefully tested recipes, as well as tables of food combinations, nutritive value of foods, rules for dyspeptics, household hints, etc.

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