

Life & Health

FOURTH
RED CROSS
ROLL CALL



STILL *the* GREATEST
MOTHER *in the* WORLD

WASHINGTON, D. C.

FIFTEEN CENTS A COPY

St. Helena Sanitarium



THE MAIN BUILDING—SHOWING THREE OF THE FIVE STORIES
New Concrete Hydrotherapy Building at the Right

- ¶ Away from the noise, excitement, and contamination of the city, and nestled close to the heart of nature, on a beautifully wooded slope of Howell Mountain, is situated the St. Helena Sanitarium.
- ¶ Its natural setting, in a forest of live oaks, firs, manzanitas, and madronas, together with an almost unending variety of flowers and foliage, gives a beauty and fragrance to the place that beggars description. It must be seen and enjoyed to be appreciated.
- ¶ 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.

Health Is Contagious at St. Helena

- ¶ Sixty-five miles from San Francisco, easily accessible by either steam or electric line; three and one-half miles from St. Helena; 750 feet above sea level; splendid climatic conditions at all seasons of the year; pure mountain water; beautiful view of valley, mountain, and plain; seven physicians, seventy nurses; excellent service, liberal cuisine,— these and many other advantages are to be enjoyed at this beauty spot of California.

The St. Helena Sanitarium

Sanitarium, Napa County - - - California

Life & Health

PUBLISHED MONTHLY BY THE

REVIEW AND HERALD PUBLISHING ASSN., TAKOMA PARK, WASHINGTON, D. C.

Entered as second-class matter June 24, 1904, at the Post Office at Washington, D. C., under the Act of Congress of March 3, 1879

Acceptance for mailing at special rate of postage provided for in Sec. 1103, Act of Oct. 3, 1917, authorized on June 22, 1918.

VOL. 35

DECEMBER, 1920

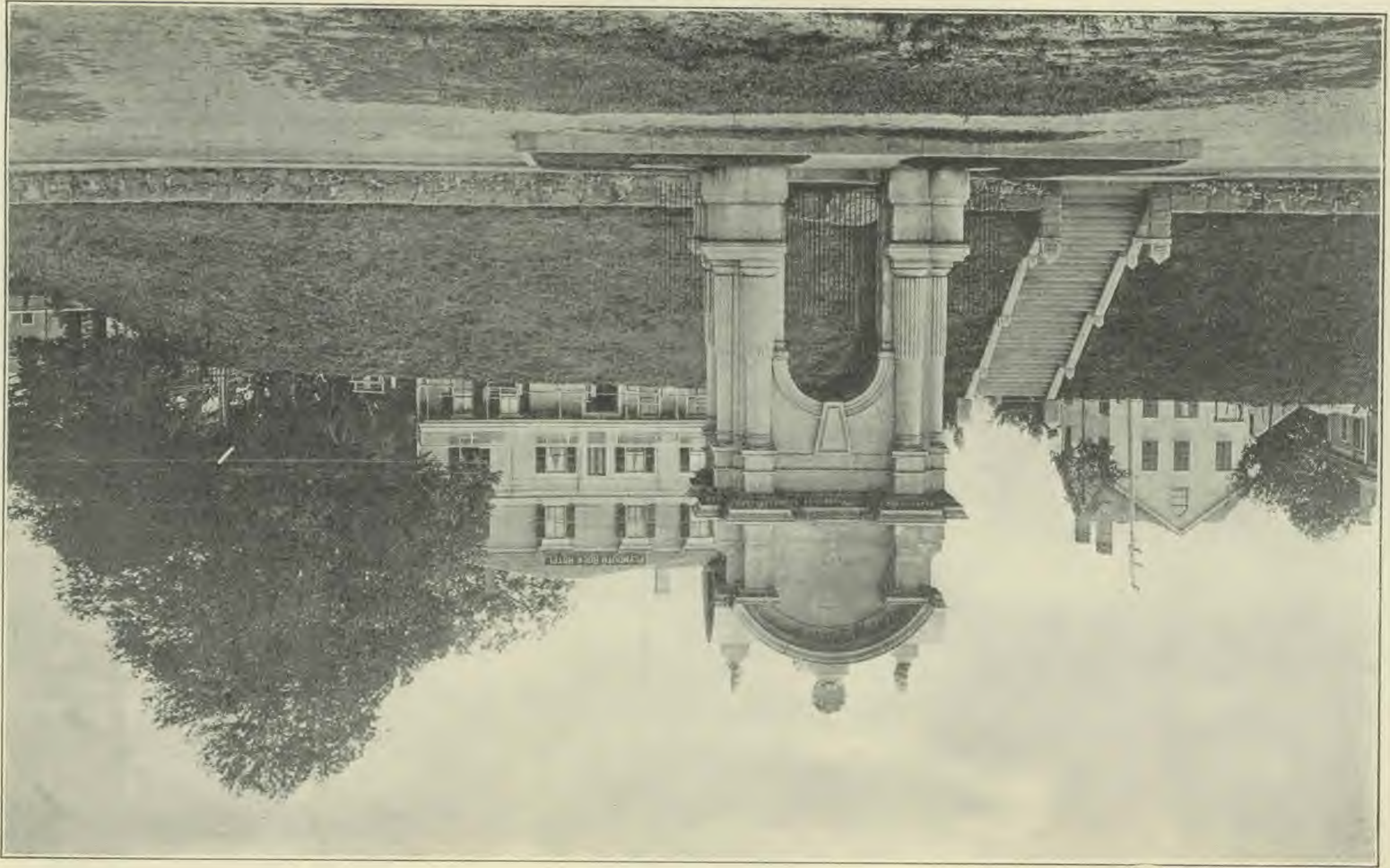
No. 12

CONTENTS OF THIS ISSUE

PLYMOUTH ROCK	FRONTISPIECE
CAPT. JOHN SMITH TRADING WITH THE INDIANS	CENTER SPREAD
EDITORIAL	355
How Much Makes a Man?	
Who Is Your Neighbor?	
Announcement: A Change in Our Journal	
The Follies of Fashion	357
<i>"The Ministry of Healing"</i>	
AS WE SEE IT	358
Our Habits Are Friends or Enemies	
GENERAL ARTICLES	
Regulation of Body Temperature	360
<i>E. A. Crawford, M. D.</i>	
The Well-Dressed Person	362
<i>A. B. Olsen, M. S., M. D.</i>	
Advantages of the Short Skirt	365
<i>B. E. Crawford, M. D.</i>	
Selection and Care of Clothing	366
<i>Franke Cobban</i>	
Can Personal Beauty Be Enhanced?	370
<i>G. Henry Hale</i>	
The Lost Art of Walking	372
<i>George H. Heald, M. D.</i>	
Diet in Diseases of the Stomach	376
<i>George E. Cornforth</i>	
QUESTIONS AND ANSWERS	378
Biliousness; Use of Bran — Prevention of Mosquito Bites — Abdominal Soreness — Pimples — Diarrhea — Bright's Disease — Chapped Hands and Feet — Spasmodic Croup	
NEWS NOTES	380
INDEX	382

SUBSCRIPTION RATES.—One year, \$1; six months, 60 cents. Remit by Post Office Money Order (payable at Washington, D. C., post office), Express Order, or Draft on New York. Cash should be sent in Registered Letter. When a change of address is desired, both old and new addresses must be given. No extra charge to foreign countries.

PLYMOUTH ROCK



Life & Health

HOW TO LIVE

EDITORS

L. A. HANSEN

G. H. HEALD, M. D.

VOL. 35

DECEMBER, 1920

No. 12

EDITORIAL

How Much Makes a Man?

THE physical culturist, the athlete, the prize fighter, or any one who devotes his entire attention to physical development, comes far short of making a man of himself.

The scholar, the scientist, the historian, or any one who devotes himself wholly to mental development, lacks much of being all that he might be.

The idealist, the moralist, the deeply religious, the one of any cult or creed who thinks only of the spiritual side of life, also fails of becoming a complete man.

Man is more than a physical being; he is endowed with a mind and with a spiritual life. His mind is contained in a physical body, and the two are inseparably related. Likewise is the spiritual life to be lived within the body; it cannot be disconnected from the mind or its influence.

We cannot entirely separate the three phases of the human being, and deal with each part independently. We can do this neither with regard to others nor with regard to ourselves.

If we ignore the connection that exists between the physical, the mental, and the spiritual, and devote ourselves to the undue development of one or another, it will be to the detriment of all. We lose not only that which we fail to develop of the one, but we lose also the benefit of the symmetrical development of all three. That is, the perfect development of a man is the one which includes body, soul, and spirit.

Those interested in health culture will do well to bear in mind the fact that good, sound common sense is necessary in reform, and that a quickened conscience and moral backbone are required to adopt its principles.

Educators may render their work easier and more lasting if they will remember that a sound mind dwells only in a sound body, and that "the fear of the Lord is the beginning of wisdom." Ps. 111:10.

Ministers will accomplish far more in behalf of the spiritual in character building and the salvation of souls, when they take account also of the physical and mental needs of those under their charge.

Of Jesus it is said, "The child grew, and waxed strong in spirit, filled with wisdom." Luke 2:40.

In His life was exemplified the perfect threefold development.

L. A. H.

Who Is Your Neighbor?

LINE fences do not determine who are neighbors and who are not. Community boundaries, city limits, state lines, country borders, color, race, or religion, any or all of them, fail to indicate the neighbor. How, then, shall we know who he is?

Notice that in the parable of the Good Samaritan nothing is told concerning the color, nationality, or belief of the man who was helped, while the others mentioned are all identified. All that is told of the man who was helped is that he was one who needed help.

Your neighbor is any one who is in need. Now is a good time to apply this principle and act the part of the "Good Samaritan" to others. The world is full of persons who suffer. Some of them may not be far from our doors, and farther away, we find more. Distance does not lessen their suffering nor reduce our obligation to give relief where we can.

One of the editors has just returned from Europe, where he saw with his own eyes many that have a claim upon our assistance. War, famine, and pestilence have left want, exposure, and suffering in their wake, with little relief in sight for some time to come.

We saw groups of children sallow and sad, pinched in face and dwarfed in body, showing the marks of malnutrition. We saw adults weak and worn with want, bowed under loads of care and apprehensive of the future. We heard tales of hardship and suffering, told in a matter-of-fact way because they are still a matter of fact. Shortage of fuel, prohibitive prices of many things and absence of many others, prevalence of disease, the coming of winter, strikes and troubles of various kinds, are all too menacing to make life anything but a dreadful reality.

To every one who can help there sounds loud the call from a needy neighbor, if not near by, at least near enough for us to help. We are responsible for the suffering which we are able but fail to relieve.

L. A. H.

To my mind the most paradoxical feature of our modern civilization is the indifference of a comparatively educated and well-informed world to the human body, which is the most marvelous of nature's products and has been styled by Sir James Paget "the most complex mass of matter in the known world."—*Surgeon-General Braisted, in president's address, American Medical Association.*

Announcement: A Change in Our Journal

BEGINNING with January, 1921, LIFE AND HEALTH will be increased in the size of its pages to 8 x 10½. This is a popular size, and will allow more matter to the page and permit of better art work.

The journal will, until further notice, be a bimonthly. The subscription price will continue to be \$1 a year, and single copies will sell at 25 cents.

These changes come in consequence of the paper crisis, which has again become acute, and which is seriously affecting the publishing world. Some publications have been suspended; others find it difficult to continue publication.

Our publishers are curtailing the various papers and journals they print, and we feel the effect, but we will not give up.

The editors and publishers promise to strive all the more to make LIFE AND HEALTH valuable to its readers. Our plans call for no curtailment in quality, but for the best possible. We can assure our readers that they will not be disappointed in the contents of our forthcoming numbers.

EDITORS LIFE AND HEALTH.

The Follies of Fashion

THE making of changes in apparel for the sake of fashion merely, is not sanctioned by the word of God. Changing styles and elaborate, costly ornamentation squander the time and means of the rich and lay waste the energies of mind and soul. They impose a heavy burden on the middle and poorer classes. Many who can hardly earn a livelihood, and who, with simple modes, might make their own clothing, are compelled to resort to the dressmaker in order to be in fashion. Many a poor girl, for the sake of a stylish gown, has deprived herself of warm underwear, and paid the penalty with her life. Many another, coveting the display and elegance of the rich, has been enticed into paths of dishonesty and shame. Many a home is deprived of comforts, many a man is driven to embezzlement or bankruptcy, to satisfy the extravagant demands of the wife or children.

Many a woman, forced to prepare for herself or her children the stylish costumes demanded by fashion, is doomed to ceaseless drudgery. Many a mother, with throbbing nerves and trembling fingers, toils far into the night to add to children's clothing ornamentation that contributes nothing to healthfulness, comfort, or real beauty. For the sake of fashion she sacrifices health and that calmness of spirit so essential to the right guidance of her children. The culture of mind and heart is neglected. The soul is dwarfed.—“*The Ministry of Healing*,” p. 290.

AS WE SEE IT

Conducted by
George H. Heald, M. D.

OUR HABITS ARE FRIENDS OR ENEMIES

FIRE, usually a good servant, is sometimes a bad master.

A habit is either a good servant or a bad master.

It cannot be both.

Some habits are our best friends.

Others are our worst enemies.

In the very nature of things we must form habits. We cannot avoid it.

Every time we perform an act in a certain way, it is easier to do it that way the next time; it becomes habitual.

Long before we are old enough to know what we are doing, we are forming habits that will later be a help or a hindrance.

As we are forming these habits, we are deciding whether we shall have a host of friends or a rabble of enemies.

The repeated performance of little acts in just the right way gives the marvelous technique of a Hofmann or a Paderewski.

All skill of brain or muscle is but the result of the formation of serviceable habits.

But early in life, certain habits are adopted or practised — thumb sucking, for instance — which serve no good purpose, and some of which are actually injurious.

When we come to the age of discretion, we are fortunate if we do not find ourselves possessors of — or possessed by — a number of such habits, of which we fain would be rid.

Clothes form bad habits. They gradually take on wrinkles which, as time goes on, become deeper and more difficult to remove.

With a hot iron we can undo these bad habits — press out the wrinkles — *if we do not wait too long.*

So, by means of a little drastic self-discipline, we may press out some of the bad habits which have started in our lives.

The sooner and the more persistently we undertake this ironing-out process, the more successful will it be.

During youth there is a tendency to form bad habits, some vicious, others tending to destroy efficiency, such as a lack of thoroughness, puttering, awkwardness, and the like.

And other habits are formed which cannot be characterized as either good or bad. They constitute our peculiarities.

For the bad habits, we must ever be ready to apply the hot smoothing iron of self-discipline.

And the indifferent habits we should overcome just for practice, and in order to give ourselves the consciousness of self-mastery.

Youth is pre-eminently the time of forming habits.

Middle age is the time of deepening the creases.

Old age is the time when the habits have mastered us unless we have mastered them, when we are almost unchangeably good, or incorrigibly bad, as regards each particular habit.

The many colors have been fixed by the mordant of time, and the mosaic of our lives is unalterable. It may be good here, bad there, and indifferent in another place, but the colors are there to stay.

We cannot gild over the drab patches.

But old age is not a matter of years so much as it is of fixity of habit.

The words "routine" and "rut" have the same derivation. To follow routine too closely is to fall into a rut.

And falling into a rut is hastening old age.

Therefore, to go back to our illustration, we should iron out, not only the bad habits, but the indifferent habits.

The breaking away from custom, the doing of things in a new way, is an evidence of, and a proloner of, the characteristics of youth.

The experience gained in freeing oneself from indifferent habits will give one more courage to attack any more serious habit that has obtained a foothold.

If you feel uneasy when you do not get the same pew at church or the same seat in the assembly hall, or if you are worried when you do not get to town on a certain day of the week just because you have been accustomed to go on that day; if you *must* do a thing *just so*, because you have always done it in that way —

It is a certain sign that you'd better do it in some other way, for you are losing your youthful pliability, and you *need a change*.

The greater the emotional pull that holds you to the old way, the more the importance of making a change.

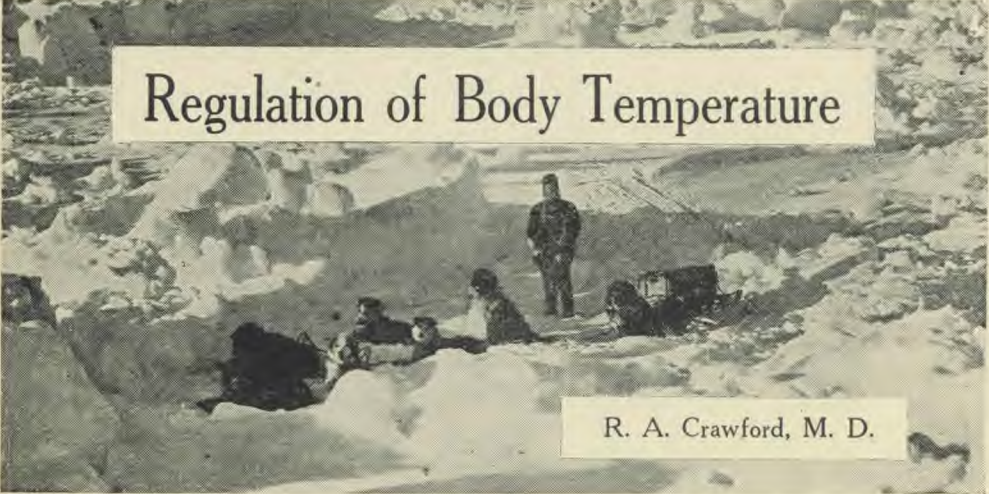
That emotional magnet spells old age and advancing decrepitude! Get away from its influence at once.

This does not refer to the good habits formed by careful work during past years, but to the careless and indifferent habits.

Both in body and in mind, old age is a process of hardening — the pliable becoming rigid.

In the physical realm, we postpone the aging process by muscular exercises which keep the joints supple.

In the mental realm, we should do the exercises suggested above, to keep the mind supple.



Regulation of Body Temperature

R. A. Crawford, M. D.

© U. & U., N. Y.

THE more I learn of the human body, the greater is my awe and wonder at the infinite wisdom of the Creator. When I think of how all the organs and fibers of the body, and even each individual cell of the billions that go to make up the body, work together in such perfect harmony, I cannot help but praise our Maker. Truly, we are fearfully and wonderfully made.

One of the finest examples of the co-operation of the various parts of the body and of the delicate adjustment of the human mechanism (a co-operation and an organization which we as a nation, a community, or a church, might well seek to imitate) is the regulation of body temperature. Here are men scattered from the burning region of the tropics to the ice-ribbed lands of the midnight sun, each registering a temperature varying not more than one or two degrees in health, whether it be winter or summer. And this is largely controlled automatically without even a thought.

True, man has been able to extend a great deal the limits of the habitable portion of the earth as well as add to his own personal comfort by his knowledge of how to assist nature in the control of body temperature, by protection of the body by clothing, and houses, and artificial heat. But the great factor still remains within the body itself.

How is all this made possible? The brain is a wonderful assembly of nerve centers, each of which has its particular bodily functions to look after and to direct. We might liken it to a great national government, which consists of a number of different departments with their cabinet officers, all working and consulting together for the common good. The particular nerve center that we are considering might be termed the department of heat regulation. The nerve center itself might be likened to the cabinet officer and his immediate office assistants. Then this department would have a large corps of workers scattered all over the nation who could keep in touch with the particular needs of each community in regard to fuel and heat. This would be the sensory nerves throughout the body.

When a portion of the body begins to get cold, the sensory nerves of the region immediately "wire in" for more heat. If the body is too warm, this is likewise indicated. In bodily processes there is no "red tape." Action occurs at once. The nerve center in the brain immediately gives orders to remedy the condition, and it takes much less time than it does to tell it. And as disobedience is rare in bodily functions, results are immediately produced.

Now heat is lost from the body in a

number of ways, but chiefly by conduction and radiation from the skin, by evaporation of the perspiration, and by respiration. On the other hand, heat is largely produced by the chemical changes that occur in the body. Just as you can take certain chemicals in glass tubes and pour them together and obtain heat, so the food that we eat is acted upon and changed by the bodily secretions in such a way that heat is produced. This is chiefly done in the large secreting organs, especially in the liver and the muscles of the body.

So when some part of the body is in need of heat, the sensory nerves of that region "phone" the brain center of heat regulation. This nerve center orders the heat producers to make more heat by using more of the food which we have eaten. This is done, and as the blood pours through these organs, it becomes warmed, and carries this warmth to the rest of the body. If one particular part of the body only is in need of heat, the center in the brain orders the blood vessels of that region to dilate so that they can carry more of the warmth-giving blood to that particular portion.

If complaints of too much warmth begin to pour into the central office, an order is immediately sent out to the millions of sweat glands, telling them to go to work and produce more sweat. This they pour out upon the surface

of the body, and as it evaporates, the body is cooled. Besides that, more blood is sent to the skin, and brought where it can be cooled by the evaporation.

All this, of course, is just a little of the delicate mechanism by which body temperature is controlled to so great a nicety.

On the other hand, too great a strain should not be thrown upon the heat-regulating mechanism any more than on other functions of the body. We should assist nature to a reasonable extent in the protection of the body against outside temperature. Especially should we protect the body against sudden changes of temperature and against influences

which might chill one portion of the body, and thereby lessen its resistance to infection. This is the reason why drafts should be avoided. By protecting the body by the use of suitable clothing we avoid not only an excessive strain upon the heat-regulating mechanism, but also a waste of bodily energy which might be utilized to a greater advantage elsewhere.

And so it is that we learn more and more to wonder at the wonderful provisions and the wisdom of our Creator, and it surely behooves us to take care of

Body-temperature regulation is a good illustration of the marvelous adaptability of the body to its environment.

By the use of clothing, fires, and housing, man has further increased his adaptability to extremes of climate.

Heat regulation in the body is accomplished by a heat-regulating center in the brain, which governs:

- 1. The chemical changes in liver, muscles, and other organs that generate heat.**
- 2. The circulation of the blood, through which the heat is distributed.**
- 3. The functions of the skin by which the heat is dissipated, or thrown off.**

When the heat center receives messages that more heat is needed, it sends messages to increase heat production, and to economize the expenditure of heat.

When the external temperature is high, messages are sent out from this center to lessen heat production and to facilitate its dissipation from the skin.

Unnecessary strain on the heat-regulating mechanism is avoided by the wearing of clothing to conserve heat in cold weather, and to favor its dissipation in warm weather.

these bodies God has given us, remembering that they are the temples of the living God.

Chamberlain, S. Dak.



The Well-Dressed Person

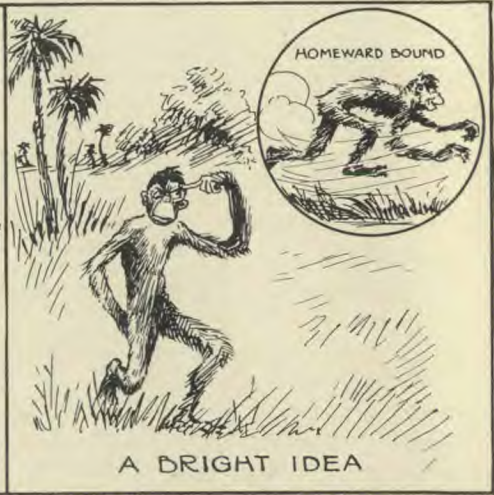
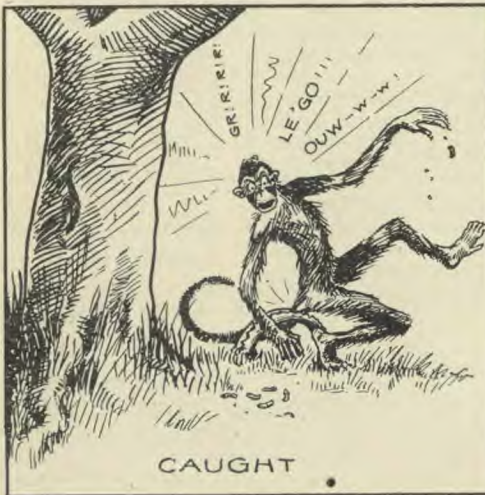
A. B. Olsen, M. S., M. D.



ACCORDING to an ancient fable, a monkey, after losing his tail in a trap, conceived the idea of persuading his brother monkeys that it was not fashionable to wear tails. So after hiding long enough for his tail stump to heal, he went home and solemnly informed his family and friends that he had just returned from a visit to a far-away country inhabited by a handsome tribe of very superior monkeys that no longer wore tails. The explanation was simple enough. Tails were out of fashion, and had long since been discarded by these progressive monkeys; and, seeing how smart and attractive they looked, he had himself submitted to a trifling operation and adopted the new style. As the fable goes, the monkeys all, small and large, brainy and brainless, on learning the fateful word "fashion," promptly perceived the good form of the latest mode, and forthwith adopted it by having their caudal appendages amputated.

As with monkey-kind, so with mankind. The demands of old Dame Fashion, however unhygienic or hideous they may be, count more than health or long life. When buying a new hat or dress, persons rarely ask, "Will it wear well?" but rather, "Is it fashionable?" or, "Does it conform to the latest style?" This is obviously silly and foolish, and shows an altogether wrong conception of the matter.

Dress should provide a covering for nakedness and be a protection against inclement weather. It should also harmonize with the individual and blend so well with the figure, complexion, and color of the hair, as to be unobtrusive. A woman should attract attention by her personality, intellect, bloom of health, winsome face, and sweet smile, rather than by the putting on of outward adornment, which at best is superficial and ephemeral. Real beauty consists in character, not in showy clothes, no mat-



ter how elegant or expensive they may be. A dress is beautiful in proportion as it fits the wearer and harmonizes with the person, form, and features, and should be like the appropriate setting for the precious jewel. Simplicity and neatness are the determining factors. Quality rather than fleeting fashion should be the guide. True, the drapers would suffer serious loss if these rules governed shopping, for it is the folly of foolish women that fills their coffers.

It is a good practice to dress according to the weather, and thus avoid chills, colds, and more serious complaints. This leads to a word about immodest exposure of the chest, back, and legs. One would think that sensible, pure-minded women would not care to advertise their wares like the demimonde and the women of the street; but unfortunately such is the case. "The keynote of fashions is abbreviation," as a *modiste* put it recently.

Indeed, the prevailing styles at the present time are simply shocking to all right-minded people. The fashionable woman no longer dresses to protect her body, but to expose it alike to the inclement weather and the voluptuous stare of the opposite sex. The blatant exposure and sensual suggestion of the present-day dress, or we might say undress, of our women account very largely for the rapid increase of gross immorality of recent years. Women

Dame Fashion makes monkeys of her votaries.

Clothing should be selected in respect to health, comfort, quality, simplicity, modesty, neatness.

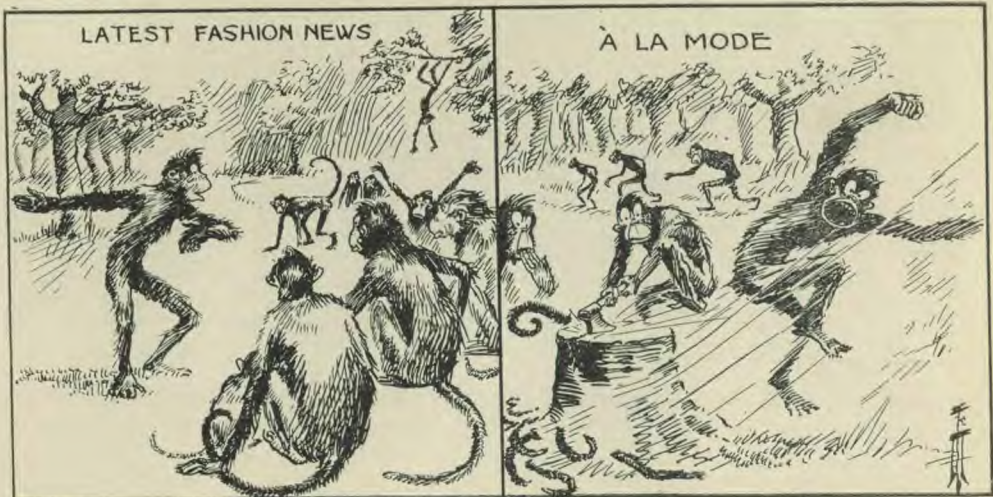
Clothing should be adjusted, or adapted, to the weather.

Immodest exposure is in bad taste at any time. It is doubly bad in cold weather.

Healthful dressing means also the avoidance of all constricting bands that would interfere with body functions.

Suitable clothing is becoming, modest, a protection against inclement weather, has no constrictions, and is in keeping with the character of the wearer.

who dress in such a way as to emphasize the peculiarities of their sex cheapen themselves and soon lose the respect and esteem of sensible men. Further, they attract men of loose morals and doubtful reputation. A really wise and good man will turn away from the woman of fashion, and will seek one who, through modest appearance and becoming dress, shows sterling worth of character. The "hall-mark" of a



"fast" woman is abbreviation of dress and exposure of person.

Dressing well means the use of clothing which does not in any way compress the body nor interfere with its functions. Corsets, stays, bands, and anything that might limit the natural activity of the lungs or press in the least degree upon the internal organs, are emphatically taboo. Garters and other bands on the

extremities interfere directly with the circulation of the blood and lymph, and they too must be discarded.

To sum up briefly: The clothing of a well-dressed person is becoming and modest in appearance, does not hinder the functions of the body, affords protection, and is in keeping with the character of the wearer.

Worthington, Ohio.



"Oh, wad some power the giftie gie us
To see oursels as ithers see us!"

Advantages of the Short Skirt

B. E. Crawford, M.D.

[The tendency to shorten the skirt has been carried to that point where we would hardly be surprised to see women on the streets in the modern abbreviated bathing suit. Dr. Crawford is not defending this type of dress. But so much has been said and written against the extreme short skirt that he has felt called upon to defend a moderately short skirt as against the insanitary affair that drags the ground.—Ed.]

A FORCIBLE illustration of the advantages of short skirts came to my notice recently.

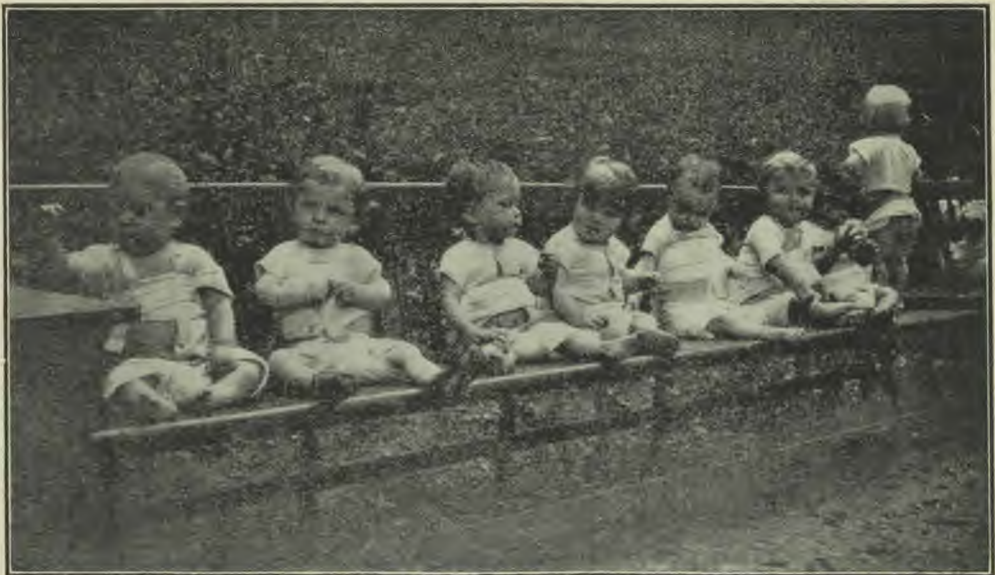
A well-dressed woman was alighting from a street car, and while the lower part of her skirt was still upon the car platform, a bulky, coarsely dressed man, his rubbers covered with mud, stood with both feet squarely upon the bottom of the woman's skirt, while a number of passengers were waiting for the lady to move on so they could get off the car. But the lady could not move until she had turned around and requested the man to release her.

Not only once, but many times, have I observed women's skirts dragging in the mud and filth of the platform and steps of street cars.

From a cleanly and sanitary point of view, the short skirts worn by many of our sensible girls and women are far superior to the long skirt. They give greater freedom in walking, and are the only sanitary, becoming, and proper thing for women to wear so long as they must wear skirts at all.

True, greater care must be exercised in selecting shoes to be worn with short skirts. The light top, white, black, or variously colored shoes of the present day, lacing to the top to insure a snug and comfortable fit, make a most becoming appearance, and can safely be worn with short skirts, the shoe tops not being in danger of becoming soiled with mud and filth as when long skirts are worn.

Sioux Falls, S. Dak.





The Selection and Care of Clothing

—
Franke Cobban

DURING recent years our attention has been frequently called to the idea of conservation. This has affected our everyday life, and while our country is now at peace and there are fewer demands on us financially, yet we should not forget the lessons learned during the days when conservation was imperative. While the prices of many commodities have doubled and trebled, by giving more thought and study than formerly to the buying of our clothes and to their proper care, we may be as well dressed as ever on nearly the same amount of money.

There are some points which should always be kept in mind in choosing clothing: The cost should be consistent with the income; the garment should be comfortable, becoming in color and design; it should be healthful; and it should be suitable to the station in life, and to the occasions on which one expects to wear it. If young women would take these things into consideration, one would not see so many thin, low-cut waists and French heels on street cars, in offices and other public places. The choosing of proper clothing should be a part of the education of every boy and girl. Boys as well as girls are interested in their clothes and take pride in their

appearance, and should be taught what is appropriate and economical.

From one sixth to one fourth of the income is a reasonable allowance for the wardrobe. The budget plan is a good one. The amount which will be needed for the coming season can be estimated from the expenses of the past year.

At the end of the season, stock should be taken of what is on hand, and a tentative list made of what new articles will be needed. With a little study and ingenuity, much can be done in the way of remodeling. Patterns that combine two kinds of material, such as silk and wool material, or plaid and plain goods, are helpful in making over dresses. New collars and cuffs freshen an old dress or coat. Some materials, if cleaned and pressed carefully, can be turned, and will look quite like new. Garments which are too worn to make over for an adult may be cut down and made into children's clothes. It is not an economy to remodel a garment that will not wear long enough to repay one for the time and energy spent in remaking it.

Hats may be reblocked, recolored, bleached, or, if dusty, made to look fresh by wiping with alcohol. Sailor hats and men's hats should have a new band occasionally.

In choosing new clothing, care should be taken to see that it combines well with what is already on hand. The amount spent should come under the allowance planned rather than over it, thus providing for unexpected expenses that are more than likely to occur. Plain designs and inconspicuous colors are much more economical than novelties and extremes, which soon are out of date and of which the wearer so quickly tires. Many an article bought at a bargain counter is an extravagance rather than a bargain, in that it is not necessary or suitable to a person's wardrobe.

If a woman can make her own clothes, at least the plain ones, it means a great saving, and is often more satisfactory than having to depend on a dressmaker. Every little girl should be taught to sew, and she will learn much more quickly and will take more interest in it if she learns by making doll clothes instead of piecing quilts.

A certain amount of knowledge of textiles is necessary in buying clothes to advantage. There are many imitations on the market, and some of these are very serviceable, but they should be bought for what they really are, and not for the genuine.

To ascertain whether a material is all wool or not, ravel the fibers and singe. Wool, when burned, gives off a characteristic odor and leaves a little ball of ash clinging to the end of the thread. Cotton burns with an odor similar to burning paper, and leaves a gray ash which readily falls apart.

To distinguish between cotton and linen, wet the end of the finger and touch the under side of the material. On linen the moisture comes through at once in a

distinct spot; but with cotton it comes through slowly and irregularly.

Cotton material is often sized so that it is difficult to tell its real weight and weave. By taking hold of it with both hands and rubbing between the thumbs, the dressing can be removed sufficiently to see the actual texture.

Much of the silk seen today is, in the dyeing, laden with mineral salts, which cause it to cut through quickly. Experience is the best teacher in buying silks.

The length of time which a garment can be worn and look presentable depends a great deal on the care it is given. The best kind of garment, if carelessly treated, soon looks shabby, while on the other hand, an inexpensive one, if nicely pressed and kept in good repair, may look very well for a long time.

To enable the busy woman to give her clothes the proper care, a supply of hooks and eyes, various buttons, snaps, different colored thread, etc., should be kept in a convenient place; also some cleansing preparation and soap chips for washing silks.

Shoes should have careful attention. It is quite common to see a woman, otherwise well dressed, with run-over heels. This mars a person's entire appearance, and soon ruins the shoes.

Clothes, before stored away, should be cleaned and mended. Woolen garments should be brushed, aired, and protected from moths. One simple way to keep out moths is to paint with cedar oil the inside of the cupboard or drawer where the garments are to be stored. Cotton and linen clothes should be washed but not starched. Wrapping in blue paper prevents white articles from turning yellow.

Plan wisely your selection of clothing:

According to your station and work.

According to your income.

Utilize to the best advantage your old garments.

Look well to matching new clothing with present equipment.

Learn, so far as possible, to make your own garments.

A knowledge of textiles is most important.

Learn to distinguish the genuine from the imitation.

Take care of your clothing.



Photo, S. M. Harlan

CAPT. JOHN SMITH TRAI
From a group in the United States



WITH THE INDIANS

onal Museum, Washington, D. C.

Can Personal Beauty Be Enhanced?

G. Henry Hale

CAN personal beauty be enhanced? appears to be a strange question for discussion in this magazine, but the writer hopes that a perusal of the entire article will show it to be in keeping with our known editorial policy.

The quest of beauty as an object *in itself*, or in order to satisfy pride, might be an unworthy and empty aim. But if it can be shown that beauty stands for a certain utility that is fundamental to racial betterment, it must be conceded that the *improvement or development of one's beauty is a worthy object*.

It should be stated in the first place that the proverb, "Beauty is only skin deep," is based on an entire misconception of what constitutes beauty. It is true enough that some of the defects which mar beauty may be only skin deep. But while a fresh complexion and a fine figure are important elements in beauty, they alone do not constitute beauty. True beauty involves the whole being, the entire personality. True beauty cannot be purchased in the "beauty parlor;" neither can it be applied by means of cosmetics, or by certain suggestive devices of the clothing. The fact that the fashions, which are an attempt to enhance personal attractiveness, are forever changing, is an evidence that the popular estimation of what constitutes beauty is determined largely by certain nonessential externals which change from year to year. The beautiful of last year is considered hideous this year.

Moreover, beauty is not something which can be assumed by the contraction of a few facial muscles. A young woman, in posing for a photograph, often wreathes the face in a smile, in the belief that a smile enhances facial beauty. But a smile cannot develop beauty in a face

not beautiful. Knight Dunlap says that a common form of expression is, "She is beautiful only when she smiles;" but that a better statement would be, "She is attractive when she smiles, but she is not beautiful."¹ Smiles cannot add beauty to an unbeautiful face. True beauty is more than smile deep, though a smile in the soul may be an important contribution to beauty.

Probably Dunlap is right in saying that beauty "is the sign and the expression of the *potentiality* of the individual; not what he has done or is doing, but what he is capable of doing; not what he is capable of doing for his own interests, but what he is capable of doing *for the species*. Put in the plainest of terms, the most beautiful woman, the handsomest man, are the persons we would choose to be co-parents of our children, if we considered nothing but the highest mental and physical welfare of these children."

Beauty, thus described, would include perfect physical, mental, and moral qualities, for one cannot transmit to his children what he does not possess. The more capable one is of being parent to an ideal child, the more nearly one can bestow upon his children an ideal heritage in body, soul, and spirit, the more beautiful to the discriminating person he is.

It is a noteworthy fact that moron, or feeble-minded, girls are often attractive in face and form, sometimes remarkably so, and not infrequently an intellectual man is enamored of such "skin-deep" beauty, and marries to find the beauty of his married life turned to ashes, and

¹ "The Significance of Beauty," by Knight Dunlap, of Johns Hopkins University, in *Psychological Review*, May, 1918.

the mother of his children a mere doll, with no intellectual or moral beauty, who soon loses even her physical attractiveness. The discriminating person will detect the fact that this physical attractiveness without mental accompaniment is "only skin deep." There is no "soul" behind it. It is the beauty of the wax figure used to show off new styles of dress, the beauty of the faces in the fashion plates. The man who is attracted by this type of beauty is captured by the animal element, — hypnotized, as it were, — so that his intellectual faculties are for the time in abeyance.

Practically all the efforts of woman to beautify self are an appeal to this phase of man's love; and, naturally, if she succeeds in capturing an intellectual man, she does it when he is off guard; when he "comes to" and realizes how cheaply he has sold himself, he either

seeks some new alignment, or, if he determines to remain loyal to his marriage vow, he lives in a world that is a virtual hell to him and to her.

What, then, is a woman to do to improve her beauty? Is beauty something that can be developed, or is it something measured and fixed by one's heredity?

To a certain extent heredity determines what one's beauty is to be. There are certain hereditary limitations which no effort on one's part can transcend, a certain hereditary capacity which he cannot exceed. But within the hereditary limits, much can be done in the way

of self-improvement, physically, mentally, and morally. The improvement in all these spheres will come as a result of assimilation and exercise.

In the physical phase, one must assimilate food and oxygen, and must take rational muscular exercise. Mentally, one must assimilate (by reading, study, conversation, observation, writing) and exercise (by thought, conversation, writing, planning, execution); and morally, one must assimilate (by Bible study, prayer, etc.) and exercise (by helpful work for others). This combination of proper assimilation and proper exercise in the three spheres will help to develop one in all his functions to his utmost hereditary capacity.

To a large extent, one's future depends on how he relates himself to these limitations.

Fortunately or unfortunately, true beauty is rarely a determining factor

in the choice of a life partner. If it were, there would be fewer marriages by far, and there would be no divorcees, for it is inconceivable that two persons, beautiful by the standard here outlined, should ever think of divorce. And the children resulting from such marriages would make a different world from what we now have.

Beauty is more than skin deep. True beauty involves the entire personality.

It cannot be enhanced by cosmetics or suggestive clothing.

The changing styles indicate that there is no permanency in the standards of artificial beauty.

A smile cannot develop beauty in a face not beautiful.

Beauty is the sign of perfection in racial characteristics.

That person is most beautiful who is potentially the most perfect father or mother.

Feeble-minded girls may have the superficial beauty that too often deceives men, but it soon turns to ashes.

Woman's efforts to beautify self are usually appeals to the animal element in man's make-up.

So far as hereditary limitations permit, one can cultivate true beauty by developing the physical and the moral.

If all required true beauty in their life partners, there would be fewer marriages, and no divorcees.

Fewer Drug Victims

It was very confidently predicted that, as a result of prohibition, there would be a great increase in the use of habit drugs. But according to the *Journal A. M. A.*, the number of drug victims has fallen off since the prohibition law became effective.

The Lost Art of Walking

George H. Heald, M. D.

WALKING is almost a lost art. Why? The reasons are various: Cheap and rapid trolley service in and between cities; the advent of the bicycle, and especially of the automobile; the feverish anxiety to get over the ground rapidly; the growing notion that walking is "undignified" and not "classy." These are a few reasons why walking is no longer a popular exercise. No one walks nowadays who can afford a more rapid and more agreeable means of locomotion. There's the rub — "more agreeable!"

Time was when people walked for the sheer enjoyment of it. If any take long walks now, they are uncommon. Within a month, I have seen a young man, with a family and with none too high a salary, wait for a street car to carry him three or four blocks to his job behind a desk. He had been brought up in the rough country, where walking was

about the only way to get around. He probably could have found many places where the price of his short car rides might have added comforts for the family, and he doubtless needed very much the exercise that he could have had from that walk; but he preferred to ride. He is not at all exceptional. Occasionally a young woman, apparently in good health, will board a street car, and almost immediately she is ringing the bell to alight. Perhaps it is partly from the growing idea that it is niggardly to walk even a very few blocks when there is a street car.

But the decline in the popularity of walking has a deeper significance than this, namely, *the great prevalence of weak feet. Strong, serviceable feet are exceptional.* Sixty-two men out of every one hundred examined for the army were "suffering from foot trouble." A study of the feet of Cornell students for a pe-

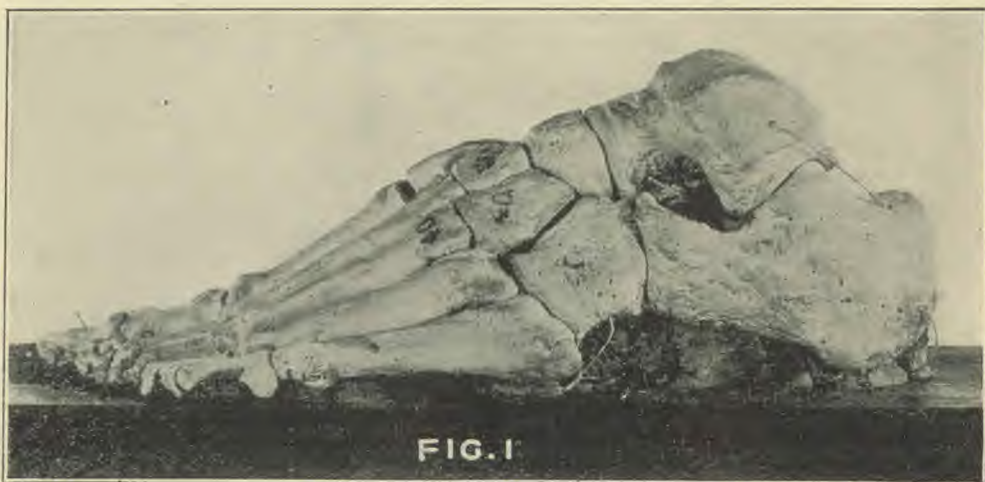


FIG. 1. SIDE VIEW OF FOOT

The outside arch, consisting of the heel bone, the cuboid, and the instep bones of the two outer toes, is the strong arch of the foot. When the foot is in the right position, the inner arch is partly supported by this arch.



FIG. 2. FOOT MOUNTED IN NORMAL POSITION

The heel is vertically under the ankle bone. The outer arch serves as a support to the weaker inner arch, which consists of the ankle bone, the four short bones (tarsals), and the instep bones (metatarsals) of the three inner toes.

riod of ten years revealed the fact that ninety out of every one hundred of them had enough foot weakness to cause muscular or nerve strain. And these are the young athletic men, probably averaging as high in physical condition as any in the country. Good, strong, serviceable feet, like those of our ancestors and those of the native races, are exceptional.

In many cases, one with weak feet would be astonished to learn that his feet are not all right. He knows that he does not enjoy walking and that he tires easily when on a hike, but he has never thought of it as a case of foot weakness. Others know that their feet are weak, but believe that it is a condition that cannot be remedied, except by the temporary



Fig. 3. FOOT MOUNTED IN SPLAY POSITION

The heel bone is tilted inward and from under the ankle bone. The outer arch no longer serves as a support to the weakened inner arch, and the weight of the ankle bone, and hence of the entire body, is thrown on this weakened arch. These specimens were molded in position in accordance with X-ray pictures of the foot.

device of wearing an arch support. Like the person who wears a brace for weak back, they continually increase the weakness of the part they are trying to strengthen.

According to the extensive experience of army practitioners, these foot troubles, in nearly all cases, can be remedied.

are many cases of splayfoot which are not sufficiently marked to be counted as flatfoot by this test, and yet they cause more or less strain when the feet are much used.

There are two principal causes of splayfoot: (1) A wrong method of standing and walking (e. g., "toeing out"); (2)

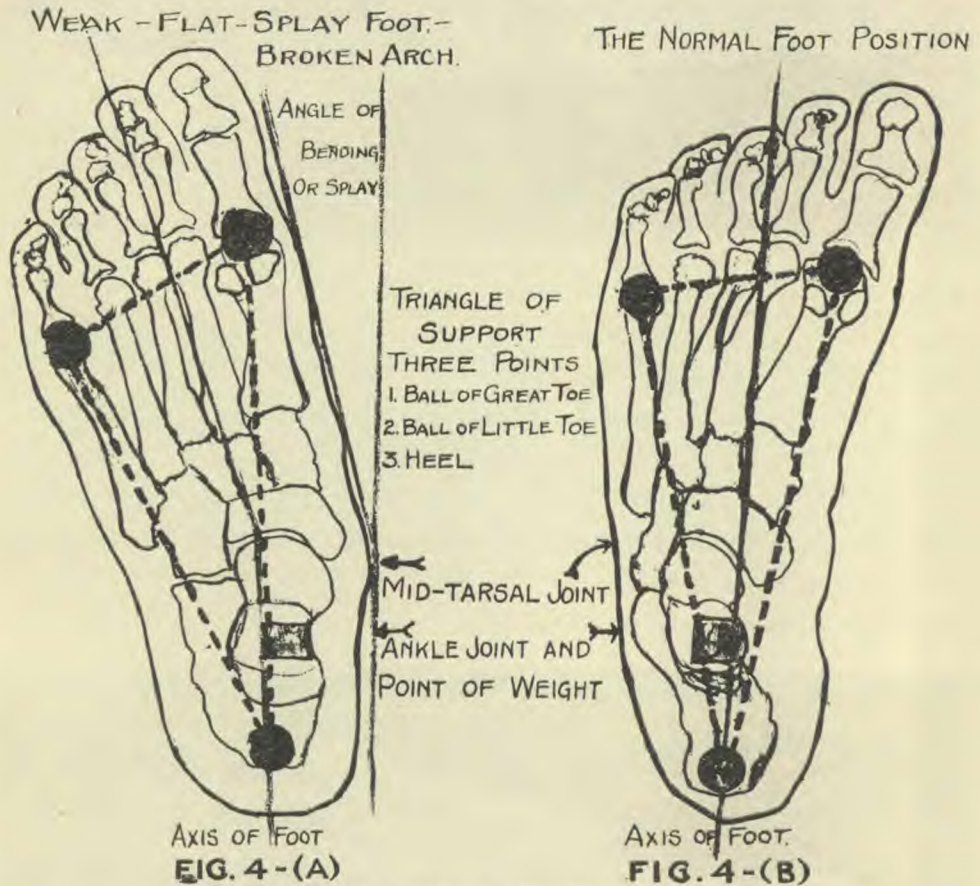


FIG. 4A. FOOT IN SPLAY POSITION

The bend is at the mid-tarsal joint. The triangle, or base of support, is one side of the point of weight. The tipping of the heel bone makes it appear to be wider than it is.

FIG. 4B. FOOT IN NORMAL POSITION

The point of weight is within the triangle, or base of support. These two figures are tracings of X-rays of the same foot, taken a few seconds apart; one in the weak position, the other in the correct position. All illustrations are used by courtesy of Dr. J. R. Harris, superintendent of the Health Department, New Britain, Conn.

They are usually due to what is known as "flatfoot," or "splayfoot." When the arch is completely down, forming the typical flatfoot, the impression of the blackened or wet sole on a sheet of white paper is characteristic, almost the entire sole touching the paper. But there

The use of poorly shaped shoes, and wrongly fitted socks.

One can demonstrate to his own satisfaction the effect of toeing out. Stand on the right foot (better with the shoe off), and twist the *body* as far as possible to the *left*. This is equivalent to

turning the right toe outward. As this is done, the instep will be seen to *rotate inward* in such a way as to lessen the height of the arch. Thus, it is demonstrated that *toeing out tends to obliterate the arch*. Moreover, it *throws the weight of the body from the outer portion of the foot to the weakened arch*, thereby greatly increasing the strain. Now, while standing on the right foot, twist the body to the *right*. This is equivalent to *toeing inward*. It will be noted that this tends to increase and emphasize the arch.

It has been the custom of parents and school-teachers and of many physical culturists to teach that the proper position of the feet is with toes pointing out at an angle of about 45°. And though it is unnatural for the child, he is taught and urged to maintain this position until, with most children, it becomes habitual. Native races do not walk this way, but with the feet parallel. So, modern teaching regarding the proper position of the feet has had something to do with weakening the feet.

But this is not all. The modern idea that the foot should be made to fit the shoe rather than that the shoe should be made to fit the foot, has developed the modern spindle-shaped, pointed shoe, which attempts to make over the fan-shaped foot, thereby pressing the great toe outward, away from the median line of the body. This pressing outward of the great toe has much the same effect as *toeing outward*: it weakens and tends to obliterate the arch of the foot, and throws the weight of the body outside the base of support. (See Fig. 4A.) This results in an unnatural and heavy strain on certain ligaments and muscles. This strain may or may not be apparent to the patient as foot weakness; but in some way it causes disagreeable symptoms, and induces a condition of inefficiency and suffering.

Any one who wears the popularly shaped shoes, may demonstrate to his own satisfaction that his feet are pronated, that is, rotated inward, so that the inside of the arch approaches the

floor. When one with normal feet stands with his heels and toes touching, the feet at the instep are separated about an inch. But in most instances (where the modern shoe is worn), the feet at this point almost touch.

If any one who has splayfeet (rotated inward) will stand barefoot, with feet parallel, he can raise the arches to a normal position by muscular action. In doing this he calls into play some muscles that are probably not often used. The ball of the foot must be drawn backward toward the heel, thus shortening the foot, and raising the arch.¹ If the feet are placed so that toes and heels touch, it will be noted that this muscular action increases the distance between the insteps; that is, the insteps have rotated outward. So long as this position is maintained, the weight of the body is well within the base of the foot, and there is a strong arch to support it. (See Fig. 4B.) At first, such a position will seem awkward, and difficult to maintain; but if foot-form shoes are worn, and the muscular action is persisted in, it will, in time, become habitual. But nothing can be accomplished with the popular style of shoe. A change in the style of the shoe, and a little persistence in keeping up the muscular action of holding the foot in position, will, in a comparatively short time, give one a pair of feet that will be serviceable. That is the way the boys in the army learned to walk.

In *Health News* (Albany, N. Y.), June, 1900, Dr. Harris gives the following directions for walking:

"Standing with feet parallel, as the foot swings forward to step, the body should twist at the waist so that the hip of that side moves also slightly forward. This results in a smooth, powerful stride, the body gliding along, the feet planted with the least hammering, and pointing straight or even a trifle pigeon-toed because of the swing or twist at the waist. The functional leg is increased in length by the amount of this

(Continued on page 377)

¹ It is not rolling the foot, but gripping or gathering it together. The foot will be found to shorten from one-half inch to an inch, according to the success of the effort and the size of the foot.—Harris.

DIETETICS: Diet in Diseases of the Stomach

George E. Cornforth

IN diseases of the stomach dieting is the major part of their treatment. There are many different kinds of stomach trouble, and the only accurate way of determining just what is the matter with the stomach is by the use of test meals. Upon their findings the diet is based. For this reason, only very general suggestions can be given for stomach trouble. Of course, all foods that are hard to digest, and highly seasoned and sweetened foods, such as pastries, fried foods, confectionery, rich cake, preserves, pickles, vinegar, pepper, mustard, tea, and coffee, should be avoided.

Thorough mastication is a help in most cases of stomach trouble — chewing the food until it is reduced to the consistency of gruel. One suffering from this malady should use bread that has been toasted in the oven till it is dry and crisp and compels mastication, rather than soft bread. He should also avoid drinking freely with meals.

Some of the wholesome foods that may be used are: zwieback, Graham bread, rye bread, rice, milk, buttermilk, cottage cheese, eggs (raw, coddled, or poached), hard-boiled egg yolks, baked potato, mashed potato, peas purée, corn purée, cream toast, barley gruel, rice gruel, cream soups, lettuce, celery, raw cabbage, spinach, asparagus, tomatoes, mellow apples well chewed, baked apples, apple sauce not too sweet, oranges, fresh peaches, peach sauce, fresh pears, pear sauce, fresh blueberries, blueberry sauce, stewed prunes, prune marmalade, stewed figs, stewed raisins, steamed dates.

It is well to limit the variety of foods eaten at each meal to from three to five kinds, changing the foods as much as possible from meal to meal.

In some severe cases the diet must be confined to liquid foods, such as hot or cold milk, buttermilk, malted milk, gruels, strained cream soups, vegetable broths, raw egg beaten stiff with a little salt and sometimes a very little sugar and flavoring, fruit juices, and in the most severe cases the stomach must be given a complete rest and the patient must be sustained by nutritive enemas.

Some severe cases of stomach distress are relieved by eating nothing but raw eggs, either plain or beaten stiff, for a few days.

Drinking a cup of hot water a few minutes before meals sometimes helps; and distress after meals is sometimes relieved by taking hot water at the time the distress is felt.

Persons whose food distresses them are sometimes advised to eat largely of meat. This may lessen the pain because meat is easily digested, but it aggravates the condition, stimulating the stomach to secrete an abnormal amount of acid.

The taking of soda to relieve distress in the stomach is also to be condemned, because, while it relieves the discomfort at the time, it damages the stomach and is in no sense a curative medicine.

There are persons whose digestion is improved by using Graham or whole-wheat bread, shredded wheat, or granose biscuit, instead of white bread.

Constipation often accompanies stomach trouble and aggravates it, and when the constipation is relieved, the digestion improves.

Cares and business perplexities should be dismissed during meals, and mealtime should be made the occasion for bright, cheery conversation and happy thoughts.

Tonic hydrotherapeutic treatments, and treatments applied to the stomach and to the spine, are of great value in stimulating the stomach to do its work normally. Light work and outdoor exercise are of value, also breathing exercises, and special exercises of the back, waist, and abdominal muscles. These exercises may be applied in such a way as to relieve distress, and to be a great aid in enabling the stomach, liver, and intestines to function normally.

Recipes

GEORGE E. CORNFORTH

Cottage Cheese and Pineapple Salad

PLACE a slice of pineapple on a lettuce leaf. On the pineapple place a spoonful of mixed mayonnaise and whipped cream, and on the mayonnaise place a ball of nicely seasoned cottage cheese.

Cottage Cheese Salad

Season cottage cheese with mayonnaise, grated onion, chopped canned pimiento, and chopped ripe olives. Mold in pyramids, place on lettuce, drop a teaspoon of mayonnaise on top, sprinkle the mayonnaise with chopped parsley, and place three olives at the base of the pyramid.

Cream Corn Soup

- 1 pint milk.
- 1 cup water.
- 1 cup canned corn, or an equal quantity of fresh corn cut from cob.
- 1 level tablespoon flour.
- 1½ level teaspoons salt.
- 1 bay leaf.
- 1 tablespoon butter substitute.

Heat the milk, water, and bay leaf in a double boiler. Thicken with the flour stirred smooth with a little cold water. Rub the corn through a colander, and add it and the butter and salt to the milk. Heat together. When hot, it is ready to serve.

The Lost Art of Walking

(Continued from page 375)

swing. The person who waddles twists at the waist also, but backward, so that if the step be with the left foot, the left hip goes definitely back and down. The leg being thus shortened in action, the pivot or neutral point may be four or five inches below the real hip joint, instead of above it as in the proper stride. Moreover, the waddler shortens the foot by planting it turned out. To prove this, toe a crack in the floor, then turn the toes out, and the mechanical shortening to the forward direction will be quite obvious. Worse even, if possible, than the shortened leg and foot is the fact that the waddler drops his body at each step and has to raise it again, one or even two inches more than the walker. On the assumption that the extra drop, and therefore lift, is only one inch, this is equivalent to raising the body 120 step inches, or ten feet, every minute. Part of this drop is in the waist hip action and part in the "giving" of the arch and of the *tibialis anticus* and *posticus* muscles which are being overtaxed and forced into unnatural function. The weakened foot is the splay plus the fact that the direction of the body force or inertia is in the out-toeing over the inner weak arch, tipping it at each step, and pulling weakened muscles and ligaments."

Perhaps it is too much to expect that men and women—especially those of younger years—will be induced in any large numbers to give up the use of the fashionable shoe, even for the purpose of having stronger, more efficient feet. They do not have to. They have street cars and other conveyances, so that they rarely have to walk more than a short distance. And with crippling shoes, they will take one or another of the various substitutes for walking. And thus, gradually, the civilized human race is losing the use of its feet, as it is losing the use of its teeth. As the soft foods and foods containing a deficiency of lime are producing a toothless race, so fashionably shaped shoes and the numerous substitutes for walking are producing a weak-footed race.

If the majority of the people are determined, for the sake of fashion, to sacrifice their feet, let those of discretion remember the story of the tailless monkey told by Dr. Olsen in this issue, and determine that they will be among the minority who have good feet.

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.

Biliousness — Use of Bran

"If I partake of more than one-half pint of milk a day, I am troubled with biliousness and headache. Is there any way of treating milk or any remedy that could be taken after using milk, to eliminate these disagreeable symptoms?"

"Should bran, used as a laxative, be eaten raw, cooked, or baked? What is the best way to use it in order that all its mineral elements will become available to the body?"

It is possible that you are sensitized to milk. This can be determined by a special test. If you are so sensitized, it is better to let milk alone or to undergo a treatment to overcome the condition. Again, it is possible that it is the combination of milk with some other food, as sugar, that causes your trouble. The whole matter might be tested out by a competent dietitian. By the way, I am not sure what you mean by biliousness. It is rather an indefinite term and may mean almost any kind of discomfort. By some, it means the same as constipation. You might experiment a little, using buttermilk and boiled milk. It is possible that the city milk you get is not the best, and your symptoms are the result of germ action. You see, there are many possibilities to be considered.

Bran can be taken in various ways: raw in a glass of water, cooked as porridge, or sprinkled on a dish of porridge as you may sprinkle sugar. I do not know that there is much difference in the various methods of getting out all the nutriment. Possibly the cooked bran would be a little more available, but I am not certain as to this. In any case, the main object for which you eat bran is to improve the bowel movements, and I should think the raw bran would be the better for this purpose.

Prevention of Mosquito Bites

"Do you know of any lotion or ointment that will prevent mosquitoes from biting, or that will ward them off?"

The important thing in the prevention of mosquito bites is to prevent the breeding of mosquitoes, by draining marshes, emptying barrels, looking out for old cans, cisterns, roof

gutters, and other places that might hold a little water for a week, using oil or petroleum where it is impossible to drain, and stocking streams with minnows. Another important measure is to screen houses, and stay inside at night.

Oil of wintergreen has been credited with the property of keeping bees from stinging. You might try it on the mosquitoes.

Oil of citronella is also said to prevent the biting of insects.

Abdominal Soreness

"What is the cause of a chronic soreness on pressure across the stomach and abdomen for several years, once or twice a year becoming acute, then subsiding gradually to the normal soreness on pressure. Must wear corset for support and protection. Tire easily. Appendix and ovarian cysts removed six years ago. Two children, youngest eleven; one miscarriage of six weeks two years ago, caused by medicine. Examination by physician failed to disclose cause of soreness. Sanitarium and osteopathic treatment failed to relieve it. Eat very lightly; underweight since I have been grown. A very little food satisfies me. Dentist says some of my teeth should come out. Could the teeth cause the soreness?"

The soreness may be due to any one of several causes. It may be muscular soreness, due to weakness of the abdominal muscles. The fact that you need to wear a corset favors this view. Again, there may be a low-grade chronic peritonitis, occasionally aggravated by an acute or subacute attack, when you have the increased pain. Your history of trouble with the appendix and ovaries give some support to this guess. There is also the possibility of a hepatitis (inflammation of the liver) and of gastric ulcer, though you have not had any stomach trouble which would account for the latter. One might think of an abdominal tumor, but your doctors would probably have discovered it if it were there. So much for the guesses.

Your appetite is fooling you. Do not trust it. You need more nourishing food than you are

getting; but because your appetite does not demand it, you continue to undereat. Possibly, if you were well nourished, you would have less trouble. Try to use more cream and butter, and do not let your antipathy to milk prevent your using it. You need it. Make it your first business to gain what should be normal weight for you, irrespective of whether your appetite approves or rebels.

If your teeth are affected, you should have them out—that is, if they have pus sacs at the roots. But first be sure that the tonsils are not the offending organs. They are as likely to cause abdominal infection as the teeth. If teeth or tonsils are infected and are causing secondary infection in the abdominal region, giving rise to the soreness of which you complain, you will not get permanent relief until you have the original focus in the mouth attended to.

Pimples

"I have been troubled with pimples the last eighteen months. Some of them produce a head, and some just remain a small hard lump on my face. Please advise a remedy for this. Is this disease one which stays with a person a long time? I have tried medicines and salves, but with no success."

Aene pimples in time cure spontaneously. They are rarely seen in old persons. They are, in fact, a sign of a young skin. The treatment for aene is both general and local.

You should keep your bowels free, having two or three movements a day. The old-fashioned sulphur and molasses, or sirup and sulphur, of our grandmothers is a good remedy, for the sulphur is partly passed out through the skin. At any rate be sure that you have free and frequent movements of the bowels.

The diet is important. You will do better for a while to use no animal foods. One physician has excellent success when he confines his patients to rice and butter for a few meals, not even allowing milk. At any rate, you will do much better to limit your intake of animal foods.

Keep the entire skin in as good a condition as possible by frequent bathing. Prepare a hot solution of boric acid, two tablespoons to a half-gallon of water. Wring towels out of this and apply to the face just as hot as can be borne. Keep the solution hot. Applications should be made for 10 or 15 minutes. After this you might apply a sulphur ointment, using *very little* of it. Repeat this treatment daily.

Diarrhea

"What can be done to relieve diarrhea?"

Place the patient at rest. Allow no food for twelve hours or more.

Give castor oil to clear out any offending matter. A secondary reaction, a slight constipation, follows the administration of castor oil. This is one reason why castor oil is not a good routine treatment for constipation.

During the progress of acute diarrhea it may be better, especially with a child, to give nothing but water for a time; then white rice, white bread, and blackberry juice may be given. Continue such foods as long as there is a tendency to looseness. Milk may be added after forty-eight hours, unless the child shows an idiosyncrasy toward milk.

Bright's Disease

"Is there any method by which one can tell whether he has Bright's disease?"

Certainly. Any physician, by means of a chemical and microscopical examination of the urine, possibly repeated one or more times, in connection with a general examination, can tell if you have kidney trouble, and also the nature of the trouble.

But I take it that you wish to know whether there is any method by which you yourself can tell whether your kidneys are affected. There is no certain way of doing this, unless you are capable of performing and interpreting the laboratory work yourself.

If you have any reason to suspect trouble, go to a doctor at once. Such conditions are much more amenable to treatment in their inception than they are after they have been allowed to run for a while.

Chapped Hands and Feet

"Kindly suggest a good remedy for chapped hands and feet."

First soak the parts well in a hot solution of baking soda (a tablespoonful to a gallon of water), then wash, using green soap, or soft soap, instead of the ordinary hard soap. Green soap may be obtained at the drug store. Dry thoroughly, and apply flexible collodion to any cracked parts.

Spasmodic Croup

"What is a good household remedy for spasmodic croup? My child is subject to it, and it comes at a time when it is very inconvenient to call a physician."

The condition is very much less severe in warm, moist air. Arrange a gas or oil stove near the bed with a kettle of boiling water, and let the child inhale the warm vapor. A steam tent may be arranged by throwing a sheet over the head and foot of the bed so as to inclose it, and allowing the steam to enter the tent. Some mothers can usually tell beforehand when the child is likely to have croup, and can be ready to administer this treatment.

For immediate treatment, give an emetic dose of ipecac, and then, by means of a sponge or cloth, make *hot* water applications to the entire throat from the chin down.

Fomentations to the throat, to which may be added a few drops of turpentine, act nicely. When the child is easier, put on a heating compress to throat and upper chest.

NEWS NOTES

Church of Scotland Dry

The Church of Scotland, by a vote of 111 to 97, decided to recommend that the people of Scotland vote No-license.

Some Interesting Figures

In 1914, we are told, Ontario's drink bill was \$40,000,000. If public roads cost \$8,000 a mile, as they did at that time, the people of Ontario were drinking up the equivalent of 5,000 miles of road a year. And Ontario was not the only country which was thus wasting its wealth on that which was worse than useless.

Kill the Rat

The fact that bubonic plague has a foothold in some of our ports, emphasizes the menace of the rat. As a transmitter of disease, it is potent for evil; but even where there is only a remote possibility of plague infection, the rat is a destroyer of property,—millions of dollars' worth every year,—and every effort should be made for its elimination. Where the houses are all rat proofed, and food and garbage are properly cared for, there will be no rat problem.

Food from Sawdust

Cattle have one advantage over man, in that they are able to digest cellulose or crude fiber. For instance, in straw or hay there is practically no food for man, yet in the digestive system of the ox or the horse, this is converted into sugar. Recently it has been attempted to utilize more largely the cellulose of wood for animal food. By the action of acid, sawdust is digested or converted into a form of sugar. Cattle do not object to this artificial food, but horses refuse to eat it. It remains to be seen whether a continued use of such food will maintain the animals in good health.

Ripe Olives

Secretary Meredith, of the Department of Agriculture, in making public the result of a thorough investigation by Government chemists of cases of poisoning due to the eating of ripe olives, *said the trouble was not due to the container in which they were packed, but to isolated cases of inadequate sterilization. The chemists found, he said, that it was possible to sterilize completely both glass jars and tin cans.* To eliminate all possible future trouble, he said, the packers have adopted the department's recommendation that the olives be subjected to not less than 240 degrees of heat to prevent the possibility of danger to the consumer. This increased sterilization, it is said, in no way affects the flavor or edibility of the relish.

Antituberculosis Work

Michigan is said to have 27 sanatoriums, with a capacity of less than 1,000, while the number of known cases of tuberculosis in the State is in the neighborhood of 25,000. Probably Michigan is no worse off in this respect than most of the States. It is thought by some that if all the tuberculosis patients could be isolated in institutions and given proper treatment, the disease would soon be under control. But there is reason for doubting this.

Child-Labor Report

In its preliminary report, the Permanent Committee on Standards of Physical Fitness for Children Entering Employment, appointed by the Children's Bureau of the United States Department of Labor, recommends that sixteen years be made the minimum age for children entering into industry, on the ground that the period of pubescence, not completed in the majority of cases until the sixteenth year, is a time of special strain for the child. Moreover, no child should be allowed to go to work until he has had a complete physical examination, and is declared physically fitted for the occupation for which he is qualifying. Re-examination of children when changing occupations, and periodical examinations of all children, were also recommended.

Source of Human Foods

According to Dr. Raymond Pearl, in the "Proceedings of the American Philosophical Society," more than 50 per cent of the protein of man's diet is contained in animal foods other than fish. The grains furnish 36 per cent, of which wheat furnishes 28 per cent, meats 26 per cent, dairy products 20 per cent, poultry and eggs about 7 per cent. Of the fat eaten, 51 per cent comes from meat, 27 per cent from dairy products, and 12 per cent from oils and nuts. Of the carbohydrates 56 per cent is from the grains, 26 per cent from sugar, and the remaining 18 per cent from fruit, vegetables, and dairy products. Expressed as calories, the energy is derived as follows: 35 per cent from grains, 22 per cent from meats, 15 per cent from dairy products, 13 per cent from sugar, 5 per cent from vegetables, 2 per cent from fruits, 2 per cent from poultry, and 5 per cent from vegetable oils and nuts. The average consumption by the adult man is 114 grams protein, 127 grams fat, 433 grams carbohydrates, or a total of 3,424 calories a day. Modern research has shown that there is nearly twice as much protein consumed as the body utilizes to advantage.

Social Disease Conference

The first of a series of regional health conferences authorized by the International Health Conference in Cannes, is to be held in Washington, D. C., December 6-13, for the consideration of the venereal disease menace.

Saving Belgian Babies

Hundreds of Belgian babies owe their lives to the Junior Red Cross School Colony at Roulers and to the chain of forty school lunchrooms that were operated last winter and a portion of the last summer as a part of the work of the Juniors in Europe. Nearly six thousand children were fed daily for many months.

Avoiding Embarrassment

Some physicians, believing that there are no cases where the use of alcohol is necessary to save life, have not applied for a permit to dispense or prescribe alcoholic medicines. This enables them to resist, without giving offense, the importunities of old toppers for a prescription "with a kick in it." If they do not have the permit, they can say No gracefully. Not all doctors are so careful in regard to the matter, and the Philadelphia County Medical Society has issued to members a statement warning them "not to bring discredit on the society and profession" by giving prescriptions that are an evasion of the law.

To Prevent Anthrax

The department of health of New York City, has adopted resolutions regulating the manufacture and sale of hair brushes, shaving brushes, and haircloth. The regulations forbid the use in such articles of any hair that has not been sterilized by a process approved by the department. And no person is permitted to bring into the city and offer for sale any brush containing animal hair which has not been properly sterilized. As the anthrax germ is very resistant to heat, ordinary boiling will not suffice. The articles must be boiled for three hours, or else be placed in an autoclave and subjected to steam under pressure.

Health Lessons to Children

The Children's Playground Association of Maryland has added to its activities a series of health demonstrations to be given at one of the playgrounds every day through the summer.

Making Animal Quilts

Junior Red Cross girls of Richland Center, Wis., have been making very unique quilts for unfortunate children. Queer, square little animals were traced on unbleached muslin and done in chain stitch. The quilt menagerie thus created was a source of unending delight in a children's hospital. These Juniors also made a quilt of pink gingham with "sunbonnet babies" and "overall boys" on it.

Proprietary Remedies

The American Medical Association has called attention, in a poster, to the difference between certain substances when sold under the regular name and the identical substances when sold under a proprietary name protected by trade-mark or patent. Often the maker of the proprietary remedy, by skilfully worded advertisements, tries to carry the impression that the proprietary substance is better than the other. The fact is that they are identical, except in the name and *the price*. The prices per ounce for a few of these preparations are:

Aspirin	\$0.85	=	Acetylsalicylic Acid	\$0.16
Phenacetin	0.65	=	Acetphenetidin	0.27
Urotropin	0.60	=	Hexamethyleamine	0.21
Sulphonal	1.70	=	Sulphonmethane	0.80
Trional	1.90	=	Sulphon-Ethyl-Methane	1.00

Perhaps it is worth the difference to avoid spelling and pronouncing the regular names.

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.

The Columbus Rural Rest Home

Rest, Comfort, Nutrition, and Pleasant Associations

CLOSE MEDICAL SUPERVISION

FOR THE NERVOUS

NOT THE INSANE

DR. G. T. HARDING, Jr., Attending Physician

318 EAST STATE STREET

COLUMBUS, OHIO

INDEX TO LIFE & HEALTH

For 1920

VOL. XXXV

NUMBERS 1-12

NOTE.—The twelve numbers begin with the following pages, respectively; January, 1; February, 33; March, 65; April, 97; May, 129; June, 161; July, 193; August, 225; September, 257; October, 289; November, 321; December, 353.

References marked (Q) are to questions and answers.

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

ALCOHOL (See Stimulants and Narcotics)

AUTHORS

Addis, W. H., 22, 91.
Ball, Clarence F., M. D., 152.
Bralliar, Floyd, 182.
Caldwell, J. E., M. D., 205.
Cobban, Franke, 332, 366.
Comstock, Belle Wood-, 265.
Cornforth, George E., 19, 50, 53, 82, 84, 114, 146, 178, 181, 210, 238, 250, 269, 306, 339, 342, 376.
Crawford, B. E., M. D., 73, 111, 118, 313, 365.
Crawford, R. A., M. D., 139, 168, 360.
Dalbey, William Curtis, D. D. S., 79, 117, 151, 172, 206, 253, 271, 314.
Dennett, Tyler, 207.
Evans, Adelaide Bee, 214.
Fitch, Mrs. D. A., 186.
Foster, O. D., 40.
Hale, G. Henry, 24, 232, 370.
Hanna, J. Greer, 334.
Hansen, L. A., S. 26, 43, 104, 137, 170, 244.
Hanson, W. R., 302.
Harding, G. T., Jr., M. D., 297.
Heald, G. H., M. D., 11, 45, 85, 122, 173, 235, 277, 299, 346.
Hook, W. L., 343.
Jewett, A. C., 315.
Kress, D. H., M. D., 87, 281, 309, 344.
Lea, Mrs. Malinda, 216.
Ministry of Healing, The, 175, 228, 293, 296, 328, 357.
Olsen, A. B., M. D., 362.
N. E. G., 284.
Pelton, Garnet Isabel, 204.
Pulis, Susie A., 329.
Ray, Johnstone, 218.
Roberts, G. A., 54.
Rogers, James Frederick, M. D., 143.
Runk, Roxette L., M. D., 150, 274.
Samuels, Florence, 119, 248.
Shively, Eva M., A. B., M. D., 198.
Sutter, L. A., A. B., M. D., 76, 109, 140, 201, 242, 312.
Thompson, Mrs. G. B., 331.
Thurber, R. B., 171, 203.
United States Public Health Service, 252.

BOOKS

Child's Book of the Teeth, A, 187.

Danger Signals for Teachers, 32.
Diseases of Children, 349.
Everyday Mouth Hygiene, 126.
Family and the New Democracy, The, 126.
Food for the Sick and the Well, 126.
Handbook on Health and How to Keep It, 222.
Health of the Teacher, The, 32.
Health Through Will-Power, 94.
High Road to Health, The, 64.
Man Who Discovered Himself, The, 32.
Natural Food and Care for Child and Mother, 187.
Personal Hygiene and Home Nursing, 187.
Primer of Hygiene, 187.
Primer of Physiology, 187.
Primer of Sanitation, 187.
Science of Eating, The, 94.

CHILDREN

Baby in Hot Weather, The, 198.
Books on Infant Feeding, and Hygienic Diet, (Q), 188.
Home and the Schoolchild's Health, The, 259.
Hot Weather and Babies, 252.
Infant Feeding, Some Aspects of, 173.
Infant Mortality, An Encouraging Reduction in, 136.
Teach the Child to Relish Proper Foods, 326.
Schoolchild, The, 265.

CLOTHING

Body Temperature, Regulation of, 360.
Can Personal Beauty Be Enhanced? 370.
Clothing, Selection and Care of, 366.
Cutting Shoe Bills, 30.
Fashion, The Follies of, 357.
Short Skirt, Advantages of the, 365.
Walking, The Lost Art of, 372.
Well-dressed Person, The, 362.

DIET AND FOOD

Alkali in Baking Powder, (Q) 286.
Beriberi, Work of Japanese on, 263.

Bran, Use of, (Q), 378.
Cereals and Bread, (Q), 286.
Cocoa and Chocolate, (Q), 220.
Cocoanut, Use of the, Especially in the Tropics, 186.
Condensed Milk and Vitamines (Q), 188.
Diet and Diabetes, (Q), 157.
Diet, Influence of, on Intestinal Bacteria, 101.
Diet in Diseases of the Stomach, 376.
Diet in Diseases of Metabolism: Diabetes, 306. Rheumatism, Obesity, 339.
Diet in Tonsillitis and Quinsy, 250.
Diet, Some Facts Concerning, 205.
Dietetic Customs, Some Observations on, 137.
Dietetics:
Food Combinations, 178.
Food: Its Composition and Relation to Health, 82, 114.
Food: Its Composition and Uses, 19, 50.
Food Requirements of the Body, 146.
Types of Diet, 210.
Eggs, Raw, (Q), 61.
First-Hand or Second-Hand Foods, (Q), 29.
Food:
Its Composition and Uses, 19, 50.
Its Composition and Relation to Health, 82, 114.
Food Requirement of the Body, The, 146.
Food Restriction and the Death Rate, 134.
Food Values, Table of, 148.
Gelatin, (Q), 156.
Indispensable Food, The, 277.
Is Meat Necessary for a Child? (Q), 188.
Jelly with Less Sugar, (Q), 125.
Lime Juice and Scurvy, (Q), 286.
Lunches:
Benefits of Hot School, 274; School, 269; Vacation, 238.
Meat, Economizing in the Use of, 230.
Meat Hygiene, Textbook of, the *Journal's* Comments on, 264.

Milk Contamination, The Straining Cloth and, 38.
 Milk, Human and Animal, (Q), 125.
 Milk the Vital Food, 276.
 Milk versus Meat Production, 295.
 Nutritive Meals Without Meat, 166.
 Old and Young Flesh, (Q), 254.
 Personal Touches, A Few, 302.
 Potato and Bread, (Q), 221.
 Potato and Rice, (Q), 255.
 Protein Content of the Diet, The, 75.
 Protein, How Much Do We Require? 165.
 Protein Requirement, 223.
 Recipes, 53, 84, 181, 212, 342, 343.
 School Lunches, 269.
 Benefits of Hot, 274.
 Soda Crackers, (Q), 286.
 Sugar, The Danger in Too Much, 91.
 Teach the Child to Relish Proper Foods, 326.
 Vacation Lunches, 238.
 Vitamins by Sprouting, (Q), 286; Yeast Cakes and, (Q), 349.
 Wants to Gain Weight, (Q), 287.
 Will It Jell? (Q), 124.

7 DISEASES AND DERANGEMENTS

Accidents and Emergencies:
 Ulcers, Erysipelas, 201.
 Acidosis a Condition More Common than Fever, 39.
 Adhesions, (Q), 157.
 Beriberi, (Q), 125.
 Bright's Disease, (Q), 379.
 Cancer an Increasing Menace for the Middle Aged, 90.
 Cancer Mortality, The Increase in, 70.
 Diabetes, Diet for, (Q), 220.
 Dizziness, 28.
 Epidemics, 122.
 Fevers, Water in, (Q), 92.
 First-Aid in Accidents and Emergencies:
 Wounds, 109;
 Burns, 140;
 Bites and Stings of Insects, 242;
 Nosebleed, Strains, Sprains, 312.
 Focal Infection, (Q), 220.
 Infectious Diseases, The Common, 56.
 Leprosy, Apparently Successful New Treatment for, 294.
 Mumps, (Q), 93.
 Pamphlets Wanted, (Q), 156.
 Reaction and Interaction, 299.
 Various Symptoms, (Q), 189.

8 DIGESTION

Biliousness, (Q), 378.
 Botulism, (Q), 348.
 Child with No Appetite, (Q), 316.
 Coffee-grounds Vomit, (Q), 220.
 Constipation, (Q), 28, 349, 221.
 Constipation in the Aged, (Q), 29.
 Constipation, Starchy Food and, (Q), 287.
 Diarrhea, (Q), 379.
 First-Aid to Indigestion, (Q), 254.
 Gallstones, (Q), 220.
 Gastric Catarrh, (Q), 93.
 Gastrointestinal Catarrh and Mucous Colitis, (Q), 28.
 Hiccough, (Q), 124.

Olive Oil as a Laxative, 63.
 Piles, (Q), 125;
 Treatment of, 157.
 Poor Nutrition, (Q), 349.
 Reaction and Interaction, 299.
 Stomach Ulcer, (Q), 317.
 Tapeworm, (Q), 189.
 Typhoid, The Summer Danger of, 244.
 Ulcerated Sore Mouth, (Q), 61.
 Worms or Lung Trouble—Which? (Q), 29.

9 CIRCULATION, BLOOD

Anemia, (Q), 189.
 Arteriosclerosis, (Q), 60.
 Blood, to Enrich the, (Q), 188.
 Blood Pressure, (Q), 61.
 Cold Feet, (Q), 157.
 Colon Massage, (Q), 92.
 High Blood Pressure, Cause and Prevention of, 197;
 Weak Heart, (Q), 93.
 Neuralgia in Chest, with Nervous Heart, (Q), 316.
 Puffing of Hands and Feet, (Q), 316.
 Sugar in Blood, (Q), 157.
 Tuberculous Persons Without Funds Should Not Leave Their Home State, 204.

10 RESPIRATION

Asthma, (Q), 61.
 Bad Breath, (Q), 255.
 Cold, Persistent, (Q), 220.
 Colds, Precaution Against, (Q), 254.
 Colds, Frequent, (Q), 255.
 Croup, Spasmodic, (Q), 379.
 Diphtheria Carriers, (Q), 254.
 Epidemics, 122.
 "Flu," Doctors and, (Q), 286.
 Carriers, 255.
 Mouth Breathing, (Q), 156.
 Pneumonia, Lobar, 73.
 Skin, Chilling the, Effect on Membranes of, 7.
 Soreness of the Chest, Fomentation to Abdomen for, (Q), 29.
 Speaker's Sore Throat, 346.
 That Cold, 350.
 Tuberculosis, Pulmonary, The Arrest of, 54;
 Rest in, 31;
 The Menace of Unsuspected, 102;
 Value of X-ray Examinations in, 152.

11 NERVOUS, MENTAL, PAIN, ETC.

Abdominal Soreness, (Q), 378.
 Drowsiness, (Q), 61.
 Headaches, Nervous, (Q), 156.
 Sick, (Q), 348.
 Headaches, (Q), 221.
 Is Insanity Contagious? (Q), 93.
 Mental Symptoms, (Q), 155.
 Nervous Exhaustion, Tonic for, (Q), 92.
 Sciatica, (Q), 155.

12 SKIN, HAIR, EYES, EARS

Acne, (Q), 221.
 Burns, For, 62.
 A Remedy for, 298.
 Chapped Hands and Feet, (Q), 379.
 Cold Sores and Fever Blisters, (Q), 125.
 Deafness Following Mumps, (Q), 28.
 Dandruff, (Q), 60.
 Earwax, (Q), 157.
 Eczema, Scaly, (Q), 287.
 Erysipelas, (Q), 124.

Eyes, Caring for the, 111.
 Feet, Sweating, (Q), 125.
 Fever Blisters, (Q), 92.
 Pimples, (Q), 379.
 Poison Ivy and Poison Oak, 71.
 Skin and the Health, The, 85.
 Skin, Inactive, (Q), 28;
 Piebald, (Q), 156.

13 REMEDIES

Bleeding, To Check, (Q), 125.
 Blood Purifier, (Q), 317.
 Bread and Uric Acid, (Q), 317.
 Burns, A Remedy for, 298.
 Calomel for External Use, (Q), 249.
 Cold Sores, (Q), 61.
 Drugs, Tolerance of, (Q), 317.
 Epilepsy, Bromide and, (Q), 317.
 Fomentation Cloths, Heating, 298.
 Fomentation Tank, A Portable, 22.
 Garden Medicine Chest, The, 182.
 Goiter Be Cured Without Surgery? Can, 313.
 Home-Care Nursing, 329.
 Home Nurse, How to Become a Practical, 331.
 Home Nursing, Equipment for, 332.
 Home Treatments, Simple, 334.
 Hot Water with Agar, (Q), 157.
 Internal Bath, (Q), 156.
 Laxatives, (Q), 60.
 Medicine, Use of, (Q), 317.
 Recreational Treatment for Imaginary Ills, 248.
 Rhubarb Juice for Scurvy, 127.
 Spinal Treatment, (Q), 317.
 Thyroid Extract, Use of, (Q), 348.
 Treat the Patient, Not the Disease, 103.
 Tuberculosis, Sunlight and, (Q), 254.
 Vaccines, (Q), 189.
 Wright's Solution, (Q), 61.

14 EXERCISE, RECREATION, REST

In the Canadian Rockies, (illus.) 48.
 Motor Camping de Luxe (illus.), 240.
 New Profession, The, 143.
 Sleep, Refreshing, 118.
 Take a Vacation, 227.
 Vacations, Inexpensive, 235.
 Why a Vacation? 232.

15 GENERAL

Announcement: Change in Our Journal, 357.
 Cry of Need, The, 323.
 Physician to the President, The, 262.
 Adventure and Romance, 218.
 Health Means Wealth, 207.
 Capt. John Smith Trading with the Indians (illus.) 374.
 Community Service, 119.
 Cutting the Cost of Living, Common Sense Economy for, 104.
 Fuller Freedom, The, 67.
 Habits Are Friends or Enemies, Our, 358.
 Health Agency, A Novel, 40.
 How Much Makes a Man? 355.
 Kings, The Right Kind of, 69.

Land of the Midnight Sun,
In the, (Illus.) 16.
Meeting the Test, 35.
Native Headwork (Illus.),
176.
New Year Resolutions, Mak-
ing Good on Your, 3.
New Profession, The, 143.
Our Southern Neighbors
(Illus.), 336.
Outdoor Life (Illus.), 208.
Pamphlets Wanted, (Q), 156.
Quaint Watercraft (Illus.),
304.
Red Cross in the Influenza
Epidemic, The, 184.
Stethoscope, Invention of the,
a Fortunate Accident,
The, 135.
To Our Readers, 196.
Tuberculosis, Saving the Bal-
kans from, 284.
War with no Peace Terms, A,
68.

18 HYGIENE (See Children, Clothing,
Diet, Exercise, Stimulants)
Air and Health, The, 24.
Cheer Up! 170.
Cigar Making, (Q), 28.
Factors in Long Life Shown
by Insurance Statistics,
37.
Germs from Doorknobs and
Money, (Q), 255.
Good Cheer for the Sick One,
231.
Health and Efficiency: How
to Secure
A Healthy Mind, 139;
A Healthy Body, 168.
Health Resolution, A, 5.
Healthy Mind, A, 139.
Help Others — Help Yourself,
195.
Hot Weather, To Keep Com-
fortable in, 229.
Housekeeping and Health
Keeping, 216.
Hygiene, Mental, 293.
Late Winter Cautions, 45.
Mind Cure, 293;
The True, 291.

"Quit," 171.
How Shall We? 203.
Real Rest a Remedy, 43.
Self-pity an Unprofitable Oc-
cupation, 37.
Take an Inventory, 8.

19 PUBLIC HEALTH, SANITATION
Industrial Efficiency, A Re-
markable Study in, 262.
Teaching Hygiene and Pre-
serving Health in the
Public Schools, 272.

HEALTHFUL HOMES

Economy and Health in Heat-
ing and Lighting, 11.
To Tolerate the Rat Is to
Invite Disease, 327

PREVENTIVE MEASURES

Antiseptics in the Home, 76.
Do Not Worry, Make Your
Own Diagnosis, 6.
Formaldehyde Disinfection,
(Q), 124.
Mosquito Bites, Prevention of,
(Q), 378.
Nervous, Home Care of the,
297.
Tuberculosis Patients, Sug-
gestive Provisions for
Discharged, 7.
Ultra-Violet Ray Sterilization
(Q), 286.

TEETH AND MOUTH

Child's Teeth, The, 150.
Do Diseased Teeth Influence
the Whole System? 172.
How to Care for Your Teeth,
206.
Menace of the Mouth, The,
314.
Teeth, Bad, and Disease, 117;
and Skin Troubles, (Q),
189.
Defective, How to Avoid
Them, 253;
Neuralgia of the, (Q),
124;

Importance of Caring for
the Teeth of School
Children, 271.
Why Good Teeth Are Necess-
ary, 151.
Why Sound Teeth? 79.

MISSIONS, OUR WORK

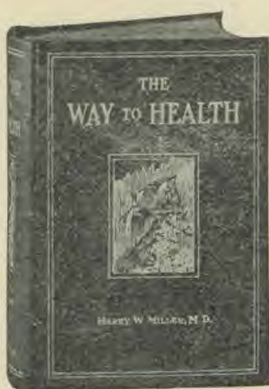
Christ's Method of Reaching
the People, 175.
Denominational Health Work,
26.
Interesting Views of Japa-
nese Life (Illus.), 112.
Medical Conditions in Af-
ghanistan, 315.
Missionary Aspect of Medical
Work, The, 99.
Our Editorial Object, 163.
Scenes in German East Africa
(Illus.), 80.
Simple Tools and Willing
Hands, 214.
True Reformer, The, 132.
Who Is Your Neighbor? 356.
World's Need, The, 131.
You and I Can Help, 132.

STIMULANTS AND NARCOTICS

Cigarette Cure, (Q), 124.
Cigarette Habit Among School
boys, The, and How to
Get Rid of It, 281.
Prohibition and the Califor-
nia Wine Industry, 294.
Race Poisons and Their In-
fluence, 309.
Tobacco and the Medical Pro-
fession,— Then and Now,
344.
Whole Truth About Alcohol,
The, 6.
Will Prohibition Increase the
Use of Habit-forming
Drugs? 87.
Wood Alcohol, (Q), 348.

TEMPERANCE PROGRESS

Prohibition Enforcement, How
You Can Aid in, 166.
Ontario's Emphatic Indorse-
ment of Prohibition, 70.



The Way to Health

*Principles of Right Living and Methods
of Practical Nursing*

By Harry W. Miller, M. D.

Though not intended to take the place of the phy-
sician or the trained nurse, this book is a most valuable
guide in the sickroom, describing various methods of
treatment. It is intended primarily for family use.

Cloth binding, price, \$2.00

REVIEW & HERALD PUBLISHING ASSOCIATION
TAKOMA PARK, WASHINGTON, D. C.

? Do You Have ? a Cold

Send for a copy of the little
book,

"Colds: Their Cause, Prevention, and Cure"

by Dr. G. H. Heald, and
learn how to cure it, or bet-
ter still, how to prevent tak-
ing cold.

62 pages of valuable in-
formation, in dainty binding.
Price, 40 cents.

ORDER OF THE
Review & Herald Pub. Assn.

WASHINGTON, D. C.



Mt. Vernon Medical and Surgical Sanitarium

Centrally located in one of the Most Beau-
tiful and Healthful Parts of the State

The latest improved apparatus for use in
**HYDROTHERAPY, ELECTROTHERAPY,
MASSAGE, etc.,** in the treatment and cure
of Chronic Diseases. Fully equipped for
doing **MODERN SURGERY.**

Christian Attendants, Pleasant Rooms,
Quiet Grounds.

For booklet address,

V. L. FISHER, M. D., Supt.
Mt. Vernon, Ohio



THE HINSDALE SANITARIUM

Is beautifully located seventeen miles from Chicago on the Burlington Road, and is of
easy access to the great metropolis of the Middle West.

Surrounded by spacious lawns and sixteen acres of beautifully wooded grounds, this
institution provides a quiet, restful retreat for the chronic invalid.

The institution is also well equipped for the scientific and rational treatment of the
sick, both medically and surgically, this equipment including Swedish movements, electric
apparatus, radiotherapy, hydrotherapy.

Instruction in dietetics especially adapted to each patient, is part of the daily pro-
gram; also individual physical training and mental diversion in the way of occupational
therapy, both in and out of doors.

Private rooms with private telephone in each room and regular hotel service.

Send for booklet. Address

The Hinsdale Sanitarium - - Hinsdale, Illinois



WE'RE WINNING THE FIGHT

Although tuberculosis kills 150,000 persons in the United States every year, it is *not gaining ground*. Sixteen years ago the death rate from tuberculosis was 200 in each 100,000; in 1918 the death rate had dropped to 149 in each 100,000. For years the National Tuberculosis Association has been carrying on a winning fight against tuberculosis, and *it is going to continue it*. Dr. William Osler said: "The battle against tuberculosis is not a doctors' affair, it belongs to the entire public." Tuberculosis Christmas Seals furnish the funds to *fight tuberculosis*. Help us to keep on winning!

**BUY
TUBERCULOSIS
CHRISTMAS
SEALS
DEC. 1-10!**

