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VOL. VI NO. 3

Contents, March, 1915

The Capital Building at Washington, D. C., U. S. America. Here recently a vote for nation-wide prohibition was taken, the vote standing 197 for and 189 against. A two-third vote was required to carry prohibition and the fact that a majority in favour was obtained is regarded as very favourable.

General Articles

The Small and Harmful Habits of Everyday Life

By Herbert M. Lome

It is the little thing and not the big thing that counts in both the physical and the moral world. The massiveness of the elephant is impressive, but it is the invisible bacilli, harmful or beneficent, that in a sense control our bodily destinies. The spasmodic and magnificent charity of a very rich man may excite wonder and perhaps admiration, but it is the hidden self-sacrifice of the wealthless millions that makes life worth living on the part of those who are benefited by such sacrifices. Likewise, the small habits that one forms make or mar one, and it is with some of these latter that we shall attempt to deal in that which follows.

Many such habits are due to carelessness. Others are symptoms of some physical or mental defects. Still others are the offspring of stupid fashion or the fads of the moment. Not a few are the outcome of that streak of perversity in our natures that prompts us to do wrong when right is equally easy. Many may be traced to a combination of two or more of these causes. All make for the ill health of brain or body.

One of the more common of these habits is that of stooping, either when walking or sitting. This habit results from sheer laziness in some instances, from muscular weakness in others. As a result of it, the spine is thrown out of alignment and the body out of poise, the circulation of the blood in the head is disarranged, the breathing apparatus is cramped, and the work of the digestive organs is seriously hindered. The round shoulders and sunken chest give an appearance of inferiority and ill health; and the victim, not supplied with a sufficiency of oxygen, becomes anemic, weakened, and apathetic. As his digestive powers fail to supply him with a proper amount of nutriment, the enfeebled body invites disease.

A literary man, owing to his neglect to maintain a proper position while engaged in his daily labors, was badly afflicted with the "literary stoop." The inevitable ensued, and after a long siege with doctors and specialists, whose ministrations gave him little or no satisfaction, he took the advice of a friend, and rigged up an arrangement of straps by means of which his body was held in an upright position, while his arms and hands remained free. In a week there was a noticeable change for the better in his carriage. The straps were tightened from day to day, and his mental and physical health increased. At the end of two months, the stoop had disappeared, and, the lesson having been learned, the harness was given up. Today, the gentleman is upright and strong.

Another very common habit that may be responsible for much harm is reading when in trains or trolley cars. This evil is accentuated when it is accompanied by artificial lighting. The motion of the car calls for a constant readjustment of the optical focus, the strain of which, plus the indifferent lighting, may result in serious injury to the sight. There is a possible relation between the habit of reading on the cars and the comparative frequency of eye-glasses on commuters.

Certain habits due either to a lack of tone in the nervous system or to want of respect for oneself or the sensibilities of others, are annoying to the onlooker, and call for self-examination on the part of those who practise them.

Thus there is the unpleasant habit of picking, rubbing, or scratching the nose. The first of these may be excused in children, but in the case of an adult it is disgusting, and moreover may lead to maladies of the delicate lining of the nasal cavities, due to irritation. Polypi, lupus (a type of cancer of the milder kind), enlargement of the nasal glands, and the impairment of the sense of smell, are some of the possible consequences of this habit. In order to effect a cure, an inquiry must be made into the cause, and steps taken to shape a fitting remedy, on the basis of the inquiry.

Hawking of the throat is sometimes the result of catarrh or kindred trouble, in which case resort should be made to some appropriate remedy. Often it is due to a selfish nervousness, which ignores the susceptibilities of others. In the latter instance, if no attempt is made to check it, is liable to breed an irritation of the mucous membrane of the throat that may develop into true catarrh.

Biting the nails is usually indicative of an abnormal condition of the nervous system. The medical theory in regard to this and allied habits is that they are instinctive attempts on the part of the sufferer to divert his attention from the trouble that accompanies and causes them. In other words, relief is sought by means of a counter-irritant. The principle involved is a natural one, and recognized in a therapeutic sense. Thus, if we strike or squeeze our finger, we forthwith press or bite it, the pain of the act nullifying that caused by the accident. In the same manner, nail-biting represents an attempt to relieve an unhealthy mental state by an act that causes a bodily sensation.

Here again, a cure can be effected only by treating the cause; this applying to adults as well as to children. The young, however, may acquire the habit through their strong tendency to imitate. In such cases, the good old remedy of bitter aloes applied to the finger-tips will often prove a sufficient remedy. The nauseous flavor will remind the small nail nibbler of mother's mandates, and between the two, the habit gets the worst of it. The hand of the nail-biter is never good to look upon. Neither is the thought exactly pleasant that he conveys to his mouth the dirt that has gathered under his nails. He nearly always suffers from "nail-springs" and tender finger-tips, while indulgence in his minor vice in the presence of others is not calculated to increase their respect for him.

Some physiologists assert that crossing the legs when sitting, interferes with the action of the intestines, and checks the circulation of blood in the abdomen and also in the lower portion of the leg so crossed. Within the past two or three years, prominent members of the medical profession have even declared that the habit is responsible for many cases of appendicitis. It is the right leg that is generally crossed, say they, and this position brings about pressure on the vermiform appendix, which, long continued, induces the malady in question.

Another unpleasant practise is that of scratching the head. In some instances lack of cleanliness and a failure to use a fine tooth comb explain this habit; but in others, like nail-biting, it is due to an obscure nervous condition. The clawing of the scalp is not pleasant to witness, and furthermore, it often results in eczema, or what is known as scalp-itch. Sometimes the act is due to an attempt to relieve the irritation caused by dandruff or dirt that has obtained lodgment at the hair roots. In every instance the cause of the habit can be ascertained and eliminated; hence there is no excuse for its existence.

Some people use the toothpick in public, or "suck" their teeth audibly. No gentleman or gentlewoman—using the terms in the truest sense—would be guilty of either

practise, for the reason that a consideration of the feelings of others is the dominant instinct of the well-bred. The toothpick has its place in the scheme of hygiene, provided that it is used in moderation and in private. But if it is constantly in action, it enlarges the spaces between the teeth, thereby robbing the bases of the latter of the protection that nature gave them through the medium of the close-fitting gum. The result is that decay is invited, and the services of the dentist are constantly in demand. Incidentally, the big spaces invite the lodgment of food morsels, and increase the need for using the toothpick. The person who practises the tooth-sucking habit should take counsel with his dentist.

Winking the eyes, rapidly and at frequent intervals, twitching the mouth or nose, wrinkling the forehead, twiddling the fingers, etc., are all indicative of some nervous trouble that either exists, or having once existed, has left behind it the habit. In some cases proper treatment is necessary; in others the the victim must bring his will-power to bear on the affliction, watching and checking himself persistently. Let his self-esteem come to his aid in this connection. One who is cursed with a habit of this nature is either an object of pity or ridicule. In social and business life, such habits are grave drawbacks, the loss in personal pleasure and financial profit being serious.

The list of such habits might be greatly extended, and be made to include those that are the result of idiotic fashions. Thus there might be added to the list the use of heels, corsets, tight and skyscraper linen collars, shoes with pointed toes, and hats that are as uncomfortable as they are destructive to the manly hair crop; one-minute lunches, smoking, the use of alcohol, meat gormandizing, reading trashy literature, and a hundred and one usages of a like harmful kind. In every instance common sense will indicate and furnish the cure.

The Morning Bath

THOSE who are accustomed to taking a morning cold bath in summer-time frequently find it necessary to drop such a drastic application with the approach of winter. If warm water is available, the temperature can be moderated to suit the requirements of the bather. A tepid or cool bath, of a temperature from 70° to 80° or even 85° Fahr, makes a pleasant morning tonic, and rarely fails to bring a good reaction with a rub down. Where a bath is not available a tepid or cold sponge administered rapidly over the entire body brings almost equally good results. Others prefer the wet hand or the wet towel rub, and some a cold air friction bath, using a mitten or flesh brush and standing before the open window. The real test of the morning tonic bath is in the reaction. If a person feels a glow of warmth and comfort after the application, and there is no sign of a chill, then the bath has been well administered and acted as a real tonic. Some form of morning tonic bath is advisable for almost everyone, but it should always be carefully graduated according to personal requirements.—*Good Health*

"ONE of the most attractive old ladies we have ever known was asked how she kept young, and this was her answer: 'I knew how to forget disagreeable things. I tried to master the art of saying pleasant things. I did not expect too much of my friends. I kept my nerves well in hand, and did not allow them to bore other people. I tried to find the work that came to hand congenial.'"

THE businese of those who believe in eugenics, or race-culture, is to regard alcoholism as a flag of warning which declares the individual to be unworthy for parenthood.—*Dr. Saleby,*

How to Perpetuate Youth

By Alden Carver Naud

PONCE DE LEON was right, after all; for there is a "fountain of youth," albeit the idea has been generally ridiculed, and is discredited by many even at the present time. The old-time alchemists made exhaustive research for an elixir that would prolong life indefinitely and do away with the ills to which human flesh has fallen heir. Although the idea was commendable, failures resulted because the alchemists did not know where to look in order to discover the coveted panacea.

Modern thought tells us that the wellspring of real life is the spiritual life, and in the unbounded realms of mind all may locate the "fountain of youth" and enter into the fullness of life that was intended for man when he was created in God's image.

Ralph Waldo Trine has written understandingly on the subject of remaining young. He strikes the keynote of the whole matter when he says:—

"Would you remain always young, and would you carry all the joy and buoyancy of youth into your maturer years? Then have a care concerning but one thing--how you live in your thought world."

"As he thinketh in his heart, so is he." You cannot think yourself infirm and on the decline and still remain young. You cannot feel old and hope to retain the zealous eagerness of youth.

The question then arises, How can one feel the thrill and inspiration of new life after the body reaches maturity and the time comes when a majority of the human family begin to retrograde?

Holmes says that the greatest thing in the world is not so much where we stand as in what direction we are moving. If we have reached the stage of complete physical development, why do we face with weary eyes toward exhaustion, contemplating sorrowfully a tedious strip of barren years in which we shall gradually become enervate and worthless? Why not continue to experience the eager striving for attainment, the earnest effort for rigorous achievement, which has marked the route of previous advance and assisted in the bracing onward march of development?

The human anatomy cannot act as a score card of passing seasons unless the brain sanctions such a course. The mind will always chisel out the age it feels. But why entertain the old-age idea? Why not experience perpetual youth, and think and feel the things that make for joy and contentment and serenity?

There is no reason why we should cease growing at thirty or forty any more than at twelve or fourteen. We look with extreme pity on the person whose life has been blasted by scarlet fever or other disease, so that he never matures beyond the stage at which the malady overtook him; but we should regard with greater compassion those who suffer arrested development after reaching riper years when they are apparently ready for fruitful accomplishment.

When you resolve to keep growing, you have stepped to the brink of the "fountain of youth," and are ready for your initial plunge into its renewing and restoring waters.

There are two pine trees growing a few rods apart on the shore of a limpid spring lake in the north. One tree is a magnificent giant, symmetrical and beautiful. Its wide-spreading branches shade a broad stretch of greensward upon which large velvety wild violets and fragrant trailing arbutus blossom. Birds nest among the leafy plumes, and their nestlings are lulled by the breezes that have strange voices while speaking through the needle foliage. The grand old Norway has braved the storms and rested during the calms of at least threescore years and ten.

The tree shows no marks of age, save that a succession of years adds to its grandeur and nobility.

Its neighbour farther down the strand has apparently enjoyed the same chances for life and growth, but for some unknown reason it has not been benefited by conditions that were marvelously kind to the beautiful giant. This second tree has scarcely numbered a dozen years. However, it has ceased to grow, and is stunted, dwarfed, and ugly. It is old—very old—in appearance, and has a dry, wizened look. Its foliage is brown, and only partially conceals the misshapen limbs. The tree is slowly dying.

A comparison of these two trees ably illustrates the lives of those who remain young through perpetual growth and those who suspend development and become stunted and old.

We should treat our minds as a successful farmer does his land. By judicious cropping and wisely administered fertilizers, he reaps bounteous crops from year to year without depleting the soil. In fact, he adds to its richness every season and increases its value, as he harvests greater returns each succeeding summer. There are too many who follow the plan of the ignorant farmer. They do not husband their resources. They exhaust their brain and nerve forces, and the inevitable result follows; they are old and worn out and valueless in an incredibly short time.

There is a fountain of youth—an elixir of life. It is spiritual, not material.

"As he thinketh in his heart, so is he."

You cannot think yourself infirm and on the decline and still remain young

To keep young, one must keep growing.

Nature has placed a limit on the growth of the body, and has thus in a measure determined the time for the physiological aging of the body.

But has nature set such a limit on the growth of the mind? Do not we ourselves set that limit?

Too many exhaust their brain and nerve forces, and the unavoidable result follows; they are prematurely old and worn out.

Too many lives are dwarfed by living in the past and future. The present only is significant.

Man dwells so persistently on the thought of going to his long home that he hastens his departure.

We should keep in touch with the world, with sunshine and fresh air, with living men and things, and should remember the value of clean living and thinking.

The law of momentum should hold true in life. We should gain new impetus with the sweep of years, and become more forceful and powerful as time passes. Years should be a potent factor toward increment of ability and efficiency.

You dip a second time into the magical fountain when you resolve to take pleasure in life and enjoy the feast of good things that are abundant here on earth. If more people would stop occasionally to invoice their lives there would be fewer, pessimists in existence. Of a truth, this world is not so dark as some would paint it. We should nestle against her soft fur and listen to her purring instead of searching for her claws.

Some one has said that the living of life should be a perpetual joy. Every one could find a continual delight in living if an attempt were made to form correct habits of thought and to live rationally. Every day should be filled to the uttermost with things that count, —words and deeds, —making a record of worth-while existence. "Live day by day—the long stretches tire us." This is in accord with a proverb that is much revered in Japan: "He who has a thousand rooms, sleeps in but one."

"Two days need not concern us—yesterday and tomorrow." Yet many lives are dwarfed, sorrowed, burdened, and wasted by a wrong appreciation of the past and the future. The present only is significant. Deal with the present judiciously, and then

of the future it cannot be said, "The years draw nigh, when thou shalt say, I have no pleasure in them."

Man dwells so persistently on the sorrowful thought of going "to his long home," that in many cases he hastens the time of departure on his long-time absence.

It is well to have a firm belief in the "fountain of youth." It is wise to drink deep of its waters and to bathe prodigally in the marvelous pool. By so doing it becomes possible to be refreshed and renewed, and to put far off the period of infirmities and senility.

We who stand on the uncertain grounds of maturity will do well to note our whereabouts and consider well the direction we are facing as we travel onward. Why should we relax or diminish our pace? Why should we abate our ardor or slacken the strenuous efforts of youthful years?

Our bodies are not so very old at best. Scientists tell us that the body's cellular tissue is entirely renewed every few years—from two to seven, it is said. So, with new cells to deal with and new thought forces to take cognizance of, why not go from strength to strength and from glory to glory?

We ought to keep in touch with the world, and not grow apart from it, as seasons come and go. We should scorn the idea set forth in the poem "The Last Leaf." Rather let us resolve to make new friendships, and pluck from the acquaintances we shall form, occasional personalities that shall be very near and dear to us.

We should not shut ourselves away from sunshine and pure air. These are decisive factors in keeping the waters of the fountain from becoming stagnant and brackish.

We should not become hermits nor seclude ourselves from others. The best things come to him who says, "Let me live in my house by the side of the road and be a friend of man."

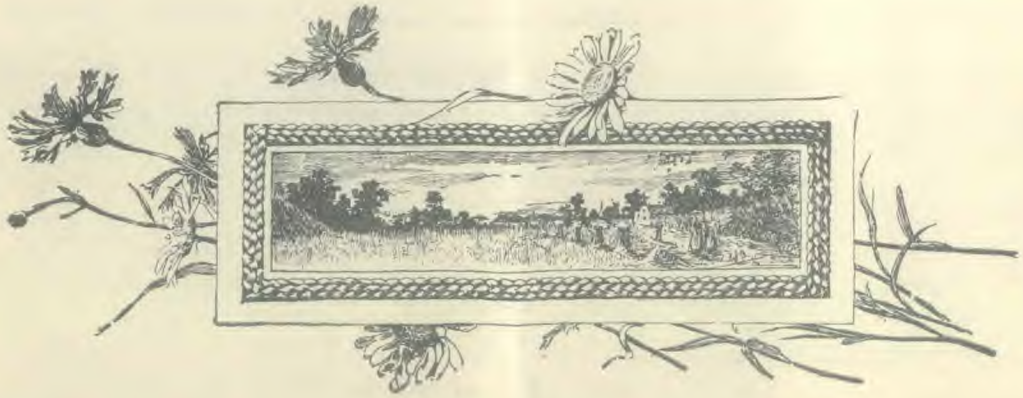
We should give careful heed to our diet, so as not to clog or hamper the delicate machinery of the body.

We should endeavor to be restful in our strenuous hours, and purposeful and intent in our seasons of repose.

We should strive to keep pace with the swiftly crowding events of the day and age. We should not be dismayed by the fierce onslaughts of the stormy periods, nor indolent and somnolent in the seasons of calm.

We should bear in mind the purpose of a long continued, valuable life, the last years of which shall be a realization of the better hopes of youth—the harvesting of the crop whose fruitage was foretold by the ambitions and yearnings of earlier years.

We should remember always the value of clean thinking and clean living, with a certainty of the eventual triumph it is possible for us to experience in later years.



The Flight of Flies

ONE of the problems that has arisen in connection with the part played by insects as carriers of disease concerns the distance which they may be able to travel from one locality to another. This has frequently been considered in this country in connection with mosquitoes which are responsible for the prevalence of malaria. With their breeding-places known, it has become desirable in some cases to ascertain what the range of their activities might be in respect to the territory which can be covered by insects so small as are the blood-sucking *Diptera*. It has been learned in this connection that some of the mosquitoes which inhabit salt marshes near the seacoast may be found inland at a distance as great as three miles.

Far less appears to be known with regard to the migrations of the common house-fly, *Musca domestica*, an insect that has been charged with responsibility for the spread of typhoid fever and other infectious diseases. A series of studies conducted in Cambridge, England, on the range of the flight of flies of this species has been made the subject of a report to the Local Governmenl Board on Public Health and Medical Subjects. Upward of 25,000 flies were liberated, under various meteorologic conditions, from the medical buildings at Cambridge. Of these insects, coloured for identification, 191 were recovered at one or other of about fifty observation stations employed for their recovery. The results showed that house-flies tend to travel either against or across the wind. The actual direction followed may be determined either directly and by the action of the wind, or indirectly owing to the flies being attracted by any odors it may convey from a source of food. A point in favour of this supposition is the nature of the station at which flies were recovered after they had travelled any distance. These comprised a butcher's shop, public houses and a restaurant, all of which gave off odours that are notoriously attractive to flies. The chief conditions favouring the dispersal of flies are fine weather and a warm temperature. The nature of the locality is another considerable factor, because in towns flies do not travel as far as in open country, probably due to food and shelter afforded by the houses. With regard to the altitude of the point of liberation, flies set free from the roof tended to disperse slightly better than those liberated from the ground, but the differences are not very considerable. It has been observed, with regard to the vertical flight of the house-fly, that it may mount almost directly upward to a height of forty-five feet or more. The time of day appears to influence the dispersal of the insects, as, apparently, when set free in the afternoon they do not scatter so well as when liberated in the morning.

The maximum flight observed in the hickly housed localities in Cambridge was about a quarter of a mile. In one case, where a part of the distance was across open fenland, a flight of 770 yards was noted. In experiments conducted in Cook County, Illinois, U. S. America, by S. A. Forbes, flies were trapped after being sprayed with a chemical solution for recognition, were liberated from a hospital in that district. They too were recovered at distances ranging up to a quarter of a mile from the point of liberation. It appears most likely that the distance flies may travel to reach dwellings is controlled by circumstances. Almost any reasonable distance may be covered by the fly under compulsion to reach food and shelter.

It has been stated that house-flies, like other insects, exhibit colour preferences. Thus it is reported that a French observer, having noticed that flies did not rest on walls covered with blue paper, blue-washed the walls of his milk house and found that insects did not visit them. A recent statistical study of the behavior of the insects in this

respect has failed to bring evidence that the flies display any marked colour preference. Therefore it seems unlikely that the adoption of any particular colour for walls will have any effect on the numbers of flies entering.—*Jour. Am. Med. Asso*

The Danger of Infection from Ice

THE modern practice of using iced food and drinks is so universal in this country that it is important to determine to what degree ice may be relied on as not carrying infection. When in the seventies and eighties of the last century it was shown that pathogenic bacteria might survive freezing, ice fell under suspicion as a possible medium for the transmission of disease; yet few epidemics have been ascribed to it, and the evidence concerning these has been regarded as inconclusive. H. S. Cumming in a recent article makes a study from the point of view of the source of ice, the physical and biologic changes accompanying or consequent on its formation, and the methods employed in its collection or manufacture and handling.

Ice is either natural or artificial. Until recently, in order to secure clean, transparent artificial ice, it was necessary to distil the water used, thus destroying all disease-germs present. With the newer methods employed, filtration is held to be sufficient. Cumming remarks the fact, well known to chemists, that during crystallization nearly all extraneous substances are expelled from the crystal, was overlooked by sanitarians until recently. As Whipple says, "qualitatively the early bacteriologists were right; quantitatively they were wrong." In the formation of natural ice, most of the impurities are expelled into the waters of the pond or stream; and the same result is attained by the newer methods of artificial ice-making. By the "can" method, cans of water are immersed in the freezing proceeds, and the impurities are forced toward the center. In one of the newer methods, large cans are used, and the cakes of ice are cut into smaller ones, eliminating the dirty core. By another new "can" method, the impurities are expelled into about 6 inches of water kept liquid by agitation. In the "plate" method, the water is contained in large tanks, on one side of which are pipes containing the freezing mixture. The water freezes next the pipes in plates about 11 inches thick, and the impurities are expelled into the water beyond.

Some natural ice is undoubtedly derived from polluted rivers or ponds. Three great factors tend to purify ice from polluted waters. The first, as just mentioned, is crystallization. The second is temperature—the fact that freezing destroys a large percentage of bacteria. The third and most important is time. The longer the time intervening between the infection of water and its use (as water or as ice), the slighter the chance of the survival of the germs. On this score, natural ice, which is collected and stored for several months before shipment, has the advantage over artificial ice, which is usually marketed soon after it is made. Owing to these three factors—crystallization, temperature, time—clear, clean ice is of itself as free from danger as could be wished. Artificial ice made from pure water in clean, sanitary factories may be regarded as safe; so also may natural ice cut from reasonably pure deep ponds or lakes and stored under sanitary conditions. Artificial ice made from polluted water in dirty, insanitary factories is unsafe; natural ice cut from shallow polluted ponds or from grossly polluted rivers is also unsafe. Any dirty-appearing, cloudy ice may be infected as well as polluted; no such ice should be used in contact with food or drinks. Ice which is otherwise safe may become infected by improper handling—by being dragged across dirty streets or sidewalks or distributed by unclean hands. This is the great source of danger. We may practically eliminate danger by avoiding the handling of ice with dirty hands, by washing the ice with pure water, and by using only clear ice.—*J. A. Med Asso.*

Ptomaine Poisoning

WE hear much about ptomaine poisoning, but know little of its meaning and perhaps less of its nature. The word "ptomaine" comes from the Greek, and means "derived from a dead body." In the decaying of animal tissues, especially because of their high nitrogen content, there are frequently developed, as the result of bacterial decomposition, certain products which are mildly or violently poisonous. The symptoms of ptomaine poisoning are unmistakable—tingling sensations, chilliness, subnormal temperature, thirst, pains in the abdomen and legs, nausea, vomiting, diarrhea, and intense depression, verging on collapse, and ending in some cases in coma and death. Recovery from ptomaine poisoning is the rule, but it is slow and discouraging, and the after-effects endure in many cases for a long while. The symptoms, while similar to those produced by ordinary colic, are entirely different in origin, colic being due to imperfect digestion and fermentation, especially of fruits and vegetables. The products developed quickly by intestinal fermentation of nitrogenous bodies are not true ptomaines, but are similar thereto, and are known as leucomaines.

The chief sources of ptomaine poisoning are found in the consumption of passe milk and ice-cream, meats, fish, and game. Often imperfectly cured meats develop, in those portions of the tissues not properly preserved, very active ptomaines. The worst case of ptomaine poisoning that I ever experienced was caused by eating ham of the above description. If meats, fish, or fowl, are preserved by sterilization in cans or other air-tight packages, and the sterilization has not been complete, or if the package is not air-tight, ptomaines may develop. Often the advocates of the use of preservatives in food claim that such use would prevent ptomaine poisoning. This contention has been urged vigorously by those interested in the consumption of borax as a food-preservative. But ptomaine poisons are due to special bacteria, and there does not seem to be any scientific basis for the belief that the presence of small quantities of borax or other preservative would eliminate all danger from this source. The fermentation that produces ptomaines does not necessarily accompany that which produces the ordinary evidences of putridity.

The reasonable and scientific methods of preventing the development of ptomaines are directed toward the preservation of food products in such a way as to insure absolute purity. If milk, cream, meats, fish, and fowl, are sold in a fresh state, they should be kept at or near the freezing point until consumed. Under such conditions, ptomaines cannot possibly develop. On the other hand, the careless handling of fresh meats, fish, and fowl, without proper control of temperature and with long exposure before sale—all of which delays are reprehensible—favours the development of these poisons. Strict sanitation of food products under municipal, state, and national control, and proper handling of these products in wholesale and retail centers of distribution, would entirely eliminate the danger. In like manner, complete sterilization and sanitation of canning establishments, together with a perfect technique in methods relating to sterilization and the exclusion of air, would entirely remove danger of ptomaine poisoning from canned products.

While ptomaine poisoning may occur at all seasons of the year, it is more likely to happen in warm weather. For this reason, consumers should specially inform themselves of the sanitary conditions in which their meats, fish, shell-fish, and fowl are handled up to the time that they are delivered to the home. Of shell fish, mussels especially are often carriers of ptomaines. When received at home these products should not be carelessly left exposed, but

should be placed at once in the refrigerator, and kept at a low temperature until consumed.

The readers who rigidly adhere to the above systems of inspection of their food supplies need have no fears of ptomaine poisoning. However, if through carelessness poisoning should occur, send at once for a physician. Pending his arrival, the production of vomiting by drinking warm salt water and by tickling the throat is advisable. If the services of some one skilled in its use can be secured, the stomach-pump offers the quickest means of relief.

Is Cancer Infectious?

By A. B. Olsen, M. D., D. P. H.

A swelling or tumour is a wild new growth of tissue which serves no useful purpose at any time, but on the countrary is at best a source of annoyance and irritation, interfering with and displacing to a greater or less degree other organs and tissues. The new growth may occur anywhere in the body, as in the skin, the tongue, the stomach, the liver, or in the bones.

Innocent or Malignant.

The first question that naturally rises with regard to the tumour is whether it is benign or malignant. An innocent or benign growth, always more or less of a nuisance, merely interferes with the surrounding structures in a mechanical way by crowding them. The innocent tumour does not really invade the organs or act in a destructive manner. Furthermore, when a benign growth is removed that is the end of the matter and there is no recurrence.

But a malignant tumour, more commonly know as cancer, is among the most destructive and fatal of all diseases. The cancer or carcinoma is characterized by a comparatively rapid growth and a marked disposition to invade the neighbouring tissues and organs and ultimately to destroy them. Again, the removal of cancer, except in the very earliest stages before the cancer elements have invaded other tissues and organs, is only occasionally an effective means of getting rid of the growth, and then only provided that all the cancerous substance has been completely removed. This strong tendency to spread and involve other structures and thus to kill the victim ultimately is what makes the disease so malignant.

Borderland Growths.

As a matter of fact there is not always a very distinct line of limitation between innocent and malignant tumours and we find a very considerable number that possess characteristics of both innocence and malignancy. Fortunately, these borderland growths, as we may call them, are much less liable to recur than the rapidly growing and spreading cancer. If there is any reasonable doubt as to the malignancy of a new growth the wisest course is to treat it as a cancer and have it completely removed at the earliest possible moment. It is true that many of these doubtful tumours have a comparatively slow growth, and may even persist for years without causing serious or grave mischief. Nevertheless, the wisest course is to get rid of them at the earliest opportunity. The slow growth is of itself a good omen and in the majority of cases points to innocency.

Causation.

Until we come to know more about the essential nature of cancer and whether it is a hereditary disease or not, or caused by parasites or in some other way, we shall not be able to speak with any degree of authority about its causation. The fact is that we are very much in the dark concerning the direct exciting cause of this malignant disease, and thus far the scientific investigations and experiments of the leading medical authorities have produced but meagre results.

However, there seem to be good evidence to show that irritation in some form or other

is a likely cause of cancerous growth. Sometimes the irritation may be in the form of a wound which has left its scar behind, for it is a well-known fact that scars may, under certain circumstances that are not well understood, ultimately develop into cancers. Again, the constant daily irritation of the hot poisonous smoke of tobacco may give raise to the formation of a cancer on the lips or tongue or some other part of the mouth, or in the voicebox. The irritation of the pipe itself, and especially of a clay pipe, is liable to produce similar results. In cases affecting the alimentary canal and particularly the stomach and bowels, various errors of diet, and especially the free use of irritating condiments, rich and highly seasoned foods, and indigestible compounds, are believed to have a more or less predisposing influence in bringing on cancerous growths. Indulgence in alcoholic beverages is given as another important predisposing cause.

Cancer and Heredity.

Authorities still differ with regard to the question whether cancer is an inherited disease or not, and up to the present time we are not in a position to give a definite answer. But the bulk of the evidence before us seems to be against heredity, although now and again we come across what appear to be exceptions to the rule. Professor Blumenthal of Berlin, a man of wide experience in the treatment of cancer, found that only 21 out of 157 cancer patients in the past two years of his practice had relatives who had also been affiicted with cancer. It would seem fair to conclude from the evidence in hand that cancer is not directly inherited, but that there is a possibility of persons inheriting a disposition towards malignant growths, which is a very different thing. The late famous Sir James Paget always maintained that cancer was hereditary, but there are exceedingly few cancer authorities who agree with him.

Is Cancer Infectious?

Those who believe that cancer is a parasitic disease naturally hold that the disease is infectious. The possibility of cancer being an infectious disease which can be passed on from one individual to another in some way that we do not understand, is a matter of the greatest importance. Hitherto the vast majority of authorities, with the exception of von Leyden and a few others, have not been inclined to regard cancer as an infectious diease. This is a question that will probably not be definitely settled until we know more about the exact source and causation of the growth. Recently Sir Thomas Oliver, in a lecture dealing with the subject of cancer, called attention to the apparent association of the disease with so-called "Cancer Houses" in Norway, in France, and also in England. If the cases which he cited are merely coincidences, and that is what our best cancer authorities would have us believe, then these coincidences are certainly very remarkable.

"Cancer Houses."

In a village in Norway of 800 inhabitants eight cases of cancer occurred which seemed to be related to a case of cancer of the rectum. A French village of 400 inhabitants had eleven deaths from cancer in seven years, all of which took place in the same group of houses. Three years later no less than seventeen patients suffering from cancer were found in the same group of houses. Five deaths from cancer in the same house in the course of thirty years, but all in different families, have been reported by Dr. Filassier.

Two Cottages.

We quote the following interesting history of two cottages from Mr. Law Webb:—

"In a certain village there are two cottages under one roof. In No. 1 a man died from cancer of the rectum at the age of twenty-eight. The house was next occupied by M. and his wife. M. died from cancer of the stomach two years after the death of the previous tenant. His widow continued to live in the same house and died ten years later from cancer of the rectum. After the death of M's. widow the house was occupied by three maiden ladies. Of these Miss P. died from cancer, and three years later Miss F. died from cancer of the stomach. In none

of these persons was there any blood relationship nor a family history of cancer. In another instance cancer seemed to be located in a single room. In a house in a London suburb, where the barmaids of a certain restaurant were lodged, the housekeeper, Miss B, died of cancer of the stomach in 1884. Miss. T. who had lived in the house for twenty years, succeeded to her place and occupied the bedroom. She died in the following year from cancer of the liver. Mrs. J., who had lived in the house for eight years, succeeded to the position and occupied the bedroom vacated. Eight years afterwards she died of cancer of the breast. No further case of cancer occurred in this house after disinfecting with sulphur and burning the bedding."

Disinfection After Cancer.

It is interesting to note that after proper disinfection and destruction of the clothing there were no further cases. Anything that can be done to combat the terrible plague of cancer is well worth while, and we do not hesitate to advocate the most careful hygienic measures in dealing with patients suffering from cancer and the thorough disinfection of the houses that have been occupied by them. We quote the following paragraph dealing with the question of disinfection for cancer from the "Medical Officer":—

"Referring to the apparent increase in the occurrence of cancer cases in the Mytholmroyed urban district, Dr. J. S. Hudson, M. O. H., urges that strict measures should be employed for disinfecting houses in which a case of cancer or death thereform occurs. In every case he recommends that the medical officer should be notified as soon as a diagnosis is made, and that it should be his duty to visit the house and advise the residents as to the general rules they should adhere to regarding disinfection. Rooms which have been used by a deceased person should be whitewashed and repapered, and their clothing, bedding, etc., destroyed without delay. By strictly enforcing these regulations and by the co-operation of the residents Dr. Hudson believes that something might be done to prevent the spread of the terrible malady."—*Good Health, London.*

The Moral Problem

WE have to deal with an instinct as insistent as hunger or thirst, and we must teach the young as to the significance of this instinct.

It is an instinct that may be developed by circumstances. Many young women play with fire and do not know it.

In our instruction we must go to the root of the evil. Many things tolerated by the best people and in the best houses are aids to vice.

Women often dress suggestively. When a woman attempts to display by her style of dressing her physical make-up, she is playing into the hand of her fallen sisters.

Young men in order to be safe should establish a household early, and thus reduce the danger of temptation.

Another point, nature abhors a vacuum. It does no good to tell people they must not think of evil. The only effective method of preventing evil thinking is to furnish something good to take its place. The best safeguards are hard work and pure interests.

Another great incentive to vice is alcohol. It is almost a universal experience that alcohol is an accompaniment of vice. Many a young man goes astray because alcohol has blinded his higher moral faculties and sense of caution.

In our campaign of education we should point out to young men and women that in vicious associations they are in danger of contracting diseases far worse than leprosy, tuberculosis, smallpox, or any of the other contagious diseases, because these are hereditary and passed on to the innocent of future generations.—*Wm. C. Woodward, M. D.*

: Mother and Child :

Handicapping the Children

"THERE you go, Mary! What an awkward child you are!" exclaimed a mother as her little girl tripped over a rug and fell just as she was leaving the room where she had been called in to greet a caller.

"That's Mary, all over," remarked the mother, half laughingly, to the visitor. "If it's possible to do a thing in an awkward way, she will do it."

Poor Mary! She certainly lived up to her reputation. She grew more and more awkward and self conscious as she grew older until, by the time, she had reached womanhood, it was positively painful to be near her. Would this have been the result had she not been handicapped almost from babyhood by the suggestion that she was "awkward"?

The mother who repeatedly calls attention to a physical defect or an uncouth habit on the part of the child is impressing that characteristic so upon its mind that it will be positively handicapped by it—perhaps throughout life.

No mother would ever wish to handicap her child, yet how often it is done unintentionally.

On the other hand, the mother who is constantly praising her child in its hearing, who is in the habit of repeating before it all its smart sayings and "cute" actions, is handicapping her child almost as much as the one who calls attention to its defects and who makes it awkward and self-conscious. Judicious commendation is necessary for the proper growth of the child, and praise and encouragement should be given without stint; but there is such a thing as making a child too egotistical, making him feel that he is all-important, unfitting him to take his proper place in the world's work. "Paranoiac" is the name given to the person suffering from that form of exaggerated egotism to be found in insane hospitals. There are many who are afflicted with it who are not confined in asylums, and it is largely the result of early training, the "spoiling" by too weakly indulgent, proud parents.

"When are you going to tell about *me*, mother?" questioned a precocious little chap who was used to hearing his mother relate his many achievements and smart sayings and who was growing weary of the conversation which did not include him and his doings.

This mother was handicapping her child unwittingly. If he grew up to be arrogant, assertive, prone to "show off" on every occasion, would this not have resulted from his early training?

"Olga depends on me for everything," laughed another mother as her child, who was called upon to make some decision, seemed completely at a loss to know her own mind and deferred hopelessly to her mother, accepting her advice on the instant.

It is necessary that a child should be guided by its mother, but the mother who decides every question for her child, and does not allow it to think for itself, to develop its own individuality and that self-reliance which every person should possess, is handicapping her child and making its future harder for it.

Few mothers now allow their children to handi ap their health and weaken their constitutions by staying up late at night, eating indigestible food, rich pastry and too much candy; but once in awhile we come across one who thus errs, principally through lack of knowledge. If such mothers realized how seriously they were handicapping the child-

ren's health and future welfare, they would take prompt measures to remedy such a course.

"I never make my girls help about the house," says another mistaken mother. "They will be young but once, and I want them to enjoy themselves. I never ask them to do any work at all."

The girls do "enjoy" themselves now, but when they are married and have homes of their own what an uphill road they will be forced to travel! They will have to learn by hard experience that which would have come easily to them, had they been early instructed in household duties. A girl can "enjoy" herself and at the same time do her share of the work of the home and receive the training which every future wife and mother ought to have. Even the homely tasks can be made pleasant and beneficial if they are taught properly and undertaken in the right spirit. The mother who does not see that her girls are versed in the art of housewifery in all its branches, is positively handicapping them in their future lives.

Again, in these days of uncertain fortunes, when it is not always possible for girls to be sheltered in the home, when they are often forced at a moment's notice, to go out into the world as breadwinners, the mother who does not provide some means by which her daughter may support herself creditably if such a course becomes necessary, is neglecting her duty.

In these and many other ways, children are handicapped, unknowingly, by their parents. Every mother should ask herself whether or not she is doing her full duty by her children in this respect. If she is not, then let her avail herself of the remedy for such a course at her first opportunity. To her belongs this responsibility. The remedy will differ with the case, but, "There exists a remedy for every ill."—*Anna G. Neil.*

How One Mother Kept Her Boys at Home

By Anne Guilbert Mahon

"Come in and see how I keep my boys at home," invited my neighbor, the mother of three stalwart lads, whose devotion to their home was a matter of comment in the neighborhood. "The whole house, I say, is for the boys," she continued. "I try to keep it as neat and attractive as I can, but I made up my mind when the boys were little, that nothing in the house should be too good for use, that they should never be told that they could not sit in this room, or lie on that couch, or use those chairs, because they were too 'good' for them. My house may not be as handsome as some, but at least it is for use and comfort."

True to her statement, everything was "for the boys." The divan in the living room was piled high with cushions in washable covers, bearing their college and high school emblems, neat, but evidently used. The piano was open. On it and in the music cabinet beside it were piles of music that boys love—college songs, lively, stirring music. On the top of the piano lay the cornet which belonged to one of the boys, and which looked as though it had just been used. Near it lay the violin belonging to another.

"I believe that the boys' love for music has been a great means of keeping them at home. When they were quite small I let them take lessons, each on the instrument which seemed to appeal especially to him. Harry chose the cornet. John took the violin. Edward plays a very good accompaniment on the piano, and also plays on the banjo and guitar. None of them is a great musician, but evening after evening is spent in this way. It brings a great many of their friends here, too. It is surprising what a social power music possesses.

"They read good deal, too," added the

mother, indicating the well-filled book-case, which disclosed at a glance all the standard works of history, science and romance— elevating, improving literature, interspersed with the best of the present day fiction.

"I tried to cultivate their taste for good reading when they were little boys, and I found that if I gave them plenty of that kind they did not care for the trashy, yellow covered novels which I consider so harmful for growing boys," explained the mother.

"Another reason why my boys seem to love their home and like to stay in it is that they have always been allowed to have plenty of company. When they were little I realized the necessity of supervising their friendships, so I encouraged other children to come here, instead of letting my boys go much to other houses where I could not always be sure of the influence. As they grew older they seemed to have more and more company and to care less about going to other houses. They would often tell me how different it was at the other boys' houses and how they did not have nearly as good a time there as they had at home. I always made their friends welcome. I allowed them to stay for meals whenever I could do so. I let my boys have little parties on their birthdays and at other times, leaving them free to indulge in just the pastimes that suited them best. We had candy pulls and magic lantern entertainments and minstrel shows— anything which would give pleasure to the boys. They organized clubs among themselves and I allowed them to have the meetings here for they appreciated them most when they were held in their own 'dens.' I made the house as comfortable and inviting as I could to their friends and they showed that they appreciated it.

"Come see their rooms," she invited, leading the way upstairs.

"Boys' rooms, sure enough!" I exclaimed, as I stood in the doorway of two pleasant, communicating chambers."

—*Mother's Magazine.*

The Mistakes of Some Boys

IT is always a mistake for a boy to think that he knows it all, or that he knows even half of what his father knows.

It is a mistake for a boy to think that any degree of natural "smartness" can make it unnecessary for a boy to work.

It a mistake for a boy to fail in respect to his father and mother. The better class of people take note of this disrespect and remember it to the great discredit of the boy.

It is mistake for a boy to lose an opportunity of securing a good education.

It is a mistake for a boy to think there are better ways of getting a rupee than by honestly earning it. This sort of mistake has put many a boy behind prison-bars in the years of his manhood.

It is a mistake for a boy to start out in life looking for a "soft snap." The "soft snap" never develops the real strength of a boy or a man, and it fails to give him the discipline and the experience that come from hard work.

It is a mistake for a boy to spend every penny he earns.

The life stories of hundreds of our most successful men prove that they were once very poor boys, entirely dependent upon their own efforts for success in life.—*Selected.*

"MY idea of a boy is one who is manly. He will not do a mean thing. He does not think it will make him appear manly to smoke or chew tobacco, or to use rude language. He will not say or do anything that he would not want mother to hear or see."

"THE big head is the worst disease that ever attacked a young man."

For a Week in March

BY GEORGE E. CORNFORTH

Tomato Toast

Serve tomato gravy over moistened slices of zwieback.

Baked Macaroni and Olives

Put boiled macaroni in layers in a baking pan, sprinkling a few chopped ripe olives and spreading a little cream sauce over each layer. Sprinkle the top with zwieback crumbs, and bake till well heated through.

Bean and Tapioca Soup

The bean and tapioca soup is made from the left-over baked beans of some previous day.

To make one quart of soup rub enough of the beans through a colander to make one cup of the pulp. Put the pulp into a double boiler with three cups of water, one round tablespoon of tapioca which has been soaked in a little water for one hour, and about one-half teaspoon of salt. Cook till the tapioca is transparent. Add a little thyme for flavouring if desired. A little more of the bean pulp may be used if the soup is liked a little thicker.

Custard Pie

Custards to be wholesome should not be made very sweet.

For one small pie use—

1½ cups milk
2 eggs
1 tablespoon sugar
A few grains salt
Grated yellow rind of one-half lemon

Heat the milk, but not to boiling. Beat the eggs; add the sugar, salt, and lemon rind, and beat together. Stir the hot milk into this mixture. Pour into a pie tin which has been lined with a crust having a built-up edge. Bake in a slow oven. Custards must be carefully baked, and removed from the oven as soon as set. If allowed to bake too long, they will whey. In grating lemon rind for flavouring, care should be taken to grate off only the yellow outside part of the rind. The flavour is in the yellow, outside part of the rind, the white part underneath being bitter.

Nut Apple Toast

Pour hot apple sauce over slices of zwieback which have been dipped in hot cream, and sprinkle chopped nuts over the apple sauce.

Lemon Snow Pudding

¼ cup lemon juice
1 cup sugar
¼ oz. vegetable gelatin
3 egg whites

Mix the lemon juice and sugar. Prepare the gelatin by soaking it in hot (not boiling) water for one hour, then draining off the water by turning the gelatin into a colander, soaking it a second time one-half hour, draining off the water, and soaking it a third time fifteen minutes, then draining off the water. Cook the drained gelatin in one cup of boiling water. It dissolves after boiling a moment. Strain the dissolved gelatin into the mixed lemon juice and sugar. Allow the mixture to cool till nearly ready to set, then beat it into the three egg whites, which have been beaten stiff. Continue to beat till the mixture is nearly ready to set again, then turn into a mold wet with cold water, or turn into individual molds wet with cold water. When cold, remove from the molds, and serve with custard sauce in which the yolks of the eggs are used.

Apricot Toast

Either canned apricots or stewed dried apricots may be used for this. The sauce should be rubbed through a colander, heated to boiling, thickened slightly with cornstarch, and served over zwieback which has been moistened in hot water or hot cream.

Orange Pudding

4 malta oranges
1 pint milk
¼ cup sugar
2 round tablespoons cornstarch
1 egg
A few grains salt

Pare the oranges, removing all the white skin. Slice the oranges, remove the seeds, and cut the slices into dice (a sharp knife will be required for this), or separate the oranges into sections, and cut the sections into small pieces. Put the diced oranges into a pudding dish.

Save out a little of the milk with which to stir the cornstarch smooth. Heat the remainder of the milk with the sugar in a double boiler. When the milk is boiling hot, stir the cornstarch and milk mixture into it, whipping it in a small stream. Cook fifteen minutes or longer. (The long cooking more thoroughly cooks the cornstarch and eliminates the lead pencil flavour of the cornstarch.) Separate the white from the yolk of one of the eggs. Beat the whole egg and the yolk. Stir some of the hot mixture into the beaten egg, then stir the egg into the hot mixture. Add the salt. Cool partially, then pour over the oranges. If the mixture is poured over the oranges while hot, the pudding will probably have a bitter flavour. Beat the white of the egg, fold into it one tablespoon of sugar. Spread on top of the pudding, and put into the oven to brown lightly.

Corn Parker House Rolls

1¾ cups lukewarm water
1 cake yeast, dissolved in
¼ cup water
1 teaspoon salt
⅓ cup sugar
¼ cup oil
6 oz. corn meal
1 lb. 6 oz. bread-flour

Mix together the water, dissolved yeast, salt, sugar, and oil. Also mix together in a mixing bowl the flour and corn meal. Pour the liquid mixture into the flour mixture, and mix to a dough with the hands, and knead lightly till a soft, smooth dough is formed. Put the dough into an oiled bowl, cover, and allow it to rise till a hole will sink into the dough when a sharp blow is given it with the backs of the fingers. Then, without removing the dough from the bowl, knead it down, folding it in from the sides, and turn it over. Allow it to rise again. When it is light the second time, knead it down, and take it out onto a floured bread board. With a rolling-pin roll the dough out about one-half inch thick. Cut it into biscuits with a biscuit cutter. With the side of the hand make a crease in each roll a little to one side of its diameter. Brush a little oil over the smaller side and fold together, pressing the edges together firmly. Place the rolls on a baking pan with the smaller side down. Let rise till double in size. Bake to a nice brown in a rather hot oven.

Coconut Sauce

1 pt. milk
¼ cup shredded coconut
1 tablespoon sugar
1 tablespoon cornstarch
A few grains salt

Put the milk, coconut, sugar, and salt in a double boiler to heat. When boiling hot, stir in the cornstarch, which has been stirred smooth with a little cold milk. Cook five minutes. If desired, the sauce may be beaten into the stiffly beaten white of one egg to make a foamy sauce. The yolk of the egg may be used in the custard sauce for the molded rice.

Molded Rice

1 qt. water
1 teaspoon salt
2½ cups rice

Wash the rice thoroughly, then put it into a double boiler with one quart of boiling water and one teaspoon salt. Allow the rice to cook one hour, then turn it into one large mold or into individual molds wet with cold water. When cold, unmold and serve with custard sauce.

Creamy Rice

1 qt. milk (if part cream is used, it will be nicer)
⅔ cup rice
1 teaspoon salt

Wash the rice thoroughly, put it into a double boiler with the milk and salt, and cook it about two hours, stirring once or twice, or till it thickens to a creamy consistency. Serve hot.

Diseases and Their Treatment

St. Vitus's Dance

By A. B. Olsen, M. D., D. P. H.

Chorea or St. Vitus's Dance is a nervous disorder that most frequently attacks children and especially girls between the ages of five and fifteen; but older persons are by no means immune, and all ages are liable to attack. The disease is characterized by involuntary and irregular spasmodic movements and tremblings, which are always exaggera ed by excitement or nerve strain of any kind. These uncontrolled movements, small or large, are never present in sleep, which is one of the distinguishing features of St. Vitus's Dance.

Symptoms.

Perhaps the earliest symptom noticeable in the child is undue restlessness and fidgety or jerking movements of the hands, fingers, or feet, which, although not wholly uncontrollable, are to a certain extent involuntary. The movements make the child awkward, and, as they become exaggerated, there is a corresponding loss of control, and after a time the victim is pretty much always on the move and the muscles are scarcely ever still. These jerking spasmodic movements may be local to begin with, as in the face, when they cause grotesque grimaces, or they may be in one or both hands only, or they may be generally distributed throughout the body. In the majority of cases, as the disease progresses more and more, muscles are involved in the spasmodic movements. When chorea is well developed the patient is often unable to hold a glass of water or even to eat, and can scarcely perform any well ordered movement.

Even walking becomes increasingly difficult and the gait is very awkward and uncertain. The patient stumbles about something like a drunken person and has frequent falls. The legs jerk when sitting or even lying in bed, and in bad cases it becomes necessary to fasten the patient in bed to prevent falling out. Assistance is necessary for dressing and the patient may require constant supervision. Talking is much interfered with and may become very incoherent and impossible to understand. There is difficulty in swallowing, which leads to choking spells.

The movements are always less perceptible and less marked when the patient is in a quiet and restful state, and, as before intimated, they entirely disappear in sleep. On the other hand, any kind of excitement, whether physical, mental, or emotional, aggravates the movements in a marked degree.

With the loss of co-ordinate movements there is almost always more or less loss of muscular strength; vitality is lowered, and the health is very much impaired. The patient becomes increasingly anæmic and weak, and develops an irritable and perverse temper. The appetite is much diminished and sometimes entirely lost, and in the end, if there is not speedy relief, even the mental functions of the patient become more or less impaired.

Prevention.

Heredity is an important factor in St. Vitus's Dance, and children who have a neurotic inheritance are most susceptible to attack. Anything which would serve to excite or irritate the nervous system or develop what is called "nerves" should be carefully avoided. Many children have a nervous temperament to begin with, and they should be protected from undue excitement

and from fright or shock. If the eyes are weak they should receive prompt and skilful attention from a qualified doctor who makes a speciality of eyes.

Diet.

It is interesting to note that children with a gouty or rheumatic tendency appear to be particularly inclined to chorea, which would seem to indicate that there is some relation between these disorders. Therefore nutrition is a matter of supreme importance, and the use of stimulating drinks and foods such as spirits, wines, beers, stout, tea, coffee, cocoa, and animal flesh should be avoided. All these articles have a marked tendency in developing rheumatic disorders. Children should always be encouraged to take fruit, both fresh and stewed, freely. As a rule they enjoy nuts and nut foods, and when nuts are well masticated they will be found most wholesome. Cereal and bread preparations, vegetables, greens, fresh salads, together with, the dairy products, as well as fruit and nuts, make by far the best diet for children. A well nourished child who is accustomed to plain but wholesome fare, a child that is able to sleep soundly and lead an active outdoor life, is likely to be free from attack.

Nervous children should never be crowded with their lessons. It is important to bear in mind that choreic children are usually bright and keen with their studies, at least to begin with, and there is therefore great danger of overdoing the brain work. In our opinion it is a mistake to crowd children in their early years with mental work. It is a far better practice to give them every chance to develop a sound physical constitution. There is always ample time to develope the brain, the most sensitive of all organs.

Adolescence.

Children who have escaped attack until the adolescent period should be most carefully watched at that time and provided with ample rest and proper nutrition in order to ensure the best physical development. In many cases it is a good practice to take a child away from school for six or nine months so as to ensure freedom from brain fag. Furthermore, it is oftentimes a good thing to require a child to rest two or three hours in the early afternoon in addition to not less than twelve hours' sleep at night. Most girls find the physical changes which take place at puberty very trying, and that is a time to give them every possible consideration and ensure that they are free from worry and anxiety.

Treatment.

Although prevention is the ideal cure, still the next best course is to begin the treatment at the earliest manifestation of the disease. This is sometimes difficult, for chorea is often insidious in its development. None the less, most cases show at an early stage exaggerated movements which ought to be noticeable. Just as soon as a child begins to be particularly restless and fidgety it should be taken to the doctor for careful consultation and examination.

The means recommended for the prevention of chorea are those that are most successful in bringing about a prompt recovery. The great essential is to give the child rest, quiet, and freedom from worry and irritation. A change from a city to a quiet country or seaside home is oftentimes of great benefit. However, in many cases this is not necessary, and with some children may not be desirable on account of the excitement of a strange environment. In the earlier stages, besides rest and quiet, a little pleasant but unexciting diversion is necessary in order to occupy the child. An open-air life should be encouraged as far as possible. After what we have said it is needless to repeat that all studies should be promptly stopped and the child should be encouraged to get out-of-doors and play in the garden, gather flowers, go for little walks in the country, and listen to the singing of the birds. A hammock swinging in the garden will oftentimes induce a child to lie down and rest when the bed would be uninviting.

Medicinal treatment is rarely of any value whatever and is more likely to do harm than

good in the majority of cases. All advertised tonics should also be most strictly avoided. The best tonics consist of fresh air, pure water, nourishing food, together with baths and electrical treatment. Tonic baths are most valuable, and the same is true of massage and Swedish educational gymnastics, which with electricity and a suitable diet can be obtained at a sanitarium. A tepid sponge in the morning followed by an oil rub or a gentle massage can be recommended. At night a neutral or warm bath for ten or fifteen minutes before retiring is a good measure. But the most important treatment of all is the rest which is so essential to success.

A Good Physique and How to Train for It

THE building up of good physique calls for more than mere muscle training. Brute strength does not figure very large in the lives of most men to day; but constitutional strength, working ability, endurance,—these are of the utmost consequence and will continue to grow more and more important as life increases in intensity. To be able to keep oneself physically in hand, to resist disease germs, to retain freshness and youthful vigour even to an advanced age—such things are well worth striving for, and as a rule they come with less effort than many misguided young men spend in developing enormous muscles which will never be called upon to do a day's useful work.

You Cannot Afford to be a Weakling.

No man or woman can afford to go about with a weak, sickly body or flabby muscles, when a few minutes' exercise morning and evening, together with a reasonable attention to diet and general habits will bring on a state of superb health, in which mere existence is a joy, and exertion, physical or mental, instead of being a burden, becomes a delight.

What is a Good Physique?

Let us at the outset endeavour to form correct views of what a good physique really is. Remember, it is one thing for a man and another thing for a woman. Furthermore it is one thing for a man who must till the soil all his life, and another thing for one who must keep a set of books, or engage in some other sedentary work. Even within the same general classes the physique will rightly vary greatly. Every man must to a certain extent be a law unto himself. The great essentials are reasonable symmetry, suppleness of joints and muscles, and thorough going healthiness.

Need of the Sedentary Worker.

What the sedentary worker needs is practical guidance in developing himself, and the more completely his course of exercises is adapted to his own immediate needs, the better for his strength and development.

Why Athletes Die Young.

It is to be hoped that the rage for big, bulging muscles is passing, and that sensible people are beginning to realise that excessive muscle development is, for the everage person, not only useless, but harmful. Abnormal bunches of muscles are really almost as unsightly as deposits of fat. Professional athletes usually die young. The body is able to endure a great deal in the way of special

training, but it does not take kindly to it. Overtraining even amongst non professionals will very likely produce enlargement of the heart. Emphysema, or permanent enlargement of the air cells of the lungs, is another common result of over-doing in the matter of chest and lung development.

Games Not to be Taken too Seriously.

Moderation is an excellent thing in training, and the less one has to do with severe competitive tests calling for special development of certain muscles at the expense of others, the better for one's health and working ability. Games of all kinds are valuable as a means of open air recreation; but they should not be taken too seriously, lest our recreation hours to a large extent lose their real value.

A man's life work should have the best that he can put into it. It is for that he trains. If he can come to it morning after morning, with something of the morning's freshness, with hope in his heart, and a keen sense of all round physical fitness, and if he seeks his couch at night with the healthy tiredness of a boy, he is in training though he never raises a dumb-bell, nor sees the inside of a gymnasium.

Diet and Training.

Diet forms a necessary part of scientific training. It is a great waste of vital energies when a man is eating poor food or too great quantities of good food, to try to remedy the evil by asking him to spend a good deal of time in physical exercise in order to work off the effects. The cure in such cases is only temporary. To effect permanent results, the axe must be laid to the root of the tree. Overeating must be stopped if a man is to do the best work of which he is capable. A proper consideration of the amount and quality of food necessary to the best work, will be given in the chapter devoted to that subject. All that need be said in this connection is that a man must make a study of diet if he is to get the best work out of himself, and while plenty of exercise may seem to take the place of care in diet, it will not do so in the long run. The primary principles to be observed in correct feeding are, first, the selection of simple, nourishing foods, with not more than two or three varieties at a time; and second, thorough mastication, by which is meant chewing the food about three times as long as is ordinarily done, and never on any account washing it down with beverages. If a man conscientiously observes these principles he is well on his way to a a scientific regime so far as feeding is concerned.

Symmetry, Poise, and Self-Control.

Physical culture of the right kind has for its chief aims symmetry, poise, self control, and a healthy activity of all the bodily organs. Hence the exercises deserving most attention will be those which make for a good carriage of the body, which encourage full, deep breathing, and by exercising the larger muscles provide for the thorough oxygenation of the tissues.

The exercies given in the next article will be chiefly of this character, and should be regarded as suggestive. If the intelligent reader will give a little attention to the matter, he will be able to devise similar movements which, while giving equally good results, will help to vary the programme, and thus to avoid monotony. Exercises which one thinks out for himself often prove more interesting than those learned from others, and one secret of getting the most out of physical culture, is to keep up a good interest in it. No good comes of taking exercises in a half-hearted way, as one would take so much medicine. There must be vim and enthusiasm to secure the best results.

Never Exercise When Weary.

A caution may be dropped right here. Never take any of these exercises when feeling weary and out of sorts. The best thing to do when thoroughly tired, is to go to bed in a well-ventilated bedroom. If too early for that, try the effect of a quiet walk in the open air, or of an air bath with rubbing in your room.

Again, don't continue the exercises till ex-

hausted. Put energy into them, and keep thinking that they are doing you a lot of good but retain all the time a sense of reserve power, the feeling that you could do a great deal more if called upon.

The Best Time to Exercise.

The best time for taking corrective exercises is in the morning, and if undertaken the first thing after getting up, and in very light flannels, they will be more effective than if done in more cumbersome clothing. It is a good plan to spend about five minutes in brisk movements immediately on jumping out of bed; then take some kind of a cold bath, and follow that with another five or ten minutes of exercise, after which a brisk walk in the open air is an excellent wind-up. Breakfast after a half hour spent in this way will taste a great deal better than if eaten immediately on rising, and the system will be in the best condition to digest it.

Regularity Desirable.

Exercise does the most good when it is taken with some degree of regularity. The best results do not appear until a proper regime has been persevered in for several months at least. Spasmodic efforts in the direction of physical culture seldom do any good. On the other hand, it is not well to form any iron clad rules. A man ought not to be a slave to his habits, even though they should be of a most commendable character. The body needs to be elastic, able to adapt itself to changing circumstances without occasioning great inconvenience.

Some make a practice of exercising just before going to bed. If the day's work has been mostly sedentary, and one feels a desire to stretch the muscles, there is not the least objection. The movements should be mostly of a relaxing character, however, so as not to key the body up to a high pitch just before retiring. If the exercise is taken to secure growth and development of the muscles, it is better taken at some time when mind and body are fresh. If a man has risen at a reasonably early hour, and has put energy into his work during the day, he should normally feel tired in the evening.

DANGER OF WAR NEWS

It is time the medical profession impressed on the public the danger arising from too much reading and thinking of the war and its tragedies. Consideration of the vastness of the war, with its unnumbered and unspeakable atrocities and its suffering, overstimulates and weakens the mental fiber, and this soon reacts on the physical state of the individual. The husband neglects his wife, the mother her child, sleep is lost, appetite and digestion are impaired by reading of Belgium and blood, Prussia and pillage, Germany and guns, Servia and shrapnel, cholera, ruins, rape, hunger, cold, wounds, widows, orphans, destruction, despair, drunkenness and death. Daily the press of the country places before our greedy eyes all the printable horrors, and as we grasp our paper we breathe a curse or prayer according to the tenor of the latest despatch. The danger of this is increased by the constantly changing results of the vital conflict. The rapid shift from overstimulation of our emotions to deep depression causes increased blood-pressure, cerebral congestion, nervousness and irritability and may lead to imagined or real physical degeneration. Also it is to be remembered that the constant and earnest reader, especially he who is naturally emotional or neurotic, suffers from this overstimulation and depression for an indefinite time. The excitement and depression is quite different from that bred of a horse race or prize fight, in which our emotions undergo rapid change for only a short time, and yet we know that cases of collapse and even sudden death have occurred at such events. The ending of the present war may be far in the future, and the harrowing conditions of

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our fellow men meanwhile will probably become more extreme and more pitiable, while it may be that our doubts and depressions will become more marked. Another bad influence is the uncertainty of the reports we hear, so that we are exposed to frequent and swift revulsions of feeling, uplifts and downthrusts of the mental scale. As matter of fact, we suffer far more from apprehension of doubt of the issue of events than from the event itself; in the present instance, moreover, our mental impressions are so chaotic that confusion is caused by the simple process of attempting to grasp what is going on.

What we need now especially is to conserve our energy and stop this fretting, worrying, nerve-racking and useless occupation of reading and discussing harrowing details. Each of us should look at this terrible thing soberly, quietly and broadly, not allowing an emotional element to enter the subject; for so soon as we do, our good judgment and balance is sent tumbling toward hysteria and nerve exhaustion.—*Gurney Williams, M. D., in Jour. A. M. Asso.*

ALCOHOLISM AND MORTALITY

M. Henri Schmidt, deputy from the Vosges and president of the society known as "L'Alarme," which, as explained in *The Jurnal*, Feb. 28, 1914, was formed to combat alcoholism, has published an interesting article in which he shows the influence of alcoholism on mortality. The mere examination of the tables of the consumption of alcohol by departments and the distribution of deaths from tuberculosis shows clearly that alcoholism is an essential factor among all the other causes. It is the non-alcoholic regions of France which show the smallest number of deaths from tuberculosis (1.95 per thousand inhabitants for the years 1906, 1907 and 1908). The west, in which there is a heavy consumption of alcohol, gives the proportion of 2.61 per thousand, and the maximum (4.54) is given by the Parisian region in which the influence of alcohol is supplemented by those of unhealthful housing and a fatiguing life.

From other causes there are more deaths in the west than in the non-alcoholic regions, both in the city and in the country. Infant mortality is particularly high in the west owing to various causes: hereditary weakness, insufficient maternal care and bad food. Alcohol is sometimes put in the nursing-bottle. It is in Normandy that the greatest number of alcoholic women is found. The infant mortality

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was about 11.6 in 1906 in le Gers and about 22.2 in the Seine-Inferieure. It is also in the regions where there is a heavy consumption of alcohol and absinthe that the largest portion of still-births occur. Schmidt has calculated the following average for the period 1874-1904:

Deaths for Each Thousand Conceptions

	1874-1884	1885-1894	1895-1904
Non-alcoholic region	3.43	3.65	3.80
Alcoholic region	4.33	4.66	4.46
Southern departments (absinthe)	4.99	5.41	5.69

WOMEN-DOCTORS' HOSPITAL AT THE FRONT

The hospital organized and controlled entirely by English women doctors at Paris has vindicated its efficiency. It has been placed officially under the War Office, and is permitted to draw rations and fuel from the army stores. One of the women orderlies has been appointed quartermaster. A receiving hospital has been established in Boulogne, whither half of the staff has gone, and is now working under military control. Although the hospital is only a freight shed at the railway station, an excellent operating theater has been fitted up, and the fair surgeons have been earning great commendation from the military medical inspectors.

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THE HEALTH OF THE TROOPS IN THE FIELD

All the reports seem to show that the health of the troops in the field is excellent and that disease has not yet become a factor in invalidity to any extent. Typhoid fever has been mentioned in German reports and cholera in Austrian, but we appear to have had no experience with either disease. The illnesses most frequently mentioned in our reports are pneumonia and rheumatism—natural results of the prolonged exposure to cold and wet in the trenches. Cases of dysentery have occurred, but not in any numbers. Possibly no army in the field has ever before had its wants so well supplied as ours. Our lines of communication, including the sea, have never been even threatened, so that ample supplies of all kinds have been insured. At the front they are conveyed to the troops by a well-organized system of motor transport. The soldiers are so well fed that they have often been able to give from their adundance to the destitute French and Belgians flying from the invaders. With the approach of winter our women are preparing large quantities of woolen garments to send to the soldiers. The queen, who has organized this movement, has made an appeal for 300,000 body belts and pairs of socks, which has meet a ready response. The Indian soldiers have not been forgotten, and a special fund is being organized for their benefit.

FRESH AIR AND PROPER FOOD IN TREATMENT OF TUBERCULOSIS

All substances Bellis considers proper food for the tuberculous patient that supplies in an easily digestible form and in sufficient quantities all of the elements that go to make up a normal, healthy human being. To promote the eating and digestion of the various materials represented by the classification constitutes the problem of the physician or institution, that would assist nature to the utmost in combating tuberculosis. Cookery was an unknown art and it may be more than a mere incident that infectious disease have multiplied in direct ratio to the extent with which the human race have demanded that the life of food be destroyed by fire before being eaten.

In this age of so-called civilization, people, sick or well, insist that what they eat must appeal to their senses of taste and sight, rather than to a clear complete knowledge of what constitutes nutritious and digestible food. It is somewhat doubtful, says Bellis, if we could return suddenly and completely to the food of our ancestors without dire consequences. In the present day we are forced to compromise in the matter of food. The individual patients taste, digestion, and power of elimination must be considered, together with the economics of the problem. The great majority of persons ill with tuberculosis, and other diseases as well, are finicky in their choice of food. Misdirected sympathy and "mollycoddling" by parents, neighbours, friends, and too often physicians, are responsible for this state of affairs.

The food to be consumed must be rich in those principles most essential to metabolism. Milk stands at the head of the list, for it contains in goodly proportions all of the required elements. Occasionally the taste of milk is repulsive. Where this objection is present, the flavor of the milk can be easily changed by the addition of any one of the numerous spices and extracts. The products of milk, butter and cheese are also exceedingly nutritious. Bellis places eggs second on the list. In their raw state they are especially rich in albumen and fat, easily digested, and ordinarily readily obtained.

Next in importance is a generous diet of vegetables. Not alone because of the very nutritious properties of many of them, especially the cereals and legumens, but also on account of the desirable addition of fats in the form of cream, oils, butter and suet used in their preparation. Coarse vegetables act as a "scrubbing brush" to the entire alimentary canal, cleansing it and stimulating the flow of the digestive juices. The fruits come under this heading and when eaten at appropriate times furnish to the body many elements of great value. Because of their laxative properties, fruits will obviate the necessity for pills in the dietary of many individuals.

ANTITYPHOID IN ARMY

There was no case of typhoid in the American army in 1913. This is said to be due to the free use of antityphoid vaccine.

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