The background of the cover is a detailed landscape painting. It depicts a deep valley with a river winding through it. On the right, a massive, light-colored rock cliff rises steeply. In the center of the valley, a large, multi-story building with a red roof and several windows is visible, surrounded by lush green trees. The background shows misty, mountainous terrain under a soft sky. The overall style is characteristic of early 20th-century magazine illustrations.

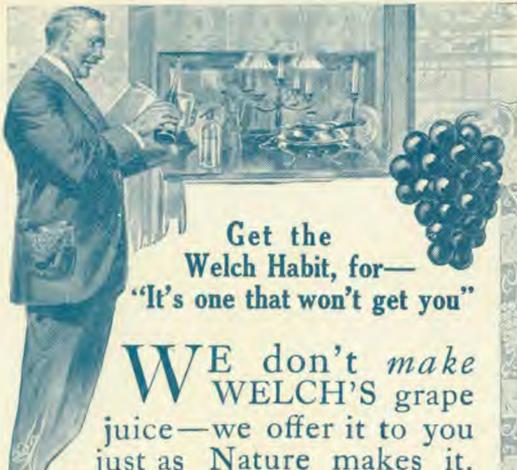
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THE NATIONAL HEALTH MAGAZINE

JUNE 1912

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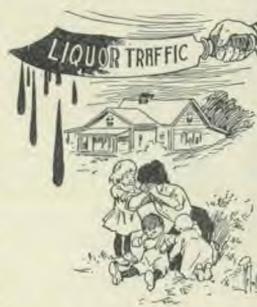
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THIS ISSUE



IN "Memories" Mr. James earnestly urges his readers to enjoy to the full, while they can, the beauties of God's out-of-doors, forming in this way memory pictures which may be a comfort and not a torment, should accident or illness make it necessary to depend on the memory for intellectual food.

One would suppose the topic "Prevention of Consumption" had been worn threadbare. But no message is threadbare that has not accomplished the work it stands for. The antituberculosis propaganda has not yet been promulgated sufficiently to cause those who most need the instruction to heed it, and to produce a marked lowering of the tuberculosis death-rate. It is a topic that should be agitated and reagitated until every household is intelligent in the matter of tuberculosis prevention. Dr. Olsen's article deserves careful consideration.

A vegetarian or a mixed diet? This question has been discussed pro and con from time immemorial, and there are still differences in opinion among dietary experts. The great majority of people are, by habit, omnivorous; and naturally the great majority of diet experts, coming as they do from the people, favor the omnivorous diet. We submit, however, that in any age the customary opinion of the great masses, whether in religion, politics, diet, or what not, is generally accepted as established, despite any arguments that may be brought against it. It is only the "crank" or the "faddist" or the "extremist" who dares to take a position contrary to the generally received opinion of his time. Incidentally many of these faddists have been history makers. The president of a Western medical college discusses the subject of vegetarianism in this issue.

"Where to Begin Conserving" is a simple account of a great work, begun at first in a small way by those who felt something of the Master's love for children. If any class of the community needs loving care and sympathy, it is the helpless infant, who, through no fault of its own, is bereft of its mother.

The Hampstead Garden Suburb seemed, to the writer, to be the solution of a sanitary problem — better housing for laboring classes, clerks, and tradesmen. He found it more than this — the successful working out of a great sociological experiment. Here we have a practical means by which men of small income can become owners in common of large estates. The community interest gradually supersedes the purely personal interest. The man becomes, in fact, a citizen and factor in his small copartnership government, and he thus learns more certainly his relation to the government at large. The cooperative garden suburb makes for better living conditions, better health, better citizenship.

THE NEXT ISSUE

Civic Festivals; Lelchworth the First Garden City; The Cure of Consumption; What to Do for That Headache; Consumption-Cure Frauds; Intemperance and Heredity; and the last of the series on Nuts.

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Published Monthly

GEORGE HENRY HEALD, M. D., EDITOR

Washington, D. C.

AN APPEAL TO YOUNG MEN

Do You Know That Tobacco Makes Men
Less Manly?

☐ It hinders the development of the body.

This has been testified to by physical directors of universities, such as Drs. Seaver and Anderson, of Yale, and Dr. Hitchcock, of Amherst, and Dr. Meylin, of Columbia, as a result of repeated careful measurements, both of those who used and of those who did not use tobacco.

☐ It retards development of the mind.

Dr. Hitchcock said: "Out of our highest-scholarship men, only a small percentage (about five) use tobacco, while of the men who do not get appointments, over sixty per cent are tobacco users." Teachers and principals of high schools and directors of gymnasiums testify that the use of tobacco dulls the intellect of boys.

☐ It lessens the moral power of boys.

Dr. Coffin, of the Whittier Reform School, some years ago said: "Of the seven-teen hundred and more boys who have been and now are inmates of this institution, ninety-eight per cent were cigarette smokers, and fully ninety-five per cent were cigarette fiends. . . . We can generally tell when there is a supply of tobacco in the school by the conduct of the boys themselves, and by the poor work they do in the schoolroom. The same condition is found in other reform schools. Where can you show a young criminal who is not a user of tobacco?"

☐ It makes a slave of a boy, so that, whether he will or not, he has to use it. What is first a luxury becomes a necessity.

I will not dwell on the expensiveness of the tobacco habit,—how one man by doing without it, in sixty-one years saved nearly one hundred nineteen thousand dollars, a neat fortune, even in these days of large fortunes; nor on the diseases—cancer, blindness, deafness, heart-disease, and dyspepsia— which are directly caused by tobacco using; nor on the filthiness of the habit,— how it saturates the clothing with an odor sickening to clean people; nor on the extremely poisonous nature of nicotin— so violent that a drop or two on the tongue will kill a cat,— you have already heard all that.

I appeal to you on your own manhood. Most boys begin using tobacco because it seems manly to do so. If they fully realized that it dwarfs the body, benumbs the brain, and weakens the character, they would never take up the habit, even though this damage might be comparatively small.

You will be larger, more efficient, and more brainy, you will have better health, and will be more trustworthy, if you do not use it. Is that not enough? Your work will be in better demand; for corporations are beginning to appreciate the value of clear intellects, and to discriminate against tobacco users.

Why become a slave to a habit that can never do you any good, and can do you great harm?

MEMORIES OF GOD'S GREAT OUT-OF-DOORS



GEORGE WHARTON JAMES

MEMORY is one of the wonderful faculties of man's mind, by means of which he brings back to his present ken past stages of consciousness. He can sit, when a gray-haired old man of eighty, close his eyes, and by means of memory bring back a series of pictures that make him forget his gray hairs, his wrinkled face, his feeble steps, his dim eyes, and his imperfect digestion. He can see a beautiful woman—one whose face was almost divine to him—leading a tiny curly-headed boy by the hand into the house of prayer. He feels again the loving touch of her hand upon his head as he knelt in reverence and prayed God's blessing upon him before he retired to his baby bed. He can see the loving smile in her eyes as she kissed him good night, and can smell the peculiar odor of a bunch of violets she once wore when she was going out with his papa, that proud-faced man who was always so gentle and kind to her curly-headed boy. Picture after picture comes, until at length he sees a fair maiden standing in the garden near the rose-bush. Her lips were more beautiful to him than the red of the deepest American Beauty rose, her cheek more attractive than the daintiest Gold of Ophir rose. How his heart thrilled as he felt that he loved her

and wanted to make her his wife. Then he saw her again, and this time he stood by her side before the sacred altar while the minister pronounced those words that told the world they were husband and wife.

Later pictures showed him this same dear maiden, now his wife and the mother of his child, as they lived their happy days together. Then came sad pictures of sickness and death. Yet blessed pictures, because of the love that manifested itself between them even in those hours of the long separation.

So, the old man sits, and lives again in the past, now that his bodily infirmities render it impossible to go about much in the present.

Reader, you may live to a ripe old age. Some day you may want to sit down and live over sweet memories of the past. What kind of memories are you storing in your mind, to be recalled should those quiescent days ever come to you? Recently I had a letter from a friend. It described an automobile ride through a valley that I have known for nearly thirty years. My friend had also known it that long. In the years that have elapsed, it has changed wonderfully. But let me quote from the letter itself:—

“The country is surely a land of won-



PRUNE ORCHARD IN BLOSSOM, SANTA CLARA VALLEY

"It will always be to me a land of dreams, and will wear a halo of mystery."

der and delight just now. I do not know that I have ever seen this valley and the surrounding hills and mountains more beautiful. The place is changing, however, as it is settled up. I used to love its broad sweep, unbroken and wild, except for grain fields and sheep-ranches, and with the quiet hazy line of hills in the far distance. It all had a charm and fascination about it that appealed very strongly, for some reason, to my growing and uncrowded mind, and fed my imagination with all sorts of wonderful dream-like things. I do not suppose I shall ever get over the effect of those first impressions, no matter what added things, of beauty or otherwise, I may see now. It will always be to me a land of dreams, and will wear a halo of mystery. I am so glad and thankful for those wonder-filled days of freedom when I

roamed the fields and a wild ravine, with a little white-and-yellow dog as my only companion. It means a great deal in later life to have had some kinds of experiences in one's childhood."

What kind of memories are you putting into your child's life and into your own? If you are living in a city, do you spend all your time and spare cash in cheap vaudeville shows, and in gaudy, garish places; in dances and card-parties, where you and your child are storing up memories for later life? What kind of memories will they be? Will there be any joy or comfort in them? Why not get out into God's open air whenever you can, into the green, flower-bespangled fields and onto the side-hills; into the cool, deep, shady woods, where a babbling stream merrily flows on to the sea; by the seashore; into cool ravines, where



GULLS, SALT LAKE, UTAH

Can I ever forget the time I saw the gulls, and went out to their island?

beds of brakes grow, and where, in deep clefts here and there, tiny springs trickle forth, nourishing sweet-smelling mosses and maidenhair ferns? Who could have imagined that the child, who in after-years wrote this letter, was storing such impressions and memories, such pictures and feelings? What a rich treasure-house is a memory so stored.

Can I ever forget the first time I saw the gulls on the Great Salt Lake, in Utah, and went out to their island? It seemed there were hundreds of thousands of them. I watched them fly, rise and fall, skim down upon the water and float there as easily as they did in the air, and I wondered where they all got food. Somehow God provided for them, for they all seemed well nourished. Equally vivid are certain pictures of great flocks of sand-hill cranes, of blue

and green herons, of pelicans, and of wild swans that I have seen at different times on my trips down the Colorado River. They are pictures of wonderful sights that will remain as long as memory has its power.

Then, too, these flocks bring back to my memory the flights of the swallows that I used to watch from the window when I was a child in England. How they would gather from every direction, making the eaves and roofs of our old church their rendezvous! When, finally, all were assembled, they would start off in battalions for their winter quarters.

One of the vivid pictures I can never forget is of Donner Lake, nestling calmly in the heart of the eastern slope of the great Sierra Nevada range, in California. It is over thirty years since I first saw it, yet the picture is as vivid and clear



DONNER LAKE, CALIFORNIA

One of the vivid pictures is Donner Lake, nestling calmly on the eastern slope of the great Sierra Nevada range.

to-day as ever. Two or three years later I camped by its side, swam in its waters, and then learned the terrible tragedy that gave it its name. The Donner party was one of the early immigrant parties that started for California from Illinois, three years before gold was discovered. Its originator was a well-known citizen of Springfield, Ill., James F. Reed by name, a fellow soldier with Lincoln, and a good man. Two brothers named Donner joined him, with their families, and it was from one of these, who was afterward chosen leader of the party, that it received its name. Their number was increased to over eighty long before they reached what is now Utah. Here they met with misfortunes,—not one but many,—sad and terrible, which seemed to foreshadow the awful one that finally met them at the side of this exquisitely

beautiful lake. As they neared the foot of the Sierras after crossing Nevada, and began the ascent, the fierce snows of winter began to fall, and they were ultimately hemmed in here. Provisions were scarce before they arrived, and yet the storms compelled them to remain here for several long months. The result was that half the number—over forty—died of starvation.

Among the survivors was a girl twelve years of age, now one of my most honored and dear friends, living in San Jose, Cal. Many years ago she told me of her life at Donner, and of her rescue, and I am now writing this life for publication in book form. What must her memories of Donner Lake be? Some time ago it reached her ears that a movement was on foot to make of it a pleasure resort. She then wrote to me:—

"Donner Lake a pleasure resort! Can you understand for one moment how strange this seems to me? I must be as old as Rider Haggard's She, since I have lived to see our papers make such a statement. It is years since I was there, yet I can feel the cold and hunger and hear the moan of the pines, those grand old trees that used to tell me when a storm was brewing, and seemed to be about the only thing there alive, for the snow could not speak. But now that the place is a pleasure resort, the moan of the pines should cease."

It was natural that her memories should be of the sad tragedies of the place, though they were experienced sixty years before. Yet combined with these memories are two other powerful thoughts that materially alleviate them, namely, that the sufferings even of those who died are past and gone, and that the human heart is so constituted that it can live on and triumph over every tragedy that may come upon it. There is no conceivable circumstance that can compass a life about that can not be conquered. Life is given to us for this very purpose — to triumph, to conquer; for God assures us that he will *never* leave nor forsake us.

It is this thought that makes it possible for me to recall with calmness and equanimity the awful destruction that

came upon San Francisco in the earthquake and fire of 1906. The destruction was terrible. I walked over the burnt area as in a nightmare. I repeated Miss Coolbritte's wonderful poem¹ again and again as I stood in its barren wastes.

And I have seen that promise of rebuilding in a great measure fulfilled; so San Francisco's memories to me are of

the destruction, triumphed over by the reconstruction, owing to the brave and dauntless hearts of its citizens.

I thank God daily for memory. When two years ago an accident sent me to a hospital bed for two months, how memory came to my aid! I could not read, but I could lie and watch the pictures in the marvelous panorama of the mind. I saw the "thirty-armed silvery Trent" of my birthplace; the old church opposite



SAN FRANCISCO AFTER THE FIRE

It is this thought that makes it possible for me to recall with calmness and equanimity the awful destruction that came upon San Francisco in the earthquake and fire of 1906.

which I was born; and the great cathedrals of England and Europe. I stood again before Notre Dame, in Paris; I viewed again the wonders and glories of the Mediterranean. I was bicycling through France, into the Auvergne Valley, and up the Rhine and down the Rhone. I saw sunset and sunrise on the Lakes of Killarney, and I chatted with John Ruskin in classic Oxford, Tyndall in London, Carlyle on Battersea Bridge,

¹ It is given on the opposite page.

and Sir John Millais at the Royal Academy. Then I crossed the Atlantic, and reveled in the wild waste of ocean, and a storm which blew away sheets and masts. I recalled the first glimpse of New York, and the various cities as I first crossed the continent, of the prairies, the Rocky Mountains, Pike's Peak,

impress upon my readers, in conclusion, is this, and to me it is one of the most important lessons of life: Enjoy to the full, now, while you are in the midst of God's beautiful out-of-doors; seize every opportunity you can to enjoy the things of nature; train yourself to see and be conscious of all the rich beauty

"In ended days, a child, I trod thy sands,—
The sands unbuilted, rent with brush and
brier
And blossom,—chased the sea-foam on thy
strands,
Young city of my loves and my desire!

"I saw thy barren hills against the skies,
I saw them topped with minaret and
spire,
On plain and slope thy myriad walls arise,
Fair city of my love and my desire.

"With thee the Orient touched heart and
hands,
The world's rich argosies lay at thy feet,
Queen of the fairest land of all the lands,
Our sunset-glory, proud and strong and
sweet.

"I saw thee in thine anguish! tortured,
prone,
Rent with earth-throes, garmented in fire!
Each wound upon thy breast upon my
own,
Sad city of my love and my desire.

"Gray wind-blown ashes, broken, toppling
wall
And ruined hearth—are these thy fu-
neral pyre?
Black desolation covering as a pall—
Is this the end, my love and my desire?

"Nay, strong, undaunted, thoughtless of
despair,
The will that builded thee shall build
again,
And all thy broken promises spring more
fair,
Thou mighty mother of as mighty men.

"Thou wilt arise, invincible, supreme!
The earth to voice thy glory never tire,
And song, unborn, shall chant no nobler
theme,
Proud city of my love and my desire.

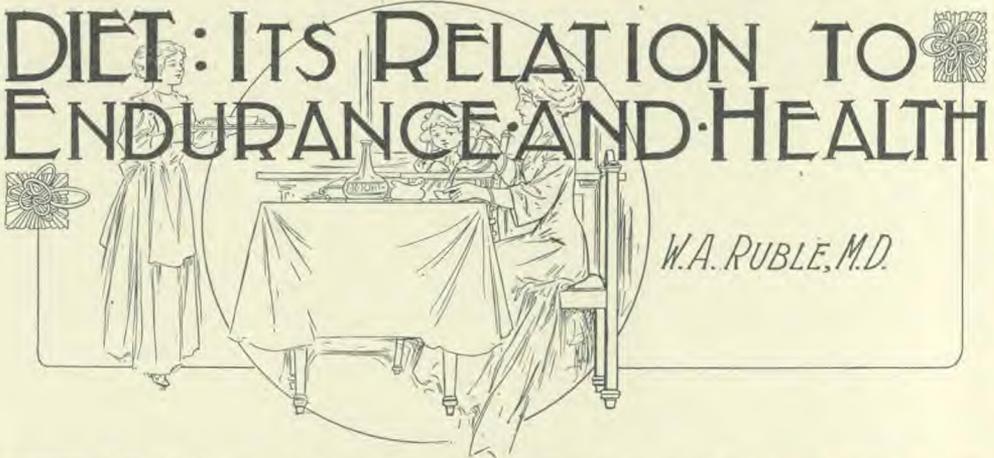
"But I shall see thee ever as of old!
Thy wreath of pearl, wall, minaret, and
spire,
Framed in the mists that veil thy Gate of
Gold,
Lost city of my love and my desire."

the plateaus of Nevada, the Sierra Nevadas, and the lakes embowered in their sheltered heights. Very many delightful memories flooded my mind, and gave me comfort, consolation, and the immediate occupation which enabled me to forget my pain and confinement.

The thought I wish most strongly to

they present, that should you at any time need to call upon your memory for occupation during a time of pain, confinement, or enforced idleness, God's great gift of remembrance may be a joy and a blessing to you, instead of a torture of emptiness and a lashing whip of remorse because of lost opportunities.

DIET: ITS RELATION TO ENDURANCE AND HEALTH



W.A. RUBLE, M.D.

ONE of the most important matters for consideration by every person desiring health is that of diet. Only within the past few years has this subject received the attention that it deserves. The increase of disease has recently so impressed medical men, scientists, and the people at large that much thought has been given to the matter of health and endurance.

Dr. Haig, a well-known English physician, says, "In diet lies the key to nine tenths of the social and political problems that vex our nation and time." Much more does it lie at the foundation of health and strength.

The elements of food are principally carbohydrates (comprising starches and sugars), fats, and protein. Of these, carbohydrates compose the greater part of the diet. This element comes from grains, fruits, vegetables, and nuts. The fats are derived from the fats of animals, as butter and cream, and from olives, cottonseed, and nuts. The protein part of the food is derived from muscles of animals, milk, eggs, beans, peas, lentils, nuts, and grains.

Errors in diet are responsible for a great deal of sickness. These errors are principally rapid eating, overeating, and an excess of the protein element in the food. It is to this latter point that we shall confine our attention.

The body may be likened to an engine. In fact it is the most perfect piece of apparatus in existence for transforming fuel into energy. The different foods furnish heat, energy, and the structure of the engine. The carbohydrates and fats produce heat and energy. They correspond to the fuel used in an engine. The protein produces muscular tissue, and furnishes some energy. It is the iron work of the engine. While in an engine tons of coal are used to produce energy, but little iron is necessary in the way of repairs after the engine is first perfected. So in the body, an abundance of fat and starches and sugar is necessary for heat and energy, but little protein is needed for repairs.

In the combustion that takes place in the body, fats, starches, and sugars are almost entirely burned up, with the liberation of heat and energy, the end products being carbonic acid gas that passes off in the breath, and water. The protein, if eaten in greater amount than is needed to rebuild muscle tissue, results in waste material, which must be thrown off by certain organs or it will clog the system, just as iron fed to a furnace would result in clinkers and waste. The body partly changes this excess of protein into substances that can be excreted, but the excretory organs can dispose of only a limited amount of waste, and all

above that amount may remain in the tissues as uric acid or other waste products. Provision is made in the body for storing fat and carbohydrates for use in emergency, but there is no provision for storing protein. Continuing the simile, the engine carries coal, but not repairs. An excess of protein therefore results in waste materials, which may obstruct the working of the body. This brings us to the consideration of endurance as modified by diet.

It has been generally believed that a high protein diet is necessary to enable one to endure hard work, but it has recently been demonstrated that a high-protein diet produces early fatigue. Muscle-cells and nerve-cells which respectively produce and liberate energy are surrounded in their work by the body fluids from which they generate the energy they produce. If these fluids contain an excess of waste material, heavier work is thrown upon these structures, and nourishment will be received with greater difficulty. Hence, fatigue comes earlier and with less exertion where excess of wastes accumulate in the system.

Another factor entering into the problem of a high-protein dietary is its source. Flesh-meat is the usual source of protein, and with many people it is the principal article of diet. In the activity of every animal cell there is a production of waste material. Each animal, human or otherwise, produces as much waste in its own body as it can easily care for. When, however, the extra amount of waste material, as uric acid, produced in one animal is eaten by another, as is done when flesh-meat is taken, there is evidently a double proportion of waste material to be excreted or to clog the system. This actually takes place in the tissue, forming what is sometimes called a uric-acid diathesis.

Writing on the matter of fatigue, Dr. Haig gives two tests between flesh-eat-

ers and non-flesheaters: "Fourteen meat-eaters and eight vegetarians started on a seventy-mile walking match. All the vegetarians reached the goal in splendid condition, the first covering the distance in fourteen and a quarter hours. An hour after the last vegetarian, came the first meat-eater, and he was completely exhausted. He was also the last meat-eater, for all the rest had dropped off after thirty-five miles of endeavor."

"More recently in a walking match (Dresden to Berlin, 125 miles), six vegetarians again came in first, and the then champion walker of Germany was among those who gave up the contest." In summing up, Dr. Haig says: "In my opinion a few more hard facts like these will dispel the delusion that strength and endurance can be attained only on flesh food. The truth is that fifty per cent more endurance and strength can be obtained from many other foods."

American scientists are not behind in observations along this line, nor do their conclusions differ from scientists across the water. Some very interesting experiments have been performed and recorded by Prof. Russell H. Chittenden, president of the American Physiological Society and director of the Sheffield Scientific School of Yale. He took twenty soldiers of the United States Army, and placed them on a diet containing about one third of the protein food to which they were accustomed. Reporting this experiment, Professor Chittenden says: "The experiment results presented afford very convincing proof that the needs of the body are fully met by a consumption of protein food far below the fixed dietary standard, and still farther below the amount called for by the recorded habits of mankind. General health is equally well maintained. Most conspicuous was the effect observed on the muscular strength of the subjects. Without exception we note

with all of the men a phenomenal gain in strength." The total strength in almost every case more than doubled in six months, according to his reports.

Other tests were made with members of the athletic clubs of Yale, with similar results. In writing of this latter test, Professor Chittenden says: "The main lesson from the experiment was that the men improved in health and physical endurance. By actual gymnasium tests it was found that the physical endurance of the men was approximately doubled in five months.

Diet and Disease

As before, the special point under consideration is a high-protein diet, including a flesh diet, and its relation to disease. There are two classes of disease. One results from excess in protein waste products, and includes those diseases referable to the central nervous system, as headaches, nervousness, insomnia, and such abnormal conditions due to irritation caused by waste material in the blood and nerve-tissues. The other class results from deposits of uric acid and other waste products in the muscles and less delicate tissues, and produce rheumatism, gout, and kindred diseases. One of the first things a physician does for a patient suffering from rheumatism is to restrict the amount of flesh-meat and other protein used. If this is necessary to cure the disease, why not adopt the plan in order to prevent the disease?

The kidneys are the organs which eliminate the waste products. When overworked by excess of this waste in the blood, the kidneys fail and kidney disease results. This, of course, is not the only cause for this disease, but is one important cause. More or less obstruction to blood-flow is offered by the waste matter in the system, and the small

arteries are hardened, making greater blood pressure necessary in order to force the blood through the tissues. There is some evidence that the blood-vessels are hardened and rendered brittle by the same waste material.

Apoplexy is a rather common disease. It is due to this hardening of the vessels and high blood pressure, which result in rupture of a blood-vessel in the brain. Other serious diseases result from this same cause.

There are two important features of a flesh diet that are often overlooked. These should especially appeal to those who are interested in intemperance. A flesh diet is quickly digested, the nourishment readily reaches the blood, and is exhausted in a much shorter time than that from another diet. This calls for frequent meals or for some kind of stimulant "to keep up the strength." Tobacco, tea and coffee, and even alcohol are resorted to.

The waste products in the flesh are stimulating, and as soon as their stimulating effect has passed off, other stimulants are needed. This also leads to intemperance.

To sum up:—

1. A high-protein diet results in waste material, which clogs the system, rendering the muscles and nerve-cells less free to act, thus causing early fatigue.

2. Such diet, especially where it comes from flesh, readily gives up nourishment to the blood, which nourishment is early exhausted, also producing fatigue and a demand for stimulants.

3. Waste material from such diet obstructs the circulation and hardens the arteries, leading to apoplexy, kidney disease, early senility, and other disorders.

4. Diseases, such as many nervous disorders, rheumatism, and gout, result from the same cause.

THE PREVENTION OF CONSUMPTION

A. B. OLSEN, M.D., D.P.H.



[We beg our readers not to allow the humorous concept of the artist to detract from the seriousness of the tuberculosis problem. If you smile, let the smile mordant the pathos of the present conditions in your mind so that it will result in your earnest cooperation with the movement for the suppression of tuberculosis.—Ed.]

ALTHOUGH the death-rate from tuberculosis has been steadily though slowly falling during the past twenty or thirty years, still at the present time about one out of every ten born into the world dies in consequence of the terrible plague which continues to flourish so luxuriantly.

At the late conference of the (British) National Association for the Prevention of Tuberculosis, Mr. John Burns, the president of the local government board, prophesied that tuberculosis would be abolished in thirty years. Possibly this prophecy will come true provided that the fight is carried on with the hearty cooperation of every citizen.

Keeping Fit

Perhaps the first consideration in the battle against tuberculosis is the personal factor. The fighter must keep himself in fighting trim if he is to win; and this is profoundly true in the campaign against tuberculosis. To keep one's self physically fit continually means leading a clean life

with good habits. It means avoiding strong drink as well as tobacco, and indeed, all forms of dissipation. To conserve the health one must be a lover of fresh air and outdoor life, and must avoid the bad smells and foul odors of a close room as one would smallpox.

An abundant supply of clean, pure food, free from poisonous waste material (this would, of course, exclude animal flesh), is desirable in attaining the highest degree of health. The liberal use of fruit is valuable not only for the gentle, medicinal influence of the salts and acids which it contains, but also, in the case of dates, figs, prunes, raisins, etc., for its nutritive value.

We do not appreciate sufficiently the splendid food value of nuts, nut-oils, and various nut foods. Nut-oil or olive-oil is, in our opinion, not only far more pleasant to take than cod-liver oil, but also more wholesome, as well as equally nutritious and less expensive.

Great advance-



To conserve the health one must be a lover of fresh air and outdoor life.

ment has been made in public sanitation, and some advancement in domestic hygiene; but there is room for still greater improvement in both, especially in the home life. The real meaning of absolute cleanliness seems to be understood by comparatively few. Dust



It is only by means of continuous strenuous efforts that we are able to eliminate dirt.

and dirt are omnipresent, and it is only by means of continuous strenuous efforts that we are able, even under favorable circumstances, to eliminate dirt, with its accompanying germs, from our food and drink and from the air we breathe.

Then there are various industries that employ hundreds, thousands, and even tens of thousands of workers. Large corporations and companies lack heart far oftener than brains, and, in their keen competition for good dividends, frequently fail to provide for the physical welfare of their employees as they should, and as doubtless almost any of

the stockholders or partners would do if he had the sole personal responsibility. There is little doubt but that many men do in committee or on the board what they would not think of doing individually in the treatment that they mete out to their servants. The model employer who provides a garden city for his family of workers is unfortunately the exception; but we believe that until such sane and sympathetic treatment of our working classes becomes the rule, we shall still have with us not only the white plague, but numerous other infectious disorders, as well as the serious labor problems that to-day confront us.



There is little doubt but that men do in committee what they would not think of doing individually.

While speaking of cleanliness, we must not fail to refer to the almost universal habit of indiscriminate expectoration, a habit which, even when the offender is a healthy person, is disgusting as well as insanitary. But when the offender is a tubercular patient, the enormity of the offense can scarcely be described in adequate language. The sputum of con-

sumptives often teems with innumerable tubercle bacilli, all of which are capable of setting up the disease in others.

With regard to the insanitary conditions under which many workers are obliged to perform their labor, we can not forbear referring to the conditions that apply to railway clerks, which are often so insanitary as to produce a death-rate from



An almost indiscriminate expectoration.

tuberculosis almost twice as great as the average. Undoubtedly the same conditions prevail in most of the clerical quarters of our large cities, conditions which are a disgrace to our commercial houses, and which ought to be remedied promptly. Our medical officers of health should possess greater powers than they now have enabling them to put an end to such a glaring violation of the laws of hygiene.

Improved Housing and Garden Cities

We are glad to see an awakening in the conscience of at least some of our citizens in promoting and supporting the garden-city movement, and in improving the housing of our working classes. The terrible conditions which exist in our overcrowded slums are undoubtedly a large factor in the dissemination of infectious diseases, including tubercu-



The millennium when each family will possess three acres and a cow.

losis. While we do not yet expect the millennium when each family will possess three acres and a cow, still we do believe that every family ought to have at least a few yards of green grass, and a private garden, even though it may be small. A great fire in the poorer quarters of some of our large cities would be not altogether an evil, but it ought to be possible to get rid of

our slums without the necessity of a conflagration. In order to abolish tuberculosis, it will be necessary also to abolish destitution. The crowded lodging-house or private home is a hotbed for infectious disease. Narrow streets, with crowded tenement-houses, in the thickly populated "East Ends" of our cities, contrast strangely with the broad avenues, large, elegant houses, and ample gardens of the thinly populated "West Ends." It would not be strange if such a contrast caused hard thinking on the part of some members of the submerged classes of society. Should such an arrangement be allowed to continue?

Compulsory notification is an advantage to the community and to all consumptive patients; for it will mean periodical visits of the doctor, and efficient care for the patient.

WHERE TO BEGIN CONSERVING



CONSERVATION has become the theme of the wise men (and women) of this time, and little surprise is occasioned, for we see on all sides strenuous efforts to make "ends meet"; and in this consideration the source and supply questions are getting more attention.

Lawmakers are seriously considering measures toward the conservation of natural resources, and scientists are going deeply into the matter of the conservation of the race.

That God planned the best system of conservation for man, physical and spiritual, has lost its connection in the scheme, as man looks at it; hence the question, *How shall we conserve?*

As far as the race of mankind can be linked with the scheme of conservation, we must go back to the children of men, and cultivate their physical, moral, and spiritual nature, looking to full conservation

when they will bear the image of their Creator, as did the first man created, whose Author pronounced the work of his hand "very good." Statistics on every hand show heavy mortality of young life, and one can not wonder at this, when close observation into causes show ignorance of natural law and indifference toward remedy, a combination which can not be beaten in affecting race suicide.



NO COLOR-LINE

Let our lawmakers be encouraged in their efforts toward conservation of natural resources, but parents should consider, in the fear of God (who tells us that children are his inheritance), *how* these little ones are invited into their homes. God may be consistently asked to add his blessing to proper conditions. But God is not always thought of in this matter by parents, and the necessity of institutions in all our large cities for the artificial foster-

ing of infants is self-evident.

Foundlings left on door-steps, deserted wives, and deceived girls tax these institutions heavily; and while the old world rolls around on its axis, with its cup of iniquity fast filling, we may expect these conditions to prevail, if not increase.

St. Margaret's home, of Albany, N. Y., may be cited as a model institution of this character, and its history should inspire other cities and charity organizations to follow its example.

Thirty years ago a motherless little one needed care, and the women of All Saints' Cathedral Church of the diocese of Albany, its

found a home for it. Other cases called for greater effort, and God, blessing their working faith, gave them the needed "things" which he has promised to those who seek righteousness, and from that day of Christian endeavor to do good to the least of his children, St. Margaret's has grown into the well-equipped institution it is.

Bishop Doane has used his large influence in the upbuilding and maintenance of the institution, and though started under the



THE SUN-BATH



MEAL-TIME

board of managers claim representation from all denominations and creeds, making it non-sectarian in administration.

To Dr. Henry L. K. Shaw, the well-known infant specialist, is due the high standard of the institution and the confidence of the medical profession.

The call for nurses from this institution can not be supplied, which shows that trained infants' nurses are meeting a larger demand every day.

That the course is finished after eight months' training ought to recommend itself as a profession to a large number of young women of good education.



THE MORNING SPIN

One important feature at St. Margaret's is the "mothering" element in the care of the babies, who can not have their natural mothers while there. Nurses and superintendents seem to give most naturally of their best in order properly to mother the little ones in their care, and it is the belief of the superintendent that this natural element has assisted in the recovery of some of the most desperately and hopelessly afflicted babies.

That God is glorified in these "good works" should inspire many others to "let their light so shine," to the glory of our Father who is in heaven.



THE AIR-BATH

CO-PARTNERSHIP IN HOUSING

G. H. HEALD, M.D.

WE had heard of the garden suburb of Hampstead and were anxious to see it, mainly because we believe that a beautiful suburb with abundance of garden room must be a healthful place; but we have since learned that Hampstead and allied garden cities and garden suburbs have other advantages besides fresh air, sunshine, and flowers.

One of the principal features of the Copartnership Tenants, Limited, is the introduction of cooperative methods in housing. It is, perhaps, well known to our readers that the cooperative stores built up by the combined small capitals of the patrons of the stores, and owned by the patrons, are among the most prosperous financial ventures in Great Brit-

ain. The introduction of this principle of cooperation into the housing problem marks a new era; for by this method each member not only obtains a better house, with more garden room, than he would likely obtain by any other method, but he has his share in the tennis-courts, play places, and other means of recreation and amusement, and he is in a neighborhood having a neighborhood pride and a community interest to make the property as attractive as possible. While he is a joint tenant, he is a joint landlord.

In a former issue we described the establishment of the garden suburb Bournville, through the munificence of Mr. George Cadbury, its founder. Undoubtedly this act of philanthropy, involving the gift of more than a million dollars,



A ROYAL VISIT TO HAMPSTEAD

The officers of the Hampstead Tenants, Ltd., manifest considerable pride in this picture. The queen, who is walking immediately behind the king, is unfortunately hidden from view.



THE SQUARE, HAMPSTEAD

These houses, though not detached, are sufficiently narrow to afford light to all rooms, front and back. The common court, under good care, affords a much more pleasing aspect than a number of small back yards divided by means of high board fences.

while it in no way pauperizes or renders dependent the tenants, and while it undoubtedly prolongs life and increases efficiency and happiness, is not likely to be often duplicated; because there are not

very many George Cadburys; and the extension of the work through investment of the earnings of the parent garden village will necessarily be a slow process.



THE SQUARE, BACK VIEW

This is a row of solid-built houses, but they have the advantage of beautiful views, both front and back.



WORDSWORTH WALK, HAMPSTEAD

An English house must have its fireplaces, one for each room if possible, and always its rows of chimney-pots. Hedges are used instead of fences, and the sidewalk is often dispensed with, as there is little vehicle traffic.

But the work of the Copartnership Tenants, Limited, has demonstrated that garden cities can be established, and the properties rented at comparatively low rates and on as favorable terms as at Bournville, without the aid of a donation from some wealthy philanthropist. Wherever families are willing to combine into a community, having community recreation grounds, community breathing spaces, community institutes, clubs, and schools, with individual homes, the thing can be done, and is being done.

Desiring to learn more of the work at Hampstead, we called at the office of the Copartnership Tenants, Limited, 6 Bloomsbury Square, London, W. C., and there met Mr. Frederick Litchfield, the secretary, who received us cordially, and took us out by way of the "Hampstead tube," one of the London underground railways, to see the grounds at Hamp-

stead. We found here a large tract of land being rapidly, and substantially, and, I may add, beautifully developed. Provision is made for ample lawn and garden space, and care is taken that every house shall have good sunlight and a pleasant prospect. The houses, for their size, are remarkably well planned; and as we were shown from place to place, we could not avoid expressions of pleased surprise.

Roads have been planted with almond, cherry, acacia, maple, birch, and other ornamental trees, and in place of fences there have been planted hedges of sweetbrier, yew, holly, and wild rose. And one can be sure that the attractiveness, instead of declining as in many tenant districts, will increase from year to year.

The purpose of this movement is to invite from the crowded streets of the metropolis, not only the families of busi-



ASMUNS PLACE

A curve in the street, and a few of the stately old trees add charm to the general effect.

ness and professional men, but of working men as well. Rents go as low as \$6 a month, and will reach, when the present plans are completed, \$50 a month for some houses, thus meeting the requirements of various social grades.

In order that the settlement may be available to city workers it must be within easy reach and at reasonable fares. While Hampstead is practically in the country, so far as air and surroundings and freedom from noise are concerned, it is within twenty minutes of Charing Cross, the London center, by tube, and the workman's fare for the round trip is four cents. The ordinary single fare for that distance is six cents one way. For points nearer than Charing Cross the rate is correspondingly less.

Every tenant is expected eventually to obtain loan stock in the company to the amount of \$250, or two years' rent of the house occupied if that exceeds \$250, to be paid up fully at once or in instalments. The tenant receives 4% on his

loan stock from the first deposit, and 4½% when it reaches \$250 and upward. If the tenant desires to invest more funds, he can take more loan stock at the higher rate of interest, or he can make temporary loans at lower rates. He pays a moderate rental, and from the surplus profits of the society he receives an amount proportionate to the rent he pays. For the year ending Dec. 31, 1910, after paying 5% on shares, there was sufficient remaining in the funds of the Hampstead Tenants, Limited, to pay a rent dividend of 7½% on the rent paid. In other words, each renter received 5% on his investment and 7½% rebate on his rent money.

Each tenant investor is allowed undisturbed possession of a house as long as he wishes to retain it, provided he continues to act the part of a good neighbor and a good tenant. Of course, the retention of those not disposed to act in harmony with the aims of the association would soon defeat the purposes of the

association, and render the garden city a much less desirable residence district.

Provision has been made which effectually and perpetually excludes the sale of liquor from the property. There is a public house outside the grounds not far from the property. The officers of the Hampstead Tenants, Limited, endeavored to purchase the business at a high price, in order to close it up, but the "publican" refused to sell. However, there is reason to hope that in time his license will be revoked, and it will be impossible for others to obtain liquor licenses in the neighborhood.

We have made use of the names Copartnership Tenants, Limited, and Hampstead Tenants, Limited. The former is the central body, with which the various

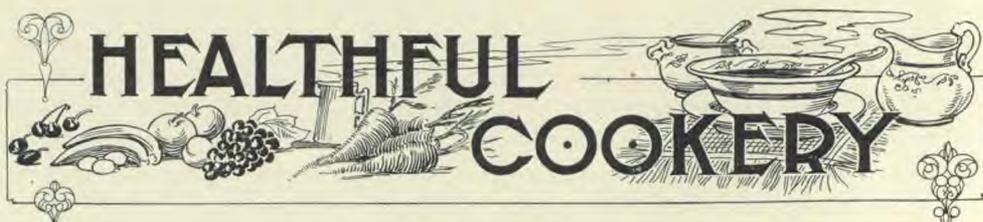
local societies are affiliated. The first society was established at Ealing, West London, about ten years ago. The first Hampstead society was established a little over four years ago, and now there are three Hampstead societies. There are also affiliated societies near Birmingham, Leicester, Liverpool, Manchester, and elsewhere, fifteen or more in all, with property valued at more than \$4,000,000.

The Copartnership Tenants, Limited, requires that each society, as a condition of membership, shall have a reliable system of accounts, shall have an efficient audit by a professional auditor, and shall permit the Copartnership Tenants, Limited, the right to inspect its books and papers at any time.



REYNOLDS CLOSE — VIEW LOOKING ACROSS HAMPSTEAD HEATH

In order to give more space for the gardens, the street is made narrow, with a passing-place for vehicles in center of block.



NUTS

(Continued)

George E. Cornforth

The Chestnut

FOOD VALUE IN CALORIES PER OUNCE			
PRO.	FAT	CAR.	TOTAL
12.4	18.5	86.1	117.0

This nut, which grows singly or in a cluster of three or more in a prickly bur, is too well-known to need description. It differs from other nuts in containing a large amount of starch in place of the fat which other nuts contain in large quantity, on account of which it requires cooking. The most common way of cooking chestnuts in this country is roasting. But in Europe, where they have been a staple article of diet of the poorer classes for many years, they are boiled, roasted, and made into flour, which is used in making bread.

To Roast Chestnuts

Either cut off the tip of the shell or make an incision at the tip to prevent the nuts from bursting, and put them into a rather hot oven for ten or twenty minutes, stirring occasionally.

To Peel Chestnuts

Wash the nuts, then boil them for a few minutes. Drain off the water, and pour cold water over them. The shells and the tough skin which covers the kernel can then be easily peeled off.

Chestnut Puree

After the chestnuts are peeled, boil them till tender in as small a quantity of water as possible without scorching them, so that the water will be nearly evaporated when they are done. Rub them through a colander, and season with salt and cream.

Creamed Chestnuts

Instead of mashing the boiled chestnuts, put them into cream sauce.

Chestnuts in Tomato Sauce

Put the boiled chestnuts into tomato sauce.

Baked Chestnuts

Put shelled chestnuts into a bean pot. Cover them with the broth from vegetable soup, or with water to which a little tomato-juice, grated onion, browned flour, oil, salt, thyme, and savory have been added, and bake till tender. The chestnuts should be somewhat juicy when done.

Chestnuts With Raisins

Boil shelled chestnuts, and when about half done add salt and one fourth as many raisins as you have chestnuts, or more if desired, and cook till the chestnuts are mealy.

Marrons glacés are chestnuts preserved in sirup, and then dried.

The Coconut

FOOD VALUE IN CALORIES PER OUNCE			
PRO.	FAT	CAR.	TOTAL
6.7	133.6	32.3	172.6

The stately coconut-palm is the most useful of all trees. Every part of the tree is put to some useful purpose. It grows as a branchless tree to the height of sixty to ninety feet, and is crowned by a great tuft of pinnate, or feather-shaped leaves, which are ten to twelve feet long, and at the base of which the nuts hang in clusters. In countries where the coconut-palm grows, it furnishes the chief necessities of life, and its cultivation and the preparation of its products give employment to a large part of the population. Some of the articles made from the coconut-palm and its nut are: coconut matting, cordage, ship cables, brushes, brooms, hats, stuffing for mattresses and cushions, coconut-oil, candles, spoons, drinking-cups, lamps, tooth-powder, lampblack, lumber, healing oint-

ment, fuel, toilet cream, and soap. In some localities it forms the chief food of the people.

The nuts as sold on the markets are deprived of the outer sheath in which they grow. The flesh of the immature coconut is much like soft custard, is very easy of digestion, and is much enjoyed when eaten from the shell with a spoon. The mature nut is hard and woody, and difficult of digestion, but is much prized for its flavor. Since the flesh is so hard to digest, the best way to use the coconut is to extract the milk from it, and reject the tough, fibrous part.

To Prepare Coconut Milk, Cream, and Butter

Select nuts which contain plenty of water. Bore a hole in two of the eyes of the nut. Pour out the water, and save it to use in diluting the milk or in making soup or gravy. In the tropics a special grater is used to grate the meat out of the shell. In the absence of that, the flesh must be removed from the shell. Do not peel it, for there is much oil next the skin. Grate the meat with an ordinary grater, or grind it several times through a food chopper, using the finest cutter. The finer the coconut is grated, the richer the milk will be. To the grated coconut add hot water in the proportion of one pint to each coconut used, and when cool enough work it with the hands. Put it, a little at a time, into a bag made from two thicknesses of cheesecloth or from some good firm material, as a sugar bag. Wring tightly till nothing more can be squeezed out.

If one possesses a fruit-press, it will be found just what is needed for extracting the milk from the gratings. The liquid

obtained is a vegetable milk, free from disease germs, and to my taste is a perfect substitute for dairy milk, to use with grains, or in making gravies, soups, or puddings, or a wholesome substitute for ice-cream, which I have called coconut cream ice. To make the liquid rich enough to be used as a cream with cereals or fruit, use only one cup of hot water to each coconut, and proceed as in obtaining the milk. If this is allowed to stand in a cool place, the cream will rise and form a solid cake, which may be removed and used as butter.

Another way to prepare the butter is to use one cup of hot water to the grated flesh of three coconuts, and extract the juice as before. Heat the liquid obtained, letting it simmer gently for a few minutes till it thickens, then cool it quickly, when it will be of a proper consistency to be used as butter. If this is simmered long enough, the oil will separate, and you will have pure coconut-oil. Salt may be added to the butter if desired. One advantage of this butter is that its fat is in an emulsified state, in which form it interferes with the digestion of other foods less than free fat, because it does not coat them over and shut the digestive juices away from them. Also coconut milk, cream, and butter are laxative, while dairy milk has the opposite effect. I can not imagine a better, more natural, and healthful substitute



WRINGING THE MILK OUT OF THE COCONUT

for dairy products, which are so apt to be the medium of disease infection, and to be adulterated with less wholesome food substances, than these coconut products. But I imagine I hear some one say, "O, but it is such a bother to prepare them!" But I can not see that it is as much work as it is to take care of cows and care for the milk and make butter, all of which requires exceeding care in order to produce a healthful product. The only difficulty I see is in the fact that the coconuts do not grow in this country. In the tropics, where coconuts grow, I see no reason for using dairy products. Do not forget that the shells of the coconuts make good fuel.

An excellent substitute for coffee, superior, it seems to me, to cereal coffees, can be made from the gratings from which the milk has been extracted, by mixing with a quart of them one or two tablespoonfuls of molasses and browning in the oven till not quite as dark as the common cereal coffees. For this suggestion I am indebted to Mrs. George R. Close, a returned missionary, who is very

enthusiastic over the use of coconuts in making healthful substitutes for dairy products. She says, in a letter received a few days ago in reply to an inquiry about her method of making the coffee: "I wish to suggest, if I may, that the readers of LIFE AND HEALTH get an idea of the delicious dishes to be prepared with coconut milk. Thin coconut milk, allowing a quart of water to a coconut, thickened with flour and salted, makes a very appetizing gravy for toast or vegetables. The milk from half a coconut is fine in baked beans, split peas, etc. Lightly browned rice with coconut milk (salted a little) over it is a 'dish fit for a king.' For ordinary seasoning, a pint or a pint and a half of water added to a coconut makes good milk."

Coconut Macaroons

3 egg whites
Few grains salt
1 cup sugar
 $\frac{1}{2}$ pound prepared shredded coconut

Beat the whites. Beat in the sugar, adding it a little at a time; then beat very stiff; stir in the coconut, and form into little balls the size of walnuts. Bake on an oiled pan in a slow oven till lightly browned.



COCONUT CAKES, AND MATERIAL FOR MAKING

THE MEDICAL MISSIONARY AT WORK



URUGUAY, SOUTH AMERICA

Meda A. Kerr

I HAVE been giving massage for some time. In two months and a half I brought in one hundred fifteen dollars. If we only had a room where we could give massage, and let our patients come to us, we could do much more.

We have talked treatment-rooms ever since we started work here, but as yet they have not materialized. However, we are still talking, working, and praying to that end.

Some of our English friends are anxious for us to start a maternity home. We feel quite confident that if the mission could help us to rent a fair-sized house where we could establish massage parlors, and have two or three rooms for patients, in a very short time we could make our work more than self-supporting.

We are anxious for a good minister to settle here. Another great need is for a ship missionary. Every day boats come and go, and there is abundant opportunity for a conscientious missionary

to scatter many pages containing the seeds of truth among the passengers and crews.

We need a Bible worker also, for many who are honest in heart are seeking for light. Others, of course, do not care; and when I see the indifference to religion among the natives, I am reminded of the parable of the lost money. They do not know that they are lost, so it rests with us to tell them, and to carry the last message of mercy to them. The responsi-

bility is great, and we ask you to continue to pray for us, that we may have power from on high in our work.

Montevideo.



A SOUTH AMERICAN GIRL



WI-JU, KOREA

Riley Russell, M. D.

I AM now at old Wi-ju, on the banks of the Yalu River, the boundary between Korea and Manchuria. We have four students with us on a paper campaign, and are holding meetings at night.

This is a walled city of 20,000 inhabitants. One denomination claims two thousand believers. The attendance, although small at first and ever changing, has steadily increased. One evening about seventy-five persons came out to listen. A few have signified their intention of walking in the light of God's Word.

I have spent four Sabbaths at home since August 10. Mrs. Russell and two Korean nurses care for the dispensary. We treated about six thousand cases during 1911.

The weather is quite cold here,—about like that of Michigan. Since we do not see a stove from the time we leave home until we get back, we have to depend largely upon clothing to keep warm.

At night there is a fire under the floor, which gets quite hot.

Our Christmas dinner consisted of a bowl of rice, two eggs, and what food we could carry with us. We get canned fruit from Montgomery Ward and Company, but it is heavy to carry, and also expensive. Rice becomes monotonous in a week or two. I have a little alcohol-stove now, and do some cooking, which helps out. One great trouble is to keep our baggage down to carrying weight, for most of the time we are far from the railroad, often a hundred miles.

At one place where I was giving a Bible study, there were several in the little room when all at once the lamp flickered, burned low, and suddenly went out for want of oxygen. This often happens here; for the only way to keep warm in the winter, as there are no stoves, is to keep the one door shut tight.

It gives us renewed courage to know that we are always remembered at the throne of grace.



KOREAN WORKERS

EDITORIAL

PELLAGRA A MENACE



FEW years ago not one person in thousands in the United States had heard of pellagra. Now it stands specter-like,—the most obscure, and therefore the most sinister disease which we have to combat. We do not fear yellow fever; we have learned how to banish it. Even with our Western ground-squirrels infected, we do not fear plague; we know how to handle it. Cholera we feel fully able to cope with. Tuberculosis presents enormous problems, but the lines of eradication are marked out, and we feel confident that we can wipe it out as a scourge whenever we are ready to pay the price.

But with pellagra it is different. We are as much in the dark as were men when they were discussing whether malaria is transmitted by bad water or bad air. And probably one important reason why we do not arrive at the real cause of pellagra is because men are so prone to hug old delusions.

But what is pellagra?—It is a very grave disease affecting the skin, the digestive organs, and the nervous system. It is much worse in spring, and often again in autumn. In Europe it is most common among the wretchedly poor, but in this country those in better circumstances do not always escape. The number of known cases of the disease has been increasing with startling rapidity, but probably because physicians are just beginning to recognize it. It seems, from some old hospital descriptions, to have been present in this country three quarters of a century ago.

The word "pellagra" is derived from two Italian words meaning "rough

skin," because one of the most prominent symptoms of the disease is an eruption, occurring in spring, on uncovered parts of the body—the back of the hands, the face, the feet if they are bare, etc. The eruption is symmetrical; that is, it appears equally on both sides of the body. At first it is like a severe sunburn, but rather a duller red. Later the skin becomes thicker and rough, the exposed parts of the arm and hand seeming to be encased in gloves. In the "wet" form, which is more severe, blisters form containing a thick, somewhat purulent fluid, which dries, forming crusts.

The nervous symptoms are dizziness, headache, trembling, weakness, mental depression, refusal of food, followed by loss of weight, etc.

The digestive symptoms are severe and very troublesome, including persistent diarrhea, or sometimes constipation, heartburn, etc.

Regarding the cause of the disease we are almost as much in the dark as are the Fijians. Many attribute the disease to the use of corn, or of spoiled corn. Some believe it is due to some micro-organism, perhaps a protozoan. The evidence in favor of the different views is quite conflicting. We know, however, that the skin symptoms are made worse by sunlight, especially in the spring, and that the disease thrives especially in warm climates.

In Europe where women do a large share of the farming the disease is more common among women than among men. In this country men have pellagra more frequently than women. It attacks all ages, though it is more common

from twenty to fifty. It seems to have some relation to streams of water. It is not infectious, nor contagious in the ordinary sense.

We know no cause for the disease, and no certain means of prevention. We may, however, be assured that the laboratory men will not rest until they have compelled nature to reveal this secret. The disease is particularly fatal, and we are glad for this reason to give in our abstracts an account of a successful attempt to conquer the disease.



Hookworm Disease

UNCINARIASIS is another disease affecting certain sections of the Southland; but unlike pellagra with its accompanying mystery and unsolved problems, it presents a hopeful phase. We know exactly what causes the disease, under what circumstances it is contracted, how it may be prevented, and how it may be cured. But this is not all of the battle, for there are whole communities that have to be educated and changed in their habits and brought up to a higher standard of living, before the disease can be eradicated.

This disease is caused by a parasite called hookworm because of its shape, which attacks the intestinal wall, and bleeds the victim of his life-blood. The discharges contain eggs, which outside of the body, under favorable conditions, develop into larvæ. Some of these larvæ, under proper conditions of temperature, moisture, and shade, reach the "encysted stage," when they are capable of penetrating the skin and causing new infections. The possibilities of infection are greatly increased where surface privies are used, or where, under primitive conditions, the people do without privies; and where a portion of the population go barefoot; for soil polluted by such discharges contain the parasite

in a form capable of burrowing through the skin of the feet, thus gaining entrance to the body. There is also the possibility of infection by the use of such uncooked foods, as onions, strawberries, and lettuce, grown in or near the ground, though this, so far as is known, is rather a possibility than a probability. The chief source of infection is through the skin.

The cure of the disease, thoroughly reliable if persisted in, is thymol given after a cathartic on an empty stomach. But this remedy should always be administered by a physician.

The disease may be prevented by the use of sanitary closets, the wearing of shoes, and the avoidance of soil-polluted foods and infected water. It should be remembered that infection is particularly liable to take place from moist, polluted earth. Children going barefoot during rainy spells, are almost sure to be infected if the soil is polluted.

Now what is this hookworm disease about which we have heard so much? Perhaps you have victims right among your own neighbors. They are poorly nourished and underdeveloped; a man of twenty-five may appear only fourteen, bloodless and stupid. Patients having a severe type of the disease have appetites which crave the most unnatural articles of food, and they are shiftless and lazy in the extreme. On the other hand, the infection is often so mild that even physicians overlook it. In fact, most of the cases are probably so mild as not to be detected without microscopic examination, and yet these persons are capable of polluting the ground, and thus infecting others.

Thousands of people in the South have been called "shiftless" who were only sick. It is this parasite, the hookworm, which the newspapers — always ready to find merriment in the misfortunes of their fellow men — have calle

the "lazy bug," the "germ of laziness," etc.

Dr. Charles Wardel Stiles and his collaborators have rendered the South and all America an invaluable service in their discovery of the hookworm as a cause of this American disease.



A Better Way

AT the time of the New York scavengers' strike last November, Harvey Phillips, a labor leader in England, and for years a deputy mayor of London, wrote for the *Survey* an interesting article "An Englishman's View of the New York Strike," in which he gave a brief account of the dockers' strike in London, and criticized severely the attitude of Mayor Gaynor in the New York strike. But he believes that the strike is an antiquated weapon that should be relegated to the museum. He describes a better plan:—

"In England we have numbers of great organizations and industries where the men have some direct share of profit and interest in the work as well as their wages, where the men elect one or more of their representatives to sit on the governing board. It is the finest safety-valve both for master and for men. Wherever this has taken place, there is never any strike nor labor dispute; the finest and best feeling prevails."

The recent industrial ferment in England emphasizes the truth of the statement by a student of the situation:—

"The present relations between capital and labor may be described as varying, for the most part, from open war to armed peace, and from armed peace back to open war. Each side seems in danger of forgetting to how large an extent their interests are identical, and more and more to regard the other side as its natural enemy."¹

The history of industry, wherever you find capital and labor concentrated for the purpose of doing a large work, is

a history of strikes and lockouts, mobs and riots, paralyzation of trade, and waste of the ultimate wealth of the country. All labor troubles are wasteful and destructive. They may result in a temporary gain for one side; but if this is to the permanent disadvantage of the other side, the evil will finally react on both sides. There can not be a constant depleting of capital that does not injuriously affect the interests of labor; and conversely, there can not be a permanent success to capital if it persistently oppresses labor.

There are no industrial organizations on a sounder basis to-day than those which deal liberally with their employees, in the matter of hours, pay, sanitary arrangements and comforts, and especially on the matter of profit-sharing.

But Mr. Williams believes that the loss of wealth caused by strikes and lockouts is not the most serious evil of the present industrial relations. He sees, and rightly, that the most serious loss is the continual friction, the constant suspicion, the pent-up resentment, the deteriorating effect produced upon the character of the mass of the people, and indeed of all parties to the conflict.

Among legislators and the more thoughtful of the employers and employees there is an effort being made whereby, if possible, the interests of capital and labor may be made more closely to coincide. But all laws and devices and agreements seem to fail; and times come when a few demagogues are able by acting at the "psychological moment," to precipitate a disastrous labor war, involving not only those directly interested, but also the entire commercial and manufacturing world, and of course, the "ultimate consumer," including laborers as well as capitalists.

But there is a movement—and it is to call attention to it that this article is written—that, so far as it has been

¹"A Better Way:" Some Facts and Suggestions as to introducing the Partnership of Labor with Capital into Established Businesses, by Aneurin Williams, M. A.

introduced, effectually eliminates the troubles of labor and capital by making their interests identical.

Some firms have, by profit-sharing, that is, by allowing the employees a certain percentage of the net gains or of the gains after paying a fixed dividend, or by allowing a bonus in proportion to the lessened cost of production in the several departments, brought in a feeling of partnership and identity of interest among the employees which has largely done away with their labor troubles. The success of this scheme is proportionate to the real honesty of purpose of the firm inaugurating it. If its aim is simply to prevent labor troubles and incidentally to get men at low wages, and thereby increase its own profits without materially benefiting the laborers, the plan will of course fail. In any case, it is not likely to be so successful in identifying the interest of all parties as an actual copartnership.

The Labor Copartnership Association, 6 Bloomsbury Square, London, W. C., was organized for the purpose of bringing about "an organization of industry based upon the principle of labor copartnership; that is to say, a system in which all those engaged shall share in the profit, capital, control, and responsibility:" and the principle of copartnership is progressing. At present there are scores of productive societies organized on the cooperative basis, and the number is increasing.

We can understand the hostility of professional labor agitators to such a movement, for its success would, of course, run them out of a job. These men fatten on the weaknesses of the labor element. Though the laboring man has a certain amount of native intelligence, he has not been accustomed to think for himself on large sub-

jects; and too often he is swayed by the oratory of the demagogue, who knows too well how to play upon the emotions of the crowd.

In the recent labor troubles in England, expressions were used by these demagogues, both on the platform and in the papers, which, as rightly characterized by the saner papers, were a treason against society.

Perhaps the worst condemnation of the trade-unions is that they come under the domination of such men who care for neither capital nor labor, for neither peace nor prosperity, nor for anything, in fact, except to stir up a constant turmoil whereby they can force themselves into a position of autocratic power.²

England was under the practical domination of these men for about a week,³ and their rule was fully as disastrous in the paralyzation of her industries and in the destruction of life as a foreign invasion would have been.

When industries are completely organized so that the men receive a portion of the profits as wages, gradually acquire more and more of the capital stock, and have a part in the election of the board of directors, they are then immune to the cries of the agitator. That is the reason why the trade-unions have been so hostile to the South Metropolitan Gas Company of London, which has been organized for a long time on the profit-sharing basis, with representatives of the employees on the board of directors. There has been the best of feeling between the company and the men, which the trade-union leaders have persistently tried to disrupt.

² Since this was written, we have had a notable example in this country of the criminal activities of some of their leaders.

³ This was written late in 1911. Since then there has been an even more disastrous upheaval.

AS WE SEE IT

Sausages Dangerous

THE following item appeared recently in the newspapers. The scene is set in Pittsburgh, Pa.

"Nine members of the family of Anthony Munhall, and Frank Santall, a visitor, are seriously ill with trichinosis from eating uncooked pork sausage. Doctors say Munhall and Santall will die. The sausage was purchased from a farmer at city market."

There are a few acts that would seem to require rare courage,—to ride in an aeroplane, to face a burglar, and especially to eat sausage. The aeroplane and the burglar do the job neatly; but just think of the worms hatching out in your stomach and burrowing into your muscles!

✽

Something More Needed Than Fountains

NEAR the corner of Seventh Street and Massachusetts Avenue, in Washington, there is a bubble fountain which has been erected at the edge of the Carnegie Library Square, a place where many children congregate. As I was passing the fountain one afternoon, two children were standing there drinking, it seemed to me more for the novelty than from thirst. The older girl bent over and drank from the fountain in the usual way. The younger one, who was much too small to get her lips to the bubble, contented herself by catching the overflow from the basin in her hands, and drinking it. How much better is this than the public drinking-cup? Who most needs the protection from microbes afforded by the drinking-fountain? Is it not the very young children, who, most of all, are susceptible to germ diseases, and yet the fountains are built out of their reach; and where there

is an overflow from the outside of the basin instead of down a pipe, the little ones know no better than to drink the overflow water, which may contain saliva, epithelium, and germs from other drinkers.

✽

Our Health Conservation Is Behind

IN the United States the medical care of the men in a white-lead factory has been, until recently, entirely in the hands of the employer. In England and Germany, with better organized health departments, medical inspection of the employees in white-lead factories is prescribed by law. And yet the patent medicine men want us to believe that we do not need a public health bureau.

It is true such laws must be made by the State; but a federal bureau would do much to encourage and coordinate such State laws.

We seem not likely to get such a law this Congress, for the millions of dollars of the patent medicine trust, if I may use a familiar expression, are against it.

✽

Wrong Department

THE Department of Agriculture seems to be an inhospitable place for an honest man who wants to do honest service in protecting the people against infringements of the food and drugs law. Dr. Wiley has insisted that the wholesale shipping of foods under false pretenses should be stopped. But the Agricultural Department said in effect: "Nay! but such a condition of affairs would ruin the farmers. We are here to protect the farmers as against the stomachs of food purchasers. Let the chief chemist go

to!" Well, the chief chemist has gone into other work where he will not be so hampered. Some day this government may have the sagacity to place health above dollars and "interests," and then the Bureau of Chemistry will go into a department that looks after the health of the common people. At present the impression is gaining that there is little use for an honest man in the Department of Agriculture; that is, for a man who will stand squarely for the rights of consumers as against the cupidity of producers.

✽

Making Men Honest THE South Dakota State Food and Drugs Department does something tangible for the protection of consumers in that State. Fortunately for themselves, the people of South Dakota did not put their pure food machinery in an inhospitable and reactionary department, as is the case with the national pure food machinery. When the South Dakota Food and Drugs Department detects fraud and imposition on the consumers, it proceeds with ungloved hands to right the wrongs. Recently it became apparent to the department that a large amount of commercial drinking waters are being sold under misleading claims. Their Bulletin No. 27 gives the following:—

"The department has recently discovered the fact that many of these waters are misbranded. Some of them claim to possess highly curative properties, which they do not possess. Some of them claim to be spring-water, when they are ordinary well-water. Some of them make extravagant claims with regard to the analysis. Many people are paying a high price for such water, in the hope of being greatly benefited by drinking the same. The matter of fact is that in many cases the water so purchased is no better than the ordinary well-water or the city water, to which they have easy access without extra cost, and many times not so good."

And then the department gave warning that beginning March 1 a campaign

will be inaugurated for the detection and prosecution of handlers of fraudulent waters, dealers as well as buyers.

✽

Appetizing Morsels

A POULTRY jobber, exercised over an announcement by the Grand Rapids Board of Health, has written a protest to the *Michigan Tradesman*, a paper apparently devoted to the interests of grocers, from which we make the following delicious quotation, with the suggestion that hereafter such of our readers as indulge in poultry will follow our poultry man's advice, and "cook it to a turn":—

"From this board comes the announcement that much of the poultry marketed in this city is tubercular or roup and unwholesome for food. It might be suggested that the kind of poultry people like to buy is too young to be very seriously affected by tuberculosis, and an old rooster or great-grandmother hen is too tough to make much difference whether it has one lung or two.

"But even conceding that some of the poultry may be tuberculous or roup, does it necessarily follow that such poultry is unwholesome? A consumptive chicken, if fat, young, rightly killed, properly dressed, and cooked to a turn, is just as good as any other kind. In fact, nobody could tell the difference; and as for the old hen, nobody would care."

✽

Attacks on Foodstuffs

THE *Journal of the American Medical Association*, Nov. 18, 1911, contains a timely article by George A. Zeller, M. D., protesting against the injudicious attack against corn as a probable cause of pellagra. He refers to the experience in the Peoria Hospital when fifty patients were put on a corn-free diet for a year, and another fifty were put on a diet having an excess of corn. There were a few cases of pellagra developed in both groups of patients, but *more developed in the corn-free group* than in the group fed an excess of corn. He also referred to Sambon's work, and to his theory that the disease is trans-

mitted through the medium of the sand-fly, saying:—

"Of all theories yet proposed, it is the most tenable, and is strictly in line with the proved transmission of yellow fever and malaria by the mosquito, and of other well-known and clearly established insect-borne diseases.

"Sambon soon found, on entering the field of activity in Italy, that the Italians, instead of studying pellagra, had really been studying corn, and had accepted certain coincidences as established facts."

Sambon found that the Italian physicians had built much on the coincidental appearance of pellagra and the introduction of corn from the United States, when, as a matter of fact, it is probable that pellagra was freely scattered over the country before that time, but not recognized; even as in our own country, we have had pellagra all around us, at least in certain regions, and did not know it.

The first men to study pellagra began making guesses as to its cause, and these have been handed down and modified by other and other guesses, and so our men have gone on accepting the *guesses* of their predecessors as science, the most persistent being the corn theory.

But the time has not come to say that corn has nothing to do with the causation of pellagra, but the evidence for such a connection is far from convincing.

In attacking such a staple foodstuff as corn, the danger is not to the States that produce the corn, but to the people who through poverty are dependent on this source of food.

When this is cut off, and they are limited to other supplies, which through the greater demand, will of course increase in price, there will be less food eaten, poorer nutrition, and greater susceptibility to just such diseases as the one the scare is intended to prevent.

Army Men and the Canteen

WE hear frequently that army officers favor the return of the canteen. There is a clique of the old guard in the War Department that so favor the beer interests. There are some army officers who favor the canteen, and there are some who do not favor it, but dare not say much for fear of those "higher up." I have heard such men protest against the return of the canteen.

Here is a letter from such an officer, which was printed in a recent issue of the *Union Signal*. Note the significance of it:—

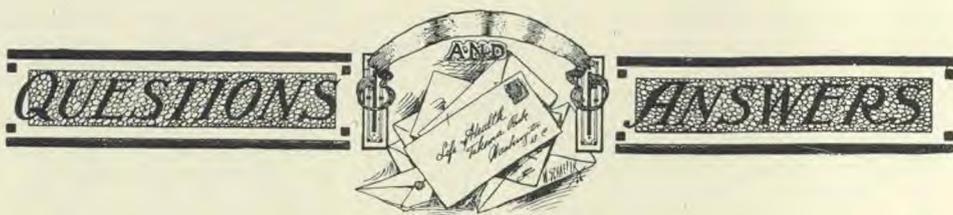
"*National Woman's Christian Temperance Union, Evanston, Ill.*

"LADIES: Your recent literature on the subject of the beer canteen has been received, and is most heartily approved. The arguments advanced in favor of the beer canteen are sophistry, far removed from facts, and, further, in the opinion of the writer, they do not set forth the real reasons for a part of the army desiring its reestablishment. Could those in the army who are opposed to the beer canteen feel as free of expression as the advocates, they, too, would be heard from, and the attitude of the army as a whole would appear differently. But a system, feudal in character and in fact, deprives, at its will, those members that it chooses, of that freedom of speech that might otherwise obtain. In other words, it is better to stay with the flock and the shepherd than to run the risk of falling prey to the wolves.

"AN ARMY OFFICER."

Note, in this connection, that no less important man than General Miles has spoken emphatically against the canteen:—

"I am opposed to the restoration of the army canteen, upon the ground that experience has shown that soldiers, like civilians, are better off without alcoholic beverages. The argument that the opportunity to purchase light wines and beer at army posts will reduce drunkenness and disease in the army will not, in my judgment, hold. In the days of the post-trader and the canteen, the discipline and health of the army was not so good as it has been in the periods of no post-trader and no canteen."



THE editor can not treat patients by mail. Those who are seriously ill need the services of a physician to make a personal examination and watch the progress of the case. But he will, in reply to questions sent in by subscribers, give promptly by mail brief general directions or state healthful principles on the following conditions:—

1. That questions are *written on a separate sheet* addressed to the editor, and not mixed in with business matters.

2. That they are *legible and to the point*.

3. That the request is *accompanied by return postage*.

In sending in questions, please state that you are a subscriber, or a regular purchaser from one of our agents; or if you are not, accompany your queries with the price of a subscription to LIFE AND HEALTH. This service is not extended to those who are not regular readers.

Such questions as are of general interest will, after being answered by mail, also be answered in this department.

Grapefruit and Biliousness.—"Is the grapefruit curative in biliousness?"

Grapefruit undoubtedly affords some relief to the symptoms known as "biliousness," or "a bilious attack." To what this effect is due, whether to the acid or to the bitter principle or to some other constituent, I would not offer an opinion.

Milk Drinking and Biliousness.—"Do you consider that the daily drinking of milk with meals for a long time would be likely to result in biliousness?"

Biliousness is not strictly a medical term, and does not refer to any specific disease. It refers somewhat vaguely to a number of symptoms which may be due to indigestion, to autointoxication, or to disordered liver, or to all three. Usually the regular use of milk in moderate quantities by normal individuals would not be followed by these symptoms. But there are persons with an idiosyncrasy for milk which prevents their using it in any but minute quantities. Again, it may not be the milk itself but the combination of milk with other foods that caused the biliousness in the case of our correspondent.

Detection of Kidney Disease.—"How can disease of the kidneys be detected in the earliest stages?"

The only way to be certain regarding the presence of kidney disease is to have a chemical examination made of the urine. Very often one has pains in the back or has cloudy water, and is apt to feel uneasy regarding it, especially if he has read some of the quack advertisements about kidney trouble. Kidney trouble is not often accompanied with pain, and pain in the back is usually due to some other cause. Moreover, the fact that the water becomes turbid on standing does not

indicate kidney trouble, but other systemic disorder. One who has such symptoms should be examined by a competent physician. There are certain diseases and conditions that may cause kidney trouble, such, for instance, as an attack of one of the infectious diseases, a free use of alcoholic liquors or other poisons, and perhaps intestinal autointoxication. Acute kidney disease may appear as does a "cold" in the head or throat, from sudden exposure.

Treatment of Kidney Disease.—"Can kidney disease be treated without the aid of a physician?"

It may be, just as a house may be built without the aid of a carpenter. But the risk is great, and one who values his health will, if he has kidney disease, trust himself to the care of the best skill at his command. "A little knowledge is a dangerous thing" when it is used in the attempt to remedy grave bodily disorders.

Soda-Crackers.—"Is it true that lard is used in soda-crackers?"

All soda-crackers were formerly made with lard, and they may be so made yet for all I know; but inasmuch as there are some excellent vegetable or partly vegetable shortening fats on the market that are much cheaper than lard, one would think that the bakers would not be slow in making practical use of the knowledge.

Evaporated Milk.—"Is evaporated milk constipating?"

There are many brands of condensed and evaporated milk. If it is evaporated at a high temperature, it is more likely to be constipating than if it is evaporated at a low temperature. If the milk is properly evaporated, and, when used, is diluted to the normal

strength, it ought not to be constipating. Undoubtedly good fresh milk is superior to the best evaporated milk.

The Enema.—"Would you recommend the use of the enema? and what is the effect upon the system?"

At best, the enema is but a crutch. There are times when the enema is the best possible treatment; but the habitual use of this method of treatment is only one degree better than the habitual use of purgatives. Occasionally in case of autointoxication a thorough cleansing with a large amount of water may do good. Ordinarily, the enema should be used, if possible, with a small quantity of quite cold water, to act as a stimulant, rather than with a large quantity of lukewarm water. Much harm may come from an injudicious use of the enema.

Tympanites.—"What would you recommend for gas in the intestines?"

First, I would try to learn what foods are responsible for the condition. Sometimes one can not eat fruit, especially raw unpeeled apples, without having this annoying difficulty. Such patients are non-resistant to putrefying germs, which grow luxuriantly on certain kinds of food. Moreover, the skins of apples always harbor these germs of putrefaction. If in your case it is not apples or bananas that cause the disturbance, it may be oranges or dates. Notice the effect of sweets. If you observe long enough, you will probably succeed in detecting the foods responsible for your trouble, and can then regulate your diet accordingly.

Constipation and Acidity.—"I have been troubled with constipation for about a year, and with an increased amount of gastric juice in my stomach for about four months. I am seventeen years old, and am careful of my diet; rice is the main article of diet with me. I use cereals and toast, etc., but no meat. I go to school, and get a little exercise."

Rice is a food with so little residue that it naturally does not furnish much stimulus to the intestines. Use some more laxative food. One of the simplest measures for the relief of your condition is to take a few teaspoonfuls of bran before breakfast, stir it up in a glass of water, and swallow it. Another suggestion is the free use of oil, preferably olive-oil, though cottonseed-oil may do as well. This will act favorably both on the constipation and on the acidity. Oil is one of the best means of reducing acidity. But beware of butter that has a tendency to be rancid, for it is likely to increase your trouble. Take time daily to exercise the trunk, bending, twisting, lying on back and rising to sitting, then lifting the legs to perpendicular, walking on all fours, etc. These exercises, while not giving such immediate results, will work in a permanent way if you persist in them.

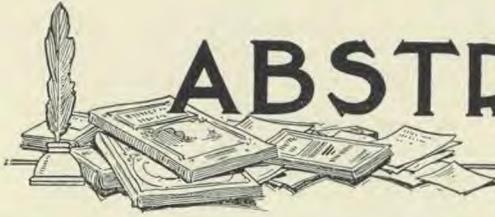
Bronchitis.—"What would you advise for the relief of chronic bronchitis in which large quantities of sputum are raised?"

I would want to be assured first that it was not a case of tuberculosis. For chronic bronchitis with profuse expectoration the following has been advised and is worth trying: Soak a few pieces of filter-paper in the following solution, and place around the room occupied by the patient, and in a short time the excessive secretion will abate: Menthol and eucalyptol, of each 2 drams; oil of turpentine and spirit of juniper, of each 5 drams.

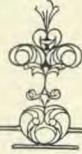
Scalp Eczema.—"Is there any treatment for eczema of the scalp when an iron and arsenic tonic and salicylate and zinc ointments, together with massage of the scalp and regulation of diet and exercise, have failed?"

Eczema is often very persistent. A certain New York physician sometimes places patients on a diet of rice and butter, at least until the worst symptoms are over. You probably will not obtain relief except by long treatment under a specialist.





ABSTRACTS



IN this department, articles written for the profession, and public lectures on hygiene, which contain matter of interest to LIFE AND HEALTH readers, are given in abbreviated form. Sometimes the words of the author are given, but more often the passage is abbreviated, or else paraphrased in popular language. Technical matters and portions of articles having no popular interest are omitted. Credit the authors for what is good, and blame "us" for the rest.

A FOUR YEARS' EXPERIENCE WITH PELLAGRA

THE first symptom noticed was a severe, profuse, frequent, offensive, watery diarrhea, occurring morning and forenoon, followed in the afternoon and night by constipation. This condition lasted for months. The soreness was so intense that the patient had to hold the abdomen while walking, though this may have been due, partly at least, to former attacks of colitis and appendicitis. The patient became greatly emaciated and weakened. The mouth and tongue became angry red, like raw beef, and deeply furrowed. Hard pimples formed around the edge of the tongue, and ulcers on the gums and lips. What seemed to be cold-sores broke out around the mouth; and the skin of the hands and wrists became very red. Later the redness disappeared, and a rough, mealy, flaky condition took its place, which lasted for a year or more, and the skin on the backs of the hands became stiff and hard.

There soon followed a nervous and mental disturbance that was pitiable, and proved to be one of the greatest obstacles to recovery. The disturbance was characterized by an inability to control the emotions, the patient suffering from exaggerated imagination, foreboding and dread, and melancholy. Attempts were made to run away from imaginary dangers. These symptoms appeared greatly aggravated at quite regular intervals of from two to four weeks, which we later learned was due to the accumulation of poisons culminating in a crisis. This knowledge helped us to assist nature to throw off the poison before the crisis was reached.

The eyesight became badly impaired, being worse when other symptoms were exaggerated. A nausea came without warning at any time of day or night, but especially after drinking cold water, began with a cramp and ended with the expulsion of bile, the contents of the stomach, and hot saliva from the mouth. A few sips of hot water, if taken soon enough, would relieve this.

The case had advanced two years before we found it was pellagra. The following gives

a brief summary of our course of procedure:—

1. Elimination. We learned that the bowels must be kept free from the damaging poisons that were continually accumulating. Castor-oil was the best and most successful purgative that we found; we learned not to give more at a time than was necessary, one or two tablespoonfuls, in order to accomplish a good cleansing. It may be necessary to give this twice a week for a time; but as the patient improves, the intervals may be lengthened.

Even more important and successful was the full enema on which we depended more than any other one thing. The water-bottle or enema can should hold at least two quarts, and the water should be made to run slowly in order that the patient may be able to retain it for a time. The temperature of the water should be about 100° F., and a teaspoonful of salt should be added to each quart. In place of the hard-rubber tube ordinarily used, a soft-rubber catheter is much preferable. This should be lubricated with vaseline before using, and after using should be washed thoroughly with soap-suds, to keep the rubber from softening. The catheter should be inserted nearly its whole length, with the patient lying on the right side, letting the water run while inserting. Except while the patient was at her worst, when castor-oil was administered, this treatment was given once a day, and less frequently as she improved. It is the safest and most effective of all the treatments that can be used for the intestines. From our experience we would caution against the use of cathartics, and against attempts to check the bowels by the use of drugs.

2. Fomentations and compresses. We found cold applications to the abdomen more helpful than hot ones; we applied the heat first for a time and then used the ice-bag; in the absence of ice, we had a good-sized cotton cloth, which we wet and fanned briskly to cool it, quickly folded to fit the abdomen, and applied the instant the hot application was removed. An

occasional hot application relieved the skin and enabled the patient to stand the cold treatment longer. Thirty to forty-five minutes did not prove too long to continue it, and it allayed the inflammation better than any other external application we found.

Fomentations over the abdomen, alternated with ice moved slowly over the same, gave great relief. In this treatment the heat was continued longer than the cold, and the ice was applied while the fomentations were still hot; if we waited until the fomentation became cool before applying ice, we lost the benefit of the treatment and harm was done the patient.

3. For the mouth. Great relief from suffering caused by the ulcers and sores was found in the use of an antiseptic mouth-wash. Washing the mouth and gargling with this three or four times a day was very beneficial. The juice of a ripe, fresh pineapple was good.

4. For the mental and nervous conditions. These presented the greatest difficulty. It was especially necessary to keep up the cheer and courage of the patient, and here the Christian has the advantage over those who do not know and trust God. We soon learned that the attendant must under all circumstances be patient, kind, hopeful, and cheerful. The will of the patient must be kept active and determined to work for recovery, as upon this determination depends very largely the final outcome. While the patient should avoid worry and anxiety, we found it best to keep her employed in light and agreeable tasks as much as her strength permitted, even though she did not feel so inclined. Constitutional tonic treatments, such as are given at our sanitariums, are helpful. Some which can be given in almost any home are these: The full bath, both hot and graduated, sitz bath, cold sponge bath and dry towel rub, cold mitten friction, hot foot- and leg-bath, cold compress or ice pack at base of brain, for short periods; and particularly the hot and cold to the spine. The latter is especially useful in quieting the nerves and inducing sleep. Apply the ice directly to the skin while the fomentation is still hot; to wait until the fomentation cools destroys the effect of this treatment.

5. The diet. We learned to avoid all laxative and fermentable foods, and foods hard to digest. We selected foods from which the patient could get the most nourishment, using those she relished unless they were harmful. Hot water seems to be craved at meal-time, but it may be harmful unless given in very small quantities; let it be taken some time before or after meals. The stomach must be kept free from fermentation, if necessary the stomach-tube being used, for if fermented food reaches the intestines it will cause mischief that will undo the work of weeks of treatment.

The following foods we found good in this

case: sterilized milk, cream, fresh buttermilk, cottage-cheese. For breads and cereals we used unleavened white-flour sticks and rolls; dry zwieback, hot-milk toast, soft-poached eggs, shredded-wheat biscuits, rice flakes, puffed rice and wheat, boiled rice, and pearly barley. Corn flakes and corn bread and mushes should be avoided, as they ferment easily and are more loosening. We found it necessary to avoid sweet puddings, boiled or warmed-over Irish potatoes, and the easily fermentable foods. Much benefit was derived from the use of fresh eggs, raw, boiled, or poached. One of the best articles of diet in our experience was prepared by beating a teaspoonful of olive-oil and an egg to an emulsion, and adding two or three ounces of pure, sweet grape-juice or other fruit-juice. In case of nausea from drinking cold water, add a little grape-juice to the water. It should be stated that each patient will probably vary from this one in dietary requirements.

6. Climate. If possible get into a cold climate and stay there until recovered. Cases returning to a warm climate after an apparent recovery, have had the disease reappear. When it is impossible to go to a cold climate, a cold sponge or dry towel rub every morning, followed by deep breathing exercises, is beneficial. Keep out of the sun's rays as much as possible, especially when they are hot. Protect the skin from the bright light by shading the face and neck and by a dark covering over the hands and wrists.

Exercise short of weariness is beneficial; refreshing sleep is important; sea bathing is beneficial, but patients should be protected from the sun.

7. Time to begin treatments. The disease often has a start of months or years before it is recognized. The first symptom that awakens suspicion should arouse friends to activity, as faithful action at the start may save a life. We found it necessary to persist for months even when almost every symptom had disappeared, and if we slackened our efforts a little, the symptoms would reappear. It is a fight for life, a long and hard one, but it pays. The disease has not been proved to be contagious or infectious.

In the November, 1911, issue of the *Watchman* (Nashville, Tenn.) there is an article on pellagra which every one would do well to read.

E. H. W.



Avarice and Appetite

THE difficulty of dealing with the liquor question is that it is national in its scope. It is easy to abolish a sectional evil. The trouble is not with the appetites of men, but with the avarice of the men who make and sell liquor, and the cold-blooded partnership of the governments that get revenue from

the infamous business. If I were compelled to choose between free whisky and whisky backed by the government license, I would choose free whisky.

Since the civil war there has been a marvelous increase of trusts and combines, but there has been none whose growth is more startling than the liquor and beer combines, with an aggregate capitalization of more than one billion dollars. Every dollar of this vast sum is based upon the fact that millions of men, women, and children have been taught to drink intoxicating liquor. We might to-day destroy the curse of the drink habit, all except the capitalization, and it would quickly re-establish itself. We are fighting a tremendous business organization with hundreds of millions of dollars, depending for its existence on the perpetuation and extension of this national curse.

This business has been gradually monopolized since the war, and to-day we stand confronted with absolute ownership of millions of property in the hands of a few men,—with an institution having the enormous power of compact organization and unlimited wealth, capitalized for the express purpose of cultivating, broadening, and deepening the vice of drunkenness. Wherever an election is held, the voters are not dealing with a local interest, but with the local agents of a vast trust that has its hold upon every city, every State, and the nation itself.

It is the liquor business that is responsible for this national evil, not the men who drink. It is the great, conscienceless, remorseless organization which is grasping for more boys to convert them into money to feed its greed. On one side is this vast moneyed interest, on the other the manhood, womanhood, and childhood of this nation. God help us that our national government is partner to this wrong! But from this time on, the liquor interest and the government that supports it must understand that they must meet a great militant army.

The trouble about this liquor business is our system of taxation. If Abraham Lincoln had lived, we would not have had this curse to deal with. [Cheers.] Our city, State, and national governments now get more than half the profits of this infamous business. Our federal government is taxing every gallon of whisky made in America five hundred per cent more than the cost of production. And yet it was argued at first that heavy taxation would check the evil; but is it not remarkable that the liquor interests have never objected to taxation? They are even now clamoring for higher taxation. The liquor forces know that the millions paid to our government help to keep it in power and security.

How often you see in the public press the statement that the liquor business is paying

millions of dollars into the governments of the nation, States, and cities. But the liquor business never paid a dollar tax to the government. That is why they consent so readily to the taxation, and to increased taxation. The cost of manufacture of straight whisky is 20 cents a gallon. The federal government collects a tax of \$1.10 a gallon; that is, 500 per cent goes to the national government. The distiller pays this tax, but adds it to the cost of the liquor. Suppose the State and city each put a tax of \$1,000 on the saloon. These are added to the cost of the liquor, and then the consumers pay the taxes in the increased price of the liquor. Before the war one could buy good whisky at 20 cents a gallon. The consumer now pays from \$3 to \$6 a gallon.

One great objection to the tariff is that it increases the cost of commodities to the consumer. In Congress, Creelman recently complained that the sugar trust, through the high tariff, had increased the cost of sugar two cents a pound. But what about the whisky trust and the brewery combine in their shameless partnership with the government, taxing millions of American people a thousand per cent upon the cost? How long is it going to take the consumer to understand that he is the man who pays every dollar of this tax?

Why do the liquor men—the Model License League—actually favor an increase of taxes? The system of taxing liquor to lessen the evil has existed in this country for more than fifty years. Has it lessened the evil? What has been the result of supposed taxation of the liquor interest, but real robbery of the consumer? Infamy and vice have increased tenfold.

Some men say we are trying to take away their liberty. If you ever had any liberty, the liquor trust and the brewery combine took it away fifty years ago. Your father could raise corn, and make his own whisky without molestation. You can not do it now. What has become of your liberty? I do not have it. The W. C. T. U. does not have it. Who has the liberty, if there is such a thing? The liquor interests now have the absolute monopoly, and if you make a gallon of whisky, you will soon be in a federal prison. These men, if not checked in their infernal greed, will ruin this government.

It is not total abstainers alone who are anxious to have the accursed thing driven from the republic. I've seen many men go to the polls, bleary-eyed, bloated, and staggering, to cast their ballots against the open saloon. I've always had a contempt for men who condemn the unfortunate victims of this iniquitous system, and who yet uphold the policy of government which speculates in the virtue of its citizens, commercializing vice in order to get revenue.

If God ever gave me a contempt for anything, it is for the average politician. He looks to his constituencies to learn which way the wind blows. If we are ever to get any remedial legislation from Congress, it must be by having the constituencies of the different congressmen demand such legislation.

Sixty years ago you Northern people came down and thought you whipped us for nullifying federal law. We are now glad the slaves are free. The freeing of the slaves has been the beginning of a new South. For twenty years Georgia has been working hard to stop child-labor evils and to stop liquor evils, and has passed some good laws, and now comes the federal government and nullifies those laws.

Georgia said to the liquor interests, "We are not going to sell the virtues of our boys any longer, and we are asking the Washington government that we may be allowed to enforce our own laws." When we passed a law saying this liquor must not debauch another generation, the federal government refused to stop the traffic of men who, vulture-like, hovered around the borders, ready to destroy

our boys. That is nullification on the other side. If it is constitutional to keep cows with ticks from crossing the State line, why is it not constitutional to legislate out this evil?

Even the partial reduction of the liquor business in the South as a result of prohibition laws, has cut off nine tenths of the nameless crimes and lynchings that formerly stirred up race hatred. If ever the old saloon system comes back into the South, firing the passions of an ignorant race, I wish it understood that the white people of the South are not responsible. We have made good laws protecting our women and our children; and if we ever do away with the laws, it will be because the federal government says that we can not enforce them.

We are twenty-three million strong in the South, and twenty-one million live in saloonless territory. Some day we hope to clear out all the liquor, and then we want to help other sections of the nation get clear of the evil.—*Seaborn Wright, former member of Georgia Legislature, in address before W. C. T. U. meeting in Columbia Theater, Washington, D. C., Feb. 4, 1912.*



The International Language

THE editor cheerfully gives space to the following letter. From personal study and investigation he is satisfied that Esperanto has come to stay, that it is constantly growing in importance, and that it is destined to prove a great aid in all enterprises of an international character, whether religious, political, or commercial. Through the genius of its inventor it is the easiest of all languages to acquire, and yet so complete that it lends itself to any use for which language may be needed. There are now Esperanto publications and Esperanto speakers in all parts of the world.

"To the Editor.

"Because of the interest and discussion aroused by the introduction of House Resolution 220 into the United States House of Representatives by the Hon. Richard Bartholdt, the Esperanto Association of North America is going to distribute free one million copies of 'A Glimpse of Esperanto' (a pamphlet outlining the purpose of the international lan-

guage, and giving a general synopsis of the grammar). This will be sent to any of your readers sending name, address, and stamp to the Esperanto Office, Washington, D. C.

"House Resolution 220 reads as follows: '*Resolved*, That the Committee on Education be, and the same is, hereby authorized and directed to cause an investigation to be made by the Committee on Education, or a subcommittee thereof, touching the practicability of the study of Esperanto as an auxiliary language and a means of facilitating the social and commercial intercourse of the people of the United States and those of other countries, the committee to submit its report at the second session of the Sixty-second Congress.'

"This resolution, passed by the House of Representatives, is now before the Committee on Education.

"Yours very truly,

"EDWIN C. REED,

"General Secretary Esperanto Association of North America."

CURRENT COMMENT



Don't Expose Children to Any Kind of Disease

NEVER expose the child to any contagious disease in order that he may have it once and be done with it. Even the so-called simple children's diseases, such as measles and whooping-cough, have a death-rate that is appalling.—*Dr. Roger H. Dennett, specialist on diseases of children, in Woman's Home Companion.*

✽

The Pathos of the Oyster

To me the practise of devouring any animal life in its entirety is, and always has been, most difficult. The terrible demand of the oyster is that he be swallowed as a unit, with all his hopes, his joys, his sorrows, his love, his fears, and his ears and his tears; the thought is appalling. I can eat large slices of a cow; and I suppose in a lifetime I have eaten a number of mature oxen, a few calves, a flock of sheep, several lambs, a number of turkeys, a long roostful of hens, a good-sized aquarium, a goose or two, and some ducks; but I did not swallow any of them whole. I took a slice at a time and enjoyed it, as my appetite is above the average for most dishes. I don't mind seeing oysters swimming in a savory stew, I like their society and flavor, but it takes all of my moral courage to think of eating one. Every time I get one of the little bivalves before me, my eyes magnify him, he grows larger and larger, an emotional lump rises in my throat, and I am obliged to content myself with swallowing my emotions instead of swallowing the emotions of the oyster. When I look at the little fellow lying helplessly before me, with his slippery surface and yielding body, I think that should I succeed in swallowing him, I might have even more difficulty in retaining him.—*Albert Scott Cox, in the Metropolitan for April.*

✽

Booker Washington's Testimony

PROHIBITION is the greatest blessing to my race since the Emancipation Proclamation of Abraham Lincoln. . . . As a practical proposition, it is a blessing, economically, socially, industrially, morally, and religiously. Since Atlanta has been prohibition territory, colored people have bought twice the amount of property they did before. Similar results are ap-

parent everywhere. . . . Nine tenths of the lynchings are caused, first, by idleness, and then by cheap whisky, which clogs the brains of bad white men and colored men. Take away the whisky, and you will decrease the lynchings by ninety per cent. . . . With my race, it is the open saloon, with the physical attraction of whisky, that leads to demoralization.—*Booker T. Washington, in address, Chicago, March 11, 1912.*

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The Failure of Physicians to Diagnose Hookworm Disease

WHEN I made the statement before the Medical Society of Virginia, a year ago, that hookworm disease is the most important subject that may engage the attention of Southern physicians, my assertion was received by some with a passing smile of incredulity, showing them to be deficient in the full knowledge of the subject.

It is the gross ignorance on the part of the larger portion of the medical profession of Virginia of a subject of first importance, yet so easily mastered as to permit no longer of excuse, that leads me now to point out to you some of the results of this neglect. It is not only the hard-worked country doctor, with but little time, as he supposes, for study, but some who pose as leaders of medical thought in the State, who have been content to limp along five or ten years behind, waiting for the laymen who are being taught sanitation, to give them jolts which will awake them to a realization of their shortcomings. . . .

The effects vary with the degree and continuance of infection, and the individual susceptibility. Many milder cases show almost no symptoms that might lead you to suspect the presence of the parasites. Yet you will be much gratified, as I have been by treatment, when only two to six worms were secured, to find that the individual, especially noticeable if children, will improve in color, weight, buoyancy, and above all, in the aptitude to learn.

In moderate cases you will find the results of anemia and poison generated by the worms more marked. Children are pale, sluggish, weak, and undersized. At school they will stand low in their classes, and a large per cent fail to advance with their grades. They require more effort on the part of the teacher,

and hinder the entire work of the school. In this way we are absolutely losing in some counties twenty to twenty-five per cent of the efficiency of the public schools. Thoughtful teachers of the worst schools estimate that from fifty to sixty per cent of their efforts is absolutely wasted by this disease, which may be easily prevented and cured. . . .

Symptoms of neurasthenia and a whole string of other nervous disorders may be made to disappear like magic by thymol when Uncinariaria are found as the exciting cause.

The symptoms of uncinariasis are so manifold that I will not attempt to dwell upon every possible error, neither would I create the impression that the indiscriminate use of thymol will be a panacea for all ills. In fact, we may, and frequently do, have the joint presence of this and of the diseases described.

You will always do well, however, first to eliminate uncinariasis as a causative factor in any and all obscure conditions, particularly if the patient has resided in or visited territory of infection.—*W. A. Plecker, M. D., in Virginia Semi-Medical Semi-Monthly.*

✽

About Girls

THERE is a "plentiful lack" among your families, nowadays, of domesticity. The girls are not qualifying themselves for good housekeepers. Great numbers of them go to counting-rooms or stores, or become stenographers, instead of learning to sew and cook. Then large numbers of them are pleasure mad.

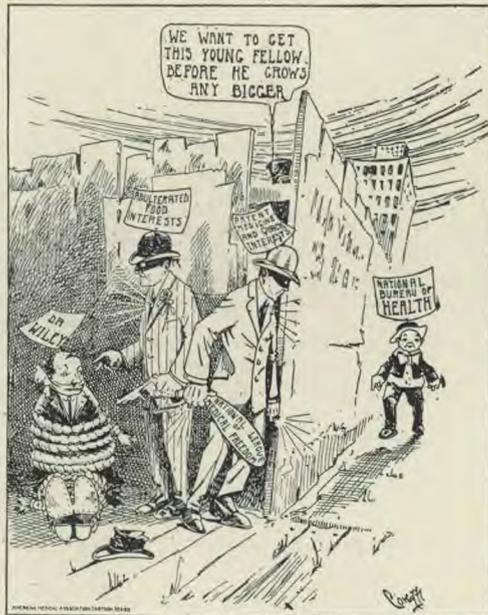
Another very serious matter is that the young females who are out to earn their own living by the indoor employments, are enfeebling their constitutions, and by neglecting sufficient outdoor bodily exercise, are laying the foundation of disease that will carry many to premature graves. Not only do they sacrifice their health, but they lose the opportunity for intellectual acquisition. The tendency of the times is that young ladies have an aversion to domestic employments, and their training, even when not employed away from the home, is so neg-

lected that they regard home duties as onerous and distasteful. Are such girls fit to be wives and mothers? Unless they can have man servants and maids at their beck and call, they will be dismal and unhappy failures in married life. This kind of preparation may be all right for girls whose circumstances are those of opulent independence, but the very fewest wives are so circumstanced. If a female should be the mother of a family, she should have a knowledge of everything pertaining to good housekeeping. Otherwise, if she entrusts to others, she can not know whether things are properly managed, and will be subjected to mortification.

Another fault with the present-day, well-to-do young ladies is the spirit of extravagance which deters many a worthy young man from entering matrimony. Young men want wives who will regard economy as a virtue. One of the commonest forms of extravagance is indulging in dress beyond the means of ordinary circumstances. Women in moderate financial circumstances should not aspire to rival those who are rich; such weakness and vanity show a weak mind and a proud heart. Still another evil of society upon females is that they undermine their health by late hours. They turn night into day, and are habitually up at some nightly function till after midnight. For a sound nervous system a certain amount of sleep is absolutely necessary. It should be at least eight hours out of twenty-four. The want of enough sleep is at the cost of that vigor and elasticity so indispensable to the facul-

ties of the mind. The young women who follow a dissipated life grow prematurely old and are broken-down in constitution. They do little also but kill time, and time kills them.

In contrast with the society women, I would say that in my neighborhood are four wives—among whom is mine—who were raised in the country, by well-to-do parents; and they know how to keep house, live within their means, and can cook as toothsome and digestible meals as any one could wish.—*D. L. Field, M. D., in the Medical Fortnightly.*



The same old gang.

INTERESTED ADVICE

Which the Wise Will Not Take

ASK YOUR NEIGHBORS
 And you will generally find that they know of more
 prominent in your vicinity who have been cured by
 all other proprietary medicines. They have here
 and elsewhere will surely find people all alike
 for them. They are not exaggerating.

Housework Tires
 Among the remarkable cures credited to this medicine extend to your most
 grateful cases in your household. It is
 really **WIZARD WINDING**. See
 if you are a sufferer.

My Corns Don't Hurt A Bit.
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for corns.

Headache
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for headaches.

Curc My Back
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for back pain.

SCROFUL
 Scrofula disfigures a
 person's face and
 makes them
 unattractive.

OWES HER HEADACHES
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for headaches.

HE FEELS EASY TO BEND THAT BAD COUGH
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for coughs.

CATARRH
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for catarrh.

Stop Pain
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for pain.

HAY FEVER
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for hay fever.

ELIXIR
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for various ailments.

The Tenderfoot Farmer
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for various ailments.

Foods That Cure
 A New Method for the
 Reduction of Fat
 The most effective
 diet for the
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 say that it is a good
 remedy for various ailments.

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 several months and I can
 say that it is a good
 remedy for various ailments.

Will Make You Strong
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for various ailments.

Get Well
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for various ailments.

MAKE YOURSELF 3 INCHES TALLER
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for various ailments.

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 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for various ailments.

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 several months and I can
 say that it is a good
 remedy for various ailments.

Instant Relief for the DEAF
 I have used this medicine for
 several months and I can
 say that it is a good
 remedy for various ailments.



THESE TELL THEIR OWN STORY

SOME BOOKS



Anti-Saloon League Year-Book, 1912, compiled and edited by Ernest H. Cherrington. Post-paid, manila, 25 cents; cloth, 50 cents. The American Issue Press, Westerville, Ohio.

This encyclopedia of facts and figures dealing with the liquor traffic and the temperance reform, compiled by the editor of the *American Issue*, is just such a work as one wants at hand to give up-to-the-minute statistics and facts regarding the drink evil and the progress of the warfare against it. We are informed as to the per capita consumption of liquor, what it has cost in dollars and cents to various States and smaller units, and what has been done to enforce the law in different sections of the country. The relation of liquor to pauperism, to insanity, to vice, to degeneracy, to health, and to education is shown by facts and figures which have been ascertained by careful investigation in widely scattered localities. The present status of the liquor laws in the various States is carefully explained, and as an aid to the understanding and the memory, an elaborate series of wet-and-dry maps, not only of all the States but of foreign countries as well, is given. There are also maps showing the comparison of dry and wet territory in certain States for two or more successive years. These maps give in reality a graphic history of the progress of no-license. The chapter "The Liquor Problem in Other Lands" gives in condensed form an excellent review of the world's attitude to liquor. A directory of prominent temperance workers is also given.

Hookworm Disease; Etiology, Pathology, Diagnosis, Prognosis, Prophylaxis, and Treatment, by George Dock, A. M., M. D., and Charles C. Bass, M. D. Illustrated with 49 special engravings and one colored plate. Price, \$2.50. C. V. Mosby Company, St. Louis.

It is safe to say that no one measure would have such a beneficial effect on certain large sections of our country as the elimination of hookworm disease. Medical research has shown that it was the malaria-bearing mosquito which transformed the world-conquering Greeks into a second-rate nation; and doubtless other unseen and unsuspected insect or parasitic enemies have at other times had to do with the downfall of nations. That portion of our country which contains the purest

of colonial blood, the blood of the "revolutionary sires," is now a land of shiftless inactivity because of the inroads of the hookworm. What the doctors call a "vicious circle" has been developed in these communities. The hookworm produces shiftlessness, and this again perpetuates the conditions which favor hookworm infection.

A campaign of education is needed throughout the Southland. Not only should the laity be taught the important lessons of personal hygiene, but it would also seem that physicians need to understand more than they have the great prevalence of the disease, and the necessity of curing the unsuspected "carriers," as well as those more severely diseased.

Dock and Bass prepared their book on hookworm disease after careful study of the literature and long personal experience with the disease. The book considers carefully and thoroughly the mode of infection, pathology, symptomatology, diagnosis, and treatment. If there is a physician south of the Mason and Dixon line who does not have a copy of this work, he ought to set about to remedy the defect by the first mail.

The Mosby Company announces a forthcoming book on pellagra, by Stewart R. Roberts, A. B., M. Sc., M. D., of Atlanta, which promises to be an exceedingly valuable monograph on this subject.

Principles of Human Nutrition, a study in practical dietetics, by Whitman H. Jordan, director of the New York Agricultural Experiment Station; author of "The Feeding of Animals." Cloth, \$1.75 net. The Macmillan Company, New York.

Mr. Jordan gives the latest knowledge regarding the principles of diet, in a form that can be grasped by persons of ordinary intelligence.

The volume is not intended for advanced students in physiological chemistry, but for the instruction of persons with moderate scientific attainments.

On the whole, the treatment of the subject is eminently fair, and without bias. While he does not accede to the claims of vegetarians as a whole, he admits that they are rendering a useful service in calling attention to the abuses of flesh-eating. He says, for instance: "Many families, even those of moderate means, burden their resources by the purchase of food to an extent that is not essential to the very

best dietetic conditions. The common belief, especially among laboring people, that a family is not well fed unless meats are eaten freely three times a day is a tradition, and has no justification in fact." Again he says: "Undoubtedly if the American people would cut down their consumption of flesh foods, it would result in an advantage to health, and would lighten the cost of living."

Part I has to do with the chemistry of foods and nutrition—an excellent foundation for the remaining parts of the book. In Part 2, "Practical Dietetics," the author applies the principles already laid down in directing the selection of foods and the regulation of the diet, considering such conditions as age, sex, disposition, and work. Much space is devoted to the nutrition of the child. His discussion of foods and the cost of living is of great economic importance.

Among the topics considered are "Food Sanitation," "Cow's Milk," "Water as a Source of Disease," "Relation of Ice to Health," "Unhealthy Meats and Vegetables," "Effect of Preservatives on Health," "The Preservation of Foods."

The book concludes with a complete table giving the chemical composition of American food materials.

Elements of Hydrotherapy for Nurses, by G. K. Abbott, M. D., dean of the faculty and professor of hydrotherapy and practise of medicine in the College of Medical Evangelists, Loma Linda, Cal. Published by Review and Herald Publishing Association, Washington, D. C.; \$1.50, post-paid.

If any excuse is demanded for writing a notice of this book issued by the publishers of *LIFE AND HEALTH*, it must be this: A manuscript on hydrotherapy for nurses, medical students, and physicians was submitted to the writer of this review by the author. It was the clearest presentation of the subject the writer had seen; but there was one objection common to the older text-books on the subject, it attempted to deal with physiological questions beyond the reach of the average nurse. The suggestion was therefore made to the author that he put the more elementary matter in large type, and give the more advanced matter as foot-notes.

Instead, Dr. Abbott determined to issue two separate books, a simpler one for nurses and a more elaborate one for medical students and physicians. The more advanced book was published some time ago. When the writer saw the manuscript of the simpler book, he did not hesitate to recommend its publication.

The text-book for nurses consists of three parts, devoted respectively to physiological effects, therapeutics, and technique. It contains, boiled down, all that is valuable to the nurse in the dictionary-sized tomes, which sell for sev-

eral times its price, and seems, as a text-book, to be much better adapted than they to those whose knowledge of physiology is at best but elementary, and whose time for study is limited.

Unfinished Man, a scientific analysis of the psychopath, or human degenerate, by Albert Wilson, M. D. (Edin.), London, author of "Education, Personality, and Crime." Published by Greening & Co., Ltd., London, 1910.

The author believes that the criminal is a degenerate, an unfinished product, a victim of heredity and of poor nutrition,—the results, perhaps, of the poverty or negligence of parents. He believes that present methods of dealing with the criminal, and especially with the insane criminal, are crude in the extreme. He says: "Clearly there is urgent need for a scientific exposition of these problems, so that we may treat disease as disease, and not merely as crime. We should anticipate the grosser crime from the symptoms observed at the time of the minor offense. In such cases, permanent isolation, after the style of asylum treatment, is the correct course to pursue. It is more scientific to isolate before the murder than to execute afterward." "There are many whose liberty ought to be curtailed, not because of direct criminal acts, but because they are not able to live up to the common standard of life." He believes, and we think rightly, that the government should take steps to recognize degenerates with criminal tendencies, and place them where it will be impossible for them to commit crime. The present attitude toward the insane is not to punish them for crimes they have been allowed to commit, but to prevent them from committing crime. The author desires to see degenerates with criminal tendencies dealt with in the same way.

He shows how criminals are made,—the part played by parents, both antenatal and postnatal,—and considers the responsibility of the degenerate, citing Paul's testimony to the dual personality of the ordinary person, as related in the seventh chapter of the epistle to the Romans. He criticizes severely the inconsistency of the British law which allows men of some means to go scot-free after ruining girls or even selling them for base purposes, but which imprisons, or has imprisoned in the past, mere lads on an accusation of petty theft, incarcerating them with old criminals. The author acknowledges, however, that the British system of law is gradually improving.

After discussing the interesting subjects "Heredity of Degeneracy" and "Mind and Personality," he devotes chapters to the consideration of the treatment of delinquents in

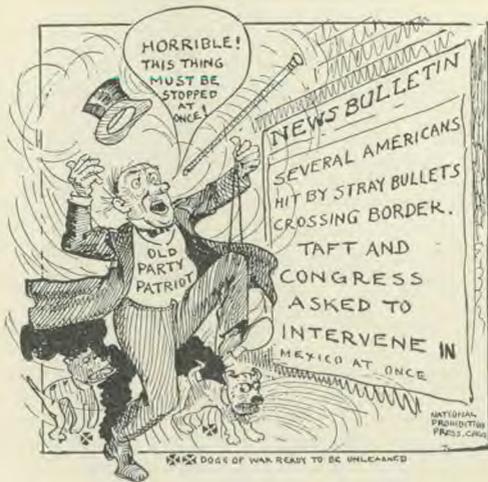
Belgium and Holland, and ends by giving suggestions as to reform in British methods.

It is a work intended more especially for British reformers and legislators, but there is much in it that Americans can take to heart. The indeterminate sentence to a reformatory institution rather than a definite sentence to a penal institution, the idea of help rather than punishment, the recognition of the essential weakness rather than viciousness of criminals, and their need of help rather than condemnation, are reforms needed in America as well as in England. It is true we are learning how to treat juvenile offenders, but this same principle should be applied to all our criminal legal machinery. As medicine is entering a preventive stage, so should law; and this preventive stage should be made to control effectually the propagation of the degenerate class.

Some expressions in the book are incomprehensible, except on the supposition that the author believes in an established church and in the duty of the state to enforce the decrees

of the church; for he bewails the fact that the legal mind has attempted to make a separation between sin and crime. He says: "By separating the two and practically ignoring sin, we commence with entirely wrong premises." Sin, as we understand it, is a violation of the law of God, and may be committed by overt act or by the thoughts of the heart. Crime is an offense against the laws of the state. To attempt the punishment of sin is to take cognizance of the thoughts, and hence is a restoration of the Inquisition. The following quotation from "The Unfinished Man" is another straw indicating the direction of the wind:—

"Commercial or social law should be built on divine law, and adapted to the individual by our knowledge of natural law. It is, however, quite evident that the earliest source of social law was based on experience and custom, and this applies unfortunately in highly civilized communities to-day." The author would evidently give all law a religious basis.



AS THE "AMERICAN ADVANCE" ARTIST SEES IT



Exophthalmic Goiter.—Recent experiments in both surgery and medicine will compel a rewriting of the chapters in the medical books which pronounce exophthalmic goiter an incurable disease.

Saccharin Decision.—Following up a number of previous decisions, the privilege of using saccharin as a sweetening was, on March 1, extended to April 1, with the understanding that after that date violators will be prosecuted.

Typhoid and Oysters.—An epidemic of typhoid fever among the well-to-do in Madrid, Spain, was finally discovered to be due to the eating of oysters, which, of course, on account of the necessity for economy, the poor were unable to eat.

Incorporation of Straus Milk Charity.—The Nathan Straus Milk Laboratories has been incorporated for the purpose of establishing throughout the State of New York infant-milk depots, in order to dispense Pasteurized milk free or at cost.

A Great-Great-Grandmother in France.—She is 78, her daughter is 58, granddaughter 37, great-granddaughter 18; and the last of the race, next January 21 will count her first year. This makes an average of $19\frac{1}{2}$ years between the generations.

Restricting Mosquitoes.—A plan is on foot to drain 80,000,000 acres of swamp-land and 100,000,000 acres of land subject to annual overflow, in order to eliminate the breeding of mosquitoes. The movement very properly originates in New Orleans.

Vermin as Disease Transmitters.—Inasmuch as we now know that there is more or less typhus fever in this country, it is interesting to learn, as the result of careful experiment, that it is possible for both the body-louse and the head-louse to transmit the disease.

Vivisection Found Necessary.—The British Royal Commission on Vivisection, as the result of an investigation extending over a period of six years, reports that experiments on animals that have been safeguarded in a legal manner, are morally justifiable and should not be prohibited.

Symposium on Pellagra.—The *Southern Medical Journal* for March has a symposium on pellagra, prepared by a number of physicians who have had extensive experience with the disease.

Adrenalin in Cholera.—A French physician of Tunis announces the discovery that adrenalin injected into the veins of a cholera patient will positively cure the disease. He makes his report as the result of the trial of the remedy in twenty cases of cholera, every one of which recovered.

Ptomain Poisoning From Cold-Storage Turkey.—At a turkey dinner for the Men's League, Belleville, N. Y., a large number of persons were poisoned from the use of cold-storage turkeys. The accident would seem to have come as a penalty for thus rifling an ancient cemetery. Why not let the embalmed things rest in peace?

Neosalvarsan.—"606 b," I suppose we might call, for short, Ehrlich's modification of his remedy which has raised hopes in wayward man that he might sin without paying the penalty. This modification can be administered in larger doses and with less trouble than the original preparation. Still we venture to predict that the dangers of contagion will not be perceptibly minimized thereby.

Swiss Good Sense.—A "natural healer" in Switzerland, convicted of causing a woman's death "by neglect and lack of medical knowledge," was sentenced to a year's imprisonment at hard labor and to banishment from the canton, and was forbidden to exercise again the practise of "healing" in Switzerland. What if we should treat a few of the flagrant American medical frauds in a similar manner?

Lepers in London.—It is estimated that there are about thirty lepers constantly in London who live in their own homes and move about at will. Their neighbors do not know that they are lepers. There is no evidence that they have ever conveyed the disease to others. Every leper in London seems to have been imported there from elsewhere. It is a good thing for these lepers that they are not turned loose in the jurisdiction of some of our local boards of health.

Public Instruction in Hygiene.—In the District of Columbia two lines of educational work—illustrated lectures in the public library, and articles in certain dailies—are conducted by a standing committee on medical education, appointed by the Medical Society of the District of Columbia. The Woman's Clinic is also conducting an extensive educational health campaign in the District.

Lepraphobia.—Two children in Minnesota were excluded from school because their brother is a leper, notwithstanding the fact that he is isolated from them. The assistant attorney-general has expressed his opinion that the parents have no recourse except by means of suit against the members of the school board. With the feeling now existing regarding leprosy, any jury would doubtless decide against them.

Iowa's Proposed Premium on Large Families.—A measure has been drafted for consideration at the next legislature, which provides that every family shall be exempt from taxation on \$200 worth of property for each child under eighteen years of age. According to this proposal, the man with ten children under eighteen, would be able to own \$2,000 worth of property free of taxation. Such a law ought to do something toward making effective the Roosevelt stork doctrine.

Health Rules for Children.—The District of Columbia Association for the Prevention of Tuberculosis has had twenty thousand copies of health rules printed to be distributed among the schoolchildren of the District. One copy is to be hung in each schoolroom, and one copy to be given to each older child to take home. The rules were prepared under the supervision of Surgeon-General Sernberg, retired.

Capital Punishment.—The last census shows that in Rhode Island and Maine, which do not inflict the death penalty, the number of homicides is much greater than in the other New England States where the death penalty is inflicted. Many of the murderers in these States are pardoned after a comparatively short sentence, to go out and commit other murders, or to propagate more of their own kind.

For Universal Prohibition.—Seven of the leading governments of the world—Great Britain, Germany, Belgium, Sweden, Portugal, Mexico, and the United States of America—thus far have made official acknowledgment of the Memorial Petition for universal prohibition which was sent out to all ruling sovereigns as the result of the recent conference held at The Hague, Holland, by the International Prohibition Confederation.

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Special pamphlets on dental and general hygiene may be had upon request.

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Camp-Fire Girls.—This is a movement recently organized, somewhat after the pattern of the Boy Scouts. Its purpose is to make homely activities attractive to girls. Girls will be admitted to the organization between the ages of twelve and twenty. As Mrs. Gulick, the prime mover, says, "a woman must know how to sew, cook, and care for the baby, or her education is not complete. The camp-fire movement is not entirely untried. In a small way, it has at least two years' trial, with most excellent results.

Can Not Sell Alcoholic Medicine.—An Iowa druggist was served an injunction by the supreme court of the State, preventing him from selling a patent medicine containing thirty per cent of alcohol. This was a new way of disposing of "wet goods," which the supreme court has wisely declared unlawful. The "tonic bitters" which the druggist had been selling contained alcohol, water, herbs, and rock-candy, and of course was in demand by those who wanted a bracer and could not get it through the old channels.

Spinal Paralysis, How Transmitted.—Two physicians after careful study have published the belief that infantile spinal paralysis (anterior poliomyelitis) is transmitted by means of the stable-fly. Their observations convinced them that the disease is carried by some biting insect; and the only biting insect they invariably found in the vicinity of the patients was the stable-fly (*Stomoxys calcitrans*). This is by no means conclusive proof, but furnishes a clue which will doubtless be followed up by other investigators.

Alcohol and Caffein.—Recent study shows that caffein is a rather dangerous remedy for alcoholic poisoning. "With fatal doses of alcohol, caffein acts only deleteriously; with half fatal doses, moderate doses of caffein may increase the narcosis and hasten recovery; large doses are dangerous." The alcohol renders the heart more susceptible to caffein poisoning. The investigators urge caution in the use of caffein in heart-disease. This is important, as caffein is generally considered a heart stimulant.

Moral Problems of College Life.—S. Egbert, in a recent article in a medical journal, says that the fallacious doctrine that sexual continence is incompatible with good health should be eradicated from the mind of the college young man. This doctrine, which is becoming wide-spread among the young, is responsible for the increasing looseness of morals among them. Egbert would appeal to the student from two standpoints,—the effect of one's present-day actions upon his later life and his future family relations, and the positive evil that is inflicted upon the woman.

Antivaccination Sentiment Strong.—The feeling against vaccination seems to be so strong in Massachusetts that a bill providing for the appointment of a commission to investigate the value of vaccination was defeated in the Senate. In addition to the antipathy against vaccination, there seems to be a fear that there "may be something in it," with a determination not to be convinced.

Another Milk Danger.—The Bureau of Animal Industry reports an organism found quite frequently in milk, which has been shown to be the cause of abortion in cattle, and experimentally has the same effect on guinea-pigs. Such an organism should certainly be considered dangerous to man unless it can be shown to be harmless. In the circular issued by the department this is given as an additional urgent reason why milk should be Pasteurized.

Is a "Health Resort" Unhealthy?—Such is the query raised by the fact that in many tuberculosis health resorts there is a very large death-rate from tuberculosis. It has been supposed that the presence of large numbers of tuberculosis patients increased the incidence of tuberculosis in the natives. But a recent study of the statistics in Arizona, California, and the city of Denver indicates that there is no material increase of tuberculosis among the native population because of the presence of imported cases. Tuberculosis is preeminently a disease of congestion, dust, darkness, poor ventilation, and insanitation; and the casual contact with consumptives (who are usually "instructed" as to the care of their sputum) in the health resorts is not a serious danger. Moreover, the abundant sunlight serves effectually to disinfect the expectorations in the streets.

Labor and Prohibition.—The International Prohibition Confederation has petitioned Mr. Asquith, prime minister of England, to close the drinking establishments throughout all areas which might be threatened by the coal strike in the United Kingdom. This was in line with a resolution adopted at Newcastle-on-Tyne at the suggestion of Mr. Guy Hayler, the president of the confederation, as follows: "In the event of a national stoppage in the coal trade and the subsequent suspension of many other industries, we respectfully call upon the government to prohibit the sale of intoxicating liquors during the continuance of such stoppage, in order that the lives and property of the general public may not be endangered by the risks of insobriety. We would also respectfully point out that similar action to that now proposed was recently put in operation, not only in Liverpool, but also throughout the whole of Sweden, under like circumstances, with remarkable beneficial and satisfactory results."

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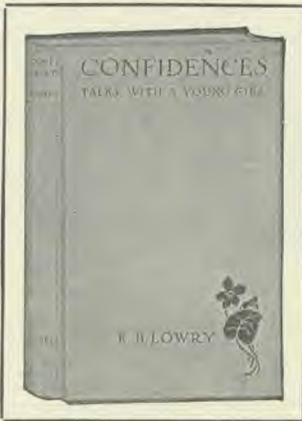
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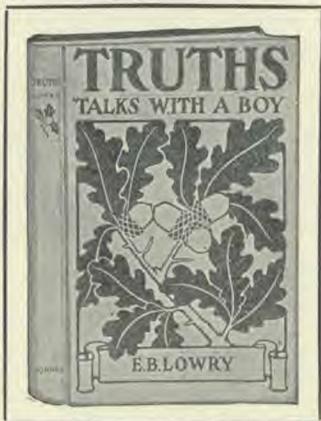
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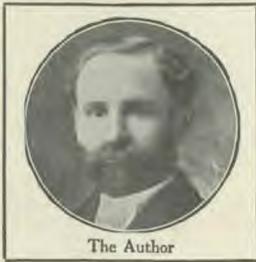
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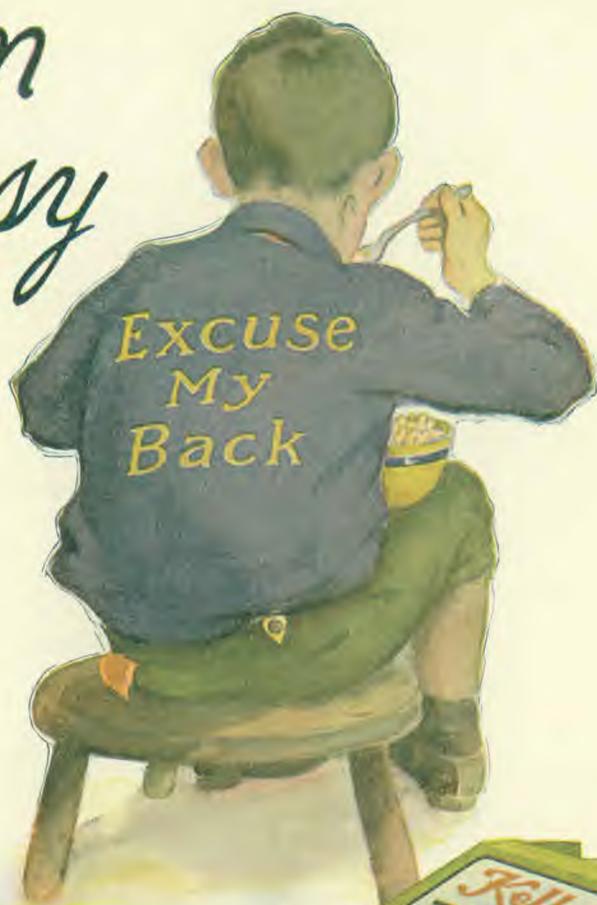
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