

Life & Health

THE NATIONAL HEALTH MAGAZINE



*February
1914*

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WASHINGTON, D. C.



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LIFE AND HEALTH

WASHINGTON, D. C.

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A FEW OF THE ORIGINAL SKY-SCRAPERS

AIM: To assist in the physical, mental, and moral uplift of humanity through the individual and the home.

George Henry Heald, M. D., Editor

News Notes

American Medical Association Meeting.—The fourth week in June (22-26), 1914, has been provisionally selected as the time for the next meeting of the American Medical Association.

Thorium Obsession.—The world seems to be going wild over radium, thorium, etc., on account of their asserted curative properties. In Germany there is a great scramble of cities to obtain possession of a supply of mesothorium, a tiny particle of which, enclosed in a perforated silver box, is said, when placed over a cancerous growth, to effect its gradual removal.

Mortality of Syphilis.—At a recent meeting of one of the French medical societies, Dr. Leredde read a paper showing that in large cities like Paris, syphilis ranks second as a cause of death, tuberculosis being the only disease more fatal. Even cancer with its high and increasing death-rate, according to the showing of this physician, does not cause so many deaths as syphilis.

Pellagra Study.—In the *American Journal of Medical Sciences*, of September, 1913, pages 411-440 (Lea & Febiger, Philadelphia and New York), there is an intensive study of insects as a possible etiological factor in pellagra, by Allen H. Jennings and W. V. King. The study seems to eliminate ticks, bedbugs, cockroaches, house-flies, mosquitoes, and buffalo-gnats (*Simulium*), and finds much in favor of the theory that pellagra is transmitted by *Stomoxys calcitrans* (stable-fly).

To Encourage Neatness in Children.—The medical inspector of the Department of the Seine (France) has established in each school class an "Association of Neat Children." The honor roll consists of children who have their hair neatly combed, their hands, faces, and necks neatly washed daily, their clothing clean and well kept, their shoes polished, and their nails unbiten. They are subject to frequent examination, and at the end of the year excellence is rewarded by honorable mention and distribution of prizes to those who deserve them.

Pellagra in the North.—Pennsylvania has thus far reported thirteen cases of pellagra, Massachusetts three, New York three, and New Jersey one, showing that this disease is making considerable headway in the North.

Patent Medicine Good for Its Exploiter.—The late J. M. Kilmer left a property of \$2,600,000 as the result of twenty years' exploitation of the nostrum Swamp Root. As long as the people bite, there is money in the patent-medicine business.

Eugenic Display at Panama-Pacific.—Among the features that will make the Panama-Pacific International Exposition unusual in the history of such world events, and render it absolutely unique, will be the exhibits in Eugenics and in Sex and Mental Hygiene. Money will not be spared in making the exhibits as complete as possible.

Rat Plague at Seattle.—During the first three weeks of October seven plague-infected rats were found along the water-front in Seattle, Wash. The municipal health department is carrying on a campaign of rat destruction and of rat proofing of buildings, and care is being taken to prevent the spread of the disease by ships.

Longings of the Expectant Mother.—The editor of *American Medicine* suggests that the longings popularly attributed to a whim may be caused by a "species of hunger due to a blood condition impoverished of certain substances by the fetus;" and that "the article longed for may not furnish the things whose absence causes the feeling." The writer of the article believes that in such cases the important point is to find whether the food is of proper quality and variety, and that such women may be found to be partially starved or impoverished in their diet. It should be remembered in this connection that osteomalacia, a disease characterized by softening and distortion of the bones, is caused by the drafts of lime taken from the mother by the infant before and after birth. The expectant mother and the nursing mother should be well fed; otherwise the life and the health of two individuals are jeopardized.

THE SMALL AND HARMFUL HABITS OF EVERYDAY LIFE

HERBERT M. LOME

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

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

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

tive powers fail to supply him with a proper amount of nutriment, the enfeebled body invites disease.

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

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

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

Thus there is the unpleasant habit of picking, rubbing, or scratching the nose. The first of these may be excused in chil-

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

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

As showing the force of habit in connection with clearing of the mouth or bronchial passages, the following is illustrative: An old man, well known to the writer, had, in his youth, worked in a cotton-ginning mill in the South. In those days no precautions were taken to preserve the health of employees as now, and the atmosphere of the mill was, in consequence, full of flying particles of cotton, which were drawn into the nostrils or mouth of the workers by the act of breathing. The effort to get rid of them called for a constant spitting from the tip of the tongue, which, in the case of the old man in question, was accompanied by a sound that may be phonetically rendered as, T-r-r-u-u-t!

Finally, he came North and engaged in another business. But he never lost his habit of clearing his mouth of imaginary morsels of cotton at frequent intervals. As a result, his conversation ran something like this: "When I was t-r-r-u-u-t on Broadway t-r-r-u-u-t today, who do you t-r-r-u-u-t, t-r-r-u-u-t think t-r-r-u-u-t I saw coming along t-r-r-u-u-t? Georgie t-r-r-u-u-t Jones, t-r-r-u-u-t by t-r-r-u-u-t Jinks!"

In this instance, the habit was not without a touch of unconscious humor. In the case of the ordinary hawker, it is pregnant with revolting possibilities, to say nothing of the spread of disease germs, for which the trousered nuisance is often responsible. The term is used advisedly, for women are rarely guilty of this offense against decency and hygiene.

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

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

Some physiologists assert that crossing the legs when sitting, interferes with the action of the intestines, and checks the circulation of blood in the abdomen and also in the lower portion of the leg so

crossed. Within the past two or three years, prominent members of the medical profession have even declared that the habit is responsible for many cases of appendicitis. It is the right leg that is generally crossed, say they, and this position brings about pressure on the vermiform appendix, which, long continued, induces the malady in question.

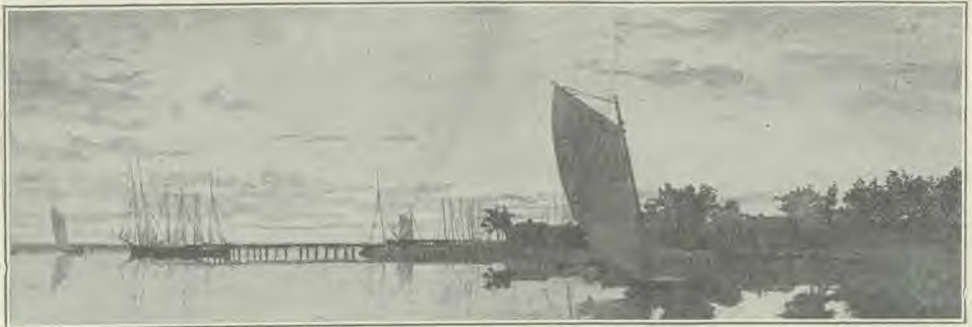
Another unpleasant practise is that of scratching the head. In some instances lack of cleanliness and a failure to use a fine-tooth comb explain this habit; but in others, like nail-biting, it is due to an obscure nervous condition. The clawing of the scalp is not pleasant to witness; and furthermore,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

Some people use the toothpick in public, or "suck" their teeth audibly. No gentleman or gentlewoman — using the terms in the truest sense — would be guilty of either practise, for the reason that a consideration of the feelings of others is the dominant instinct of the well-bred. The toothpick has its place in the scheme of hygiene, provided that it is used in moderation and in private. But if it is constantly in action, it enlarges the spaces between the teeth, thereby robbing the bases of the latter of the protection that nature gave them through the medium of the close-fitting

gum. The result is that decay is invited, and the services of the dentist are constantly in demand. Incidentally, the big spaces invite the lodgment of food morsels, and increase the need for using the toothpick. The person who practises the tooth-sucking habit should take counsel with his dentist.

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

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



FOLLIES OF FASHION AND THEIR CONSEQUENCES

L. E. CONRADI, M.D.

THOUGH it is true that traces of fashion may be found almost from the beginning of history, no period has been so subject to the rule of the freakish Dame as the last few decades. This is especially true as regards dress, in which, notwithstanding our increased knowledge, it is customary to have the most surprising and radical changes in style without consideration of common sense, good taste, economy, health, or comfort; and although this problem has been discussed for years, enlightenment is needed as much today as ever.

Clothing is worn for two principal purposes,—to protect against the weather, and for the sake of modesty. The cardinal requirements for hygienic dressing are as follows:—

1. Free action of the body should not in any way be restrained.

2. The protection should be so distributed as not to subject parts of the body to chilling.

3. The function of the skin should not be in any wise impaired.

4. The clothing should be as light as possible, consistent with adequate protection.

Inasmuch as the clothing of women corresponds least with these principles, we shall consider that first.

The Corset

First to be mentioned in its baneful effects is the bodice, or stay, which came into vogue in the thirteenth century,¹ and which in various forms has tyrannized over nearly half of humanity in civilized countries since that time. For the actual corset we are "indebted" to Catharine de Medici (notorious because of her connection with the massacre of St. Bartholomew). In her time lacing was already practised to such an extent that the body was badly distorted. We often wonder at the bad habits of native tribes, such as the practise of tattooing, the removal of the eyebrows, the distortion of the lips or ears, the artificial disfiguration of the skull, the deforming of the feet, etc.; but all these customs, considered from a medical viewpoint, must be considered as more or less harmless in comparison with the corset.

While the disfigurements mentioned are mainly to be censured from an esthetic point of view, and as a rule damage but one organ of the body, we must go to the American or European lady, standing at the head of civilization, in order to find a custom equally harmful to



FIG. I

Normal female trunk. Nothing can be noticed which would imply a waist-line in the modern sense.

¹ There is evidence, however, that a form of corset was used even in prehistoric times.— Ed.

proper breathing, the circulation of the blood, and the assimilation of food.

A few months ago, the writer read a little story in a missionary treatise by Harris on Central Africa, which applies to the subject under consideration. He writes about as follows: "Once I heard an apt answer from a Negro woman. The questioner was a white lady, who had been speaking about the pain caused by heavy ornaments.

'Why do you wear on your arms and legs bracelets which cause such pain?' asked the white woman. 'Beauty is well worth pain,' replied the dark sister. 'But surely you do not suffer such pain in order to appear beautiful!' said the white woman. 'Then tell me, white woman,' was the quick reply, 'why do you suffer such pain? Your waist is drawn in like that of a woman suffering the pangs of hunger.'

We shall now consider the effects of the corset in particular.

Influence on the Organs of the Chest

Fig. 2 shows the extensive compression of the chest and lower ribs. But the modern corset encloses the entire trunk in its grasp like a vise, thus preventing the expansion of the abdomen to make room for the flattening of the diaphragm, so that the diaphragmatic respiration is impaired in a high degree. Investigations with Roentgen rays have demonstrated that a tightly laced corset almost entirely prevents the action of the diaphragm. As a

consequence of the poor ventilation of the lungs the whole body suffers. The supply of air is insufficient, and in the same way that soot and ashes collect in a stove with insufficient draft, so carbon dioxid and carbonaceous matter accumulate in the blood of persons addicted to corset wearing. The skin loses its natural color, and acquires a yellowish, dusky appearance. The compression of

the lungs is also a reason for various lung troubles, and the individual easily becomes a prey to consumption. The heart likewise suffers under the pressure, and its work is considerably augmented. While the exercise of climbing a hill tinges the face of a hygienically dressed person with the crimson hue of health, the same exertion causes a person encased in whalebone and cords to gasp for air, the complexion presenting all shades of florid red and ghastly paleness in the same instant.

Influence on the Abdominal Organs

While the organs of the thorax are comparatively well protected by the ribs, this is much less so with the abdominal organs. Consequently the effects of tight lacing upon the abdominal viscera may be found in a greater or less degree in about fifty per cent of all women. The best known of such ailments is the "constricted liver." Fig. 4. Our cut illustrates a case by no means extreme. Careful examination often reveals the

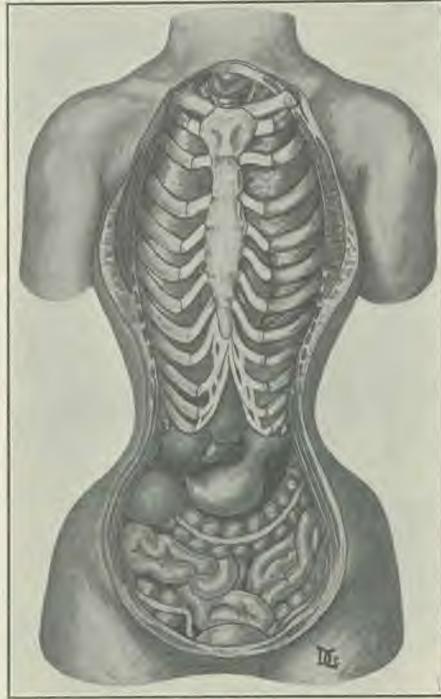


FIG. 2

Female trunk, tight-laced (old corset model). The extensive compression of the lower ribs as well as a compressing-groove over the liver and stomach can especially be noticed. The transverse colon and the small intestines are considerably prolapsed.

fact that the lower part of the right hepatic lobe is nearly separated from the main organ, the separate portions being held together only by a fibrous cord. As the liver acts not only an important part in digestion but also in destroying poisons, the interference



FIG. 3
Normal liver.

with the function of even a part of the organ must be followed by grave results. Moreover, disturbance of the circulation in the portal system is followed by congestion in the pelvic organs, thus creating favorable conditions for gastric troubles and many other maladies peculiar to women. The congestion of gall produced by tight lacing is one of the most important causes of the formation of biliary calculus. This explains why gall-stones are four or five times more frequent with women than with men. The stomach often presents a distinct groove, due to the compression, so that frequently an hourglass form of the stomach results, very much the same as in a case of gastric ulcer.

Furthermore, a general prolapse of the abdominal organs is often observed, especially if the effects of general ema-



FIG. 4
Constricted liver.

ciation and frequent pregnancies are combined with tight lacing. The disease known as floating kidneys is also very prevalent, and it may prove equally painful and dangerous if the ureter and the renal blood-vessels are compressed by the dislocation. In a similar way a

movable liver or floating spleen may result. Special attention is called to the prolapse of the small and large intestines, as presented in the illustration. The displacement of these organs causes irritation by pulling on the ligaments, a factor not unimportant in the nervous disturbances so common to women. The acute angular bend at the points where the ascending colon connects with the transverse and the transverse with the descending colon is a very frequent

cause of constipation. Last of all we refer to the pressure of the corset upon the muscles of the back and the abdomen, the corset acting almost like a plaster of Paris dressing, which has been worn for some time. Persons addicted to corset wearing suffer with backache as soon as they leave off the garment, — a striking acknowledgment —

ment of the weakening of their dorsal muscles. The poor development of the abdominal muscles has its penalty in a relaxed abdomen, a condition which increases the difficulty and the duration of childbirth. The female body needs artificial supports as little as the male, and with proper exercise, troubles which result from the abandonment of the corset will soon disappear.

What has been said thus far pertains to the effects resulting from the old corset models. It remains to be seen what will be the effects of the hip compression which has been dictated by fashion the last few years. As is well known, every corset wearer excuses herself with the statement, born of ignorance, "I wear my corset perfectly loose." But it would be only necessary to attend the morning toilet of these devotees of fashion to learn the contrary. The still empty abdomen is drawn in as much as possible, the chest raised to a maximum, and then the moment of full expiration is used maliciously to fasten the strait-jacket. Those who consider this description exaggerated would only need, in order to be convinced, to notice the calculous indurations of the skin and the brown pigmentation resulting from small extravasations of blood into the skin of those who thus lace.

After having thus studied the consequences of tight lacing in the form of manifold self-inflicted tortures and infirmities, which even by the best and most expensive remedies can be only partially overcome, I venture to hope that at least some of our readers may be inclined to listen to a few suggestions of reform. In Figs. 6 and 7 we present a type of waist by which the weight of

skirts, underclothes, and stockings can be supported from the shoulders. This requirement has long been solved as far as underclothing is concerned by the use of union suits. Waists, like the one shown in Fig. 6, should be made of light, porous material. Effects similar to those produced by a corset may result from tightly fastening the skirt bands. Girdles and sword belts may produce similar results in men.

Having established the general principles of healthful dressing, and especially studying the evil effects of tight lacing, we would now like to discuss some other harmful articles of clothing.

The Garter

First we would mention the old-style garter, which, like the corset, exercises its bad effects by constriction. Every physician who pays attention to this matter will find pronounced constriction-grooves, produced by garter-wearing, in quite a high percentage of his patients. The pressure especially affects the veins, which have thinner walls and lie nearer the surface than the arteries. In course of time the veins become dilated, and finally varicose. Varicose veins are not only troublesome but also dangerous, because of a tendency to ulcerate and become inflamed. The writer has repeatedly seen cases in which not only the soft tissues were grooved, but even the bone tissue had given way to the pressure exerted from early childhood.

Fig. 8.

High Collars

In a similar way too tight and too high collars have the same bad effects by hindering the reflow of venous blood, the former being forced upon children

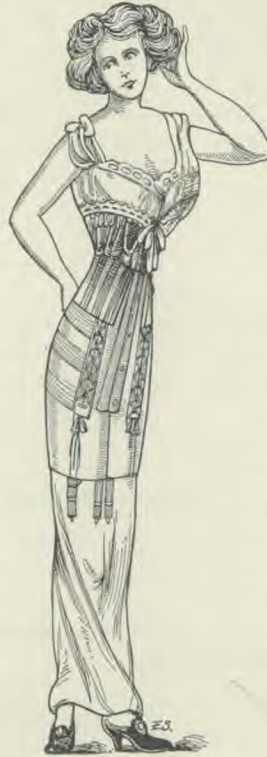


FIG. 5
Modern corset
according to an
up-to-date fashion
album.

whose parents have a false idea of economy, and the latter being worn by such specimens of the so-called better class as presented in Fig. 9. As a consequence of such congestions in the head, near-sightedness as well as nose and throat diseases are frequently observed.

Footwear

Another article of dress concerning which manufacturers and purchasers manifest scant common sense is the shoe. How little the usual modern foot corresponds to the natural form can best be seen by a glance at a photograph of feet crippled by our conven-



FIG. 6

Health corset (Skodsborg Sanatorium, Denmark, model). Buttons may be sewed on the seams for supporting the underclothing.

tional pointed modern footwear. Fig. 10. Too short shoes by the front pressure produce the so-called "teapot-toe." Fig. 11. The usual high heels of ladies' boots cause the foot to be on a slant, thus giving a constant tendency to slip to the front. Further, the heels of ladies' shoes are as a rule not made to support the heel, but rather a portion of the foot situated considerably in front of the heel. The corn is probably one of the most common inconveniences caused by inconsistent footwear. The body protects itself against pressure and irritation by the thickening of the

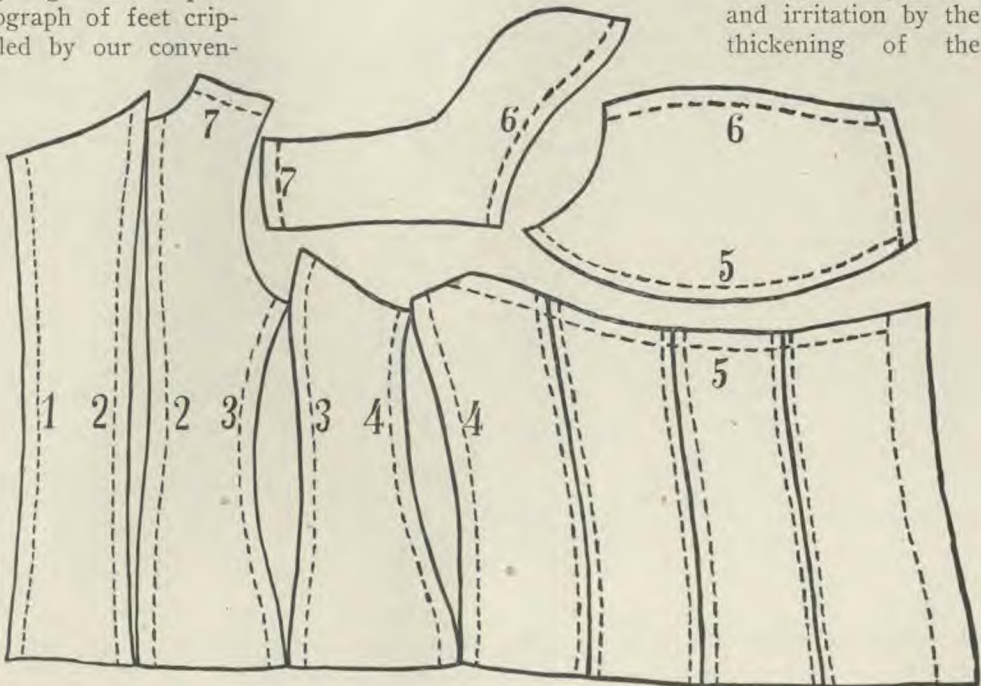


FIG. 7

Pattern of health bodice. Pieces 4 and 5 are usually cut in one piece. The dotted lines show the seams.

skin and the formation of callous. The upper skin, thus thickened, grows down in the form of a corn, whereby the ends of the nerves with the tactile corpuscles are gradually destroyed. One would think that the pain caused by corns would be sufficient to induce the sufferer to come to his senses. It must not be forgotten that corns are by no means a harmless trouble. Under the cone-shaped corn, which works its way into the flesh, a small mucous follicle often forms, which may be connected with the joint cavity. In case of corn operations which have not been performed skilfully or aseptically, as well as by secondary infection due to the ordinary unclean inside of most boots, inflammation of the joints easily results, and this may lead to inflammation of the lymphatic vessels and veins, and even to gangrene of the toe. Another evil which still seems to be prevalent in some places, is the sale of boots made on a straight last. Especially is this to be condemned in children's shoes.

The Train

Another bad custom, which, however, seems at present to be in disfavor, is the wearing of street gowns with trains. Nevertheless, in view of the careless way in which the dust of the



FIG. 8

Longitudinal section showing constriction, by garter, of soft tissues and bone.

street is sometimes thus carried into the house, a short word of admonition on this subject may not be out of place. The indescribable mixture of excrement, expectoration, and germs of all sorts, which is gathered up and brought into the house by trailing skirts, is brushed from the dress by the servant, or else the wearer herself cleans the garment, perhaps scratching the spots off with her fingernails. Often the subsequent superficial cleansing of the hands does not suffice to remove the germs before she prepares the meal for the household. If then maladies occur in the family, they are attributed to providence, while they might have been avoided by the exercise of a little common sense and cleanliness.



FIG. 9

A modern society "gentleman."

Equal Covering of the Body

The equal covering of the body is of great importance. How often one sees children, otherwise well clad, running around in the coldest days with bare blue legs. The same thoughtlessness is manifested in the thin covering of the upper chest in young ladies. This thin clothing, not to speak of the lack of modesty, is often paid for dearly in the form of bad colds, pneumonia, pleurisy, etc.

A treatise concerning follies in dress and their

results would not be complete without the consideration of the esthetic, economical, and moral sides of the question. It is a regrettable feature of our times that the ideas of true grace and beauty should have been so badly spoiled by the human caricatures which have been impressed upon our minds since our youth. Compare for a moment one of the graceful figures produced by the classical period of Greece with one of our modern dames of fashion, and it will be easily seen how far we have departed from nature.

As to the matter of economy in dress, it must be borne in mind that the dress-making trade has its tricks, like every other profession. The enormous army of employees can be maintained only by continual changes in fashion. While we really welcome new, tasteful designs in dress, when they conform to the laws of health, yet we must decidedly condemn the continual changes of the present day. Just consider the immense sums of money wasted on dress! Newspaper articles concerning men who have been driven to crime or unhappiness simply by the love of dress of their wives or daughters are by no means fables, but deplorable facts. And not only do the upper ten thousand pay their tribute to the god of fashion in money and health, but even the poorer class believe that they have to do the same. Many a poor

girl foregoes healthful food and warm underclothing in order to save the money for the pleasure of wearing a little tinsel for a few hours. Still more is it to be deplored that even doctors, who by reason of their better knowledge should

really be examples to the world, pay little or no attention to the harmfulness of present-day fashions. The writer has often seen nurses in medical institutions, where it would be least expected, perform their difficult and responsible duties in tight corsets and high-heeled, pointed-toed shoes.

As regards the moral, esthetic standpoint, every unbiased reader

must admit that the fashions of the last few years have had a decidedly immoral taint. While there is no reason for being ashamed of a natural, graceful form, it is nothing less than disgusting to see how the clothing is often designed to awaken the passions. The sad influence

which present-day fashions exercise on general morality will not be disclosed before eternity. A noble and refined mind reveals itself in the choice of tasteful and simple clothing, which fulfils the needs of the body. Outward glitter and gaudy

clothing may temporarily fascinate the inexperienced, but they lack the charm of true refinement. May none of our readers be entranced by the glitter of fashion.

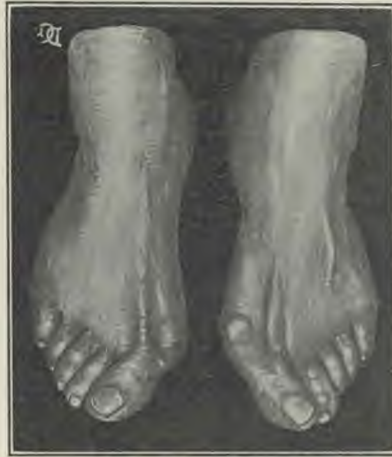


FIG. 10

Feet deformed by modern footwear.



FIG. 11

"Teapot-toe."

CLOTHING *and* HEALTH

WITH some show of reason the discussion of the hygiene of clothing has centered principally around the corset, for the reason that among the garments used in civilized lands, the corset is the worst offender against health, in that it interferes with the functions of the vital organs—those that have to do with the preservation of the individual and the species. Does this seem a strong statement? Here are some of the charges brought against it by physicians who have ample opportunity to know whereof they speak:—

The corset, as it is sometimes worn, constricts the liver, and in some cases almost cuts it in two; it greatly embarrasses the action of the stomach, heart, and lungs; it displaces important pelvic organs, thus causing a large proportion of those severe and disastrous conditions which invalid so many women.

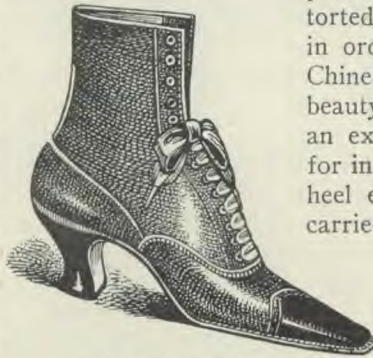
The fashioners of the corset formerly paid no attention whatever to the physiological needs of the body, but modern manufacturers make at least a pretense of conforming to the requirements of health; and some have made more or less successful attempts to produce corsets which allow the chest to expand, and which lift up rather than depress the abdominal and pelvic organs. Probably in some of the best of these models there would be little to condemn.

But it is a question whether young girls should ever wear any form of stays, even those recommended as healthful. Jessie H. Bancroft, in "The Posture of Schoolchildren," after explaining the difference between corsets which compress

the abdomen and the more unobjectionable styles, says, on page 174:—

"It should be clearly understood that sanction for the wearing of corsets applies to the adult, and not to the immature figure. One cannot make too emphatic the harm that results through crushed ribs, restricted growth, displacement of organs, and interference with all the great physiological functions, from constriction during the period of growth."

Another feature of woman's dress that has called for much protest is the high-heeled shoe, devised for the purpose of making the female foot appear short and with high instep. Here again modern taste is awry, for can we believe that any part of the body must be distorted and rendered inefficient in order to be beautiful? The Chinese idea of female foot beauty, horrible as it is, is only an exaggeration of our notion; for in order to produce the high-heel effect, the weight must be carried by a portion of the foot not intended for it, and the bones must form new and unnatural articulations, which cripple the feet and render them less efficient.



Modern ladies' boot.

But it is not so easy to dress hygienically even if one chooses to do so, for often it is difficult, if not impossible, to purchase at any price wearing apparel that is not hygienically indefensible. This is especially so with shoes. It is almost impossible for a woman to find on sale a sensible shoe. And it would be out of the question for the average person to have shoes made to order.

But it is not only female attire that offends against health. Men's coats, waistcoats, and shirts are so cut as to throw the neck and shoulders forward,—the consumptive position,—as has been pointed out by the assistant physical

director of the public schools of New York City, who found difficulty, on account of the cut of their garments, to get schoolboys to maintain an erect posture.

It may not be amiss to consider the material of which clothing is made. One of the purposes of clothing is to keep the surface of the body at an equable temperature. For this reason, it should be a fairly poor conductor of heat, but it should be a fairly good conductor of moisture. If it were an absolute non-conductor of heat and moisture, the result would be equivalent to a Russian bath or a hot blanket pack,—not only uncomfortable but health-destroying. To a certain extent the moisture and the heat of the body must escape, but not too rapidly; therefore the clothing is so arranged that they shall escape at such a rate as will maintain a proper surface temperature. For this reason heavier clothing is worn in cold weather, to furnish a better non-conductor of heat.

It is not the clothing, but the air imprisoned in the clothing and between the layers of the clothing, that constitutes the non-conductor. For this reason very fluffy garments—irrespective of the material—are “warm.” The question, “What material shall we use?” has been many times propounded and variously answered. For undergarments some favor wool; some, linen mesh; and others, cotton. In favor of wool it is stated that it has in very high degree the capacity

for absorbing moisture without feeling wet, and that evaporation proceeds very slowly, while cotton clothing becomes very easily saturated with moisture, and gives it off so rapidly by evaporation that the body is apt to be chilled.

Against the use of wool is the fact that it is almost impossible to get a garment washed without shrinkage, and this shrinkage is repeated until the garment is too small to wear, almost as hard as a board, and the air-containing mesh is largely closed up. Woolens, moreover, are expensive, and many persons find them irritating to the skin.

In favor of cotton is the fact that when properly meshed, it answers very much the same purpose as wool. It does not shrink, and if woolen outer garments are used, they check the rapid evaporation. Cotton undergarments are much cheaper, are easily laundered, do not shrink, and by many persons are worn the year round. If there is any season when wool would seem to be decidedly preferable to cotton, it is in the sultry, sticky weather of summer, when a single garment for the trunk—the woolen sweater—may give more comfort than cotton underwear covered by one or more outer garments.

In preparing for cold weather, those especially who live much indoors, where the temperature is kept at about 70°, should make the changes in clothing principally by means of outer wraps or overcoats, which can be readily removed.



A FEW HINTS ON MEN'S UNDERWEAR

L. A. HANSEN

THE question of men's clothing receives but little attention as compared with that of women's apparel. Perhaps too little thought is given it, at least as far as health and comfort are concerned. With less need of considering the demands of style and fashion, more care may be given to the more material requirements of men's dress.

Take the underwear, for instance, a subject which gets next to the man in more ways than one. After settling the question as to whether it shall be wool,

going down and the other half up, the difference is all the more apparent.

Men's union suits may now be readily secured at prices that compare favorably with those asked for the two-piece garments of the same grade. The annual outlay for this part of the wardrobe is so small that almost every one can afford well-made union suits of good quality.

The goods should be elastic enough to yield to the movements of the body without chafing and to regain and retain their shape, not remaining stretched and causing balls or lumps. This means that they



Thirteenth century bas-relief. Now in Museum of Comparative Sculpture, Paris. Shows some of the costumes worn in a former generation.

cotton, wool and cotton, silk, or linen, porous or mesh, there are a number of other details worth considering.

To the one who has found the satisfaction of a well-fitting union suit, the two-piece suit will no longer be desirable. For one thing, the one-piece garment avoids the overlapping, or double thickness, of goods at the center of the body, where the heat supply is the greatest. With the additional lapping of shirt, trousers, waistcoat, and coat, this part of the body is heated in unequal proportion to the remainder of the body. The snug fit of the union suit is far more agreeable than the crowded, bulgy effect of the two-piece suit; and, when the latter has a tendency to separate, one half of it

should be of fine-quality, long-fiber yarn and properly knitted.

Ascertain your correct size and see that you get it. For winter underwear, the legs and sleeves should not be so short that you feel only partly clothed. Neither should they be so long as to require turning back. Doubling the thickness within the shoe top makes too much goods for comfortable lacing of the shoe, and causes a harmful restriction, with impeded circulation, cold feet, and other bad results. Doubling long drawer legs above the shoe top causes a bungling appearance, and is likely to leave a part of the ankle unprotected by the underwear. It is better to have the legs of the garment long enough to extend a little



Sixteenth century bas-relief, Rouen, France. Now in Museum of Comparative Sculpture, Paris. Shows some of the costumes worn in a former generation.

below the shoe top. The summer wear may be with full- or half-length sleeves, or sleeveless, and with knee- or three-quarter length legs, as suits the wearer, though it is well to avoid direct contact or rubbing of the outer garments on the skin.

The crotch should be comfortable and well closed, avoiding chafing or irritation. It should not be so close fitting as to cause undue pressure. The back should not be so short as to cause cutting into the crotch, or drawing down on the shoulders, neither should it be so long that it makes too much fulness, with uncomfortable bagging.

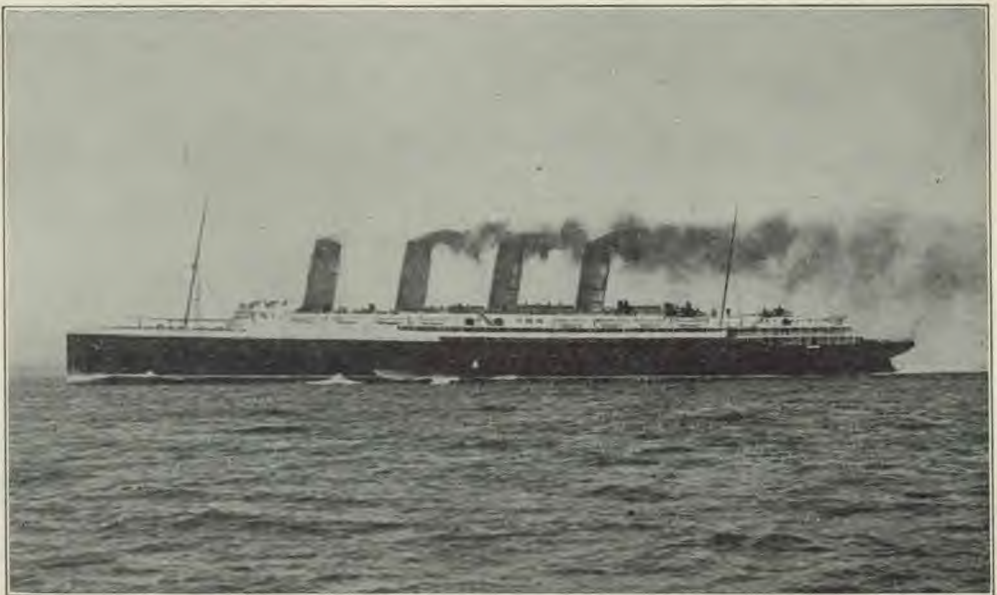
The seat should be closed with well-

fitting flaps, without crumpling or bulging.

The seams should be well sewed with several threads and flattened down so as not to chafe the skin.

All buttons should be securely fastened; and, when lost by tearing off in laundry or otherwise, they should be replaced at once. They should be so placed that gaps will be avoided.

A little thought given to these apparently minor details will do much toward comfort. Living with underclothes next to you about two thirds of your life, makes it worth while to exercise some care as to what they are, and how they are made.





HEALTHFUL COOKERY

MENUS FOR A WEEK IN FEBRUARY

George E. Cornforth

SOME have complained that the menus in the January issue are too elaborate for the ordinary family. One can omit dishes when desirable. The menus given here are merely suggestive.

Note that recipes are given for the dishes marked by a superior ¹.

RECIPES FOR THE MENUS FOR FEBRUARY

Tapioca Pudding

- $\frac{1}{2}$ cup pearl tapioca
- $3\frac{1}{4}$ cups milk
- $\frac{1}{2}$ cup sugar
- 2 eggs
- Grated yellow rind of $\frac{1}{2}$ lemon
- $\frac{1}{6}$ teaspoon salt

Cook the tapioca in two cups of the milk in a double boiler till transparent. This will require two or three hours. If the minute tapioca is used, it will require less time to cook. When the tapioca is transparent, add to it the sugar, salt, and lemon rind. Beat the yolks of the eggs; mix with them the rest of the milk, cold, one and one-fourth cups; then add them to the tapioca. Mix all well together, pour into

a baking pan, set the pan into a pan of hot water, and bake till the pudding is "set." Do not bake too long, or the pudding will curdle. When done, remove from the oven. Add a few grains of salt to the whites of the eggs, beat them stiff, and fold into them one and one-half tablespoons of sugar. Spread this on the pudding, and put into the oven to brown lightly.

Steamed Indian Pudding

- 1 quart milk
- $\frac{1}{2}$ cup corn-meal
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon oil
- 1 egg
- $\frac{1}{2}$ cup molasses
- $\frac{1}{2}$ cup tapioca
- 1 cup raisins

Heat one pint of the milk in a double boiler. Add the corn-meal, and stir till thickened. Cook ten minutes, then beat the egg and the other pint of milk together, and add to the partly cooked meal, also add the remaining ingredients. Allow the mixture to cook in the double boiler till thick, then turn into an oiled brown-bread tin. Put on the cover, set into a steamer, and steam three or four hours. This may take the place of the ordinary steamed Indian pudding, in which suet is used. Serve with whipped cream or a sweet sauce.

First Day

DINNER

- Vegetable Soup
- Chestnuts with Gravy or Tomato Sauce
- Mashed Potatoes
- Whole-wheat Bread
- Stewed Corn
- Tapioca Pudding¹

BREAKFAST

- Graham Mush with Dates
- Blackberry Toast with Nuts
- Baked Potatoes
- Baked Bananas
- Cream or Milk
- Corn Muffins

SUPPER

- Pop Corn and Milk
- Whole-wheat Bread
- Stewed Dried Peaches
- Coffee Cake

Second Day

BREAKFAST

- Rolled Oats
- Stewed Tomatoes
- Stewed Figs
- Nut Hash
- Oranges
- Cream or Milk
- Rye Puffs

SUPPER

- Cream Gravy Toast
- Scalloped Corn
- Blueberry Sauce
- Vienna Rolls

DINNER

- Corn Chowder
- Lentil and Rice Cakes with Gravy
- Nut French Potatoes
- Whole-wheat Bread
- Stewed Indian Pudding¹
- Creamed Carrots

To make the baked mush cubes, slice cold corn-meal mush into one-inch slices, cut the slices into one-inch cubes, dip the cubes into beaten egg, roll in zwieback crumbs, set on an oiled pan, and bake in a hot oven for ten or fifteen minutes. One advantage of mush in this form is that it encourages mastication more than when served in the usual way.

The raised biscuit should be made the day before they are served.

The lentil gravy is made from lentils left over the previous day.

Snow Pudding

- 1 pint milk
- 1/6 teaspoon salt
- 1 rounding tablespoon sugar
- 1 1/2 rounding tablespoons corn-starch
- 1/4 teaspoon vanilla
- 2 egg whites

Save out a little of the milk with which to stir the corn-starch. Heat the rest of the milk, with the sugar and the salt, in a double boiler; when boiling hot stir into it the corn-starch, which has been stirred smooth with the milk saved out for that purpose. Cook fifteen minutes. Beat the egg whites stiff. Add the vanilla to the corn-starch and milk mixture, then beat it into the beaten egg whites. Turn into cups wet with cold water. When cold remove from molds, and serve with—

Custard Sauce

- 1 cup milk
- 1 rounding teaspoon sugar
- 2 egg yolks
- 1/8 teaspoon vanilla
- A few grains salt

Heat the milk with the sugar and the salt in a double boiler. When hot, beat the egg yolks, stir some of the hot milk into them, then stir

them into the hot milk, and stir till the mixture thickens slightly, and will coat a spoon dipped into it. This will take only a moment. Too long cooking will cause the custard to curdle, and spoil it. Just as soon as the custard is sufficiently cooked, take it from the stove, and set the dish containing it into cold water. Stir in the vanilla.

The lentil soup is made from what is left of the lentils used the two previous days.

When cooking the vegetable oysters, enough should be prepared for the salad for the following day.

Fig Pudding

- 2 1/2 cups milk
- 1 cup fig marmalade
- 1/2 cup sugar
- 2 eggs
- 3/4 cup stale bread-crumbs
- 1/6 teaspoon salt
- 1/2 teaspoon vanilla

Heat the milk. Make the fig marmalade by putting steamed figs through the food-chopper. Add the marmalade, the sugar, the crumbs, the salt, and the vanilla to the hot milk. Beat the yolks of the eggs and add them. Mix well. Put into a baking pan in which it will be about one and one-fourth inches deep. Set the pan into a pan of hot water, and bake till "set." When done, beat the two egg whites, fold into them one and one-half tablespoons sugar, and spread on top of the pudding. Put into the oven and brown lightly.

Prune Pie

Remove the stones from stewed sweet prunes which have been cooked down till there is little juice left. Rub enough of the seeded prunes through a colander to make one pint. Add to the marmalade a few grains salt, one to two tablespoons sugar, one-half teaspoon vanilla, and the yolks of two eggs. Mix well. Bake a

Third Day

DINNER

- Tomato Bisque
- Pearl Barley with Lentil Gravy
- Riced Potatoes
- Creamed Vegetable Oysters
- Corn Bread
- Snow Pudding 1

BREAKFAST

- Baked Mush Cubes with Sirup 1
- Peas Puree
- Boiled Potatoes with Nut Gravy
- Raised Biscuit
- Canned Plums
- Apples

SUPPER

- Cream of Wheat with Cream
- Cottage Cheese
- Cup Cakes
- Eye Bread

Fourth Day

BREAKFAST

- Toasted Wheat Biscuit
- Macaroni with Cream Sauce
- Browned Potatoes
- Nut and Raisin Marmalade
- Cream or Milk
- Unfermented Graham Rolls
- Bananas

SUPPER

- Rice with Raisins
- Whole-wheat Buns
- Dried Apple Sauce
- Cream or Milk
- Steamed Figs

DINNER

- Lentil Soup
- Baked Peanuts
- Vegetable Oyster Salad
- Oatmeal Bread
- Glazed Potatoes
- Fig Pudding 1

pie crust on the bottom of an inverted pie tin, pricking the crust with a fork. When baked, take the crust off, and put it on the inside of the pie tin. Put the prune mixture into the crust, and bake till set. Spread on the pie a meringue made of the two egg whites and one and one-half tablespoons sugar. Brown lightly in the oven.

Corn Fritters

1 cup canned corn, from which the juice has been drained, rubbed through a colander
1 egg
1 tablespoon, or more, of flour
1 tablespoon white corn-meal
 $\frac{1}{2}$ cup milk, or less
 $\frac{1}{2}$ teaspoon salt

Separate the yolk from the white of the egg. Mix together the corn pulp, egg yolk, flour, meal, milk, and salt. Vary the quantity of milk and flour to make a stiff batter. Beat the white stiff and fold it into the batter. Cook in spoonfuls on a slightly oiled griddle. When browned on one side, turn and brown the other side.

Cottage Pudding

Make a sponge cake according to one of the recipes which have been given in LIFE AND HEALTH, and serve it warm with—

Vanilla Sauce

2 tablespoons cooking-oil
3 rounding tablespoons flour
 $\frac{1}{2}$ cup brown sugar
3 cups milk
3 cups water
 $1\frac{1}{2}$ teaspoons vanilla
 $\frac{1}{4}$ teaspoon salt

Heat the milk and water to boiling, and stir into the mixed sugar, flour, and oil. Stir the mixture till it boils, then boil two minutes. Add the salt and vanilla.

Sultana Toast

Put stewed raisins on a triscuit which has been dipped in hot cream, and place a spoonful of whipped cream on top of the raisins.

Cream Puffs

Fill pop-overs with the following—

Filling

1 cup milk
1 rounding tablespoon sugar
 $\frac{1}{2}$ cup flour
1 egg
 $\frac{1}{2}$ teaspoon vanilla
A few grains salt

Heat three-fourths cup of the milk in a double boiler. Into the sugar, flour, and salt, mixed together, stir the remaining one-fourth cup milk. Add the egg, well beaten. When the milk in the double boiler is hot, stir this mixture into it, and cook till thick, stirring occasionally. Add the vanilla. When the filling is cold, put it into a pastry bag. Make a small hole in each puff, insert the tube of the pastry bag, and squeeze the filling into the puff.

Nut Mince Pie

It is said that meat was not originally used in mince pie, but that when the Pilgrims came to this country, and could not obtain citron, raisins, and other things which they had previously used in mince pie, but could get game, they began to use meat instead of other things which they had used before, and the practise has continued to the present time. It does certainly seem inharmonious to use meat, a hearty food, in a dessert. However, mince pie has a flavor which is enjoyed by most people, and when the meat is left out, it does not seem to have the same satisfying quality. It has a sort of insipid taste, compared with the real article. In trying to make something satisfying which contains neither meat nor spice, I have hit upon

Fifth Day

DINNER

Cream Barley Soup Walnut Timbales with Peas
Mashed Potatoes
Cream Baked Beets Rye Bread
Prune Pie¹

BREAKFAST

Rye Mush Cream or Milk
Baked Squash Cream Sauce
Hoe Cake Prune Toast
Baked Apples

SUPPER

Corn-meal Mush with Maple Sirup
Ripe Olives Graham Bread
Canned Strawberries

Sixth Day

BREAKFAST

Rolled Wheat Cream or Milk
Corn Fritters¹
Baked Sweet Potatoes Currant Puffs
Prune Marmalade Apples

SUPPER

Sultana Toast Scalloped Tomatoes
Whole-wheat Bread Nut Butter
Cream Puffs¹

DINNER

Black Bean Soup
Spaghetti with Tomato Sauce
Mashed Sweet Potatoes Browned Parsnips
White Bread Cottage Pudding¹

the following, which seems to me to be a fairly satisfactory substitute for the "dyspepsia-producing" kind. This recipe contains a considerable number of ingredients, but this seems necessary in order to get the desired taste. It is only a combination of different kinds of fruit and nuts.

3 quarts chopped apples (the apples may be quartered and cored without peeling)
 1 pound raisins
 $\frac{3}{4}$ cup lemon-juice
 $1\frac{1}{4}$ cups grape-juice
 $1\frac{1}{4}$ cups liquid cereal coffee
 3 cups sugar
 $\frac{1}{2}$ cup molasses
 12 ripe olives, stoned and chopped
 2 ounces chopped pine-nuts
 2 ounces chopped walnuts

2 ounces chopped raw peanuts
 2 teaspoons salt
 $\frac{1}{2}$ pound chopped citron
 1 pint stewed prunes, from which the stones have been removed

Three kinds of nuts are used because a sufficient quantity of one kind would make the flavor too prominent.

Mix all the ingredients, heat slowly, and cook over a very moderate heat for several hours, stirring occasionally so that the mixture will not scorch, till it turns very dark in color. It may then be canned like any fruit, and kept till needed.

NOTE.—Recipes are given for those foods only for which recipes have not been previously given in LIFE AND HEALTH.

Sabbath

DINNER

Cream Corn Soup
 Baked Beans and Brown Bread
 Tomato Jelly Salad Graham Date Bread
 Nut Mince Pie¹

BREAKFAST

Zwieback with Hot Cream
 Fig Rolls Ripe Olives
 Toasted Almonds
 Citron Apples Grapefruit

SUPPER

Cottage Cheese and Olive Sandwiches
 Finger Rolls with Jelly
 Dates Buttermilk





VENUS DE MILO

The Greek ideal of the female form. On the opposite page are some of the modern attempts to improve on that form!

EDITORIAL

THE SIMPLICITY OF DRESS

HUMAN nature does not change materially from age to age. The desire to ornament the body, which seems to be instinctive with the members of the weaker sex, has been a female characteristic from before the dawn of history; for prehistoric remains give evidence of the same desire for personal adornment that we witness in modern times.

One can find no civilized nation or savage tribe where some attempt is

not made at embellishment of the figure. In many cases, civilized as well as savage,

these efforts result in a distortion rather than in an improvement of the human form. That even civilized taste is not trustworthy is shown in the fact that when a new style is introduced, even though it may shock beholders at the first because of its incongruity, it is soon received with toleration, and may even excite admiration; then when the style has passed, it is "horrid."

On the SIMPLICITY of DRESS — From a late publication.

THAT a plain dress is the best ornament of a beautiful woman, I had lately a most convincing proof. The neatness of a daughter of that religious sect called Quakers, in one of the public walks, caught my eye—never was innocence and elegance more sweetly portrayed. But when I had an opportunity of beholding her face my astonishment and delight were inexpressible. Her complexion was lovely, her eyes sparkling, her teeth and lips such as a Reynolds only can imagine, and her smile an emanation of divinity. I contemplated her person with a pleasure till then unknown, and should have pronounced her the most finished work of Heaven, but that it occurred to me, that many of my fair country-women appeared inferior to her, from only not being satisfied with what Heaven had made them—tortured hair, a superfluity of ribands, idle jems &c. &c. were, though meant for so many additions, only so many disadvantages to them, by preventing the eye from judging rightly of their charms, or indeed beholding them through the happiest of all mediums—the medium of simplicity. In short, I am convinced that some Deity, in his wrath, suffered them to be betrayed into this *dressing folly*; from which I most heartily wish that some sensible mortal would endeavour to reclaim them.

A Lover of Nature.



Courtesy of Emma E. Goodwin

MODERN CARICATURES OF THE HUMAN FORM

The kangaroo corset, prominent-hip corset, flat-hip corset, and girdle corset are given to show that moderns have very hazy conceptions of what constitutes an attractive female form.

But there is one particular concerning which women do not change. They always have been interested in personal adornment, and they probably always will use their best endeavors to make themselves attractive. When they do not succeed, it is from lack of means, or from deficiency of knowledge, rather than from lack of the desire to be pleasing in appearance. With the poor it is often lack of means; with the rich, it is lack of knowing how—"bad taste," in other words. That the colonial women were not more successful than their descendants is suggested by the facsimile given on previous page of an article from the first issue of the *Maryland Journal and the Baltimore Advertiser* (now *Baltimore American*), dated Aug. 20, 1773.

It is somewhat difficult to realize that real beauty lies in simplicity, not in ostentation. The colonial dames evidently did not realize it as a rule, nor do the majority of their great-granddaughters.



CLOTHING AND MODESTY

WE are told that one of the reasons for wearing clothing is to satisfy the demands of modesty. On the face of it, this statement seems simple enough; but when we come to consider what is meant by modesty, it is not so simple as it seems. What is modesty? Is the Turkish woman, who never appears on the street without her face covered, more modest than her American sister? Or is the mother who feeds her child in the natural way more "immodest" than the one who rears her offspring on the product of the cow? Is there a necessary connection between fulness of clothing and purity of life? In other words, is the Turkish woman, because she covers her face, more pure, more virtuous, than the woman of the Occident?

In every community, civilized or savage, there is a customary amount of clothing which is recognized as proper. In parts of Africa a woman with very meager protection around the hips is unabashed, and her appearance among her neighbors causes no comment nor thought of evil; it is the custom. What might be deemed proper in American society might be considered highly improper in Japanese society, and *vice versa*. Not so long ago, a family, consisting of father, mother, and little girl, for adopting artistic and innocent Greek costumes, were arrested in the "virtuous" city of New York, the city where brazen-faced harlots are permitted to accost men in the streets. "Straining at a gnat and swallowing a camel," you say? Yes, and there is a lot of that kind of inconsistency in our efforts to preserve an appearance of "decency." When the New England swain of long ago accompanied his sweetheart to church, she went barefoot, carrying her shoes in her hands. Arriving near their destination, they stopped, while she put on her shoes. Would such a procedure be considered "decent" now? If you think so, just try the experiment; and yet there was

nothing to suggest the least impurity. The customs have changed, and what was once entirely proper would now be considered improper. Again, certain costumes are worn at the beach, and are considered in good form there, which, if worn on the street, would subject the wearer to immediate arrest.

These illustrations make plain that the question of adequate clothing and "modesty" is entirely relative. What is "modest" depends on the people, on the times, and on the occasion. Does this mean that it makes no difference how one dresses?—Not at all. A pure-minded young woman, realizing that a departure from the accustomed manner of dressing may cause some young men to violate the seventh commandment in spirit, if not in letter, will avoid dressing in a manner known as "suggestive," or tempting. And yet young women who could hardly be accused of being knowingly wanton deliberately wear costumes as bold as they think the police will permit. Can we believe that such a young woman, who deliberately places a stumbling-block in the way of struggling young men, is in reality pure-minded?

H. H. Heald.





Saving the Babies

THE fourth annual meeting of the American Association for the Study and Prevention of Infant Mortality was held in Washington, D. C., Nov. 14-17, 1913. While the members of this association are many of them specialists, such as social workers, nurses, physicians, and doctors, the discussions vitally concerned the common people, especially fathers and mothers.

In the section on "Nursing and Social Work," there were papers on "Standards for Infant Welfare Nurses," "The Private Duty Nurse in Relation to Infant Mortality," and "Infant Mortality Nursing Problems in Rural Communities." In the section on "Pediatrics" the discussions were of particular interest to the mother; for instance, Dr. John Howland, of Baltimore, speaking of the prevalent custom of giving drugs to children of a year old and under, called attention to the necessity of teaching that drugs should be given only when clearly indicated, and that even the apparently harmless drugs may be and undoubtedly are productive of much injury.

Dr. J. W. Schereschewsky, of Washington, D. C., gave a most important paper on the relation of summer heat and infant mortality. He called attention to the fact that infant mortality increases rapidly with the heat of summer, but that the deaths from intestinal disease lag behind; that is, the heaviest deaths from bad milk do not correspond necessarily with the periods of greatest heat, but may come later. He believes that many children die directly of heat, especially high indoor temperatures due to insufficient ventilation, crowding, etc. On the other hand, he would have us re-

member that the food of the infant is most important in its relation to the deaths caused by intestinal disease. The fact that from eighty to ninety per cent of infants dying of intestinal disorders are artificially fed, should convince one that breast feeding should be advocated as an important factor in reducing infant mortality.

In the section on "Obstetrics" emphasis was placed on the importance of more careful attention to the expectant mother, and on the importance of having in every community better facilities for obstetric work, so as to prevent in a large measure the early death or permanent handicap of the new-born. Institutions were advocated where women whose husbands receive less than a certain stipulated wage, might have free obstetric work, and where those in more moderate circumstances might have such work at reduced rates, in order that the babies in the families of the poor might have the highest skill that the medical profession affords. It was urged that all colleges give thorough courses in obstetrics, and that midwives and the doctors who are incompetent in this line be gradually eliminated.

Mrs. Max West, efficient aid at the Children's Bureau, Washington, D. C., made the statement that the demand for the pamphlet on Parental Care, recently issued by the Children's Bureau, was wide-spread and immediate, showing that the women of the country are ready and eager to learn all they can about the proper care of themselves before childbirth.

While the nurses and doctors are doing excellent work for the helpless infant, the educators have found a task no

less important. Dr. Helen C. Putnam, of Providence, R. I., working on educational lines and in cooperation with a number of prominent educators, is urging the general introduction of "Continuation Schools of Home Making." Two previous conferences have been held, with the aim of securing to the boy, and especially to the girl, leaving school, the means of education in home making. During the past two years these workers have carried this propaganda of continuation schools before educators, both directly and through the important educational journals.

This is the condition: Many a girl leaves school at the age of fourteen, or even less, having had no instruction regarding motherhood, or home making, or the kind of man who should be her life partner. Similarly, the boy leaves school and becomes a wage-earner with no idea of the responsibility that will come upon him as the head of a family. Such young people later take upon themselves the duties and responsibilities of matrimony, with little or no knowledge of what these responsibilities mean for themselves or their prospective children. Is it any wonder that often their attempt ends disastrously? Is it not rather a surprise that the children of such unions are ever able to rise above their handicap?

School Housekeeping

DR. HELEN C. PUTNAM is an earnest

exponent of the doctrine that it is even more important to have good housekeeping in the school than in the home. She believes that health habits are far more important than health maxims, and that if a child is taught by actual practise the proper attitude toward dust, ventilation, etc., these things will be carried into the home, and as the child becomes later the head of a family, a higher standard of sanitation will be established in the home.

It is on this basis that the recommendations have been made to utilize pupils in order to standardize the janitor service in the schools. The proposition is to appoint a group of health officers in each

class-room from among the pupils, for periods so limited that each child has service once a year, and the work done in this service to be credited to physiology and hygiene, or nature study, or domestic science.

Some of the duties of these health officers should be to read thermometers hourly, record the readings in a substantial book, and perhaps mark them on a blackboard reserved for that purpose, where pupils, principal, janitor, and visitors can see several days' record at a glance. Where conditions permit, pupils may be authorized to adjust heaters, ventilators, or windows to secure the proper temperature, which should never exceed 68° Fahrenheit.

Other conditions besides temperature which may be placed under the observation of these pupil sanitarians are dustiness, relative humidity, air currents, cleanliness, etc.

Doubtless where this method of enlisting the interest and enthusiasm of the young in practical hygiene is given a fair trial, it will result not only in better and more intelligent janitor work, but also will be such an education in sanitary science as the students are not likely to get from books, and undoubtedly there will be an excellent reflex effect upon the teachers themselves.

Conserving the Baby

A FITTING prelude to the recent Conserva-

tion Congress was the meeting of the Association for the Study and Prevention of Infant Mortality. It is a truth only recently appreciated that there is nothing on this old planet so precious as human life, and that of the 200,000 baby lives snuffed out in this country year after year, one half might be saved. Dr. Woodward, health officer of the District of Columbia, believes that the name of this association was unfortunate. Infant mortality, the doctor thinks, is an expression which fails to bring home to us with vividness the dead baby and the poor stricken mother. Infant mortality, we are apt to believe, is the concern of

specialists. We fail to realize there is a work that we as neighbors may perform, to save the babies. The appeal, based on dollars and cents, has thus far been to the community rather than to the individual.

Dr. J. H. Mason Knox, of Baltimore, following Dr. Woodward, made a personal appeal to Christians. In Germany and France the subject of the baby is causing wide-spread attention because the lowered birth-rate threatens to deplete the armies. But the appeal to the Christian has back of it a higher motive. When we realize that no characteristic of Jesus was more prominent than his care for children, that he placed no duty higher than that to one's neighbor, that our neighbor is the one most in need of our help, and that no one is more absolutely helpless and dependent than the baby,—when we realize all this, we shall appreciate that we cannot be good followers of the Master unless we give the infant a better chance for life and health.

The Baby's Rights

ACCORDING to Dr. J. H. Mason Knox, of Baltimore, who lectured in connection with the recent Child Welfare Congress, the infant has a logical basis for appeal to us.

1. He has a *right* to be counted. Much depends upon accurate statistics of baby births and deaths. No civilized country keeps such poor records of births and deaths as the United States.

2. He has a *right* to be healthfully born:—

a. Of healthy parents, with no venereal nor hereditary disease.

b. Of a rested mother. The child of a mother who has had several days' rest averages heavier than the child whose mother has worked right up to the time. The greatest infant mortality is in factory towns, where mothers are wage-earners.

c. Properly born. Mothers having skilled obstetrical assistance. Inexperienced and incompetent hands should not jeopardize two lives.

3. He has a *right* to mother's milk. No physician can furnish at least part of the baby's food. If absolutely necessary to have a substitute, let it be clean, healthy cow's milk, properly modified and in proper quantity. This requires skill, but the baby is worth it, and is entitled to it. It should be a crime for a mother to feed her baby on dirty milk from around the corner.

4. Baby has a *right* to be properly clothed and have fresh air summer and winter.

We should teach young mothers and those who are to be mothers these things for the sake of the baby. And fortunately the mother instinct leads them to cooperate to the best of their ability when they are tactfully taught.

The Modern Dance

It is not only the preachers and the moralists who speak against the modern dance, but physicians, especially physicians who have to do with special diseases of men and women, realize that these dances are decidedly bad from a hygienic point of view. The following quotation from the *Medical Review of Reviews* is in point:—

"The new dances with their origin in the underworld have made a strong bid for popular approval. It is time to ask, 'Have they come to stay?' Prophecy is a difficult art and a most dangerous one. Viewing modern dancers with their suggestiveness, exaggerated movements, and appeals to sexuality, it would appear that we have reached the acme of social riot.

"Is there not a medical argument against these dances which has not been fully appreciated by parents, ministers, reformers, physicians, and chaperons? Dance neuroses are making their appearance. Sexual neurasthenia, pelvic congestions, prostatorrhoea, priapism, congested prostates, and spermatorrhoea represent some of the evidence of the physical and psychical influences of the dances which at present have secured a hold upon the dancing public.

"If art must be debased, let it remain in the brothel, and not be flaunted in the dancing academy, the reception hall, and the home. It is as unwise as it is socially malicious to create unnecessary stimuli that irritate and augment the sex characteristics of the dancing population. The modern sensual dance is opposed to the best interests of society, and tends to effect a marked though insidious deterioration of the morality of the dancing public. Let physicians counsel their patients in the light of their understanding, and unhesitatingly speak forth publicly the truth concerning the demoralizing physical and psychical effects of the degenerate erotic dance."

Eugenics Versus Modern Dance

WHILE this condemnation applies in particular to the modern "animal" dances, there is a question whether in a measure all dancing between the sexes is not open to the same criticism; and to show that

we are not alone in this opinion we submit a quotation from an editorial article ("Eugenics Versus the Modern Vulgar Dance") in *Pediatrics*, a journal intended not for the laity, but for physicians who specialize on diseases of children. The editor says:—

"In all ages and among all races and civilizations dancing has been, and is now, intimately related to the sexual life. The psychology of this is not hard to find. Rhythmical movement is a stimulant to tumescence, which, uncontrolled, excites the sexual feeling. With many tribes dancing is the mere prelude to sexual indulgence, and every civilization of the past was sullied by the licentiousness and wanton abandonment of the dance.

"Within the influence of modern history, polite society has sought to hide the motive that inspires the dance, and to see in its rhythm and cadence the opportunity to regulate physical energy. It is a means of escape to pent-up passions. Perhaps, unconsciously indulged in by many [it] may be regarded as a refinement in the conduct of social entertainments. That sexual impulse is the true motive of the dance is attested by the favor with which the 'ragtime' variety is received in preference over the stately and genteel minuet type. The swing and action (not rhythm and cadence) of the 'ragtime' affords just the stimulus desired, and the opportunity is taken to indulge the feelings with as much show of decency as possible. In the name of polite society this is permitted as being in good form. But if such preference is encouraged, how long will it be before this thin veneer of deception is punctured, and the true motive revealed? May we not ask as the next step, is there not imperative danger of the old debauchery and orgies of the past being reenacted?"

Prescription Frauds

THE Department of Agriculture has sent out a warning against advertisements which state that the man or woman whose name is attached was saved from death or from serious disease through the wonderful prescription given to him or her by a physician of unusual skill, who will not allow his name to be used because of medical ethics.

The offer is made to supply this prescription without charge, to any one who will address a post-card to the advertiser.

If people would only stop to think, they would realize that no one would pay for such advertising as this in the newspapers without the prospect of getting some return from it.

This "wonderful prescription" con-

tains a number of ordinary ingredients, and then under a technical name calls for a large portion of some patent medicine or proprietary drug. When this prescription is taken to a drug-store, the druggist finds he has to buy some of this patent preparation in order to fill it. Having to buy a large bottle of it, he must charge the customer a good round price for filling the prescription. The customer gets, in effect, simply a patent medicine, but with the druggist's label and prescription number.

Common sense ought to suggest to any one that these offers of something for nothing in the newspapers by persons who have been wonderfully helped, are merely the means of securing the money of the person who answers the advertisement.

Swimming as an Exercise

THE editor of *American Medicine*, commenting on the fact that a young woman who had distinguished herself at Atlantic City by making a ninety-foot dive, was born and brought up in a small Long Island village on the Sound, and had learned to swim and dive almost as soon as she learned to walk, says:—

"Visitors have not failed to remark the beautiful figures of the young men and women of these Sound villages, brought up as they are near the water, and proficient in canoe paddling as well as in swimming. It is a commonplace that swimming is the ideal exercise, as there is scarcely a muscle fiber in the body that escapes contraction and relaxation during the stroke."

In addition to its value as a conservator of life in times of accident on the water, swimming "is a most beautiful art, and confers a beauty of carriage well worth acquisition in these days of fierce competition for positions in business offices and elsewhere, and of inestimable value in creating a favorable first impression." And it should not be forgotten that this "beauty of carriage" means a perfection of structure and poise that is almost certain to be accompanied by long life and freedom from disease. We concur in Dr. Knopf's wish that every school might have a swimming-pool connected with it.

There are things taught in the schools that are not so useful to the pupil as a knowledge of swimming. Parents who are not located where their children have opportunity to learn to swim would do well to plan their vacations to some locality affording such opportunity.

The American School of Home Economics believes in adding to the "three R's" a fourth, RIGHT LIVING, which would include the care of the body, as well as home sanitation. If anything, the fourth is more important than any one or all of the other three. The fourth "R" ought certainly to include expertness in the art of swimming.

Woman's Dress Under Fire PROTESTS have come from far and wide regarding the present mode of feminine dress. Nathan Schwartz, the New York child murderer, who confessed to his father, and on the advice of his father, committed suicide, left a note stating that his crime was due to the "way girls get themselves up." There is no question that immodest dress, while it may not affect the normal person, does affect susceptible men, and actually did in this case lead a man to a brutal crime.

Local circles of the National Mothers'

Congress have taken up the matter. Mrs. Nugent, of the St. Louis circle, some time ago said that they have begun plans to overcome these extremes in style. Among other things she said: "I favor the moderately short, close-fitting skirt. It is convenient, does not collect dirt, and is easily cleaned. There is a class of people, however, who carry all such things too far."


The *American Medicine*, which in one issue published a long editorial article against the follies of feminine dress, followed it by another article in the next issue, from which we make the following quotation:—

"Reform in feminine dress must receive the attention of every thoughtful person. It is inconceivable that modest, pure-minded women will be willing to adopt styles that admit of conclusions concerning their morals so contrary to their real intentions. But the extremes to which many young and imprudent females have gone in the effort to be up-to-date and *chic* are dangerous in the extreme, not alone because of the constant invitation to improper advances from the wolves in men's clothing who are ever seeking their prey, but also because of the effect on the sexually perverted and the possibility of inducing sexual crimes by degenerates."

The next issue of LIFE AND HEALTH will be devoted largely to the question of proper clothing.



YORK AND LANCASTER TOWERS, WINDSOR CASTLE, ENGLAND



STIMULANTS *and* NARCOTICS

ALCOHOL AND DIGESTION

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

F we are ready to grant that in all its essential properties and character alcohol is a drug, and not a food, and it seems that the evidence which we have offered in a preceding number of this journal bears out this contention, then we may ask: Does alcohol in one form or another aid digestion, respiration, assimilation, or any other of the normal functions of the body? There is a wide-spread belief that alcoholic beverages, and more particularly certain wines and brandies and even whisky, do accelerate and improve the work of the stomach. But we assert that this belief is as erroneous as it is wide-spread, and that it rests upon feelings, which are misinterpreted; for this drug, like all habit drugs, has a distinctly insidious influence, and often causes one to feel benefit when no genuine benefit is conferred. From the very nature of the case the feelings that are produced by the influence of alcohol are not, and never can be, anything like a safe guide.

On this point we shall quote the following testimony from Harry Campbell, M. D., F. R. C. P., in "A System of Diet and Dietetics:" "It should be remembered that our feelings are not a safe guide in this connection, and that even though a person may claim to feel perfectly well while drinking alcohol, his tissues may all the time be undergoing insidious injury."

"A Local Irritant"

According to Sir Lauder Brunton, Bart., M. D., F. R. S., "The general action of alcohol is that of a local

irritant, and after absorption it quickens the circulation and lessens the excitability of the nervous system. It thus acts as an anesthetic both physical and mental, and renders the person who is under its influence less conscious of unpleasant conditions affecting either his body or mind." Here we have the real effects of alcohol summed up in terse, clear language that no one can fail to comprehend. As an irritant alcohol excites the formation and flow of mucus in the stomach and also in the intestinal canal, and the tendency of its continued use, even in strictly moderate quantities, is to bring on chronic gastric catarrh. The increased flow of mucus alone, which, by the way, is for the purpose of protecting the delicate lining cells of the organ from contact with the poisonous alcohol, serves to retard the natural processes of digestion, and renders the stomach cells less efficient in the performance of their duties.

Alcohol a Narcotic

The statement which we have quoted above from Sir Lauder Brunton also makes it clear that alcohol is a narcotic or anesthetic as well as an irritant, and we have reason to believe that this narcotizing influence is produced in the stomach as well as elsewhere in the body. The purpose of a narcotic is to benumb sensations of discomfort, and even blunt small aches and pains. Therefore, when one has partaken of some alcoholic beverage with his meal, and perhaps eaten well, not to say too well, he is less likely to feel the natural discomfort that would

arise from such an abuse of his "little Mary."

Had he taken the same meal and omitted the alcohol he would probably have felt a sensation of fulness in the region of the stomach as well as more or less discomfort, and possibly even a slight ache or pain; but the alcohol has dulled, if not entirely annihilated, these sensations, and so he escapes. Under these conditions it is not strange that he comes to the conclusion that alcohol benefits his digestion.

A Paralyzing Agent

But what is the real effect of the alco-

Alcohol and Chemical Digestion

I am well aware that some authorities claim that alcohol in small doses benefits digestion, but there are good authorities who hold a very opposite view, and I think with better evidence. I believe that most authorities, including even those who are inclined to favor the use of alcohol, are agreed that it has a distinctly retarding influence "on the *chemical* part of digestion." This is easily demonstrated by a simple experiment that can be carried out in the laboratory. Even the presence of a very small percentage of alcohol in the gastric juice slows its



hol upon cellular activity of the gastric-secreting membranes? When we bear in mind that alcohol in any form is a protoplasmic poison, and has a direct paralyzing effect upon the activities of living cells, we can understand that this is the effect which it produces upon the secreting cells of the stomach. We know, as Dr. Robert Hutchison tells us, that "in large doses the general paralysis of cellular activity which alcohol produces is so great that heat production is diminished at the same time that heat loss is increased, and the final result is a great lowering of the body temperature, which may even amount to 15° F." In smaller doses the paralysis is simply less marked and the evils produced less harmful and less dangerous, so that it is simply a difference of degree.

activity, and prolongs the period of digestion materially. In the course of time the persistent use of alcohol, even in small doses, has a strong tendency to upset digestion, and to lead to degenerative changes in the glands of the stomach, so that in time they are badly injured and finally destroyed. Alcohol has a hardening influence upon all living tissues, including those of the stomach, and this is brought about by the increase of the fibrous tissue at the expense of the glands that secrete the gastric juice, so that they undergo gradual atrophy or destruction.

Alcohol and Muscular Movement

There is another important process that takes place in the stomach during normal digestion, and that is the churning movements of the organ, which were so well

described in the classical work of Dr. Beaumont some eighty years ago. Horsley and Sturge tell us in their book "Alcohol and the Human Body:" "Whether taken alone or with food, the tendency of alcohol throughout is to lessen the vigor of the muscular movements of the stomach, and this delay further tends to lead in the course of time to a state of chronic atony (*a-tonus* means lack of tone) of that organ." When we translate tone into strength, for that is practically what it means, we can understand that the tendency of alcohol is to diminish the strength of the natural muscular movement of the organ during the processes of digestion. Thus we see that alcohol not only retards chemical digestion, but also, and we believe to an equal degree, the muscular movement of the stomach during the course of digestion.

Alcohol Hinders Digestion

The following paragraph from Horsley and Sturge's book "Alcohol and the Human Body," to which I have already referred, makes it very clear that alcohol instead of improving digestion impairs it, and instead of being a real remedy for indigestion simply serves to aggra-

vate the evil. We quote as follows:—

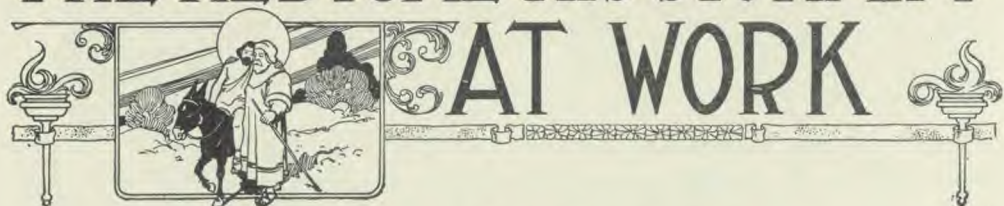
"It is a serious error to regard alcohol as a genuine remedy for dyspepsia and abdominal pain. Feelings of abdominal discomfort and pain (which are physiological warnings to the sufferer that he needs care) are, it is true, abolished by alcohol, and as a consequence of this many a man believes that alcohol materially aids his digestion, whereas it merely exerts a narcotic influence on the gastric nerves, and his dyspepsia is not removed but only disguised. In fact, instead of being cured the mischief is aggravated."

We may then conclude with Sir Lauder Brunton that "healthy people, as a rule, do not need alcohol, and are better without it." This conclusion, we submit, applies equally to the digestive organs, the nerves, the heart, or any other organ of the human body. Let no healthy man or woman think that the least benefit accrues as the result of indulgence in wine or other form of alcohol for the sake of appetite or the stomach, no matter what the feelings may be. The real effect of such a poison cannot be other than harmful.



BRONZE MOTEF, GRAND PALAIS, PARIS

THE MEDICAL MISSIONARY AT WORK



TITVALLI VILLAGE UNLOCKED

M. D. Wood

I AM sure you cannot fail to be interested in two particular cases which our medical missionary at Kalyan, India, has recently treated.

A few days ago a man came to our medical dispensary with the request that Mrs. Wood come to a certain home just as soon as possible. Evidently the man who made the call was much frightened, for he seemed bewildered and in a great hurry. As quickly as she could, the missionary, with her treatment bags in hand, followed the stranger here and there through one crowded, ill-smelling lane after another, until she came to a certain hut. Many of the Indian homes, or places of abode, cannot properly be called houses. You would have a wrong idea altogether if we called them such.

On entering this hut she observed that a large company of people had assembled. The men sat on one side of the room, and all wore a broad grin. This is very unusual, and rather surprised the missionary. At the opposite side sat a lot of young women and girls, and, like a lot of birds in a closed cage, they were all of a twitter and titter. What was the matter?—Why, off in one corner sat an old woman, with bent form and wrinkled features, who for twenty-four hours had been utterly unable to close her mouth. While eating, the day before, she had opened her mouth too wide, and dislocated her jaw. The poor old creature had evidently suffered no small amount of inconvenience and pain. She could not finish the scanty meal which she had made for herself, she could not drink,

she could not sleep, she could not speak. To her near relatives, who could sympathize with her, it was most pitiable and painful to see their mother in such a condition. Worse still, they did not know where to go for medical aid or advice. To the young folks, who never before had seen a woman with such a large mouth, and who could not possibly keep it shut, her plight seemed only amusing.

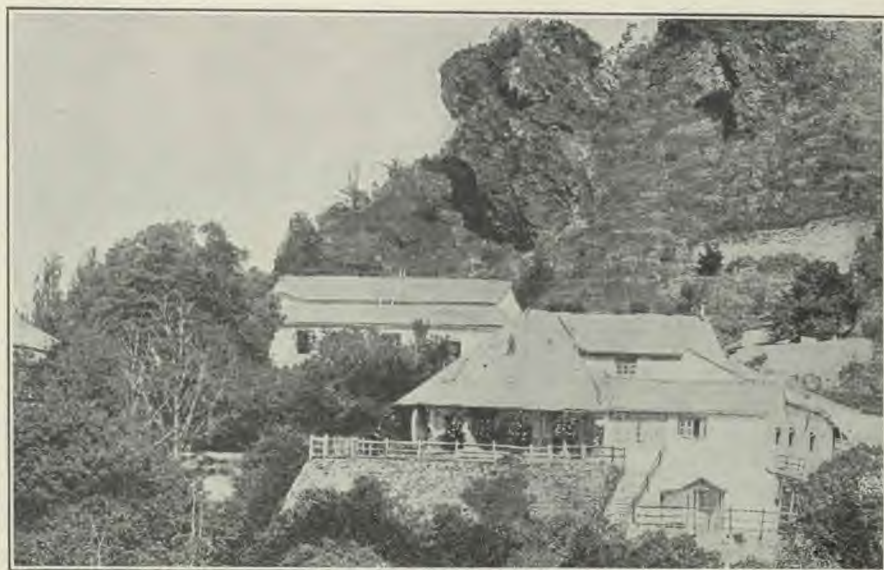
When the accident occurred, the old woman was in the village of Titvalli, several miles from Kalyan. When her friends saw that they could do nothing for her, they said, "Let's take her to Kalyan." When they reached Kalyan, they began to ask people what they should do, and where they should go. Providentially, they were directed to the "Madam Sahib Doctor" at the Mission Medical Dispensary. And now this woman whom they called "Mama" had come to the hut where this poor old soul sat with her jaw stretched open as wide as possible.

What was to be done? An examination was made and the condition determined. Then "Mama" called for a cork to place between the teeth, so that in setting the dislocated jaw her fingers might be protected. They said they had no cork. "Well, then, bring me a piece of wood," was the reply. Soon they brought in a hammer, and said, "Here, can you use the handle of this?" "No," was the reply. The mouth was large enough to receive the handle, it is true, but it was not the proper size. Next they brought a bullock whip with a bamboo handle. That was placed on the

teeth, and with both hands the lower jaw was suddenly pressed downward, when, click went the jaw, and it was back in its proper place. What a moment that was for the old woman, and for the crowd that had gathered! How delighted she was! She fell at the feet of the worker, and thanked her over and over again. The people said, "Shabass," which means, "Well done." The patient kept opening and closing her mouth, to see if her cure was a fact. Then her face and neck, which were swollen and

missionaries, and coming to them for help.

Only a few days after this an old man was brought from Titvalli in a palkee, a sort of bed on poles, carried on the shoulders of men. This old man had had hiccups for three days and nights, and could neither eat nor sleep. Not only was he himself frightened, but others were worried for him. So, as they had heard of the other case and its cure, they carried this friend several miles on their shoulders, and in faith waited at the



DISPENSARY IN INDIA

painful, were carefully fomented, and she was greatly relieved. A warm drink of milk was administered, and she was told to be careful in future not to open her mouth so wide. The patient and the physician said "Salaam" to each other, and with pleasant smiles they parted. The worker went to her duties at the dispensary, and the woman, with her mouth closed, returned to Titvalli.

The very next day several patients from Titvalli were at the dispensary for treatment. All seemed to feel they had a right there, and had confidence in the workers. Mind you, these are all good caste Hindus, looking up to Christian

door expecting help. O, what a blessing it is to be able to meet heathen men at such a moment, and to give the word of truth in the name of Jesus, and to help them get well! They are always told that they must look to God, and when possible, prayer is offered with them as an example of how men should approach God.

This poor old man lay helpless on his back in the palkee, and looked up into the face of the missionary in a most pitiful way. He wanted to sleep, but could not for the hiccups. So the worker brought out a small bottle, put a little medicine in some cotton, which was

placed in a little silver cage, and when this was placed over the man's face, he was told to close his eyes and breathe freely. He was so willing and anxious for relief that he did exactly as he was instructed. What was the result?—In a few moments he was fast asleep, and the hiccups had ceased. The men who had brought him sat there in silence and wonder. To them a miracle was taking place before their very eyes, and they were almost speechless. They were glad, too, and a look of great satisfaction rested on each face. The patient did not sleep very long before he aroused, and the hiccups began again. Then all faces changed, and with drawn eyebrows a bit of doubt crept into their minds. Soon the cotton was again saturated, and the treatment repeated until the man had a long sleep. The muscles of the throat became rested, and assumed their normal condition. After a while he awoke, and the hiccups did not return at all. How pleased they were! "He is all right," they said; "now we may take him home." And so with many salaams and many expressions of thanks and appreciation, they sauntered off to their distant village of Titvalli in the jungles.

A few days later, a lot of sick folks came from Titvalli. And now they know us, love and trust us, and want us to visit Titvalli and be their friends. Thank God for the medical work, which unlocks the hearts of men to God-sent messengers.

Before I lay down my pen, I must tell you that only this week, while Mrs. Salisbury [wife of the recently appointed superintendent for India, sent over from America] was visiting our Kalyan dispensary for the first time, the man who had suffered so much from the hiccups came in and fell at the feet of the one in charge, and actually kissed her shoes. "Why," he said, "I have no father, no mother, no wife, no children. Just take me, and tell me to work for you all the rest of my days. I will be your servant all my life." "Well, then," said the worker, "to be such a servant you needs must become a Christian." "All right," said the man.

Thus, dear friends who may read these lines, you see not only how Titvalli is unlocked, and its people come to us as their friends and helpers, but how souls are through this means gradually led to know of and accept Christ. Please pray for the medical work.



ANOTHER OF OUR DISPENSARIES

QUESTIONS and ANSWERS

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.

Palpitation of the Heart.—"What treatment do you advise for palpitation of the heart when not accompanied with any organic disease?"

Try an ice pack or cold compress over the heart, and place the feet in a hot bath. I should suggest that you place yourself under a good physician who can determine the cause of the palpitation and suggest treatment accordingly.

Falling Hair.—"What do you consider the best treatment for falling hair, and hair prematurely turning gray?"

I know of no way to prevent hair from turning gray. It is possible that your falling hair is due to some disease of the scalp. You may be able to relieve this by means of vaseline rubbed into the scalp thoroughly twice a day. It should not be rubbed on the hair. You will need to protect your pillows with a heavy cloth.

Buttermilk.—"Do you consider buttermilk as ordinarily prepared a wholesome food?"

Buttermilk, if it is clean, is a wholesome food. Many persons can use it who cannot use fresh milk. If it is not clean, it is no more wholesome than unclean fresh milk. A soured milk can be prepared by stirring into absolutely fresh milk a little *dilute* hydrochloric acid until it just begins to curdle, stirring it as it is being poured in. The spoon should not be left in the milk any longer than necessary, and should be washed immediately in order to avoid corrosion. Rinse the mouth after drinking this milk, as the acid may act on the teeth. As hydrochloric acid is the natural acid of the stomach, this drink is harmless, and in some cases seems to be very helpful.

Rattlesnake Venom.—"What is your opinion of rattlesnake venom as a cure for epilepsy?"

There is possibly some virtue in rattlesnake venom, but I think very much that is adver-

tised as rattlesnake venom is a fake. Every time some scientist makes a discovery, there are fakers who immediately pretend to have some of that discovery, and who do a thriving business treating with it.

Strychnin and Neurasthenia.—"Is strychnin a good remedy for neurasthenia?"

No; it is simply a stimulant, like whisky, and while it may relieve for a time, it will sooner or later leave the patient worse than ever. One who has neurasthenia needs rest, especially rest in the thing that in the first place caused the neurasthenia, and there is probably nothing else that will relieve it.

"Weeping Eczema."—"My husband has been afflicted for at least three years with what the physicians have termed 'weeping eczema.' He has had three physicians treat him, and he gets better for a short while, and then it breaks out as bad as ever. The trouble is on his legs, from the top of the foot nearly to the knee, and all over his hands. He is forty-two years of age."

I very much fear your husband has pellagra, and you should not hesitate to consult some physician who is acquainted with this disease.

Heroin Tablets.—"Last winter I foolishly began using heroin tablets. I have never used large doses, but I find it impossible to quit, and should like your advice as to what will help me to overcome this habit. Kindly tell me some drug I can take to keep me from getting so nervous. I am willing to lose three or four nights' sleep."

The principal thing in overcoming a habit of the kind you mention is to be able to make up your mind to endure the inconveniences and annoyances which are incident to the attempt to get away from it. The effect of one of these drugs is to make a person intolerant of any annoyance, when it is so easy to fly to the drug for relief. Ordinarily one does

very much better to go to an institution which makes a specialty of treating cases such as this.

No, I cannot advise you anything to "take," because anything which you might take would be of the same nature. There are things supposed to cure the opium habit, morphin habit, and other habits; but usually they are simply the same drug in another form, and are a wicked fraud. I should not advise you to use any of these.

Gnawing and Hunger After Meals.—"As I am troubled with a gnawing sensation two or three hours after meals, and also extreme hunger, I desire to know what kind of foods I should eat."

I should probably know better what to suggest if I knew what you had been eating. Every case of digestive disorder is a law unto itself, and requires considerable study. One has to study the past history, the habits, the diet of the patient, and often put the patient on a tentative diet; that is, it is often a matter of experiment.

I should like to know more about your case before attempting to suggest anything. I should like to know whether this gnawing sensation is more observable after certain forms of food than after others, whether you drink at meals, whether you are in the habit of hasty eating. In any case one is at a loss to prescribe unless he can personally interview his patient and make the necessary physical and chemical examinations. I am of the opinion there is some element your body needs which is not supplied by the food you habitually eat.

Want of Appetite and Anemia.—"I have a little girl four years old who has always had a poor appetite. She never gets candy or things that might take away her appetite, and she is always out in the fresh air. She usually takes afternoon naps, yet she is generally pale. Her father says she should be made to eat what is given her, and not al-

lowed to leave food on her plate. Is this a wise plan?"

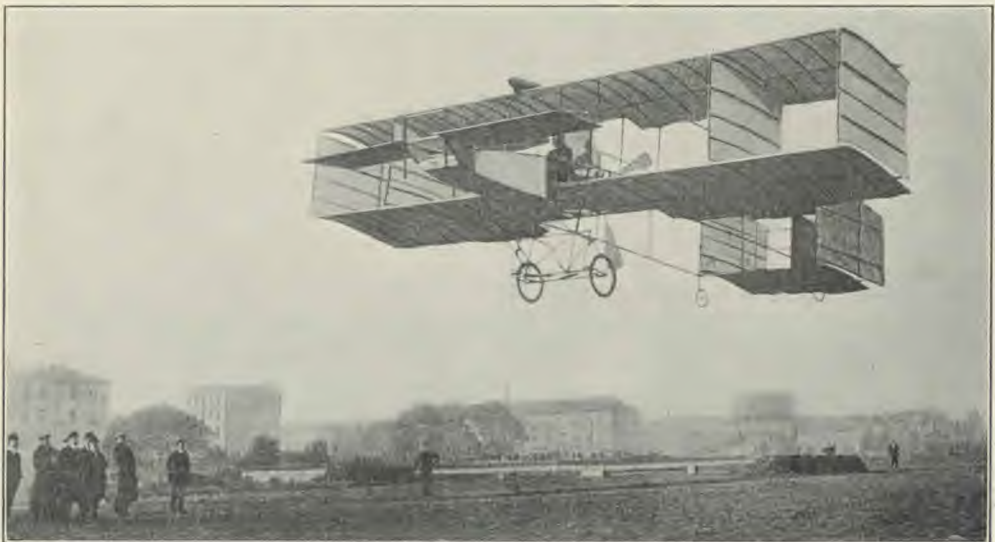
I am of the opinion that while the appetite, when it has been indulged and pampered, is apt to lead us astray, yet if one eats entirely by rule, and neglects altogether the appetite, disaster may result. I feel satisfied that there is a craving for certain foods which cannot well be ignored.

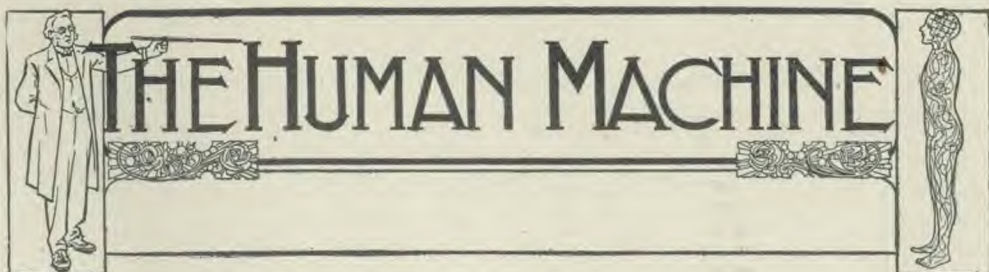
A child who is in the fresh air constantly ought to have a good appetite. Not knowing the particulars in regard to the foods which you have attempted to feed the child, and what it is she would prefer to have, I cannot say further, only this, that your child's being pale would indicate that it is being starved. It is not receiving enough of some kind of food; perhaps it does not get enough green vegetables to furnish iron for blood.

I do not know whether you have hookworm in your section of the country; but in the South when a child is pale and does not develop, we think of the hookworm, or it may be the roundworm or some other worm which is parasitic, and causes the child to be ill-nourished. Unless there is something of this kind in the form of parasites, the chances are she is not receiving the nourishment she ought to have.

Fumigating Books.—"I lent books to a neighbor some time ago. Since then there have been consumption, measles, and whooping-cough in the house. Can the books be disinfected?"

Stand the books on edge with the covers and leaves open in a kind of V shape in a tight box, so that the leaves open out well, and pour one-fourth pint of formaldehyde on some cotton cloth, and put it in the box with the books. Have all the cracks tight, so that the formaldehyde cannot escape, and be careful in pouring it that you do not breathe any, or the results will be disastrous. Keep the box closed for twenty-four hours.





To Arrest Hiccup

MAKE pressure with the flat of the hand on the pit of the stomach below the breast-bone. — *Medical Fortnightly*.

Cough in Advanced Tuberculosis

WHEN there is a troublesome cough, aspirin given at about eight o'clock in the evening in doses of five to ten grains, relieves the cough during the night and gives the patient a comfortable night. The smaller dose is often sufficient, and is not so apt to cause night sweat.

Diarrheas

CUNNINGHAM WILSON makes a novel suggestion in the *Boston Medical and Surgical Journal* of August 28, which at first sight seems unbelievable.

Since 1904 he says he has been treating all chronic diarrheas and acute diarrheas and dysenteries that resisted the ordinary treatment (opium, bowel irrigation, etc.), with a diet of spinach, turnip greens, and mustard tops, with most gratifying results.

He says that the treatment is so simple that there can be no possible risk in it, and patients so soon experience remarkable relief that they are willing to continue the treatment as directed. He believes that he has saved many lives by this treatment, and that he has made patients comfortable who could not be relieved by opium.

He begins by giving a tablespoonful or more of one of the above-named greens four times a day, continuing for one to two weeks, no other food being allowed unless patients become very anxious for it, when he allows a little dry toast, or common corn bread as it is prepared in the South.

The first stools after beginning the diet, show the undigested food; but immediately following this the movements become normal in consistency, and usually after the second day an enema will be required to move the bowels.

Where there is distention of the bowels, the flatulence disappears; and where there is tenesmus, or a tendency to strain violently, the relief is most remarkable.

He first used the remedy in chronic conditions, but later found it worked equally as well in acute conditions. He obtains best results from turnip greens and mustard, which are plants largely used in the South; but when these cannot be had, he uses spinach cooked in the ordinary way, but cooked a little more thoroughly than is usual. He generally re-

quires patients to continue the use of the greens with lunch and dinner for some weeks after going on the regular diet. In the case of two pellagra patients the diarrhea was entirely relieved by this method, but others did not seem to be benefited by it. Amebic dysentery is improved by this treatment, but permanent cures are rare.

Gasoline for Machine Accidents

IN accidents where the injured parts are soiled with machine grease, paint, oil, varnish, or similar substances not removable by water, gasoline can be used to remove it. Not only is gasoline a solvent for fats, oils, gums, wax, and resins, but it is also an antiseptic, which enhances its value for such an application. It is used by pouring directly on the soiled part from a small-mouthed bottle, allowing it to run all over the parts, or by saturating absorbent cotton or gauze and gently rubbing the parts until cleansed. If the dirt is very tenacious, a soft brush may be used. The gasoline soon evaporates, leaving the parts clean and dry.

One dram of resublimed iodine may be added to one pint of gasoline, increasing its antiseptic powers without affecting its cleansing properties. Iodized gasoline should be freshly prepared at the time it is used. — *Medical Review*.

Gasoline for Rheumatism

A REMEDY for rheumatism formerly very much used is prepared by mixing gasoline, oil of wintergreen, and oil of citronella, according to the following formula: Gasoline, 1 pint; oil wintergreen, one-half dram; oil citronella, one dram. Mix and shake. This is to be used freely on the affected parts with gentle friction. It is said to have been very effective. In fact a proprietary remedy with a similar formula has been sold at a good price. It has been suggested that the citronella was probably added to disguise the smell, and that the amount of wintergreen present is not enough to be effective, so that plain gasoline may answer every purpose. It should not be used near an open flame.

Inflamed Joint

IN case of an inflamed joint caused by rheumatic trouble, it is well to try a pack made by soaking gauze in a hot saturated solution of Epsom salts (magnesium sulphate) and wrapping it around the affected joint, and surrounding the whole by a covering which

will retain the heat, such as oiled silk or oiled muslin, to prevent evaporation, and this again covered with flannel,—a hot pack, in fact, of a saturated solution of Epsom salts. In mild cases, twenty-four hours' treatment of this kind is all that will be required to effect a cure, so says E. H. Leaman in the *Medical World*. The same remedy is excellent in contusions of the muscles where the skin is broken, and where lead-water or carbolic acid would be dangerous, and also in painful conditions of the feet where only the muscles are involved. The author recommends to surround the wet pack with dry towels and these with hot bottles. The important thing is to keep the joint surrounded with a continuous hot pack of a saturated solution of Epsom salts.

Can I Break Up a Cold?

You can if you take it early enough. Most persons realize that "a cold is coming on" after it has been going for about twenty-four hours. The first dryness, roughness, uneasiness, they pay little or no attention to, thinking it will amount to nothing. Later the nose begins to run, the throat becomes raw, there is a hacking, and the usual symptoms, going through a week or two. Even during the second stage, or stage of increased secretion, vigorous measures may put a stop to further progress.

What will benefit one will not always benefit another, so we shall give several things to attempt, according to circumstances.

Where there has been a lack of exercise and too much housing, a vigorous five- to ten-mile walk in the open air, with a lightened dietary, may be all that is needed.

Or if there has been a disturbance of the circulation through a chill, a full hot bath followed by rest in bed may be curative. There must be no exposure or chill between the bath and the bed.

The wet sheet pack, surrounded by dry blankets, if there is some one who can administer it, or the cabinet bath, or electric-light bath, will do the same thing. After either of these sweating treatments the patient should rest, and finish with a cold spray or sponge, or a cold hand rub, followed by vigorous coarse-towel friction.

For local treatment, the following are good: If the head is not stopped up, or before it has had the chance to stop up, draw through the nostrils a warm saline solution, in order to wash out the bacteria and the acrid secretions. This will afford much temporary relief.

The saline solution may be made by adding to a pint of water at 100° Fahrenheit, or a little warmer than body temperature, either of the following:—

1. Baking soda, one teaspoonful.
2. Salt, one-half teaspoonful; baking soda, one-half teaspoonful.

To either of these solutions may be added one-half cup of dilute (five-per-cent) carbolic acid. Or the regular alkaline antiseptic tablets may be purchased at the drug store, and used as directed.

If the nasal passages are irritated, a solution of camphor and menthol in mineral oil, used

as a spray, will be beneficial. The camphor acts as a drier of the secretion; the menthol is cooling and soothing in its effect. To one ounce of liquid vaseline, add twenty grains of camphor and twenty grains of menthol, and use as a spray.

Another excellent solution, if used cautiously, is the following: In one dram chloroform, dissolve as much menthol as possible. Take a few drops on a handkerchief, and inhale. The relief is almost immediate.

In case the nasal passages are stopped up, one may need to use epinephrin (adrenalin), a drop of a one-to-one-thousand solution applied in each nostril, or it can be applied with a spray. By all means avoid the use of cocaine for this purpose, as it is too easy to form a habit.

By observing the effects of these various measures, one who is "subject to colds" can learn so to control them that the attacks may be reduced to a few hours instead of lengthening out to two weeks or more.

Very often the vaporizers containing various kinds of balsamic solutions give marked relief in case of cold in the head or throat. The old-fashioned menthol inhaler is not to be despised in some cases, though with other patients menthol seems to do more harm than good, and in some cases it has been shown to be dangerous.

Where the cold has gone into the throat or chest, and there is a "tightness," it may be advisable to use some means of "loosening" the cough; that is, encouraging secretion in the bronchial tubes. A good remedy for this purpose is two drams each of ammonium chlorid and fluid extract of licorice, in three fluid ounces of water, a teaspoonful to be taken every four hours.

Some of the balsamic nebulizer solutions used in a nebulizer are very grateful in conditions of acute as well as chronic bronchitis.

If a cough "hangs on," by all means see a reputable physician at once, especially if there is weakness or emaciation. Do not wait until it will be necessary for the physician to tell you there is little hope of helping you. Nearly every case of tuberculosis is supposed by the victim to be "only a cold," until some day he is surprised to learn from his physician the true state of affairs.

Sleeplessness

PERSONS increasing in age often find that without any definite disease or anything to account for it, they are becoming fighter sleepers. It is not at all certain that this wakefulness is harmful, for in many cases persons do not need the sleep that was necessary when there were more active tissue changes; but it is not at all pleasant to lie awake for half-hours or hours or longer during the time for sleeping.

Those who awaken in the night and are not suffering from pain or indigestion or from nervous irritability, but seem to be merely wakeful, may find the following scheme will work, if they have tried the usually recommended methods of counting sheep jumping over a fence, etc., without success:—

With the eyes closed, peer into the distance, and concentrate the attention on what you see.

Try to see things in the darkness. It is possible after a time that forms will become visible; and if the eyes and the mind are concentrated on them, the forms will gradually become part of a dream, and you will awaken several hours later perhaps, the last thing on your memory being the images you were trying to see. After a time this process of "seeing things" will become suggestive of sleep, and unless it is a case of unusual wakefulness, the remedy will soon be effective.

It may at first require considerable persistence to "get the knack" of seeing things in this way, but after one has gone to sleep in this manner a few times, confidence is created, and the very attempt to concentrate the view and attention on blankness will suggest sleep; for, after all, sleep is largely a matter of suggestion. The baby gets accustomed to sleeping on being rocked or on being patted or sung to, and the accustomed act, by suggestion, brings sleep.

The writer, with an electric bulb at the head of his bed, has a book at hand,—light in weight and large in type,—and when he retires, he makes an attempt to read; but it is not long before the loosening of the grasp and the falling, or almost falling, of the book warn him to turn out the light. The effort to put the book away and turn out the light might thoroughly awaken some persons. It would be better in such a case to drop the book and let the light burn.

Boils

THERE is usually a constitutional derangement, especially with a series of boils, and the old idea of "bad blood" is not always entirely wrong. Where the person has been having ill-adapted food, rich and fat and heavy foods, the condition should be righted. An impoverished diet may also pave the way for boils. The direct cause of boils is "germs" of the "coccus" type, which are to be found constantly on the surface of the skin, but which under ordinary circumstances do not get a foothold in the deeper layers. Perhaps the rubbing of a collar may erode the skin enough to afford an entrance. Boils frequently occur on the neck along the line of the collar, celluloid collars especially.

The material from a boil is infectious, and when one is carelessly opened or is poulticed, the spreading of this infectious material may serve to start a new crop of boils around the first one.

To abort a boil when it first starts, as it usually does in the gland at the root of a hair, all that is necessary is to dip a toothpick into pure carbolic acid, wipe off the excess, and drive it down into the infected part, twisting it around so as to bring the acid in contact with the surroundings. This is somewhat painful for a moment, but if thoroughly done will prevent much greater pain later.

It is advisable after this operation to close up

the part with a few drops of flexible collodion. This procedure, if performed at the first intimation that a boil is starting, will abort or prevent it.

In case it is found impracticable to break up a boil, it should be encouraged, not by means of a poultice, which is uncleanly, but by means of a piece of folded gauze, several thicknesses, moistened with bichlorid solution, 1 to 5,000, covered by means of a piece of oiled silk or oiled muslin, to prevent evaporation. The compress should not be allowed to become dry.

Usually if a boil is allowed to break, there will be less scar than if it is lanced, but one must be governed by the amount of pain, the danger of the pus burrowing, etc.

Do not be fooled by advertisements of "Sarsaparillas" and blood purifiers, which are usually a solution of some herb in poor alcohol, with a little potassium iodide. They cannot under any circumstances do you any good.

Eczema

THIS is a chronic skin disorder characterized by more or less itching. There is usually redness or discoloration and more or less roughness. There may be pimples and some oozing, or the surface may be dry and covered with brawny crusts. If it occurs on surfaces exposed to the sun, consult a physician to make certain that it is not symptomatic of pellagra.

Eczema is due partly to local irritation, and partly to constitutional conditions, the result of faulty diet and wrong living. It is usually difficult to manage. If possible, the patient should place himself under the care of a skin specialist.

DIET.—Avoid fat and greasy and salt foods, fried dishes, pastry, "rich" foods, cheese, all alcoholic drinks, and all foods that are difficult of digestion.

GENERAL.—Live in the open air as much as possible. Get abundance of exercise, but avoid exposure of the parts to sudden temperature changes.

In the case of laborers who have eczema from too much exposure to the weather, the remedy is obvious.

The eczema may be due to lack of cleanliness, or the formation of secretions between the toes or other parts, or it may be from the overuse of soap. In any case, whatever the local cause may be, this must be remedied. For a general application, zinc ointment is as good as any, applied night and morning.

In cases where the acute stage is past and the tendency is to become chronic, one part of tar ointment may be added to eight parts of zinc ointment as a stimulant.

Where these measures do not give relief, or when the eczema shows a tendency to recur frequently, the patient should consult a skin specialist.

A rash appearing on the parts exposed to the sun, occurring in connection with failing health and persistent dyspepsia, should cause a suspicion of pellagra.

SOME BOOKS



First Book of Health. A Text-book of Personal Hygiene for Pupils in the Lower Grades, by Carl Hartman, B. A., M. A., and Lewis Bradley Bibb, B. A., M. D. World Book Company, Yonkers, N. Y. List price, 40 cents; by mail, 48 cents.

The aim of the authors has been to teach the young that reverence for the body which will make them desire to preserve its usefulness and efficiency. Inasmuch as health habits are more valuable than health maxims, it is an advantage that correct habits of living should form the key-note of this book. Realizing that the first steps are the most important as well as the most difficult, the authors have attempted to indicate what are the first steps toward healthful habits. Though the book was prepared primarily for the needs of the young people of Texas, and has had the friendly criticism of the text-book committee of the Texas State Medical Association and the State Dental Association, it will be found to meet the requirements of other sections for an elementary text-book on hygiene.

The Human Body and Its Enemies. A Text-book of Physiology, Hygiene, and Sanitation, by Carl Hartman, B. A., M. A., and Lewis Bradley Bibb, B. A., M. D. World Book Company, Yonkers, N. Y. List price, 70 cents; by mail, 84 cents.

From the dry study of bones and muscles through the study of function, the attention of educators and text-book writers within the last generation has been gradually focused upon hygiene as the one important essential in the study of self; and in the study of hygiene the attention, first centered upon personal habits, diet, dress, etc., and later upon disease germs, has now come, as in this volume, to the broader outlook, where not only the avoidance of germ contamination is emphasized, but also the building up of a resistant body.

The laboratory method of seeing for oneself has been followed. Numerous simple and inexpensive experiments, easily performed by the learner, have been introduced.

Like the smaller work, this one has had the critical attention of the text-book committee of the Texas State Medical Association and the State Dental Association.

John's Vacation, A Story for Boys.
Chums, A Story for Boys.
The Doctor's Daughter, A Story for Girls.
Life Problems, A Story for Girls.

Four pamphlets of approximately fifty pages

each, issued by the American Medical Association, Chicago. 10 cents each.

The fact that these books were written by Dr. Winfield S. Hall will be for those acquainted with his work, sufficient guaranty of their worth. Dr. Hall knows the boy, and he has studied the sex question sufficiently to know that the cry about man's sexual necessities is nonsense. He knows that a man who has been properly instructed in his youth may, if he chooses, remain continent and pure-minded, and at the same time healthy, through the period when it is popularly supposed that one "must sow his wild oats." The first book, "John's Vacation," for boys of the preadolescent period, is a wonderfully interesting nature study, calculated to impart high ideals to the boy, and to warn him against some of the pitfalls incident to that age. The story is written in the form of a conversation between father and son, and a boy who begins to read will not be likely to cease until he has finished the book.

"Chums," for adolescent boys, gives more details regarding life, and prepares the boy to meet in a pure spirit the social and sexual problems and temptations that are sure to come to him during his youth.

"The Doctor's Daughter," consisting of conversations between a father and his daughter and her companion, on the observation of the development of life in the laboratory, ends in the expression by one of the girls, with which the reader will probably agree, "It all makes life so beautiful and wonderful. It doesn't seem as if one who knows these things that you have been teaching could be otherwise than pure and true."

In "Life Problems," a mother delicately helps her daughter to make right decisions in relation to the problems of propriety that come to her; so carefully, in fact, does she do it that the daughter herself makes the right decisions. The father, a physician, in some heart-to-heart talks, prepares the daughter to be the true wife and mother.

The series develops from simple propositions applicable to the boy of twelve, and terminates in instruction to the mature woman about to enter upon the most important transaction of her life.

The Health Master, by Samuel Hopkins Adams. \$1.35 net. Houghton Mifflin Company, Boston and New York.

Those who are familiar with the writings of Samuel Hopkins Adams will not be surprised

to hear that this is a book of more than passing interest. When Mr. Adams takes up his cudgels against abuses or superstitions, the fur is apt to fly; not only does he strike hard, but he uses an effective weapon; for in general he makes no statements for which he does not have the best of authority. Regarding the reliability of his statements he says, modestly: "For the simple principles of disease prevention and health protection which I have put in the mouth of my Health Master, I make no claim of finality. In support of them I maintain only that they represent the progressive specialized thought of modern medical science. So far as practicable I have avoided questions upon which there is serious difference of belief among the authorities."

The truths contained in this book are told not only in a convincing way, but with an attractiveness well calculated to hold the attention of the reader to the end. The "Health Master," a physician employed by the head of a well-to-do family to keep the family well,

gives in his informal talks with the three generations of inmates the most advanced knowledge regarding the prevention of disease. Gradually as he answers one question after another, he overcomes the prejudices and superstitions of various members of the family; and after having interested them in the practicability of preventive measures, he, with their assistance, finally succeeds in saving the city from disaster brought on because of the incompetence of a health officer holding office through political influence.

There are but few expressions to which we would take exception, for instance, "If I were dealing with a sick soul causing a sick body, I might even send for a Christian Scientist;" and, speaking of flesh, "Perhaps we eat a little too much of it, particularly in the warm months, but in winter it's practically a necessity." On the whole, the book is sound, and gives in a form likely to be read the cream of expert opinion regarding the prevention of disease.

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