

Life & Health

10 CENTS

WASHINGTON, D. C.



E. J. HALL

PREVENTION IN MEDICINE

ADVERTISED "HEALTH"
HEALTH EDUCATION

BALANCED MEALS
COFFEE?

SIX BEST DOCTORS
MEDICAL EXTENSION WORK

Louis A. Hansen

EDITORS

George H. Heald, M. D.

MAY
1928

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WASHINGTON, D. C.

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Another Health Extension Number

AGAIN LIFE AND HEALTH joins with a number of other periodicals in an annual Missions Extension campaign looking to supplying facilities for dispensaries, hospitals, mission schools, and printing plants in foreign fields. Quite a little army of those interested in this good cause will solicit their friends and neighbors for contributions to help in this laudable and worthy missionary endeavor.

Our readers will naturally be particularly interested in the medical missionary enterprises which are to receive support in this way. Twenty different projects of this kind are included in the 1928 campaign, in Africa, India, China, Japan, South America, the Philippines, Europe, and Inter-America. The sums allotted for the different enterprises range from \$243.50 upwards. Two dispensaries in South Africa are each to receive the small sum mentioned. In South China treatment rooms are to receive \$250. Other little dispensaries and hospitals and homes for medical workers are to benefit in varying amounts.

The reports that keep coming to us of work done

for hundreds of thousands by these little dispensaries with their modest equipment, offer perhaps the greatest argument for establishing such medical centers. The relief given to the sufferers, who probably would not get help in any other way, cannot be measured by the dollars and cents represented in the investment.

All mission boards recognize the value of medical missionary work as a most successful means of evangelization. The kind Christian ministry of doctors and nurses wins its way to the hearts of the people. They see in the ministry a practical illustration of gospel principles. They may not be able to read the books and the tracts given out, they may not be able to understand the things that are told them by the preacher, but they can understand, in a measure, kind treatment. They do appreciate relief from suffering.

Thus the dual ministry of teaching and of healing is proving its effectiveness as a true gospel means. Practical religion makes its appeal anywhere, and the appeal of helpful service reaches even the darkest mind and sometimes the hardest heart.

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Modern Medicine Largely Preventive

George H. Heald, M. D.

THE primitive medicine man practiced magic, in which he believed, and sleight of hand, or trickery, in order to make his magic more effective. Superstitious himself, this ancient doctor-priest led his people into grosser superstition, in order that he might by his superior knowledge maintain his power over the people.

A lineal descendant of this ancient medicine, nineteenth-century medicine still retained some vestiges of the ancient tradition. The nineteenth-century doctor was still somewhat a man of mystery, who wrote his prescriptions in Latin, and was more interested in the cure of disease than in the enlightenment of the patient and the prevention of disease. Any doctor who had much to say to the public about disease prevention, was regarded with suspicion and disfavor by his associates.

But within the memory of many people still living, all this has been changed. Superstition and guesswork have been supplanted by exact knowledge. Doctors have joined with other scientists in a persistent search for the cause of disease. This quest has been remarkably successful, so that not only the doctors and other scientists, but all who wish, may now know, in regard to a large number of diseases, what are the causes and how to avoid them.

Not only have there been campaigns of education in health conservation and the prevention of disease, by means of books, magazines, newspaper columns, lectures, and radio talks, conducted largely by physicians, but there has been built up an efficient health organization, consisting of local, State, and national health bodies working incessantly for the prevention of sickness and lowering of the death rate.

Smallpox, yellow fever, bubonic plague, cholera, malaria, typhoid fever, and other diseases once scourges, have been reduced in their frequency and fatality, and some of them are now nearly extinct in civilized countries. And all this has been accomplished through the work of physicians.

As a result of such work the life expectancy has, within a very few decades, been increased from a little over forty to nearly sixty years.



The greater part of this increase has come through the effort to save baby lives, by improving the milk supply, by educating mothers in the care of their babies, and by administrative work to prevent the spread of children's diseases. This baby-saving campaign has been almost entirely under the direction of physicians.

Go through any collection of books on the prevention of disease and the care of the health, and you will find a very large

proportion of them have been written by physicians. Investigate the activities of the great life insurance companies, and you will find them carrying on campaigns to lengthen the life, not only of their own policy holders, but of all who will heed their instruction and warnings. At the head of such organized work for the lengthening of life you will find physicians.

Go into any large industrial plant or mercantile plant, especially in the tropics, and you will find as a most important part of their equipment, on which their success depends, a well-organized medical staff, whose business it is to keep the personnel in good health.

Had it not been for the medical staff in the Canal Zone, the Panama Canal never would have been built—never *could* have been built. France, a few years before, had attempted, at the expense of many millions of dollars, to build a Panama Canal, and failed,—failed because she could not cope with the tropical fevers. It was, in fact, the doctors who made the Panama Canal possible. It is doctors who will make the tropics livable, and who will make our temperate lands more livable, by reducing to a minimum preventable sickness, and lengthening human life.

Modern medicine is essentially preventive medicine. More and more is prevention destined to take the place of cure.

* * *

Too little attention is generally given to the preservation of health. It is far better to prevent disease than to know how to treat it when contracted.—“*The Ministry of Healing*,” page 128.

IS THE ADVERTISER'S

Louis A. Hansen

THE butcher, the baker, and the margarine maker and a great many others are trying to sell their goods. And that accounts for the intensive advertising of this, that, and the other which we see in newspapers and magazines and on billboards.

There is selling value in advertising. That is why advertising pays, and also why advertisers can pay such high prices for so much advertising. Constant publicity of an article makes people know it, and educates them to want it.

There is a phase of present-day advertising that does more than sell goods, though that is its primary purpose. The use of certain slogans and the emphasis on particular qualities, make their impression on our minds, and have more or less influence on our thought.

For example, the advertisement that keeps constantly assuring us that we can eat anything if we will only use Dr. So-and-so's Digestive Tablets, is calculated to make us believe it, and we

will do so unless we let our better sense tell us otherwise. We know from experience and from reason that there are limitations to our digestive abilities, and that nobody's digestive tablets or dyspepsia cure can help us get by them.

"Eat More" campaigns are quite the advertising order nowadays, promoting respectively whatever particular food the advertiser has to sell. Regardless of what other foods we may be eating or ought to eat, we are urged to eat more meat or wheat, corn or cabbage, nuts or noodles, or whatever else some one has to sell. Perhaps we may have a special week given to a national advertising campaign in behalf of some particular food.

The more recent advertising headlines go strong on the health emphasis, and were we to believe all that bold type tells us, we could easily find the way to perpetual health, at so much a bottle, can, or package. Without questioning the real merits of good products, we may well ask how far we are to follow the advertisers in their instruction as to what we should eat and otherwise do for health.

Take the "eat more" proposition: it may be we are not eating enough of a certain thing, and should include it in our dietary. Again, we may already be eating enough of that particular article, and to eat more of it would mean we must leave out something else probably just as important. It is certain we cannot keep on eating more of all the foods that are so urgently recommended to us without eating too much.

And how do we know that we need more of a certain food? Surely we can't take the advertiser's counsel for it. He is not a doctor, he is a packer. Ah, but he has the doctor's word for it, he says. And not only one doctor, but "many doctors" have said that such and such a food is good for us and we should eat more of it. But should we let a broad-sweeping general statement in a newspaper advertisement be physician for us?

Here is an advertisement that says, "Eat more liver," and quotes the doctors. The advertisement itself is for a proprietary article that may or may not be liver. But the fact that doctors are prescribing the use of

When Energy Lags Renew It With

But Modern Medical Science shows this new way to improve health, to prolong the vigor and joy of youth

Children thrive on these vitamins . . .

MILK . . . butter . . . eggs . . . all are essential to the diet of growing children. Yet not one of them is as rich in protective, restorative, growth-promoting vitamins as good cod-liver oil.

The healthful food for happy bodies

This healthful vegetable contains almost every mineral salt our bodies require. It supplies the

healthy for the youngsters - deliciously flavored too - its daily use is "a sensible habit"

Now for Sturdy Growth

Child Specialists advise this famous Dairy Food

Keeps you healthy Warm-Nourish

LEE MEADOWS

Famous Pitcher of the Pittsburgh Pirates, writes:

"It requires splendid physical condition and steady nerves to take your regular turn on the mound season after season and in looking for my cigarette I was anxious to find one which could be smoked without taxing my wind or irritating my throat. I decided upon with a cough and my wind is in splendid shape."

Lee Meadows

BRAND of HEALTH SAFE?

liver in a particular serious disease, is used as the basis for a slogan and to sell an article. Even though one may not care to buy the proprietary product mentioned, one may get the idea that liver has now been found to be essential to health. No doctor of repute ever gave his sanction to such advertising use of a general statement. Instead of making the newspaper advertising column your physician, consult a real doctor.

When the value of vitamins was discovered and the health authorities and food experts advised the use of foods containing them, we soon saw many advertisements proclaiming the vitamin value of this and that manufactured product. Here the advertising column led directly away from the best source. The best source of vitamins is in the foods where they are naturally found, milk, eggs, leafy vegetables, tomatoes, oranges, and other fruits. Those who eat these foods get vitamins in a far better form than any vitamin vender can supply them, even if he had real vitamins to offer. And more than that, the vitamins supplied in these foods cost nothing extra, they come with the foods, a marked difference when compared with whatever it is you might buy as vitamins from the advertiser.

The publicity given certain food products by strong advertising may not only serve to give good foods their legitimate place on the bill of fare, but may overdo the thing. We should not swing from the neglect of one good food to the neglect of another equally as good, simply because one is advertised and the other is not.

"There is health in asparagus," we are told, and that is true. "Dietitians recommend Lima beans," says another advertisement. Fine, just what they ought to do. And the orange packers are well warranted in telling of the good qualities of oranges. So, too, for the banana people and their bananas. Good food, all of them. But that does not mean that we should understand that they are the outstanding food, and to be used largely exclusive of other good foods.

"Have you had your iron to-day?" is the advertising slogan of the raisin packers. The idea conveyed is that to get iron

you must use raisins. Now raisins are a splendid food, there's no denying that. And they contain iron. But there are other foods that contain iron, and even more of it than do raisins. Spinach, egg yolks, asparagus, oranges, tomatoes, apples, and milk come ahead of raisins in their iron content. These are also good foods, and help to meet the daily supply of iron as well as affording other valuable food elements, some of which are not found in raisins. Eat raisins, but don't neglect the other foods.

But it is not all a matter of holding a balance on things that are good. From the way certain brands of cigarettes are now being advertised, one would think them the all-essential article for voice culture and for safeguarding against any and every throat ailment. Any number of testimonials and recommendations are offered from people to the effect that smoking these cigarettes does not hurt the throat.

Such advertising is well calculated to obscure the whole question of the harmfulness of cig-

(Concluded on page 75)

BALANCED NUTRITION



YOUR best health practice for the balance of your life is to eat with Cracker.

Weak, Anemic People?

"Eat More Liver:"—Doctors Advise

If you don't know—You ought to know—that science has discovered in beef and calves liver a "Mysterious Substance" that by actual test has succeeded in restoring to good health thousands of weak, thin-blooded women.

Here's health and

SAUERKRAUT

HEALTH Food

Full of Nature's Vitamins

Over—
under—
normal?

—you still need it!

For perfect health every diet should include the one most nearly perfect—the only food that gives Joyous Health

Thin-Blooded, Anemic

...aining its qualities. Naturally I am vitally concerned about the voices of my players, so I always advise the one cigarette that I discovered many years ago that does not impair control of the subtlest vocal shadings or cause huskiness or harshness. I mean

56 Years Old and Eats Fried Onions, Pie--Anything

and almost every doctor agrees

What Doctors Say

Do you think from your experience with cigarettes that they are less irritating to sensitive or tender throats than other cigarettes, whatever the reason?

11,105* doctors answered this question "YES."

Consider what these figures mean; consider that they represent the opinion and experience of doctors, those whose business it is to know.



Doughnuts and coffee of the more healthful kind. The doughnuts are greaseless and the coffee a cereal drink. The lady in the picture has never drunk a cup of ordinary tea or coffee.

"The Cup That Cheers"

George E. Cornforth

THE title, "The cup that cheers, but not inebriates," has for many years been given to tea. Tea may not make a person drunk so that he staggers, as whisky will do, but it does affect a person mentally in somewhat the same way that alcoholic drinks affect one. That is the reason a cup of tea cheers. It affects the fatigue center of the brain, and makes the drinker feel rested, when he is really in need of rest. This is the reason why a cup of tea makes a woman who gets up tired on Monday morning feel rested and equal to the doing of a washing which without the tea, she would feel too tired to do. Thus tea enables a person to go beyond the limits of safe exertion. Recklessness, too, in feeling and action, logically follow the unnatural feeling of well-being that results from the use of tea and coffee.

Tea and coffee have the effect of brightening the mental faculties and causing thoughts to

flow more rapidly. But there is always an unfavorable reaction from such unnatural stimulation. These effects are recognized as similar to those produced by alcohol.

Tea and coffee are used to relieve headache, and when users of tea and coffee attempt to stop using them, they find that they have been having a headache for years, but did not know it!

The analysis of several kinds of tea shows that average tea contains 3.6 per cent caffeine. That means that one pound of tea contains 252 grains of caffeine. According to Bulletin No. 148, U. S. Department of Agriculture, it takes one tenth of a grain to kill a mouse. Therefore there is enough poison in one pound of tea to kill 2,520 mice! It takes from five and one-half to six grains of caffeine to kill a rabbit. Therefore there is enough poison in one pound of tea to kill forty-five rabbits. It takes six grains to kill a cat, therefore there is enough poison in one

pound of tea to kill forty-two cats. Though the amount of caffeine required to kill a man is very large, yet a dose of fifteen grains, which is sufficient to kill a puppy weighing six and two-thirds pounds, will cause alarming symptoms when given to a man. There are from two and one-half to three grains of caffeine in a cup of tea or coffee.

After a lecture which I heard Dr. Harvey W. Wiley give in the high school of Malden, Mass., he was asked why he objected to the use of tea and coffee. He said, "They ruin the nervous system."

Dr. David Starr Jordan, of Leland Stanford University, has applied the term "drug addicts" to users of tea and coffee, saying that alcohol, morphine, caffeine, "one and all, teach the nervous system to lie."

Tea prevents sleep. Opium produces sleep. The best antidote for an overdose of opium is tea or coffee. We have regarded the use of opium as a most terrible habit, but in the light of the fact that tea is more powerful to keep people awake than opium is to put them to sleep, how should we regard the use of tea and coffee?

In his book, "Tea and Coffee, Their Physical, Intellectual, and Moral Effects on the Human System," Dr. William A. Alcott says on page 43, "He who is in the habit of exciting his nervous system with tea, however slightly,—so that he can labor or think the better for it,—is already in the path to intemperance, in the strictest sense of the term, and has no guaranty that he shall not advance, on the high road he has entered, to its grosser and more destructive forms." And on page 40 he says, "That tea drinking subjects us, in no trifling degree, to the dominion of the animal appetites, will, I think, hardly be doubted. He who is dependent, for strength of body or mind, on anything whatever that is a mere excitant of the nervous system, has his spiritual nature, to a degree somewhat in proportion, enslaved to the animal propensities. Such a result is inevitable.

"But the tremendous waste which the use of these beverages occasions, to which I have alluded in the first chapter,—I mean the mere pecuniary waste,—is another evidence of its demoralizing tendency. It is no light thing to spend ten or twelve million dollars every year on an article which is acknowledged, at best, to be a mere luxury, and not, in any ordinary sense of the term, a necessity. . . .

"Is it not passing strange that a Christian community, which with every possible exertion can scarcely be roused to give \$250,000 a year for the conversion of the world, will spend more than forty times that sum for tea? Is not the influence, then, of tea drinking demoralizing?"

On page 104 he says, "Says Dr. Oswald: 'The road to the rum cellar leads through the coffee-house. Abstinence from all stimulants is easier than temperance.'"

Cocoa does not contain caffeine. It contains tannic acid and theobromine. Theobromine is only about half as bad as caffeine, and a cup of cocoa contains only half as much theobromine as a cup of tea or coffee contains of caffeine. Therefore cocoa may be said to be about one fourth as bad as tea or coffee. Chocolate candy, of course, is open to the same objection.

Wu Ting Fang, the noted Chinese diplomat of a few years ago, said, "The rule of moderation is applicable to things which are nutritious, or at least harmless, but not to noxious food, however small the quantity of poison it may contain."

That is the way I, personally, feel about cocoa and chocolate candy. I do not desire even the small ill effects which may come from their use.

Coffee substitutes are so much advertised and so well known that it is not necessary to speak of them. But I believe that the free use of even coffee substitutes is not to be recommended. I myself cannot understand why people must have the water they drink colored and flavored. There is no drink that so successfully quenches thirst as pure water. And the best time to quench thirst is between meals, not at meals. In fact, the taking of excessively hot drinks at meals, a practice to which many are slaves, is very debilitating to the digestive organs.

It might be interesting to our readers to know that there are substitutes for tea as well as coffee. One of these is made from alfalfa, which is a wonderful food for animals, and which is rich in minerals and vitamins, especially the E vitamin. The tea made from this is not only harmless, but actually valuable to the health. Another harmless tea substitute, which tastes more like tea, is Kafir tea, which comes from Africa.

Palatable hot drinks can be made from dried celery leaves, dried raspberry leaves, dried clover blossoms, and pine needles, and all these drinks are somewhat valuable for their mineral content and their vitamins.

The person in the picture is a returned missionary. She is forty-one years old, and never drank a cup of tea or coffee.



The Six Best Doctors Anywhere

G. K. Abbott, M. D.

Medical Director, Washington Sanitarium

The peace and quiet of nature is a balm for troubled, irritable nerves.

THE old "ounce of prevention," though long neglected, is at last coming into its own. And not only is it prevention, but it is cure also. Wise heads have long acclaimed the pre-eminence of "prevention" over "cure," yet it has been left to really modern research to show that the *preventive* is likewise curative. Disease is not prevented by right living and cured by drugs. It is both prevented and cured by right living, and then more right living to keep it cured.

When parts or organs become hopelessly damaged by wrong habits of living, it may take all the skill that medical and surgical science can bring to bear upon the problem in order to give nature a chance to recover health for us. But the real recovery must be left to those agencies with which the great Creator surrounded us in the first place.

The six best doctors anywhere,
And no one can deny it,
Are sunshine, water, rest, and air,
And exercise, and diet.

These six doctors with their associate helpers form a modern group clinic — sunshine, fresh air and out-of-door life in woods and fields on lakes and mountains, water, heat and cold, exercise and rest, diet, faith and trust. They are now being allowed to hang out their shingle under quite formidable scientific names, such as, heliotherapy, thermotherapy, dietotherapy, electrotherapy, hydrotherapy, etc., but they are just the same old reliable firm of Nature's Remedies. Some of the old superstitions have been lopped off, and they have been given a university education. In other words, they are "bigger and better" than ever before; they have now become modern specialists. And as *group clinics* and

specialists are popular nowadays, so have nature's agencies become popular in the light of scientific investigation.

Recently the greatest medical organization in America — the American Medical Association — appointed a Board of Council on Physiotherapy — physical or physiological (natural) remedies. Into its inquiries will come almost everything but medicines and surgery. It will doubtless accomplish much in sifting the chaff from the wheat and in bringing new facts and methods to light. Nature's remedies require intelligent selection and skillful application. Rest usually comes before exercise in the care of the sick. But it is usually brief, temporary, or partial. On the other hand a very large number of functional nervous disorders is due to sedentary occupations and indoor city life. They are caused by too much nerve and brain work and too little muscular work. Instead of splitting wood to warm the home and cook the meals, we use coal, gas, and electric power. A half day's tramp, a week-end in the country, or a three weeks' stay in a sanitarium in the country, is what is most urgently needed to restore the nerve vigor, build a healthy appetite and digestion, and give refreshing sleep. These things are so common that people are almost offended if the doctor prescribes them as the chief medicine needed. Like Naaman the Syrian, they feel they can do that at home. Yet it is not all so simple as it appears. Numerous disorders are due to deficiency or unbalance in the diet. Beans and potatoes seem simple, yet very few have any adequate conception of the curative properties wrapped up in such homely things as beans and potatoes. A very able investigator spent three years in an elaborate investigation, which finally revealed that while meat, grains, and

beans if eaten in unduly large amounts would cause Bright's disease and the meat and grains also produce hardening of the arteries, yet beans do not cause hardening of the arteries when so eaten to excess. Apparently the cause of Bright's disease in the animals under experiment was the excessive amounts of albumen or protein these foods contain. It also seems clear that the acidifying foods, meats and grains, if taken in more than very small proportion, cause hardening of the arteries. This hardening process begins as a softening of the lining of the artery wall, and goes into scar formation or arteriosclerosis. The beans having an alkaline ash instead of an acid ash prevent acidosis, and so do not cause degeneration and hardening of the blood vessels. Meat is the worst food in producing "old age" changes in the blood vessels, and even the "staff of life" becomes the "staff of death" if eaten in undue proportions. That other premature aging condition — high blood pressure — is also caused by meat, bread, and beans if used as many people commonly use them, namely in unduly large proportions. In these investigations a diet with a liberal meat allow-

ance produced increased blood pressure in six weeks, while a liberal cereal or bean allowance did not produce high blood pressure until four to six months.

Every one doubtless has heard it said that an apple a day will keep the doctor away, but perhaps few people realize that it will also keep old age away. Only here it takes several apples a day or oranges and other fruits to keep the blood at its normal level of alkalinity and so prevent high blood pressure and hardening of the arteries. But how much of potatoes, apples, beans, spinach, etc., must I eat to keep old age away as long as it is
(Concluded on page 75)



Every man and woman should endeavor to get some physical exercise outdoors every day. It is nature's way of keeping us fit. It stimulates the circulation, strengthens the muscles, works up an appetite, and encourages sleep.

[With this, our yearly Health Extension Number, we give but a little of the word that comes back from the medical missionary centers that have been helped in their establishment through the means annually solicited at this time. That much more can be done is readily seen from these brief reports.]

Among the Lepers of Nyasaland

THE following is from a report from Dr. C. F. Birkenstock, of the Malamulo Hospital, Nyasaland, and presents interesting information covering the remarkable work that is now being done by the doctor and his associates for the lepers:

"The work for the lepers here started about two years ago with only two lepers as a beginning, this small beginning not being due to the lack of lepers, but to the lack of means with which to carry on this work. But soon the lepers in the community, when they found that these two were receiving benefit, became so insistent in their applications for admittance that we could not help ourselves. We had to take them in. We began receiving donations, varying from \$5 to \$25 from different individuals. This enabled us to increase our numbers to fifteen, then to twenty-five, and now we have thirty-two

lepers. Each leper pays \$2.50 on admission—nothing more. For this he stays until cured. One has been here for two years.

"Our work is done in a small, one-room, raw-brick house, measuring inside seven by nine feet, plastered and limewashed inside. The floor is paved with burned brickbats, and periodically lime-washed for a degree of cleanliness, as we cannot wash this floor, there being no cement on it. The thatch roof leaks with each rainstorm, so that if we are working in there while it rains, we have to dodge the leaks. There is no ceiling, except for a small piece of calico stretched above the table on which we work. The lepers are accommodated in small grass huts. The floors are level with the ground, so that during the tropical downpours the water runs through these huts. We tried to avoid this by digging trenches around the huts, but in these torrential downpours everything has to swim, lepers and all.

They are housed singly in the huts, and when a leper is discharged, the hut is burned to prevent infection being carried to subsequent occupants.

"Many of the lepers have lost fingers and toes. About two out of five have lost some member. Many have no fingers left. Similarly with their feet, the toes are off, the foot shrunken, and they are badly crippled; but they walk, gather firewood, take care of themselves generally, and seem to be happy. Others less fortunate, unable to walk, are brought here by their friends in hammocks, only to be turned



*A Part of the Patients Who Dai
Dispensary, Kany*

A TRIBUTE O

THE following address, in frame, was presented to Dr. A. leaving Bechuanaland to take

"We, the undersigned, on hereby tender to you our hear unselfish and excellent twofold tribe during the five years wh country, both as a medical do in both capacities among this country have not been without

"Your name 'Mothusi' [was given to you in recognition work as described above. Th and history of this tribe.

"In you we lose a father assured that our prayers and w in your arduous work. Go in

"In the name of the Ban

"V



A Case of Yaws Being Treated by W. N. Lock, New Guinea

Missionary Work



Wait at the Door of Dr. Kretchmar's
Nyasaland, Africa

SINCERE THANKS

embossed in gold and in a gold
Kretchmar on the occasion of his
graduate studies in Europe:

half of the Bangwaketse tribe, do
titude and appreciation for your
work which you rendered for this
you so successfully spent in this
and a missionary. Your services
the surrounding tribes of this

Der], as known among this tribe,
the inestimable and praiseworthy
me will long live in the memory

on, and a beloved friend. Rest
wishes will always accompany you
our son!
etse tribe,

Sincerely yours,

"UTEBAGAN, Chieftainess.

"RASEPE, Chief.

"KGAMPU, Chief.

"S. D. SEBONEGO, Chief."

money to treat some and not others. To them the
white man holds untold wealth, and with him nothing
is impossible so far as money is concerned. It may
take me two or three hours to get the man to under-
stand why he is not admitted.

"The other medical work that we do here is very
interesting. And if time would permit it would be
more interesting than it is; but we have such a
large number of cases, that we just have to do it
all on the run. We have an average of between 150
and 200 patients a day. That means that they are

away again, with the ex-
planation that we are
sorry we have no room to
take them in now. These
poor people frequently
beg us to let them stay,
even though there is no
medicine; but we cannot
afford to keep them here
if they are not being
treated, as we would soon
have hundreds of them
living here. Those who
come in the primary
stages of the disease are
the cases we prefer to
take, because they always
present the best prospects
for cure.

"We have now nearly
one hundred applicants
on the waiting list, and
daily new ones come and
old ones return again,
some for the second and
others for the third time,
only to be turned away
and told to come again in
six months, because we
cannot accommodate them
for lack of means. Some-
how, it becomes a very
difficult story to tell the
same person time after
time that he must come
again; we have no money.
They cannot understand
it. They cannot under-
stand why we should have

almost put through on the old system of mass pro-
duction. Really, I shudder to think of the lack of
personal touch that we have with these people; but
you know a day has only twenty-four hours, and one
day is just as busy as the next. These people come
and go, with perhaps a dozen words spoken to them;
then the contact may be forever lost.

"We have naturally all kinds of cases, most of
them common tropical diseases. We try to do all
the surgery that comes this way, doing major abdom-
inal surgery, and also anything else, even to cataract
cases. We have practically nothing to work with,
and no operating room. We operate in a small place
that I have fixed up with a calico ceiling, and the
sides of mosquito netting to keep out the flies. But
the results have been wonderful, and I am sure that
Providence has a very special hand in this work, be-
cause sometimes, from a human standpoint, it would
seem impossible. We have averaged so far this year
about fifty thousand patients, which is an increase
of twenty thousand over last year. I feel that next
year the figures will be still larger, and so the work
grows. Each year the demands placed on us are
greater." May we meet these growing needs.



Dr. C. F. Birkenstock Treating a Leper, Nyasaland, Africa

THERE is probably no more important subject for the careful study of Americans than that of diet. Cattle have the instinct, as a rule, to select the foods most suitable for them. The monkey and chimpanzee, creatures which anatomically most nearly resemble man, seem to be able to select the foods they need without making a special study of food values and food combinations. Man has lost this instinct and has gone astray. Especially is this true of civilized man. Left alone he is unable to find his way back. He is more apt to select the foods most unsuitable for him. He needs instruction and has to be led back.

In order to become intelligent on the subject of diet it is necessary to possess a knowledge of the human body and its needs. In order to gain this knowledge we must know of what the body is composed and the various elements which enter into its construction.

"Dust thou art," is a Biblical statement. Whether a man is an evolutionist or a fundamentalist, he has to acknowledge that this is not merely a Biblical statement, but that it is thoroughly scientific. The elements which make up the human body are identical with the elements found in the soil and air. "God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." Gen. 2:7. The man dies, he returns to dust. Death is constantly taking place in the human body. The dead matter which is thrown off daily has to be daily replaced by the identical elements derived from the only source of its supply — the soil.

Man cannot subsist upon inorganic matter. He can obtain no nutriment from the soil direct. So we read, "Out of the ground made the Lord God to grow every tree that is pleasant to the sight, and good for food" (Gen. 2:9); "And

Well-balanced MEALS

D. H. Kress, M. D.



E. J. HALL

The strawberry, pioneer of the season's fruits, is rich in iron and vitamins.

God said, Behold, I have given you every herb bearing seed, . . . and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Gen. 1:29. Trees and herbs furnish fruit and seed for food. The vegetable kingdom is able to dissolve the inorganic elements found in the mineral kingdom and to organize them, thus making them suitable as food for man and beast. In referring to the fruits God said, "Of every tree . . . thou mayest freely eat."

The mineral kingdom furnishes food for the vegetable kingdom, and the vegetable kingdom furnishes food for the animal kingdom. Only in this way is man able to appropriate the elements found in the soil. It has never been God's

design that one animal should slay and feast upon another. In an emergency this may be done, but to obtain food at second hand after it has been animalized and polluted is unsafe and unwise. The flesh of an animal in addition to being laden with organic impurities, often is diseased; or it may have undergone partial decay and contain ptomaine and other poisons.

Then again, meat is at best a most imperfect food; a poorly balanced food. The body of an animal contains all of the needed elements of nutrition. But in order to obtain them all, it is necessary to consume the entire animal. This is what the cat and other carnivorous creatures do. The one who subsists largely on meats deprives himself of the bone-forming elements, for these are found in the bones of the animals. Unless he eats the glands, as well as the muscle meat, he also obtains a diet deficient in vitamins. In meat-eating countries the matter of obtaining a diet containing all the elements of nutrition in the right proportion is a difficult one.

By subsisting on natural foods, there exists little danger of getting either an excess of some elements or a deficiency of others.

Is the Advertiser's Brand of Health Safe?

(Concluded from page 67)

arette smoking, and popularize the use of tobacco all the more. How much does the revenue from such advertising tend to exclude from the reading columns matter that is educational against tobacco using? That many might be persuaded to use cigarettes, is of course the purpose of such advertising, and that the end is gained who can doubt?

The health appeal in advertising is used for many products that cannot well qualify. "All is not gold that glitters," and neither is everything that is called a "health food" such in fact. We need still to get health principles from other sources than the advertising columns. We need still to use common sense and good judgment as to what and how much we use of what people want to sell.



The Six Best Doctors Anywhere

(Concluded from page 71)

humanly possible? This is a question often asked and almost as often poorly answered. What is a normal diet? How can I find out? The best way to find out is to go to school. In central California there is a large cottage sanitarium for those suffering from lung tuberculosis. It is called the School for the Tuberculous. And it is well named, for its director makes it a place for such sick people to learn how to get well and keep well. So a sanitarium is a school—a medical or nurses' school, if you please—where sick people are taught how to become their own physicians and nurses in things pertaining to diet, sunshine, fresh air, exercise, and rest, and the use of simple home remedies for colds, indigestion, constipation, headaches, et cetera; how, also, to prevent nerve exhaustion, sleeplessness, and with it all, how to enjoy life and make it profitable healthwise.

Have you been to the doctor and asked for a tonic and appetizer, or have you gone straight to the druggist and bought a bottle of beef, iron, and wine or one of Fakem's Sarsaparilla? Possibly you have outgrown such childish notions and superstitions.



But do you know that the miller and his patent process took all the appetizer out of the wheat flour before he sold it to you? So, after some years of hard application to business, with, perhaps, a little worry thrown in, you lose your appetite, and you lie awake nights and the doctor says you have nerve exhaustion. What is the matter? Well, it is all three of these things; but the medicine you need was never put into a bottle and never can be. Nature patented the process, and prosecutes all who try to infringe on it. The medicine is water-soluble B, and nature put it up in the germs and bran of grains and in the leaves of plants.

Of course, you are now buying cod-liver oil. It is advertised, as are tooth pastes for pyorrhea, and vacuum rub for colds. Do you know where the codfish got his vitamin D? It all came from sunshine, just plain ordinary sunshine, and you are paying a dollar a bottle for your sunshine, either because you don't eat enough sunshine in your food or you don't bathe enough in the sunshine. Either way will give you plenty of "cod-liver oil" without hiring the cod to bottle it up in his liver.

Space is all too brief to tell of the use of fresh air, of water, of heat, of cold, and how the physician and sanitarium use these remedies of nature to give you back your health and your enjoyment of life. These are all medicines, but one must know just how to use them, and that requires observation and study. When health has been lost because some one of these medicines—fat-soluble A, or sunshine, or cold water—has been lacking in your diet or habits at work or play, then it may take a big dose, perhaps even a heroic dose of one of them to cure your malady. Maybe you have contracted tuberculosis. You will then need many medicines. First, rest; then after some months, exercise.

Then sunshine is needed in big doses. Fresh air you must take every hour, day and night; minerals—lime, phosphorus, and alkalies—you will need three times a day, and maybe a glassful of another medicine (milk) between meals. Fat-soluble vitamins A and D and water-soluble vitamins B and C you will take along with the "at mealtime" medicine. You will not need any germ killer, for the tuberculosis germ cannot live in sunshine or develop in good healthy blood or bodies.



This department is conducted by Kathryn L. Jensen, R. N.

Health Education In the Home

NO, no, spinach!" And Jane's emphatic shake of her little head accompanying this ultimatum, was followed by persistent teasing for an immediate helping to the dessert and other delicacies on the table. This had become a daily scene.

She did not always win out in the intermittent debate with her mother which usually accompanied her public performance, but she very early discovered that she did gain her wish sufficiently frequent to warrant her exertion. More than that, this little maid of three summers early learned her first lesson of the power of tears on the decision of the masculine members of her subjects.

Such scenes are not exceptional in Jane's home, but can be duplicated at least once in every home where a bright intellectual child is beginning his acting in the drama called life. Nothing can be worse for the child's future mental and emotional development than to feel that it is of vital interest to others whether or not he eats his food. Again, nothing is more vital to his future well-being in every respect than that he does eat the food which builds blood, bones, nerves, and muscles into his developing structure.

Between these two essential principles of suc-



With tact and patience a child may be trained to eat all healthful foods.

cessful health education in the home, the mother, supported by the other members of her household, must conceal her anxiety, and remember the counsel of the wise King Solomon who tells her that training is necessary in any educational program where success is desired. Training means to cause to do over again until good habits are fixed and right mental attitudes developed. The bad habits can best be changed by causing the punishment to be so closely related to the offense that the intelligent child may reason from

cause to effect early in life.

The way you use the punishment is as important as the kind of punishment you use. If bad habits have become fixed through repetition, a punishment related to the offense should be correspondingly applied. If such training is accompanied by daily health education as to the benefits derived from good habits of living, both mind and body are being prepared for the time when the parent is no longer directly responsible for the conduct of their prodigy.

Jane still was not as yet firmly convinced she had the family under her complete control, and, fortunately, Jane's mother learned before the wrong use of the child's will had become a fixed habit, that Jane, like most healthy children, loved to be the center of attention, and that the epi-

LIFE & HEALTH

sode which marred so many happy meal hours were amusing endurance tests when viewed in an abstract and unemotional manner.

"No, no, spinach!" again asserted the little maid of winning manners. Quietly the mother placed before her an attractive plate of wholesome and nutritious vegetables and a glass of milk, telling her kindly without emotion that these good things were to be eaten first.

Supported in this verdict by the silent assent of her family, she continued to wait on the other members of her hungry brood, while animated conversation almost drowned the whimpering of a child who wondered what had happened and how long she must perform before she would again become the center of attention in her little realm.

When a burst of laughter over a story of the day by Jane's daddy cast the puzzled actress still farther into the background, a sudden thought came to her. She too would act like the rest of the family, and again be the adored and admired member of the world in which she lived. The whimpering changed to a forced but loud laugh, and smiles fringed the little tear-stained face.

She ate her plate of vegetables, drank her milk, and enjoyed her reinstatement as an important member of society.

She never again said, "No, no, spinach!" She had learned her limitations, at least at the table. This was her first outstanding lesson to prepare her for life in a social fabric where good

deeds should be the measure of man's greatness.

Some children's food habits may be more deep seated than was Jane's, and such may even have to be deprived of the family association at the meal hour until these lessons of democracy are learned. All families, too, have not the self-control or the keenness of vision to support the mother in these first important lessons of personal mastery upon which the well-being of society, the success of the church, and the prosperity of the nation so much depend.

Every home-keeper should study health subjects on every phase of home health education, and put this knowledge into practical use. This is necessary if sound constitutions, good morals, sunny dispositions, and sweet tempers are to be developed. Such characters are not formed in a fortnight. It requires applied knowledge and constant persevering effort to make possible in every department of the home the benefits of fresh air, sunshine, a nourishing diet, rest, exercise, and the proper use of water internally and externally. It takes still greater patience and effort to educate and train the coming generation so to order their lives that they may have the highest degree of health and happiness possible.

Such a program of health education requires the co-operative effort of every member of the household, for a house divided against itself can never develop the highest degree of physical, mental, or spiritual powers in any individual.

What Is the Grade of Health Practices in Your Home?

HAVE all members of your family removed or corrected remedial physical defects?	10	be on time, and remain at the table, if possible, until the family is excused together?	10
Do you serve your family a hot cereal for each breakfast and some raw fruit daily?	10	Do you have a definite daily program suitable for each child's age and development, which encourages sufficient rest in well-ventilated bedrooms, outdoor activities, and habits of personal cleanliness? ...	10
Is at least a pint of milk per member a part of your daily food supply?	10	Does your discipline command obedience, and still allow for the normal, happy expression of each member of the family?	10
Do you serve the whole-grain breads and cereals in preference to the demineralized cereals to your family?	10	Do you set apart daily a definite time in which to teach your family to have confidence in God?	10
Are at least two well-prepared vegetables a part of your dinner? ...	10	Total	100	
Are sweets and other delicacies allowed only at the close of the meal?	10			
Do you serve meals regularly, and require all responsible members to					

QUESTIONS AND ANSWERS

Conducted by G. H. Heald, M. D.

This column is made up of selections from answers which have been sent out by mail. Do not ask us to treat disease, or to advise treatment, by mail. We cannot determine a patient's condition from a statement of symptoms. If you are ill, you should have a personal examination. Always inclose a two-cent stamp with your questions, and address Query Editor, **Life and Health**, Takoma Park, D. C.

Spastic Constipation

"What would you advise for spastic constipation—small, ribbon-like stools?"

You might get some relief from the use of mineral oil or agar or by the injection of oil. But perhaps the best results would come through an operation.

This I cannot say for certain, as I have had no opportunity to examine you. I should say, however, that you ought to go to a regular surgeon and not to some man who has meager qualifications and poses as a specialist.

Heart Block

"I am writing you for information regarding 'heart block.' What is it, and what are the symptoms?"

Heart block is a condition where the impulses of the auricles are not transmitted to the ventricles. The auricles may be going at the regular pace, say seventy a minute, as shown by the jugular veins in the neck, while the ventricles are going at a rate of, say, thirty a minute, as shown by the heart sound or the pulse. This condition is caused by a failure of the nervous mechanism in the heart itself (the bundle of His), which usually accompanies trouble in the heart muscle, that is, myocarditis.

A person with heart block should be under the personal care of a competent physician who is familiar with all that has been learned of the heart in the last few years.

Coffee and the Heart

"If coffee is a heart stimulant, is it good in case of heart disease?"

It may be very bad in some forms of heart disease. For instance, Osborne, in "Disturbances of the Heart," says, speaking of heart block:

"Coffee or caffeine often causes these hearts to become irritable; it certainly raises the blood pressure, and therefore is not generally advisable. Both tea and coffee should generally be prohibited."

In regard to valvular lesions, he says:

"Caffeine: This should not be given or allowed, even in the form of tea or coffee, to patients who have valvular lesions with perfect compensation, as it is a nervous and cardiac stimulant, and may cause a heart to become irritable."

Denatured Coffee

"I find a number of people drinking a coffee preparation, the manufacturers of which claim that it is a real coffee with all the poison removed, and that it retains the flavor and aroma of the coffee. Is this preparation free from poison?"

This preparation, I understand, is made in Switzerland. It is claimed that more than 97 per cent of the caffeine is removed. A similar preparation under another name is advertised to the medical profession with the claim that 97 per cent of the caffeine is removed, and I understand that the two preparations are the same, both coming from Switzerland, and both by-products in the preparation of caffeine for medicinal use.

The caffeine is doubtless largely removed from these coffees, because the primary object is to obtain the caffeine for medicinal use, and the only reason any of it is left is because by their process they are unable to extract all the caffeine.

When one drinks a cup of this denatured coffee, he takes the equivalent of about one teaspoonful of ordinary coffee, as usually made. Probably this amount would not have any significant effect on the heart or in keeping a person awake. But those who avoid coffee from conscientious reasons would perhaps not want to use even this small amount.

As to the other substances remaining in the coffee bean, I have no reason for believing that they are more harmful than the substances in the cereal or other coffee substitutes.

Talk in Sleep

"What causes a child to talk during sleep, mostly about school work? Is there any remedy?"

There are a number of things to think about. Is she robust and well nourished? Does she have plenty of rich milk, with vegetables and fruits? Are her bowels regular? Does she have plenty of exercise, and play like other children, or does she sit around when other children are playing? Does she eat a short time before going to bed?

You may have to take her to some doctor for an examination, but possibly a little regulation of her play life and diet may cure her sleep talking.

Light Weight

"I am nineteen and underweight, having inherited a weak physique, but want to become normal in size and strength. My appetite is good. Have never been seriously ill, but am subject to frequent colds. What do you advise?"

Some persons seem to remain light weight, regardless of what they eat. They do not seem to have digestive powers sufficiently developed to keep them in good nourishment.

I do not know whether this is the case with you, or whether you fail to eat sufficient food of the right kind. I would suggest, however, that you take more oil and fat food in the form of butter, cream, olive oil, olives, and the like.

In some cases where the person eats ravenously, and has several bowel movements a day, it is a case of sour stool, and the bowel contents do not remain long enough for absorption to be completed, and the use of less laxative foods may be an advantage. In such a case it might be an advantage to use less fruit and coarse vegetables, and perhaps less whole-grain preparations, and to use more milk products.

Kidney and Dropsy Medicine

"What is a good remedy for dropsy and a good kidney medicine?"

Kidney trouble with dropsy is too serious a condition for treatment by mail. You should go to a sanitarium or a hospital, or have the very best medical help in your neighborhood.

The attempt to cure your trouble by drugs, especially by advertised patent medicines, is worse than useless.

Peppers

"Are the red and green peppers that grow in the garden all right to use in foods?"

What are called sweet peppers, I think are harmless. If the peppers are hot to the taste, I would not consider them entirely harmless.

Pickles

"Is there any objection to the use of dill seed in pickles?"

Do you think pickles are good for food? I am doubtful! But I do not know that dill would make them less desirable than without the dill.

HEALTH NEWS AND FINDINGS

Helping Orphans and Widows.—The annual sale of Buddy Poppies will be held by the Veterans of Foreign Wars, during the week of Memorial Day. The poppies are made by disabled and needy ex-service men, many of them patients in government hospitals, and the entire proceeds of the sale are devoted to relief work, a portion of the money being allotted to the V. F. M. National Home for widows and orphans of ex-service men, at Eaton Rapids, Mich. Buying a Buddy Poppy is one little way of helping a worthy cause.

Polluted Waters.—Commenting on the prevalent idea that "running water will purify itself in a dozen miles or so," the United States Public Health Service says: "Even in the absence of intervening pollution, it would be necessary to allow for a stream flow of several hundred miles before a water, once polluted, could regain its pristine purity. Irrespective of distance from the nearest upstream point of known pollution, it may be safely stated that no river in the United States can now be regarded as hygienically safe without treatment." The matter is discussed more fully in Public Health Bulletin No. 173, and briefly in Public Health Reports, Jan. 27, 1928.

Vaccination Shields Dangerous.—Studies conducted over a space of several years on the effect of different forms of vaccination have shown that when shields and dressings are used, the resulting sore is more severe than if no covering is used. The sore is longer in healing, and there is very much more opportunity for infection with tetanus (lockjaw) germs. So Surgeon-General Cumming of the United States Public Health Service has issued a warning against the use of shields or dressings for vaccination. If the vaccinated spot is allowed to dry, a scab is formed that is much better protection than any shield or dressing.

One Gain From Mississippi Flood.—Though there was imminent danger of disastrous epidemics after the Mississippi flood, owing to the insanitary conditions, the prompt work of the National Red Cross, coupled with the campaign of health education conducted in the refugee camps, has resulted in the best general health that the flood region has experienced for many years.

A Handbook on Diet.—From a physician who has been a coworker with Von Noorden of Vienna, we may expect something more than ordinary. A book has just come to our desk containing the following statements: "There are some foods which are ingested . . . for their stimulating effect on the stomach. Alcohol is the most important of these foods." "Although the nutritive value of spices is negligible, they have an important indirect effect on the nutrition, inasmuch as they increase the appetite, and improve the taste of many valuable foods." The book favors the use of alcohol, meats, spices, tea, coffee, and tobacco, though it contains this significant admission, "Tobacco . . . is to-day, next to alcohol, the most important poison we use for pleasure," and points out in no uncertain terms the danger from infection and poisoning incident to the use of meat.

To the present writer it seems unfortunate that for a book intended largely for the laity, the metric system and the centigrade thermometer were used without giving the American equivalents; for in this country, only scientists and professional people use the metric and the centigrade standards.

The author discusses the hygiene of food and its preparation, and gives directions for the dietetic management of overweight, underweight, and various disease conditions. The book is enriched by numerous recipes, tables of food values, etc.

"Handbook on Diet," by Eugene E. Marcovici, M. D., \$3.50. F. A. Davis Company, Publishers, Philadelphia.

Food Poisoning.—At one time, ptomaine poisoning was much in style. Now it is out of date. According to Dr. W. G. Savage, ptomaine poisoning is a misnomer, and the condition so-called is almost invariably caused by some poison which has gotten into the food, in handling or packing, or is a toxin resulting from germ action. To get ptomaines in poisonous amounts, the food would have to be decomposed so that it would not be eaten, but toxins may be formed in foods without changing their appearance or taste enough to excite suspicion. Of 200 outbreaks of food poisoning by the Salmonella group of germs, 39 per cent were from canned foods, 15 per cent from dairy products, 47 per cent from meat products.

The Pace That Kills.—Since the war the standard of living has become universally increased with an increased desire and demand for the luxuries of life. The craving to be amused has in many quarters become an obsession, asserting itself in diverse vicarious ways. Thus life itself has lost considerable of its wholesome simplicity, and has become artificial, strained, and self-consuming. Relaxation that is really relaxing has become a rare event in a goodly percentage of humanity. . . . Strong coffee questionable "soft" drinks, bootleg liquor, and other devices are employed in efforts to overcome the daily lag.—Israel Brahm, M. D., in *American Medicine*.

Skyshine and Rickets.—It seems to have been shown that skyshine, the reflected rays from sky and clouds, is from one half to two thirds as strong a preventive of rickets as sunshine. But winter sunshine ranks very low as a preventive. Animal experiment shows that at the latitude of Toronto, December sunlight is one eighth as potent a preventive of rickets as the sunlight in April and May. And of course winter skyshine would be correspondingly low.

Research on "Common Cold."—The Johns Hopkins University School of Hygiene and Public Health has received a gift of \$195,000 to be used in the study of the common cold, its origin, nature, and possible cure. This would seem to be a most important move toward disease prevention, for there is nothing in the way of disease that is more common than the common cold, and few things more capable of leaving devastating effects.

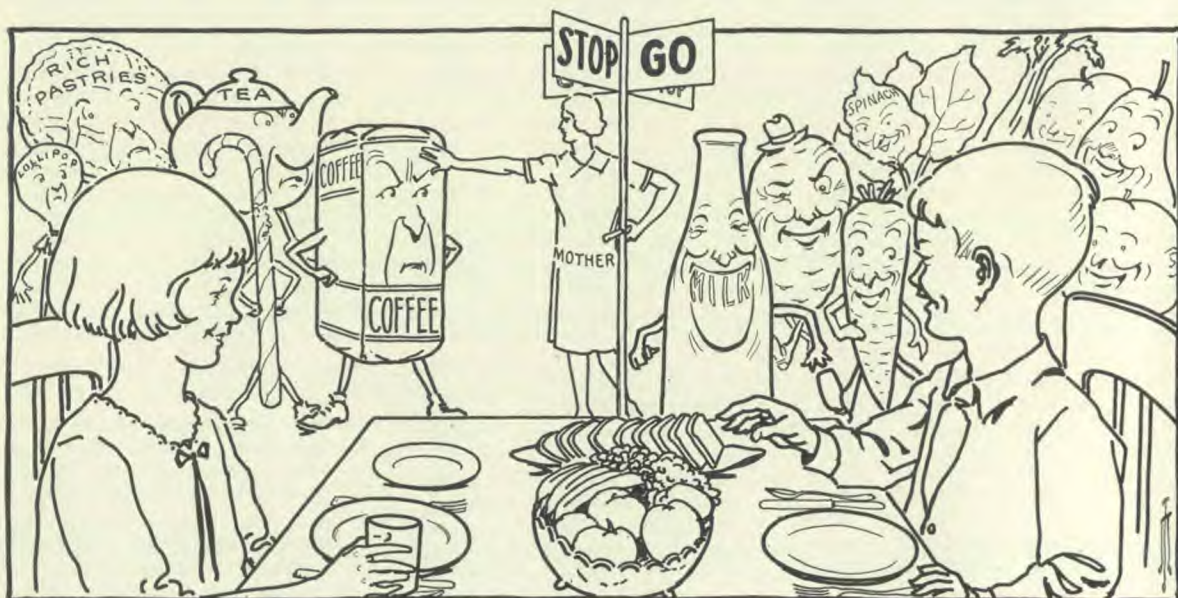
Control of Strychnine Poisoning.—Some experiments recently conducted in Rumania show that an animal given a dose of strychnine which would otherwise be fatal, will survive if placed in an atmosphere of oxygen. This would indicate that oxygen inhalation, given to persons poisoned with strychnine, either by accident or with suicidal intent, might prevent fatal result.

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25 Gladioli, blooming size, no two alike, Kunder's, Diener's, etc., \$1. 30 mixed, lost names, \$1. 100 for \$3. Fancy Dahlias, lost labels, 12, no two alike, \$2. 12 mixed, \$1.50. All postpaid. Price lists on request.

Hilkrest Gardens, Takoma Park, D. C.

OUR CHILDREN'S PAGE



TRY COLORING THIS

Table Traffic Rules

Pay attention to what the traffic officer tells you. She knows what is best for you. She wants you to enjoy your trip through life, and will do all she can to make it pleasant.

These table traffic rules are not hard to learn or to follow. Many physical wrecks occur because people do not heed them. Make up your mind to be on the safe side, and obey them.

GO. Be prompt to obey the call to breakfast or dinner; don't keep others waiting.

A red apple is not a stop signal, nor does it mean danger. Go ahead and eat it.

A yellow orange is also the signal to eat.

When green leaf vegetables are on, you are to eat them; if you stop and argue about them and refuse to eat them, it means trouble for you later.

A glass of nice pure white milk is another "Go" signal.

Nice brown bread, made of whole-wheat flour, and other whole-grain foods, mean good traveling for those who use them.

Go to the toilet regularly, soon after breakfast.

Don't let anything crowd you out of attending faithfully to this. Good internal traffic of the food and bowel contents is very important,—don't stop it.

STOP. If tea or coffee is offered you to drink, stop; don't drink; neither one is good for you.

Some sweets eaten at mealtime may be in order, but it does not take much to make too much. Learn to stop at a little, even if you do want more.

Always stop eating when you have finished at mealtime. Don't go on nibbling at this or that the rest of the day. This applies to candy, fruit, nuts, cookies, and everything else. Eat nothing between meals.

REVERSE. To reverse means to "back up." You should do this every time you come to a bad habit which you may have formed before you learned correct table traffic rules.

SPEED. Eat slowly enough to thoroughly chew your food. Don't take too big bites. Take time at the table to talk about pleasant things. Hurried eating means slow digestion.

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