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Life & Health

THE NATIONAL HEALTH MAGAZINE



AUGUST

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A Notable Conference

CONFERENCE OF 43 NEW YORK MAYORS

~ ~ ~

The multiplication of conferences is undoubtedly one of many indications of the drawing together of social groups and of firmer and stronger organization for social needs. New York contributed a new type of conference last week, which, in the opinion of John A. Kingsbury, head of the tuberculosis staff of the State Charities Aid Association, who was chiefly responsible for framing the program, is *likely to be second in significance only to the conference of governors on the conservation of natural resources.*

—*The Survey.*

THE editor of LIFE AND HEALTH, who was in attendance at this conference, gives in the September number one of the most complete reports that is likely to be published. A hint of the importance of the meeting is given in this month's number as well as in the above comment.

IN this issue, advice is given to two kinds of campers — those who wish to plan only for a few days' or weeks' camping near their own homes, and those who aspire to a more pretentious and extended outing in the real wilderness. In the September number — and perhaps September is the most ideal month of all for a real outing — there is still another camp article, this one giving some hints of special value along the line of sanitation.

PLAYGROUNDS — the cry everywhere is for more playgrounds! Especially timely, in view of this wide-spread agitation, is Rev. H. T. Musselman's article in the September number on the subject, "The Place of Play in Boyhood." The writer is a sympathetic friend of the real American boy, and the series of articles he is now writing for LIFE AND HEALTH is intensely interesting.

"THE Individuality of God's Great Out-of-Doors" is the subject of Dr. George Wharton James's article in the September number, and the editor, who does not always read manuscript with a kindly eye, effervesced with enthusiasm when he read it and confidentially informed us that it was "the best yet!" It will pay you to watch for it.

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HON. CHARLES C. DURYEE, MAYOR OF SCHENECTADY
Who organized and brought to a successful issue the Conference of Mayors to
Discuss Municipal Health Problems

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

Published Monthly

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Washington, D. C.

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Echoes of the Conference of Mayors

This conference promises to be an epoch-making event.—*Hon. Albert R. Kessinger, mayor of Rome, N. Y.*

This convention is indeed unique. One would never have dreamed of all these mayors gathered together to discuss the one problem of health.—*Dr. William D. Peckham, health officer of Utica.*

A few years ago a man was ashamed to sign himself health officer. The ordinary health officer, taught in an institution, preparing for the cure of disease, was not prepared for his job, the prevention of disease.—*Dr. George W. Goler, health officer, Rochester, N. Y.*

This meeting will do more for public health than anything I ever attended. The results can not be measured. There has never been gathered an audience having the power to do so much for the upbuilding of this cause.—*Dr. David N. Tollman, health officer of Syracuse, New York.*

The first effective meeting of public health officers in New York. Just another step in co-ordinating the health officers and the administration. This convention will go down in history as one of the most important advance movements made in this State.—*Dr. R. H. Pease, Lederle Laboratory, New York.*

The problem of tuberculosis prevention is one of public attention rather than of private philanthropy. It is a problem which can not be worked out on a national or even on a State basis. The responsibility rests upon the local or the municipal authority.—*Livingston Farrard, M. D., executive secretary, National Association for the Study and Prevention of Tuberculosis.*

The fire department and the police department get appropriations because they get results. Ten years ago the health department did not save life. It is learning how now.

The greatest factory problems are not poisons and the like, not spectacular events like the Cherry Mine disaster,—not dusty trades,—for that is comparatively small—but bad air and its sure result, tuberculosis.—*Prof. C. E. A. Winslow, College of the City of New York, and curator of Public Health, Museum of Natural History, New York.*

The conservation of the home is the greatest problem of America—greater than the conservation of the forest. When there are no homes there will be no nation.

To Europeans the one blot upon our fair country is the bad municipal government. Is it not because we have not realized the responsibility that rests upon the entire community?

A new era has dawned when the mayors of forty cities of one State come together to discuss health problems, with no less ideal than the prevention of all disease.—*Laurence Veiller, secretary of the National Housing Association.*



What the Conference Meant



A BODY of men met at Schenectady, N. Y., and for two days made history.

At the call of Mayor Charles C. Duryee, of Schenectady, himself a

physician and formerly health officer, about two hundred mayors and other officials of forty-two cities of the State of New York, met to consider how the cause of municipal hygiene can be advanced; how the health officer can be given greater facilities and greater encouragement to increase the efficiency of his work; how, in fact, the municipality can become most effective in the conservation of the health of its citizens.

Mayor Duryee has been facing these problems for some time; and having developed a feasible program, he, with the co-operation of Mr. William P. Capes, general secretary of the conference, and others, has devoted unremitting energy to the consummation of the project. The resulting conference was a marked success.

The assembling of the mayors of a great State by a mayor for the one purpose of increasing the efficiency of the public health administration of cities is an epoch-making event.

From the deliberations of the convention it is plain that health officers have been so only in name, for several reasons:—

1. No one realized the importance of an efficient health administration.

2. No inducements were made to capable men to take up the public health work. The pay was shockingly inad-

equate. The office was often a political football, and the surest means of retaining a job was not administrative efficiency, but political activity.

3. Medical schools have not trained for the prevention of disease, but for the cure of disease. There have been no schools for the training of health officers.

The convention faced the present unfavorable conditions squarely, and the city officers have returned to their respective cities determined as far and as fast as possible to remedy existing defects.

We give in this issue the paper read by Mayor Duryee at the opening of the convention, and next month we will give the other convention papers of most interest to our readers.

Among these papers are:—

“The Prevention of Disease by the Elimination of Dust,” by Frederick L. Hoffman, statistician of the Prudential Insurance Company of North America.

“Housing and Health in Cities,” by Lawrence Veiller, secretary of the National Housing Association.

“Waste of Life Capital in American Industries,” by Prof. C. E. A. Winslow, curator of public health, American Museum of Natural History, New York.

“Municipal Aspects of Rest and Recreation,” by Dr. Luther Halsey Gulick, president of the National Playground Association.

“Municipal Duties in the Conquest of Tuberculosis,” by Livingston Farrand, executive secretary of the National Association for the Study and Prevention of Tuberculosis.

The following resolutions, adopted

unanimously, give evidence of the broad scope of the mayors' convention:—

Resolved, That the mayors and other official delegates of forty-two cities here represented, urge upon all municipal authorities throughout the State the following administrative measures, and pledge themselves to endeavor to secure their adoption in their respective localities:—

1. To secure for municipal health authorities appropriations from the municipal resources more nearly comparable to the importance of the work imposed upon them by statute, by the development of sanitary science, and by the demands of public opinion.

2. To secure for the position of health officer such compensation and such tenure of office and such complete control of the departmental work, independent of his political views and affiliations, and independent of political changes in the administration of the municipality, as will attract the most competent physician, specially qualified by experience and study of sanitary science, and retain him in office during good behavior and efficient service.

3. To secure prompt and complete compliance with all the provisions of the tuberculosis law of 1908, including a complete register of cases of tuberculosis through the co-operation of the medical profession; the thorough disinfection, cleansing, or renovation of premises left vacant by the death or removal of tuberculosis patients; and the efficient and sanitary oversight, either by the attending physician or by the health officer, of all households in which tuberculosis exists.

4. To establish in each municipality, preferably under the direct control of the health department, at least one free tuberculosis dispensary, with one or more visiting nurses, and with supplies and facilities for the care, treatment, and cure of tuberculous patients.

5. To aid in securing hospital provision for persons having tuberculosis, preferably in accordance with the provisions of the laws of 1909 authorizing the establishment of county hospitals, or, in the event that a county hos-

pital can not be secured, under direct municipal control, to the end that the hope, "No un-cared-for tuberculosis in 1915," may become a fact.

6. To provide such playgrounds and recreation facilities as will permit and encourage every child and adult to secure out-of-door recreation and exercise suitable to his needs.

7. To protect the supplies of food offered for public sale from contamination, and to prevent the sale of adulterated, decayed, or otherwise unfit articles of food.

8. To secure a healthful and adequate water-supply.

Resolved, That this conference recommend to the legislature of 1911 the enactment of legislation on the following subjects:—

1. Protecting health officers from removal except for cause.

2. A housing law for all cities which will define certain minimum standards of sanitation, reserving to each municipality the right to regulate details not inconsistent with essentials established by the State.

3. Requiring medical inspection of school-children and defining the manner and definitely locating the responsibility for such medical inspection.

Resolved, That we recommend the establishment by the leading educational institutions in the State of special courses of training for health officers.

Resolved, That we commend to all employers of labor a study of modern sanitary appliances and facilities affecting the health and safety of employees, and that all such employers be urged to bear constantly in mind, as one of the most important factors in industrial progress, the conservation of the health and strength of their employees.

A resolution was passed petitioning Congress to enact such legislation as may co-ordinate more effectively the branches of the federal government now dealing with public health, and may so extend those functions as to provide the leadership, stimulus, and educational guidance now sorely needed by the health workers of cities and of States.



STATE HOUSE, ALBANY, N. Y.



STATE STREET, LOOKING WEST, SCHENECTADY, N. Y.

The Awakening of the Cities

William P. Capes, Secretary Conference of Mayors, Editor Schenectady Evening Star



NEVER did the mayors and other officials of the cities of New York State so forcibly realize that public health is the keystone in the arch of municipal life, and that the problems connected therewith are much broader and more complicated than they had any previous conception of, until they attended the conference in Schenectady on June 23, 24. This was the one pre-eminent impression every official carried away with him. When Mayor Charles C. Duryee suggested that the conference should discuss public health problems, skepticism was expressed in a few of the cities of the State as to the advisability of this plan, some officials expressing the opinion that there were more important subjects affecting the municipalities, and that the first gathering should take under consideration the problems most vital to the interests of the cities.

After hearing the addresses and discussions at the six sessions of the conference there was not an official who

doubted the wisdom of Mayor Duryee in selecting the problems of public health for consideration, and the opinion was unanimous that as health and comfort are the chief assets of every municipality, the first conference of its kind ever held in New York State had considered the most important municipal problems. Every official returned to his city profoundly impressed with the fact, never quite so clearly realized before, that every department of city government is primarily for the promotion of the health and comfort of citizens, and that each department and bureau must co-operate in order to bring about the "city healthful."

No subject affecting municipal life could have interested so many different officials and so many classes of citizens, nor attracted a more cosmopolitan audience. If a roll had been called, there would have been found present, officials from every department of municipal government, from the mayor to the chief of police, alderman, justices of the Supreme Court. Prosecuting attorneys, Protestant ministers, priests, manufacturers, merchants, philanthropic workers, a president of a college, and professors, were also present.

The second striking impression which the laymen received was the skilful manner in which the program had been arranged and was carried out. Every session was a star in itself, each containing something of importance to every municipal officer. Opening with the discussion of the importance of the protection of life and the protection of property and the importance of the elimination of dust in the prevention of disease in cities, and closing with an address dealing with the housing problem, and the effect it has on the health of a community,—the first session included three of the most important questions that are daily occupying the attention of every municipal official. The betterment of the industries in the cities by the perfection of sanitation and the preservation of life capital occupied the attention of the second session, while in the evening the municipal aspect of rest and recreation and the duties of cities in the campaign against tuberculosis, were discussed.

The question of caring for the insane by municipalities, and the methods of determining the economic losses from preventable diseases, followed by a discussion of the work of municipal health departments, occupied the time allotted for the day sessions on Friday. At the final session the entire work of the conference was skilfully summed up, and plans outlined for future activities, in the discussion by the Hon. Homer Folks. The climax came in the address on "Obligations and Opportunities of Local Officials," by Prof. Charles Zeublin. No program for the consideration of the conservation of public health could have been more complete, nor the subjects better arranged to convey the one dominant thought of the conference, that upon its health depends the welfare of the municipality, morally, mentally, and physically.

To enumerate all of the striking features of the conference would border on the impossible. They succeeded one another so rapidly that none of the officials will be able to realize the importance of all until he has had an opportunity to deliberately digest the printed proceedings. Special emphasis was placed on the fact that the health department must hereafter occupy the relative position made for it by the tremendous advances in preventive medicine; that the health officer, like the police and fire chiefs, should have a tenure of office unaffected by political consideration: he should remain in office during good behavior and efficiency, and the salary should be sufficiently large to get and keep the very best men; and that the appropriations for health departments are far below the actual necessities.

The conference also emphasized the qualifications that a man should have to become a successful health officer. The fact that a man is a physician is no reason why he will make a good head for a health department, for the curricula of medical colleges do not fit him. Experience and long study of sanitation and hygiene are absolutely necessary, together with an executive ability of a high order. The health officer must take the initiative, and, instead of waiting for complaints to be made, he should look for and stir up trouble. He should lead public opinion instead of following the old belief that he should not enforce regulations until public opinion warranted them. The head of the health bureau must direct every effort toward the education of children in public schools to care for themselves and to protect the community in which they live. Like the publicity man he must grasp every opportunity to keep his subject before the people.

Another live topic was the importance of caring for contagious dis-

eases, it being the concensus of opinion that there should be a more rational care of these diseases. The conference emphasized especially that in many diseases, if the known principles relating to the transmission of contagious diseases are put to a practical application, the contagious diseases may actually disappear entirely. The tuberculosis campaign has demonstrated that the aim in dealing with diseases should be absolute prevention, and not simple limitation, as has been customary in the past.

What will be the effect of this wonderful conference?—From such a feast of reason there will be obtained for the cities of New York and other States, a text-book that will be an authority on municipal health problems for the next ten years. In Schenectady the effect has been electrical. The day following the address on the "Elimination of Dust," the mayor's office received by telephone a complaint about the unnecessary dust coming from an asphalt plant. The writer on the same day overheard a city official ordering an employee of the traction company to stop sweeping out an alley with a coarse broom, because he was raising a cloud of dust near a crowded station. This official had not attended the conference, but had

read in the newspapers the address of the previous day. Is it not fair to presume that we may expect Schenectady's experience to be repeated in other cities?

It was a conference which every municipal pessimist should have attended. Even now it would be a valuable lesson for this class of individuals to read the correspondence from the officials, on file in Mayor Duryee's office. The enthusiastic co-operation of the municipal officials of New York State before the conference, and the keen interest manifested by them in the addresses and discussions at every session, absolutely refute the charge of indifference so often heard, and demonstrate conclusively the remarkable change that has come over the municipal office-holder within the last decade. The conference was attended by some two hundred officials. This is a small number in comparison with some of the conventions that are held throughout the country. But think of the power that these men have for the welfare of the people of this State; consider the fact that these officials represent a constituency of over six million persons, and then contemplate the effect that their deliberations will have on the health and comfort of the people residing in the cities of New York State.



The first train on the Troy and Schenectady Railroad, the world's first practical steam railroad. The brick building, near center of picture, then the railroad station, still stands unchanged, a reminder of the comparatively short time railroads have been in existence. The land of the first railroad is now belted and girded with electric trolley lines



MEMBERS OF THE CONFERENCE OF MAYORS AND FRONT OF MAYOR'S OFFICE

The Protection of Life and the Protection of Property

The Health Inspector, the Policeman, and the Fireman

Hon. Charles C. Daryee, Mayor of Schenectady



THE value of human life has increased but slowly since it had its inception in the teachings of the great Nazarene centuries ago. It takes but a glance at history to perceive how slow the increase has been. The march of civilization has been remarkable in many other directions, but those movements which tend to conserve human life and increase man's longevity have been slow indeed.

It is a peculiar spectacle to see a great State through legislative enactment provide from \$50,000 to \$100,000 for stamping out tuberculosis in animals, and the insignificant sum of \$1,000 for stamping

out the same disease among its citizens, with whom it is much more prevalent. The remarkable growth of knowledge in preventive medicine, signalized by absolute control of yellow fever, malaria, the plague, the Rocky Mountain fever, and a host of other death-dealing enemies of the human race, has brought to the people of this generation a realizing sense that they should apply the principles evolved by this knowledge of the transmission of disease to the practical application of its prevention.

The great campaign against tuberculosis has taught the people many lessons; and when we realize that it is probable that within a short time fifty per cent of all diseases will be placed in the column of preventable disease, it should be clear to us that the attention given to public

health matters should bring to the health department its true and proper position; that the best talent, both scientific and executive, should be placed in the control of such departments, and that niggardly and insufficient appropriations to the departments of health should be no longer tolerated.

No one who has watched the generous appropriations accorded the police and fire departments of municipalities, will regret such liberal assistance. Important as are these departments, the great bulk of their work is directed toward the preservation of property and protection of society. The police department is, perhaps, the oldest of all municipal activities, and is as ancient as government itself. The health department in any organized and permanent sense is one of the youngest of municipal activities. The health department must deal more directly with the conservation of human life. Its equipment should be broader and better. The money appropriated for its use should not be extravagantly expended, but no consideration of mere money should stop the saving of the infant and child, and the preservation of the family during its period of greatest productiveness, and the protection and preservation of life on its downward way.

It is, of course, impossible to make any accurate measurement of the value to the community of these three departments; all are admittedly essential. A question which doubtless would arise in the mind of most persons upon hearing this topic is whether the oldest of these departments, by virtue of its age and by reason of the strength of tradition, may have retained an undue importance in the matter of facilities, men, and appropriations, as compared with the younger departments. How does the work of these two departments in its value to the community and the duties imposed upon

them by statute, compare with the equipment, men, and means placed at their disposal, respectively?

Some interesting figures on the cost of city departments in different cities are given in the bulletin issued by the bureau of census recently on "Statistics of Cities for 1907."

For the great city of New York, which the smaller cities are so apt to follow, the figures are as follows:—

| | |
|------------------------|-------------------|
| Policemen, 9,099 |\$13,849,841 |
| Firemen, 4,624 | 8,423,852 |
| Health inspectors, 198 | 2,257,181 |

For the forty-seven cities in the United States with a population of between 50,000 and 100,000 in 1907, the totals are as follows:—

| | |
|------------------------|------------------|
| Police, 3,822 |\$4,262,322 |
| Firemen, 4,899 | 4,632,497 |
| Health inspectors, 247 | 842,842 |

The health officer and the health department have for years been considered the former a tyrant and the latter a nuisance which had to be borne with, and it was only during times of great distress through epidemics that the public unloaded its responsibility, and began to feel any respect for the work of that department.

It is something seldom realized that the ultimate end of all municipal activities is, after all, the health and comfort of its citizens. We do not clean our streets for the gratification of our sense of cleanliness only, but from a knowledge of the necessity of such cleaning for the preservation of health. Both the police and the fire departments have to do with the protection of life, though more remotely than the health department. The water department not only supplies citizens with water, but aims to protect life by giving a pure product. Our sewers and sewage disposal systems are for our convenience and comfort, but they are also absolutely necessary for the protection of health. So we might go on

throughout all of the departments and bureaus, except those that deal purely with finance and accounts, and we should still find that their aim is practically the same. Therefore, the department of the city whose sole duty is the protection of health, should not be pushed aside for departments whose foundation-stone is for the same purpose, but which do not deal so directly with it.

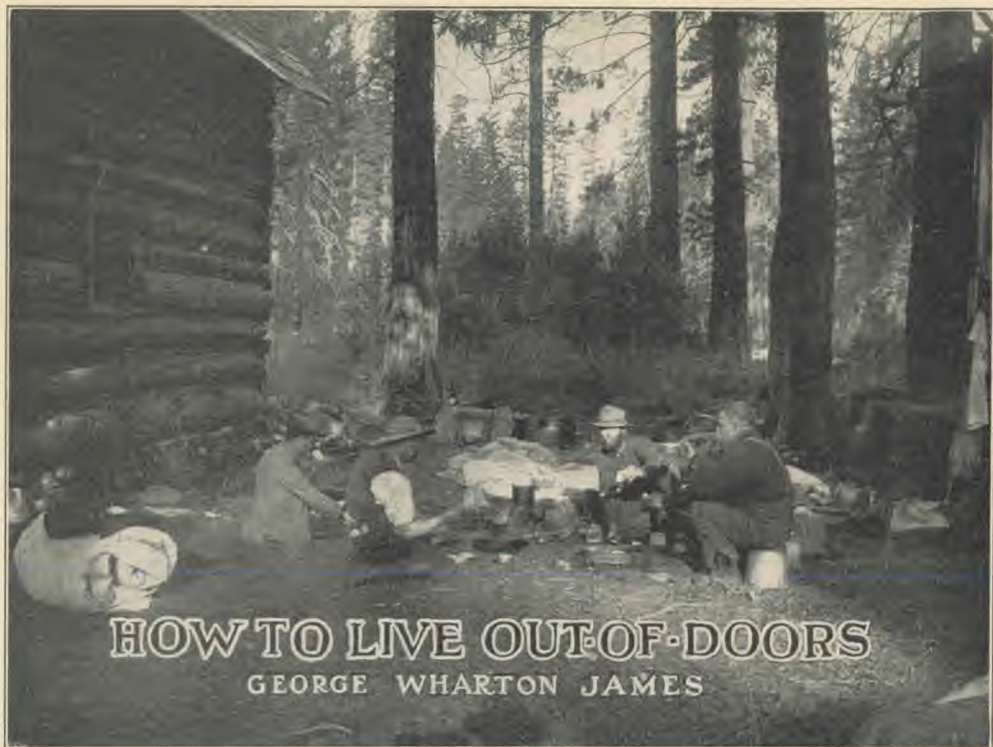
On the other hand, that city is best regulated in which all departments seek to co-operate with the health department; and it may be truly said of a city where ample provision is made in its health department for a thorough study of its health conditions, and has with it the co-operation of the other departments, that it will be the best-regulated city in which to live. I would ask the gentlemen to consider this matter, not from the point of endeavoring to exploit one department above another, but with a view of placing health departments in our State in a proper relative relation with the other divisions of the municipalities, and with the realization that the keystone of the arch of our whole system of municipal government is the protection of the health and the creation of the conditions of comfort for our citizens.

When we arrange our new order of listing the departments of public safety, it seems to me that we should make a radical change and adopt the one presented in the title of this paper, "The Health Inspector, the Policemen, and the Firemen." I would not be understood as underrating the importance of the magnificent departments of police and fire, and the necessity and the great value of their services in our municipal life, but I think the careful student will agree with me that the time has now come to place the health department in the place

of importance that modern science has made for it.

Compared with the two other departments, the health department is woefully undermanned and underequipped. Its aim is the protection of the community from evils that are wide-spread, ever present, and comparatively little understood. The economic waste arising from the loss of human life through preventable disease, which our health departments could overcome, is vastly greater than the economic loss arising from crime and disorder, or from fire. Laying aside for the moment the question of sentiment, questions as to the value which should be placed upon human life, questions as to our duty individually and socially to take all practicable steps for the protection of human life, irrespective of its economic value, is it not clear that purely as an investment of public funds the health authorities are entitled to a much larger proportion of the city's resources? We are apt to forget the actual money value of human life.

There is nothing pushing for adequate appropriations for health work comparable to the interest taken by the fire-insurance companies in the appropriations for the fire department. The economic waste from preventable diseases is too widely dispersed and too little recognized. We can not look to any powerful vested interest to promote the cause of public health; it must come, as it is coming, surely and not so very slowly, through the wider appreciation of the wonderful opportunities of public health departments, through the more general appreciation of the fact that diseases can be prevented, through the recognition on the part of the taxpayer that money devoted to public health work is invested in self-protection in the highest and truest sense of the term.



HOW TO LIVE OUT-OF-DOORS

GEORGE WHARTON JAMES



A FEW days ago I received the accompanying letter from one of the well-known literary men of the country. This is but one of many such letters that I receive in the course of a year. Believing, as I do, that our civilization often leads us away from God's methods of life, I do not wonder that people get sick; and, as I have already stated, I believe that one gets nearer to God and his methods out in the open. Therefore I propose to reply to this letter so that readers of *LIFE AND HEALTH* may know how I would go to work were I in the condition described by the writer of this letter.

First of all, I should sit down, if I had not already done so, and discipline my mind to this determination, viz., that

I was going away from all civilization into as virgin a desert or other region as I could find. I would plan on having no house, no tent, no fancy clothes, no luxuries, no indulgences,— pipes, cigars, liquors, beers, coffee, tea, or anything of that kind. I would decide to retire at the same time as the chickens, or, if there were no chickens, with the birds, or, if there were no birds, when the stars came out; to arise with the chickens, or the birds, or when the sun arose, or earlier. I would decide that I would walk as far as I could; that I would compel myself to become healthily tired, so that I could enjoy as a luxury throwing myself down upon the rough bosom of Mother Earth, and finding rest and recuperation there; that I would bathe properly whenever I could; that every day I would take a sun and air bath; that every day I would give my lungs and body, inside and out, all the sun-laden, wind-scrubbed, God-blessed air I could, by deep breathing, nasal breathing, and

My dear George Wharton James,—

I tried to see you while I was passing through Los Angeles, but when I telephoned to your home you were away. I've been obliged to join the pilgrims of the health quest. Overwork has bowled me over—temporarily and not too crushingly—but if I don't look out, the tubercular bugs will get me, so the experts say. So, with my wife, I've run away from C— [his beautiful home], and expect to pass several months in the Southwest. I was very anxious to secure the benefit of your experience in the matter of where to go, etc. I seem to remember that you once spoke of a shack, or shelter of some sort, which you had near the Grand Canyon, or elsewhere. I thought perhaps I could borrow or rent such a place—if you had it—and live there quietly for a time, doing literary work very mildly. Or, if you know of some good ranch in the desert anywhere—some place where I could get a shack, for, being vegetarians, we don't want to board—some place where we could secure the use of riding horses without having to pay big prices—if you should happen to know of any such place, I would like to get a word from you as to its whereabouts.

I was just proposing to go to New York for a few months' literary campaign, when the hemorrhage bowled me out of the game for a while; but I'm in no sense a very serious invalid as yet. But I must rest, and see the country a bit, while resting, and you certainly are our authority on the desert. Can you give me a few tips? Address me General Delivery, Tucson, Arizona, at present. Mrs. — joins me in sending best regards.

Sincerely yours,

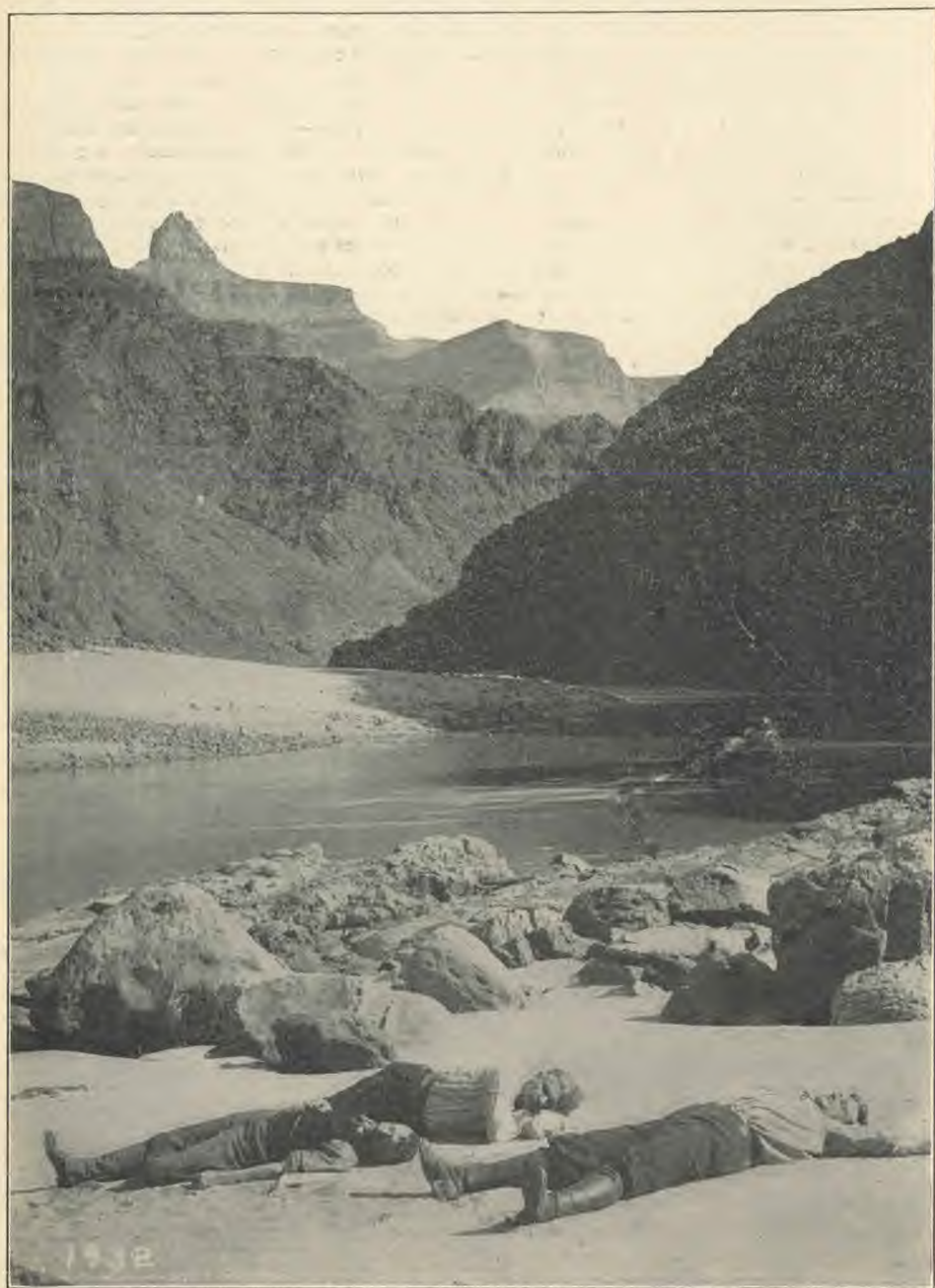
by the wearing of loose clothing; that I would use little or no artificial light, either at night or in the morning, compelling myself to sleep by the healthy weariness that would come from the exercise of the day, and, if I could not sleep, I would not lie abed awake, but would get up and tramp about—naked, if possible—in God's pure night air, until I was ready to sleep. I would plan to eat as simply and as little as possible, never using anything to drink at meals, and totally banishing everything that was not food from my table; that is, there should be no salt, pepper, mustard, pickles, spices, vinegar, or anything of that kind allowed.

All these determinations I would make definite and fixed. These are basic principles, as it were, foundations upon which to build, from which there can be no deviation. In my own case they are the result of about thirty years of friendly relationship with the open. I start from home with all these things as well a part of my mental equipment,

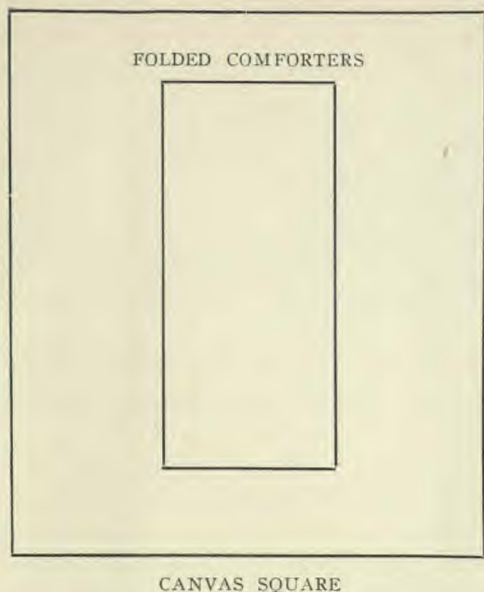
as I put a comb and brush, a nightshirt, a clothes-brush, handkerchiefs, collars and cuffs, into my valise when I start from home to a neighboring city.

Being thus mentally prepared, I then gather together my camp outfit. First, bedding. I secure a piece of heavy canvas fully ten or twelve feet square, two or three comforters, a pair of cheap gray double cotton blankets. Now it is one of my principles to get everything ready for camp before I start,—have everything just as I shall require it when I get there, as far as possible; so I will begin with the bed. I lay the canvas on the ground; then I fold, lengthwise, one or two of my comforters. These I place on the canvas somewhat as illustrated. (Page 473.)

Now I place the blanket with the fold at the bottom of the bed, then spread over this the other comforter, full width, and my bed is ready. This is how I always make up my camp blankets, unless it is cold weather; then I take a comforter from under and place it over me.



"I would compel myself to become healthily tired, so that I could enjoy as a luxury
throwing myself down upon the rough bosom of Mother Earth"



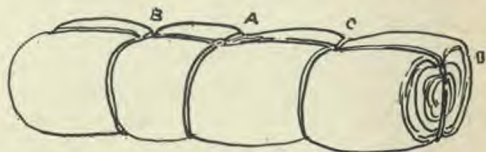
The advantage of placing the fold of the blanket at the foot is that one then sleeps between the blankets, and he can not thrust his feet out of the bedding. If it happens to be extra cold, or to rain through the night, the canvas can be brought over the bed, top, bottom, and sides, and the sleeper thus be perfectly protected.

Now, to roll up the bed, bring the full width of the canvas at the foot up over the bed. Do the same at the head. Then fold over the canvas on both sides, and roll up from the bottom, making as tight a roll of it as possible. Now get a trunk rope; put a slipnoose at one end, circle the roll at one end, and draw the rope as tight as possible. Then circle the roll again in the center, and again a third time at the other end, pulling the rope as tight as possible each time. Now take the rope over the end of the roll, as seen in the engraving.

Loop around the third circling rope, then the center rope, and finally tie at the first circling rope, and the bed is ready to be checked as baggage, to be thrown into a camp wagon, or to be unrolled at a moment's notice by a tired tramp who

wants to go to sleep as soon as he camps.

I have been thus explicit about these most simple directions, for I have found, after many and varied experiences with many and varied people, that the most obvious things to me are very remote from their consciousness; and, further, that very few people, even experienced campers or travelers, put into practise



ROLL OF BEDDING PROPERLY CORDED,
READY FOR SHIPMENT

the principles of tying up every bundle with the thought of the time and conditions when it will have to be untied. I never tie a camp rope without figuring out how to make it easiest to untie; for when night comes, and you have had a long tramp, or ride, you want to be able to do things as quickly and as easily as possible, so that there may be no unnecessary expenditure of energy or time, or, what is equally important, no onslaught upon one's good nature.

Of course there are those who prefer a sleeping-bag. Whatever it is, bag or bed, prepare it every morning ready for immediate use at night.

Now about the cooking kit. What this shall consist of depends entirely upon the persons who make up your party. Cooking is merely the prefix to eating. Tell me what you eat, and I will tell you at once what cooking utensils you will need. When I first began my camping-out trips, and my companions and I were largely carnivorous, I used to take frying-pans, skillets, and all the complete paraphernalia for meat cooking; but now, while I am not a rigid vegetarian, I eliminate nine tenths of the old cooking outfit. We used to take a Dutch oven for the making of biscuits

or bread. Now we take Grant's and Sanitarium crackers, and pilot-bread. Whatever is taken, it is well to have a box large enough to accommodate it, with a broad, heavy strap on the top so that it can be strapped up and lifted easily. A strong dish-pan, with plenty of dish-cloths and towels, should be taken, and a bar of soap.

For a food box I have a similar box. The food you eat is another matter determinable only by your habits and those of your party. On my expedition down the run-away Colorado River to the Salton Sea, in which there were eight of us, the commissary was in the hands of a friend, and he was provided with all the outfit for meat and vegetable cooking, as well as for making bread. The result was we had to take meats, fresh and salt, potatoes, onions, flour, baking-powder, etc.

On later trips to the desert, in which only three of us participated, we eliminated all cooking, and this was our food list: Rolled oats, crushed wheat, and several other grains prepared or unprepared, pinion-nuts, walnuts, almonds, dates, figs, raisins, unsweetened condensed milk, sugar. Everything was placed separately in heavy canvas sacks. No paper sacks or packages of any description are ever allowed on a camping trip. They are a vexation of the spirit, always liable to accident, and always sure to invite disaster at the un auspicious or inappropriate moment.

With this food we could prepare a meal at a couple of minutes' notice. A sufficiency of one or two of the grains was poured out upon the agate-ware plate of each, then a sprinkling of nuts, sugar, and a small quantity of condensed milk. Then, with a piece of pilot-bread, a Grant's cracker or two, a few figs, dates, and raisins, the meal was enjoyed. In addition to this dietary, I take with me all the fruit I can arrange to carry.

I never restrict myself, unless compelled by inability to carry it, in the fruit supply. Canned fruit is easily packed, though heavy. Oranges and lemons I take in large quantities where possible. When we eat these, we do not use the condensed milk.

For personal clothing, take as little as possible, and always with the thought that you are of more importance than many suits or one suit of clothes. In camping, freedom of action is necessary. If you want to lie down on the ground, you want to lie down. In other words, you do not want a suit of clothes to rebel, and tell you that they will be spoiled or soiled if you do so. My own suit is generally a pair of blue denim overalls, or khaki, a William Morris or blue flannel shirt, boots that lace up to the knee, soft sombrero hat, and a coat and vest that have been discarded for home use. Of course I always take along plenty of writing material, and photographic apparatus, and the necessary antidotes for snake bite.¹

Now, suppose we have to go by rail to our starting-point. The food box and cooking-outfit box can be checked as baggage. You have already put into the former a supply of all the needfuls—sacks containing grains, nuts, dates, sugar, and a can of condensed milk, and a package of crackers, also in a sack. I have found Grant's the very best camping-out crackers I have ever used. They are made of the coarse grains and olive oil at Berkeley, Cal., and can be purchased through all grocers, if demanded. The beds are rolled up and tied, as described, and may also be checked. The extra food supply can be put in trunks or boxes, with

¹ Mr. James has prepared a pamphlet giving full descriptions of how snakes bite, and how to treat oneself with certainty, which he will mail to any one who encloses ten cents in stamps, and a stamped and addressed envelope, sent to him at Pasadena, Cal.



CAMPING OUT IN ARIZONA — KYACKS MADE OF RAWHIDE
SEEN UNDER TREE TO LEFT

strong lids that are not nailed down, and strongly roped as trunks. A wagon, or horses, or burros, should be ordered to meet you on your arrival at your desert or other station.

If I arrive, as sometimes happens, in the dead of night, I invariably take out my bedding and personal suit case from the baggage-room, find a level and convenient spot a few yards from the depot, or even on the depot grounds, unroll my bedding, and in ten minutes am either fast asleep or am studying the beautiful desert stars.

If, on the other hand, the arrival is made in the daytime, I get loaded and away from "town" as quickly as possible, aiming for a suitable camping-out place for night. If you are going to travel over a large country, it is well to know beforehand where good water can be found, and there must also be an assurance of grass for the animals. If

you have a wagon, grain can also be taken for the team. If only pack animals, it is a good plan to take a small sack of grain. A handful of barley once a day will help keep your burros or mules friendly to you and the camp, and they are not so likely to wander away. Of course you have provided yourself with hobbles to hobble your horses or burros when they are turned loose to feed.

To pack a burro is quite an art, and yet when once learned it is an easy and interesting task. The requirements are a pack-saddle and blankets with double cinch, a pair of kyacks, a canvas cover, and a lash rope. Kyacks are boxes to be carried on each side of the pack-saddles, like old-fashioned panniers. Those I like best are made of coal-oil boxes, or of thin wooden frames the same size, over which green rawhide with the hair outside is stretched and tacked. As the

hide dries, it tightens, and one then has a light box, tough and durable, for all kinds of wear. Ropes are threaded through holes at the ends of these boxes, to allow the kyacks to be suspended from the saddles.

As packing means the elimination of all unnecessary weight and impediment, food boxes, etc., are left behind, and the kyacks made to do their service. Spread out everything that has to go in one pack. Of the small heavy things make an equal distribution, so that each kyack has about the same weight. Then hang a kyack upon each side of the pack-saddle, the ropes being so adjusted that the kyack hangs a trifle higher in front than behind. Place your personal effects on the top of each kyack, and in the open spaces of the pack-saddle, taking care to equalize the weight on each side. Now fold your bedding into quarter squares, and throw these over the pack, and then cover them with the protecting canvas, and you are ready to tie the whole outfit on with the mysterious and much-talked-of diamond hitch. Once understood, this is very easy, yet its importance must never be underestimated; for, if you are going down a canyon trail, for instance, where a step occurs, and the burro has to drop down, if the pack is not thoroughly secure, he may be overbalanced and thrown from the trail to danger or death. On the other hand, if he is climbing up such a place, a carelessly tied pack will throw him over backward, to the possible injury of both burro and pack. Everything must be well-balanced, snug and tight, as there are often projecting angles of rock to be encountered on range trails, or tough tree branches that get entangled in the ropes, and everything must be foreseen and provided for.

The lash rope should be of strong three-quarter-inch Manila, with a steel or wooden hook at the end. Throw this

hooked end over the animal in the center of the pack, and catch the hook underneath, taking care to place the pack so as not to hurt the animal, and also so as to allow pulling it tight. Now bring the rope up to the top of the pack, pulling it reasonably tight, and thrust a loop twice under the rope that already encircles the pack. Now, without pulling so as to release these loops, wrap the rope carefully around one of the kyacks, taking care to have it go under the center of the kyack, so as to support it. Now thread the end through the loop on the top of the pack, and circle the rope around the kyack on the other side, then back again through the rope opposite the loop. Now begin at the beginning, and tighten up the rope, first around the pack, then pull up the slack in the loops, then around the first kyack, then the second. You are now ready for the last pull, and the photograph perfectly illustrates how this is done. When you have pulled as tightly as possible, if you look at the shape of the loops above, you will see why it is called the diamond hitch.

Now the caravan is ready to start. Off you go, taking plenty of time. Determine upon an early morning start whenever you can. If you have saddle animals for your own riding, you follow easily after the pack animals. I prefer to have one saddle animal for two persons, if possible, so that one may ride and the other walk, changing places occasionally. The walking is a relief from the continuous riding, and the riding a relief after a tramp of a mile or two.

When noon comes, or you come to a patch of good feed for the animals, make camp. First of all loosen the long tie-rope which should always be left on the animals' necks, to catch onto if they want to run away. Take off the packs, put on the hobbles, and turn the animals loose to feed. Then sit down by

the side of your kyack and prepare and eat your meal, chatting and enjoying yourself all you can in the meanwhile. Then take a nap, if a shady spot can be found, and in a couple of hours you are ready to go on.

Study the flora and fauna as you go. Catch the horned toads, lizards, and chuckwallas and turtles, and try to find out something about them. Gather the flowers, and at night-time study them. Keep your mind engaged. Take in all the scenery, find out whatever you can of the local geology, and when night comes you will find you have had a happy day and are ready to sleep. Of course on the desert one must plan to get to water-holes or springs sometime during the day, as a dry camp should only be made in an emergency.

Whenever you come to a place where you wish to stay for a day or two, plan your camp the first thing. Do not do

unnecessary things. Decide before you take off your pack where you want everything to be, and thus once placing them will be sufficient.

If I could but induce those who are beginning to fail in health, those who are nervous and despondent, those who have just begun to have hemorrhages, those who have dyspepsia, to cut loose from all civilization, get a couple or three pack animals and a friend or two to go along, and start out for the open, God's open, into desert, canyon, mountain, forest, island, or seashore, I know health and vigor would begin to flow into them on the first day, and in a comparatively short space of time they would be well and happy, ready with renewed energy to take up the battle of life.

In later articles I shall give, now and again, some of my own experiences in the open, as well as the mental and spiritual effect this life has had upon me.



GIVING THE LAST PULL TO THE DIAMOND HITCH



Clothing and Food When Camping

Herbert M. Lome



THE question of wearing apparel when in camp, is an important one. Some one has said that the camp is an excellent place in

which to get rid of your old clothes. This is true as far as it goes.

But one of the requisites of these external clothes is that they be woolen, or the new khaki. This statement is made on the basis of the experience of those who have camped out under all sorts of conditions. In regard to underclothing, an authority on the matter, who declares that he has tried "all varieties of linen, cotton, silk, and bark underwear," claims that he has settled on

woolen as the proper outing underwear for all countries, and all times of the year. Men whose opinions are worth having, such as hunters, log-drivers, army officers, etc., give their unqualified verdict in favor of woolen garments for wear next to the skin. It is said by some authorities that a man may get wet a dozen times and not suffer from colds or rheumatism if he uses such underwear.

The average tennis shirts serve an excellent purpose for camping wear, and

it is well to have a shirt or two doubled on the breast and back for use during cold spells. If your camp is to last anywhere from ten days to two months, two suits of underwear, two outside shirts, and six pairs of cotton or lisle socks, are plenty. You can wash them, or have them washed in camp, and hence

Absolute change is a holiday necessity. But such a change does not necessitate a trip to the Rocky Mountains or the Maine woods. This article is intended for the man who possesses little or no knowledge of woodcraft, who has muscles of the usual sort, not those of the athlete, who has only moderate means, and who wishes his wife and children to enjoy with him the benefits of a temporary return to the life primitive.

The four essentials of camp life, shelter, garments, food, and sleeping accommodations, are explained for the benefit of the unaccustomed.

In the July issue Mr. Lome discussed tents and shelters. This issue is devoted to the consideration of the other three essentials.

there is no need to burden yourself with a larger number. The outside shirts should have wide collars, which in chilly weather may be turned up, and a scarf tied outside of them. Coats and trousers (and vest if you need it), made of wool if possible, may be worn, and the older the better. Plenty of pockets are essential. It is well to have two large outside pockets, which will be found convenient in carrying the lunch or other articles which should be protected from the weather. Do not purchase corduroy or velveteen suits, for both are a delusion, and will detract from your comfort, especially in wet weather. A pair of canvas overalls and a canvas blouse or jacket are good, not only as a protection against bruises and briars, but against rain and cold wind also. If a rubber coat is taken, be sure to see that it is long enough. Do not take an overcoat; if the weather becomes chilly, put on an extra shirt.

The best head covering is a medium weight soft felt hat, with a moderately wide brim. A cap does not protect the head or the eyes from the sunlight.

In selecting foot-wear, it is best to avoid rubber and so-called waterproof leather. Wear either an ordinary leather shoe, russet preferred, which has a broad, heavy sole and a low, broad heel, or sandals, or moccasins. The best moccasins are made of heavy buckskin, and can be bought at any sporting-goods store. If you are not accustomed to their use, it is well to put a pair of leather insoles in them, and on some occasions, two pairs

of socks may be used. Both the insoles and the socks are intended to protect your unhardened feet from the rocks and the ground.

It may be added that a belt is sometimes worn instead of suspenders; that you should take veils along if the locality of the camp is likely to be infested with mosquitoes, and that a pair of thick, pliable buckskin gloves with gauntlets are often useful.

The remarks which have been made in regard to the garments of men apply almost equally to the wear of women.

Skirts should be short, and fit loosely at the waist, and every woman who wears a corset at home should leave it there. Common-sense shoes or sandals are essential, and it is well to take along a pair of knee rubber boots. As for the children, dress

them on the same practical, common-sense plan, and all will be well.

The question of food is of much concern to the camper-out, but when it is said that only plain and substantial edibles should be used, a good many of the apparent difficulties connected with this branch of the outing will disappear. Delicacies and desserts may be safely left at home; they are well enough in their place, but their place is not in camp. Says Coquine, "Give your stomach a chance to recover during your outing from the ill effects of the rich foods with which you have been stuffing it for the year past." Bread, cereals, vegetables, and fruits are the staples that you will want; and if you think you must have

For external clothing use woolen or khaki.

For underwear use woolen.

Do not take too much clothing.

Avoid corduroy and velveteen.

Wear common-sense shoes.

Take an abundance of foods, but let them be plain and substantial.

Give your stomach a vacation as well as yourself.

Be careful of the water-supply.

Take sufficient bedding, mattresses, etc., for comfort.

Be sure to select a good camp site.

meat, let it be in very moderate quantity.

In considering the quantity and proportion of edibles suitable for the daily consumption of each camper, one must be guided by individual peculiarities. A more or less liberal allowance must be made, however, for the increase of appetite which is sure to follow on an outing. It may be that you are counting on your rod partially supplying your table, and that you are looking forward to fruits and vegetables, milk, and other things edible and desirable, which you hope to obtain in the neighborhood of your camping-ground. It is well to remember, however, that the best-laid schemes of men who camp are liable to go wrong in this respect. Hence the necessity for taking along such a supply of staple eatables as shall ensure you against possible disappointment.

Tinned or canned stuff of every kind is more or less of a snare to the novice in camp affairs, for the reason that it is bulky and, in the great majority of cases, consists chiefly of water. Dry and desiccated fruits, canned edibles which fill the tin, biscuits, crackers, and the like, are appropriate. For the rest, be cautious, and remember that the rainy day, when it comes to those under canvas, often necessitates the preparation of meals from stores that are at hand.

Household utensils for camping should be as few as possible. Sheet-iron stoves, made especially for camping purposes, are purchasable at reasonable rates. Those that burn oil with a blue flame are excellent, as the writer can testify. A rough canvas screen that can be placed on the windward side of the stove will be useful. Do not attempt to cook by a camp-fire. Such a fire may satisfy a taste for the romantic, but the novice usually finds it to be unsatisfactory. Two iron frying-pans with long handles that can be removed, a large teakettle, and two agate-ware saucepans will be

found sufficient for a party of six. The cups, plates, dishes, etc., are preferably of the light enameled kind. Let the knives, forks, and spoons be strong and cheap. The good sense of the housewife will prompt her in the selection of these things.

Be careful that your water-supply is uncontaminated. When possible, use spring water direct from a spring head. If compelled to draw on a brook that runs near farmhouses or through a grazing district, boil the water before using it.

One of the things of camp life in regard to which the unknowing public cherishes delusions is that of sleeping. The belief seems to be that, once in the woods, one can sleep at any time or anywhere, a hammock, or even the earth itself, proving equally satisfactory. This is all wrong. Too much care can not be given to beds and bedding. This, chiefly for the reason that unless you sleep comfortably, your health will suffer, and your outing will be spoiled. It is only the hardiest who can fling themselves down where night finds them, and slumber until the dawn awakens them. Even then, they usually pay the penalty for their apparent immunity in the shape of rheumatism and other maladies. After a hard day's tramping, rowing, or what not, a good bed is most necessary to enable one to overcome the fatigue of the previous day and to prepare for the labor of the following day.

Blankets constitute the staple article of camp bedding, and even in warm weather two pairs should be allowed to each man or woman. Good cot-beds are made for camp use that fold into a small package; they are light, strong, and durable. The advantage of these is that they can be packed out of the way during the daytime, or, if they remain set up, can be used for various other purposes. There are many such cots of different

design in the market, and the choice must rest with the special needs of the camper-out. It is well to have a cotton or wool mattress with each cot. To sleep on canvas is all very well, but unless one is compelled to do so, there is no reason why the mattress should be dispensed with. A good but low pillow is an essential to a sound night's rest. Use those which are stuffed with curled hair or feathers. Under any circumstance, do not take a rubber pillow along, because it gets uncomfortable after an hour or so.

A rubber blanket is good to spread on the ground below your cot or your bed, and is useful to roll your bedding in after you are through with it for the night. A sheet of waterproof canvas, four feet wide and eight feet long, spread over your cot, will protect it against rain and dust, and will be found useful in other ways.

A hammock is a convenience, especially if women or children are in the party, but it is only good to lounge in; the writer does not recommend it for sleeping purposes. Let it be repeated, that there is no reason why one should dispense with proper beds or bedding when living in camp, and the person who chooses to do so, will assuredly pay the penalty for his rashness either in camp or on his return to life in town.

As to the equipment of sporting appliances, that must be left to the good sense of the party. It is well to take a shotgun along for the benefit of skunks and other "varmints" that may happen around. If there is a lake or river in the neighborhood, boats and canoes can probably be hired.

Simple remedies, — court-plaster, a

pair of tweezers, lint, needles, etc.,— should be taken along. It is also well to have a practical knowledge of first aid to the injured. This does not mean that accidents are inseparable from camps, but it is well to be prepared for the possible.

Packing cases, which can be procured from any dry-goods store, may be used for conveying the stores and outfit from the railroad station to the camping-ground. It is always well for some person of the party to inspect the camp location before deciding on it. Nothing should be taken on hearsay, even the testimony of well-meaning friends being sometimes misleading in this regard. Much of the health and most of the comfort of a camp depends upon its location. All things being equal, it is better to pitch high rather than low. By so doing, you get a natural drainage, have the breeze during the hot spells, and avoid many of the insect pests, the dampness of low ground, and the morning and evening mists of the valley.

The writer recommends the pitching of a camp under a tree or trees, at least in a partial shade. Of course you will be told that you are inviting the lightning stroke, crushing by the falling tree, and all the rest of it; but don't heed such tales. Trees that fall and trees that act as bad lightning conductors are, alike, so rare as not to be worth mentioning.

And so the fresh air and exercise, the freedom from fret and worry, the unconventional chat, company, and clothing, and the unfettered life in general, which characterize life of the semi-wild sort, have in them that which will keep the camp and its occupants fresh and healthy in more senses than one.



THAT BOY OF YOURS

By H.T. Musselman

Editor of the Youth's World

NO. 7—BOYS' CLUBS WITHIN AND WITHOUT THE CHURCH



LEADERS of last month's article on "The Gang Instinct and What It Is Worth," will no doubt be in a sympathetic mood now to listen to a brief discussion of the subject of boys' clubs. The gang spirit should be made use of by every lover and leader of boys. The boys' club is, of course, the natural outgrowth of this gang spirit, and is, therefore, a most effective agency in our work with boys. The most essential elements of the gang spirit are the instinct for friendship and for organized play. Boys' clubs, more than any other agency, provide for both of these fundamental instincts. Their relation to friendship is seen from the fact that about eighty per cent of all boys at one time or another belong to some childish or boyhood organization,— a percent-

age practically equal to all those who have ever had a chance thus to organize. Charles Kingsley, dying, said that life's secret was the finding of "a friend." The boys' club furnishes the boy the opportunity and the power of making friendships, and some of the most lasting friendships are formed within its sacred circle. Perhaps the boys' club is even more successful in providing for the instinct for organized play among boys.

It has been pointed out by a leading worker with boys that seventy-eight per cent of all the gangs and organizations spontaneously organized by boys for themselves are organized for some form of physical activity. Whatever may be the form of this activity, it is usually organized after the manner of play.

The value of the boys' club as a moral and educational agency in our work with boys has been recognized more by

The essential elements of the gang spirit are the instincts for friendship and for organized play.

Boys' clubs provide for these normal instincts.

Boys' clubs outside of the church may be divided into three classes: mass club, group club, and combination club.

Within the church the value of boys' clubs as a moral and educational agency is not recognized to the extent that it is outside; and often the boys' club in the church has been a failure because organized from the adult standpoint.

In the church, group clubs are more effective than mass clubs.

The important factor in any club is the leader.

The form of organization should be that best adapted to local needs.

In starting a club, begin with a few members, and educate them first; do not make entrance too easy; do not have too many rules; carefully select your officers; make the club one of action from the first.

workers outside the church than within the church. A wave of interest in boys' clubs has been spreading over the country for the last twenty years. Thousands of dollars have been spent in splendid buildings for boys' work, and more is being spent to-day than ever before. It would seem that many men with statesmanlike vision are coming to see that if we look after the boy, the state will take care of itself. The climax of this interest seems to be in the New England States, where, in a large number of the cities, there are boys' clubs with splendid buildings.

This is perhaps due to two men—Mr. Thomas Chew, superintendent of the Fall River Boys' Club, and Wm. Byron Forbush, who lived for so many years in and around Boston. These boys' clubs and club houses are for various types of boys. One of the most interesting types of boys' clubs is that of the various newsboys' associations. Besides these boys' clubs, conducted usually by a small group of interested and unselfish workers, the International Y. M. C. A. has for some years been working at the boy problem through boys' clubs. The Boys' Department in the Y. M. C. A. work has come to be one of the most significant features of the splendid work carried on by that institution.

Boys' clubs outside the church may be divided into three classes, known as the mass club, group club, and the combination club. The mass club is usually made up of a large number of boys, gathered from many walks of life. They were organized primarily to keep boys off the street, and thus save them from the pitfalls of temptations found therein. These mass clubs, however, have developed until they provide for practically every interest and need of boy life. The building is usually large and spacious, being provided with gymnasium, swim-

ming pool, reading-rooms, workshops, class rooms, etc.

The religious work in these large mass clubs is largely through personal touch; and perhaps this is the weakest element in the mass clubs. Hence, from the standpoint of religion, the mass club is very apt to be defective. The group club is made up of a small group of boys, usually of congenial spirit, and led by some unselfish lover of boys. This group sometimes meets in the office of the leader, sometimes in his home, but more frequently in connection with the Boys' Department of the Y. M. C. A.

In many respects the group club is far more valuable than the mass club to its individual members; and this because of the closer personal touch of the leaders with those members. The combination boys' club is where the organized mass club for boys divides its service, part of it being done in what may be termed the mass club work, and part of it in small groups, under the leadership of some person. Thus the mass club and the group club both contribute to the life of the boy. Perhaps the most successful use of the combination method is found in some of our leading Y. M. C. A. centers, such as Philadelphia and Washington.

We turn now to boys' clubs within the church. Strange as it may seem, the church has been slow to recognize the supreme place of special work for boys. A writer, who signs himself by the dignified name of *Jump*, says: "When the church learns that a love for prayer-meetings is not one of the instincts born into a boy at puberty, and discovers that it owes pastoral service to shouting boys as well as to ripening saints, and that stories told to the boys on Sunday lead to boyish confidences on Monday,—then it will better fulfil its function, and the churching of boys to-day will be the manning of the church fifteen years

hence." However, through the influence of such writers as *Jump*, the church is rapidly awakening to the value of boys.

So far, the average boys' club, or organization, within the church has been a failure. The reason for this is very plain, namely, that the boys' clubs, or organizations, within the church have usually been organized from the adult standpoint. Such organizations as the Boys' Brotherhood of St. Andrew, the Boys' Brotherhood of Andrew and Philip, the Covenanters, the Brotherhood of St. Paul, like the mixed organizations, — Junior Christian Endeavor, Junior Epworth League, and Junior Baptist Young People's Union,— are all striking examples of this. This is not to say that these organizations, when they have been under the leadership of some strong personality, have not made real contributions to boy life; but, if we would succeed well with a boys' club in the church, it must be organized in keeping with the interests of boy life; and, as we have seen, the chief interest of boy life is for fellowship, fun, and play. On the basis of these we can build up our club, and lead him step by step into fellowship with God and loving service for his fellow men.

As a rule, the church can not do much with the mass club. Here and there a wealthy church may build a boys' department and conduct the various activities of the mass club, but in the greater number of churches it is the group club which can be used most effectively. Very often, as Stelzle points out, "one of the very best clubs ever organized is composed of a Sunday-school teacher and his class of boys. In form this club is very simple, but its very simplicity gives such a club a wide range of possibility." The teacher will find no better way to hold his boys than the way of meeting and mingling with them in their various interests and activities. Of

course, the leader of such a boys' club should, in ninety-nine cases out of a hundred, be a man, and a manly man at that.

Now, there are many forms of organization for boys' clubs—some good, some better—but the most important factor in the success of any boys' club, whatever be the form of organization, is the leader of the club. There are a number of boys' club movements in existence to-day which are being used in work with boys in our churches, Sunday-schools, Young Men's Christian Associations, and other Christian institutions, such as The United Boys' Brigade of America, The Knights of the Holy Grail, The Knights of King Arthur, and others. Some leaders of boys' clubs make much use of the military spirit; but there is a growing number of persons to-day who feel that the military spirit should not be made the central basis of our work with boys; others make the heroic and chivalry ideals central in the club organization. Still others make the altruistic motives supreme, seeking to bring the boys to a spirit of genuine Christian service in behalf of humanity. In all successful boys' clubs, much use is made of muscular activity and God's great out-of-door world.

Certainly the best form of organization for a boys' club, whatever be its name, is to adapt the organization to the local needs of the boys in a given Sunday-school or community. The first club led by the writer was so organized, and given a purely local name. This permitted much use of the local spirit. The idea of the building up of Christian manhood was central, and the club activities were tied to the church as a center.

In starting a boys' club in your church, we would suggest that you first study the needs of the boys in your church or community, and then the forms of organizations which have been successful in other

places. Interview, if possible, a number of leaders of boys' clubs, and thus learn the personal approach to the whole problem. It is best to begin with a few. Educate them, enlist their co-operation, and then admit a few more. The privileges of the club will be far more appreciated if admission does not come too easily. Difficulties often delight the boy, as they are said to delight our ex-president. Never admit more boys to the club room than can be conveniently accommodated. Decide upon some name, either that of a general movement or local, as seems wise; and, whatever you do, do not have too many rules. Make as much use of the spirit of honor in the boy as possible. The first step toward success is not a system of rules, but the becoming on the part of the leader a chum to every boy in the club.

Be careful in the election of your officers. It does not matter how many officers you have, so long as you have enough. Nearly every fellow will want an official position; but if you show wisdom in the selection of the natural leaders among them, every other fellow will fall in line. The first meeting of the boys with a view to organization will be

important. Let that meeting be full of life, the spirit of boyhood, and the outlook for coming manhood. Plan the work on active lines. If you let them feel that you are going to do things, you may be sure that every boy will leave that meeting with a bundle of enthusiasm for the club.

We should like to go on now and give some specific suggestions about the conduct of a boys' club, but our space forbids this. Perhaps the editor will give us the privilege at some future time of giving to the readers of these series of talks an article on "How to Conduct a Boys' Club Within the Church." Meanwhile, we suggest that you read upon the subject of organized boys' clubs, and start such a club in your church. You will learn best how to conduct the club by conducting it, just as we learn to do things by doing them. One thing you must learn early in the conduct of the club, and that is the large place to be given to the expression of the play instinct. Few things, properly guided, have so large a moral value in the unfolding life of a boy as play. Next time we shall seek to point out the place of play in the boy's life.



Pearls

Alphonso Irwin, D. D. S.



ALTHOUGH we can not vouch for the antirace suicide activities of the stork, we will repeat the sentiments of the little girl who expressed it as her opinion that "the stork ought to take little baby brother back to 'Dod,' who made it, because he sent baby without any 'toofuns,' and I want him to finish the job."

It is true that baby enters this world without any teeth. It is true that the teeth may, through improper care, be a source of trouble as well as pleasure, from the eruption of the first one until the last one is lost. These considerations should impel us to take intelligent care of these organs, and learn all we can about their nature and use.

If baby is a normal creation, by the time he is three years old, he displays twenty glistening pearls in his mouth. There are some wonderful babies who violate every known precedent; but we will not attempt to exploit these prodigies, describe their cunning stunts, or account for their prowess.

Teething

Baby announces the advent of these pearls by biting on anything he can lay

hold of. He may grab your finger between his tiny jaws, or contentedly munch his own finger, varying the program sometimes by sampling the flavor of his toe; he may bite perseveringly on a rubber toy or an ivory ring made expressly for that purpose; but bite he must, with all the voraciousness possible with his infantile organs. This habit of biting is nature's way of hinting that she is not engaged in the business of dentition alone, but that she needs an active partner, and the baby must therefore become a member of the firm. The mechanical force exerted through pressure in the act of biting, assists the eruption of the teeth materially, by promoting the absorption of the overlying tissue. The popular term, cutting, does not apply to this process. The teeth do not cut through the gums.

The care of baby's teeth has a most important bearing on the future health and efficiency of the child. There are three valuable suggestions:—

First, the food. Mother's milk if possible, or clean milk from one healthy cow; no solid food for seven months.

Second, cleanliness. Soft water with Castile soap, or a properly prepared powder or wash. Are you willing to pay the price for the life and health of your child? Then keep it clean always. Clean its mouth "in season and out of season."

Third, the dentist. Do not allow any decay to remain in the mouth, as it damages the permanent teeth. "A three-year-old child is not too young to go to the dentist."

The approach of these pearls is also heralded by many a yell and kick and squirm when an extra twinge of pain shoots along the developing nerve, to the great distraction of the doting mother, whilst adding to the nightly vigils of the proud father, who measures many a lap back and forth over the bedroom floor in his frantic

efforts to quiet the baby, and obtain needed sleep for himself and family.

There is no absolutely exact time or regular order for the first teeth to emerge from their hiding-place through the gums into the mouth, although the

before it is seven months old, because the necessary digestive organs have not been developed. Disregard for this fact is responsible, in many cases, for the pitted or honeycombed appearance of the permanent teeth.

The Deciduous Time-Table

The lower central incisors appear about the sixth or seventh month.
 The upper central incisors appear from the seventh to the ninth month.
 The lateral incisors should appear about the ninth or tenth month.
 The first temporary molars should appear about the twelfth month.
 The temporary canines should appear about the eighteenth month.
 The second temporary molars appear about the twenty-fourth month.

lower set generally precedes the upper set.

The milk-teeth of children commence to erupt the sixth month after birth, and the last temporary tooth usually appears by the thirtieth month, ten in the upper and ten in the lower jaw. Carefully arranged tables have been compiled showing which month baby should have a new pearl on exhibition; but, strange to relate, some youngsters show an utter disregard for the schedule time.

Food

Milk is the proper food for an infant during the first seven months of life. Mother's milk is best; one cow's milk comes next; condensed or evaporated milk or cream; or prepared infants' food, lack phosphates and lime salts which can be readily assimilated by the child. Meat, bread, biscuits, or solids in any form, should never be fed to an infant

Care of the First Teeth

The first set of lustrous pearls will not remain beautiful long unless the mother keeps them clean. A soft rag and tepid water may suffice to keep them clean at first, but soon pure Castile soap, the best English precipitated chalk, or a delicately flavored and perfumed powder, must be employed for this purpose. One of the small, soft tooth-brushes made especially for children can be applied skilfully, and so as to clean the teeth more quickly and thoroughly than in any



"NO TOOFUNS"

other way. Lime-water is excellent for neutralizing any acidity that may be present in the mouth. Equal parts of lime-water and rose-water make an excellent combination; add a teaspoonful of glycerin to eight ounces of this mouth wash, to improve the taste, and put one drop of formalin to each ounce, and you have a superior germicide for cleansing the mouth and teeth. Equal parts

of the best English precipitated chalk, and powdered Florentine orris-root, to which has been added two drops of oil of wintergreen for every ounce of the powder, will make the best tooth-powder you can use. This preparation can be used freely and frequently upon the teeth.

A green stain sometimes forms on the outside of the milk-teeth near the gums. This should be removed. If the first teeth decay, they should receive prompt attention. Why?—Because it hurts the little ones to have decayed or diseased teeth. It also mars their infantile beauty, upsets digestion through lack of proper mastication, and the irritated nerves make a fretful and peevish child. But there are other reasons. Diseased milk-teeth may infect the baby's permanent teeth, lying at the apex of their roots in the jaw; they may retard the eruption, and interfere with the regularity of the second set of teeth. Lifelong facial disfigurement may ensue as a consequence of the failure to take care of the baby-teeth. A three-year-old child is not too young to take to a dentist for examination and advice in regard to the care and repair of the first teeth.

Cleanliness

In regard to the care of the mouth, there is but one gospel to advocate, and that is the gospel of cleanliness; there is but one sermon to preach, and that sermon can be proclaimed in one word—cleanliness; there is but one text to learn, and that text is cleanliness; there is but one commandment to obey, and that commandment declares, "Thou shalt keep clean."

Cleanliness of the teeth, cleanliness of the gums, cleanliness of the tongue, cleanliness of the throat, cleanliness of the mouth. You can keep over twenty

deadly diseases from attacking your child through the mouth, by cleanliness. Are you willing to pay the price for the life of your child? Then keep it clean. Not for one day or one hour only, but keep it clean always. Clean its mouth in season and out of season; clean its mouth anywhere and everywhere; clean its teeth in the nighttime and clean them

during the daytime; clean its mouth and teeth when you feel like it, and clean them when you don't feel like it. This is the price we must pay for the health of our child.

Camden, N. J.



"WHO SAYS I CAN'T EAT?"





The Layman's Health Movement



R. EGBERT, in his oration on "State Medicine" at the recent session of the American Medical Association, refers to the recent "layman's missionary movement, in which are enlisted men of all creeds and denominations, which has already shown great power and influence, but which promises to accomplish more in a few decades than has been achieved in many centuries of the past." He believes that as the laymen are taking up the work formerly monopolized largely by the clergy, so the medical laity should be taught to take up the burden of the public health, thus far largely borne by the physicians.

He sees manifest signs of awaking, not the least being the work of newspapers and magazines in popularizing all health topics. An important factor, according to the doctor, in the popularization of hygiene is the organization by the American Medical Association of public instruction on medical subjects.

But the American Medical Association has no copyright on hygienic instruction. There always will be room for differences of opinion. As a state church can work only for the suppression of independent religious thought, so a body delegated to teach "orthodox" hygiene could only stifle independent thought along health lines.

A most important means of health education should be the public school. Fully as important as the condition of the mind is the condition of the body; for a good mind is always handicapped when it is associated with a feeble,

sickly, or inefficient body. Every teacher should be fully capable of teaching the children the laws of personal hygiene at a time of life when the habits are not permanently fixed; at a time when lasting impressions may be made. The average person who has passed school age is hostile or indifferent to new impressions, from whatever source they may come. Health principles do not have the influence upon the older portion of the community that they do upon the children.

Yet it is a fact that comparatively few teachers are competent to give practical instruction in hygiene. As a rule, it is little more than a perfunctory going through a text-book, leaving the pupils with little more love for the principles of hygiene than before they took up the study.

What is needed is the teaching of those who are preparing for teachers, numbering nearly a score of thousand every year, by those who realize the importance of the health propaganda. Once enthuse the large body of teachers, and the health idea will soon capture the children.

Even perfunctory work done by teachers with temperance text-books on physiology has undoubtedly had a large influence in swelling the anti-liquor wave that has swept the country.

But this health-education movement should not exhaust its energies in legislation, but should teach the importance of every student setting his own house in order hygienically. A sentiment that ends in legislation is not sufficient.

The Playground Congress

THE fourth annual session of the Playground Association of America was held in Rochester, New York, June 7-12. For the public, the most interesting part of the program was that given in the evenings. During the forenoons, convention business and discussion of methods occupied the time. Parts of the afternoons were devoted to visiting parks and playgrounds. The most spectacular part of the events provided by the program committee, games in the parks by ten thousand Rochester schoolchildren, and a water carnival Saturday evening, were made impracticable by the weather, though the games were played in the large armory.

Tuesday and Wednesday evenings, at Convention Hall, delegates and townspeople listened to choruses by five hundred children of the Rochester schools, witnessed graceful folk dances by children attired in appropriate costumes, heard addresses on various phases of the playground movement, and saw stereopticon views of Rochester playgrounds and parks and public buildings. Among the speakers were Luther H. Gulick, president of the association, Elmer Ellsworth Brown, United States commissioner of education, and Ernest Thompson-Seton.

Thursday night the addresses were given in the gymnasium of the University of Rochester, to an audience of a somewhat different type; and the addresses were what some would have considered "strong meat." There were fewer representatives of the young people.

The talk by Mrs. Charles Henry Israels was certainly a revelation to many, so much so that Dr. Gulick, himself quite familiar with many conditions in New

York, a number of times asked her how she knew these things, and whether she was certain of what she spoke. Mrs. Israels, who made it plain that she was not speaking from hearsay, but as the result of careful and long-continued investigation, asserted that ninety-five per cent of the working girls in New York from fourteen years old and upward, regularly attend the dance halls, and that there they drink beer or something stronger, and become intimate with young men they have never met before. She further asserted that in connection with these halls there are private hotels for the accommodation of the young men and women who attend the dance halls. While a large proportion of these girls do not go into a life of open shame, they give away that which is priceless to womanhood. Mrs. Israels believes that the only way to reach these girls is by establishing halls where dancing will be conducted without beer, and where everything of a vicious nature will be excluded. In fact, such halls have already accomplished good.

To her it is not a question as between the good and the best, but between the bad and something worse. These girls grow up, thousands of them, with no ambition but to be, as they express it, "their own bosses" at fourteen, when they begin to earn wages, and begin spending a part of their meager earnings in the dance halls; and Mrs. Israels thinks they can be best reached through the dance hall with the worst features eliminated.

To those who have never come in contact with the seamy side of life in our cities, such a program will seem an unwarranted compromise. Possibly if they were in the work, the perspective might be different.

A Dance Hall in a Smaller City

THE following story was told by another worker, in one of the morning meetings of the playground convention.

A worker in a town of twenty thousand inhabitants, noticing that there were a large number of tough girls hanging around the station and other questionable places, secured the largest hall in the place, and personally invited these girls to come to the hall to dance. The first night was a success, according to the standards of the dive. There was noise, rowdyism, and confusion, indecent behavior, and fights. But this plucky woman was not to be daunted by one such experience, and she continued her work, gradually instilling a better standard of action. By directing rather than repressing the instincts of these young people, she held them, until these instincts were guided into better channels. In the course of a few years, the young

men were attending in evening suits, the young women were well attired, and everything was conducted in a creditable manner. Wonders had been accomplished with a rough, vicious crowd; not, perhaps, by what you and I might consider the best method; but we have yet to demonstrate whether our method would be more successful.

Some of us would, of course, have undertaken that work in some other way than by means of a dance hall; and after our experience, we would possibly have been sadder, if not wiser, and have said, "There is no use trying to help these people; they are too low down." It falls to the lot of some to do as the Master did,—come right down where the publicans and sinners can feel the touch of a friend. Do we always do it, or do we pray, "God, I thank thee, that I am not as other men are, or even as this publican"?

Newspaper Ethics

A QUEER report of Mrs. Israel's address appeared in a Rochester morning paper. Though it began with the statement that her talk was out of the ordinary, one would never have dreamed from the published report in what way it was out of the ordinary. Every reference to the life of the working girls was so obliterated that the address as printed meant nothing. The query might arise, Are the papers subsidized by the owners of the casinos? for, according to Mrs. Israel, cities like Rochester have them, as well as New York. Or are the publishers of the newspapers afraid their readers will not countenance such discussions? We can

—ostrich-like—hide our heads in the sands so we can not see the condition of thousands of working girls; but let some of the corruption in high life, as in the Harry Thaw affair, come to the surface, and the newspapers will have their columns full of all the details, in all their nasty suggestiveness, with no other object to be attained than the ministration to an appetite for the impure. If an association is organized to carry on a campaign of education with the purpose of lessening vice and its consequences, these papers will be the first to antagonize the movement, by raising the cry, "Indecent!" Such is the consistency of the newspaper attitude.

Are We Civilized?

CIVILIZATION might be defined as the capacity of the community as a whole to work for the betterment of the whole, were it not for the fact that the definition would present an ideal of which there are no examples; for by such a definition, nations, and States, and cities are in a state of semi-barbarism.

This definition would exclude the exploitations of the poor by the rich, and the mad rush for wealth which scruples not at method so the end is gained. It would exclude all war and oppression, all race hatred and prejudice. It would exclude all caste, whether hereditary, or financial, or educational. It would exclude all pauper, criminal, defective, and dependent classes. That is, so long as these things exist, just so long and in that measure do we fall short of an ideal civilization.

The socialist program would not meet the requirements of the definition, because that fosters dependence on the government rather than the true ideal, paradoxically stated by Paul: "Bear ye one another's burdens, and let every man bear his own burden."

A perfect civilization is the working out between individuals and individuals, between family and family, between city and city, between nation and nation, of the golden rule. This program is far from fulfilment, and the evidence that we as individuals are not fully civilized is that we excuse and condone the imperfect, and call the existing travesty a civilization.

We say war is necessary. We say that it is needful to give the wealth of the country, mines, forests, water power, to a few fortunate ones in order to develop the country. We say that the country can not develop unless there are commanders and commanded — brains

to direct, and muscle to serve. We are so short-sighted that we can not conceive of a civilization built on any other than a caste basis, and maintained by force; mankind divided into two classes, one toiling piteously for a pittance, the other living in luxury on the products of that toil.

Perhaps, with the vast difference in educational advantages, and our systems so arranged as to perpetuate these differences, no other system is now feasible. But there is a worse feature yet: practically all of our institutions and the organization of society are on such a basis as to increase rather than decrease caste. In our early history there was practically no caste. In the pioneer regions there is at first no caste, but gradually by the natural working of our industrial and social systems caste forms, and grows with the years. Are we civilized?

A recent disgraceful affair — a disgrace to every newspaper that has blazoned the brutal details, a disgrace to every person whose money fostered the barbarous proceeding, a disgrace to every city where race riots occurred as a sequel, a disgrace to the nation, holding us up to the ridicule of other nations, is the event that recently occurred in a Western State.

Are we civilized when we take so much interest in a brutal exhibition outlawed in every State but one, that the participants make hundreds of thousands of dollars out of the affair? How far have we advanced from the condition of the elemental savage when mobs wreak their vengeance on men of another color, because a fight for championship between men of two races was a disappointment? We call it brutal, but an apology is due to the brute creation for such a use of the word. Are we civilized?

As We See It

Carnegie Foundation Report It is generally known that the Foundation was established for the pension of aged teachers in connection with colleges and universities. In the first place, it was not intended to pension teachers in State institutions, but latterly these have been included, and of course the question of pensioning teachers of medicine in these schools comes up. One of the things to be decided by the directors of the Foundation is what schools maintain such a standard that their professors are worthy to be put upon the pension list.

The Foundation has made an investigation of the various colleges and universities, placing only those on the list of pensioned institutions which are doing creditable work. Already some medical professors have received pensions from the Foundation, but the directors have decided, after careful investigation, that many of the so-called medical colleges are poorly equipped and without proper facilities, or without sufficiently strong faculties. The report favors the elimination of many of the small and poorly equipped schools, and the strengthening of the larger and better schools. It strongly urges that there be a decrease in the number of medical graduates each year, and an improvement in their quality.

The report makes a statement regarding sectarian schools, that in any case the judgments of the directors of the Foundation will not be based on the methods of treatment employed, but on the thoroughness with which pupils are grounded in the fundamentals of medical science, including anatomy, physiology, pathology, bacteriology, chemistry, obstetrics, and the like.

Some of the schools investigated by the Foundation have been hit so hard that considerable bitterness has been manifested by those interested.

Girls and Play THE president of the Pittsburgh Playground Association, before the playground congress recently held in Rochester, made the statement, based on observations by herself and others connected with the playground movement, that "early arrest of the play spirit in girls causes arrest in development, and favors the establishment of emotional disorders." This is a most serious charge, and, if so, we must reckon the playground, properly supervised, as one of the important means of developing the womanhood of our girls. Another statement, if anything more significant, by another worker who has had years of experience in rescue homes,—"*Most delinquent girls know nothing of play,*"—indicates that in normal play there is implanted something of moral fiber, which is lost by the girl who, through poverty or in any other way, is deprived of healthy association with those of her own age.

Is it a fact that depriving the girl of play arrests normal development, favors the establishment of emotional disorders, and lessens the power of resisting temptation, so that she the more readily falls into sin? If so, the playground, at least in congested districts, is certainly a most potent factor for morality.

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Sunday Laws and Play JOSEPH LEE, the president-elect of the Playground Association of America, in an address at the Rochester Convention, paid his respects to Sunday laws. He asserts that these laws interfere with the very spirit of true Sunday-keeping, that they do not encourage rest in the real sense, but idleness, and Mr. Lee is emphatic in the statement that idleness is not rest. He says that a person is often more tired at the end of a day of absolute idleness than at the end of ten hours

of strenuous labor. He finds the greatest fault with the Sunday laws which prohibit play, in the fact that they deny to the poor who have no time for recreation on week days, the opportunity of obtaining any recreation. He showed that recreation is man's means of renewal; that a steady humdrum life more rapidly than anything else makes for old age and decrepitude; and that to deny those who have only one day in the week for recreation the privilege of taking recreation on that day, is to deny them absolutely their opportunity for self-renewal.

Mr. Lee says there is a general recognition now that these strict Sunday laws are evil and only evil, and in New York the playing of tennis is now allowed, and the tendency to liberality is growing elsewhere. Sunday, according to Mr. Lee, is not for rest alone; it is not, like the night, for sleep, and it should be our fullest day, a day when one will round out those activities which are repressed or crushed out during the week. Of course, it is right to regulate the match game on Sunday, but match games should be regulated every day in the week. Mr. Lee is not very much a friend of the match game, where a few professional athletes do all the work, and the rest of the supposed athletes sit on benches.

Sunday is family day, park day, trolley day, a day when museums and libraries should be open to the public. To shut these from the public on Sunday is to deprive a very important and needed portion of the community the opportunity for self-betterment and self-improvement.

Sunday has a compensatory use. Chords may be struck that day which do not vibrate during the week. A law against Sunday play is a law that takes out from many a young person that which would help to round out his life.

The six days' work to which the young are too often condemned by the hard struggle for existence is sufficient to make them prematurely old. The denial of recreation on Sunday is the one thing needed to complete the ruin.

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Sunday on Staten Island DR. GULICK, following Mr. Lee, stated that Staten Island, which for a long time has had a closed Sunday, was opened to boys on Sunday, "with many misgivings to many of us who hold Sunday dear." These things, according to Dr. Gulick, can not be settled by our past prejudices, or by what has been best in the past.

What happened as a result of the Sunday opening on Staten Island?—Boys who formerly ran in gangs, and were a veritable pestilence, after the opening went, most of them, to the athletic field, and quiet was promoted in the neighborhood, and the boys were not breaking the laws. "The question is not between the ideal and something lesser, but between the bad and something worse." These words from a man who is a friend of Sunday observance indicate, it seems to us, what should be a rational view regarding Sunday recreation, and by recreation we do not mean gambling, horse-racing, or match games. We can not see how these in any way conduce to health or better morals, or why they are an advantage on any day of the week.

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The Radical Cure of Malaria DR. HARRIS, of Mobile, Alabama, at the recent meeting of the American Medical Association said that malaria can be completely eradicated in any community by entirely curing the patients, irrespective of the number of mosquitoes there may be present; for it is the chronic malarial patient, and not the mosquito, that carries the disease over the winter. He

says that physicians in the malarial districts are content to treat their patients for the worst symptoms, and then allow them to go along harboring the disease in a mild form, which will break out later in the same case, and probably be transmitted by the mosquito to some other person.

The seriousness of the disease and the necessity of its radical cure should be emphasized. Dr. Harris advises a full course of quinin until the disease is thoroughly eliminated from the system. He asserts that the complications arising from chronic malaria — affecting the kidneys and the blood-vessels — cause a very high death-rate. There would be little chronic malaria if cases were thoroughly treated, but at the present time there are probably two or three million persons in the United States harboring the malarial parasites.

Dr. Harris advises a campaign of education for the physicians, because physicians do not as a rule realize the seriousness of this disease, and do not make thorough efforts to cure every patient. And he also advises the education of the public by popular addresses and in other ways.

We commend this report by Dr. Harris to our readers who live in malarial districts. If we could absolutely rid ourselves of the anopheles mosquitoes, there would be no more malaria after the present cases were cured or died, but the absolute destruction of the anopheles seems to be impractical, and there is this other suggestion that we cure every case of malaria, not stopping the treatment simply because the chills indicating the acute stage have ceased.

The Cause of Pellagra

DR. LAVINDER, who went from this country to Italy in order to make a close study of pellagra in that country, finds, as stated in *Public Health Reports*, that

most Italian physicians believe there is some connection between pellagra and spoiled corn.

Dr. Sambon for a number of years has had a different theory, and recently he went to Italy from England in order to study the disease at first hand. He gives the following reasons, as quoted by Lavinder, why he believes pellagra is not due to the use of corn. It is found where corn is neither grown nor eaten; it is absent from many places where corn is the staple food; it has in many places either increased or decreased without any change in the food of the people.

Dr. Sambon gives several peculiarities regarding the distribution and character of pellagra which strongly favor the theory that the disease is parasitic, and several which go to prove that it is insect-borne, and several others to show that the blood-sucking insect *Simulium reptans* conveys the disease. This insect is found in the streams where pellagra is prevalent; it is active in spring and autumn, when pellagra is at its worst. It is the only blood-sucking insect that the British Commission found in the pellagrous districts, and it is found wherever pellagra is found.

This theory, while very plausible, will require further confirmation before it is generally accepted. Should it prove to be true, we would have one more disease to place to the debit of the insects, and one more reason for reckoning them as among our worst enemies.

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Is Cancer Due to a Chemical Cause? FOR some years it has been known that scarlet-red is a wonderful stimulant to epithelial growth. When applied to indolent ulcers it induces a rapid increase of the epithelial cells, thus favoring prompt healing. Injections of scarlet-red into animals have in a few days caused epithelial growths of a cancerous type. This observation has been con-

firmed several times in various ways.

The most recent investigators determined to use in place of scarlet-red some of the related products found in persons having some form of internal cancer. The substances selected as commonly occurring in cases of cancer were indol, skatol, and pyridin, certain products of intestinal putrefaction. These substances were injected into the ears of rabbits, and produced within fifteen days characteristic cancerous new growths, the most typical being that produced by the injection of indol followed by skatol.

This is a decidedly interesting observation, pointing as it does to the theory that cancer is caused by a chemical irritant, and that this chemical irritant is the product of intestinal putrefaction. This, if it proves to be true, means that cancer is indirectly a germ disease, the germs not causing the cancer, but producing poisons in the intestine which stimulate the epithelial cells to abnormal growth. This theory of the cause of cancer is, of course, at present only a theory, and will require much more work for its complete confirmation.

◆

An Important Health Provision A BILL was introduced into Congress June 2 by Representative John Esch, of Wisconsin, forbidding the use of poisonous phosphorus in the manufacture of matches. Of course, such a law can only have force as regards matches made in the District of Columbia and the Territories, or those which pass State lines, but it is probable that all match manufacturers make their products to be shipped from State to State. So if the

law is passed, it will virtually place the United States among the advanced nations which forbid the use of this poison in match manufacture. The United States has had the unenviable distinction of being the only advanced nation which gave no protection to its workers in matches. It should be understood that phosphorus occurs in two forms, one of which is exceedingly harmful to the workers who must handle it. The other form, although valuable in the manufacture of matches, is harmless to the workers. Phosphorus poisoning causes a necrosis, or decay of the bones, especially the bones of the jaw. A recent examination of fifteen match factories showed that in spite of every precaution, poisoning takes place as a result of the work in match factories. On an average one in five persons showed symptoms of phosphorus poisoning.

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Danger From Diving DR. CAROLUS M. COBB sounds a warning in the *Boston Medical and Surgical Journal* against diving in swimming-tanks. He has seen numbers of cases of inflammation of the ethmoid cells and of the middle ear, both very serious troubles, caused in this way. The doctor says that these cases occur often, and they may be serious, not alone to the hearing, but often to the life of the patient. It should be remembered that every one who bathes in a swimming-tank leaves his germs there. If he has catarrh, or worse diseases, the germs are left in the water, and they will very likely come in contact with the nasal mucous membrane of persons who dive.



Teaching Health Reform in China

Emma A. Laird, M. D.



UPON first coming to China, it was an unsolved problem to my mind how to present health reform to these people, especially in regard to articles of diet. Knowing nothing of the food in common every-day use, I set myself the task of becoming familiar with the dietary of the middle-class Chinese.

From what I had erroneously learned before coming to China, I was led to believe that their foods were of a very inferior kind as regards food elements, and from an esthetic standpoint were beyond mention. But what was my happy surprise, after studying the subject first-hand, to find that there are numerous vegetable foods rich in the most nourishing elements. But, although they are quite cheap, one is sorry to say they are not used largely in their dietary. Aside from the rice, which forms the staple food and is eaten very dry, a small family requires only a small dish or two of green vegetables much like the greens in the United States.

At first, one must confess, it was a little difficult to accustom oneself to their rice in this form. It seemed that an addition of salt would be an improvement. But now unsalted rice seems preferable, even when eaten in foreign style as a breakfast dish.

At most feasts, pork, chicken, duck,

and fish are freely used at Chang-sha. The consumption of beef is confined largely to Mohammedans.

After getting a good grasp of the situation from the Chinese view-point, I began to teach the principles of right diet, substituting vegetable products for meats. Pork and red peppers are perhaps the hardest for them to relinquish. But after thorough instruction from the Bible, they see the inconsistency of Christians consuming that which God has plainly condemned as unfit for human food, and have cheerfully given up their use. Instruction was given how to prepare palatable food from nuts, and they were invited to dine with us to see how it tasted. All acknowledged it was as good as meat. We have since eaten with them, and found their preparations as hygienic as one could wish, and the nut dishes were among the many appetizing dishes served. An appetizing dish, which was a great surprise to me, being entirely new, was one prepared from gluten and vegetables. These dishes were wholly prepared by our Chinese Christians and inquirers themselves.

There is a wrong impression generally prevailing among foreigners, that Chinese do not readily follow instruction given them regarding the care of the sick, cooking food, the use of medicine, etc. But my experience is quite the reverse. I have had them prepare browned rice, eggs, and rice gruel as perfectly as any one could do it. Popped rice can readily be obtained, and makes a nice dish for

the sick, used either fresh and crisp, or as a gruel for those who require it.

Exceptions only prove the rule that Chinese are generally careful in following directions how to use medicine. If not told, they invariably and immediately inquire very minutely how it must be taken, before or after meals, at bedtime, or when.

A lady with prolapsus of all the abdominal organs, dyspepsia, constipation, etc., called for treatment. Having no bathroom, our only remedy was physical culture. After receiving three half-hour lessons she faithfully carried out the instruction at her own home, and quickly responded, so that there was a marked improvement. As she was a vegetarian already, I did not need to teach her that. She stopped using red peppers, pickles, and a host of other harmful things, and used her food better cooked than before. She is now relieved of all her disagreeable symptoms. She told me she could find floating kidneys no longer, and neither could I. She was reading some of our Chinese papers, and now has a Bible which she is reading. Being unable to persuade her to attend our women's

or other meetings, our nurse and I are planning to visit her at her home away across the city. I want to get the women of the household interested in her future welfare.

It was told us that it would be a hard task to get the Chinese Christians to give up their tea. The tea commonly used here is more like water than tea foreigners take. It contains very little tannin or thein. However, we prefer plain hot water, and always prepare it for our guests. But little has been said about the harmfulness of tea, but they all have been quick to see that we did not use it ourselves. It rejoices us greatly to see that our people also serve their guests with hot water, and abstain from tea themselves. We have much for which to praise God. Although our numbers are not many, yet this whole gospel, when preached to the Chinese by precept and example, builds characters which will stand the test of the Judgment. Best of all, as they learn the importance of these things, they are anxious to tell their friends about them.

Chang-sha, Hunan, China.



Among the Bengali, India

Miss Anna Hansen

I CAN not tell you how glad I am to get letters from home. We receive foreign mail but once a week, and those days are indeed red-letter days when I hear from America. I was glad for the news sent me from the girls in South America, Miss Kerr and Miss Hansen. How Miss Hansen and I planned to work together in a foreign field, and now we could scarcely be farther separated—I in the Eastern hemisphere south of the equator, and she in the Western hemisphere south of the equator; yet I am glad that things shaped themselves as they did, for she seems so thoroughly happy in her work; and for myself, I am glad I came to India, and am thoroughly in love with my work, which is among the Bengali-speaking people.

I was in Mussoorie only a few days before they asked me to take charge of the medical work at Karmatar, one of our oldest stations in India. Our sanitarium at Mussoorie is beautifully situated, and from a social standpoint, life there would have been pleasant; but the patronage is made up almost entirely of Europeans, and if one is planning to do native work, it is best to begin with it from the very first. Most Europeans who are not missionaries, especially the English, look down upon the natives, even more than do the Southerners upon the Negroes, and one who associates with these Europeans can scarcely keep from imbibing some of their ideas, and then it is harder for him to take up native work with a genuine love for the people, and feel that they are indeed brothers and sisters.

The laws governing the practise of

medicine in India are different from those of any other country under English rule. Here it is recognized that the natives practising in the country districts are so utterly ignorant along medical lines, that any one who has even a limited knowledge of medicine is permitted to do the work of a licensed physician in America. I have done many things which I should have trembled to undertake under other circumstances; but it is simply a matter of doing the best one can, or of letting the patient die before one's eyes for want of proper attention.

The first patient I was called out in the jungle to see was a confinement case, a neglected case with an impossible birth of the child. The woman was in a terrible condition, with the very worst surroundings. The goats and the cows were stabled in the same low, dark, windowless, mud room. The poor woman had been neglected for twelve hours, and was now lying, it almost seemed, at the point of death. They had two of the best native midwives they could obtain, and both had given the woman up to die. In obstetrical cases they never apply to the mission unless they are in desperate straits. Miss Shotto, my Bengali girl, after praying earnestly for help, set to work. We gave the woman chloroform, and succeeded in delivering her. The mother of the patient fell at our feet and wanted to worship us, calling us gods. The woman did nicely.

I would love to tell you about some of my other cases, but my letter is already too long. I trust I may have your prayers that the Lord will give me strength and wisdom for my work.



The Rights of the Nonsmoker



It can not be gainsaid that there is a growing disregard upon the part of the smoker for the feelings (not to say rights) of those with whom he associates. Formerly, and not so very long ago, it was the custom for a gentleman who wished to light his cigar in the presence of a woman to ask her permission. Nowadays this courtesy is rarely extended. In hotels, restaurants, public buildings, parlor-cars, sleeping-cars, street-cars, steamboats, public parlors—in fact, wherever men and women gather—it is the rule, and not the exception, to see the smoker indulge in his pleasures without a thought of whether it is agreeable or comfortable to those about him. . . .

As the situation now stands, there are few, if any, places where the nonsmoker can go and breathe air uncontaminated by tobacco. He may select his seat in a restaurant with the greatest care to avoid the smoker, but almost invariably one will soon be seated at an adjoining table. If he is a traveler and wishes to use the public writing-room, no sooner has he seated himself at the desk, than some other traveler seats himself opposite and begins blowing clouds of foul air into his face. . . .

Again, if you wish to go out for a fresh-air ride on a street-car, you will be pretty sure to find that the smoker has got there before you, and has taken the best front seat, and that you must take your fresh air screened through a

cloud of tobacco smoke. The lives of thousands of his fellow citizens are thus pestered every day by the public smoker.

One of the most trying places to encounter the smoker is in a sleeping-car. If there is any one place where fresh, uncontaminated air is more needed than another, it is in a sleeping-car. The facilities afforded and assigned for the exclusive use of the smoker are ample for his comfort and enjoyment, but somehow there is no spot in the train that he and his smoke do not penetrate. He is everywhere—in the berths, dressing-rooms, on the platforms, and observation-ends, and is constantly passing and re-passing through the aisles, carrying burning tobacco in his mouth or between his fingers, and leaving a trail of sickening, dying, or dead odors, nauseating to the "car-sick" and headache giving to the nervous. Smokers are now even claiming the right to smoke in the dining-cars. . . .

In many ways the public is much more concerned in the use of tobacco than in the use of intoxicating liquors. The actual use of intoxicating liquors—I mean the mere *act* of drinking—is not generally offensive to the health or comfort of the public, however harmful it may be to the individual or those dependent upon him and in its future effects or influence upon the good order and peace of the community. Not so with the act of public smoking. Tobacco fumes are intense, and persistent, and permeate and penetrate far beyond the limits of the person who is responsible

for them. The odor from a strong pipe or from a cigarette will maintain itself in the air under usual atmospheric conditions at about the same elevation for a considerable period.—*Twyman O. Abbott, in Outlook, April, 1910.*

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Safe and Sane Sanitation

THE occasional introduction of amounts of infection too small to introduce disease, serves a useful purpose by increasing resistance. All our notions of the production of antitoxins and of acquired immunity are based on the repeated introduction of amounts of the specific virus into the organism too small to cause serious harm. The highest degrees of immunity are induced by living bacteria; lesser degrees are produced by dead bacteria, or by the chemical products of their activities. There is, therefore, reason to believe that the chance introduction of a few enfeebled pathogenic bacteria, which may occasionally contaminate our food and drink, may serve a useful purpose in strengthening our resistance.

The lesson to be drawn from these facts seems self-evident. It is not possible, perhaps not always desirable, that our sanitary standards should in practice reach the plane of laboratory progress. In our ordinary walks of life we can not surround ourselves with the ideal asepsis reached in a surgical clinic. We must satisfy ourselves with reasonable cleanliness. For drinking purposes we do not need chemically pure water, sterile as that which has been thrice boiled in the test-tube. We do not want germ-free milk; we only ask for clean, fresh, non-infected milk. There must be a similar compromise between the chemical and bacteriological ideals and reasonable standards applying to our every-day food and drink. We know that a plant raised in a greenhouse with great care can not withstand the adverse conditions

weathered by wild stock. It may be necessary, for similar reasons, to avoid raising a race of "hot-house" men and women.—*Prof. M. J. Rosenau, Boston Medical and Surgical Journal, March 10, 1910.*

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The Conservative Power of Disease

WE are apt to think of disease as an unmitigated evil. It brings suffering on the individual, sorrow into his environment, and adds to the expenses and difficulties of society. But something more than sanitation is needed if the discoveries of preventive medicine are to prove of real benefit to the race. There is such a thing as being kind to the individual, but cruel to the race.

Nature's way is the reverse. She is careful of the race, but careless of the individual. Her pruning is rough but effectual. Every ice storm that clothes the leafless trees of winter in an icy shroud is a veritable pruning-knife to search out weak and rotten limbs. It is the strong sapling, the sturdy limbs, that survive. So deals Mother Nature with the race. What individuals does she mark as victims for the white death? — Men, women, and children with puny frames, small and weak hearts, small arteries.

If tuberculosis were extinguished as a disease to-morrow, if we went no further in the direction of race culture, what would be the inevitable result? Should we not develop in our midst a race of narrow-chested weaklings of poor digestion, faulty circulatory apparatus, insufficient for the battle of life in all their bodily functions?

Tuberculosis has been a weeder out of the unfit. So have the zymotic diseases. Nature means only the strong children to survive, to perpetuate the race. Like Sparta of old, she sacrifices the weak for the ultimate good of the race.

Shall we then cease our crusade against tuberculosis?—No, but if we interfere with a natural law, we must accomplish its purpose in some other way. The state must first concern itself with the bodies of its young citizens, and after that with their minds. We are just learning the lesson that backward children are usually sick children. Some day we shall go further and realize that the young criminal and the habitual criminal are not wholly wicked, but wholly infirm; that many of them need a hospital more than a prison; that if their parents had received hospital care, their children would not be tenants of a prison cell. If we are going to protect the puny, the weak and unfit from the stern hand of nature and nature's law, we must take up nature's work. We must develop the weak chest, the puny limbs, put the children of the poor in sanitary surroundings, give them a chance to develop in a better place than an alley or a garret.

Let us exterminate tuberculosis and the zymotic diseases, but also develop the unfit into the fit, by training, by environment, by philanthropy. Otherwise the price which the future must pay for immunity from these diseases, which are, after all, the conservative forces which have kept the race strong and vigorous, will stagger credulity.—*Editorial, New York State Journal of Medicine.*



Is House Disinfection a Useful Procedure?

ATACKS on house disinfection are becoming so frequent that it would not be at all surprising if the medical profession were to reverse present beliefs. Before we knew what were the infecting agents, and how they reached us, we were like men fighting enemies in the dark. We fired our ammunition haphazard, and naturally wasted most of it. Soldiers always

riddle a hill with bullets until they locate the trenches of the enemy, and then every shell is exploded where it kills. Similarly we wasted millions of dollars in yellow fever disinfection until we located the enemy entrenched in mosquitoes, and now we ignore everything but these insects. The increasing evidence that infected persons are the main, if not the only, ones who harbor living pathogenic organisms, is the cause of the present discussion.

Of course there are some parasites which can retain their vitality for quite a time after leaving our bodies, but it is undoubted that most kinds perish more or less promptly. The discovery of more and more "carriers" formerly unsuspected, explains those remarkable instances in which "fomites" were formerly believed to live a long time adherent to dead materials, such as clothes and houses. It has been positively proved that certain recurrences of smallpox were due to the importation of a new mild unrecognized case, and not to infected clothing left over from the previous epidemic. Hence we see an increasing desire to disinfect or isolate persons and not things.—*American Medicine, March, 1910.*



Those Headache Remedies

THE history of modern headache remedies is full of instances of poisoning. When a German physician made the discovery, twenty-five years ago, that acetanilid (a by-product in the distillation of coal-tar) would reduce a high temperature, it looked like the beginning of a new era in the treatment of fevers. It was also found that the drug would often stop a headache, but it was not then apparent that it did this by weakening the force of the pump that sends the blood-stream to the head. But when ninety-four cases of acetanilid poi-

soning were reported in the following year, enthusiasm began to decline. Since then, year by year, its use by physicians has declined; they are afraid of it. A recent inquiry showed that sixty-six per cent of four hundred physicians are using acetanilid and antipyrin less; fifty-one per cent are shutting down on phenacetin. But, year by year, its use by people who buy their remedies direct from the drug stores has increased—and the proportion of deaths among the cases of poisoning has rapidly arisen.

Dr. H. L. Wiley, who has sounded frequent warnings against the indiscriminate use of headache remedies, has succeeded in forcing their manufacturers to specify on the labels the amount of coal-tar drugs that they contain. But the manufacturers have been shrewd enough to nullify the force of this publicity by printing in much more prominent type the phrase "Guaranteed Under the Food and Drugs Act." This apparently makes the bureau of chemistry vouch for the harmlessness of a drug which should really be labeled with the skull and crossbones that go with other poisons.—*Edgar Lyon Forbes, in World's Work, June.*



Less Alcohol Medicinally

THERE is at present a gratifying change of view as to the dietetic necessity of alcohol in the treatment of disease. We no longer require beer as a necessary support to the nursing mother, malt liquors as a mainstay in phthisis, or Burgundy as a sheet-anchor in anemia. As a hospital interne, no more than twenty-five years ago, I was brought up

to regard alcohol as food. I was taught to give whisky in typhoid fever and pneumonia, to the extent sometimes of an ounce an hour, and all day long; to feed babies with diarrhea or diphtheria on brandy. At present I never use alcohol in pneumonia, except in a few cases among very aged persons, or cases complicated by delirium tremens. Not infrequently I order no alcoholic beverages for weeks at a time in my general medical wards, preferring as cardiac supports the true cardiac drugs and diffusible stimulants, such as ammonia, camphor, etc.—*Gilman Thompson, Boston Medical and Surgical Journal, April 28.*

After naming a few instances where he still uses alcohol occasionally, he states that in general he finds himself in full accord with the modern tendency to prescribe less and less alcohol every year.



First Aid for Ivy Poisoning

THE remedies prescribed for poisoning are various, but are of such a nature that their use without the advice of a physician is risky. If one realizes at the time that he has come into contact with poison-ivy, he should rub the hands at once with fresh, moist, fine soil, and this may remove the irritating oil before it becomes absorbed, but the work must be done very quickly.

If the first sign of the disease is the itching which heralds the coming of the pustules, a physician should be consulted at once; but if none be at hand, get from a druggist a weak solution of lead-water, and apply it with absorbent cotton; but get the doctor as quickly as possible.—*The Designer for July.*

Team Work for Girls



IN the report of the Committee on Activities for Girls at the recent playground convention, Beulah Kennard, president of the Pittsburg Playground Association, said that average girls need team games, though they seem to lack the instinct, and have to be trained to it.

But is it not possible that in attempting to teach girls the ways of boys against their instinct, we may be fighting against nature? Is not the girl's instinctive aversion to the heavier activities, an instinct that may be interfered with for more harm than good?

The *Dietetic and Hygienic Gazette* has an editorial article on "Women and Athletics," in which the writer, describing certain young women who were taking a special course in preparation as teachers of physical training, says:—

"With a few exceptions there was no question as to the nature of their work. They had acquired to a remarkable degree the stiff, heavy stride and swagger of their brother athletes, whom they imitate in this, as in other things."

But evidently this training was not entirely an advantage, for—

"they did not, however, show the appearance of health which is usually expected to accompany abundant exercise; the normal amount of adipose in the face was lacking, and there was also lack of color—of the glow of health."

The writer then comments on heavy team work for women, in the following language:—

"More freedom and frequency in the use of their muscular systems has been a great boon to women in this country; but there has been a decided tendency to ape men, and to use the physical standards of men,

with the consequence that the matter is often both overdone and wrongly done. There is scarcely a form of athletic competition that women have not attempted. The physical benefits of severe competition in these games is doubtful, even in men; and, as among men, only such girls are encouraged to take part as are already well developed, and so can make a showing in contests. No game draws so much on the bodily resources as that of basket-ball, and in this game we have seen young women (not professionals) play with a degree of fierceness that would lay the playing of their brothers in the shade—the number of sprained ankles, sprung knees, and bruised heads being more than comparable."

Then follows this general comment on athletics for women, which we think is well considered:—

"There is not, as yet, any very good theoretical ground for changing the type of the physical woman into the model of man. Those women who have excelled in college sports are not more likely to shine in after life, either in society or in the home, and there is some ground for fearing they are often permanently weakened, and do not withstand the attacks of disease so well as those who were not so strenuous.

"The high development of the muscular system is not what it was supposed it might be, a help to child-bearing. It would seem to be rather the reverse of this teaching."

It is a question whether in training women in athletics after the manner of the training of men, we do not in a measure take from them that which is most womanly and charming; and then, too, there is even the danger of actually producing ill health by over strenuous athletics for girls.



Phthisiophobia

IT has become customary recently to speak in disparaging terms of what is called phthisiophobia, or fear of tuberculosis. Some journals have expressed the fear that in attempting to allay the

dread of tuberculosis, we may come to the other extreme and encourage carelessness in the treatment of the disease. The *Medical Times* of April speaks on this subject as follows:—

“A good deal of sarcasm has been devoted to phthisiophobia, and it has been established that ordinary respiration does not scatter bacilli, and that a careful consumptive can avoid gross contamination of his surroundings. Personally, however, we believe that in the course of a few weeks, allowing for drooling during sleep, coughing and sneezing, and inevitable use of handkerchiefs, etc., every consumptive will produce some contamination of his environment, and we believe that the only radical means of attacking tuberculosis must be based on the general principle of segregation.

“It has been claimed and denied that tuberculosis has decreased during the last twenty years or so. It is difficult to estimate the value of statistics accurately, but the optimistic opinion seems justified that the general mortality has declined by three or four deaths per thousand annually, and that tuberculosis has, at least, not increased proportionately in the total death list. Moreover, we believe that this favorable reduction has been due in large measure to a popular phthisiophobia. Middle-aged adults can well remember when the consumptive was petted and kissed and invited on a round of visits; when no precautions were taken as to his table utensils, bed linen, and towels; when he was assigned such tasks, commensurate with his strength, as ‘minding the children,’ looking over the berries, shelling peas, etc. For a large part of the community all this has been so changed that eminent physicians are appealing to us not to ostracize the consumptive. Our sympathies naturally go out to the sick, but we can not help thinking that many a case of tuberculosis has been avoided by the general sentiment that the consumptive ought to be segregated.”

The *Dietetic and Hygienic Gazette* for April gives ten points in justification of phthisiophobia, calling attention especially to the fact that tuberculosis is largely a matter of human infection, that however curable tuberculosis may be in the early stages, when it is so far advanced that it can be easily diagnosed, it usually ends fatally, and that even in the healthy individual almost any kind

of temporary depression may be sufficient to lessen the resistance to tuberculosis.

“Only confusion results from quibbling as to whether tuberculosis is contagious or infectious. The important point is that from ninety to ninety-five per cent of all cases in man, so far as present knowledge of the distinction of the two types is concerned, are due to antecedent human cases. The fact that we can not usually trace the exact source, and that brief proximity to a consumptive practically never results in infection, have nothing to do with the consideration.”



Castor Oil in Infancy

THE infant bowel is provided with a substance — meconium — which lubricates and stimulates to the proper activity, causing from one to four natural movements a day. This action of the meconium continues until a regular habit is established. It is sometimes a practise to give baby a dose of castor oil to clean out this meconium. Pritchard, of London, according to the *Medical Record*, condemns this practise as wholly irritational, for the meconium seems to be there for the very purpose of establishing a regular habit in the child.

“If, however, before this habit is firmly established, a purgative dose of castor oil is administered, the whole rhythmic nervous mechanism is upset; not only by the complete emptying of the bowel is the stimulus for future movements removed, but when meconium or fecal matter does again appear, its irritating action is so meager compared with that of the oil that the nervous center takes little or no cognizance thereof, the feces remain overtime in the rectum, and the nervous mechanism is either completely destroyed or so lengthened that the intestinal contents become dry and hard, and constipation inevitably results.”

Pritchard says he knows of no other series of doses of purgative medicine which are responsible for so much constipation at any time of life as the single dose of castor oil which cleans out the meconium from the bowel of the new-

born infant. The *Medical Record*, in comment, says:—

"This theory of Pritchard is distinctly ingenious, and fits in well with clinical observation. The use of castor oil in the infant, except where a single clearing out is required for acute intestinal infection, is certainly a most harmful procedure, but one whose drawbacks are not in the least recognized by the lay public, and not sufficiently widely appreciated by the medical profession. It is an easy matter, requiring but little thought, to tell a mother whose baby has not had a movement for two days, to give it a good cleaning out with castor oil. It is a very different matter, requiring much mental exertion during the following weeks or months, to again establish the regular rhythmic cycle of intestinal evacuation which is necessary for a proper functional activity of the digestive system."

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Defective Ventilation and Sore Throat

THE Yarrow Home (England) had been subject to repeated epidemics of sore throat, and an examination of the ventilating apparatus showed that when there was a wind, certain of the rooms had reversed ventilation, that is, the air, instead of going up the ventilators, came down. These shafts, which could not be cleaned, were loaded with dust, containing numberless catarrhal and other disease germs, as shown by exposing culture plates in front of them. By closing the ventilating shafts and making use of the windows, the sore throat epidemic ceased.

The *Lancet*, commenting on this, says:—

"There can be little doubt that in all systems of ventilation provision should be made as far as possible to keep the air uncontaminated with dust and dirt, and that, therefore, the supply should be remote from the floor level. It follows also that the air should not be allowed to enter by a channel the function of which is intended to be that of a discharge pipe. Reverse action in regard to many sanitary appliances is undoubtedly a frequent source of

danger to health, and it should be guarded against."

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Simpler Requirements for the Education of Nurses

THE *New York Medical Journal* of May 14, commenting on the fact that there is a growing tendency on the part of training-schools to select for candidates young women of such education and social status that after graduation they find nursing uncongenial, and hence there is no equivalent to the medical cause for the trouble and expense of giving them a training, says:—

"There is a real need for plain, common-sense nurses, *not overtrained* [mark the italicized words, Italics supplied], who are imbued with the idea of loyal, personal service, and who expect to continue in the actual work of nursing the sick—people in moderate circumstances, as well as the rich. In the opinion of many practising physicians, this need can be adequately met only by training women of humbler social station, to whom the opportunity afforded by the nursing career will be welcomed as a means of modest livelihood."

Most queer has been the evolution of the nurse; beginning with the dregs of society, untrained and unfit for nursing, this calling has finally reached a class who are often above nursing after their graduation, and who in their preparation are, according to many physicians, "overtrained." It seems as if the pendulum were ready to swing the other way. The training-classes, by restricting their candidates to the higher social levels, by giving an elaborate training course, which many physicians consider unnecessary, and by securing legislation disqualifying those who have not had this advanced training, have practically left the middle classes and the poorer classes without nurses. This is not as it should be.



Some Books

Panders and Their White Slaves, by Clifford G. Roe, former assistant states attorney for Chicago. Fleming H. Revell Co., Chicago. Cloth, 224 pages, \$1 net.

To characterize this book as anything but remarkable and epoch-making, would be to place a shameful stigma upon the American people. As literature, it is nothing. As a powerful exposé of one of the greatest iniquities that a civilized nation has ever tolerated, it is everything. It is the book the country has been waiting for—something plain, something to the point, something authoritative. There have been books written on the white-slave traffic before, but they have usually been of the “published by the author” stamp, and the statements they have contained, while lurid enough, have lacked the weight which comes from thorough and dependable substantiation.

Mr. Roe's book is a record of a fight—a fight, by the way, which has not been wholly unsuccessful—with the white-slave octopus in Chicago. Its statements are largely based on the public records, and are all cases which have been under the personal observation of the writer.

For entertainment of a summer afternoon, “*Panders and Their White Slaves*” is scarcely to be recommended. It deals with that which is loathsome and hideous, with degradation in its most degraded form, with lasciviousness and bestiality most violent and brutal. Opinions may widely differ as to whether it is a book for boys and girls to read. The author, whose experience should count, says publicity is the strongest weapon in the warfare that is being waged against the vice; and if this be true, we might well wish that this weapon be placed in the hands of every vigilant parent, teacher, lecturer, and preacher in America—not to forget our friends the politicians, who make the abominable laws under which so vicious a system of evil can grow up and prosper.

R. O. E.

The Great White Plague, by Edward O. Otis, M. D., president Boston Tuberculosis Association, etc. Cloth, 320 pages, \$1 net. Thomas Y. Crowell & Co., New York.

This is an attempt by a teacher and leader in the antituberculosis crusade to put into plain language for the common people the important facts regarding tuberculosis, its nature, means of transmission, method of prevention, and cure.

If such books could be included in the reading course of the young; if they could be brought to the attention of the old; if these facts could become the possession of the great teeming multitude, it would result in the saving of thousands of lives annually. We wish the book a large circulation.

Little Helps for Home Makers, The Chaple Publishing Company, Ltd., Boston.

The “little helps” have been contributed from all sections of the country, to the pages of the *National Magazine*, and should be of great value. In one respect it is one of the most notable and distinctive books ever published; for it has been actually made by the home makers of America themselves, and has not been spoiled by editorial hands.

The Wonders of Life, by Ida Lyon, R. F. Fenno & Co., publishers, New York.

This is one of the many books that have been issued of recent years in the effort to supply something to take the place of Christianity. There is evidently, from the number of this class of books issued, a strong demand for such literature.

Problems of Your Generation, by Daisy Dewey, The Arden Press, New York. Board, 104 pages.

We supposed we understood the English language, but this book is too much for us. The author purports to give us some tips direct from the divine mind. “We mean to aid mankind, working in accord with the divine mind.” “A task has been given; we assume the responsibility; we return to your earth plane to teach.” O, thank you for the condescension! One who has waded through the mazes of the Eddy writings might make something out of this “message.” Some quotations from this book might serve the useful purpose of filling out a funny page.



Announcement of Articles on Hygiene and Kindred Subjects Which Appear in the Current (August) Issue of the Magazines

American Motherhood, Cooperstown, N. Y.

- "What Shall I Make for My Baby?"
Dr. Emma F. Drake.
- "The Weaning of Ruth," Lila Alwin.
- "Feeding the Infant in Summer Weather," Della Thompson Lutes.

Cosmopolitan, New York.

- "Perfect Food for Perfect Health,"
Hereward Carrington.
- A strong argument for a simple dietary,
—fruit and nuts,—by one who has ben-
efited by it.

Country Life in America, New York.

- "A Home-Made Swimming Pool,"
Lorenz H. Williams.
- "Every-Day Tennis," C. H. Clandy.
- "The Best Swimming Stroke," L.
DeB. Handley.
- "Island House-Boating on a Small
Scale," C. H. Pease.
- "Canoeing in the Surf," C. G. Atwater.
- "Cutting Loose from the City."

The Designer, New York.

- "The Proper Care of Children's Teeth,"
C. N. Johnson, M. A., L. D. S., D. D. S.

The Garden Magazine—Farming, New York.

- "Vegetable Planting Table for the
South"—instructions for producing
fresh vegetables in the Southern States
from November to May.
- "Children's Gardens Everywhere."

Good Housekeeping, Springfield, Mass.

- "First Aid During Recovery," Caro-
line French Benton.

Hampton's Magazine, New York.

- "Will the People Win Their Conser-
vation Fight?" John L. Matthews.
- A story of San Francisco's fight for
pure and abundant drinking water.

Harper's Bazaar, New York.

- "Summer Drinks," by Helen Lamborn.

- "Frozen Dainties," by Rosamond
Lampman.
- "The Modern Bathroom."

The Housekeeper, Minneapolis, Minn.

- "What a Doctor Says About Facial
Blemishes," by Dr. Kate Lindsay.
- "The Dietetic and Culinary Value of
Fruits," by Juliet Hite Gallaher.

The Ladies' Home Journal, Philadelphia, Pa.

- "Why and How Girls Should Swim,"
by Annette Kellerman.
- "How to Be Comfortable in a Tent,"
by G. M. Sinclair.
- "Dishes That Invalids Will Enjoy."
- "The Young Mother's Guide," by Em-
elyn L. Coolidge, M. D.

The Mother's Magazine, Elgin, Ill.

- "Health a Factor in Success."
- "Health and the 'Cookin' Lady.'"
- "The School Child and His Health,"
by W. L. Bodine.
- "Children, the Home, and the Dairy,"
by Hon. Jas. Wilson, secretary of agri-
culture.

- "Canned Fruits, Preserves, and Jel-
lies:" the art of sterilization, by Jean-
ette Jordan.

- "Health, the Employer and the Em-
ployee," by Edward Post.

National Food Magazine, Chicago, Ill.

- "Texas Goes After the Food-Law
Violators."
- "Unsanitary Marketing Conditions in
Quebec."
- "Violations of the Food and Drug
Act."
- "Living Conditions in Germany."

New Idea Woman's Magazine, New York.

- "The Lost Art of Walking," Mary
Porter Beegle.

The Progress Magazine, Chicago, Ill.

- "Millions for Play," by Littell Mc-
Clung.

A Monologue by Mrs. Valetudinaria Rich

NOW, doctor, take that chair and sit down. You are always in such a hurry that I never get a chance to tell you half what I want to, and after you have gone, I always think of so many things I meant to ask you about.

"Dr. Soper, whom I used to have before I ever had you, was never in a hurry and always could take time to listen to everything I had to say, and I don't believe you are a bit busier than he was. He was an awfully sympathetic man, doctor was, and he understood my feelings better than any one I ever had. Poor man, he died of apoplexy, and it was inherited, I guess. Do you think apoplexy is inherited? His father had it, and I think, but can't be quite sure, that one of his aunts did. But, come to think of it, it was one of his wife's aunts. O, *do* you think I'll ever have it? I don't know as it was ever in my family, though pneumonia was. An uncle of mine had it—I don't know but that you took care of him—no, it was that good-for-nothing Dr. Vinum. I think he drank —"

"Yes, yes, I'm coming to my own case directly, but I don't see why you need be so impatient, you simply must hear me out this time, and you mustn't interrupt me with questions, or you'll get me all mixed up.

"I suppose I might as well begin with my throat, though there isn't any more reason in beginning there than anywhere else. Perhaps I'd better begin with my head, though I dare say the bad feeling in my head comes from my stomach.

"You say begin with the stomach? All right, I want to be logical and connected about it. I hate anybody that is rambling. Our new minister, Dr. Howler,—have you heard him? But you doctors are bad churchgoers, and I don't believe but that you could go a great deal oftener than you do if you really wanted to. Couldn't you, now? Well, I was going to say, Dr. Howler seems to get off from his point a good deal. You know he came from Philadelphia.

"Yes, yes, I *am* coming back to myself. Where was I? O, about the stomach! How does it feel? Well, I can't describe it. Sometimes it feels all sort of—I wonder if it can be due to my teeth. Twelve years ago last Christmas, or next Christmas maybe it was, when I was eating a nut,—you know how hard some of those nuts are, I never remember whether they are filberts or that kind—what do you call them?—that comes from Brazil —"

"No, I didn't break a tooth, but my dentist, Dr. Grinders,—he is a professor in one of the dental schools, I can't remember which, only I know one of them is very good, and the other —"

[This goes on for half an hour.]

"Why, what are you getting up for? That's always the way. You're always in such a hurry that I can't get any satisfaction out of you. Come again tomorrow? Well, that will be very nice. Only come early, please, so that we shall have plenty of time to have a good long talk. And I will go right on with my history from just where I left off."—
Boston Medical and Surgical Journal.



Defective Teeth.—The chief of the Division of Child Hygiene in New York reports that of 323,000 children examined in New York the past year, 183,000 had bad teeth.

Sifting Out Unworthy Doctors.—A state board of medical examiners gives warning that hereafter it will revoke the certificate of any physician who sells cocaine or any other drugs to drug fiends. This example might be followed with profit in other States.

Free Dental Clinic.—The Free Dental Clinic established for schoolchildren in New York has completed its first four months' work. During this time more than 5,000 children were treated. No children are treated except where parents are found to be unable to pay a regular dentist.

Plane Trees and Respiratory Disease.—A London physician asserts that where plane trees are planted, as is the case in some London districts, there is always a larger number of colds, coughs, inflamed eyelids, throat troubles, and general irritation of the mucous membranes, than in districts where there are no such trees. He attributes the respiratory troubles to the irritation caused by minute spiculae given off by the tree when its fruit balls break open.

Orange-Red Clothing a Failure.—For some time the United States government has been experimenting with orange-red underclothing in the tropics, for the reason that these colors screen out the chemical rays, which have been supposed to be the toxic element of the tropical sunlight. The experiment was made in the Philippines, five hundred men using the colored underwear, and five hundred the ordinary army clothing. Otherwise the men had the same food, treatment, etc., and the men with the colored underclothing actually fared worse than the others. Only sixteen out of five hundred men preferred the orange-red clothing, and the complaints of greater heat, greater weight, and increased perspiration were distinctly against the new clothing. The conclusion was that, though the colors protect against the chemical ray, the influence of these rays is negligible, and there is no distinct good but decided harm comes from the colored clothing.

Inebriate Bill.—New York State has passed a bill providing for the establishment of a farm for the reformation of drunkards. It also provides for the formation of a commission to deal with inebriates.

The New Cause for Typhoid Fever.—A French physician has given a large number of instances in which persons all over France have been infected because some "carrier" having no evidence of disease, but discharging typhoid bacilli, handles foods with unwashed hands, and in this way infects the food, or else the discharges get into the wells, and thus infect the drinking water.

Alcohol and Tuberculosis.—George W. Webster, M. D., president of the Illinois State board of health, recently called attention to the fact that the alcohol problem is not only intimately connected with the tuberculosis curse, but that the death-rate from alcohol is as great as that from tuberculosis, and that the poison of alcohol is a prominent basic cause of the dread consumption.

Chicago Antispitting Crusade.—Representatives of the police and health departments and other organizations have begun a concerted movement to secure the enforcement of the antispitting law. The Chicago Street Railway Company states that it will have posters placed in its cars warning against spitting, and will put a similar warning on the back of transfers.

Bad Teeth and Mental Backwardness.—Dr. Luther Gulick, director of child hygiene of the Russel Sage Foundation, as the result of the study of forty thousand schoolchildren in New York City during the last two years, says that at least one half of the schoolchildren have poor teeth, and that those who have poor teeth, take, on an average, half a year longer to complete the eight grades than children with good teeth.

Reaping a Harvest From the Ignorant.—A Voodoo doctor of Haiti is said to have turned over some honest pennies—that is, they were honest before he turned them over—selling "comet pills," which, taken one an hour, would prevent all the ill effects of the contact with the comet. That fellow in Pasadena who built a cellar to get into during the passage of the comet's tail should have had a supply of the pills. The fool-killer still has a big job on his hands.

Medical College Closed.—The Women's Medical College of Baltimore has permanently closed its doors. On account of lack of funds, it can not keep pace with the increasing demands of medical science, and the faculty decided it would be more honorable to close than to maintain a second-rate school. A very worthy example.

Given to Misstatement.—London anti-vaccinationists had the impudence to circulate a leaflet charging that King Edward's death was due to vaccine treatment. Queen Alexandra having heard of this report issued a statement expressing her grief that such a report should have been circulated, and stating that the illness of the king was not due to the treatment, and that the king was kept in excellent health for fifteen months by his medical attendants.

Agitation of German Brewers.—So alarmed have the German brewers become over the tectotal wave that is sweeping the German empire, that they are inaugurating a national antitectotal propaganda by which they hope to stem the tide of public opinion that is rapidly setting against them. It is a significant fact that public opinion has been so molded in Germany that the brewers fear greatly for their future business.

A Pasteurized Milk Laboratory in Washington.—The Nathan Strauss Pasteurized Milk Laboratory has been opened in the national capital.

Oystermen Object to Health Regulations.—At a meeting of the oyster dealers held in Virginia in May, Dr. Wardell Stiles outlined a proposed plan of regulation of oyster gathering which would prevent contamination of oysters with sewage and typhoid germs. The oystermen raised a strong protest against the proposed restrictions. The oyster business looks primarily after the pocket of the oysterman. The health of the consumer is a secondary matter.

Pineapple Juice.—The juice of the fresh pineapple has been successfully used in quinsy. When the abscess has formed, and the overlying tissues have become damaged, the juice readily digests them, opens the abscess without pain, obviates the use of a surgeon's knife, and shortens by several hours or days the period of misery often endured by the timid person who is afraid of a surgical operation. In cases where a boil has come to a head, and the patient is afraid of the knife, the application of fresh pineapple pulp will cause the tissues to dissolve, and give relief in a short time.

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Lambert Pharmacal Company, St. Louis, Mo.

Medical Students.—It is said that there were last year in the United States 22,145 medical students, of whom 20,554 attended regular schools. Of the remainder, 899 attended homeopathic schools, 413 eclectic, 52 physiomedical, and 227 unclassified colleges. One by one, the schools of the sects are closing their doors, or else are being transformed into regular scientific schools.

Labor Union and Antituberculosis Work.—The Central Labor Union of Pennsylvania is preparing to establish large tuberculosis camps, where patients may go regularly for fresh air, milk, and eggs—three meals, with physicians in attendance. In the day camp, the patients will live in the open air all day, and go home to their families at night. The night camp will be for convalescents who are able to be at work during the day, but who need the outdoor air during the night to complete the cure. Nurses will be provided to go into homes and instruct regarding general hygiene and outdoor sleeping.

Crusade for Pure Liquor.—An examination on the East Side in New York showed that twenty per cent of the liquors contained wood-alcohol. Heavy fines have been imposed in the cases already tried. It is understood that the federal government will take up the matter of adulteration, and probably punish severely the wholesalers who are really responsible for this adulteration. As usual, it is "the man higher up" who should be behind the prison-bars. After all, it is not surprising that the liquor business develops men who are capable of poisoning by the wholesale their fellows for a small additional gain. The whole business is founded on the proposition that a man's money is worth more than his life and health.

Efficient Antituberculosis Campaign.—The Rochester Public Health Association has planned and executed a most efficient campaign against tuberculosis. In the propaganda against spitting, they use the bill-boards, and also distribute little slips containing a warning reminder to those who forget. They give lectures in the factories and the public schools, and make use of all the daily papers, in which they published "Tuberculosis Talkettes," forty or more crisp little articles, each one taking up some phase of the tuberculosis question and treating it so that it would likely be read by the greatest number of persons. April 22, they held a mass-meeting addressed by some of the most prominent antituberculosis workers in the country, and on the twenty-fourth, "Tuberculosis Sunday," the pastors in all the churches took up the message. This is the way to attack a subject to get results. Rochester also has a long credit mark on account of its efficient campaign for pure milk.

Ether for Cocain Poisoning.—The *Journal of the American Medical Association* gives ether as an efficient antidote for cocaine poisoning. Cases which were apparently hopeless have been resuscitated by administering ether to the point of mild narcosis. A mask is used and the ether administered by the drop method.

Rats from Pigtaails.—It is said that the "rats" worn by women in their hair are often made from hair imported from China. It has been learned that some enterprising Chinese has been doing a thriving business exhuming corpses and taking the pigtaails for this purpose, although the Chinese government has attempted to put a stop to it. This wearing of rats made from the pigtaails of dead celestials, it would seem to us, is neither very sanitary nor very esthetic, but perhaps foolish women think "it looks nice."

Another Cancer Cure.—The body fluid of a patient cured of cancer was used successfully, first, in the treatment of animals having cancer, and afterward in the treatment of cancer patients. The injections were made at or near the tumors. In all cases the tumors became smaller, and in some cases disappeared entirely. Forty-seven very unfavorable cases, that is, cases that gave very little promise of help under operation, were thus treated, with excellent results. The *Medical Record* comments editorially: "It would be rash and unscientific to claim more for this discovery than the author himself claims in his modest presentation of the subject, but it is permissible to welcome it as one step forward in the progress toward the solution of a problem which is engrossing the attention of a multitude of workers the world over, and which no one who is conversant with the work of these investigators can doubt will finally be solved."

Medical Fence Laws.—There are thirteen States and Territories, mostly around the borders, none of them really medical centers, that have no provision for reciprocity. That is, they will not admit a physician from another State to practise medicine, no matter how excellent his credentials. He must first pass the examination of the local examining boards. It is a notable fact that nine of these States have the very lowest standard, or no standard at all, of preliminary education or requirements for entrance into a medical school. Comment seems unnecessary. The failure to reciprocate would seem to be a commercial proceeding of the superannuated doctors who desire to prevent the competition of younger and better men from other States.



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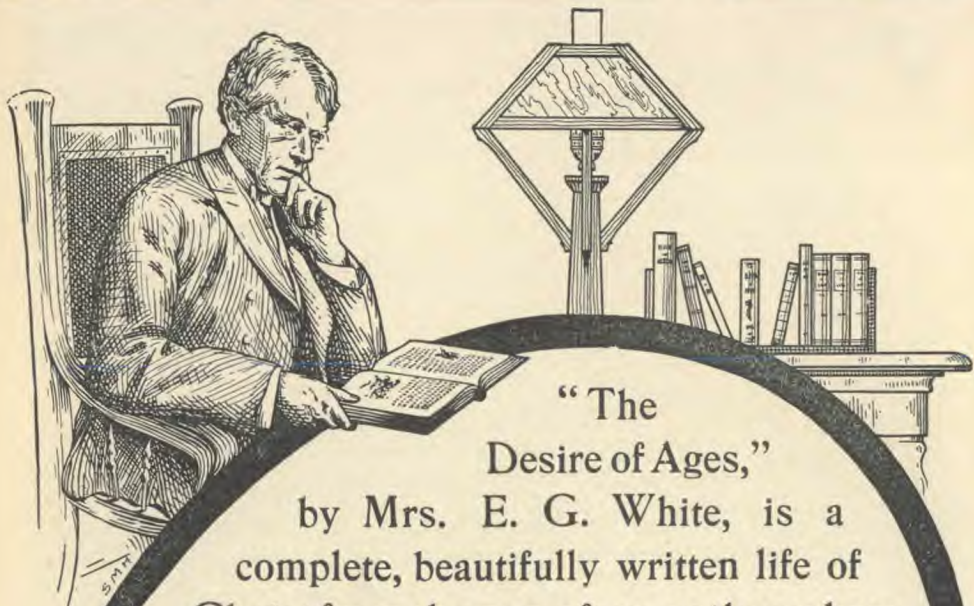
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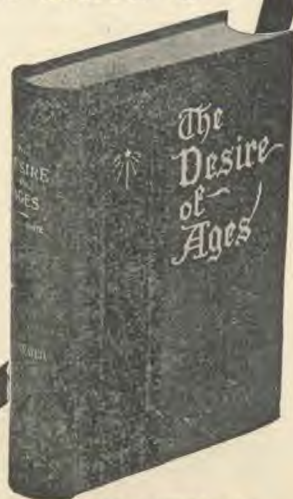
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